

ULTRAMAG

AURA MAGAZINE

June 2006 Volume 21 No. 2



Australian
Ultra
Runners
Association Inc

- Glasshouse 50
- Gold Coast 100
- C nberra 50km
- Coburg 24 hour
- Cynthia Herbert
Hall of Fame



Gold Coast 100



Ron Clarke with Tim Sloan



David Eadie



Zoe Lawrie



Vivienne Kartsounis

Canberra 50km road race



Jo Blake



Suzanne Kelly



Mark Hutchison



Siri Terjesen



Trevor Jacobs



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*Cover photo: Ron Clarke with Zoe Lawrie,
female winner of the Gold Coast 100*



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Editorial June 2006

The Gold Coast 100km Road Race is undoubtedly the premier event on the national ultra calendar. Incorporating the Australian Championship and National Team selection race, the 2006 event at the Runaway Bay Super Sports Centre hosted a classy field. Robert Ware, Zoe Lawrie and Vivienne Kartsounis automatically qualified with excellent performances while it was great to see the return of Australian 100km record holder, Tim Sloan, after a four year absence from 100km racing. Another to watch is David Eadie. A one time Victorian 1500 metre champion, his superb first up attempt over 100 kilometres promises much for the future. Team selection for the World Championships in Korea on October 8th, should be finalised by the end of June.

More national representation will occur at the newly instigated IAU 50km trophy race later this year at a venue and date that is yet to be decided. Siri Terjesen and Mark Hutchison earned their Australian singlets with outstanding performances last April at the Canberra 50km Australian Championship

The Coburg 24 Hour Carnival, once again, saw an increase in numbers. The Centurion Walkers Club, whose annual walk is a part of the carnival, have an excellent regular newsletter edited by Tim Erickson. It can be accessed at www.vicnet.net.au/~austcent/index.html

It was certainly my privilege to catch up with Cynthia Herbert recently. Cynthia's amazing career during the 80's is featured in this editions Hall of Fame induction. Also of note is the feature on Mario Fattore of Italy.

A World 100km champion, Mario spoke with Siri Terjesen on a recent European jaunt.

The AURA committee was somewhat surprised recently to hear from Jan Aylott, mother of the late Nigel Aylott. Nigel's estate had made provisions to donate to the various sporting organisations in which he was involved. Nigel's loss in 2004 was nothing short of tragic. A world class rogainer, orienteer, adventure racer and ultrarunner, Nigel was also one of nature's gentlemen who put so much back into the sports he loved. His bequest to AURA left us agog as Jan handed over a cheque for a staggering \$5,000. Discussions on the spending of this money are continuing with a "Nigel Aylott" trophy being awarded to the AURA trail running champion amongst the favoured suggestions.

Overseas, the Sri Chinmoy Six and Ten Day Ultras in New York boasted two Australian women winners. Dipali Cunningham and Sarah Barnett took both trophies in their respective events. Brendan Mason, meanwhile, conquered the searing desert heat and sand in the five day Marathon De Sables across the Sahara Desert. In September/October, Phil Essam will be directing a multi day track event in India that will include three, six and ten day options.

Closer to home, Vlastik Skvaril is once again tackling a solo run with a difference. Covering 5,500 km in 100 days, Vlastik set out from the southern most tip of Tasmania on May 24th with Cape York as his destination. The crossing of Bass Strait requires him to spend his time aboard the ship running on a treadmill. By the time you read this,

he should be near the Victorian-New South Wales border on the Princes Highway. If you wish to catch up with Vlastik or follow his progress via the web, go to www.vlastiksrunkids.com.au or even give him a call on 0419 399605

I guess we all have a tale or two to tell about bureaucracy. Sadly, what was to be the first "official" Two Bays Trail 56km on June 4th had to be postponed at late notice due to a number of "Government Department" issues. Not to be deterred, Race Director, Brendan Mason is confident of a rescheduled date in the near future. To use an old cliché, "Watch This Space"

Known as "Junior Age Records", David Billett has been diligently piecing together the records for the various age groups under 40. Although still provisional, they appear towards the back of this issue. Personally, I think some of them appear a little soft in comparison with the achievements of our more "senior" runners. With a number of younger ultrarunners coming onto the scene, perhaps a record breaking spree could be on the cards in the near future.


In the AURA Points Score, with prizemoney to the tune of \$2,000, competition is understandably quite hot. David Billett has a mid year update prepared in a very reader friendly format.

Thanks again to Kevin Tiller for maintaining AURA's web site at www.ultraoz.com while international news is easily accessed at www.iau.org.tw

Kevin Cassidy

"With a number of younger ultrarunners coming onto the scene, perhaps a record breaking spree could be on the cards in the near future"





Current Australian Ultra Marathon 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

Jul 2006

Sun 23 Jul THE OLD GREAT NORTH ROAD 43KM FAT ASS RUN (NSW)

Approximately 43km of tough and remote running along the historic convict-built Old Great North Road through the fabulous mountain scenery of Yengo National Park. The run commences at 8:00am at the base of Devine's Hill, a few hundred metres west of the northern terminus of the Wisemans Ferry ferry and finishes at the Mogo Creek Picnic and Camping Area near Bucketty. THERE WILL NOT BE ANY WATER OR FEEDING STATIONS ALONG THE COURSE. ALL RUNNERS MUST BE TOTALLY SELF-SUFFICIENT. Runners must organise their own transport to and from the run. This is a Fat Ass Run - NO FEES, NO AWARDS, NO AID, NO WIMPS. A Terrigal Trotters BBQ will be held at the picturesque Mogo Creek Camping and Picnic Area in Yengo National Park at the end of the run, starting around 1:00pm. Non-Trotters are very welcome to join the BBQ but must bring their own food and drink. The course is also navigable by competent mountain bikers. For drivers, it is about 50km by gravel road from the Start to the Finish via St Albans. Bucketty is 50km from Gosford and Wisemans Ferry is 80km from Gosford. contact: Dave Byrnes. email: byrnesinoz@yahoo.com

Sat 29 Jul BUSH CAPITAL MARATHON AND ULTRA (ACT)

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

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

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

Sun 30 Jul WARRUMBUNGLE MARATHON (NSW)

Distance: 50km run, 42km run, 21km run, 10km fun run. Event Time: 7.30am. 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 100m in 4km (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 48HR CHAMPIONSHIPS + 24HR 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 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. contact: Ian Cornelius by phone (07) 5537-8872 or mobile 0408-527-391. email: icorneli@bigpond.net.au.

Sat 12 Aug 12 FOOT TRACK - FAT ASS RUN (NSW)

A 90km or 45km bush run - out and back along the route of the Six Foot Track Marathon. No Fees, No Awards, No Aid, No Wimps! contact: Kevin Tiller by phone 0419-244-406. email: kevin@coolrunning.com.au

Sun 20 BELLARINE RAIL TRAIL 34KM AND 68KM (VIC)

The Bellarine Rail Trail Run (34 or 68kms) will be held on Sunday 20th August 2006 starting at 8am from the Geelong Showgrounds (Cnr of Carr St & Breakwater Rd Melways Map 452 E9). There will be a 10 hour time limit. The course is from the Geelong Showgrounds to the Queenscliff Railway Station - 34km (Melways Map 486 K11) and return - 68km. The trail is tremendously scenic and ideal for running being wide, well marked and all on smooth, unsealed paths aside from the last 4.5kms (sealed). More information on the BRT can be found at <http://www.greatoceanroad.org/geelong/walksrides.asp> The run has been moved from June to August in 2006, to coincide with the lead up to the Melbourne Marathon and the Adelaide 24 hour race. The undulations are very similar in size and number to the Melbourne Marathon. This event is based upon the original FatAss concept of no entry fee, no help, no support, no assistance and No Wimps. However, a few new additions have been added this year that stray slightly (or maybe grossly) from the original concept: - distance markers every 5kms; - provision for belongings to be transported to Queenscliff (although we cannot be responsible for valuables); - transport back to the Geelong Showgrounds is available for those who require it - 4 drink / food stations - see here for more details; - cost is now \$100 (just kidding - still free!) The Geelong Showgrounds open on Sundays from about 7:30am for the Geelong Market which provides access to a plentiful supply of toilets adjacent to the start line (within the showgrounds). There is no entry fee to get in. Free all day parking at the start prior to 8am is not a problem. There are toilets at Drysdale (16.8kms) as well as a drinking tap although the water pressure is highly variable and I suggest not relying on it. There are also toilets and even 2 hot showers for free public use at Queenscliff, 150m from the finish line. I have tested the hot water but not its duration! I have not found any other drinking taps or toilets on the course. The trail is also very easy to cycle (MTB or hybrid) and companion cyclists are more than welcome. The course is relatively traffic free, but you do have to cross some major roads, so please take care. For this reason and in FatAss tradition, this is NOT A RACE but a runners get together run - there are no prizes for finishing first! We do request that you provide your name, intended running distance and sign a disclaimer at the start that the organiser is not responsible for any mishap which may occur - please allow time for this prior to run start. If you require additional incentive to coax family members along, consider mentioning any of: - Geelong Market at the start point - will be up and running from about 7:30am and is large and varied in its offerings. - Adventure Park, Bellarine Hwy (the Hwy to Queenscliff), Wallington (03) 5250 2756 - A Maze 'N' Things, Cnr Bellarine Hwy & Wallington Rd, Wallington (03) 5250 2669 - Bellarine Adventure Golf, Cnr Bellarine Hwy & Wallington Rd, Wallington (03) 5250 3770 - Queenscliff Steam Train. Departs Sundays from the Queenscliff Railway Station with the first train to leave at 11:15am. Details can be found at www.bpr.org.au - Queenscliff itself has its own reputation. See here for more info. - Queenscliff to Sorrento Ferry contact: Brett Coleman on 0438 434 260. email: bdcoleman@bigpond.com.

Sun 20 Aug WEST AUSTRALIAN MARATHON CLUB 100KM AND RELAY (WA)

Solo run starts at 6am. Relay Starts at 7:30am Contact John Pettersson on 0408 924 555 or Gary Carlton at gary.carlton@carlton-surveys.com.au

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

Distance: 100Km. Event Time: 7am, 8:30am & 10:00am. Location of race: Hunters Hill Race Contact: Trailwalker Team. Other details: Oxfam TRAILWALKER Sydney is a 100km endurance event for teams of 4. Registration for the event opens on April 11th and will sell out extremely quickly. Teams must pay a \$500 registration fee and in addition to this fundraise a minimum of \$1000 for Oxfam Australia. In 2005 Teams raised a total of \$1.85 million for Oxfam Australia. Teams have a maximum of 48 hours in which to complete the trail. 2005 winners "ACTrun" completed the 100km trail in a time of 11 hours 59 mins. see for registration in April email: trailwalkersydney@oxfam.org.au

Sep 2006

Sat-Sun 2-3 Sep GLASSHOUSE MOUNTAINS TRAIL RUNS (QLD)

100miles, 100km, 55km, 30km, 11km on looped course around the very beautiful Glasshouse Mountains, 1hr north of Brisbane. contact: Ian Javes at 25 Fortune Esplanade, Caboolture, QLD. Phone (07) 5495-4334. email: ijaves@caloundra.net

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

Starts 8am at Santo Stadium, Mile End, Adelaide. Events available are: Australian 24 Hour Championship [starts 8am Sat], a 12 hour teams relay [starts 8pm Sat], a 12 hour individual race [starts 8am Sat] and a 6 hour race [starts 12 noon Sat]. Entries close 23rd September 2006 with no entries on the day. Contact: Ph. [08] 8272 5081 or Anubha Baird on 0421 591 695 or Sri Chinmoy Centre, 1st floor, 131 Carrington St, Adelaide, SA, 5000 contact: Anubha Baird ph: 0421 591 695



Oct 2006

Sun 1 Oct BRIBIE BEACH BASH (QLD)

Distance: 3k, 3x12k relay, 15k, 30k, 45k. Event Time: Vary from 4.45am. Location of race: North Street Woorim, Bribie Island. This is totally a fundraising event for the Endeavour Foundation. BBQ after & during presentations. It is a beach run with fun during low tide. 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 ()

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@srichinmoyraces.org

Sun 8 Oct IAU 24 HOUR WORLD CHALLENGE

The World Challenge 24hr 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

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

Brindabella Classic (53.8km) starts at Mt Gininni and finishes at Cotter Reserve, 20mins outside Canberra. Bulls Head Challenge (27.7km) 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 50KM TRACK CHAMPIONSHIPS (VIC)

The Traralgon Harriers Athletic Club, on behalf of AURA, will be hosting this event at the Moe Athletic Centre, Newborough [synthetic surface]. \$30 covers entry to both events and refreshments afterwards. Start time is 8am. Also a 6 Hour relay event contact: Rob Embleton (03) 5133-7568

Sat-Sun 11-12 Nov THE GREAT NORTH WALK 100S (NSW)

Distance: 100 Mile and 100 Kilometre. Event Time: 6:00am. Location of race: Teralba on the NW shores of Lake Macquarie, 153km north of Sydney and 25km west of Newcastle. Race Address: Telephone: 0428 880784, Address: Terrigal Trotters Inc., GNW100s, PO Box 944, Gosford, NSW 2250, Australia. 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 (20,000ft) 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 byrnesinoz@yahoo.com : Telephone 0428 880784

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

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

Dec 2006

2 Dec KEPLER CHALLENGE MOUNTAIN RUN ()

67km off-road mountain run. Starts Te Anau, New Zealand. contact: Kepler Challenge Organising Committee, PO Box 11, Te Anau, NEW ZEALAND or Fax (03) 249-9596. email: keplerchallenge@yahoo.com.

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 team-mates 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)

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

Sat 6 Jan COASTAL CLASSIC 12 HOUR TRACK RUN/WALK Located at Adcock Park West Gosford.
7:30pm start. \$50 entry. Entries close on December 29th 2006 Contact Paul Thompson on 02 9686 9200 or email thomo@zeta.org.au

Mar 2007

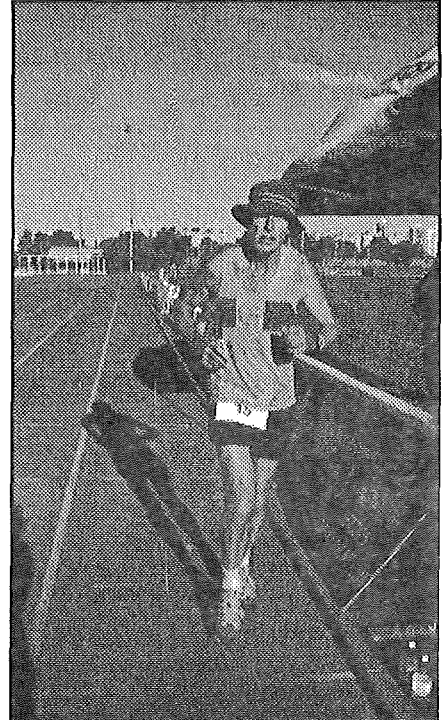
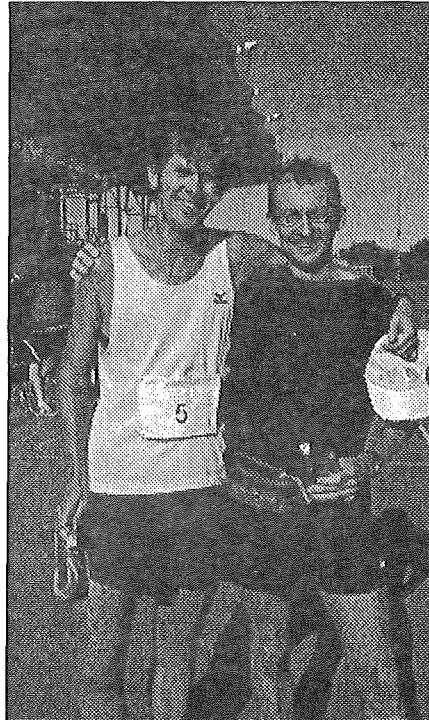
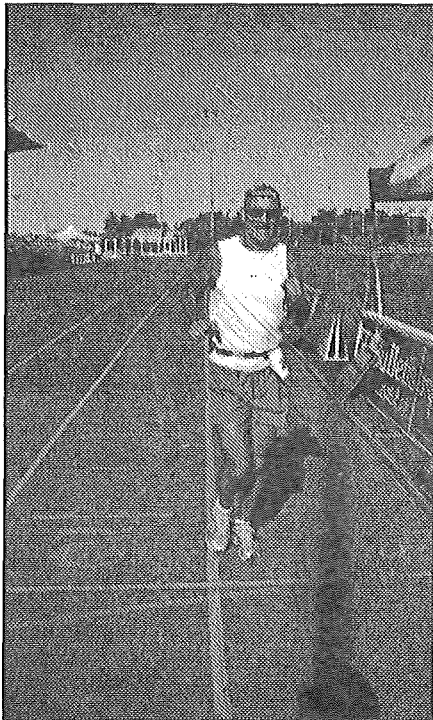
Sat 10 Mar SIX FOOT TRACK MARATHON (NSW)

45.0km mountain trail run, starts 8am Saturday from Katoomba to Jenolan Caves. Time limit 7 hours - entry criteria applies. Approx 800 runners. Incorporating the AURA National Trail Ultramarathon Championships contact: Race Organiser, Six Foot Track Marathon, GPO Box 2473, Sydney NSW 2001. email: raceorganiser@sixfoot.com

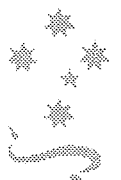
Apr 2007

Sun 15 Apr * ASICS CANBERRA MARATHON AND ULTRA (ACT)

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



Photos above from Gold Coast 100



DATES TO NOTE

GOLD COAST 6, 12, 24 & 48 hr TRACK RACES – incorporating the 48hr National Championships

Starts at 0900 Friday 11 August 2006 and finishes 0900 Sunday 13 August 2006. 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 – NOW A MEASURED COURSE

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

TAMBORINE TREK, GOLD COAST

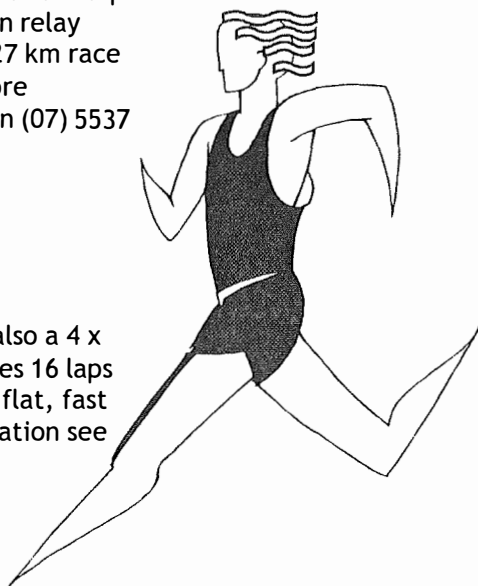
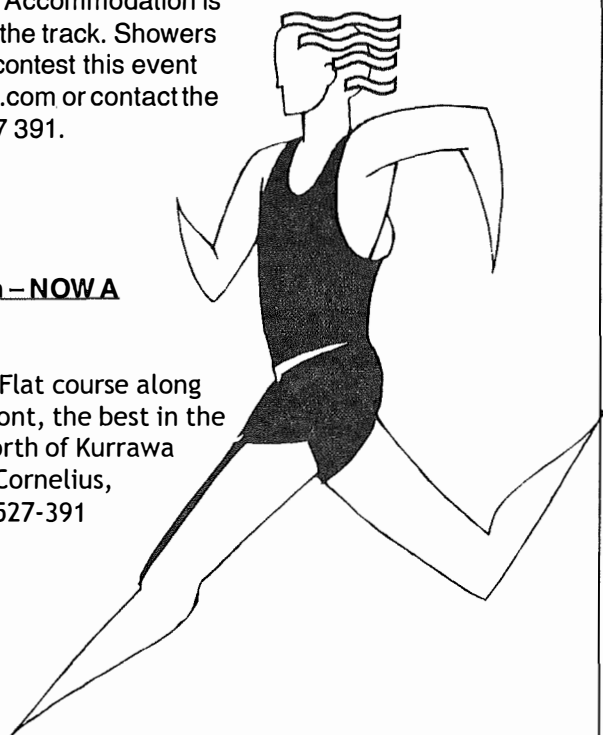
Saturday 26 May 2007

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 20 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 0412 527391.

GOLD COAST 100

Sunday 10 June 2007 (Queen's birthday weekend)

This race incorporates the National 100 km championship. There is also a 4 x 25km relay section 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.



AURA Contacts

Registered Office: AURA Inc. care Sandra Howorth 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:

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"Ultramag" welcomes all and any contributions. Reports, photos etc. In fact, anything you may feel is of interest. Email to the Editor at kc130860@hotmail.com or post to Box 2786, Fitzroy, VIC. 3065

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.
	2	2 nd place	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.
	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:

- 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.
- The points score is for the AURA year, which is the calendar year.
- 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.
- 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
- 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.
- Points for only two records (one for distance and one for time) may be claimed in each event.
- National championships for 2006 comprise: Six Foot track, Canberra 50km, Gold Coast 100, Gold Coast 48, Adelaide 24 and Cliff Young Colac 6 day.

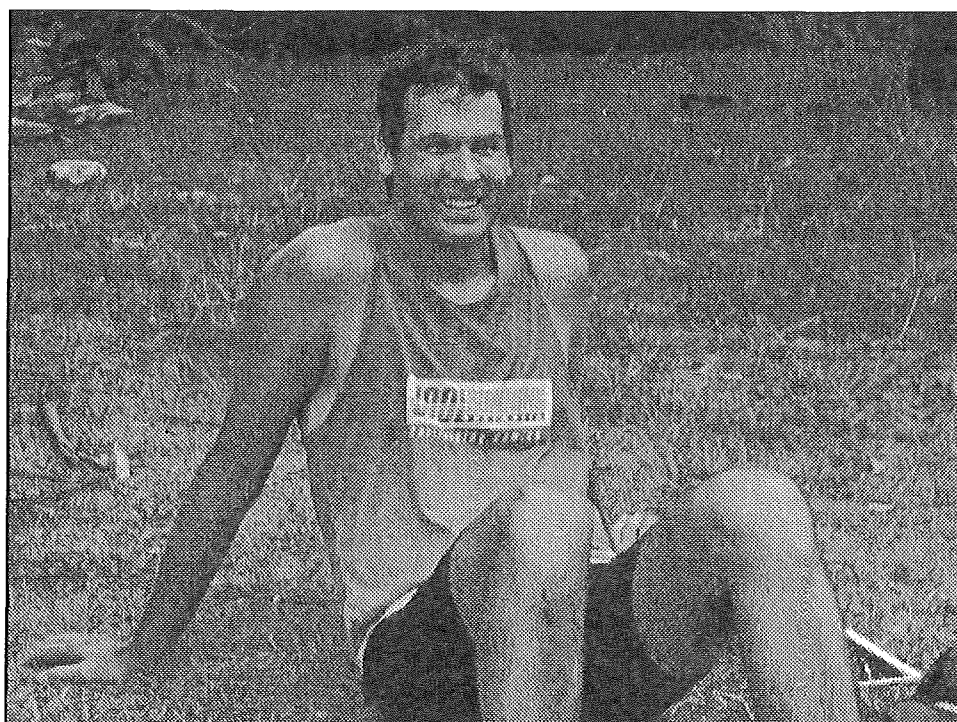


2006 AURA Points Score Competition

Leaders (Provisional Points) at 28th May 2006

Does not include – Glasshouse trail runs

Men	Pts	Events	km	Women	Pts	Events	km
Garry Wise	41	9	630	Siri Terjesen	49	6	327
Kelvin Marshall	36	7	415	Tamyka Bell	16	3	225
Rodney Ladyman	30	7	594	Vivienne Kartsounis	13	3	210
Robert Boyce	28	7	510	Carol Baird	11	2	143
Jonathan Blake	24	2	95	Sandra Howorth	10	2	133
Richard McCormick	18	6	390	Karyn Bollen	7	1	154
Paul Every	18	3	374	Julie Allen	7	2	90
Mark Hutchinson	18	1	50	Karin Kaehne	6	1	50
Louis Commins	16	5	368	Sharon Harrison	6	1	45
Geoffrey Last	16	3	247	Lee Earle	5	1	65
Stan Miskin	15	3	277	Sandra Timmer-Arends	5	1	50
Nick Thompson	15	4	227	Kerri Hall	4	1	80
Glen Lockwood	14	4	280	Amanda Underwood	4	1	45



*Photo from 34th
annual Percy
Cerruty Frankston
to Portsea 55km
road race -*

*Brendan Mason
still manages a
smile at the finish*



ULTRA HOSTS' NETWORK

WHAT IS IT? The Ultra Hosts' Network (UHN) is a community resource that AURA is managing for its members, which facilitates the exchange of free accommodation between members. People who participate in this scheme will have the opportunity to stay, free of charge, at a fellow AURA members' residence, when traveling to an ultra event. It may be a spare bedroom, a mattress on the floor, or just a bit of lawn on which to pitch a tent, but it's a chance to stay somewhere for free, and with someone who has a similar interest - ultra (running)!

WHY HAVE AN ULTRA HOSTS NETWORK? With so few ultramarathons to choose from in Australia, we often have to travel interstate for our races. Often about 1/3 of our traveling expenses are related to accommodation while away. The aim of the UHN is to reduce and often eliminate this expense for our members. It is also hoped that this network will facilitate more of a community atmosphere between AURA members and allow new friendships to be formed.

WHAT'S THE CATCH? There are two sides to the UHN: the 'host' and the 'guest'. The UHN is about give and take, so you must register as a potential host, in order to become a guest and hence gain access to the network of free accommodation.

BEING A GUEST: The easy part! When you decide you want to compete in an event to which you must travel, all you do is call or email a host who lives near that event. Ask if you can stay, and if it's convenient for that host, you've got yourself some free accommodation, and possibly a new friend!

BEING A HOST: You just fill out the form below, and return it via email or the address provided, telling us what you are able to provide as a host. Then all you do is wait until a potential guest calls or emails you. If you are unable to host when called upon, there are no penalties. It is completely at your convenience.

SECURITY CONCERNS? Firstly, AURA will not be giving your address to anyone. All we will provide is the introduction (via email or phone). It is up to you, as a host, to reveal your address to someone who calls, if you are willing to host that person. In order to have obtained your email / phone number, that person must be a member of AURA, and a participant in the UHN. Remember, you are not obliged to accommodate anyone. As a participant in the UHN, you are in control.

OKAY, I WANT TO JOIN. WHAT DO I DO? Just fill in the below form, and return it to:
David Criniti, 14 Cambridge Ave., North Rocks, NSW 2151 memberships@ultraoz.com
Any feedback on this new initiative can also be directed to the same address.

ULTRA HOSTS' NETWORK APPLICATION FORM

CONTACT DETAILS:

Name _____ Email _____
Phone (h) _____ Phone (w) _____ Phone (mob) _____ Fax _____
Country _____ Closest city / town _____
Directions to this city / town _____ Closest ultramarathon _____

HOSTING INFORMATION:

Maximum guests _____ Maximum stay _____ Notice required _____

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

Shower _____

Lawn space (to pitch a tent) _____

Floor space _____

Bed _____

Use of kitchen _____

Food _____

Laundry _____

Directions (via phone) _____

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

Kevin Cassidy – new Life Member

by AURA President Ian Cornelius

As a teenager, Kevin watched in awe as Tony Rafferty and George Perdon did their much publicised solo runs. In 1983 he was again in awe as Cliff Young ran through his then home suburb of Coburg to the cheering crowds to win the first Westfield Sydney to Melbourne.

In 1984 Kevin was asked to help a friend of a friend (who happened to be former AURA President Geoff Hook) with lapscoreing at a 100km race around the carpark of the Coburg shopping centre and was spellbound to see, close-up, people like Cliff Young.

He lap-scored at several ultras until tackling his first Coburg 100km track race in 1985 and surprised himself by finishing in 11:33. In 1986 he did his first 24 hour (164km), then a 50 miler in 6:57 then back to Coburg 100km for a 9:44. He also did the Adelaide 24 hour, achieving 172km.

Running over the next few years saw a marathon PB of 2:55, 50 miles in 6:36, 100km in 8:43 and 187 for 24 hours

Into the 90's and it was numerous trails and a few road runs. Frankston to Portsea became a favourite and he managed lots of Bogong to Hothams, Cradle Mountains, Brindabellas, Six Foot Track, Royal National Park, Glasshouse and

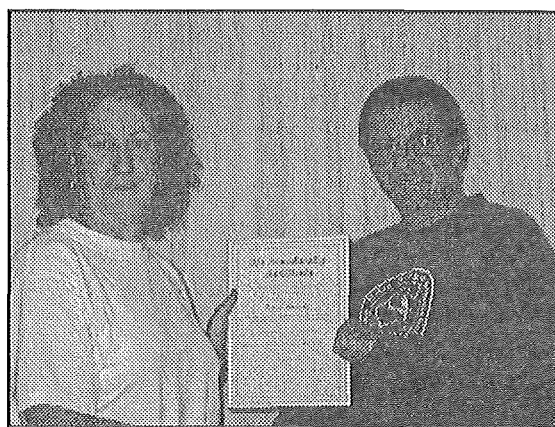
basically every trail ultra in the country at least once.

In the mid 90's he made a number of US trips for 100 milers. He has finishers buckles for Western States, Wasatch, Leadville and Angeles Crest. He also ran Kepler in NZ

Although Kevin has concentrated more on marathon swimming in recent years, he still runs the occasional ultra and, at last count had racked up 75 ultras and 36 marathons.

He passionately keeps the Percy Cerutti Frankston to Portsea going since taking it over in 2000 and has been an AURA Committee member since its inception in 1987. He took over the editing of Ultramag from Dot Browne after a transition period in 2000 and recently started doing an ultra report for R4YL magazine. Kevin has been more than happy to assist in any role asked.....either at events or behind the scenes in administration roles.

On becoming a life member, Kevin said "all I can say is that I have been around for a long time which I don't really think takes any talent, so am most humbled by this award. When I watched Cliff Young run through

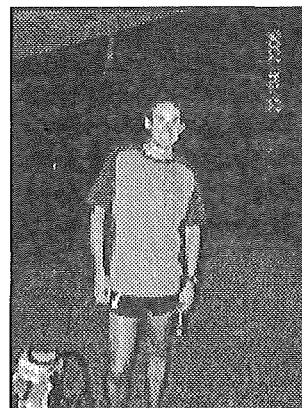
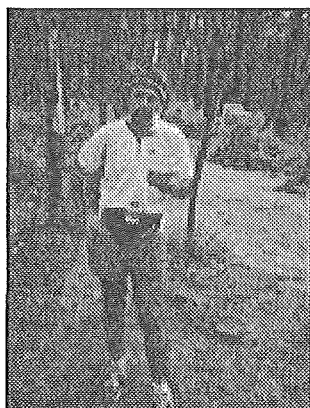
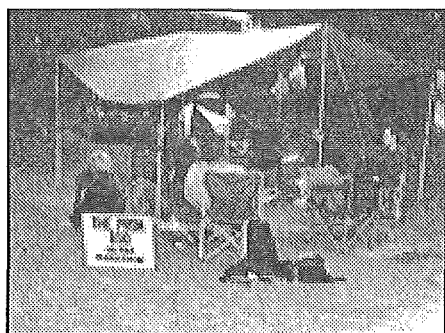


Kevin being presented with his Life Membership certificate by AURA secretary Sandra Howorth.

Melbourne in 1983, I had no idea that such an event would spark my desire for ultras and that my desire would still be going as strong as ever some 23 years later."

"I am pleased that my best running was done during a golden era when the depth of talent was at its highest. We have some marvellous talent around at the moment especially in the 100km event and it will be interesting to see how our runners fare on the world stage."

Kevin has always been most willing to take on any task, no matter how large or small, is a walking encyclopaedia on ultrarunning and is a great asset to our sport.



Photos above from The Prom 100; left: Recovery; Steve Hyde at Roaring Meg; 100k winner Damon Goerke



Personal Profile

Siri Terjesen meets Mario Fattore

Mario Fattore is the IAU World 100K men's champion in 2002 and 2003. Mario hails from a small Italian village on the eastern coast of Italy where he fulfills responsibilities to the Italian Army and trains twice daily in the mountains and by the Adriatic seaside. Mario is a popular runner on the international elite circuit—known as much for his fast times and podium finishes as for his friendly personality and ever-changing fashion and hair flair. The twenty-nine year old's fantastic performances can be attributed to a mix of rigorous training (detailed below- on average, 226km/wk), tenacity, great attitude and relative youth to running—prior to taking up marathons and ultras, Mario was a top-level cyclist. Off the road, Mario is a friend and inspiration to his Italian team, and a buddy of ultra runners from all over the world with whom he practices his English. He is humble about his accomplishments, generous with his time, and always ready to share a smile or a laugh. Mario provides a much-needed injection of Italian fashion flash in the international running circuit—for example, pairing 'Scottish' plaid pants with a shirt from his sponsor Aganippe (an Italian floor manufacturer) and New Balance trainers. Mario also changes his hair before major races; recent looks have included a blonde Mohawk spike in the middle of his jet black hair and a mini goatee.

UltraRunning Profile:

Name: Mario Fattore

Date Of Birth: 18 June 1975

Place Of Birth: Lanciano, Chieti, Italy

Current Address: Village of Romagnoli, Chieti, Italy (Romagnoli is a small village close to the Adriatic Sea, a few hours' drive directly east of Rome)

Job(s): 'Military Athlete' for the Italian Army

Marital Status: Single

Children: 0

Height: 1.65 metres (5'5")

Weight: 58 kgs (127.8 lbs)

Shoe size: 7.5

Best feature (physical): Only my brain

Worst feature: Short height

Religion: Catholic

Educational Background: High School (1993); Integrative Course (1995); will soon start a short course entitled "Sport Economics, Law & Management"

Favorite Author: Stephen King

Favorite non-running magazine: Focus

Favorite movie: Armageddon

Favorite actor/actress: Bruce Willis

Favorite music: All Music

Favorite musical performer: Lene Marlin

Book you are currently reading: Understanding Philosophy

Favorite artist: Dante Alighieri (12th century Italian poet)

Hobbies: Traveling, Theatre, Playing the Accordion

Collections: Watches

Make of car you drive: Rover 214

Make of car you would like to drive: Ferrari

Greatest adventure: None in Particular

Favorite vacation destination: Tenerife (one of the Spanish Canary Islands, located in the Atlantic Ocean, just off the west coast of Morocco)

Favorite time of day: Evening

Favorite item of clothing you own: Scottish plaid pants

Most prized possession: A Ring

Political affiliation: No Comment

Personal hero: Garibaldi (18th century revolutionary)

Favorite famous quote: "Cogito ergo sum" - "I think, therefore I am"

Personal philosophy: "Believe!"

Long-term goal: To be happy forever

Achievement of which you are most proud: A bronze 'Military Medal of Valor' cross

Favorite subject in school: History

Least-liked subject: Mathematics

Least liked household chore: None

Pets: Cat

Favorite non-running leisure activity: Shopping & walking

Greatest fear: A future without work

Happiest memory: Helping my blind friends enjoy themselves while running or in tandem cycling

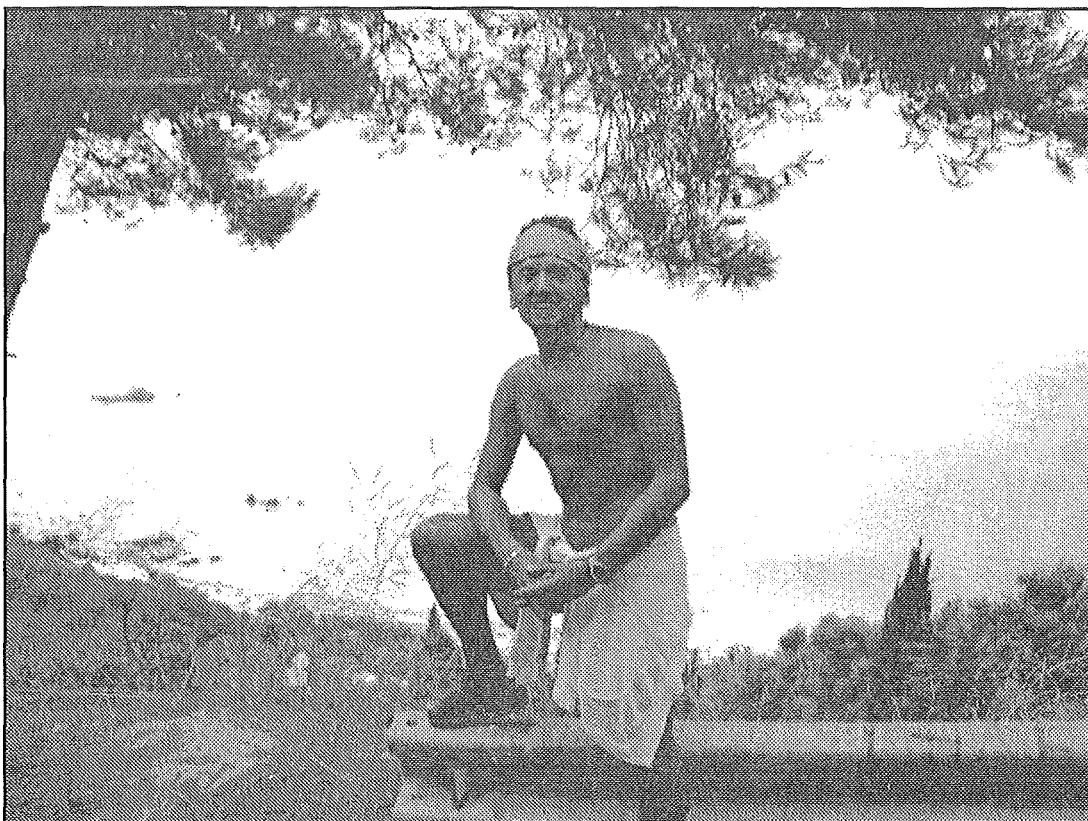
Secret ambition/fantasy: Live happily

Personal strengths: Positive energy

Personal weaknesses: Too altruistic

Running PR's: 2:23:48 (Marathon); 2:57:10 (50K); 6:34:23 (100K)





Number of marathons finished: 33

Years running ultras: 3

Number of ultras finished: 15

Most memorable ultra performance and why: Winning the World 100K Championship in November 2003; winning is very difficult but repeating from the previous year is very, very difficult

Typical training 20 days before the 2003 World 100km was: 1'10" easy (about 16km) in the morning and an afternoon of 10km of various sprint drills; 1'15" (about 19km) in the morning followed and an hour easy (14km) in the afternoon; 40" easy (10km) in the morning followed by 20 minute warm-up and 40km where each 10km is run at a different speed; 1'15" (18km) in the morning followed by an afternoon of 10km of various sprint drills; 1'easy (14km) followed by 40 minutes and then 15*100 meter sprints; 4' (60km); 1' (14km) in the morning and then an afternoon of 10km of various sprint drills; 1' (14km) in the morning followed by 1' of 3'50" kms (16km); 50" and 10*100m spring (13km) in the morning followed by an afternoon session of 40" easy (10km); 4" gradually increasing in speed (58km)

followed by an afternoon session of 40" easy (10km); 1' (13km) followed by an afternoon session of 1' easy (13km); 45" (10km) in the morning followed by followed by an afternoon session of 45" easy (10km); 1'40" and then another 10km (35km) in the morning followed by the same session in the afternoon; 1' easy (13km) both in the morning and the afternoon; 1' easy (13km) in the morning followed by a slightly harder 1' in the afternoon at various paces (15km); 1'easy and 5*3 km (total 29km) in the morning followed by 40"easy and 6km on the course surface (16km); 40" total for the day; 40" total for the day; 40" total for the day, and then World 100 km.

Injuries: Many small injuries from cycling, my sport before taking up running

Favorite running shoes: New Balance 832

Favorite food/drink during an ultra: Bananas, Water, Minerals, Salt, Special sugar, Coffee, Royal Pap (by Queen Bee)

Favorite handler: My coach, Maurizio Riccitelli, and my brothers

Favorite pacer: All my friends, especially from my country: Valentino

Caravaggio, Enrico Vedilei, Claudio Bellisario, Luciano Fattore, Gianfranco Sgrignvoli, Giuseppe Pace

Favorite place to run: Fossacesia beach near my little village of Romagnoli; Majella Mountain

Favorite type of running surface: Road

Ultrarunning idol: Donald Ritchie

Why do you run ultras: Ultrarunning is fascinating and it is the sport of the future

Any advice you would give to other ultrarunners (based on your experiences): Don't surrender and always think positive.

Who are your sponsors? New Balance, Aganippe (an Italian floor and tile manufacturer)

You have a reputation for hair and fashion style—the 'David Beckham' of running. Do you change your hair before each major race? Beckham is tall, nice and rich; I am only rich of health and I change my hair to be unique.

Is it true that all Italian men under the age of 30 still live at home with their parents? Yes, a lot of Italians do!



Australian National Trail Ultramarathon Championships

- 11th March 2006. Held in conjunction with the Six Foot Track

Male

1. Daniel Green	3:34:57
2. Jonathan Blake	3:37:02
3. Trevor Jacobs	3:38:26

Female

1. Siri Terjesen	4:46:21
2. Sharon Harrison	4:55:07
3. Tamyka Bell	5:46:00

AURA Place	First name	Last name
1	Daniel	GREEN
2	Jonathan	BLAKE
3	Trevor	JACOBS
4	Tony	FATTORINI
5	Don	WALLACE
6	Tim	SLOAN
7	Chris	HILLS
8	David	CRINITI
9	Chris	GRAHAM
10	Greg	LOVE
11	Adam	JORDON
12	Andrew	JOHNSON
13	Ian	WRIGHT
14	Kelvin	MARSHALL
15	Adrian	PEARCE
16	Ian	TWITE
17	Adam	BARRON
18	William	PROCTOR
19	Siri	TERJESEN
20	Bruce	RENWICK
21	Wayne	GREGORY
22	John	SEARSTON
23	Sharon	HARRISON
24	Steve	APPLEBY
25	Martin	FRYER
26	Andrew	HEWAT
27	Michael	CORLIS
28	Philip	MURPHY
29	Stephen	JACKSON
30	Tim	TURNER
31	Max	BOGENHUBER
32	John	ROBINS
33	Rodney	LADYMAN
34	Darren	KAHNE
35	Garry	WISE
36	Sean	GREENHILL
37	Tamyka	BELL
38	Glenn	LOCKWOOD
39	Chris	DIXON
40	Robert	BOYCE
41	David	STYLES
42	Nicholas	THOMPSON
43	Donald	RODGERS
44	Kylie	MITCHELL
45	Debbie	WOODHEAD
46	Bob	FICKEL
47	Stewart	VINCENT

AURA Place	First name	Last name	394 Ian	YARD-SMITH	05:54:53:600
48	Vivienne	KARTSOUNIS	395 Darren	GOODSIR	05:54:47:200
49	Peter	LAHIFF	396 Steven	MARTIN	05:54:40:700
50	Bernadette	GREGORY	397 Ben	WATERHOUSE	05:54:43:400
51	Brendan	MASON	398 Jeremy	BAILLIE	05:55:49:500
52	Louis	COMMIN	399 Robert	BOYCE	05:56:09:100
53	Richard	MCCORMICK	400 Neil	HARPER	05:55:29:200
54	Bill	THOMPSON	401 Mario	LARocca	05:55:55:800
55	Bill	TOMICZEK	402 Chris	KNUTSEN	05:56:27:900
56	Christopher	JEFFERD	403 Rob	CANNING	05:56:16:600
57	Nick	DRAYTON	404 Jon	GLANVILLE	05:57:09:500
58	John	LINDSAY	405 Paul	ROTHNIE	05:56:37:200
			406 Frik	DREYER	05:56:36:700
			407 Nicholas	SPASEVSKI	05:56:43:200
			408 Matt	TROUNCE	05:58:02:700
			409 Geoffrey	CROWTHER	05:58:16:600
			410 Diane	CLEMENTSON	05:57:30:700
			411 Nigel	SMITH	05:57:58:100
			412 Robert	JOHNSON	05:57:33:600
			413 Paul	JOHNSON	05:57:34:400
			414 Andrew	TREGONNING	05:57:53:100
			415 Darryl	CHRISP	05:58:51:700
			416 Geoff	UNDERWOOD	05:58:12:900
			417 David	STYLES	05:59:00:400
			418 Tiffany	BRAUND	05:58:15:200
			419 Simon	DA ROZA	05:58:42:300
			420 Emanuel	PETROS	05:59:11:100
			421 Francis	HARVEY	05:58:55:200
			422 Nicholas	THOMPSON	05:59:54:200
			423 Andrew	DODD	05:59:49:100
			424 Mick	DONEY	05:59:18:500
			425 Adam	CARTER	06:00:02:200
			426 Brooke	RANKIN	05:59:56:400
			427 Nadine	DELAP	06:00:23:000
			428 Brian	MCPHERSON	06:00:09:200
			429 Donald	RODGERS	06:00:12:600
			430 Duncan	SINCLAIR	06:00:48:100
			431 Alan	PIERSON	06:01:35:500
			432 Sebastian	DUNNE	06:01:58:600
			433 Judith	O'SHEA	06:01:35:800
			434 Penny	BURGESS	06:01:47:300
			435 Thomas	DAY	06:02:10:300
			436 Karen	KOPPENOL	06:02:37:900
			437 Scott	HOLZ	06:02:12:200
			438 Glenn	HAYWARD	06:03:11:300
			439 Thomas	MENOGUE	06:02:15:400
			440 Steven	PIZZEY	06:03:33:500
			441 Wayne	DAVIS	06:03:15:700
			442 Ken	HUTT	06:02:38:900
			443 Hayden	WALLACE	06:03:59:600
			444 Graeme	SWITZER	06:03:14:400
			445 Rachel	CASSIDY	06:03:28:700
			446 Margaret	CAMERON	06:04:03:700
			447 Anthony	COMPTON	06:04:40:600
			448 Don	MACINTYRE	06:05:16:300
			449 Genevieve	NAESLUND	06:05:17:200

Six Foot Track Marathon - 11th March 2006 Katoomba to Jenolan Caves 45km Results

Pos	Firstname	Lastname	Net Time
356 Brett	KEMBLE		05:46:51:300
357 Stephanie	PARK		05:48:00:100
358 Craig	ELLIOTT		05:48:35:500
359 Chris	O'SULLIVAN		05:48:46:600
360 Llewellyn	SWAN		05:48:49:500
361 Jojo	TIPACE		05:48:15:700
362 George	HOWARD		05:48:29:600
363 Scott	CHADWICK		05:48:35:600
364 Stuart	MASHMAN		05:49:13:800
365 Craig	JOHNSON		05:49:33:700
366 Stephen	MONTGOMERY		05:49:18:900
367 Mario	TORRESAN		05:49:54:400
368 Robert	JOSCELYNE		05:49:08:200
369 Craig	MASON		05:50:01:100
370 James	MATTHEWS		05:49:52:300
371 Peter	NUTTALL		05:50:37:400
372 Damian	TANCRED		05:49:54:900
373 Amanda	HARCOMBE		05:49:38:600
374 Peter	BALDOCK		05:50:14:300
375 Ross	YATES		05:50:23:500
376 Gordon	SHAW		05:50:15:500
377 Trevor	BAYLISS		05:51:12:900
378 Gregory	AURISCH		05:50:51:600
379 Damian	BEASLEY		05:51:04:300
380 David	MARTIN		05:51:28:200
381 Charlie	GLAPIAK		05:51:15:900
382 David	SMITHERMAN		05:51:35:600
383 Jim	CARTER		05:52:24:300
384 Paul	BULLAS		05:52:43:700
385 John	KENNEDY		05:53:29:500
386 Diane	EBINGER		05:53:21:000
387 Kerry	WREN		05:53:33:000
388 Glenn	LOCKWOOD		05:53:50:600
389 Geoffrey	LUSCOMBE		05:53:51:900
390 Geoff	WILLIAMS		05:53:30:800
391 Chris	GRADY		05:54:11:600
392 Chris	DIXON		05:54:31:300
393 Elizabeth	WOODGATE		05:54:20:900

Six Foot Track Marathon results continued . . .

450 Ian	GARRETT	06:04:42:800	513 Jennifer	VESEY	06:16:57:500	576 Bob	ELLIOTT	06:30:41:300
451 Michael	REPPION	06:04:29:800	514 Scott	WILLIAMS	06:17:18:400	577 Scott	TURNER	06:30:58:800
452 Brad	POLLOCK	06:05:18:700	515 Shane	HATTON	06:17:20:700	578 Philippa	JAMIESON	06:30:13:600
453 Richard	DEUTSCH	06:05:46:700	516 Peter	STRACHAN	06:18:50:400	579 Ross	MCNALLY	06:30:40:600
454 Gwilym	FUNNELL	06:05:47:800	517 Phil	CLARKE	06:18:44:200	580 Michael	TOMPKINS	06:31:14:300
455 Tony	BINGHAM	06:05:36:600	518 Jennifer	BEST	06:18:37:700	581 Peter	COLEMAN	06:32:03:300
456 James	HUDSON	06:05:25:100	519 Mike	WORSLEY	06:19:11:000	582 Gary	MCCARTNEY	06:32:36:200
457 Stuart	COLE	06:05:11:900	520 Tymeke	MIBUS	06:18:37:100	583 Roger	CANTON	06:32:20:100
458 Johanean	TEBBUTT	06:05:32:000	521 Katrina	TUCKER	06:18:36:700	584 Anthony	HAYES	06:32:45:600
459 Luke	HAYES	06:05:45:700	522 Rebecca	DEANE	06:19:20:700	585 Wayne	MCCARTHY	06:33:17:700
460 Alan	WATSON	06:05:51:500	523 Catherine	MONTALTO	06:19:22:800	586 Peter	QUINN	06:33:11:900
461 Andrew	TYNDALE	06:07:21:300	524 Kym	WILLIAMS	06:19:28:700	587 Jennifer	KISS	06:33:44:700
462 Phillip	LAING	06:07:24:300	525 Artie	SELLINGS	06:19:21:100	588 Vic	ANDERSON	06:34:10:600
463 Caroline	FOSTER	06:07:29:400	526 Robert	BALMER	06:19:32:000	589 Peter	HEIDEGGER	06:34:05:400
464 Richard	MEDWAY	06:07:47:600	527 Nick	MANNING	06:20:19:900	590 Wayne	GOOLEY	06:34:13:700
465 Pamela	JONAS	06:07:37:900	528 Chris	HATCHER	06:20:58:600	591 Kerryann	HAYES	06:34:13:600
466 Swami	GYANPRAYAG	06:08:03:500	529 Brian	PROSSER	06:21:38:900	592 Kym	VISSE	06:34:03:700
467 Susan	MCBRIDE	06:07:56:100	530 Ingmar	SOMMER	06:21:22:900	593 Donna	BAYLEY	06:34:15:900
468 Stewart	OLD	06:08:24:800	531 Cheryl	WHARTON	06:22:09:700	594 Andrew	JACKSON	06:33:47:400
469 Les	BRYCE	06:09:16:100	532 Jennie	MEIXNER	06:22:19:300	595 Andrew	BIRCH	06:35:16:500
470 Julie	MCGAW	06:09:00:900	533 Mark	GEEVES	06:21:49:200	596 Grant	MORONEY	06:34:16:300
471 Chris	HUET	06:08:47:700	534 Paula	GEEVES	06:21:38:700	597 John	HANNA	06:35:39:200
472 Michelle	LEE	06:08:58:200	535 Vivienne	KARTSOUNIS	06:23:00:000	598 Lee	WALTERS	06:35:56:400
473 John	SELLARS	06:10:06:800	536 Nathan	VASS	06:21:59:200	599 Paul	HEAGNEY	06:35:59:300
474 Lutz	LANGNER	06:09:23:300	537 Robert	AMERY	06:23:38:000	600 Cerina	MEREDITH	06:35:26:800
475 Kylie	MITCHELL	06:10:54:200	538 Pat	HUGHES	06:23:39:800	601 Juliana	PHELPS	06:36:15:300
476 Deirdre	DUNCAN	06:10:41:400	539 Monika	MOHR	06:23:05:700	602 James	MOODY	06:36:14:100
477 Andrew	RICHARDSON	06:11:02:900	540 Andrew	KOROMPAY	06:24:07:500	603 Graham	JOHNSON	06:36:50:100
478 David	RICHARDSON	06:11:55:400	541 Danny	HOOKE	06:24:20:600	604 Jeremy	BARBER	06:36:39:800
479 Gregory	BROWN	06:11:39:700	542 Annabelle	JOHNSON	06:24:57:000	605 Vanda	GOOLEY	06:37:13:000
480 Cathy	PHILO	06:11:27:700	543 Sebastian	WARMERDAM	06:24:17:100	606 Tara	HUGHES	06:38:19:400
481 Jane	TRUMPER	06:11:29:800	544 Julianne	DRYSDALE	06:24:31:800	607 Grahame	ROACH	06:38:21:500
482 Christine	NEWTON	06:11:10:300	545 Daniel	FLUCKIGER	06:24:56:500	608 Ian	DEMPSEY	06:38:43:000
483 Debbie	WOODHEAD	06:11:48:500	546 Michael	KEY	06:25:04:200	609 John	OLMSTEAD	06:38:53:000
484 Don	BLAIR	06:12:43:000	547 Michael	MCGRATH	06:25:10:200	610 Roger	BOWEN	06:39:07:400
485 Karla	MCDONALD	06:11:47:900	548 Gavin	LE ROUX	06:25:33:600	611 Peter	WOODS	06:39:40:600
486 Vicky	MURRAY	06:12:39:500	549 Gordon	NIGHTINGALE	06:25:59:200	612 Derek	SMITH	06:38:31:800
487 Gavin	PILZ	06:12:46:600	550 Peter	LAHIFF	06:26:38:900	613 Leon	HARRADINE	06:39:41:900
488 Manfred	VON APPEN	06:12:24:500	551 Robert	PAXTON	06:26:19:100	614 Chris	MILLS	06:40:28:400
489 Ronnie	O'ROURKE	06:12:27:900	552 Bernadette	GREGORY	06:26:32:000	615 Denis	RILEY	06:41:39:200
490 Tempel	MATTERSON	06:12:27:800	553 Dean	COLDICOTT	06:26:49:500	616 Alan	O'TOOLE	06:41:54:200
491 Fiona	SKINNER	06:12:40:300	554 Tonia	LANCE	06:26:50:400	617 Michael	LEVY	06:42:21:600
492 Margreet	DIETZ	06:12:37:000	555 James	MEADE	06:27:10:200	618 Brendan	MASON	06:42:18:100
493 Ben	HOPSON	06:12:39:200	556 Peter	WARK	06:28:20:800	619 Ross	FRASER	06:43:18:100
494 Paul	SULLIVAN	06:12:50:300	557 Tony	BYTHEWAY	06:27:10:800	620 Daryl	BALDWIN	06:42:58:200
495 Bill	RANNARD	06:13:27:800	558 Daniel	WILLIAMS	06:28:30:400	621 Richard	KOLODZIEJ	06:42:17:400
496 James	SMITH	06:13:28:500	559 David	THOMAS	06:27:49:300	622 Ken	NEWTON	06:43:16:200
497 Michael	WALKER	06:14:29:600	560 Deborah	LAIDLAW	06:28:18:700	623 Dominic	BOIDIN	06:42:48:900
498 David	MATI	06:14:30:000	561 Christopher	LANG	06:28:15:400	624 Sharon	CALLISTER	06:43:26:100
499 Chris	JOHNSON	06:13:52:900	562 Stuart	BARNETT	06:29:21:300	625 Mike	HANSEN	06:43:24:400
500 Bob	FICKEL	06:14:05:400	563 Michael	TULLY	06:29:22:400	626 David	MATHESON	06:43:14:600
501 Meredith	HOGGE	06:14:44:700	564 Leonie	BRADFIELD	06:28:38:500	627 Sudave	SINGH	06:42:58:000
502 Stuart	WILSON	06:14:44:200	565 Michael	HAHN	06:28:18:500	628 Louis	COMMINS	06:43:30:500
503 Alasdair	DIPPLE	06:14:58:800	566 Marie-claire	KURT	06:29:00:000	629 Mark	DAVIES	06:44:21:400
504 David	LANCASTER	06:14:48:700	567 Anastasia	BACHAS	06:29:02:100	630 George	HAJOS	06:44:33:000
505 Helen	WILSON	06:15:34:500	568 Maureen	WILSON	06:29:30:700	631 Robyn	MEADOWS	06:44:30:700
506 Allison	LILLEY	06:15:47:500	569 Katie	RICHARDSON	06:30:02:500	632 Gerd	HARNISCH	06:44:09:600
507 Fergus	DIXON	06:15:26:200	570 Lesley	GARDNER	06:29:13:200	633 Wayne	TIBBITTS	06:44:51:100
508 Ludwig	HERPICH	06:15:38:000	571 Tim	PURCELL	06:29:33:800	634 Nicholas	BENDELI	06:44:33:500
509 Stewart	VINCENT	06:15:18:400	572 Craig	MARSHALL	06:29:41:000	635 Suncha	RAASCHOU	06:45:15:400
510 Eric	SCHMIERER	06:15:45:600	573 Graham	BUTLER	06:29:42:100	636 Con	PANAGOS	06:44:27:100
511 Carl	MCLELLAN	06:16:39:000	574 Greg	SCHMDIT	06:30:02:400	637 Jan	HERRMANN	06:45:43:100
512 Amanda	DUNN	06:16:41:000	575 Conny	WARN	06:30:05:700	638 Liza	WHITFIELD	06:45:57:700

Six Foot Track Marathon results continued . . .

639 Bert	SLOAN	06:46:50:200
640 Richard	MCCORMICK	06:46:56:700
641 Neil	RICHARDSON	06:47:03:500
642 Warren	BROADBENT	06:47:04:500
643 David	CATTO	06:47:50:500
644 Timothy	SULLIVAN	06:48:06:600
645 Ray	WALES	06:48:09:800
646 Robert	CARDEN	06:48:30:800
647 Nicole	MCLELLAN	06:49:43:200
648 Bill	BRENNAN	06:49:51:400
649 Mary ann	WEBER	06:49:53:200
650 Bryan	EDWARDS	06:50:00:800
651 Tschung	CHANG	06:50:23:400
652 John	O'RYAN	06:50:06:000
653 Carl	SIMPSON	06:50:59:900
654 Kerrie	O'CONNELL	06:50:06:700
655 Jeff	MORUNGA	06:50:57:500
656 Bronwyn	WASELL	06:51:32:200
657 Tina	CAMPBELL	06:51:43:800
658 Bill	THOMPSON	06:51:57:400
659 Richard	WOODHEAD	06:52:07:900
660 Ken	WEIR	06:52:10:200
661 Bill	TOMICZEK	06:52:18:000
662 Anthony	BOUSFIELD	06:52:16:000
663 John	WADDELL	06:52:44:700
664 Gerry	QUINN	06:52:58:800
665 Kathryn	GOODE	06:53:16:400
666 Molly	CLIFTON	06:53:09:800
667 Ken	SMITH	06:52:33:500
668 Christopher	JEFFERD	06:53:43:500
669 William	ARTHUR	06:53:39:400
670 David	HENDERSON	06:54:37:300
671 Philip	CLIFTON	06:54:55:400
672 Keith	RUSSELL	06:53:44:100
673 Lindsay	YOUNG	06:54:16:900
674 Peter	SMITH	06:55:42:700
675 Ewen	THOMPSON	06:55:42:700
676 Malcolm	ALLEN	06:56:21:900
677 Graham	SPOKES	06:56:22:200
678 Luke	WATERS	06:55:55:700
679 Beverley	ROYES	06:56:45:100
680 Russell	KLUGMAN	06:56:11:200
681 Jules	LEVIN	06:57:22:700
682 Marc	BESSER	06:56:13:200
683 Stanley	HURWITZ	06:56:13:200
684 Sharon	VARLEY	06:57:08:400
685 Ian	HAMILTON	06:57:09:300
686 Leo	PAUL	06:57:38:300
687 Kevin	O'KANE	06:57:35:400
688 Nick	DRAYTON	06:57:49:400
689 Stephen	LIVESEY	06:58:02:400
690 John	LINDSAY	06:58:15:200
691 Dave	JOSEPH	06:58:31:400
692 Clare	HOLLAND	06:57:47:200
693 David	MUNRO	06:58:08:700
694 Hamish	FITZHARDINGE	06:59:43:300
695 John	SINGLETON	06:59:45:900
696 Cameron	ARNOLD	06:55:21:400
697 Scott	SMALL	06:59:13:700
698 Sappo	KUUSISTO	06:59:25:500
699 David	YOUNG	06:59:39:200

700 Pamela	CARTER	07:00:09:900
701 Doug	CHAPMAN	07:00:43:100
702 Julie	GARLAND MC	07:04:27:100
703 Michael	HIRNER	07:05:09:200
704 Frederique	MCCARTNEY	07:10:12:700
705 Michael	BAILEY	07:10:33:400
706 Manfred	FIEDLER	07:13:30:500
707 Ken	HOLMES	07:13:40:300
708 Angus	MITCHELL	07:16:01:800
709 John	SNEDDON	07:16:45:100
710 Bob	GREENWOOD	07:17:05:700
711 Karon	MAYTOM	07:16:29:000
712 Mark	SPARSHOTT	07:13:04:600
713 Ross	KNOWLES	07:21:43:100
714 Ian	SINGER	07:26:05:200
715 Dennis	BEDFORD	07:21:54:000
716 Roger	RIGBY	07:26:15:200
717 Keith	MAYHEW	07:39:15:900
718 Alice	SCOTT-LAR	08:04:52:300

Report by Diane Ebinger

What a day! This was my first Six Foot and I am sure that I will line up again for it next year.

Woke up Saturday morning with a raging headache, sore throat and a shocking pain in my lower back from the Hotel bed. I kept reminding myself that technically this was 'just a training run' for Canberra in 4 weeks....relax and enjoy the ride!

The starting area was amazing. Hubby and I walked around and took lots of photos. Emma Murray looked sensational and I said before the start that I reckoned she would place in the top 5. Watched the first two waves go off, popped 3 panadine and got ready to go!

After a bit of a hold up in the first 2-3k I managed to get past a bunch of slower runners and settled into a nice pace, although my back and legs felt terrible right from the start. Very very very pissed off that a group of us missed the turn-off around 9k and ended up running at least an extra km up to a house before being hailed by other runners. By the time we turned around and got back onto the correct track, we were stuck behind a fairly slow moving huge bunch of runners all the way down to Cox's. After being stuck in this group for a while I became a little more aggressive (sorry to anyone out

there!) and kept yelling 'passing' just to get through. 1:44 to here and I was 10-15 mins behind where I wanted to and easily could have been. My highlight here though was the spur of the moment decision to go through the river! Can't wait for the video!

The next 90 mins were a mix of running and walking with my lower back giving me lots of grief and my head pounding. I honestly thought at one point I might have to pull out. I hit the top of Pluviometer in 3:26, looked at my watch and thought "the winner should be finishing now" (somewhat of a depressing thought when you know you have over 20km to go!) I took some time out at Pluvi to stretch the back and legs before heading off again. Honestly, I do not know where the next 2 hours went! I thought I was running at a decent pace, but time was going faster than the kms!! My legs felt dead and I really couldn't get into a rhythm. Thank god for the absolutely fantastic aid stations!!

Leaving the final aid station I felt totally crap. Plodded the next couple of km until the downhill section and then I really perked up...it only took 43km [44km!] for me to get into the run! Cruised down the hill and passed at least 10 people on the way down. Came down the chute a little bit teary and finished in 5:53. Said hello to Aunty Karin who I ran a bit of Melbourne Marathon with last year as she gave me my medal.

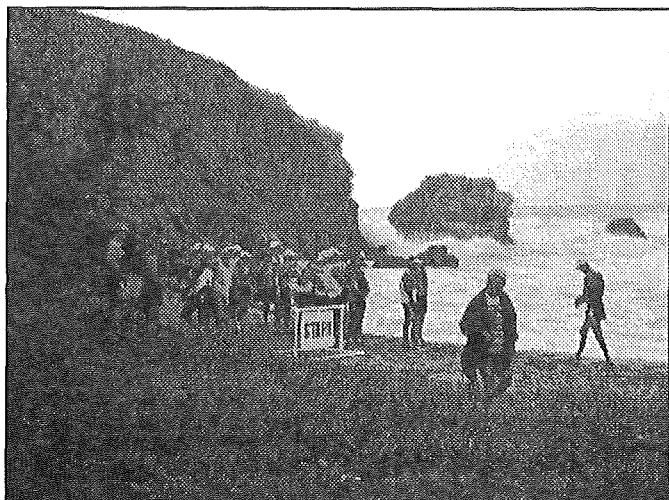
I guess that's not bad really for a first-timer and running at least 46km to boot! Now that I have been on the course I am really looking forward to giving 2007 a go.

It was an exhilarating course with fabulous supporters, fantastic aid stations/volunteers and a wonderful experience.

The final thing is that for me it was the positive, humorous, supportive and just all-round great attitudes of all the runners out on the course which made the day so much more memorable.

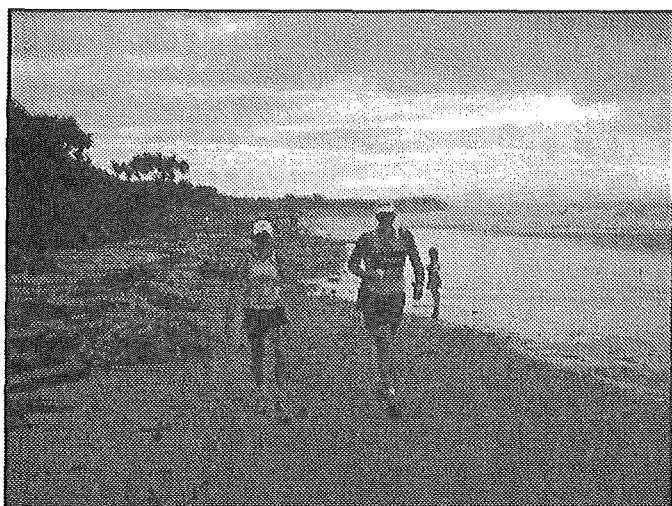
Red Rock to Coffs Harbour

Report by Steel Beveridge



Some trepidation as they 'face the water' at the start

Paul Arthur led in the classiest men's field in the fifteen years of the annual Poolside Water World Great Ocean Run while Julie Allen won the women's race by over 40 minutes. Arthur from the Central Coast stamped his authority on the race by the time he had reached Corindi. At one time his lead over a field which included five previous male winners was estimated at 20 minutes. Despite losing his way a couple of times in the later stages and nearly getting swept out to sea at Moonee the former winner of the prestigious City to Surf still had just under eleven minutes over previous winners Andrew Thompson and Ray Wareham who tied for second.



Emma Moylan & Paul Chamberlain at Corindi

Two other runners, former winner Michael Smart from Invergowrie and event debutant Matt Bourke, also broke through the four hour barrier in what were sometimes trying conditions. Runners had been greeted by a distinct lack of beach at Red Rock for the 8.00a.m. start making the early kilometres very difficult

indeed. As the tide became kinder the breeze became a headwind making the long stretches like Moonee Beach as much a battle as the soft yielding going on Sapphire and Korora beaches. And then there were the creeks, many running strong and deep after the recent rain. Several runners detoured round a couple of the more forbidding crossings trading security for time and distance.

The women's winner who was holidaying at Korora after completing the equally arduous Six Foot Track trail ultramarathon negotiated the crossings adeptly enough to street the field in her first attempt at the Water World event. Second place went to another first-timer Emma Moylan with previous winner Angie Grattan cruising to third. Grattan who runs bare foot was coming back from several injuries including two dog bites incurred while pursuing her employment as a postie.

Another barefoot runner was the

sprightly Keith Everson from Yamba who completed the full journey this time after sampling a slice of it last year.

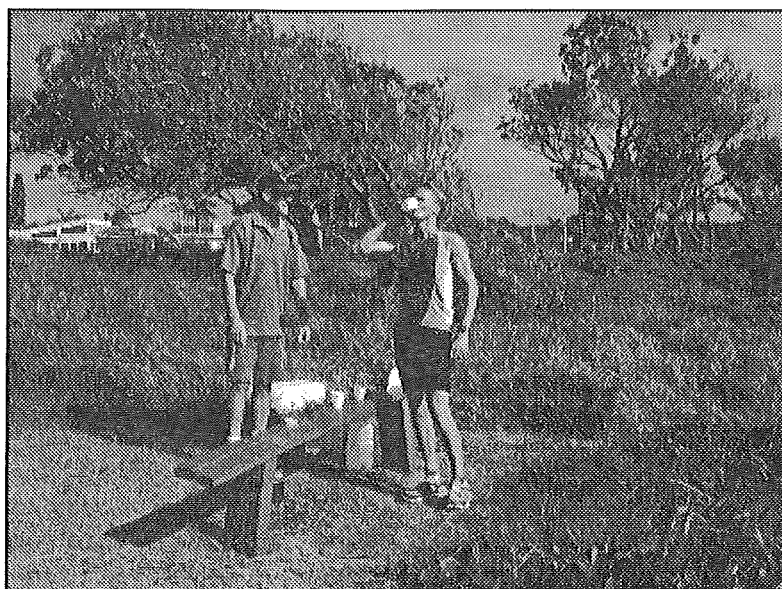
First local male was Jim Bennington who reached the Jetty in 4.19.11 to fill seventh place. The female field was down a bit on previous years with no local women starting this time. At least three who have run previously sat out the 45 kms of beach, headland and creek crossings to save themselves for the Australian Ironman Triathlon next week.

As the 'war stories' proliferated at the presentation at the Yacht Club thanks was expressed to the volunteers who 'personned' the aid stations en route and who dispensed food and drink at the finish. The organisers from the W.R.A.T.S. particularly expressed their gratitude to Eric Markham from the Gold Coast Runners and Dennis French from the Tweed Twin Towns Runners for their organization of the northern invasion each year and to Poolside Water World for its continued sponsorship, now in its tenth year.

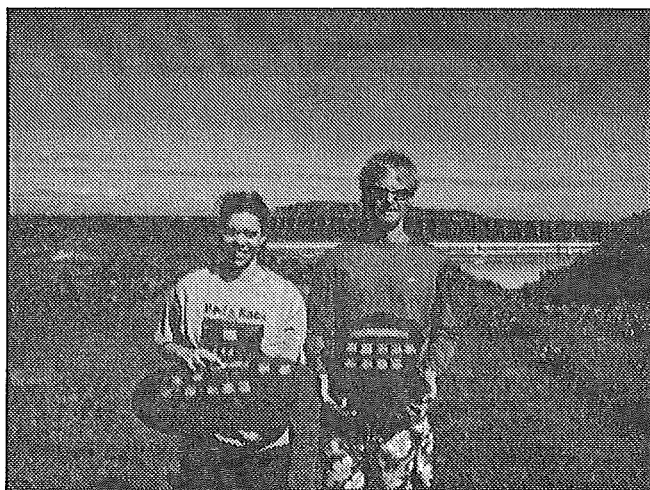
RESULTS

- | | |
|---------------------|---------|
| 1. Paul Arthur | 3.33.52 |
| 2. Ray Wareham | 3:44:48 |
| 2. Andrew Thompson | 3.44.48 |
| 4. Michael Smart | 3.52.27 |
| 5. Matt Bourke | 3.57.47 |
| 6. Bruce Cook | 4.06.11 |
| 7. Jim Bennington | 4.19.11 |
| 8. Peter O'Sullivan | 4.40.26 |
| 9. Wayne Gregory | 4.40.57 |
| 10. Richard Willis | 4.49.41 |
| 10. Bob Beer | 4.49.41 |
| 12. Tony Kean | 5.02.16 |
| 13. Julie Allen [f] | 5.04.24 |
| 14. Rod Ladyman | 5.05.01 |
| 15. Peter McKenzie | 5.16.44 |
| 16. Ashley Knauth | 5.17.01 |
| 17. Paul Cooper | 5.21.31 |
| 18. Peter Gardiner | 5.24.04 |
| 19. Chris Cohen | 5.31.36 |
| 20. Daryl Bancroft | 5.40.03 |
| 21. Emma Moylan [f] | 5.45.02 |

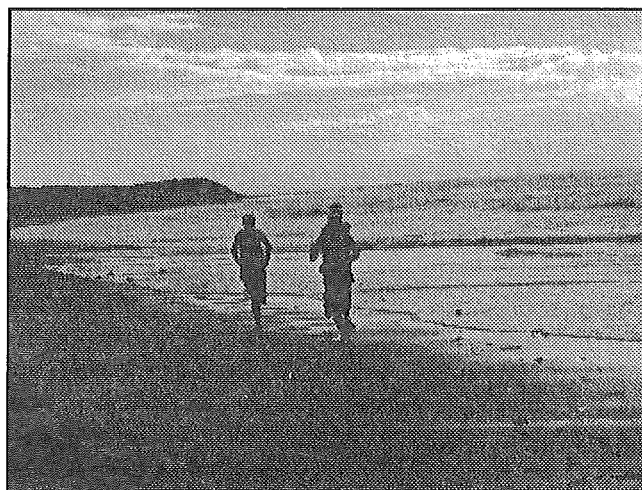
22. Paul Chamberlain	5.45.08
23. Steve Tesic	5.54.48
24. David Casey	5.59.09
25. Peter Moore	6.00.39
26. Angie Grattan [f]	6.01.31
27. Geoff Kopittke	6.23.56
28. Ross Donald	6.39.22
29. Bob Jones	6.45.00
30. Lyn Campbell [f]	7.13.19
31. Russell Forrestal	7.48.29
31. Robert Asher	7.48.29
33. Peter Gray	7.57.32
34. Coral Asher [f]	8.05.12
35. Keith Everson	8.07.41
36. Elly Friend [f]	8.19.32
37. Tom Holbut	8.27.41
38. Dennis French	8.45.23
39. Jason Evans	9.53.45
39. Robyn Evans [f]	9.53.45



Time for a drink - Paul Arthur at Emerald Beach.



Winners at the Jetty - Julie Allen & Paul Arthur



The poursuivants (chase pack) Andrew Thompson, Ray Wareham

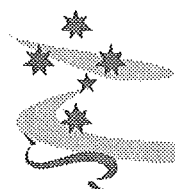


34th Annual "Percy Cerruty" Frankston to Portsea 55km Road Race

Sunday 2nd April 2006

RESULTS

1. Mike Wheatley	3:57:59	10. John Dobson	5:57:45
2. Mal Grimmett	4:18:15	12. Richard McCormick	6:07:09
3. Dan Thompson	4:35:04	13. Richard Arney	6:37:55
4. Peter Bignell	4:43:39	14. Ernie Hartley	6:51:56
5. Steve Hyde	5:14:23	15. Peter Gray	9:31:58
6. Bruce Salisbury	5:27:35	DNF Andrew Herman	42km
7. Shane Pettingill	5:34:47	DNF Brian Glover	42km
8. Ben Cotter	5:51:11	DNF Warren Holst	40km
9. Garry Wise	5:53:27	DNF Alissa Jones [F]	31km
10. Brendan Mason	5:57:45		



34th Annual "Percy Cerruty" Frankston to Portsea 55km Road Race

Sunday 2nd April 2006

Report by "Race Director", Kevin Cassidy

Sitting in the dining room of the Sandy Hotel on race eve, it was somewhat of a surprise to have Lois Wishart serving up the grilled fish and vegetables. Lois was one of our more prolific marathoners during the eighties and nineties and ran the Frankston to Portsea in 1992. When I suggested she front up the next morning, she scoffed despite the fact that she still looked as fit as ever. Despite not having run competitively for years, she confided that she was still knocking out 80 kilometres a week along with 100 kilometres of cycling!! Should she ever decide on a comeback, a swag of veterans prizes await.

I'd been wondering how many runners would forget about the end of daylight savings and roll up an hour early but the deserted car park at the start put paid to such assumptions. In the space of 20 minutes, runners arrived from a variety of directions and we were about to get underway in the morning stillness when I realised that three of our intrepid runners were still car shuffling back from Portsea planting "special" drinks along the way. They arrived in a cloud of dust to the screeching of tyres resulting in a slightly delayed start. With Peter Gray heading off early [5am], 18 runners hit the highway to Portsea at 7:12am. Kelvin Marshall was an understandable absentee given the lame and embarrassing performance of his beloved Richmond Football Team the previous night. He was more likely to have been preparing for a swan dive off the Westgate Bridge.

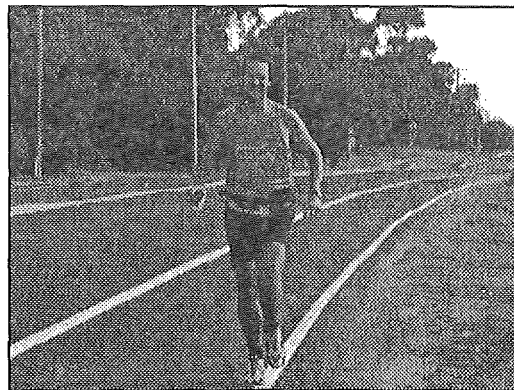
The early stages proved uneventful with the notable highlight being the spontaneous appearance of a couple of rogues in the form of Kon Butko and Ross Shilston. These two shady characters are the original pioneers

from 1973. Put simply, we wouldn't be here if not for their hasty decision to trek down the Nepean Highway all those years ago.

Mike Wheatley, Mal Grimmett, Peter Bignell and Dan Thompson formed a quartet at the front of the field and it appeared that Mike and Mal would repeat their "Leyland Brothers" effort of 2003. By 10km, Peter had surged ahead dazzlingly gaining his Andy Warhol 15 minutes of fame. A large flock of ducks fossicking studiously amongst the roadside appeared most unperturbed by the passing runners.

Brendan Mason provided a dimension of comic relief when he went in search of his "planted drinks" at 10km. Proving fruitless, it eventually dawned on the absent minded sod that they were actually another 5km down the road! All I could hope was that he doesn't experience any "missed" drinks when he tackles the dessert sands of the Marathon des Sables in a weeks time. A committed "gadget freak", Brendan was journeying down the highway with a variety of electronic gadgets strapped to his body. There was the wiz bang GPS, computerised map printer, light dissecting meter, runner comfort gizmo, lung volume reader and podcast recorder. I didn't bother to ask, but his back pocket undoubtedly contained a pop-up combination dishwasher/clothes dryer/ironing board!

Former Race Director from the eighties and nineties, Dennis Smith, made an appearance on his bike exclaiming loudly with a distinctly bewildered expression "Gee, you guys must have started late". Poor Dennis had forgotten the end of daylight savings. His loss of memory would be on a par with the Australian Wheat Board executives giving evidence at the inquiry into secret



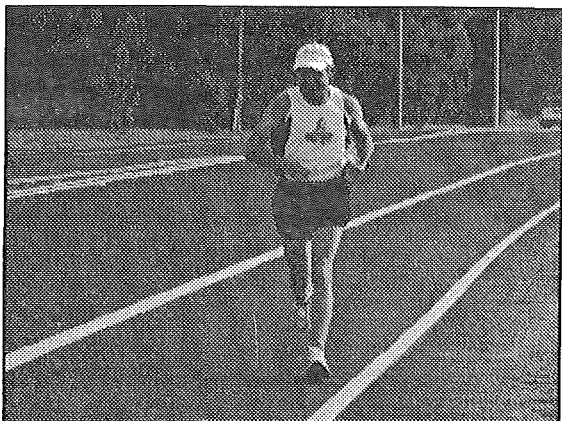
Brendan Mason manages a smile

kick backs paid to Saddam Hussein.

Approaching halfway on the road into Dromana, things were starting to take shape. A consistent Australian 100km representative on numerous occasions, Mike Wheatley established a substantial lead over Mal Grimmett and Peter Bignell with first time ultra runners, Shane Pettingill and Dan Thompson doing well. Also well to the fore was Steve Hyde. Further back, Warren Holst, Brendan Mason, John Dodson, Garry Wise, Bruce Salisbury and Ben Cotter were all within sight of each other.

Dromana was where I awkwardly dived into a Licensed Grocers to snap up a couple of bottles of wine for our respective winners. "We can't sell alcohol until 10am, it's the law" snapped the dull but attractive sales girl in the most brittle of tones. Settling for a Diet Coke for myself, the wine purchasing had to wait until later which proved to be somewhat of a close call given Mike's cracking and inexhaustible pace.

Driving back towards the tail of the field, I found Richard McCormick wondering if he was on the correct course while Andrew Herman and Richard Arney remained close together. Ernie Hartley, who drives the fastest milk cart in the west, bailed me up to refill his water bottle which he quickly jabbed back into his



Garry Wise clocking up yet another ultra

waste belt. Further back, our sole female runner, Alissa Jones, and perennial ultra walker, Brian Glover, were travelling steadily.

Progressing through Rosebud, I managed to track down the early starting Peter Gray. Expressing surprise that it had taken so long for anyone to catch him, it became obvious that he was another victim of the "forgotten daylight savings bug" with his actual starting time being 4am! Peter is Australia's most prolific ultra runner with 187 races under his belt over a period of 20 years. The only thing as recognisable around the ultra circles is his decidedly unmistakable van. Sadly, Peter's van died on the return trip from Red Rocks the previous weekend and was now sitting in an Armidale mechanics shop awaiting a new engine, "I'll pick it up in July when I go to the Gold Coast Marathon" he stated optimistically.

Passing the Rosebud Sunday Market at 35km, Brendan Mason's and Richard McCormick's respective families understandably abandoned their gasping sweaty husbands/fathers for the infinitely more inviting and exciting prospect of snaring a bargain or two at the trash and treasure stalls. Young Rory Mason was over the moon with his attractively priced "new" book titled "Boys Own 1968"! An absolute steal at one dollar, I mused as to the cutting edge technology it may have featured. Perhaps some tin model racing cars or a replica Gene Autrey gun holster!

Feeling the need for some lunch, I snuck into a road side milk bar near Rye where a large bright sign

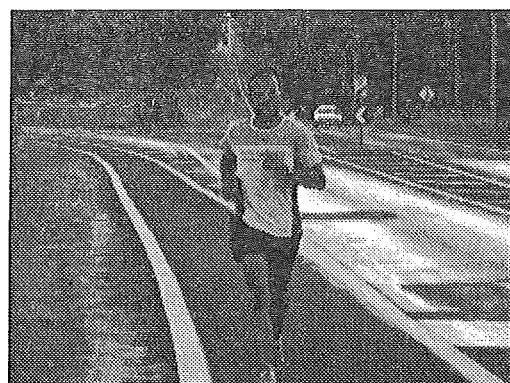
enthusiastically encouraged all to purchase a particular brand of lollipops for 99 cents each or three for three dollars! Pointing out the mathematical distortion to the cheery faced but somewhat dishevelled shop owner, he seemed quite bemused. "People have been snapping them up three at a time all week", he mumbled. Strange creatures, we humans!

Mike Wheatley charged through the polished and attractive streetscapes of Sorrento with haste and again stopped the watch under four hours as he stole into Portsea. Just as he regularly pumps out 100km races under eight hours, his consistency over this course is outstanding. Mal Grimmett also ran a superbly judged race for second with first timer, Dan Thompson, impressive in third. I managed to find a couple of voice mail messages as runners started emerging over the final hill into the finish. Alissa Jones had called it a day suffering the aftereffects of flu but the second message was of a substantially urgent tone. Brian Glover's wife had managed to flatten the battery of her car, a fact to which Brian was oblivious. With the help of a phone from a nearby resident and the RACV, she finally got going but not before Brian had gone two hours without a drink. Unfortunate circumstances is the only way to describe his dehydration and resultant DNF.

Warren Holst arrived at the finish via the back seat of his family car having suffered an injury while Andrew Herman called it a day at the marathon point having recorded a qualifying time for the Comrades Marathon. All others made it to the gates of the Portsea National Park to receive the traditional blocks of chocolate and mirrors. "The mirrors are bigger this year" observed Mal Grimmett. "That's for our bigger heads" laughed Peter Bignell. Richard Arney wore an expression that strongly suggested the satisfaction of finishing his first ultra would be deep and lasting.

Steve Hyde dished up the days most memorable entertainment. Intensely gratified with his 5:14 P.B., he stretched out exuberantly on the grass, sunk a large drink, towelled off the perspiration, engaged in a chat and sought some warmer clothes. He then expressed surprise with his time, "But My Watch Says 5:20" he grumbled in a confused tone. After much discussion and lamenting at the "poor" quality of his newly purchased watch, he suddenly looked rather sheepish. Poor Steve had neglected to hit the stop button and the minutes were still happily ticking away! After a 55km run, I guess a degree of brain deadening can be forgiven.

As the day moved into mid afternoon, the gathering of runners and crew at the finish started shrinking with amazing rapidity. My untiring assistant, Sandra, started piling runners into her car with Peter Gray remaining to fill my one spare seat back to Frankston. The sight of pre season football games amongst the local parks as we made the return



Dan Thompson strides out

journey was a gentle reminder of the change of seasons as Peter's accounts of his incredible ultra career provided absorbing conversation material.

Finally sorting through the paperwork upon returning home, it appears that I have finished in the red again but so be it. With such questionable accounting skills, I could probably sack myself without any fear of unfair dismissal recriminations thanks to John Howard's new Industrial Relations laws.

Without question, we'll be back in 2007.



Canberra 50km road race

9th April 2006

Held in conjunction with the Canberra Marathon
Incorporating the AURA
Australian 50km
Championship
Report by Kevin Cassidy

Back in the early nineties many of our major city marathons looked to boost participation rates and interest by offering shorter options. The Canberra Marathon took the unprecedented step of offering a longer choice with the introduction of the 50 kilometre distance.

The concept was simple. 50 kilometre competitors would run through the marathon finish and be recorded as finishers while continuing on for another 7.8km loop. An instant success, the "Canberra 50km" has grown into a prestigious event in its own right providing favourable conditions and a fast course.

With the recent introduction of an annual 50km trophy race buy the International Association of Ultrarunners [IAU], the Canberra event established itself on the world stage in 2006 by being awarded "Selection Race" status as well as hosting both the Australian Ultra Runners Association [AURA] and Athletics Australia [AA] championships.

A 40% increase in participation since 2005 saw 79 runners [18 of which were women] start and finish with a depth and quality that could only be described as outstanding. In fact, one in ten marathon finishers went on to complete the 50km. National 100km team mates, Mark Hutchinson and Jonathan Blake staged a remarkable and absorbing battle along with Traralgon local Tim Cochrane and former Australian representative, the ageless Trevor Jacobs. Ultimately, Mark narrowly prevailed over Jonathan in an exciting finish. Amongst the women, the exuberant Siri Terjesen stormed home after a sub three hour

marathon split ahead of the improving Suzanne Kelly in a superbly judged race with the reliably consistent Vivienne Kartsounis completing the AURA podium in third position.

Amongst the age group categories, no fewer than three Australian records were to tumble. Suzanne Kelly's 3:41:38 shaved 13 minutes off the previous W40 best whilst the unstoppable "Ageless Wonder", Norma Wallett, established a new W75 mark of 6:32:28. A regular face on the Victorian running scene some 15 to 20 years ago before moving to triathlons, Tina Torpy returned with the biggest bang possible. Her 4:21:31 obliterated the W60 record and was also three minutes faster than the official World Record set by Germany's Ursula Schmitz in 1994. Tina now awaits ratification by the IAU to replace the 1994 mark.

As winners and having achieved the IAU qualifying standard of 3:20/3:40 respectively, both Siri and Mark have gained automatic selection and funding to represent Australia at the IAU Trophy event in Europe.

Although similar to the marathon, the 50 kilometre distance provides an excellent platform for marathon runners to step up to the longer ultras. Personally, I have old [over 20 years] but vivid memories of tackling my first 100km event having previously gone no further than a marathon. I'd have given my right arm to have moved up via a "50km stepping stone" that simply wasn't available back then.

With the IAU 100km World Challenge being held on October the 8th in Korea and the next IAU World 24 Hour Challenge scheduled for July 28-29 2007 in Quebec City, Canada, positions for the Australian teams are open for selection. The National 100km Championships at the Gold Coast on June 11th are fast approaching offering boundless opportunities for all ultra runners

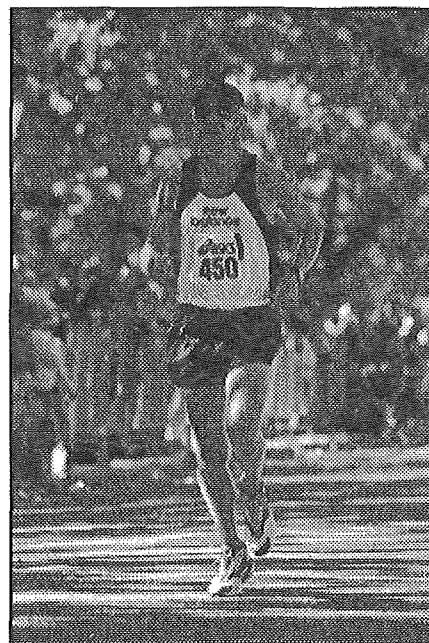
April Championships Results

Men

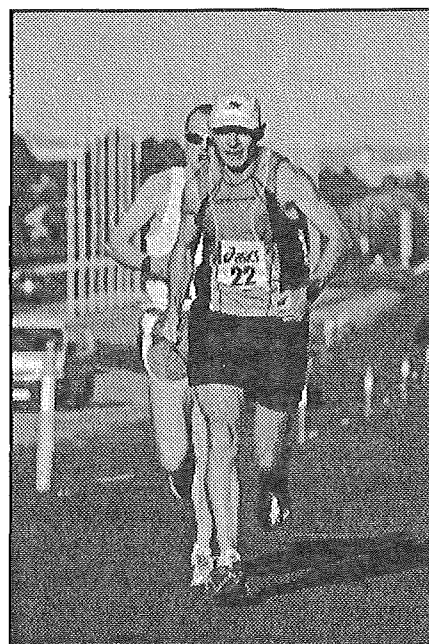
1	Mark Hutchinson	3:09:05
2	Jonathan Blake	3:11:47
3	Trevor Jacobs	3:20:45

Women

1	Siri Terjesen	3:35:19
2	Suzanne Kelly	3:41:38
3	Vivienne Kartsounis	4:28:40



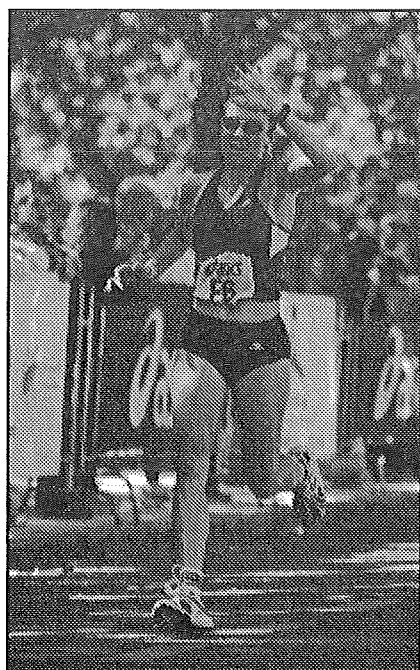
Mark Hutchinson



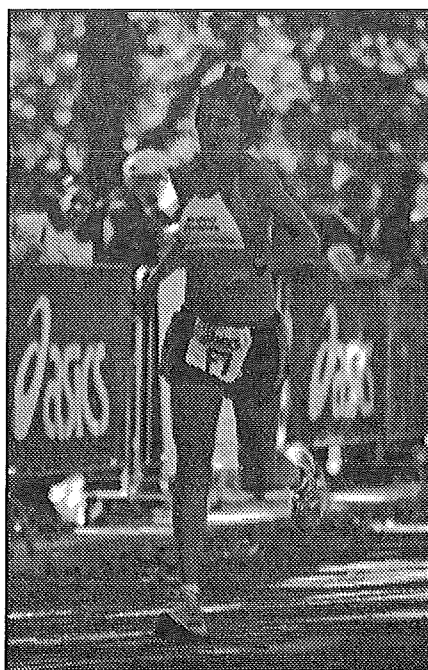
Jonathan Blake



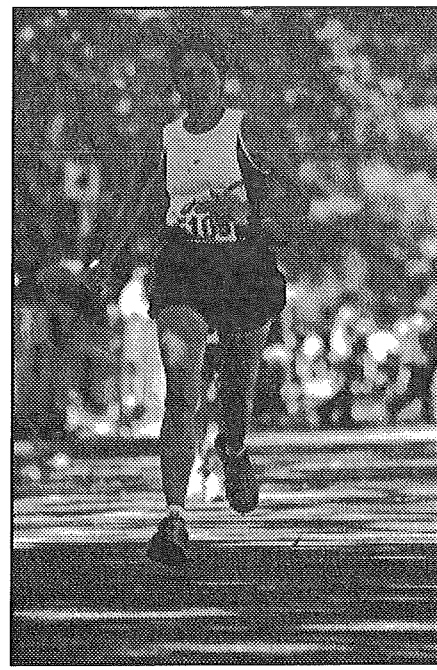
Place	Name	Sex	State	Age	42.2km	Finish							
1	Mark Hutchinson	M	QLD	39	2:40:14	3:09:05	39	Keri Vaughan	F	ACT	44	3:39:37	4:29:36
2	Jonathan Blake	M	NSW	40	2:38:17	3:11:47	40	Lyle Hingley	M	ACT	47	3:35:28	4:29:40
3	Tim Cochrane	M	VIC	25	2:41:41	3:14:35	41	Chris McFaul	M	IND	35	3:27:50	4:32:14
4	Trevor Jacobs	M	ACT	54	2:47:48	3:20:45	42	Graham Wye	M	NSW	44	3:31:36	4:33:15
5	Tom Gleeson	M	NSW	34	2:46:25	3:21:24	43	PeterSchulenkowski	M	QLD	42	3:51:22	4:34:55
6	Ray Wareham	M	NSW	39	2:45:39	3:28:35	44	StephenKibble	M	NSW	42	3:47:17	4:37:15
7	Chris Graham	M	NSW	34	2:56:04	3:31:34	45	Karin Kaehne	F	NSW	39	3:49:44	4:39:38
8	Siri Terjesen	F	QLD	30	2:58:35	3:35:19	46	Roland Hassall	M	NSW	39	3:54:34	4:40:12
9	Greg Love	M	NSW	51	2:57:19	3:36:26	47	Robert Osborne	M	NSW	50	3:46:27	4:43:26
10	Adrian Pearce	M	QLD	38	2:57:02	3:37:51	48	Richard Mallet	M	ACT	41	3:55:07	4:44:47
11	John Mackenzie	M	VIC	31	2:59:01	3:38:02	49	Dee Duncan	F	NSW	51	3:53:21	4:46:51
12	Shaun Atchison	M	NSW	37	2:53:25	3:40:36	50	Robert Boyce	M	VIC	44	3:56:22	4:49:35
13	Suzanne Kelly	F	NSW	40	3:02:28	3:41:38	51	Stuart Price	M	NSW	30	3:55:16	4:49:49
14	Warren Thorne	M	WA	32	3:05:43	3:43:13	52	Phillip Laing	M	SA	45	4:04:00	4:53:52
15	David Hosking	M	ACT	38	2:57:47	3:45:02	53	Stuart Cole	M	NSW	39	4:07:42	4:55:22
16	Robert Ware	M	QLD	30	3:12:15	3:46:10	54	Ruth Baussman	F	ACT	55	4:05:17	4:56:11
17	Tom Valena	M	QLD	53	3:05:41	3:46:54	55	Philip Hughes	M	VIC	49	4:04:30	4:56:19
18	Stephen Jackson	M	NSW	48	3:13:32	3:51:07	56	John Stoney	M	ACT	40	4:05:17	4:56:26
19	Darryl Harding	M	NSW	40	3:18:42	3:54:31	57	Duane Rek	M	ACT	42	4:14:57	4:58:17
20	Michael Corlis	M	ACT	47	3:07:32	3:56:11	58	Richard Baylis	M	VIC	50	4:07:13	5:02:06
21	Barry Rutter	M	NSW	54	3:14:24	3:56:54	59	Steve Bruggeman	M	NSW	47	4:01:35	5:03:51
22	Kim Cook	M	NSW	50	3:18:40	4:03:49	60	Paul Crouch-Chivers	M	QLD	57	4:10:55	5:05:43
23	Neil Anderson	M	NSW	41	3:22:25	4:05:59	61	Yvonne Reilly	F	NSW	33	4:04:03	5:07:37
24	Peter Blackshaw	M	NSW	44	3:29:43	4:08:56	62	Louis Commins	M	NSW	56	4:05:23	5:08:13
25	Philip Murphy	M	NSW	37	3:29:46	4:09:28	63	Trevor Marsh	M	VIC	44	3:59:23	5:12:08
26	Natalie Wallace	F	VIC	34	3:26:45	4:12:08	64	Nicky McLellan	F	NSW	30	4:25:30	5:15:50
27	Peter Clarke	M	ACT	55	3:14:17	4:12:53	65	John Simpson	M	QLD	42	4:11:45	5:15:59
28	Dan Kehoe	M	NSW	25	3:26:05	4:14:08	66	Billy Pearce	M	NSW	41	4:13:30	5:18:05
29	Garry Wise	M	VIC	59	3:23:30	4:15:27	67	Sue Jeffrey	F	NSW	53	4:25:29	5:23:22
30	Charles Low	M	NSW	54	3:34:12	4:16:05	68	Nick Drayton	M	NSW	49	4:27:53	5:23:44
31	Gary Pickering	M	NSW	50	3:31:28	4:18:27	69	Hannes Van Wyk	M	VIC	30	4:42:26	5:36:42
32	Sue Cooper	F	NSW	40	3:32:17	4:20:01	70	Ann Owen	F	NSW	50	4:48:31	5:37:09
33	Ngoh Ngoh Nestor	F	VIC	42	3:28:50	4:20:33	71	Doug Sheridan	M	ACT	35	4:38:42	5:52:36
34	Tina Torpy	F	VIC	61	3:35:38	4:21:31	72	Julie Colbran	F	ACT	49	5:05:45	6:20:59
35	Wayne Gregory	M	NSW	47	3:25:47	4:22:48	73	Norma Wallett	F	NSW	76	5:29:40	6:32:28
36	Emma Dasey	F	NSW	20	4:03:46	4:27:38	74	Glenn Lockwood	M	NSW	42	5:29:39	6:32:29
37	Will Kaless	M	NSW	25	3:39:34	4:27:43	75	Claudia Ramognino	F	VIC	40	5:33:38	6:46:51
38	Vivienne Kartsounis	F	NSW	41	3:40:22	4:28:40	76	Sandra Howorth	F	VIC	43	5:34:54	6:47:18
							77	Lachlan Lewis	M	ACT	68	5:40:58	7:17:18



Siri Terjesen



Suzanne Kelly



Vivienne Kartsounis



2006 Coburg Harriers 24 Hour Carnival

Name	Laps	Distance
24 Hour Run Male		
1 WISE, Garry	464	185.818
2 BOYCE, Robert	426	170.587
3 LADYMAN, Rodney	409	163.852
4 BEAUCHAMP, Bill	398	159.530
5 FICKEL, Bob	369	147.606
6 MARSH, Trevor	353	141.456
7 MARSH, Ken	346	138.648
8 McCORMICK, Richard	323	129.273
9 TIMMS, John	308	123.554
10 STAPLES, Alan	306	122.778
11 MATCHETT, Ken	304	121.783
12 GRAY, Peter	265	106.220
13 OHLENROTT, Bruce	162	65.040

24 Hour Run Female		
1 THOMPSON, Michelle	415	166.053

24 Hour Walk		
1 FISHER, Patrick	414	165.605
2 SKINNER, Deryck	411	164.577
3 HAIN, Geoff	403	161.200
4 BORELLO, Jens	402	160.934
5 BILLETT, David	382	152.992
6 MISKIN, Stan	350	140.018
7 COMMINS, Louis	328	131.517
8 O'NEILL, Terry	273	109.525
9 SKRUCANY, Rudolf	215	86.220
10 BAKER, Fred	178	71.200
12 JEMMESON, Sean	78	31.405

24 Hour Walk Female		
1 BOLLEN, Karyn	386	154.725
2 HOWORTH, Sandra	209	83.668

12H Run Male		
1 HARTLEY, Ernest	217	87.120

12H Run Female		
1 EARLE, Lee	164	65.988

12H Walk Male		
1 TURNER, Gary	171	68.715
2 JACKSON, Ross	156	62.457
3 CARTER, Ken	134	53.827

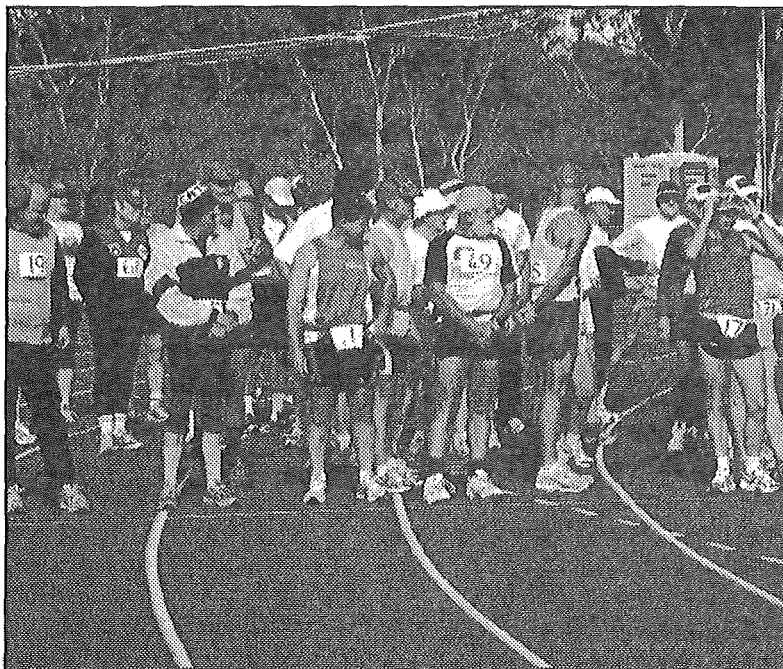
12H Walk Female		
1 CHOMYN, Sharon	207	82.814

6H Run Male		
1 DYER, Bill	167	66.809
2 CARSON, Max	146	58.676
3 ILIOPOILOS, Nick	133	53.368
4 DUFFELL, Geoff	126	50.488

6H Run Female		
1 YOUNG, Shirley	128	51.444
2 BROWN, Sue	123	49.385
3 PARRIS, Dawn	112	45.020
4 BENNETTS, Karen	106	42.721

6H Walk Male		
1 WHYTE, Robin	128	51.200
2 JORDAN, Stephen	110	44.121
3 PROUDFOOT, Gordon	91	36.431

6H Walk Female			
1	BAIRD, Carol	105	42.359
2	MARSHALL, Diana	105	42.007
3	MISKIN, Ellwyn	96	38.756



All ready to go



Bill Dyer ahead of Terry O'Neill





84 year old Ken Matchett

Report by Tim Erickson Secretary, Australian Centurion Walkers Inc

The 2006 Coburg 24 Hour carnival was held on the weekend of 22-23 April at the Harold Stevens Reserve in Coburg. A total of 25 walkers and 27 runners submitted entries and all bar a few late scratchings keenly contested the various running and walking events on offer.

The carnival started at 10AM on the Saturday morning in typical Melbourne autumnal weather a variable and impossible to predict! The forecast threatened showers but luckily the race was spared and conditions, although slightly on the cold side, turned out to be nearly ideal for such an event.

It was particularly gratifying to see 31 of the 52 entrants choosing to compete in the 24 Hour events.

The 24 Hour Walk events saw 4 walkers a Jens Borello, Pat Fisher, Deryck Skinner and Geoff Hain - reach the 100 mile mark and thus achieve the Centurion standard.

Jens Borello from Denmark was already a triple centurion. Continental (C317 22:15:34 2004), British (C1026 23:17:36 2005) and American (C62 23:21:14 2006) and he made the trip to Australia specifically for this event. He judged his pace perfectly, sitting back in the field as others pushed the pace early. His patience was rewarded as those ahead of him came back to the field. He took the lead soon after the 100 km mark and was untroubled to become Australian Centurion number

52 with a fine time of 22:36:14.

Patrick Fisher came into the event with only one ultra distance walk to his credit, a noteworthy 87.8 km in the 2006 Gosford 12 Hour. Prepared by and supported during the event by Canberra based centurions Robyn White and Carol Baird, he always

looked strong and was still full of walking as he reached the 100 mile mark in 23:14:03 to become Australian Centurion number 53.

Deryck Fisher became Australian Centurion number 51 with an



Diana Marshall

astonishing walk in the 2005 Sri Chinmoy. Aged 72 years at that time, he completed the 100 miles in 22:39:55 to set a whole swag of new Australian M70 running and walking records. Now aged 73, he completed his second centurion qualifier, this time with a time of 23:23:43.

Geoff Hain, Australian Centurion number 49, had already completed 3 100 mile qualifiers in the previous 18 months (including one in NZ). Coming from a background as an ultra distance runner, he has made a very

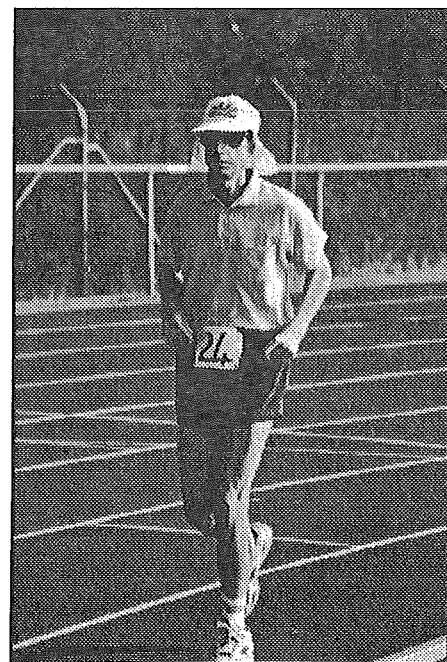
successful transition to ultra distance walking and produced a fourth centurion performance at Coburg in a time of 23:38:25.

We welcome Jens and Patrick as new Centurions and we acknowledge the awesome performance of all 4 walkers.

Of particular interest to all was the race within a race between octogenarians Ken Matchett (84 years young) and Stan Miskin (80 years young) who between them broke (subject to ratification) six IAU World M80 running records. Ken, entered as a runner, broke the World M80 records for 30 Miles, 40 Miles, 50 Miles and 12 Hours. Stan, entered as a walker, broke the World M80 24 hour record. The World M80 100 km record was almost certainly also broken but we will have to wait a few days to see which of these combatants passed that milestone first.

As usual, the Coburg Harriers did an outstanding job in hosting and manning this event. They were ably supported by various external experts, the principal ones being Malcolm Matthews (computer timing), Michael Gillam (masseur) and Les Clark (whatever is required) who turn up year after year and without whom the event would struggle.

We look forward to seeing everyone at the same time and same place next year!

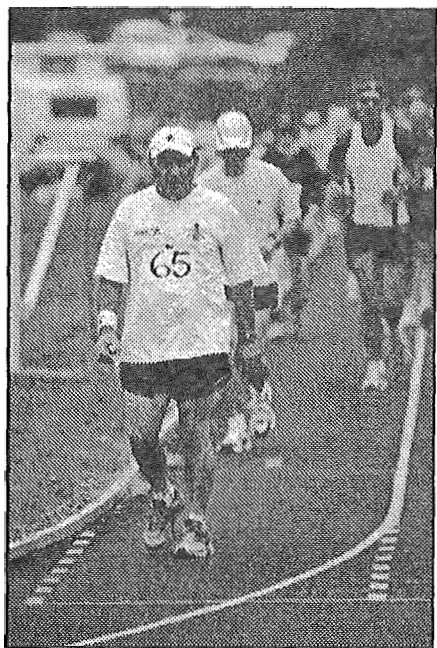


Alan Staples

Report by Bob Fickel

I have always wanted to get back to this event after having had a disastrous attempt in 1998 when a strong wind ripped our new tent and I wasn't running very well at the time, only 46km in 6hrs. But over a number of years the event has been the same weekend as the Canberra marathon. Last year I missed it because I ran the London marathon a week after Canberra and then spend five weeks in Denmark catching up with Anni's family and friends.

While we were in Canberra for the marathon this year, we were enjoying a bit of sun on the Saturday morning the day before the 30th Canberra marathon - of which I have ran 22 of them. I was looking through my Aura mag and decided on the spur of the moment to run the Coburg 24 hr. So



Gary Turner

I rang Tim Erickson and he saved a spot for me.

Anni couldn't make this time so I asked my son Peter and his mate Anthony to come along. After working all day from 3.30am to about 2.00pm I picked up the boys and we left Liverpool at 3.04 pm and arrived in Albury at 9.00pm. We booked into a motel and then went and to get a feed.

We watched a bit of TV 'Home Alone 2' while we ate and went to sleep about 10.30pm. Set the alarm for 4.00am had coffee and cereal and left

Albany at 4.40 am and arrived at the track at 8.30am. I found it very easy to find, straight off the new freeway and left into Sydney Road down to Murray Road and left into Murray road and then we were there.

It was great to catch up with some familiar faces like Ken Matchett and Jean, Stan and Ellwyn Miskin. Bill Beauchamp whom I haven't seen for a few years and he is still at it (running). Alan Staples, Peter Gray, John Timms are also still going strong. Carol Baird whom I last saw at the 6 foot track when she twisted her ankle and had to pull out. And many more and some new faces as well.

Like Garry Wise (old fella) so he's called doesn't look a day over fifty to me but ran a great race. I think he came over to check me out just to see if I was any threat to him but he needn't worry - not these days anyway.

When the race got started I told my crew that I wanted to run 20 to 22 laps an hour. I think I ran 93km in the first 12 hrs before I went to have a sleep.

Sleep in a 24 hr????? Yes, I put it down to the early starts at work 3.30 am Mondays and Fridays and 4.30 am the other days. I will stick with that.

In the last 3 hrs I picked up my pace, checked out who was in front of me and his chest number. Ok one lap in front Trevor Marsh no. 17 he had slowed and I was just warming up for the finish.

In the end I finished about 6km in front of Trevor. I always have a fast finish like in 1989 (when I got the nickname: Flying Fickel) as I past Maurice Taylor to finish 2nd on 205 km -11 km in the last hour. Anyce Kip Melham 207km - 4 km in the last hour.

Maurice 203 km and Chilla Nasmyth 200 km.

Those were the numbers then, when we had a number of runners running more than 200 km and we had a big field of runners.

I finished 1 lap short of 148km in this year's event. That's ok but should have been 150 km anyway, maybe next time.

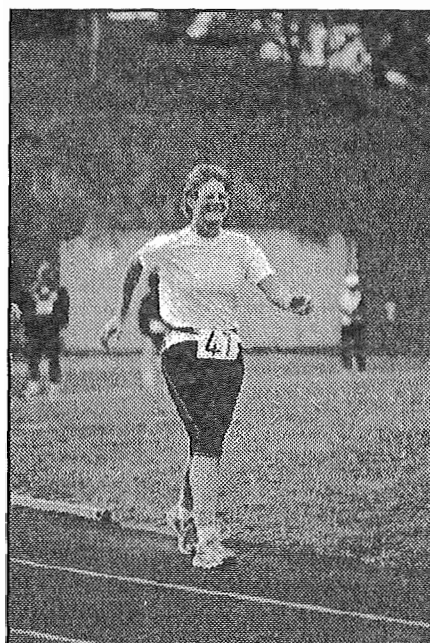
After I received my certificate and finishers medallion we headed home

back to Sydney. I had to start work at 3.30am Monday morning.

After dropping Peter and Anthony off at Liverpool I got home at 10.30pm.

Congratulation to everyone and many thanks to the lap scorers and people in kitchen and everyone else who help out. Also special thanks to Peter and Anthony for helping me out. Till next time.

PS Two weeks after the Coburg 24 hour event, I ran 24 hours in the Sutherland Shire Cancer Relay for



Karyn Bollen

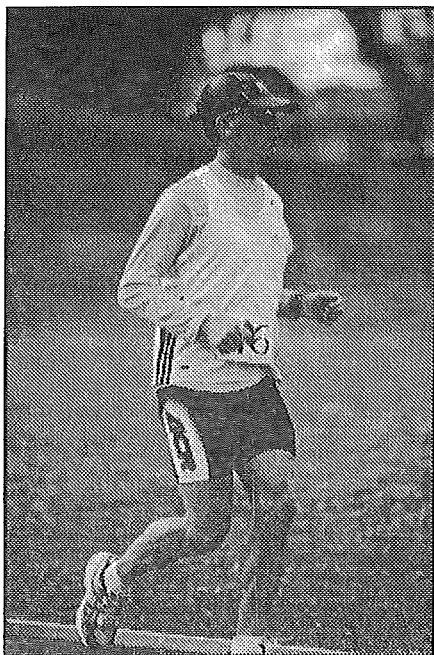
Life. It is a charity event where donations go to cancer research. I ran 134 km then. The distance was not important, but the amount of money I raised was. A total of \$12,800 with the help of my boss Loui and the generosity of the agent at Sydney Markets at Flemington. Anni says that normal people don't run two 24 hour events in two weeks. Is she trying to tell me something????

The Coburg 24 Hour Carnival and Centurion Walk

"My, How It's Grown"

Report by Kevin Cassidy

I have no idea who pulled off the master stroke of securing Kirstie



Ken Marsh

Marshall as the guest celebrity but make no mistake, we were honoured with her presence to undertake the official firing of the starters gun. A current day state politician, Kirstie is best known for her illustrious career as one of the world's premier exponents of aerial skiing. I was awestruck as she elaborated on my inquisitiveness about her life on the slopes. The 1997 World Championship and victory in the 1992 World Cup came across as the most dominant achievements of her impressive career. In the company of sporting royalty, I made a shabby attempt at enhancing my own stature by expanding on my "Andy Warhol" 15 minutes of fame when I managed to snare the green third place ribbon by the narrowest of margins from the freckle faced Johnny Smith in a diving photo finish at my primary school egg and spoon race back in 1967.

As one of the few current day permanent residents of King Island, Geoff Molloy is most likely unaware of what he inadvertently created back in 1984. With the euphoria of Cliff Young's stunning Sydney to Melbourne performance the previous year still riding the publicity wave, Geoff was keen to have a crack at the race himself and was desperately looking for a trial run before finalising his decision. A number of phone calls by Dot Browne brought together a handful of runners and an unofficial 24 hour race took place at

the Box Hill Athletic Track in February 1984. Geoff promptly set a new Australian record and went on to taste victory in the second Sydney to Melbourne run [or Melbourne to Sydney as it was on that one occasion]. The following year saw a flood of entries to what had become the Victorian 24 Hour Championship and official Sydney to Melbourne qualifying event.

With steeply rising hiring costs at Box Hill proving hard to absorb, the rapidly growing race moved to Coburg in 1988 where numbers continued to boom as ultramarathons across the country experienced a surge in popularity and participation. A downturn in numbers almost saw the death of this event with only eight runners in 1993. Dot Browne promptly announced her retirement as Race Director.

With no ultra experience amongst them, The Coburg Harriers, lead by the abundant enthusiasm of Gordon Burrowes, took it upon themselves to keep the event alive. The inclusion of relay teams proved to be the saviour with this one single change carrying the events viability for three years or so. Further changes included the introduction of 6 and 12 hour options and in 2001, the joining of forces with the annual Centurion Walk which had been operating independently at various venues for many years under the thorough stewardship of Tim Erickson.

The irony of the steady resurgence is that the "event saving" relay has basically become obsolete.

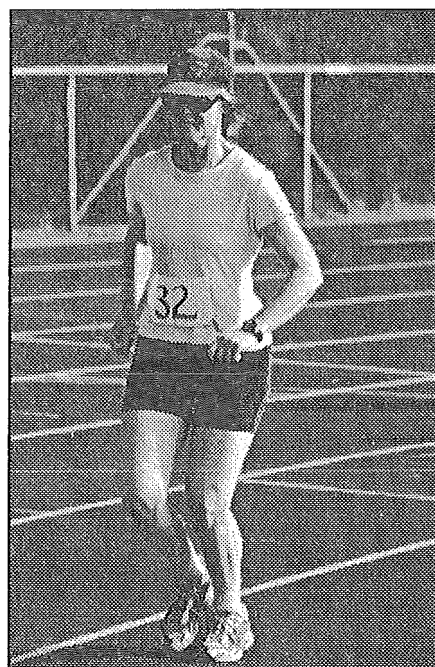
In 2006, the Coburg 24 Hour Carnival, as it is now known, played host to 52 individual competitors.

"I used to do a sport that was all over in three seconds" enthused Kirstie Marshall, seeming both impressed and bewildered, as she sent the runners and walkers on their way. The concept of 24 hours of perpetual forward motion is probably imperceptible to most and is no ordinary undertaking by any stretch of the imagination. Competitors consisted of an eclectic mix of sizes, shapes and ages but all with the common characteristic of steady

patient determination. The large number of veteran age athletes was a statement in itself with Stan Miskin and Ken Matchett both on the wrong side of 80!

Notable in the field was the number 19 bib worn by Peter Gray signifying his presence in all 19 events since the move to Coburg. "I'll get my twentieth next year" he exclaimed to confirm an already obvious fact. Peter is Australia's most prolific ultra runner with 189 races under his belt to date.

Always of interest are the nonchalant but cheery dispositions of certain runners. These very same individuals seem to handle the graveyard night time hours better than others. Stretching out around the track during the early stages, it was like a time warp from the eighties as the likes of Bob Fickel, John Timms, Dawn Parris, Stan Miskin and Bill Beauchamp quietly reeled off the laps. Honestly, these guys have been in the ultra game for longer than it took the Chinese to build their Great Wall! Bill surprised us all by running in something other than his tatty old Collingwood football jumper.



Karen Bennetts

Undoubtedly, a surgical operation was involved in its removal as I could not envisage it being willingly discarded.

The sight of a travelling circus coming to town is arguably the most

accurate description of the venue as the various support crews set up tents and tables of supplies for the long day and night ahead. Watching the competitors settle into their planned eat-drink-run routines was entertaining in itself with the forms of sustenance coming in a vast kaleidoscope of unusual looking concoctions. An odd mix of pureed banana and beetroot seemed to do the trick for one cheery individual as he plundered his copious supplies. I could only assume that it tasted half reasonable but don't ask me to describe the colour. Meanwhile, one crew member was catering for his runner's requirements with an array of peanut butter and vegemite sandwiches that neatly awaited consumption. Mounds of provisions dominated the veritable tent city that enveloped the northern end of the track.

Max Carson, another long time veteran, was again gracing the track in fluorescent pink shorts. They appeared to be brand new which made a delightful change to the thin faded pair that we have become so accustomed to. Stan Miskin laid claim to resembling a Kenyan with his dark brown tights but in all honesty, it looked strikingly as if he had failed in a mad dash to the toilet!

By mid afternoon, the entire venue was a hive of activity and the efficient and professional computer lap scoring system was ticking over with a minimum of fuss. It really was a credit to the large number of Coburg members who work so hard to stage one of the ultra world's annual features. Malcolm Matthews and Mark Kelly were the computer geeks at the helm. In fact, Mark has set up shop. Cyber Services is located at 10 Gilbert Road, West Preston [Just a couple of doors south of Russell's Sports] so pay Mark a visit for all your computer needs and an earful of excellent and informed advice. In fact, make that two ears full. Mark sure knows computers back to front and inside out.

Lamenting the fact that circumstances decreed that I had to leave before nightfall and miss all but the last two hours, I was heading for my car when Bob Fickel informed me

of a distinct and urgent lack of paper in the trackside "port-a-loo". In the blink of an eye, I had loaded my arms with no less than 22 rolls of paper and began a beeline for the paperless ablutions facility in a scene that would have rivalled Manuel's performance in the "Mrs Richards" episode of Fawlty Towers.

Barely seven hours had elapsed as I drove out of the venue to the sight of competitors working diligently towards their personal goals. Foolishly, I answered the annoying shrill ring of the mobile phone, "Hello, I'm Robert from AGM Glass and I would like to talk to you today about windows".

Hanging up immediately without answer, the phone rang again.

"F... off Robert" I answered abruptly.



Sandra Howorth

A brief silence followed before a faint female voice cut in.

"Is that you, Kevin?"

Imagine my embarrassment as I tried pathetically to explain away my rudeness to an elderly friend who was innocently enquiring about the chances of having me mow her lawn during the week! Worse still was the sudden attack of guilt that overcame me over my atrocious manners towards Robert. The poor guy, whoever he was, must have been seriously struggling to make ends meet to be phone canvassing on a

weekend. Perhaps he was working towards birthday presents for his young children, or more desperately, new school uniforms. I felt decidedly like the proverbial first class heel.

Disappointed at having to miss the night hours, the very stage in which a 24 hour race evolves, I returned the next morning with a little under two hours remaining. The contrast to the previous day could not have been more profound with tired bodies dragging themselves onwards in a form of survival trudge. The steady, even routines and pacing of the previous day had vanished and the good natured banter amongst competitors had developed into a form of companionable silence. Entering the last 20 minutes, finishing positions were unlikely to change but a sudden new found sense of urgency permeated the atmosphere as competitors miraculously found fresh legs in one final surge to the finish.

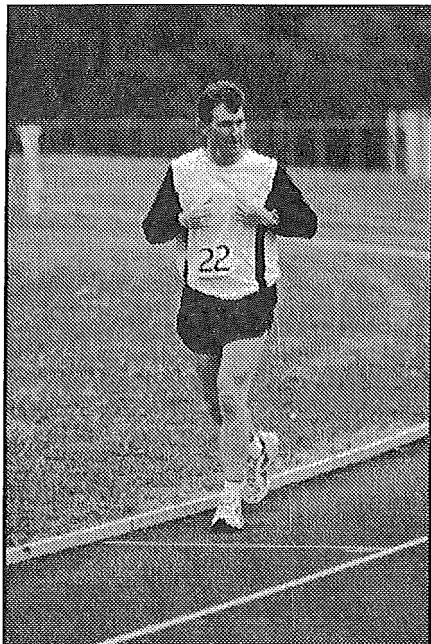
A regular on the ultra scene in the eighties, I happened upon Peter Pfister munching thoughtfully on a sandwich and taking in the final minutes of the race from the sidelines. Peter is still in regular contact with Ramon Zabalo, the mighty French multi day champion from that era.

Failing to match Kirstie Marshall's attractive looks, Race Director Bernie Goggin fired the final gun, an action that had tired bodies slumping and collapsing on the track in a variety of emotions. Utter elation for those whose goals had been realised while disappointment was the order of the day for others who fell short of their expectations.

Having walked the entire 24 hours, David Billett celebrated his finish by taking off for a 100 metre run!

"Back to the Trails" was Richard McCormick's simple solution to having fallen short of his target.

"I'm Hooked" squealed Lee Earle in delight with her 12 hour performance while Gary Turner couldn't contain his deep satisfaction at having doubled his previous distance with a remarkably steady showing in the 12 hour walk.



Richard McCormick

Fast becoming a modern day Cliff Young, 58 year old Garry Wise stormed home to win. Quite extraordinarily, Garry only took up running 18 months ago but is rapidly making a name for himself at ultras all over the country. The ever positive Robert Boyce grabbed the second placed trophy with a display of guts and dogged determination that tested the extremities of his will

power. So exhausted was he that he couldn't attend the presentation! - not surprising in the circumstances. Third male was Rodney Ladyman. Arriving just two days prior from our northern state of sunburn, long white socks, slow moving drivers and "one nation" voters, Rodney stoically braved the onslaught of the unseasonally chilly weather that even had locals bemoaning the early appearance of winter.

Finishing third overall, the female trophy went to Michelle Thompson, another relative newcomer with just two years experience. Her tally of 100 miles plus was indicative of her focus and intelligent execution of her race plan. Keep an eye on our respective winners over the next few years as they are most certainly on the upward curve.

The Centurion Walk produced four performances of 100 miles with Patrick Fisher knocking over the prestigious mark for the first time. His expression of gratification won't fade in any sort of rush.

The developments over 24 hours are never easy to predict. Meeting for

the first time a year ago at this event, Karyn Bollen and Terry O'Neill had taken the term "friendship" to previously unexplored heights of the stratosphere. The chemistry they created on the track was quite evident at the presentation as they happily sat hand in hand. Imagine the story they can spin when asked in the future how they met. "Well you see, we were out on a long walk and....."

As the sole male entrant in the 12 hour run, Ernie Hartley was always assured of a win. Missing the presentation as he rushed off to work, I had the "privilege" of delivering his hard won prize to the nearby service station where he dutifully performs the role of manager. Striding past two youngsters refuelling their car and listening to the music of one of those modern day wrap artists whose major contribution to the world of music is that irritating "doof, doof, doof" sound, I approached the counter and handed him his large trophy. Ernie appeared somewhat sheepish but his staff and several customers were mightily impressed with his "stunning victory"



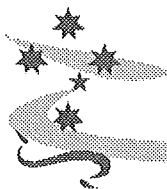
John Forrest 40 Miler

Perth W.A. - April 16th 2006

Results

	10 miles	20 miles	30 miles	FINISH
1. Mick Francis	1:11:00	2:23:44	3:33:48	4:50:44
2. Gary Carlton	1:18:00	2:37:19	3:59:25	5:30:08
3. Daniel Cloughton	1:18:00	2:37:21	3:59:25	5:47:03
4. Liz Neville [F]	1:19:50	2:47:22	4:15:15	5:50:17
5. Don Pattinson	1:19:12	2:38:31	4:06:05	5:56:13
6. Jason Berry	1:25:30	2:55:36	4:23:00	6:00:03
7. Robert Segal	1:25:30	2:55:36	4:23:00	6:00:05





The Agony and the Ecstasy

The Inaugural Australian Alpine 100 Mile Ultra Marathon

by Paul Ashton - April 2006

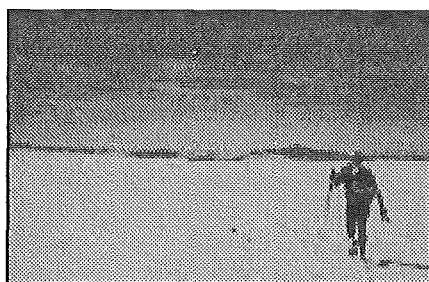
The stars twinkled overhead in the brisk predawn, it was minus 1 Celsius at 4am on 22 April 2006 and history was in the making. The inaugural running of the Australian Alpine 100mile Ultra Marathon (AAUM 100) was about to commence. As the four intrepid / mad runners donned head torches and gloves our support crew snapped a couple of commemorative photos and we jogged off into the darkness.

Over 2 years in the planning the AAUM 100 was developed to take in the most scenic and toughest terrain that Victoria has to offer. 100 miles of spectacular alpine scenery including; Mt Feathertop (Victoria's second highest peak at 1922m), Mt Fainter (1820m), Mt Bogong (Victoria's highest peak, 1986m), Spione Kopje (1840m), Mt Nelse (1884m) and Mt Hotham (1860m) plus some spectacular valleys in between - a total of 6 major ascents and descents totaling over 5,500m each and 2 major river crossings. The event, based on the Karrimor Mountain Marathon was not only about running it was about a shared experience where runners bonded together, stopping at a campsite, regrouping and supporting one another. This was an event designed to test the toughest of runners - and that was on a good day! In bad weather or snow, which could strike at any time, it had the potential to be awfully uncomfortable, cold, wet and windy at best, life threatening at worst.

Jan Herman and Lawrence Mead from Sydney, Tim Cochrane and Paul Ashton from Melbourne had agreed to test the run along with Seppo Kuusisto and Diane Paech who would provide the support. This was essential in order to allow the runners to not have to carry packs with full overnight gear and food for the entire length of the run which was estimated to take anything from 36 - 50 hours. The plan was to run the first 46km with light

packs and then pick up our overnight gear, sleeping bags, bivvi bags, extra clothes and food for a 70km unsupported leg up and over Mt Bogong - the hardest and most exposed section of the course, before meeting up with the support crew at Langfords Gap and picking up the lighter packs and more food for the final 50kms. As we were latter to find out the support team also provided an invaluable degree of support in picking up exhausted and injured runners from different sections of the course and driving them off the mountains.

Soundlessly we ran through the sleepy



Approaching hole 333 on the Bogong High Plains

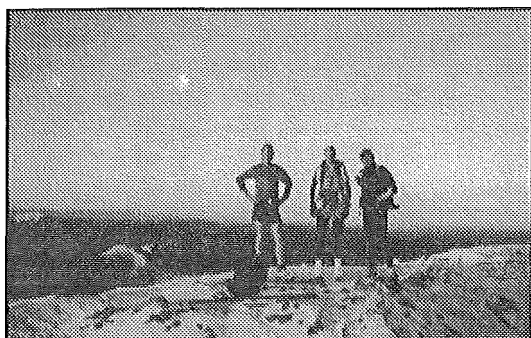
hamlet of Harrietville and approached the start of the Bungalow Spur, a 1400m climb up a well maintained walking trail that wound gently up to the summit of Mt Feathertop. The guys were feeling strong and in the early pre dawn air we paced out alternatively jogging and walking up to the site of the old Feathertop hut. It was here in the shadow of the snow gums, below the twinkling stars and fading moon that we saw the hazard that had been placed in our path from the preceding days storms - snow. Turning off our head torches we joked about cold feet and pushed on up the now deepening snow, past the new Feathertop hut and on up to the summit. Our pace slowed to a walk, the increasing gradient and ice on the trail making running difficult and treacherous over the scotch paving

which was all but hidden from view.

Below spread a winter wonderland, from Mt Bogong to Mt Hotham there was white everywhere it was a stunning and awe inspiring view, topped of with the sun rising over Mt Nelse casting a vivid light over all the surrounding peaks. We were awe struck and shivered in the gentle breeze with the temperature recording -4.1C. Standing on the summit we commented that it just didn't get any better than this, we snapped off a couple of quick photos and headed down out of the wind, glad to have seen a perfect sunrise and covered 12 km in 2.5 hours.

Our next challenge was the virtually unrunable descent of Diamantina Spur a mean 3.2km drop down into the West Kiewa Vally. On a previous research trip this short leg had taken me nearly 2 hours. Today, with the snow filling the gaps between the rocks and providing a firm cover we made swift but careful progress over the upper reaches, the more we descended the more the angle of descent increased and we were forced to use our hands to hold onto rocks and grab trees to control our speed. We made it down on 1 hour, 20 minutes. The valley was glorious, the sun was starting to poke through the trees and frost coated the grass and ferns, avoiding the icy pools of water in the road we were able to make quick progress to Batty's Hut where we invested 20 minutes in locating the access track to Weston's Hut and our access to the High Plains.

On this the second major ascent Tim, Jan and Lawrence pulled away from me and I was forced to use my walking poles to try and keep up as we strode through unburnt forests of Mountain Ash. Finally I caught them resting in the snow outside Weston's Hut. From here we continued in perfect conditions through snow gums in 10cm of packed snow and brilliant sunshine to Pole 333 on the



*Lawrence Meade, Tim Cochrane & Paul Ashton
on Mount Feathertop*

Alpine Walking Track before racing down to Tawonga Huts. On the descent we were inspired by the sight of two sets of fresh foot prints in the snow indicating that our support crew had been able to get in as well. We were greeted by calls of "stop - I want to take a picture", "do you want a hot drink", "how about some cake". It was wonderful. We basked in the sun in the relative warmth of 2 degrees Celsius for about 20 minutes, fixing blisters, taking on food and water, applying sun screen, and revising plans for the support team for our next meeting at Bogong Village, 15 odd km away. Whilst we were already an hour behind our planned schedule we foolishly told Diane and Seepo to have the billy on for us around 1pm for lunch. What we didn't know was that the snow would slow us down and impede our progress, we wouldn't arrive at Bogong Village until 3pm, three hours off schedule. In the life of a 40 hour plus run this probably was not a major issue, however I was concerned as we had to climb through the newly emerging forest that was quickly suffocating Spione Kopje fire trail. This was the regrowth that had taken hold since the 2003 bushfires and it was becoming very thick. To get caught up in this in the dark would really hinder progress.

After a big feed of noodles, pizza and beer at Bogong Village and a change of socks we hoisted on our overnight packs and headed off again - the extra weight was immediately noticeable and we fell into a fast walk along the river flats. At this stage Jan and Lawrence had disappeared behind us and I struggled to keep pace with Tim who was surging on strongly up the ridge. With my Suunto watch and altimeter I was able to track our

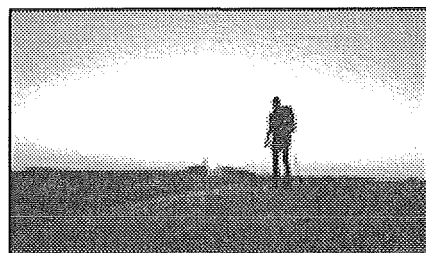
progress and it was inspiring to call off every hundred meters of ascent, we were racing against the clock and we had to be within 200m of the summit before it got dark. We just made it. The regrowth disappeared and the climb steepened as night and the mist descended upon us. A slight breeze sprung up and the temperature dropped to minus 2.7 Celsius. We donned,

overpants, Gortex jackets, hats, gloves, thermals and headlamps, downed a couple of carbo shots and continued the climb. Summiting Spione Kopje we could see the lights of Falls Creek shimmering off in the distance otherwise everything was black with the only light being from our torch beams reflecting off the snow and mist. Our pace slowed as we tried to pick up the snow covered fire trail. Jan and Lawrence caught up with us and indicated that they were going to try and push on all through the night and ten disappeared into the blackness, Tim and I had discussed one more big climb for the night up Quartz Ridge to Cleve Cole Hut but the climb up Spione Kopje had knocked the stuffing out of us. Our plan was now to head to the Helipad at Big River about 15km and 5 hours away. If we were lucky we would make it by 11pm.

Navigating in the mist and snow at night can be a frightening experience, tracks disappear, roads that should be traveling east turn west and you have no points of reference. You need to be cool calm and collected, know how to read a map and compass and use logical analysis, not so easy sometimes after 15 hours on the go. Tim and I had to make a number of navigational decisions and with the benefit of local knowledge and our map we went the right way, we could just have easily taken two wrong turns and wasted 15 minutes or more on each. We plodded on - there was no thought of running at this stage we were focused on getting to our camp. Tim hit the wall, his pace slowed considerably and I worked on trying to keep him motivated, conundrums, previous ultra stories, anything to keep him going - he probably just wanted me to shut up. After about ½ an hour he took on food and surged off again - I went on, left

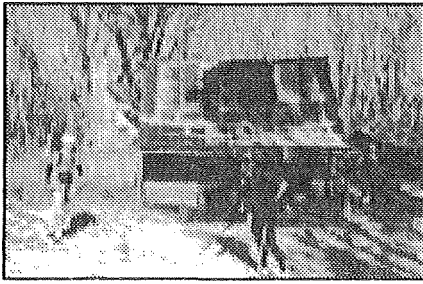
foot, right foot, left foot on and on through the soft and deepening snow. I kept thinking I wanted to stop and sit down, but I knew if I did that it would have disastrous consequences, I forced myself forwards. The wind had picked up and the sky cleared, the heavens above were filled with the brightest array of stars, I felt humbled before nature, the overwhelming power and beauty of it all. Away from civilisation and all its trappings were just two blokes surrounded by the essence and beauty of our world, it was a truly moving and awesome moment! The increasing bite of the wind penetrating our garments forced us on and I reflected how lucky we had been with the weather, it could have been raining, it could have been white out conditions - this was a cold and hostile environment and we were out here, alone, at least 3 hours from shelter. The fragility of our existence and the potential risks hit me strongly and I wondered what we would do if the weather had turned. To stay out for two days running at the limits in bad conditions would be tempting fate too much.

Suddenly out of the gloom a snow pole loomed up from the ground and rose above us. I had no recollection of poles on this part of the trail and went to check it out - It looked new and I thought, through my fog



Sunrise on Mount Feathertop

encrusted mind, "what nice guys the rangers were, putting a pole line out to Spione Kopje", yes there was another and another, every 30 metres, followed suddenly by a sign to Mt Nelse. We jerked to a halt - "we've gone the wrong way" I said to Tim - "were 180 degrees off course!". I walked over to the pole and checked its number - 818 - we had come past about 50 poles - 1.5km off course and in the wrong direction. At least, with the help of the map we knew exactly where we were, but how



Weston Hut

easy to get off course. I checked the map and explained to Tim our options 1) turn back and walk for 3 hours to the helipad, it was now nearly 9pm and the temperature had dropped to minus 3.6 degrees, so we would arrive at midnight and then set up tent and cook some dinner or 2) continue on for ½ an hour and camp in the warmth and shelter of Edmonsons Hut.. It really was a no brainer. Both of us suddenly felt recharged as we surged down the hill wondering where Jan and Lawrence had gone. We were sure that we had been following their footsteps and assumed that they, like us had worked out that the snow on Bogong would be too deep, and so had opted to head to Langfords Gap instead.

With the light of Tim's mega bright cycling light we came onto Edmonsons Hut feeling like a million dollars and two of the luckiest people in the world. The door was locked and after some banging we were greeted by "a wait a minute" and a bundled up body in a sleeping bag opened the door and greeted us - "where have you guys come from you look f....d" - we actually thought we looked and felt pretty good at that stage. But what did we know we'd been on the go 17 ½ hours.

Paul, our hut host, stoked up the fire, put on the billy and we stuffed ourselves full of noodles, muesli, and chocolate whilst and we regaled him with stories of our trip - eventually working out that it had taken us 17 ½ hours to do just 60km - we were astounded at how slow our progress had been. Unpacking our sleeping bags and slipping of our wind proofs we went to sleep full clothed saying that in the morning we would examine our options. In our hearts I think we both accepted that we had run our race for this year. Sleep came quickly and in spite of the mice

eating holes in Tim's pack and Paul's snoring we slept fairly soundly till 7am. As I moved off the bunk I felt the pain in my right ITB and knew that I was done - it was Langford's Gap and a ride out for me. Tim was happy to support me to the end but said he'd be back next year. I was thinking, will there ever be a next year. This was a bugger of a run - it was hard and we hadn't even done half the distance.

At Langfords, we called up Seepo on the mobile - where would we be without them, and he said he'd pick us up in 10 minutes, the sun warmed our bodies and we relaxed, I called up Jan and he said that they had been worried about us. They had continued up Quartz Ridge to Bogong but got stuck in a white out with almost zero visibility and calf deep snow at 3am with the temperature around minus 2 Celsius, so they wisely decided to retrace their steps down the mountain. Then they had followed the fire trail back to Bogong Village and were expecting to get pulled out at about 11am by Diane. They had been on the move continuously for 31 hours, an amazing effort, although Jan did say that Lawrence did stop occasionally and sway - his version of sleep walking and not recommended in the snow.

So in 2006 it was Bogong 1, ultra mad runners 0. And an epic run was created!

What will 2007 bring, and what did we learn;

- 1) Subject to Parks Victoria approval and insurance coverage there will be a run in March 2007, possibly with some changes to the route and possibly with a 100km option.
- 2) Support is essential on an event of this nature, without Seepo and Diane we would have struggled, especially at the end when they picked up both groups. In most runs the work of the support crews is not recognized, but in stage runs of this nature they are a most valuable resource and safety factor. Without support I would not put the run on again.
- 3) Running in pairs is an essential safety factor in this environment.
- 4) Stopping for proper food breaks and eating constantly ensures that

the body remains fuelled and strong. With the long distances between support points proper food planning is essential

- 5) The run is Hard with a capital H, the environment is hostile, weather conditions can and do change quickly and runners need to anticipate changes. It is too easy to lose body heat and get yourself into trouble
- 6) The ability to read a map to ground and use a compass are mandatory skills.
- 7) Carrying full safety equipment including, spare warm clothing and overnight gear is essential
- 8) The run will start at 3am and with the help of daylight saving this will allow all runners to make the mandatory overnight stop Cleve Cole Hut

To Seepo and Diane, thanks for your fantastic support, without you guys they run would have been so much harder. To Tim, Jan and Lawrence. Thanks for joining me in the run and sharing my vision and the experience. See you and hopefully many others in 2007.

Paul Ashton is passionate about the outdoors, ultra running and experiencing life. He has successfully completed the Everest Marathon, Comrades Marathon, Great South Coast Run, Overland Track, Wilson's Prom 100 and Cradle to Coast. He also has a love for Rock Climbing, XC Skiing and Snow Shoe running. As the coordinator of Trail Running Vicortia, Paul organizes a number of events in Victoria including; AAUM 100ml - March

Wilsons Prom 100km - April

*Grampians Grunt 50km - November
Mt Feathertop 30 / 50km Skyrun - December*

During the winter months he can be seen training on racing snow shoes in anticipation of the formation of the Australian Snow Shoe Racing Association and races which he plans to establish, when he gets fit enough.

Paul has also written, in conjunction with Nigel Aylott, an article on "Ultra running made easy - a beginners guide".



The Prom 100 Trail Runs

Wilson Promontory, Victoria's southern most point. 28-4-2006

43km

Fiona Copely	7:17
Paul Ashton	7:45
Cathy Philo	7:45
Robyn Fletcher	7:45
Cameron Gillies	7:45
Peter Mullins	7:45
Viktoria Scrucana	10:05
Rudolf Skucany	10:05

60km

Malcolm Gamble	8:40
Steve Hyde	9:23
Andrew Baker	10:22
Bryan Ackerly	10:22
Peter Bignell	11:25

[78km, wrong turn]

Richard McCormick	11:30
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100km

Damon Goerke	11:48
Tim Cochrane	13:08

[113km, wrong turn]

Andrew Hewett	16:24
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[110km, wrong turn]

Amanda Allan	20:45
John Lindsay	20:45
Kelvin Marshall	25:29

[120km plus! totally lost!]

runners taking a wrong turn at the Mt Oberon car park. I thought "yep" had to be Kelvin.

Left Peter Gray and ran a bit with John Lindsay to Refuge Cove, a lovely part of the world to run in the early morning. I got my first sight of the Lighthouse (after a brief detour) at Kersop Peak and caught up to Peter Bignell and Amanda Allan who were doing the 100km.

I traded places with John Lindsay a few times down to Little Waterloo Bay where I took the beach to the Lighthouse (for the 60k option) and John took the track back into the junction and halfway hut (for the 100k option).

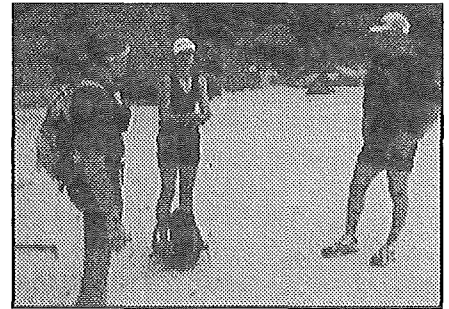
Running on the beach at Waterloo Bay was great although the sand was very soft and when I arrived at the huge uphill which skirts Mt Boulder a break was needed. I pretty much ate everything in my pack within the next half hour as five hours had now passed and I'd achieved around 30km.

The slog up near the Boulder Range brought a brilliant view of Little Waterloo Bay when I looked around and in front was a view of the Lighthouse.

Not long before the lighthouse, Damon passed me going the other way in the 100km looking fresh and soon after Tim Cochrane came by.

I arrived at the Lighthouse at 1.30pm (some seven hours into the run) and had lunch, well what was left of it. A powerbar, honey sandwich, cherry ripe and water. I took a few photos and at 2.00pm started the long haul back to Tidal River (I think I was at about 38k).

Andrew Hewat just arrived at the Lighthouse as I was leaving saying quite a few runners had gone astray with various alternatives to the course.



It was tough going back to Roaring Meg, mostly uphill and by the time John Lindsay and Amanda came toward me doing the 100km I'd thought it strange there was no sighting of Kelvin?

Worked my way back to Halfway Hut where Peter Bignell was refuelling and in fading light jogged most of the way back to Tidal River to complete the 60 odd km of Prom coastline.

The beach section getting out of Little Oberon Bay was quite difficult due to a huge sandhill to crawl up and it was here that Kelvin had all his problems at around 10pm that night.

After catching up with a few other runners at the barbecue, I went to bed around 11pm and was woken by Kelvin at 12.45am saying he'd just finished the 80km after four hours trying to find the beach exit off Little Oberon Bay. He had a small sleep for a while and then headed off at 3.30am to do the last 20km. I got up at 6.50am and still no Kelvin. He then arrived back at the tent at 7.30am some 25 hours after starting the event (100k + a bit more).

This was a fascinating run and a good training for runs such as Glasshouse and Western States 100 milers. No doubt I'll get back down there again for another go at one of the events.

Personally I'd like to see the first 5k of the race extended to go up Mt Oberon (558m above sea level) then down to Sealers Cove. The sunrise up Mt Oberon would be a beaut way to start the race.

Report By Richard McCormick

I had a better run at the Prom on the weekend than the 130 odd km I did at the Coburg 24hr last weekend. Trails and undulations are a lot more friendly on the legs. Plus the scenery was fantastic. The weather was cloudy, no wind and no rain, so perfect conditions.

Walked the first 4km with Rudolf to shake the cobwebs off from the 2am arrival in the car with Kelvin. Actually only had an hours sleep as Kelvin and myself put up the tent in the dark after we arrived and with a 6am start (or thereabouts) it was a little rushed.

The jog down to Sealers was a little tougher for me than I'd hoped, sweated quite a bit with so much in the backpack (mandatory gear) which included thermals, beanie, food, water etc.

Caught up to Peter Gray just before the beach who informed me of some



Self Transcendence Ultra Runs

New York City April 26 to May 7, 2006. All results in Miles

Self-Transcendence 10 Day Men

	Day1	Day2	Day3	Day4	Day5	Day6	Day7	Day8	Day9	Day10
Rimas Jakelaitis	111	123	225	285	356	413	484	540	598	665
Vladimir Balatsky	81	141	201	258	325	386	450	514	580	653
Trishul Cherns	73	144	214	279	345	410	478	527	588	640
Barney McBryde	93	144	188	234	279	323	372	409	460	509
Luis Rios	73	126	172	219	278	326	386	411	459	501
Borys Nikolayev	72	121	174	222	269	310	355	398	443	496
Pavol Saraz	81	135	186	241	300	348	386	416	442	481
Tibor Malits	66	118	158	200	241	280	323	362	403	463
Uwe Postler	64	105	146	186	230	267	312	352	400	457
Dragan Stojanovich	60	103	137	180	212	242	297	332	394	456
Dennis Kranz	59	105	125	dnf						

Self-Transcendence 10 Day Women

	Day1	Day2	Day3	Day4	Day5	Day6	Day7	Day8	Day9	Day10
Sarah Barnett AUSTRALIA	76	131	190	248	304	370	431	487	547	611
Nataliya Hlushchuk	83	152	212	272	329	385	444	500	550	600
Karnayati Morison	73	125	175	231	284	335	384	435	486	543
Pratishruti Khisamoutdinova	84	131	186	242	296	342	394	433	482	543
Olga Abramovskikh	54	99	148	199	250	298	350	398	448	512
Stela Doni	62	122	175	220	271	320	367	420	463	510
Ivana Nemcova	72	111	169	220	274	327	372	417	456	507
Ingrid Kirschner	62	110	156	196	240	285	328	370	415	465
Silva Stradalova	70	117	175	203	243	279	319	361	396	450
Kushali Tarantsova	55	101	146	187	230	268	308	338	370	403
Larysa Khramova	51	97	131	164	203	246	291	329	368	393

Self-Transcendence 6 Day Men

	Day1	Day2	Day3	Day4	Day5	Day6
Glen Turner	93	148	221	287	351	421
Bob Oberkehr	97	159	213	266	333	403
Mark Dorion	91	147	209	251	327	383
Manfred Edinger	72	129	186	230	280	331
Sergey Sydenko	69	118	170	222	270	322
Mike Brooks	76	136	186	232	275	320
Mario Komak	70	117	163	206	244	293
Tim Lawson	65	110	152	193	235	285
Chanakhya Jakovic	66	112	159	202	241	278
Michal Petricek	61	106	147	186	224	267
Amiya Smerda	67	105	139	174	207	260
Roman Dzierlatka	53	98	142	176	215	255

Self-Transcendence 6 Day Women

	Day1	Day2	Day3	Day4	Day5	Day6
Dipali Cunningham AUSTRALIA	104	178	250	320	388	458
Kaneenika Janakova	92	157	221	286	350	422
Friederike Makowka	72	128	201	262	310	354
Harita Davies	74	132	188	245	292	347
Tetyana Pekhovych	62	112	164	211	258	307
Svetlana Samarina	69	114	162	210	257	303
Jackie Broderick	50	97	142	191	245	294
Zuzana Tobolkova	81	133	179	216	254	289
Eta Field	55	100	150	200	243	278
Sophie Butler	58	100	142	187	226	274
Shishaldin Hanlen	57	101	142	185	227	262
Uljana Jevdorimova	56	97	137	172	212	245
Rageshri Muzychenko	58	98	136	173	210	245
Tetyana Pasteznak	32	53	73	95	116	147

Mount Mee 50k Run

Queensland 7-5-06

Results

1. Robert Ware 4:19:52
 2. John Searson 4:45:54
 3. Mark Parkerson 4:49:03
 4. Rolf Keursen 4:58:41
 5. Siri Terjesen [f] 5:06:34
- Phil Lear DNF





Twenty Fourth Annual

Bananacoast Ultramarathon

14-5-2006

RESULTS 83 KMS

1. Mark Parsonson 7.36.16
2. Paul Every 8.46.26
3. Geoff Last 8.50.11
4. Glenn Lockwood 9.43.38
5. Geoff Williams 10.05.30
6. Geoff Hain 10.40.08

RESULTS 58 KMS

1. Dom Howard 6.11.45
2. Richard Munro 6.13.00
3. Peter Whittaker 6.15.00
4. John Rose 6.20.28

Report by Steel Beveridge

Caboolture Road Runners' Mark Parsonson withstood a cracking early pace set by Ballina's Dom Howard to run out a decisive victor in this year's edition of the Bananacoast Ultramarathon between Grafton and Coffs Harbour. The 50 year old Queenslander responded to the early pace-setting in a calm and collected manner establishing an insurmountable lead once Howard discontinued their duel. He crossed the finish at the Hotel Coffs Harbour in a time of 7 hours 36 minutes and sixteen seconds which gave him one of the greatest winning margins since the event's inception in 1983.

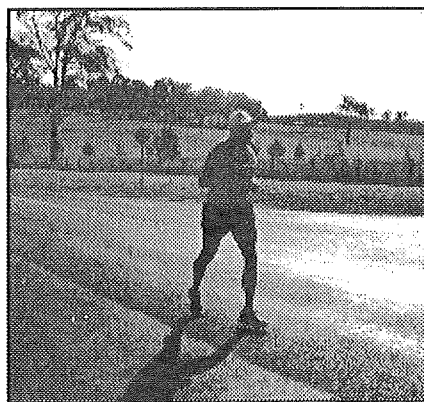
Sydney's Paul Every who had moved into second spot by Nana Glen held that position despite having his steps dogged through the final twenty five kilometres by a persistent Geoff Last. Every's time of 8.46.26 was somewhat disappointing for him but suffering as he was from a slight head cold he was happy to claim the runner-up position. Last was third less than four minutes later. Howard had slowed to a rather painful walk for much of the distance between Glenreagh and Nana Glen sensibly deciding to end his race at that point. The 58 kms had taken him 6.11.45.

All the runners had the option of completing the full 83 kilometres or settling for the shorter 58 kms to the school gate at Nana Glen. Both count

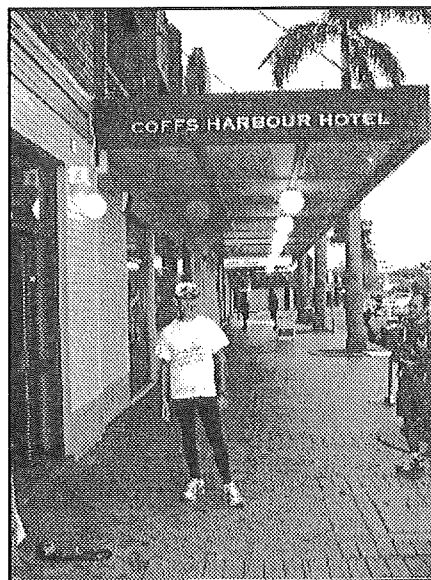
as Ultramarathons. Three others, Richard Munro, Peter Whittaker and John Rose also called a halt at 58 kms. One runner, fourth placed Glenn Lockwood from Little Bay changed his mind just prior to the event opting for the full 83 kms completing the distance in 9.43.38. Geoff Williams had been his shadow throughout, filling fifth in 10.05.30.

The final finisher was no stranger to the Orara Way. He had covered the full course no less than twelve times before and by combining running and fast walking Geoff Hain was able to establish himself as the only person to have completed the Bananacoast event thirteen times. His time of 10.40.08 is remarkable given that he has only actually done four runs since last year's victory in the event which finished in Grafton, preferring to concentrate on his walking, particularly 24 hour events! He now has the distinction of being the only Australian male to have achieved 100 miles walking in 24 hours four times.

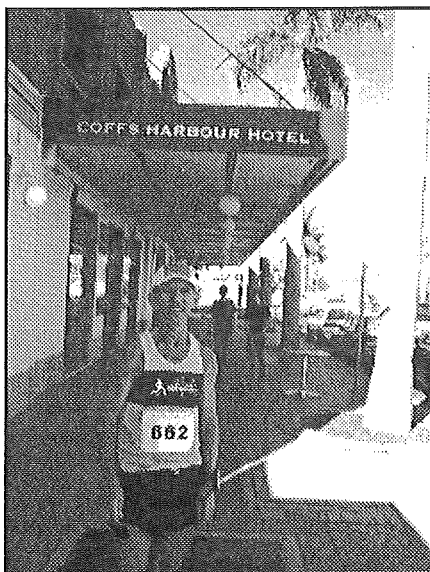
All the competitors and their crews were grateful to the management and staff at the Hotel Coffs Harbour for their courtesy and hospitality at the finish.



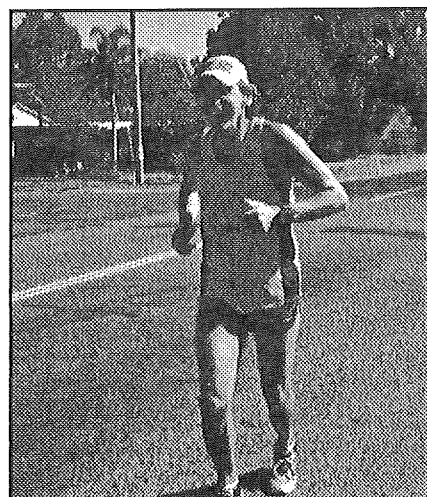
John Rose



Geoff Hain - a 13 time finisher



Mark Parsonson



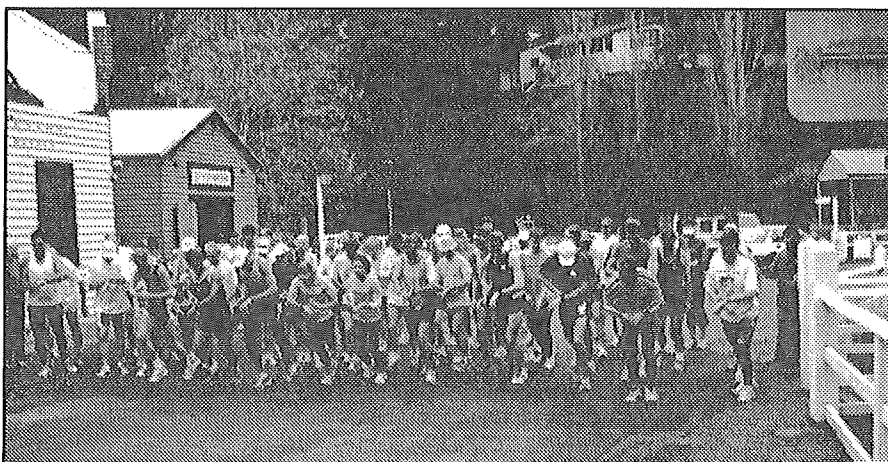
Geoff Williams

Walhalla Wound Up 50km Trail Race

Sunday 14th May 2006

Results

1. Kelvin Marshall	4:18:05
2. Tim Cochrane	4:27:57
3. David Bradford	4:28:03
4. Sandra Timmer-Arends [f]	4:28:31
5. Ian Twite	4:47:06
6. Rob Embelton	5:02:10
7. David Styles	5:17:34
8. Nick Thompson	5:29:46
9. Kevin Cassidy	5:29:56
10. Garry Wise	5:37:20
11. Bruce Salisbury	6:32:33
12. Brian Glover	6:40:30
13. Peter Gray	9:41:37



Race Directors Report

This event attracted 13 starters with Tim Cochrane setting the pace early. Tim suffered badly near the end having raced the Sandown 10km the day before and ran 113km at Wilson Promontory 2 weeks earlier. Kelvin Marshall the legend of Ultra Marathon's ran his fastest time for this course to thoroughly deserve his win. After coming 3rd 3 times and 2nd once in the history of the race it was good to see such an adamant supporter of long distance racing have a win. Tim held on for second from David Bradford who was just in front of the fast finishing Sandra Timmer-Arends. Sandra had her 4th straight win in this race but this was probably one of her best. Not known for her liking to Cross-Country running the wet conditions turned a lot of the course into Cross-Country like conditions. Sandra ploughed through the course to be only 9 minutes short of her female course record set in 2004. Rob Embelton and Kevin Cassidy successfully completed their 5th Walhalla Ultra while Brian Glover pushed race director Bruce Salisbury all the way.

Report by Kevin Cassidy

In a town known for its rainfall, the law of averages clearly inform us that the sunny conditions of the previous four years were somewhat of a bonus

that simply couldn't last. Mother nature well and truly started squaring the ledger this year with a persistent drizzle that had no desire to let up.

Commitments elsewhere on the Saturday night necessitated a break with tradition and forcing an early morning drive from Melbourne. I've never grown weary of driving into Walhalla, a town steeped in history and utterly devoid of the crass commercialism that has so ruined our modern world. I even felt a tad guilty taking a car into the area, strongly suspecting that a horse and buggy would have been more appropriate.

As always, the breathtaking autumn flora was the prominent feature commanding attention as the car park began filling up behind the Star Hotel whose owner, Micheal Leaney, so generously hosts this annual Traralgon Harriers event.

Just making it to the start was to be an epic in itself for me this year. Up until four weeks prior, I hadn't run a step for two months courtesy of a lingering virus. Deciding that I had to sneak in some urgent training, I managed six or seven runs in the Dandenong Ranges in those final weeks but not before my fitness had dropped to the point where my belt had shifted in an outward direction to the tune of two notches, a fact with which I was miserable in the

extreme. I tried to justify the sad situation by reminding myself how unfair it was that only one hole in my belt seemed to get all the action and sharing it around was the only fair thing to do!! Yes, a pathetic attempt at some sort of self justification.

With the usual suspects gathering on Walhalla's main street, Race Organiser, Bruce Salisbury, issued a couple of quick last minute course instructions then announced the introduction of a "Walhalla Wally" tee shirt for those seriously demented souls who have so doggedly slugged themselves through all five events to date. Along with Rob Embleton and Kelvin Marshall, I guess I have to sheepishly admit to making up the trio that forms this "Illustrious Club"

In the early morning drizzle, Micheal Leaney sent us on our way with the traditional firing of a Bon-Bon. Approximately 60 runners headed northward toward the mining area and hit the spectacular trails. The 50 kilometre field totalled 13, another seven made up the 37 kilometre event while the 19 kilometre course lay ahead for the bulk of the field.

Twelve months ago, I ran the early kilometres with a talkative group whose main topic of discussion was old television programs and the various brands of ice cream! This year was to be a complete contrast



Brian Glover crosses the line a picture of determination

when I linked with a group who somehow managed to turn the discussion to the subject of depression! As we negotiated our way through the valley and around the Thomson River, the discussion took on a variety of twists. Crossing the old steel bridge, the river meandered below in a shadowy chasm of saplings and rocks. Pushing on through to the 14km aid station, the group had stretched out, by which stage we had all quite distinctly qualified as grief counsellors!

Heading passed the lovingly restored Thomson Railway Station, I was alone with most of the field up ahead, a few behind and others heading in a variety of directions in the shorter options. Not expecting to see anyone again until the finish, I pushed on along the old tramway bed to Coopers Creek passing a large collection of bulldozers sitting idly in a muddy churned up bog. A slow shuffle up the consistent climb that followed allowed me some occasional sightings of Rob Embleton and David Styles up ahead but I soon lost all contact with them. Four kilometres of twisting muddy trail certainly made for difficult progress and I was suitably surprised to find myself passing Bruce Salisbury during this section. Gulping down some water and two jelly beans at 24km, the next hour or more involved a relatively flat dirt road with the "highlights" being the annoying and irritating noise of trail bike riders emanating from deep in the forest and, soon after, a couple of four wheel drive vehicles cruising passed bearing those moronic "I Hunt, I Vote" bumper stickers in a proud display of their redneck attitudes and vast

tracts of vacant expanses between their ears. They would not have looked out of place adorning the front cover of "Shoot em Dead Weekly". For a brief moment, I feared the possibility of a "deliverance" episode.

The ever dependable Margaret Salisbury spends each year handling the most remote aid station on

the course.

"How far is this?" I asked as I mournfully trudged up to her table of goodies.

It was only when she replied bemusedly with "33km" that it dawned upon my forgetful self that I have asked her that exact same question every year!

I was also to learn that there were only three runners behind me and I was a long way behind anyone else. I trudged on down into the valley towards Bruntons Bridge thinking that perhaps a personal worst 5:30 finish may be something worth aiming for.

With the local authorities having condemned the old bridge at Bruntons, the river crossing was negotiated via the rather novel method of being ferried across by a four wheel drive vehicle. Such ingenuity by Michael Leaney [and the driver, whose name I didn't get] is to be highly commended as this allowed the run to remain on the original course.

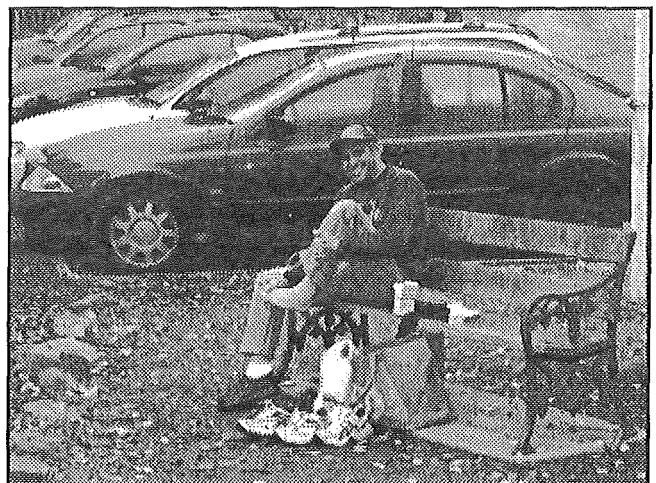
Gingerly and slowly climbing out of the vehicle and taking full advantage of the treats on offer at the 38km aid station, I braced myself for the final 12 kilometres which consisted of a steady 8km ascent to the top of the ridge with the final kilometres being the descent into

Walhalla. Negotiating the continual upward trail afforded glimpses through a canopy of leaves of the gorgeously forbidding mountains and their disorderly ranks of trees, truly a sight to behold.

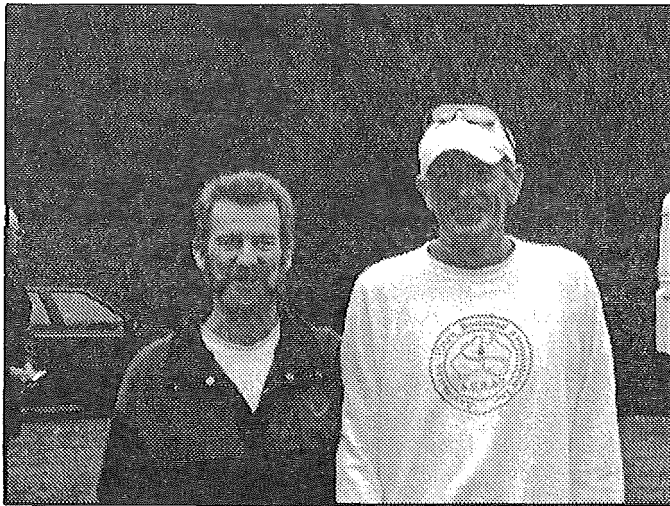
I soon had the surprise of catching sight of another runner up ahead and immediately recognised the blue attire as that worn by Nic Thompson. We chatted briefly and I pushed on ahead. Passing someone in the later stages of a run generally means you will not see that particular runner again, so imagine my surprise 40 minutes later while still dragging my body ever upwards, to have Nic re appear. We conversed and exchanged places constantly. I mentioned my possible hope of sneaking under 5:30 and Nic also seemed to think of it as a pretty reasonable goal for himself. A little further on, another blue singlet made an appearance in the distance with the wearer being the familiar figure of Garry Wise.

"Where does this mother of a climb end?" grumbled Nic as we pushed on ahead of Garry,

"About another 2km" I snorted back. I've never been so relieved to have been wrong when only minutes later, we reached the top. Nic had well and truly gotten away from me as the roll down into the finish commenced. Slushing through the mud and narrow trails, I had given up on ever seeing Nic again but stranger things have happened. Being so familiar with this trail, I was well aware that barely 800 metres remained despite Walhalla not being visible through the thick scrub. Suddenly, Nic was again in view and I



Garry Wise during his pre race toe taping operation



David Styles and Robert Embleton, a couple of regulars

started a late charge to the line. Flying down the final bitumen road and almost shirt fronting a couple of highly startled tourists, I was closing on Nic rapidly but was still some 20 metres adrift as we crossed the finish. With my finishing time of 5:29:56 and Nic several seconds quicker, we had narrowly pulled each other under the mid race aim of five hours and thirty minutes which was sublimely gratifying in an odd sort of manner.

The inexhaustible Kelvin Marshall had pulled off a win in the dying stages with long time leader, Tim Cochrane, hitting the wall but hanging on for second from the fast finishing David Bradford.

Traralgon legend, Sandra Timmer-Arends, stormed home just seconds behind in fine form with my other "Wally" team mate in Rob Embleton - just missing the five hour mark. Another local in Ian Twite was his usual model of consistency while David Styles also performed creditably after a lengthy injury

induced lay off. Bruce Salisbury slugged it out to the finish while Brian Glover proved a picture of focus and determination charging home strongly. Peter Gray, in his 190th Ultra, rounded out the field

Slumping my exhausted body onto the deck of the Star Hotel and feeling far from robust, I was oblivious to the fact that I had planted myself in front of a trumpet player with the local brass band who saw it as an opportune moment to partake of a vital practice session. The blast into my

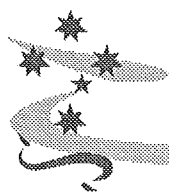
eardrums almost sent me reeling across the road and head first into the rotunda. "Oooh, Sorry", she said in a confessional tone

Hitting the showers and peeling off my filthy socks revealed numerous trickles of blood, a visual indication that a family of leeches had decided that my feet and ankles would provide an ideal picnic location. Still snoozing happily in my socks with their fat contented bellies, it had obviously been a veritable smorgasbord.

Sadly, the miserable weather put paid to the traditional post race gathering and very few people remained. A quick Diet Coke from the local store and it was onward back to Melbourne broken only by a stop to refuel in a suburb on the city's south-eastern fringe where the local department stores clearly do a roaring trade in flannelette shirts.

The "Walhalla Wound Up" is an event to behold. A picturesque course, beautiful surrounds, plentiful aid stations and so much more. All this for a princely entry fee of ten dollars!

Stay tuned for 2007 at www.traralgonharriers.org



Glasshouse Mountains Ultras

14th May 2006

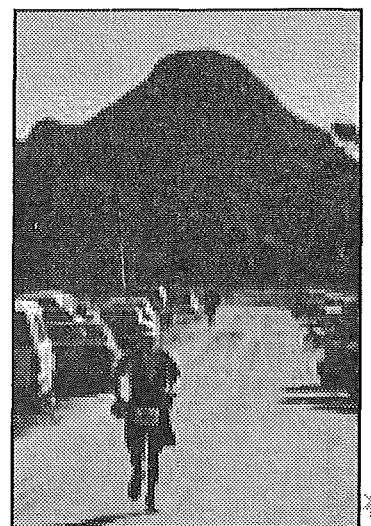
Results

80km

1. John Pearson	7:45:14
2. Nic Moloney	7:54:48
3. Philip Murphy	8:31:33
4. Roger Guard	8:33:35
5. Dominic Brown	8:40:54
6. Andrew Hewat	9:04:43
7. Rodney Ladyman	9:23:45
8. Joe Raftery	10:05:34
9. Louis Commins	10:49:48
10. David McKinnon	11:34:19
10. Tamyka Bell [f]	11:34:19
10. David Elms	11:34:19
13. Colin Mackey	11:53:05

50km

1. Xavier Bent	4:34:00
2. Martin Schot	4:34:01
3. John Nuttal	4:47:54
4. Siri Terjesen [f]	5:16:36
5. Robert Ware	5:25:00
6. Peter Edmiston	5:46:21
7. Rick Webb	5:52:14
8. Matthew Henderson	5:57:19
9. Andy Cox	6:01:00
10. Peter Gardiner	6:15:14
11. Jennifer Irving [f]	6:24:00
12. Chiho Komiyama [f]	6:37:07
13. Graeme Rich	7:09:12
14. Oliver Halford	7:30:57
15. Kerrie Hall [f]	8:04:31
16. John Harris	8:04:32



Andrew Hewat runs to the finish

Records tumble at Tamborine

by Ian Cornelius

The 13th running of the Tamborine Trek took place on 27 May 2006. The conditions were near perfect with some cloud cover until late morning. Kelvin Marshall contested the event for the 11th time and was attempting to extend his wins from 7 to 8.

He was not to know that experienced adventure racer Michael Page was in the field as was the existing record holder Darren Skillicorn and an in-form Dominic Brown. Martin Schot, joint winner of the Glasshouse 50 km two weeks ago had entered but was forced to withdraw prior to race start when he broke some ribs in an accident.

The event starts at the Girl Guides Hall in Ferry Street, Nerang, winds through the Nerang State Forest on rough gravel 4WD tracks for 20 kms, then along bitumen roads to the top of Mt. Tamborine and back, for a total distance of 62 kms. The terrain through the forest was much rougher than normal with some sections being heavily eroded and much in need of maintenance. The course is undulating to hilly through the forest and Mystery Road, the road to the top of Tamborine mountain, is quite steep. In fact, there are many locals who will not drive their cars up that route, preferring to use the infamous Henri Roberts Drive.

The race started at first light at 6:04 am. The first runner to emerge from the Forest was Adrian Pearce who was in a relay team this year, saving himself for the Gold Coast 100 in two weeks' time, followed some eight minutes later by a group consisting of Kelvin Marshall, Michael Page, Darren Skillicorn, Daniel Hooley and John Nutall from Townsville. John had taken a fall in the forest and had blood streaming from cuts to his chin and arms, contrasting with his blond curly locks. The solos were setting a good pace as the second placed relay runner for this first stage was Ritchie Flesser, some two minutes adrift of the leading solo runners.

Adrian was in fine form, breaking Peter O'Sullivan's record for the forest leg (start to the tennis courts changeover) with 1:30:22. To better 4:30 mins/km on this terrain is quite remarkable. Adrian handed over to Mark Sparshott who had a great second stage with 1:39:04, which was to earn him King of the Mountain for 2006.

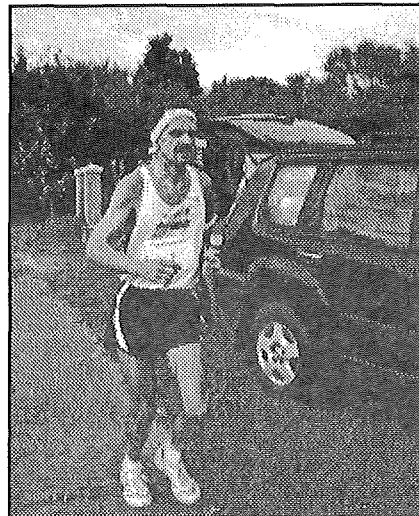
Back to the solos, Michael Page stamped his authority on the race with a sizzling second leg of 1:46:29, with Kelvin next best with 1:57:29. In the run home, Michael made it in 1:55:45, with Dominic Brown next best with 2:01:41 and Kelvin with 2:03:21. Michael won the race in a new race record time of 5:21:14 bettering Darren Skillicorn's 2003 record of 5:42:21 by some 21 minutes. Kelvin hung on for second with 5:39:34, also breaking the old race record and Dominic stormed home to finish third with 6:00:58.

In the female section, Siri Terjesen who more experienced with flat road running rather than off-road running, won with 7:18:02 easily eclipsing the old record of 8:05:00 with Karen Neale from New Zealand second with 8:02:29, also breaking the old record.

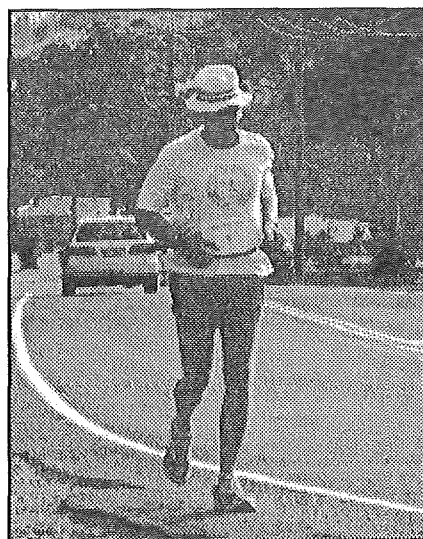
Rachel Stewart, running the mountain leg for the team of Ritchie Flesser and Rod Brown, smashed the old record of 2:27:00 with a fine 1:58:24.

This year, there was also a race staged over a 27km section of the forest, primarily as a training exercise for those preparing for the 96 km Kokoda Challenge to be held on 15-16 July.

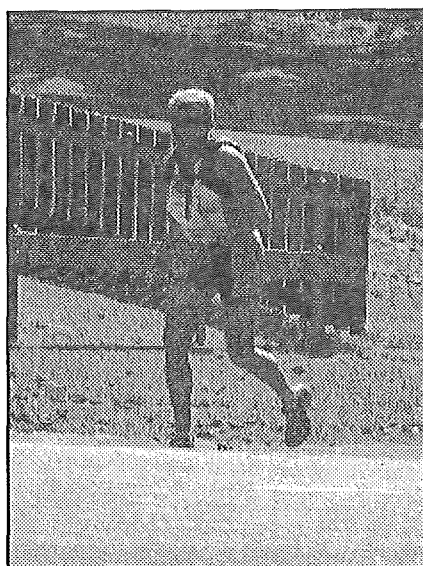
There were 111 competitors in this event, consisting mostly of 3 and 4 person teams. Rob Ware who is preparing for the Gold Coast 100 in 2 weeks' time and his training partner Greg Waite stormed over the 27 km course in a fine 2:42:20.



Kelvin Marshall



Geoff Last

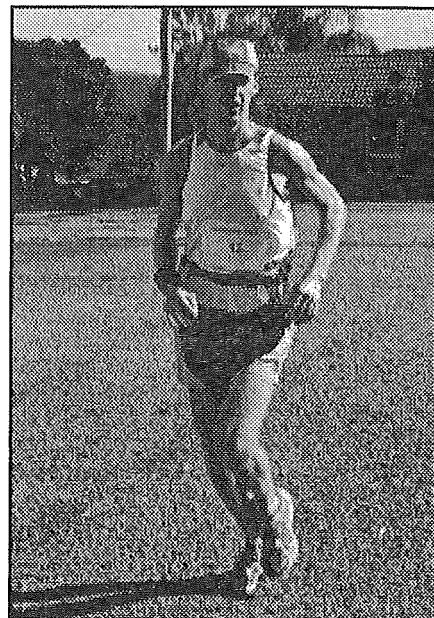


Delia Skillicorn

TAMBORINE TREK - RESULTS 2006

SOLOS

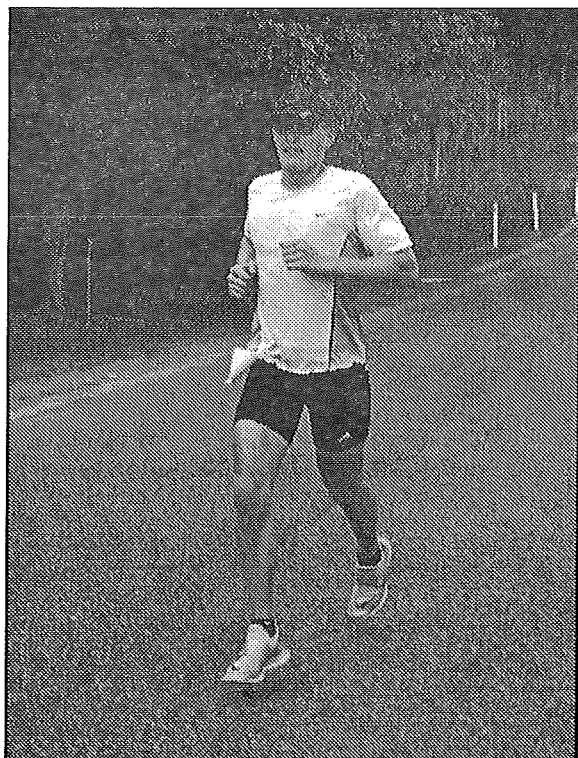
	Name	Leg 1	Leg 2	Leg 3	TOTAL
1	Michael Page	1:39:00	1:46:29	1:55:45	5:21:14
2	Kelvin Marshall	1:38:44	1:57:29	2:03:21	5:39:34
3	Dominic Brown	1:57:32	2:01:45	2:01:41	6:00:58
4	Daniel Hooley	1:40:37	2:09:17	2:25:03	6:14:57
5	John Nuttall	1:39:44	2:07:58	2:31:36	6:19:18
6	Roger Guard	1:57:34	2:11:05	2:16:05	6:24:44
7	Mark Parsonson	1:45:39	2:04:08	2:40:00	6:29:47
8	Siri Terjesen [f]	2:15:28	2:28:35	2:33:59	7:18:02
9	Rodney Ladyman	2:15:26	2:29:32	2:33:04	7:18:02
10	Geoff Last	2:19:32	2:45:42	2:46:04	7:51:18
11	David McKinnon	2:24:15	2:46:40	2:43:48	7:54:43
12	Karen Neale [f]	2:15:30	2:48:25	2:58:34	8:02:29
13	Richard McCormick	2:08:58	2:41:43	3:25:32	8:16:13
14	Louis Commins	2:11:22	3:13:23	3:46:33	9:11:18
RET	Darren Skillicorn	1:37:15	2:13:38	RET	
RET	Kellie Williams [f]	2:22:48		RET	



Dominic Brown

RELAY TEAMS

		Leg 1	Leg 2	Leg 3	TOTAL
1	Adrian Pearce, Mark Sparshott, Shane George	1:30:22	1:39:04	1:28:33	4:37:59
2	Greg Forrestal, Keith McKay, Peter O'Sullivan	1:59:42	1:47:49	1:36:58	5:24:29
3	Colin Chambers, Mark Aldous, Rob Aldous	1:46:32	1:51:58	1:58:03	5:36:33
4	Ritchie Flessler, Rachel Stewart [f], Rod Brown	1:42:35	1:58:24	2:31:06	6:12:05
5	Paul Cooper, Carol Coburn [f], Jim McMillan	1:59:41	2:07:41	2:12:28	6:19:50
6	Lyn Campbell [f], Reg Tilley, Kerry Preston [f]	2:25:38	2:08:04	2:06:38	6:40:20
7	Jolyon Ward, Suzie Smith [f], Bill Wollin	2:25:19	2:41:08	1:58:53	7:05:20
8	Terry Moore, Darren Skillicorn, Delia Skillicorn	1:57:35	1:53:18	DNF	
9	Damon Palliser, Klaus Maurer, no 3rd runner	2:01:47	2:54:15	DNF	

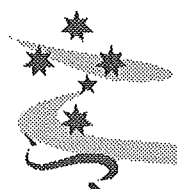


Mike Page

Bunbury Runners Club 50km Road Race W.A.

21st May 2006

1.	Colin Francis	3:31:31
2.	Raymond Lampard	3:45:54
3.	Jason Berry	3:50:52
4.	Ian Boddy	4:12:00
5.	Robert Segal	4:14:22
6.	Lynne Barnard [f]	4:15:03
7.	Nathan Fawkes	4:19:38
8.	Phil Baker	4:21:19
9.	Christopher Broun	4:39:55
10.	Christine Pattinson [f]	4:42:10
11.	Don Pattinson	4:42:18
12.	Steven Schalit	4:47:32
13.	Terry Cunningham	4:47:33
14.	Josephine Brown [f]	4:48:00
15.	Rich Russell [f]	4:50:06
15.	Jane Elton [f]	4:50:06
17.	John Collins	4:53:15
18.	Mike Turner	5:15:11
19.	Neville Scott	5:25:21



Gold Coast 100

Australian 100km Road Championships and National Team Selection Race

GOLD COAST 100 KM (INCORP. AUSTRALIAN CHAMPIONSHIPS)

Place	First name	Last name	Gender	Age	State	50km	100km
1	Rob	Ware	M	33	Qld	3:49:08	7:51:43
2	Tim	Sloan	M	38	Tas	3:43:10	8:13:56
2	David	Eadie	M	35	Vic	4:08:39	8:26:35
4	Thomas	Gilanyi	M	39	NSW	4:06:07	8:47:50
5	Kelvin	Marshall	M	42	Vic	4:02:12	8:48:07
6	Nic	Moloney	M	28	Qld	4:01:14	9:03:21
7	Zoe	Lawrie	F	26	Qld	4:12:44	9:06:42
8	Jason	Dunn	M	42	NSW	4:17:59	9:08:35
9	Vivienne	Kartsounis	F	42	NSW	4:27:24	9:28:23
10	John	Nuttall	M		Qld	4:10:08	9:29:09
11	Chris	Graham	M	34	NSW	4:15:14	9:36:45
12	Scott	Orchard	M	33	Vic	4:09:18	9:44:27
13	Roger	Guard	M	59	Qld	4:36:42	9:55:27
14	Martin	Schot	M	49	Qld	4:29:44	10:26:39
15	Rodney	Ladyman	M	49	Qld	4:56:29	10:50:29
16	Robert	Boyce	M	44	Vic	5:18:51	11:17:10
17	Andrew	Hewat	M	43	Vic	4:58:02	11:36:24
18	Stuart	Cole	M	39	NSW	5:15:55	11:38:22
19	Richard	McCormick	M	39	Vic	5:16:15	11:58:59
RET	Bruce	Webber	M	44	Qld	5:34:14	87.5 km
RET	Gary	Wise	M	59	Vic	5:19:01	87.5 km
RET	Dean	Jones	M	32	Qld	5:17:09	81.25 km
RET	Chris	Hills	M	20	Tas	3:43:09	68.75 km
RET	Mal	Grimmett	M	40	Vic	3:56:15	62.5 km
RET	Peter	Lahiff	M	70	Qld	5:32:02	56.25 km *
RET	Tim	Cochrane	M	25	Vic	N/A	43.75 km

- Peter Lahiff - 70 -74 6hr record 54.193 km

Report by Race Director, Ian Cornelius

National record holder Tim Sloan went into this race as the outright favourite although he hadn't raced competitively over the distance for four years or so. He was kept company until the end of the sixth lap (37.5 km) by Tim Cochrane and Chris Hills. Rob Ware was running in fourth place at this stage, some seven minutes behind the leading pack with Mal Grimmett just behind him by a further minute. By the 50km mark, Tim Cochrane had withdrawn from the race (43.75km) and the lead was still shared by Sloan and Hills with Ware having closed the gap slightly to six minutes. Mal Grimmett had dropped back to be seven minutes adrift of Rob and withdrew at lap 10 (62.5km) with a recurring sciatic nerve problem.

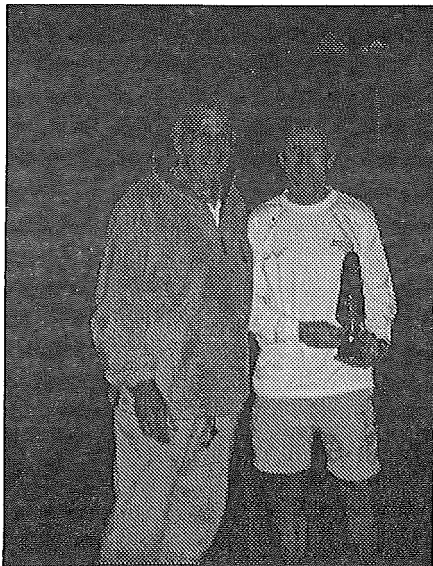
At this point Rob Ware had overtaken Chris Hills to trail Tim by less than one minute. Chris withdrew at the end of lap 11 (68.75km), by which time Rob had overtaken Tim to lead by 3 mins 16 seconds. Rob was never headed from this point, finishing in 7:51:43 with Tim in second place with 8:13:56. Tim rarely fails to finish a race and, notwithstanding the lack of racing/preparation in recent times, it is a credit to him that he held on gamely.

David Eadie ran with his running partner Scott Orchard, dressed as chefs, until the end of the 9th lap (56.25 km) by which time Scott had developed leg problems. David picked up the pace and finished strongly to come home in third place with a fine 8:26:35 at his first attempt over the distance.

Thomas Gilanyi ran well to finish in fourth with Kelvin Marshall fifth and Nic Moloney sixth. Kelvin is the only athlete to have contested all four Gold Coast 100's.

Rob gains automatic qualification to the Australian team to contest the world championships in Korea in October.

In the women's section there were two starters, Zoe Lawrie and Vivienne Kartsounis. Zoe is a consistent 3 hour marathoner and it was her first attempt at a race beyond 50km. She ran strongly throughout to finish with 9:06:42, a new race record. Vivienne is more experienced with 6 and 12 hour track races and ran extremely well to finish in 9:28:23, also breaking the old race record. Both now qualify for selection in the Australian team to contest the world championships in October.



Ron Clarke with Tim Sloan

Peter Lahiff (O70) ran well for the first 6 hours breaking the 6 hour record (subject to ratification) with 54.193 km, but withdrew at the end of that lap.

In the teams section, Southport A won the 4 x 4 with 7:55:28 and Shore College Cross Country team from Sydney won the composite relay with a fine 7:04:19.

It is obvious that proper fluid and energy replacement is vital and I urge all competitors to pay greater attention to this aspect in future.

This year, for the first time, we had a race preview function on race eve. This worked particularly well and will become part of the event format from this point forward.

We were privileged to have the benefit of the combined knowledge of Don Wallace (5 times sub 7 hrs), Tim Sloan (Australian record holder with 6:29 and approx 20 x 100km races and Jo Blake (last year's best performed Australian 100km runner).

They spoke about preparation, pacing and fluid and energy replacement.

It is interesting that the top 5 - 6 males and the two females all paid very close attention to these critical aspects and the comments of the expert panel certainly helped optimise the performances of many of the athletes.

There will be a similar function next year and all contestants are urged to arrive at the Gold Coast early to

enable them to get the benefit of this advice, so as to optimise your performances.

It also helps to have support to hand out drinks and energy bars/gels and attend to any other requirements. It is interesting to note that the top three men and the two women all had experienced and capable support. Again, this is a very important element and competitors in this event in future are urged to have similar support if you want to do well. Zoe even had her own cheer squad which also helped her enormously.

To Andrew Bohlsen and his cross country team from Shore School, North Sydney, thanks for coming, well done to your team and I hope that at least some of them become ultra runners at some time in the future.

Well done to all. Next year's event will be held on Sunday 10 June 2007.

Report by Richard McCormick

I was absolutely wrapped with my 11.58.59. I couldn't have scripted it better.

I was probably more nervous than before any of the other 21 I've run, mainly due to the fact that my PB for 12 hrs was only 90.4k, so to run 100k in under 12 hrs to meet the cut off required something special.

Looking at the entrants list before the start, I felt a bit out of place with all those sub 3 hour marathoners, Ironman triathletes and Australian 100k representatives, but I was really out for one goal, to finish within 12 hours and get that qualification for next years Western States 100 Miles in the US.

Flying out from Melbourne the day before in a foggy 5 degrees, I found the weather quite humid at the start although I was happy to see the overcast conditions.

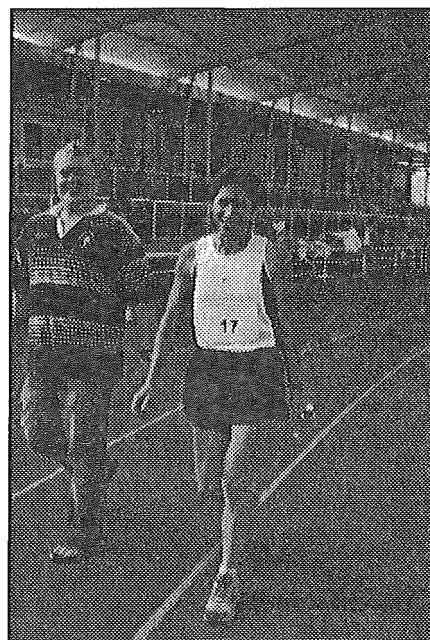
The first few laps were uneventful, just motoring along around 35-40 minutes per lap. The field strung out pretty quickly and I was soon close to the rear of the field.

The goal was to go through 50km in

five hours expecting a late fade out to give me enough time to make the 12 hour cut off. Things were going well until lap six (37k) when I started to develop a rather sore left ankle. Remembering my fall at Bogong-Hotham in January where I rolled the ankle, I thought maybe a DNF at 50k was on the cards.

Rob Boyce was around 50 metres ahead of me at this stage and I basically decided to try to keep him in sight until the end of lap eight (50k) and see how the ankle felt then.

I came back into the stadium at 50k in 5.16 which I was quite happy with, although 16 minutes down on my ideal

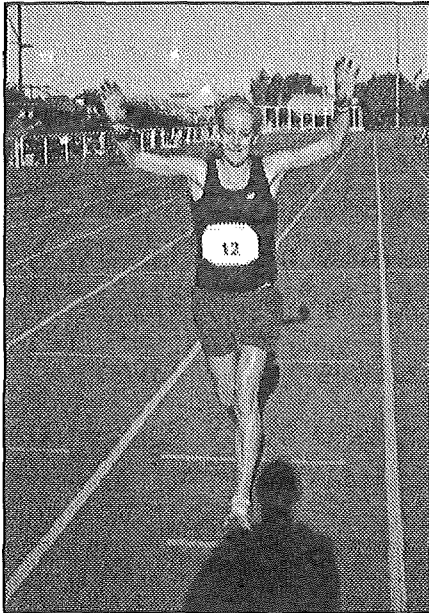


Vivienne Kartsounis

time. I had a good break here (5-6 mins) with some more food (banana, pancakes, gu, powerbar, coke, gatorade, water) and the ankle (and mind) started to feel a bit better.

8 laps of the 6.25k circuit to go sounded easier than. Just knock off each lap one at a time.

By lap twelve, I started working out some splits in my head, which was difficult considering each lap is 6.25km and I was doing around 45-50 mins per lap. I needed a calculator. Basically I had to cover the last five laps at 50 mins per lap to make the 12 hours. It sounded easy but it was still 32.5km remaining!



Zoe Lawrie

With two laps to go (around 87.5k) I'd given up hope and was going through a bad patch. There seemed to be no-one else on the course as the majority of the field had finished. All that was pulling me through was to get this over with and just sit down.

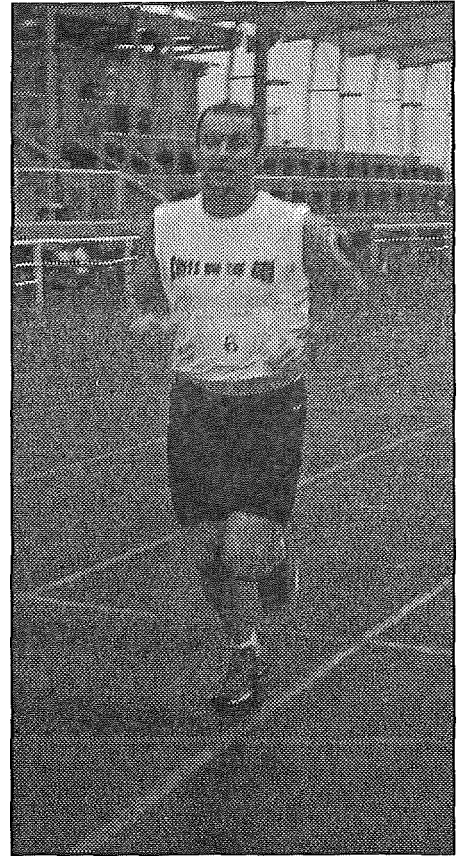
With one and half laps to go, I noticed the sun had gone down and the moon

was rising. Memories of the Glasshouse 100 miles came flooding back. It was the best time to run.

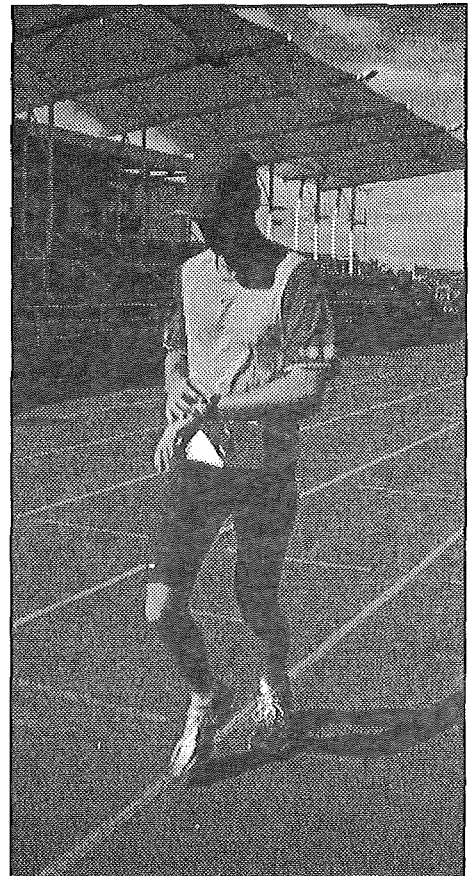
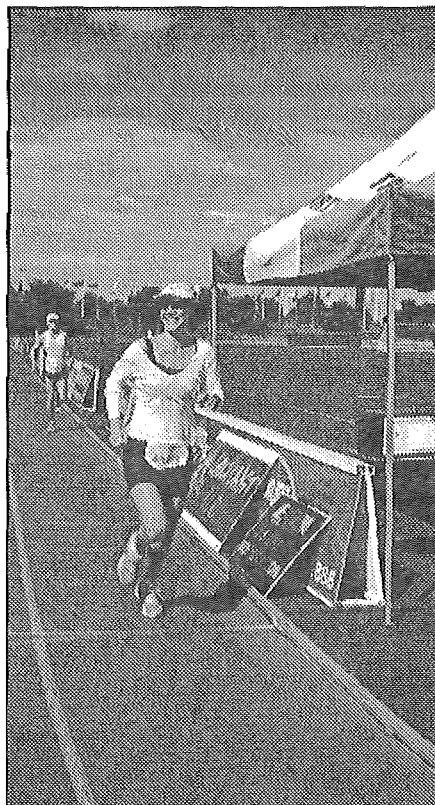
I finally got my act together and headed back towards the stadium with one lap to go and I needed to do it in under 48 minutes. This seemed achievable until I got to the half way point of the last lap and headed back into the forestry area bike path and I could not see one foot in front of me. The bikeway was completely dark and I knew there were a couple of holes somewhere along that section. Talk about frustrating! I needed to run at 9k/hr but when you can't see what your stepping on, it just beckons for a twisted ankle.

Finally I made it to the street light area and then into the stadium to complete the last lap of the track. Saw the clock with just over a minute before 12 hours. I'd done it.

This was probably my second best effort in an ultra, just behind the 100 miler at Glasshouse last year.



David Eadie



AURA HALL OF FAME

Cynthia Herbert [Cameron]

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.

Born in the Victorian country town of Euroa, Cynthia spent her early life in the tiny "Six Family" locality of "Boho South" showing no real sporting prowess of note. At the age of 38, she ventured into athletics in 1980 by taking herself down to the Springvale Veterans Athletic Club in suburban Melbourne. Her most significant memory of that first night was the struggle to complete four laps of the track!

Five years of standard distance running produced a 3:11:09 marathon best but Cynthia's niche in the sporting world was to be unearthed in September 1985 when she toed the line at the Coburg 100km track race. Under the excellent coaching of Dave Herbert, Cynthia recorded a time of 10:00:04. While missing the 10 hour mark by such a small margin may have been disappointing, it served notice of what was to come.

December 1985 produced a Sydney to Melbourne qualifying performance in the official 207 kilometre Westfield Trial from the Melbourne suburb of Airport West to Colac via the Great Ocean Road.

In February 1986, the Box Hill 24 Hour Track Race was the scene of a new Australian Record of 191.218km. The ultra world was now taking ample notice of the coach/athlete combination of Cynthia Cameron and Dave Herbert.

The Cynthia Cameron "team" took on a professional touch as the 1986 Sydney to Melbourne race approached. Masseur, Gary Miritis came on board and ultimately stuck with Cynthia during her career, both at races and during the many arduous hours of training. Gary went on to

spend the 90's touring the world as Cathy Freeman's full time masseur.

The gruelling 1986 race between Australia's two major cities proved to be a disappointment when a knee injury resulted in a DNF, ironically at Euroa, Cynthia's place of birth.

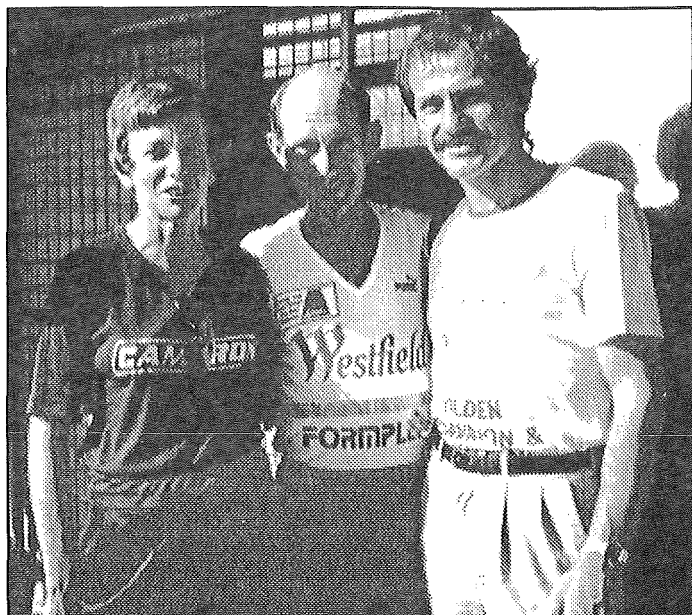
Undeterred, the remainder of 1986 resulted in many highlights. A new Australian 50 mile record in June of 6:52:42 also included a 50km record of 4:13:09. Australian Records flowed thick and fast. Returning to the scene of her first ultra, Cynthia's 9:15:26 for 100km was again a new national mark but it was the month of November that history was made at the Sri Chinmoy 24 Hour event. A booty of national records tumbled on the old jagged and dusty 440 yard Adelaide Harriers Track as Cynthia charged through 12 hours with a distance of 115.25km, 100 miles in 18:11:37, then 200km with just minutes to spare in 23:56:10 and on to a final distance of 200.615km. Four national track records and a place in the history books as the first woman in the Southern Hemisphere to break 200km in 24 hours rounded off a very fruitful year. The name Cynthia Cameron was now attracting attention internationally. Her name even found its way into the Australian version of the Guinness Book of Records

As with all champions, such performances were not achieved without numerous hours of training. Once each month, a weekend would consist of a 10 hour Saturday run followed by 15 hours on the Sunday. 350 kilometres per week was not uncommon.

A return to the Westfield Sydney to Melbourne race in 1987 proved to be Cynthia's finest hour. The nation's press covered the enthralling and absorbing duel that panned out on the highway between Cynthia and her younger and much more fancied rival from the US, Mary Hanudel. Constant lead changes had reporters and camera men working overtime. Taking the lead for the last time on the approach to Melbourne, Cynthia was not headed again as she charged through the suburbs to a dramatic victory that featured live on national television. Almost forgotten in the euphoria was a new national road record for 1,000km of 8D 10:55:00, a record that still stands today.

1987 also consisted of a 4:45 performance at the Frankston to Portsea 55km event followed soon after by two 50 mile races on successive days. Those who were around back then would remember the Australian 50 Mile Track Championship being a Saturday event with a road option at Princes Park the following day. Cynthia ran both under eight hours! A return to the Coburg 100km in August produced a time of 9:46:10

Cynthia did not grace another ultra until 1988 where a "training run" of 10:17:17 at the Coburg 100km proved an excellent warm up for the Colac Six Day Race by which stage the coach/athlete relationship she had with Dave Herbert had made the transition to husband/wife. The wedding reflected their enthusiasm for running. Taking off for a run, they met the marriage celebrant at a predetermined corner, donned wedding clothing and made their vows before continuing the run back home!



Cynthia with Brian Bloomer and Yiannis Kouros prior to the start of the 1987 Sydney to Melbourne race

Having run as Cynthia Cameron throughout her stellar career, she recorded an Australian Six Day record as Cynthia Herbert with a final total of 738km. A 48 hour split of 261.2km was also a new national mark.

Ultimately, Colac became Cynthia's last race as worsening achilles tendon injuries put paid to future ultras.

"Her real strength was her incredibly high tolerance of pain", Dave emphasised. "She'd have run just as fast barefoot over broken glass if she had to"

Always humble and unpretentious, Cynthia never thought that she did anything special and couldn't understand all the fuss that went hand in hand with her prolific record breaking.

"I just ran my own race" was her laid-back reference to that historic and tension filled 1987 Sydney to Melbourne victory.

Dave related an occurrence from their honeymoon on South Molle Island,

"By chance, we met mountaineer, Tim McCartney-Snape in a coffee shop". "Cynthia couldn't comprehend how anyone could summit Mount Everest" "Equally, Tim couldn't get a grasp on Cynthia's mind boggling achievements"

"They just sat at the table in awe of each other" laughed Dave.

Life since has been far from sedate. Cynthia and Dave are regular bushwalkers, spend three months a year caravanning, have almost completed canoeing the length of the Murray River in a "Join the Dots" exercise and still manage to find time to cycle

200-300km a week and assist in the organisation of a social bike riding group each Friday, known appropriately as the "Handlebar Harriers"

In a superb career that lasted just three years [1985-88], Cynthia lifted the standard of women's ultrarunning in Australia by many, many notches. Most remarkable, however, was her versatility, setting national records right across the entire spectrum of ultra distances from 50 kilometres to multi day events.

The achievements of Cynthia Herbert [Cameron] are glorious chapter in Australian ultrarunning history.

Compiled by Kevin Cassidy from AURA records and information furnished by Cynthia and Dave Herbert

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 for distances ranging from 24 hours to 1,000 miles 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. Featured in the December 2005 issue of Ultramag.

Ron Grant - best known for being the first person to run around Australia, in a continuous run averaging 61.67km/day and then breaking the world record for 1,000 consecutive hours, running 3 kms per hour, each and every hour for 1,000 consecutive hours. Featured in the March 2006 issue of Ultramag.

If anyone has more information on previous inductees or are able to furnish details of any omissions or corrections on the data contained in the HOF articles, please contact Kevin Cassidy by email kc130860@hotmail.com or telephone 0425 733 336. Back issues of Ultramag are available at \$10 each including postage to anywhere in Australia.

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.

Where is She Now?:

Chasing down Ultrarunning's Lady Pioneers

By Siri Terjesen

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For the past few years, I have studied ultrarunning record books and pondered the fading engravings on annual trophies, wondering what had become of these early pioneers.¹ Where are these great women? Are they still running? If they stopped running, do they have a new passion? What can we learn from them? This fun project involved a lot of e-mails and phone calls all around the world and provided great inspiration for running and non-running aspects of life. These lady runners have become scientists, proud mothers and grandmothers, entrepreneurs and also include an FBI special agent and a champion power lifter!

The original scope grew considerably—now including over one dozen phone or e-mail interviews with women on three continents, and this column will be the first of at least three installments. For this first column, I report on some really neat lady runners from the 1970s and 1980s whose stories are shared in random order. Some of the women kindly volunteered the names and contacts of their old running mates whose stories will appear in future issues, but readers—I would also love to hear from you if you have a special lady ultrarunner from the 1970s or 1980s (and eventually the 1990s) whom you feel we should include in the next edition!

Ruth Anderson: At age 46 in 1976, Ruth Anderson won the ladies' prize in her first ultra, the USATF Pacific Association 50K. She would go on to set her first world record at the 100K with a solid 11:22 in December of that year. Ten years later in 1986, the Bay Area Ultrarunners and Dick Collins wanted to honor Ruth's achievement and established an annual 100K race in her name. Ruth has also run over one hundred marathons, including a

1973 victory at the Fiesta Bowl Marathon in Phoenix, Arizona. Now 74, Ruth consults for the MUT Running Council and has donated uniforms for the Masters teams to the World 100K in Taiwan. She ran her most recent ultra, a 12 hour track race in San Mateo, California, in 2002.

Ruth started her undergraduate studies at Stanford University, but returned to Nebraska after two years when her mother had a stroke. She graduated from the University of Nebraska with a degree in Chemistry, and started running in the early 1970s while working with the National Laboratory in California. In her job, she provided and analysed data for bomb diagnostics. She remembers one trip to Nevada to witness live experiments, "They were trying to figure out a way to make use the nuclear bombs to make ditches and canals but it was too hard to control. I have certainly seen some of the largest man-made craters in the world."

In 1979, Ruth campaigned for the UK's London-to-Brighton race to allow women competitors and was the first official female entrant registered. She recalls, "I went through every piece of red tape you could imagine. I had to get a lot of paperwork and okays. They kept turning us down, and said this was a men's only race. The Brits can really come up with nonsense." Her bid was supported by the Road Runners Clubs of both America and Britain, a man named Jewell and crucially Maria Hartman who was then a women's AAA champion of England. Maria said that she felt that the women should be allowed to compete so long as they could qualify with an 8:30 50 mile which Ruth and two other ladies could meet. Finally, Ruth remembers,

"they keeled over and they said we'll let you women do it." For this historic finish, Ruth received "a nice certificate and a finisher's medal," although Leslie Watson (featured later) took the title. Kind Ruth then helped to set up another race for Leslie which enabled Leslie to break the world record for 50 miles. Ruth has also run with many of the other women who will be featured in this column, remembering that she first met Eleanor Adams Robinson (featured later) when she came across to run in one of the earliest US 100K championships. She also remembers competing on a women's marathon team with Judy Ikenberry (featured later) in Germany. Although one of the earliest American ultrarunners, Ruth reports that she took great inspiration from her speedy contemporaries, especially the quick Miki Gorman and Sandra Kiddy (both featured later).

Ruth reflects on her most recent ultra in 2002, "I haven't run an ultra since this 12 hour on the track in San Mateo College, California. I got to 40 miles. This [recent] move to Eugene has set me back a little, but I'm enjoying running cross country and shorter stuff. I just don't seem to be able to train or get anything done. And the curious thing that San Mateo and that was an age 70-74 record on the track at the 50K. . . My other real love is the Western States. I was out there in June helping with that and I was running around so much that I almost nearly did the whole the course. But I love doing that sort of thing. You see the 16-18 year old guys running ultras. That's just amazing— even more amazing that people who are running in their 70s."

Ruth's husband John is a retired veterinarian. Daughter Rachel has a PhD in physical anthropology and

¹ Part of my interest is probably also motivated by one of my favorite websites, www.weht.com, an acronym for 'What ever happened to?' Here you can find out what became of 'Mikey' from Life cereal's 'Mikey Likes it' commercial, one-hit wonder Vanilla Ice and other demi-celebrities.

teaches anatomy at Columbia Basin College in Oregon. Ruth has also been competing in the World Masters competitions. She remembers a recent trip to Brisbane, "My daughter Rachel is the best crew and she even came to Brisbane, Australia, with me for the World Masters. She trained enough and was also second in her age group in Brisbane. I am hoping she will go to Spain with me for the 16th World Masters Championships. I am the last of the women who has competed in all of them. I started in 1975 in Toronto, Canada."

Sandra Barwick: When she retired from competition in 1997, New Zealand ultrarunner Sandy has held nine world records including 1000 miles, 6 day track and 2000 kilometers. Five of these records are still standing.

For the past seven years, Kiwi Sandy has worked with Novartis Pharmaceuticals as a Product Specialists in Hospital which she reports as giving her "some good grounding in understanding and specialising in certain drugs to detail to Specialists. It has been a very rewarding career to replace the running and hours on the road training, now used as study."

When she is not working, Sandy spends her time with the running community. She is the current President of the New Zealand Ultrarunning Association (NZUA) and responsibilities include preparing the team for the World 100K competitions and a New Zealand ultrarunning magazine. She is also coaching several athletes who are interested in a challenge after the marathon and also with ultrarunning publicity which has even included spots on TV. Sandy is also involved with her local club, the Takapuna Harriers, and can be found helping out on Wednesday night runs in scoring and support. She reported suffering from a fractured back injury but that the pain is now gone and that she is now running 100K

per week with a goal of completing the 2005 Rotorua Marathon this May. Sandy writes "My miles with helping others have proved to make me feel I can do another run. I really don't want to go into anything bigger but in saying this as you get fitter the feel of 100km maybe could be a challenge, but enjoy the manager role too much at present. . . My work pressure does determine this but my favourite time of day for training is 5am so manage to get the miles in then but sometimes travel interferes with this. I always have been running up to one hour and half at least 5 days a week so there was a base there to build on."

Sandy's two children, Kirsty and Brett, are also keen on sports. Kirsty was once the New Zealand national champion in half-pipe snowboarding and has spent three six-month periods in the US in snowboard competitions and also doing photographic work before returning to NZ as a Business Manager at Sky TV. Son Brett skiraced in Europe and the United States before starting his own building business. Sandy is a proud mom, reflecting, "They are both very close to me and we support each other in what ever we may take on. It is a great world with them in it and also their partners." Sandy's other hobbies include "tramping" (back-packing) in the tracks around NZ, kayaking and traveling. She indulges in a foreign holiday at least once a year. When she finds the time, Sandy can be found cooking and entertaining, including "that important glass or two of wine."

Sandy concludes, "I always want to feel fit as I feel this helps you mentally with things in your everyday life as there is alot of stress we can take on. Being an endorphine junkie and hitting the pavement is a great way to have that special time to sort alot of this. . . I will always run I feel, and

as I say they would have to cut my legs off to stop me."

Leslie Watson: Leslie Watson² once held the world record holder for 50 miles and is also a past London-Brighton champion with a then record of 6:55:11. Also London-based, Leslie has completed over 207 marathons and also holds the world record for the total number of marathons won—68. She was coached by John Anderson and was a member of the once world-dominant but now disbanded female athletics club, London Olympiades, whose membership included many of Great Britain's female Olympians. Leslie remembers that during once club championship, she was the only woman in the race who had not competed in the event in the Olympics. Some memories are not so happy. She remembers when race organizers and male competitors were not always happy to have a woman on the starting line, especially in endurance races.

A niggling knee injury forced Leslie to give up her athletics career but she desperately missed sports. After six months without running, a friend convinced her to turn up to a gym for some weight training. Recounting the story, she laughed about how she turned up in her old track kit and trainers among some real weight lifters. But Leslie discovered a love of lifting and she is now, in her mid-fifties, one of Great Britain's best power lifters. She also runs a successful physio practice in London.

Tomoe Abe: Tomoe surprised the ultradistance world by setting a new ladies 100K world record of 6:33:11 on June 25, 2000, in Lake Saroma, Japan. She had previously won the World Marathon Championships in 1993 and the Osaka International Ladies Marathon in 1994. Since that amazing day in 2000, little has been heard of Tomoe. Souhei Kobayashi, organizer of the 2005 World 100K, was wonderful to help us locate, interview and translate for Tomoe Abe.

¹ I first came across Leslie Watson's name on a number of trophies. For example, "L Watson, London Olympiades" on the annual trophy for the Isle of Wight marathon (13th 'oldest' marathon in the world). She had won seven times and still held the course record, but I was very curious about her as I had never met her at a race and never heard of the club 'London Olympiades'.

Tomoe recalls when she first started running, "When I was ten years old, I won the running race in the girl's category of my primary school. At that time I felt that running was very exciting and I decided to become a marathon runner in the future. I started running full scale when I was 12 years old and in middle school. Before this time, I sometimes ran relay races and played other sports."

She reflects on her decision to run an ultra, "In the year 2000, I ran the Osaka International Ladies Marathon in 2:28:01 and then three weeks later I ran the Senshu International Citizen Marathon in 2:29:09. After that, I wondered how much stamina I could keep up during the race. At that time, the coach of the running club of my company, Director So of the Asahi Kasei corporation, asked me 'Would you like to run an ultramarathon?' I didn't hesitate for a moment—I said 'yes, I'd like to run an ultramarathon.'"

When asked how it felt to set the 100K world record, Tomoe shared, "I am quite surprised by how fast I was able to keep running at that time! It was a very challenging goal to try to set a new world record and to keep an even pace. I am so glad that I attained my goal. I know that someday someone will break my record, but I am very proud of having set it."

Tomoe is close to her father, mother and sister, but lives on her own. She works in the Payroll Services Department of the Human Resource Division of Asahi Kasei Corporation. She is a clerk and is involved in calculating salaries and compensations and handling documents related to the employees' salaries. Tomoe continues to participate as a guest runner in fun races all over Japan. She says that now she "runs only for fun," and that the distances range from 'very short' to a full marathon. Tomoe reports

that, "at least in the meantime, I don't have any plans to run any 'serious' races, including an ultramarathon."

Donna Aycoth: Donna, originally from Hagerstown, Maryland, was the first ladies champion of the JFK 50 Mile, a race in which she racked up eight total victories. Donna started running while a student at Shephard College in Shephardstown, West Virginia. Donna remembers the early days for women athletes, "They didn't allow women to run except for the 1500 meters. When I was going to college, I trained with the guys. But they were getting four year scholarships and I had to work my way through. I met Buzz Sawyer who asked me to join a track club in Hagerstown, Maryland, which was all male. At the Hagerstown YMCA, they allowed women to come in on Tuesdays and Thursdays from 7-9pm, and they had an indoor track where I used to run. Buzz trained me and put me on the JFK 50 miler. It's a beautiful course, running the Appalachian Trail and the canal." Donna recalls her last ultra, "The last race I ran was when my mom was waiting for me at the finish line. We didn't know it at the time, but she was sick. She had been misdiagnosed and by the time they diagnosed her properly, she died in 2 months. The very last JFK 50 miler, she crossed the line with me. After she died, that was it. I didn't want to run it without her."

Donna was a state police state trooper in Maryland from 1975-1978, mostly in Frederick; and then in 1978 she joined the FBI as a special agent, retiring in November 2004. In the FBI, she worked for 4 ½ years in Pittsburgh and 23 years in New York City, during which she ran the New York marathon. Donna recalls that the demands of her career limited her running, "When I was working with the bureau, I didn't have the time to

train. It just got crazy, especially in New York. It was not conducive to training. I trained to keep in shape, but not what you needed to compete." Donna worked with the FBI in NYC before and after September 11th. Donna still runs but says "I don't compete. I am just running to run." She also reports being "heavily into cycling" and would like to do cross-country trips and also start lifting. Donna enjoys living near where she grew up and is very close to her father, brother, sister, uncle and nephew.

Judy Ikenberry: Judy's race victories include the first US Marathon championship in 1974 and the US 50 mile championship in 1977. She also finished 5th in the half-mile in the Olympic Trials in Texas in 1960 and has completed the 166 mile Capital to Capital (Carson City to Sacramento) race twice.

Judy started running at age 13 in 1956 in a community outside Los Angeles with a girlfriend named Karen. Karen's mother had been an athlete in Germany and encouraged the girls. By 1959, Judy's mother thought sought a coach for her daughter. Judy recalls, "One of her good friends had a son in college who had a roommate named Dennis who ran. And he said 'sure, why not?' I have known him for 46 years and we have been married for now over 40." Judy graduated from UC Riverside in 1965 with a degree in Math and a minor in Physics and got a secondary teaching credential (a year of graduate school) the following year. She taught high school algebra, geometry, and trigonometry for five years. In 1979, together with Dennis, she founded Race Central, a race timing company which now has seven employees. Race Central ties events such as PF Chang's Rock & Roll Marathon and the Carlsbad 5000. Judy continued to compete throughout the 1980s but an aggravated knee forced her to stop

¹ I met Hilary Walker at my first marathon in the UK, the 26-lap Sri Chimnoy held September 16, 2001 in Battersea Park, London. We chatted in the early stages of the race. I was especially curious about why she was running this 26-lap race with a mobile phone strapped to her shorts. Surely she could just leave her mobile with a friend and pick up any important calls at the mile checkpoint/drinks station? Hilary informed me that this was not possible as her job in the government required her to be on call in case of a terrorist incident happening in London or the UK, as had sadly taken place in New York just five days prior. While I tried, in vain, to keep up with this quick Brit in a red and yellow Serpentine Club vest, a male runner jogged alongside and told me this might prove fruitless as she had held many world records for ultramarathons. 'What's an ultramarathon?' I asked him. Sure enough, at 15 miles, Hilary turned to me and said, 'This is about where I start to get comfortable.' She went on to win in 3:13.

running in 1996. She is an avid cyclist and also reports "some very good cardio workouts living up here in the mountains at 5000 feet." Judy has three children (Richard, Shelly & Becky) and four grandchildren. Of her grandchildren, Judy reflects, "Being a grandmother has been just such a revelation. I had done all this stuff—national championships and international teams—but actually having grandchildren is the most incredible." Every December, Judy makes 75 gingerbread houses for family and friends.

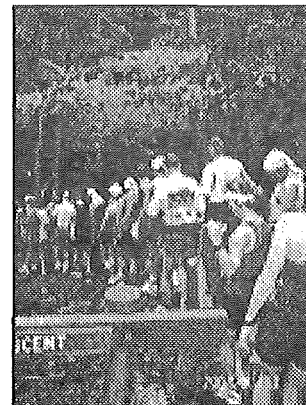
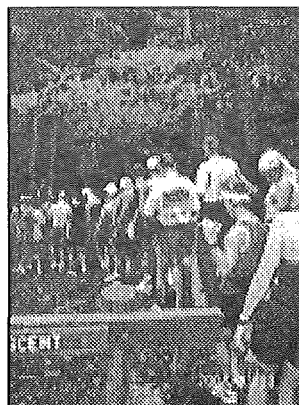
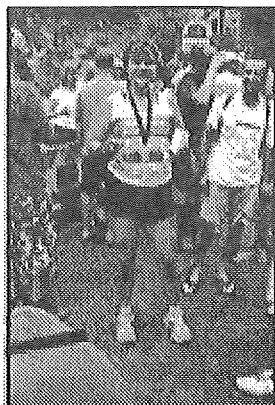
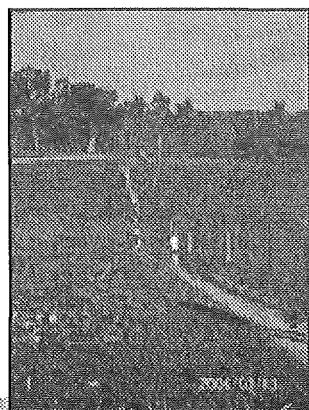
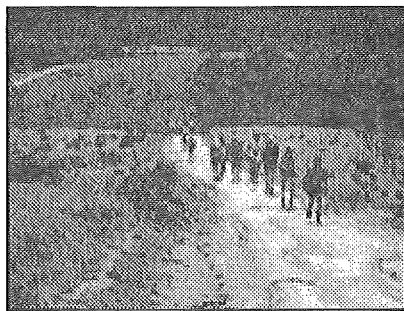
Hilary Walker: London-based Hilary Walker³ has held seven world records, of which the 150km and 200 mile track are still on the books. Hilary was the first lady to go under 15 hours for both the 100 mile road

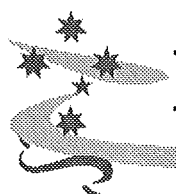
and track, both in 1988. Now age 51, Hilary is still running, and has completed over 130 marathons, 130 ultramarathons on road/track and 50 off-road events. Hilary began running in May 1983 as she said she felt quite fit after a trek to the Himalayas. Two years later, she ran her first ultra—a 24 hour race.

Hilary completed an undergraduate degree in zoology (Bristol), and a Masters and PhD in radiation biology at the University of London. For two decades, Hilary has balanced her ultrarunning with her career as a medical researcher and later a senior civil servant heading a group that deals with toxicology, radiation and public health. Her responsibilities include forming UK public health policy on nuclear discharges, mobile phones, power lines, sunlight and other types of radiation. She also

inspects medical radiological facilities and helps with preparedness for terrorist incidents involving chemical, radiological or nuclear weapons. Hilary still runs 20-70 miles per week and reports that she is now competing in ultramarathons "just for fun." She is very excited about triathlons and has just purchased a new bike and learned to swim freestyle using the total immersion methods. Hilary is also very active in the national and international ultrarunning bodies, as General Secretary of the IAU and secretary of the UK Athletics' Road Running Policy & Support team. She is a past President of the Road Runners Club (which stages the London-Brighton race) and a president of the Serpentine Running Club, the largest running club in the UK. The club is based in London's Hyde Park, which is about a half mile jog north of her home.

SIX FOOT TRACK PHOTOS





Road to becoming Centurian 53

Pat Fisher, April 2006

I never intended to be an ultra walker. My background was in running with some racewalking in my younger years. I went to seed in the early '80's and in 1993 found that my suit from a few years earlier was 4 inches short of meeting in the middle. I then made a comeback to running and shed 17Kg. By now I was 45 and the running eventually took its toll on my joints. I got sick of running in pain so started to walk. I found when I walked my joints weren't as sore and if I did longer walks and threw in some hills I could get some of the training effects I got from running.

My last run was the Canberra Marathon in 1996, this finally finished me off and I couldn't do anything for months after it. I then started to walk for fitness and weight control and started walking with the ACT Race and Fitness Walking Club in 2003. I was pleased that they had expanded from being just Race Walking as I could not get the style right and would be scrubbed out of any race. I had a good year in 2004 walking the ACT Veterans half marathon in 2 hr 14 and the ACTRFWC 50 Km on a freezing day in September in 5 hr 53min, and winning the Vets handicap walking pointscore for the year. I was particularly pleased with the 50Km and was thrilled that I could cover this distance and in particular that I was able to go on at a consistent pace and didn't hit the wall.

Carol Baird was encouraging me to attempt a Centurion Walk in 2003 and even gave me the entry form for the Coburg 2004 event! I told her I thought you would have to be crazy to walk for 24 hours. Carol was also suggesting I try the Gosford 12 hour which is held every January, but I thought you'd have to be crazy to walk all night as well! I stood firm on this resolve but in September 2005 I started to have a few walks with a group training for the Gosford 12 hour walk in January 2006. I had no intention of going to Gosford and saw the outings as a social event and used them to try and get myself motivated

after having gone through a rough patch in mid 2005 and having some leg problems.

There are pivotal moments in anyone's life and, on Saturday 1 October 2005 one of mine occurred a few kilometres into a 2-hour walk around Lake Ginninderra when Val Chesterton asked whether I'd like to go to Gosford for the 12-hour walk in January 2006. For some reason unknown to me I said I would! I think the fact that a large group was going was attractive; I didn't really think through at that time how hard it would be to walk for 12 hours around a track.

"With the decision made I counted out the days between D-day and the Coburg event and set out to do as much training as I possibly could handle in the intervening days. The walks were at a good pace and were generally about 5 hours in duration."

The rest, as they say, is history. I was on a slippery slope towards attempting what I vowed I would never do, the 24 hour ultra. I went to Gosford, thoroughly enjoyed the camaraderie and, thanks to quite a lot of long walks both with the group (including 8 hours with Val one day) and by myself, managed to get used to longer walks and get fit enough to walk the 12 hours without stopping and finished quite strong at the end. The only problem was my feet were so painful I could barely walk after the event. I managed to cover 87.8 Km in the 12 hours and finished 2nd to a great walker called Peter Bennett from Queensland who bashed out 98Km, amazing! Peter was a Centurion and I knew this was something special. I went to the vets Tuesday group two days after the event and only Terry Munro was

prepared to dawdle at my slow pace and my unsightly gait was a source of amusement to all who saw me.

A couple of weeks after Gosford and when my feet had peeled, I was feeling quite good and I recall a thought coming into my mind going up a hill in Chapman "If I can walk the 12 hour with relative ease, I might be able to do the Centurion walk!" On returning home after this walk I announced to the family "I'm going to be the next Australian Centurion!!" This comment was greeted with looks of disbelief and my wife reminded me that I had said I would NEVER do Gosford and I would NEVER do a 24 hour walk. I had no reply to this, I could see that I could live to regret this decision but at the time I felt I could do it.

With the decision made I counted out the days between D-day and the Coburg event and set out to do as much training as I possibly could handle in the intervening days. There wasn't a large group preparing for Coburg but Sharon Chomyn who had competed in the Gosford event was keen to give the 12 hours at Coburg a go so we started doing weekend training walks at 6am from Lennox Gardens. These walks started in the dark and we mostly did laps of the lake with the occasional venture into some tougher terrain like Mt Ainslie and Stromlo Forest (including the Gun Barrel and Dairy Farmer's Hill). The walks were at a good pace and were generally about 5 hours in duration.

At the same time I was doing regular walks of four to seven hours' duration by myself. Early on I was training in the (treeless) Stromlo Forest. I had many memories of running through the forest many years ago when there were trees there. I made sure I picked out as many hills as I could and I just tried to maintain a steady pace. Carol advised me to walk on harder surfaces to prepare for the Coburg track so six weeks out from the event I threw in a lot of footpath and bike path walks.



I had read an article by Tim Erickson about preparing for the 100-mile walk and he advocated a long all day stroll to get used to being on your feet for long periods. So on Wednesday 8 March (45 days out from the event) I set off from home at 6am and circumnavigated most of the southern part of Canberra returning home to the bemused looks of my family 14 hours later just after dark. I was really tired and all I could think of was 'at Coburg I would still have 10 hours to go!!'. My family were a bit concerned when I hadn't returned by dark and my son apparently said to his mother 'I think dad's gone a bit weird'. The 14-hour walk put my feet back to how they were after Gosford so I knew I had to pay more attention to taping my feet. I made some tactical errors like complaining two days after my 14 hr walk that my feet were sore and actually expecting any sympathy at home! I can remember sitting on the lounge with my feet up with the balls of both feet throbbing wondering why I had decided to try for the Centurion walk!

In all I covered about 1,500 Km in February and March and started to taper and carbo load about a week before the Coburg event. If I counted my preparation for Gosford and Coburg I had been doing long stuff

for seven months so I hoped this was enough. As the event drew closer I began to lose the confidence I had when I made my decision in January to try for the Centurion.

Robin Whyte drove me to Melbourne with his caravan attached. The closer we got to Melbourne the day before the race the colder and more menacing the weather looked. The night before the race was freezing and raining.

We set up camp on the edge of the track at Coburg on the night before; a tent city slowly grew in the hours before dark. As we had no power, we had no heating and I slept with five layers on top, a beanie, gloves and woollen socks. I tossed & turned all night wondering why I ever thought I could do it. I felt like someone about to face the gallows in the morning. It finally dawned and the day was here! Hard to believe it had all come to this. There was a guy called Louis who must have been tough, he was sleeping in his truck next to us having driven 1200 Km to walk 24 hrs and he was in shorts and a T-shirt! I remember we had a discussion on whether the 24-hour ultra was 10 per cent physical and 90 per cent mental; someone said perhaps it was 70 per cent mental and 30 per cent physical. What we all failed to see was that we were all 100 per cent mental to be trying it.

Prior to the race I prepared a schedule and my aim was to complete 17 laps per hour, which, IF I could maintain it, would give me 408 laps after 24 hours, over the magic 402.3 laps required to do the 100 miles. I was careful at the start not to go off too fast. I was going a bit faster than schedule for the first few hours but felt good. I saw Louis fresh from his sleep in the truck lap me many times in the first few hours, looking good. He would later pay dearly for this, as would several other walkers who went out far too fast. After 6 hrs I was 9 laps ahead of schedule, 111 laps down only 291 and a bit to go!! After 12 hrs I had covered 86 Km (almost as much as Gosford) and was 12 laps ahead of schedule. I was feeling ok

and was pleased to have the 12 lap buffer as it would be foolish to think that I could cover the same number of laps in the last 12 hours as in the first 12.

Louis had warned me about the danger time 2am - 4am when the body wants to shut down, you just had to keep plodding on in the dark and cold and possibly rain. He was right, after about 15.5 hours (about 1.30am) I went into a slump. With almost 9 hours still to go my stride shortened, my legs felt like lead, and I was convinced at that time that I would not achieve it. I was almost asleep on my feet and I was lurching into the second lane. I was running the risk of being pulled off by the medics if I kept that up. Carol and Robin, both Centurions who had been where I was, were great. They had completed their races but chose to stay all night long to support me and hand me drinks, food etc. I am sure that without their support I would not have achieved my goal. I said to Carol I was completely stuffed and she said 'keep going, you haven't done all that training for nothing'. I told Tim (Race Director) that I was shot and he said 'walk through it'. At the time I couldn't imagine that I could walk through how I felt. I asked Robin for a very strong very sweet cup of coffee which seemed to help. I then remembered the MP3 player, which I left in the caravan in case I needed it. I had done most of my training listening to music and felt walking to a beat helped.

What happened next amazed me. With almost 9 hours to go til the finish I put the headphones in to listen to Dire Straits (how appropriate - I was in dire straits at the time). As soon as 'Brothers in Arms' started I lifted my pace to walk in time with the music. I literally went from half dead to flying - sub 3-minute laps with 8.5 hours to go. I began lapping people who were lapping me just half an hour before. I wasn't just passing them I was flying past them singing the words to 'Brothers in Arms'!! They just stared in disbelief. I am so glad a psychiatrist was not trackside otherwise I may have been carted away! Someone commented on my pace and I said Robin must have put some illicit drugs in the coffee - I had

"Two hours to go, now only 21 laps to cover. I knew that, unless one of my legs fell off I was going to do it."

to quickly assure the chap that I was joking, as I did not want to be pulled off for a swab.

I kept this pace up for over an hour and I made up the few laps I lost during my slump and was over 12 laps ahead of my schedule with 7 hours to go. At that time I thought perhaps I might be able to achieve it.

Carol was SMS-ing my sister and son about my progress and she was reading replies from my family to me trackside as I went past to the amusement of the other competitors. It was great to know that other people were thinking of me during the event and how good to know that my son was taping the Brumbies game for me! My sister was ringing my 90-year-old Mum in Bathurst late into the night advising her how I was going. I found out later that mum and my wife were lying awake praying for me about the time I had my slump, so it might not have been the coffee or Dire Straits that perked me up?

In the last 4 hours Tim was advising each walker who had a chance of reaching the 100 miles how they were going, how many laps they had covered in the last hour, how many still to go and how many they would have to average per hour in the time left. This was very helpful. With 4 hours left, I had to cover 51 laps to get to the 100 miles, an average of just under 13 per hour. I felt at that time I could do it. I was feeling very tired and Dire Straits were not having the magic effect of several hours earlier but I kept telling myself that I had done numerous 4 hour walks and this was just another, besides it was now less than 2 laps of the lake to go!

Two hours to go, now only 21 laps to cover. I knew that, unless one of my legs fell off I was going to do it. I was now extremely tired. Jens Borello the Danish walker who was already a triple Centurion in 3 different countries and who had flown to Australia just for the event encouraged me saying that everyone

else felt exactly how I was feeling. I found tucking in behind Jens or the extraordinary Deryck Skinner from South Australia who achieved his first Centurion at the age of 72 last year (the oldest person ever to do so) and who was heading for his second at age 73 with apparent ease, or multi-Centurion Queenslander Geoff Hain was a great help to me in the last hours - something I never had on my solitary training walks. I found all the ultra walkers to be thorough gentlemen and it was a pleasure to be on the track with them.

Somehow I managed to string

"I can't describe how great this made me feel, I knew now that my dream would be a reality! It was great, other competitors were patting me on the back and shaking my hand and encouraging me, I had never experienced anything like it."

together 17 laps in the 22nd hour and as the clock ticked over to 23 hours Tim said 'You have only got 4 laps to go'. I can't describe how great this made me feel, I knew now that my dream would be a reality! It was great, other competitors were patting me on the back and shaking my hand and encouraging me, I had never experienced anything like it.

They had a tripod set up at the 100-mile mark for photos. I had watched Jens finish 8 laps ahead of me and he chose not to continue on to the 24 hours. I decided I would continue just in case they had miscounted the laps and, besides, it was a 24-hour race, not a 100-mile race. I'm glad I made that decision because it meant that in the end I turned out to be the overall winner on distance.

Coming down the straight with one lap to go I got rid of the hat and asked Carol how my hair was for the photo. Next lap 100 metres from the 100

miles Carol appeared with a comb and offered it to me. I said you are my crew you can comb it so she was walking next to me combing my hair. I passed through the 100-mile mark in 23 hours 14 minutes 03 seconds, the 53rd person to complete the feat in Australia since 1938. I will never be able to describe how I felt. I had done it, my statement on 17 January to my family about becoming the next Australian Centurion had come to pass!!

The pressure was now off and I strolled around the track for another 45 minutes eventually reaching 165.605 Km in the 24 hours. I was amazed to later discover that this distance would have placed me 3rd in the 24-hour run. Carol passed me the mobile and suggested I ring Marg which I did while I was still on the track. I was almost in tears as I spoke about what I had just achieved. As they say at the Oscars, I owe it all to my family who have been very supportive. Marg has been an ultra-widow for many months while I was out pounding the streets and she never once complained about the time I was putting into it.

I found out at the presentation that I was provisionally third in the Australian 100 Km Championship, which was incorporated into the 24-hour event. Geoff Hain and I were on the same lap at the 100 Km mark and they will have to do a manual check of the times to see which of us was ahead. I was also awarded the Jack Webber trophy for the most meritorious performance in the Centurion 24-hour event. I don't know a lot about Jack except that he was the second Australian to achieve a Centurion performance in 1971.

As I passed the 100-mile mark my training partner Sharon asked 'What's next?' to which I replied 'The 48 hour and the Colac Six Day!' Some people I didn't know looked at me strangely (as an ultra walker you get used to such looks). But I was only joking, I think.....

COMRADES LEGEND PASSES AWAY

By Ian Champion

South African distance running icon Wally Hayward passed away on Friday 28th April, 2006 at the age of 97. Over a 60 year athletic career Wally (Wallace Henry) Hayward became a hero not only of the South African public, but also of athletics aficionados throughout the world.

Wally attributed his introduction to running to the gold rush years when he was employed to sprint to peg out the claims on behalf of prospectors. It began as a way of putting a few shillings on to the family table but lead to a deep-seated passion for the sport.

This speed for securing the best plots was reflected first on the track and later on South Africa's roads. Although best known in South Africa for his association with the Comrades marathon, he was as adept in the shorter events where he earned national titles in all distances from 3 miles (4.8km) to the marathon.

His debut to Comrades (1930) came at an age of 21 where he became one of the youngest winners, recording a time of 7 hours 27 minutes. A return to shorter distances, and active service in North Africa during World War 11, took him out of ultra events for a 20 year period. To Wally, if it was worth doing, it was worth doing well and not surprisingly he was decorated for his war year service.

On his return to Comrades in 1950 the 41 year old won in 6 hours 46 minutes, and went on to make it a hat-trick of wins in 1951, setting a new record of 6 hours 14 minutes for the down run.

In 1952 Wally represented South Africa at the Helsinki Olympics in the marathon, preventing his participation in Comrades, but he returned the following year, not only to become the first athlete to break 6 hours, but then to record a series of achievements that would stand for years.

In late 1953 Wally went to England where he set a new record for the London to Brighton (approx 90km) race, and then took a World Record breaking 12 hours 26 minutes for the 100 miles from The Bear pub on Bath Rd into Hyde Park Corner in London. Yet again under the guidance of the great Arthur Newton, Wally lined up at Motspur Park just a few weeks later, for a 24 hours race where, against the top British ultra runners, Wally set a new 24 hour world record, at the age of 45. Although this open record stood for years, the standard of his run can best be adjudged by the age group record that lasted over 5 decades, eventually being beaten by a small margin by Scot Don Ritchie. Wally was awarded the Helm's Foundation Award for the Outstanding Sportsman of the Year for the African Continent.

His success in these three record-breaking runs was marred by the 1954 decision of the South African Athletic and Cycling Association who declared him a professional for allegedly accepting contributions towards the considerable expenses incurred in competing in England. This ban on participating in athletics lasted 20 years until 1974. There is little doubt that had Wally been able to compete he would have made further impression on world marks in the ultra-distances. This was not only Wally's loss, but a loss to world athletics.

His fifth win in the 1954 Comrades was his final major race prior to the expenses controversy, and there is little doubt that additional wins would have been on the cards if he had not been banned.

The talent and determination of Wally Hayward's was exemplified in 1988 when he returned to the Durban to Pietermaritzburg road for the sixth time and at the age of 79 beat over half of the field to finish Comrades in 9 hours 44 minutes. One year later the country watched in awe as the

octogenarian crossed the finish line in 10 hours 58 minutes and 3 seconds, beating the then 11 hour cut-off.

Each year Wally could be seen at the side of the Korkie 56km route giving his trademark thumbs up and encouraging runners as they passed by. He became a traditional figure at the end of Comrades awarding the cherished green number to those who had completed their 10th run.

In one of those thought provoking twists of timing his passing, has come in a week when it has been announced that the London to Brighton race will no longer be run, and only four days prior to the annual Wally Hayward races (10km, 21km, 42.2), which will be held on Monday May 1 in Gauteng.

Wally was a motivation and inspiration to many runners, he was a legend in his own lifetime and his story will continue to encourage and motivate future runners and Comrades. Born and competing before the emergence of electronic media, the enormity of Wally's achievements was to some extent short-changed. In recent years the exploits and life of Wally Hayward was captured in a biography - Just Call Me Wally (Penprint)

Worldwide the names of Don Ritchie, Bruce Fordyce, Yiannos Kouros and Wally Hayward head the list in any discussion of the greatest ultra-runners of all time, but for versatility of distance, for longevity and taking account of the 20 year loss due to a controversial banning, Wally Hayward was the greatest of them all.

WALLACE HENRY (WALLY) HAYWARD
10 JULY 1908 - 28 APRIL 2006



The Ireland Run

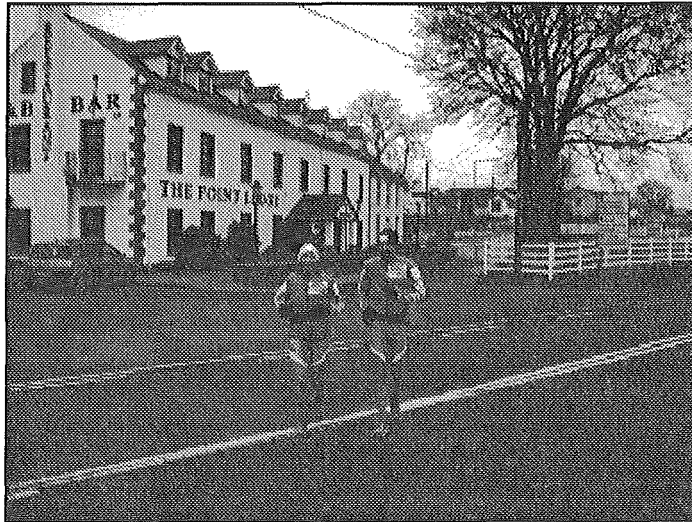
– 620 kilometres in 6 days

Extreme sportsmen Claudia Weber from Waltrop and Thomas Wenning from Bocholt successfully finished their tour of Ireland. After their start on Friday March 24, in Malin Head, the most northern point of Ireland, both runners arrived at Mizen Head, the most southern point of Ireland in a new record time of 6 days, 8 hours and 17 minutes. In these 6 days they covered from 70 to 90 kilometres per day and they experienced Ireland's most beautiful sights. Besides rough cliffs, green meadows and much of nature they also saw ruins and modern towns. Unfortunately the weather was not that good so that both runners partly had to encounter strong rain and wind.

Both ultra runners were accompanied by Ralf van der Heiden, a physiotherapist who drove the camper and also was in charge of food and massage.

The journey to Ireland started on Wednesday evening of March 22nd. The flight departed in Düsseldorf to Dublin. They stayed that night at Clarion Airport Hotel. The next morning they picked up the camper at 10.00h and started after a short introduction. After they had bought their first groceries they drove on heading for Malin Head. So both runners could gain first impressions of Ireland.

Most of the inland region was covered by plains surrounded by hilly areas. The river Shannon with a length of 370 km is the longest river of the island. Many lakes are spread over the plains and they characterize the landscape impressively. There are also a lot of national parks throughout the country. They stayed the night in the camper at the most northern point of the island in Malin Head.



1st running day March 24th

On Friday March 24, the two sportsmen started their race in Ireland at 6.11h. The weather was dry and the early morning temperature was about 6 degrees. But a strong wind was blowing when the runners started their tour. The way led from Malin Head over Malin to Carndonagh.

In Carndonagh there is the famous "Patricks Cross" dating from the 7th century. The cross is one of the oldest ones in Ireland and it belonged to a former monastery founded by St. Patrick for the bishop Mac Cairthen. The runners then crossed the border to North Ireland where they arrived at Londonderry. It was interesting to visit the old town of Londonderry out of the middleages with a city wall passable on foot, 1.5 km long and 8 m high. In this city you will also find St. Kolumban, the biggest anglican cathedral of Ireland. They finished the stage of that day after 85 km in Sion Mills, a picturesque village in front of the exciting scenery of Sperrin Mountains. They spent the night in a B&B (Bed and Breakfast).

2nd running day March 25th

On Saturday they started in Sion Mills at 6.04h and it was raining. After one hour the rain stopped and the sun cautiously appeared. Temperatures of

12 degrees at noon were very agreeable for the runners. They continued their route and passed Victoria Bridge, Ederny and Enniskillen.

The name of the town Enniskillen with 15.000 inhabitants derives from "Inis Ceithleann" - Kathleen's Island. It is worth seeing Enniskillen Castle, the churches of the town, the town hall, and the Coles monument in Forthill Park. The runners had to climb up 108

stairs before they enjoyed a phantastic view of the town and countryside. Further they passed Swalinbar and reached Derrynacreeve their final destination at 17.00h. During the last 3 hours it again rained strongly.

3rd running day March 26th

Sunday morning they started at 7.04h from Derrynacreeve. The sky was dark and it was pouring. It rained all day. They ran to Ballinamore and Mohill and reached Longford. In Longford they bought supplies for the camper. Shops in Ireland are opened 7 days a week. Longford also is the capital of the county of the same name. One of the sights is St. Mel's Cathedral out of the 19th century. The runners passed on to Ballymahon via Keenagh. There is a huge peat mining area shortly before you reach Ballymahon. The total performance of three days of running was abt. 260 kilometres.

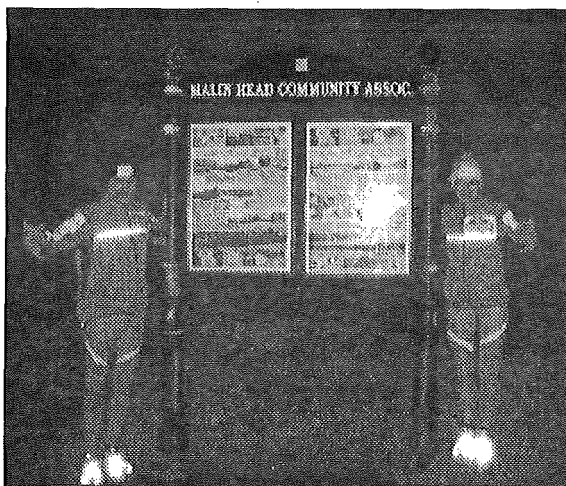
4th running day March 27th

When they started in Ballymahon at 7.27h it was dry, but not for too long, then it poured again. During the day the weather changed quite often. The route of abt. 85 km led from Ballymahon to the direction of Ballykeeran where the runners were welcomed by a great view over the

beautiful landscape of rivers and lakes. They continued to Ferbane and Cloghan (here they "celebrated" the successful arrival after 310 km - half of the total distance) and reached the final point Borrisokane. There they went into a pub at night with live Irish folk music. But after 2 pints of Guinness they returned to the camper.

5th running day March 28th

That morning they started at 6.45h with some drizzle. The weather forecast for that day announced temperatures of 10 - 13 degrees and rain again. But the runners did not have to suffer too much rain. At abt. 8.30h they arrived at Nenagh. There they had been interviewed by Liveradio and continued their way to Limerick. They followed N7 for abt. 50 km and arrived at Limerick by 15.00h. Limerick, at the mouth of River Shannon, has abt. 100.000 inhabitants and is the fourth biggest town in Ireland. The city is the historical center of the region. The most popular attractions of Limerick are the "King John's Castle" and Bunratty Castle. The route which had been fixed before, was now changed on the spot, because the runners wanted to visit Limerick. Finally they had a short break with some soup and they followed N20 to Charleville, the destination of the stage. They had a hot shower and ended that day at the local Chinese restaurant. The guests there were quite surprised by the enormous appetite of the sportsmen. This is quite easy to understand because runners burn abt. 10.000 calories a day. After a short explanation of their project the kitchen chef offered them another free portion.



6th running day March 29th

The sportsmen started in the dark at 6.05h. From Charleville they ran to Newtown and Mallow. They took some photos of Ballybeg Abbey. In the first five hours the weather still was good for the sportsmen and it even was sunny with 13 centigrades. But then it rained again for the rest of the day. From Mallow they followed R619 to Coachford and then the direction of Macroom and Kilmichael. In Shanacran the runners decided to change their route and took R585 to Kealkill. The decision was taken at such short term because they wanted to run all way along the coast that last running day. It was only 19.10h when they finished that day between Togther and Kealkill. Now their destination, Mizen Head, was only 65 km away.

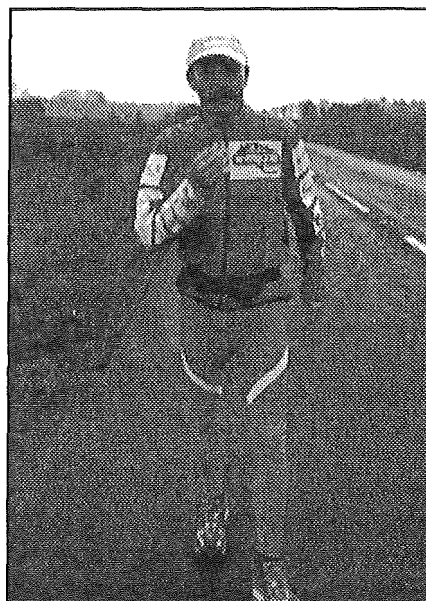
7th running day March 30th

That morning they started at 6.45h to Kealkill and then direction of Ballylickey. Still the weather was friendly, but after 3 hours it rained again. But the destination now was only 50 km away. When they arrived at Bantry, the run became a marathon. Bantry, a little town with abt. 3.000 inhabitants is situated below a chain of hills and nearly has a sub-tropical vegetation by the influence of the Golf stream. The way passed along the coast, the Dunmanus Bay. After 6 hours of running the

weather changed and the runners were rewarded with sunshine when they crossed the finishing line. The countrysides vary a lot along the coast. Many nuances of green colours of the fields and plants could be recognized.

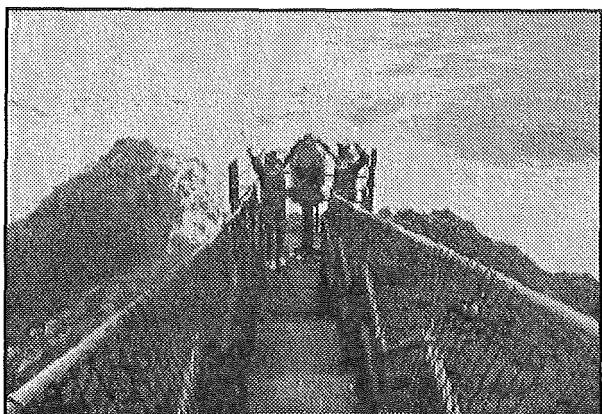
The last sign in the direction of Mizen Head indicated that the sportsmen only had 3 further kilometres to run. They were very eager to find out what would happen at the lighthouse. The final cross line was at the visitors centre in Mizen Head. After they had put down their names in the book of "Malin to Mizen" they crossed the bridge to the lighthouse, the most southern point in Ireland. After 6 days, 8 hours and 17 minutes the runners happily reached their destination.

After the moving impressions of crossing the line in Malin Head they spent the evening together with



their Irish running friends. At the end of the stay in Ireland they travelled around Dublin in a bus for 2 days!

Conclusion: A special run in a unique countryside. Ireland a land of contrasts



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2006

16 June

**IAU European 100km
Challenge**
Torhout (BEL)

23/24 Sept

**IAU European 24hr
Track Race**
Verona (ITA)

8 Oct

IAU 100km World Challenge
Misari (KOR)

Oct (tbd)

IAU 50km Trophy Final

2007

28/29 July

**IAU 24hr World
Challenge**
Drummondville (CAN)

**IAU 100km
World/Euro
Challenge** (tbd)

25-26 February 2006: IAU 24hrs World Challenge, Taiwan

Previous winners from the last few years lined up alongside promising newcomers in Taipei among teams from 20 countries. The course was a 1km loop, slightly undulating, around a park by the riverside on the north edge of Taipei. ChampionChip timing kept both athletes and spectators up to date with distances covered but from mid-race rain set in for the duration. It only eased off for the last few hours.

The race started steadily, but some of the leading runners weren't there to stay. Rudy Afanador (USA), Ianos Bogar (HUN) and Mario Pirotta (ITA) lasted at the front for the first three hours, covering 38km, before Afanador faded (he dropped out after 7 hours). Pirotta took over the lead for next 3 hours (73km) but there were changes behind him. Hoblea (FRA) led briefly at 7 hours, but then a previous winner, Ryoichi Sekiya (JPN), ominously eased into the lead at 8 hours (95km) and never relinquished it. After 12 hours he was 6km ahead (145km), and at 18 hrs (188km) second-placed Hoblea was 14 km behind. At 20hrs Sekiya (JPN) was 17km ahead but the minor medal places were changing all the time. Bychov (RUS) was lying second (211km) but in third Mohamed Magroun (FRA) had come through strongly in the second half and he eventually overhauled the Russian.

The women's winner took longer to emerge. Defending champion Lyudmila Kalinina (RUS) took the lead at 3 hours, and at 6 hours (70km) she led Brigitte Bec (FRA) by 3km and Sumie Inagaki (JPN) by 4km. Galina Eremina and Irina Reutovitch were close behind.

Kalinina was still running very strongly after 12 hours (131km), and was 8th overall. Inagaki was second, still only 4km behind. Third was Kimi Noto (JPN), with Galina Eremina (RUS) on the same lap at 125km.

By 18 hours Inagaki, the winner in 2004, had overtaken Kalinina and led her by a kilometre. Noto was third, 7km behind. With the next runners being Galina Eremina and Irina Reutovitch, Russia was in the lead in the team race. The medal positions remained unchanged over the final 6 hours. Inagaki's time would have put her in eighth position overall. Russia, placing four in the top ten, easily won the team race.

MEN:

1	Ryoichi SEKIYA	JPN	272.936km
2	Mohamed MAGROUN	FRA	248.563km
3	Vladimir BYCHKOV	RUS	246.098km
4	Osvaldo BELTRAMINO	ITA	245.698km
5	Masayuki OTAKI	JPN	244.572km
6	Fabien HOBLEA	FRA	243.709km
7	Kenji OKIYAMA	JPN	238.061km
8	Enrico BARTOLINI	ITA	235.100km
9	Kwangbok KIM	KOR	233.522km
10	Andrei KAZANTSEV	RUS	233.415km

TEAMS:

1	JPN	708.359
2	FRA	654.100
3	ITA	651.468

WOMEN:

1	Sumie INAGAKI	JPN	237.144km
2	Lyudmila KALININA	RUS	231.356km
3	Kimi NOTO	JPN	229.146km
4	Galina EREMINA	RUS	223.208km
5	Irina REUTOVICH	RUS	216.913km
6	Karen Marie BROEGGER	DEN	213.427km
7	Carolynne TASSIE	NZL	212.348km
8	Shu Jung CHIOU	TPE	206.287km
9	Janneke CAZEMIER	NED	203.625km
10	Rimma PALTEVA	RUS	202.705km

TEAMS:

1	RUS	671.477km
2	JPN	654.555km
3	FRA	596.172km

TAIPEI OPEN 24hr RACE

MEN:

1	Motonori TADOKORO	JPN	235.054km
2	Hiroyuki NISHIMURA	JPN	228.071km
3	Ryoichi SATO	JPN	205.770km

WOMEN:

1	Sharon GAYTER	GBR	214.568km
2	Yasuko KANEHIRA	JPN	208.810km
3	Emi KATO	JPN	193.324km



IAU label races

The Executive Council of the IAU decided at the end of 2005 to introduce the IAU label for ultramarathon races to eventually recognise World Best Performances and to define IAU travel grants for the major IAU competitions (World Chs 100km, World Chs 24hours, European Chs 100km, European Chs 24hours).

To get an IAU label, race organizers have to demonstrate that they have an accurate course and that the race is recognized/permitted by the appropriate National Federation. The level of competition in previous events will identify the races which will be awarded the more prestigious silver and gold labels. Further information will be found on the IAU website.

A lot of races showed interest in this new regulation, some of them have already been awarded an IAU label. Others are still in the "waiting-room".

In addition to the races below, all ultradistance races which are denoted national championships by federations are automatically awarded an IAU bronze label.

Further applications are expected.

CONFIRMED LABELS

Goseong KOR 100km Trail 11/02/2006
Jeonju KOR 100km Trail 25/03/2006
Sicily ITA 100km Road 01/04/2006
Jeju Island KOR 200km Trail 01/04/2006
Daechong Lake KOR 100km Trail 15/04/2006
Seoul Tower KOR 100km Trail 15/04/2006
KUMF Cup KOR 24hr Road 05/05/2006
Homlgot KOR 100km Trail 13/05/2006
Cheonjinam KOR 100km Trail 20/05/2006
Apeldoorn NED 24hr Road 26/05/2006
Palgongsan KOR 100km Trail 27/05/2006
Guangju KOR 100km Trail 10/06/2006
Gold Coast AUS 100km Road 11/06/2006
Bukhangang KOR 100km Trail 24/06/2006
Trans KOR South to North end KOR 537km Trail 16/07/2006
Leipzig GER 100km Road 12/08/2006
Busan Summer Beach KOR 100km Trail 19/08/2006
Sorakcup KOR 100km Trail 02/09/2006
Trans KOR KOR 308km Trail 14/09/2006
Donggang KOR 100km Trail 30/09/2006
KUMF Cup KOR 100km Road 08/10/2006
Chungju Lake KOR 100miles Trail 28/10/2006
Yuseong KOR 100km Trail 04/11/2006
Peace KOR 100km Trail 26/11/2006

Provisional Labels

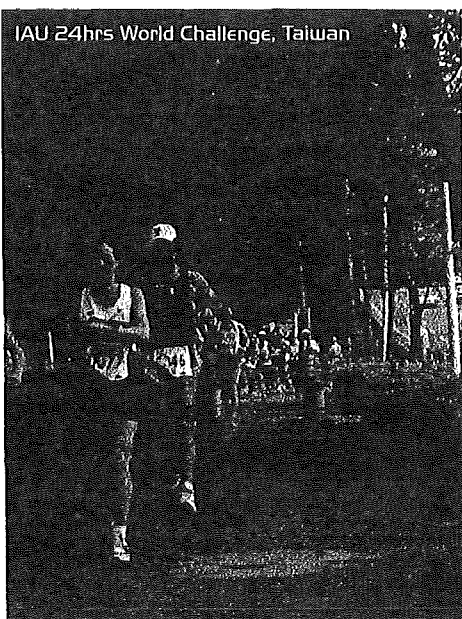
(waiting for clarification of some details)
Busan Beach KOR 100km Trail 14/01/2006
Rodgau GER 50km Road 28/01/2006
Taipei TPE 24H Road 28/02/2006
Stein NED 24H or 6H Road 01/04/2006
Canberra AUS 50km Road 10/04/2006
Rodenbach GER 50km Road 29/04/2006
Rodenbach GER 100km Road 29/04/2006
Hartlers Elk/Beaver Ultras CAN 100km Trail 06/05/2006
Glenrothes SCO 50km Road 14/05/2006
Vendee FRA 100km Road 27/05/2006
Gold Coast AUS 24hr Road 11/06/2006
Gold Coast AUS 48hr Road 11/06/2006
Winshoten NED 100km Road 07/09/2006
Lupotissima ITA 24hr Road 24/09/2006
Romagna ITA 100km Road 25/09/2006
Santander ESP 100km Road 30/09/2006
Köln GER 12H or 6H Road 15/10/2006

Applications are expected soon from:
Madrid ESP 100km Road 12/03/2006
St.Nazaire FRA 100km Road 18/03/2006
BRNO CZE 48-24H P Indoor 24/03/2006
Louttraki GRE 24H Track 07/04/2006
East Hull Harriers GBR 24H Track 07/05/2006
Steenwerck FRA 100km Road 10/05/2006
Gistel BEL 50km Road 20/05/2006
Torhout BEL 100km Road 16/06/2006
Eidsvoll NOR 6H Road 27/08/2006
San Remo ITA 50km Road 17/09/2006
Deventer NED 100km Track 12/11/2006

KEY:

Gold ● Silver ● Bronze ●

IAU 24hrs World Challenge, Taiwan



MEN:			
1	Alvaro MEDEIRO	BRA	209.609km
2	Paulo da FONSECA	BRA	201.158km
3	Aginaldo OLIVEIRA	BRA	194.608km

CROATIA

26 March 2006:

Zagreb-Csazama 61.3km

MEN:			
1	János ZABARI	HUN	3:55:04
2	Alexander BOLTACHEV	RUS	4:07:30
3	Zoltán OSSO	HUN	4:15:05
WOMEN:			
1	Marja TROSIC	CRO	4:42:42
2	Eva KORAN	HUN	5:07:42
3	Édit BERCES	HUN	5:33:53

FINLAND

14 January 2006:

12hour Indoor race, Lohja

MEN:			
1	Janne KANKAANSYNA	FIN	133:08km
2	Petter VENNIKAS	EST	130:167km
3	Jari TOMPPA	FIN	128:866km
WOMEN:			
1	Hioko OKUYAMA	JPN	126:908km
2	Masae KAMURA	JPN	121:08km
3	Maria TAHKAVUORI	FIN	114:636km

FRANCE

5 February 2006: 6 hours of Chambéry

MEN:			
1	Dominique PROVOST	FRA	79:200km
2	Fabien HOBLEA	FRA	75:600km
3	Nicolas MONTAUD	FRA	75:600km
4	Jean LEVERT	FRA	75:600km
5	Stéphane HAACK	FRA	72:000km
6	Amar CHAMI	FRA	70:200km

5 March 2006: 50km de Lalinde

MEN:			
1	Patrick MEYER	FRA	3:56:37
2	Hervé LETENEUR	FRA	4:08:37
3	Gilles DELMARES	FRA	4:10:23
4	Jean-François NARDOU	FRA	4:14:24
5	Didier PARCELLIER	FRA	4:14:24
6	Dominique DENECHAU	FRA	4:16:51
7	Yves LACOSTE	FRA	4:16:51
8	Pascal CAQUET	FRA	4:18:31
9	Christophe GONTHIER	FRA	4:19:07
10	Frédéric TALBOURET	FRA	4:19:15

WOMEN:			
1	Caroline MEAL	FRA	4:41:12
2	Cécile POUGNAND	FRA	4:43:51
3	Annie KEMPF	FRA	4:45:50
4	Agnès SOULIGNAC	FRA	4:49:33
5	Kathulène DAHY	FRA	4:55:10

5 March 2006: Trail du Volcan

MEN:			
1	J-François FAURE	FRA	5:10:40
2	Michel VERHAEGHE	FRA	5:12:11
3	Maurice MONDON	FRA	5:19:00
4	Guillaume MILLET	FRA	5:21:27
5	Fabrice GRELLIER	FRA	5:31:42

WOMEN:

1	Sophie SATRIN	FRA	6:22:57
2	Alexandra ROUSSET	FRA	6:30:01
3	Velérie FEMENIAS	FRA	6:46:55

12 March 2006: 6hrs of La Gorgue

MEN:			
1	Pascal VAURY	FRA	75:710km
2	J-Philippe BOURDAUDHUI	FRA	74:882km
3	Jérôme BENTEUR	FRA	74:130km
4	Christophe LEDOUX	FRA	71:595km
5	Yves DELABY	FRA	71:206km

WOMEN:

1	Carole THELLIER	FRA	59:263km
2	Marie-Line REGNIER	FRA	57:811km
3	Elisabeth COLLIGNON	FRA	57:606km

18 March 2006:

100km de St Nazaire

MEN:			
1	Jean-Jacques MOROS	FRA	70:757
2	Albert VALLEE	FRA	74:207
3	Emmanuel CONRAUX	FRA	74:406
4	Diego DI TOMA	FRA	74:536
5	Christian FATTON	FRA	74:916
6	Thierry PERRET	FRA	75:412

WOMEN:

1	Lucy CABR	FRA	8:44:13
2	Anne-Cécile FONTAINE	FRA	9:39:44
3	Anke DRESCHER	GER	9:54:26

GERMANY

28 January 2006:

Rodgau/Frankfurt 50km

MEN:			
1	Jan Albert LATINK	NED	3:27:23
2	Roland KREFTER	GER	3:30:48
3	Sebastian KRAFT	GER	3:34:43
4	Michael SCHULZ	GER	3:36:24
5	Gerald BAUDEK	GER	3:38:12

WOMEN:

1	Angelika HOFFMAN	GER	4:00:12
2	Carmen HILDEBRAND	GER	4:04:23
3	Iona SCHLEGEL	GER	4:09:47
4	Erika CHAARI	GER	4:14:40
5	Elke STREICHER	GER	4:17:50

LIBYA

25 February 2006:

Libyan Challenge Master Trek

MEN:			
1	Raymond ZAHAB	FRA	32:39:53
2	Nell KAPOOR	IND	33:52:32
3	Katell CORN	FRA	43:22:14
WOMEN:			
1	Mimi ANDERSON	GBR	43:22:14
2	Anke MOKENTHIN	GER	43:22:14
3	Marisa MARCHINI	ITA	43:22:14

NETHERLANDS

5 March 2006: 6hrs of Steenbergse

MEN:			
1	Lucien TAEUMAN	BEL	81:907km
2	Jesper OLSEN	DEN	77:662km
3	Math ROBERTS	NED	75:672km
4	Kjetil HAVSTEIN	DEN	75:659km
5	Wim DOUW	NED	73:850km

WOMEN:

1	Petra KNOPP	GER	67:913km
2	Margot TESTERS	NED	64:148km
3	Marion MEESTERS	NED	63:272km

SPAIN

18 March 2006:

100km & 50km of Madrid

MEN:			
1	Jaroslav JANICKI	POL	6:44:28
2	Jose Maria MUÑOZ	ESP	6:46:50
3	Ricard BERRAR	ESP	7:14:27
4	Javier VELASCO	ESP	7:49:42
5	Alejandro LOPEZ	ESP	7:59:17

50km

MEN:			
1	Juan ROMAN	ESP	3:18:58
2	Yacoubi EL MAHDI	MAR	3:23:39
3	Claudio MANSILLA	ESP	3:26:51

WOMEN:

1	Rosario OLIVARES	ESP	4:18:51
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AUSTRALIA

11 December 2005:

Kuwarra to Pt Danger 50km

MEN:			
1	James TURNER	AUS	3:39:07
2	Adrian PEARCE	AUS	3:54:26
3	Robert WARE	AUS	4:01:01
WOMEN:			
1	Silke TEJESSEN	USA	3:54:26

BELGIUM

18 February 2006:

6 hours of Zolder

MEN:			
1	Lucien TAEUMAN	BEL	79:295km
2	René STROSYN	BEL	77:575km
3	Math ROBERTS	NED	77:234km
4	Walter BOUWEN	BEL	76:822km
5	Wolfgang SCHWERK	GER	76:688km
6	Geert STYNEN	BEL	75:356km

WOMEN:			
1	Petra KNOPP	NED	68:138m
2	Karin VAN ECK	NED	64:558 m
3	Jutta JOHRING	GER	61.738km

BRAZIL

11 December 2005:

Caetano do Sul 24h race

Maria Venancio won the race outright, finishing ahead of all the men and an astonishing 37km ahead of her nearest female rival.

WOMEN:			
1	Maria VENANCIO	BRA	213.181km

ULTRA NATIONALS

The IAU is planning to make an inventory of all ultramarathon national championships, world-wide.

To do so we appeal for as much information as possible from ultrarunners, organisers and from national athletic federations. We are primarily looking for 100km and 24H (road, track, indoor) championships, but also 50km, 6H, 12H, 48H, ... (road, track, indoor). We would also be interested in any such championships held on trail.

Besides the distance we seek the surface (road, track, indoor, trail), the name of the race, the date and the place. We also need contact details (e-mail, website, tel. no. fax, contact person and postal address). If you know any National Championship in your country please send this information to jan.vandendriessche@veki.be

Information received will be posted as soon as possible on our website: www.iau.org.tw

Following dad's footsteps

Grant McArthur

CHRIS Erickson has equalled the feat of his father in winning a Commonwealth Games bronze medal - 28 years after his father achieved it at Edmonton in 1978.

But it is still a case of father knows best in the Erickson's Pascoe Vale household.

At 24, Erickson was the youngest competitor to tackle the 50km walk at the Docklands last Friday, but doggedly held on to come in third.

It was his first major competition. He finished behind fellow Australian Nathan Deakes and New Zealand's Tony Sargisson.

When his father, Tim, claimed bronze at Edmonton, Chris had not been born, but last week he was coached by his father to claim his own glory.

And the young walker's dad perfectly predicted every twist and turn of the dramatic race.

After 10km had been completed, the elder Erickson said his son was "the most relaxed of all of the walkers".

Although he appeared to drop off the pace by the 20km mark, the coach was

pleased at how the race was panning out.

"He thinks they are setting out at a suicidal pace, so he has eased back and is going to walk his own race."

By 30km, dad was still confident, foreshadowing that his son had walked more conservatively than his rivals and could move from fourth and fifth into medal contention.

By 40km, he predicted Chris would cut the 48sec gap within three laps.

Exactly three laps later, Erickson passed Canadian Tim Barrett to move into third position and, although he challenged for second, he was happy to hold on to third place, beating his personal best time by more than five seconds.

The delighted medallist said he concentrated on walking his own race to maintain rhythm over the closing stages.

"When I went through 10km I made a conscious decision to sit back and that plan paid off," he said.

"It is from the 35km mark onwards that a 50km race is won or lost."

Erickson has only eight weeks to recover from his bronze medal win and prepare for the world championships in Spain.



Tim Erickson cheers his son, Chris, during the 50km walk.

Picture: KYLIE ELSE N39CG510



Setting the pace: Bob Fickel gets in some training for the Sutherland Relay for Life while his wife and crew support Anni keeps track of his laps.

Picture: Wesley Lonergan

The run of a lifetime

By Amanda Carlin

MOST people run for an hour or two but when the annual Sutherland Relay for Life rolls around next month Bob Fickel will take to the track for the full 24 hours.

Mr Fickel, 54 from Cronulla, first participated in 2002 then again in 2003, with his sister, who had breast cancer, watching trackside.

She lost her battle in 2004, the same year Mr Fickel ran the full 24 hours in the relay for the first time and raised

\$12,000, in her honour. He missed the event last year because he was competing in the London Marathon, one of the 165 marathons and 53 ultra marathons, which is anything over 52.195 kilometres, since 1980.

His accomplishments include marathons in Vienna, Hamburg, Boston and Copenhagen, the Six Foot Track, a 45-kilometre marathon over rough terrain in the Blue Mountains and 26 consecutive City to Surfs.

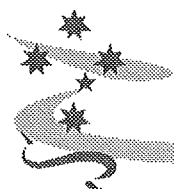
Mr Fickel, who trains with the Southside Masters, said he runs for up

to two hours completing 14 kilometres a day, or 80 kilometres each week.

He estimates he will cover 150 kilometres or more in the relay.

The Cancer Council event, an overnight team relay to raise funds for cancer research, will run for 24 hours from 10am, Saturday, May 6 at Sylvania Waters Athletics Track.

To register call Don Wood on 0408 693 149 or visit relay.cancercouncil.com.au.



Colac Six Day Race

"The History of the Square" by Phil Essam

In 1982 Cliff Young attempted to run 1,000 miles around Colac's Memorial Square. He was aiming to break the world record having spent months training around the Otway Ranges. Unfortunately, Cliff's attempt fell short but it didn't curtail his enthusiasm. The following year, Cliff entered the first Westfield Sydney to Melbourne Ultra Marathon. Cliff took the lead towards Melbourne and as we know, became an overnight hero. The nation stopped and the rest is steeped in Australian folklore.

Cliff brought ultra running to national prominence, inspiring the City of Colac to stage a 1,000 mile race known as the "Cliff Young Colac 1,000". Starting in Melbourne and finishing on the grass at Memorial Square, competitors included Joe Record, Sigfried Bauer, Tony Rafferty, John Connellan and of course, Cliff Young. Siggie Bauer went on to win slashing nine and a half hours off his previous world record with an approximate time of twelve and a half days.

In 1984, the City of Colac was to announce the staging of a six day track race around Memorial Square. Known as the Cliff Young Running Track, it was measured and certified. Sponsored by Victorian hardware retailer, McEwans, it was the only six day race in the southern hemisphere. Amongst the fourteen runners were Yiannis Kouros and Eleanor Adams. Kouros left the field in his dust and set a new world six day record while Eleanor Adams set eleven new records of varying times and distances.

The next race wasn't held until 1986 when Frenchman, Ramon Zabalo won with 876km. Dusan Mravlje from Yugoslavia was second about thirty eight kilometres behind.

The ultra running nomad, Joe Record took the honours in 1987. Joe had had a few lean years in the lead up but was able to record 890.8km, beating Dusan Mravlje by 27

kilometres. Six runners exceeded 800km showing the depth of the sport at that time.

In 1988, Frenchman, Gilbert Mannix won with 963km, fifty kilometres ahead of the eternal bridesmaid, Dusan Mravlje. This was another strong year with three runners bettering 900km and another four runners going past 800km.

Bryan Smith wrote himself into the history books in 1989 when he joined the handful of elite runners to have run over 1,000km in a six day period. The track had been altered when the Bowling Club was removed from the Square and the area in front of the Memorial was changed. Keith Fisher made history at 25 years of age by becoming the youngest man to exceed 500 miles.

For the second time in race history, no event took place in 1990. Bryan Smith won again in 1991 with the track resembling a mud bath and went on to make it a hat trick of wins in 1992. Tony Rafferty compared the 1991 conditions to the famous New York race of 1984 and the terrible conditions that himself and Pat Farmer endured during their 1,000 mile challenge in 1989.

Joe Record won for the second time in 1993 with 774km. Russian, Anatoly Kruglikov made it a pair of wins in 1994 and 1995 with the former being the lowest ever winning distance. However, with four runners all in with a chance on the last day, there was no lack of excitement.

In 1995, the track was criticised by Tony Rafferty as being "hard, bumpy and in its worst ever state". This caused quite a few problems for the runners. Maurice Taylor was the best performed Australian with 780km.

The Race Committee had upgraded the track for 1996 and 18 runners faced the starter's gun. Ian Curtis from New Zealand won with 836km,

but only after fighting some tough resistance from George Audley with 816.8km. Years later, George was to recount this as a classic game of cat and mouse where each runner and crew would be constantly checking the movements of the other. Andrew Lucas took third, but could have been much closer if not for a bad patch mid race.

After five top ten placings since 1992, Geelong runner Peter Gray won in 1997 with 778.8km. 2005 was Peter's sixteenth start where he brought up 10,000 kilometres, rightly claiming the title of "Memorial Square Mayor".

Jaroslav Kocourek from the Czech Republic recorded the first of his three victories in 1998 with 901km. He increased that distance the following year with 925.6km. 1999 was the first year that the race was broadcast on the internet and attracted 1,000 hits. It was almost the end for this event with several committee members losing interest. It was only due to the efforts of Ron Hill and Don McKenzie that the race survived.

Yiannis Kouros returned in 2000 for the second time in 16 years. He was unhappy as the race organizers appeared to struggle with basic race administration. Kouros suffered a mid race injury forcing him to walk the final two days but still managed to win with 801.6kms. This equated to 2004 laps which Yiannis pointed out was the year for the upcoming Athens Olympics. Drew Kettle set a M80 world age group record. Drew's record was smashed five years later by the evergreen Stan Miskin who rewrote the world age record books.

Kruglikov brought up his third victory in 2001 with 764.4km. Peter Hoskinson gave a glimpse of his future ability when he completed 600 kilometres in five days before succumbing to a painful foot injury. Peter has since gone on to cement

“May the race have many more highlights and keep inspiring ultra runners around the world to do their best”

himself as one of Australia's top multi day runners.

2002 saw the first Japanese entrant. Aki Inoue, an accomplished multi-day runner, won with 809.2km in a very special race that brought runners together from all around the world in the wake of the 9/11 disaster. Flags were flown as a “thumbs up” towards the people that were trying to take democracy away from us.

It was about three weeks prior to the 2003 race, when Cliff Young passed away in Queensland after a long battle with an illness. The local bowling club was filled to capacity for Cliff's memorial service. Race President, Bill Sutcliffe vowed that Cliff's name would live for ever. Graeme Watts became the first Australian to win with the lowest winning total to date of 746km.

A Danish runner arrived by a different mode of transport in 2004. He did so on his own two feet after running all the way from Denmark, across Europe and Asia before arriving in Sydney and running all the way to Colac. Jesper Olsen could have taken the easy option but ended up winning with 756.38km after a great battle with Graham Watts.

The following day, Jesper left Colac to continue his journey to Perth, then across the USA and Canada before finishing his run back in London and completing the first recognized and properly recorded run around the world. The Race Committee also honoured the memory of Cliff Young by renaming the race the “Cliff Young Australian Six Day Race”.

In 2005, the Race Committee pulled out all stops to make the 20th running a success. Race Director, Bill Sutcliffe secured excellent prizemoney and for the third time was able to attract the world's best ultrarunner in Yiannis

Kouros. The event had more than “blood on the track” and provided high drama from all angles, including a gas bottle catching fire in the crew lines and a tree collapsing on the track on the last night. Fortunately no one was hurt.

Kouros was on world record pace throughout but needed some help to push through the heat on the second last day. Vlastik Skvaril was instrumental in giving up his ice vest for Yiannis and helping to lower Yiannis's blood temperature.

It wasn't until the last morning when two bus loads of Greeks arrived from Melbourne to bring their champion over the 1,000km mark, on to the world track record and then the overall world record. The crowd erupted as history was made. I was the commentator that morning and unfortunately I believe that Kouros wouldn't have made it without the help of his fellow runners and supporters from Melbourne.

Where to from here? In just over 20 years, The Colac event has become the longest running multi-day race in the world. The advent of the internet has taken the race to the ultrarunning fraternity around the globe yet only a few handfuls of people living in Colac appear to appreciate the legacy that Cliff Young has left on the region and the value that it brings to the area from visitors all around the world.

Many interesting stories have emerged over the years. It is hard to decide fact from fiction but they include tales of male and female runners getting amorous along with one particular competitor going for a streak in the middle of the night and asking for his “streak” lap to be counted. The referee refused his request as he wasn't wearing his number!

Males have clearly outnumbered females over the years, but the females have recorded some amazing performances. The highlight would have to be Eleanor Adams exceeding 800km on three separate occasions. Regular competitors, Elvira Janosi and Dawn Parris have also endeared themselves to the locals.

Local legend, Cliff McAliece has many great memories of the events long history. These include, Cliff Young and Drew Kettle arguing outside the lap scorers tent one morning about the “green camels and pink elephants” on the track. Also the battles of 1994 and 1997 and the crowds that use to converge onto the Square to watch the runners battle it out.

Plenty more could be written. There has been many a battle at the Square, many more controversies and funny stories, probably enough to write a book. Apart from the Tony Rafferty authored articles in “Ultramag”, most of the written history is hiding in shoe boxes in Colac. Hopefully, one day, it will see the light of day and can be properly preserved for all to enjoy and remember one.

May the race have many more highlights and keep inspiring ultra runners around the world to do their best.

Phil Essam
May 06

References:

- Various Ultramag articles (generally authored by Tony Rafferty]
- Information from 2005 Colac Racebook
- Email letter from Cliff McAliece



Under 40 Age Group Records

Information supplied by AURA statistician, David Billet

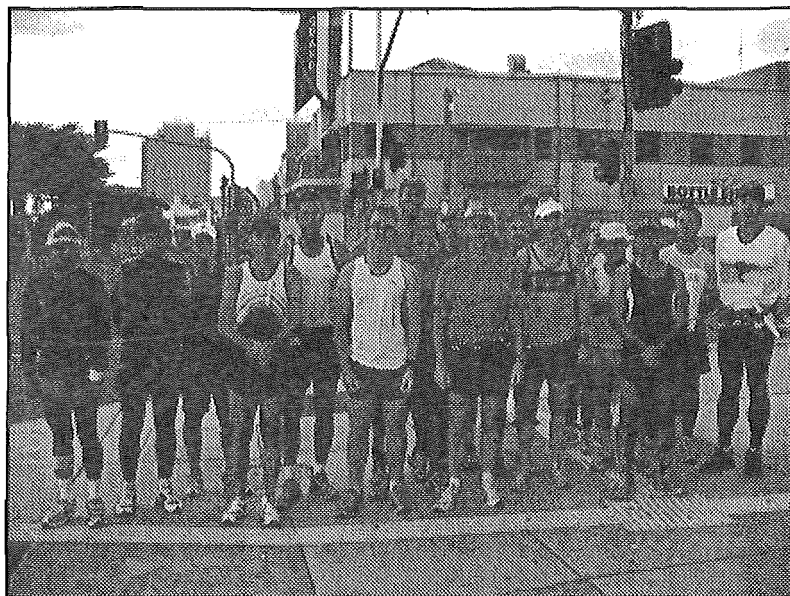
	Name	Dist.	Place	D.O.B	Age
6 Hours					
Under 20					
20-24	Lindsay Phillips QLD	63.6	Campbelltown, NSW	#####	23
25-29	David Kennedy WA	68.075	Bunbury, WA	#####	27
30-34	Adam Barron QLD	65.055	Caboolture, QLD	#####	30
35-39	Mal Grimmett VIC	70.041	Moe, VIC	#####	39
12 Hours					
Under 20					
	David Criniti NSW	100	Gosford, NSW	#####	Age 19
20-24	Peter Tutty VIC	131.391	Box Hill, VIC	#####	23
25-29	David Criniti NSW	142.495	Gosford, NSW	#####	25
30-34	Adam Barron QLD	118.193	Caboolture, QLD	#####	31
35-39	Yiannis Kouros VIC	155.619	Surgeres, France	#####	39
24 Hours					
Under 20					
	Jason Smith NSW	103.2	Liverpool, NSW	#####	Age 15
20-24	Peter Gray VIC	214.166	Olympic Park, VIC	#####	24
25-29	Peter Gray VIC	230.732	Coburg, VIC	#####	26
30-34	Yiannis Kouros VIC	280.469	Melbourne, VIC	#####	34
35-39	Yiannis Kouros VIC	285.362	Surgeres, France	#####	39
48 Hours					
Under 20					
20-24	Lindsay Phillips QLD	240.301	Caboolture, QLD	#####	Age 24
25-29	Peter Gray VIC	321.245	Wynnum, Qld	#####	28
30-34	Peter Gray VIC	306.663	Lota, QLD	#####	30
35-39	Yiannis Kouros VIC	470.781	Surgeres, France	#####	39
6 Days					
Under 20					
20-24	Lindsay Phillips QLD	525.455	Campbelltown, NSW	#####	Age 24
25-29	Peter Gray VIC	810.278	Colac, VIC	#####	27
30-34	Andrew Lucas TAS	784.8	Colac, VIC	#####	31
35-39	David Standeven SA	860	Colac, VIC	#####	36

Female Under 40 records

6 Hours					
Under 20					
20-24					
25-29	Sarah Barnett VIC	46	Colac, VIC	20/11/2005	29 or 30
30-34	Siri Terjesen QLD	70.232	Caboolture, QLD	4/02/2006	30
35-39	Michelle Thompson VIC	62.476	Moe, VIC	6/11/2005	36
12 Hours					
Under 20					
20-24	Felicity Joyce NSW	98.441	Gosford, NSW	10/01/2004	22
25-29	Tamyka Bell QLD	100.608	Caboolture, QLD	4/02/2006	25
30-34	Cheryl Standeven SA	99	Adelaide, SA	29/10/1988	32

From Ultramag March 2002

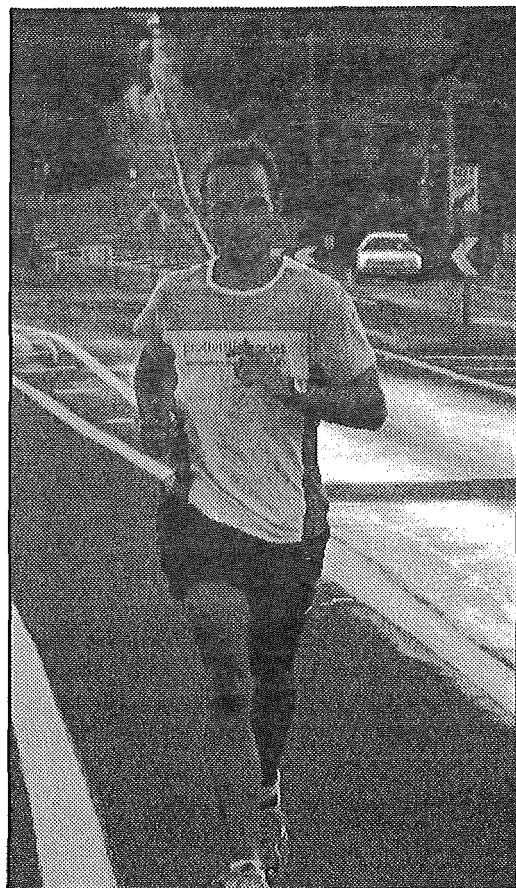
	Name	Dist.	Place	D.O.B	Age	
35-39	Mary Francis	130.832	Bunbury, WA	3/04/1994	36	From Ultramag March 2002
24 Hours						
Under 20						
20-24	Kim Talbot	168.493	Coburg, VIC	25/02/1989	20	From Ultramag September 1990
25-29	Fiona Baird SA	183.24	Adelaide, SA	21/10/2000	29	
30-34	Dell Grant QLD	172.002	Queensland Uni, QLD	6/09/1987	33	
35-39	Dawn Parris VIC	203.65	Olympic Park, VIC	19/08/1989	36	
48 Hours						
Under 20						
20-24						
25-29						
30-34	Kerri Hall QLD	205.839	Lota, QLD	1/06/1994	33	
35-39	Dell Grant QLD	268.824	Caboolture, QLD	22/06/1990	36	
6 Days						
Under 20						
20-24						
25-29	Sarah Barnett VIC	572.677	Colac, VIC	20/11/2005	29 or 30	
30-34						
35-39	Dawn Parris VIC	614.8	Colac, VIC	15/11/1992	39	



Photos from Frankston to Portsea 55km Road Race

Above - facing the starter's gun

Right - Dan Thompson strides out





Kids from Shore College



Rachel Stewart



*Mike Page winner of the
Tamborine Trek*



Alpine 100 miler



Glasshouse 50



Six Foot Track



4 photos above from Coburg 24 Hour Carnival



*Rob Ware
wins the
Gold Coast 100*