

# U L T R A M A G



*Martin Fryer  
wins the  
Gold Coast  
48 hour title*

- Australian 48 hr Champ's
- Glasshouse trail 100 miles
- Hall of Fame - Margaret Smith
- Rathin Boulton's 3rd 3100 miler

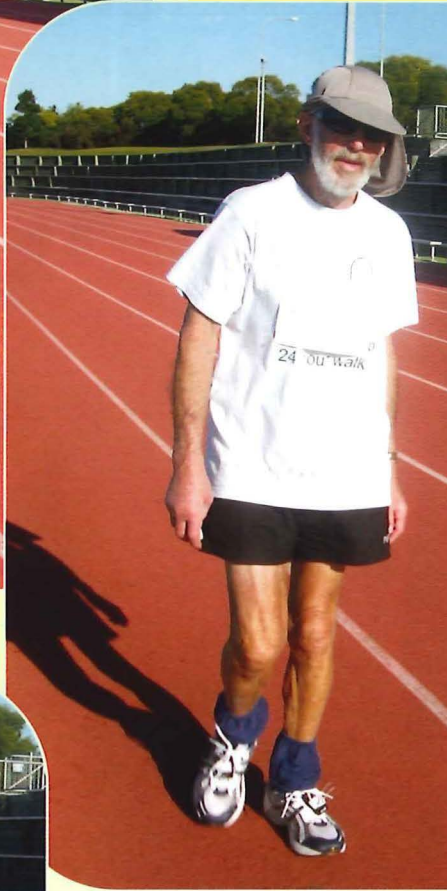
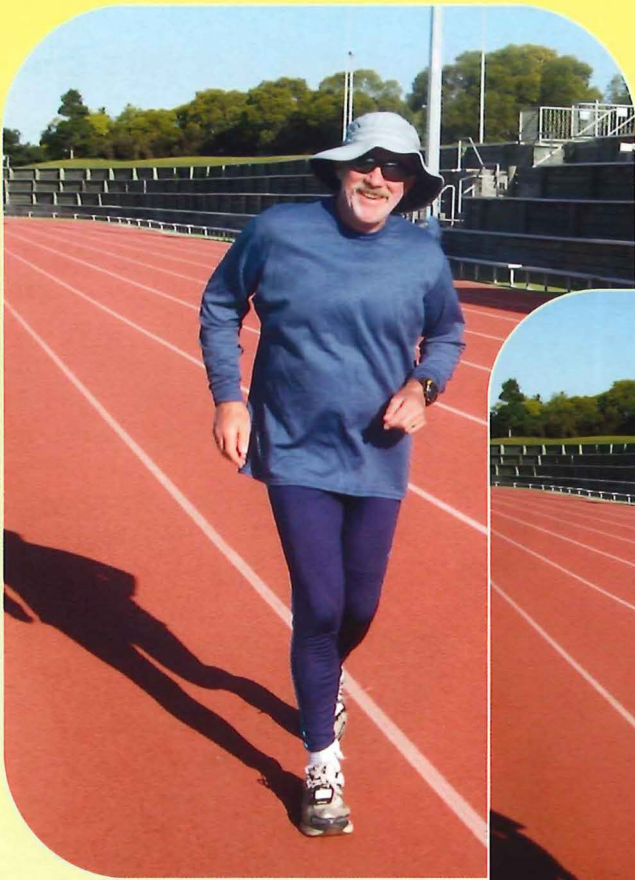


# ***Gold Coast 48 hrs***

*Tony Collins  
2nd*

*Deryck Skinner  
3rd*

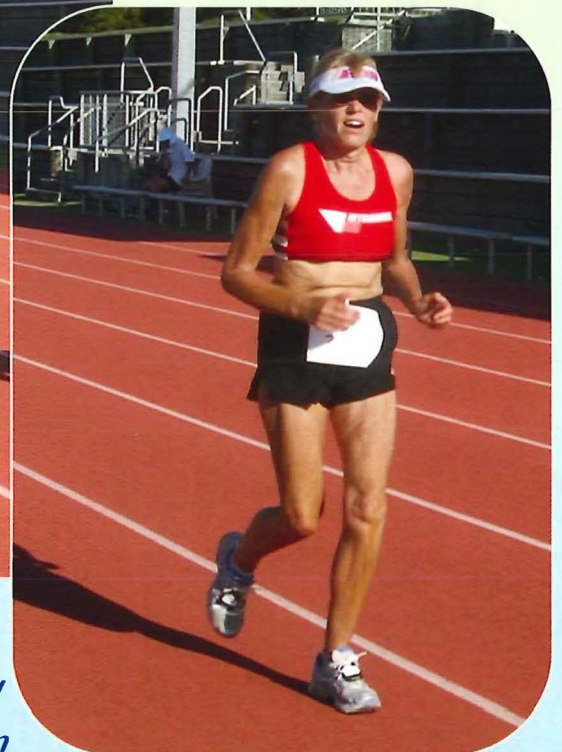
*Deborah de Williams  
1st woman*



*John Pearson  
2nd*



*Geoff Last  
3rd*



*Tina Fiegel  
1st woman*

# ***Gold Coast 24 hours***



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# JUST RELEASED!



## ENDURA MAX

Endura Max is no ordinary sports supplement. Highly concentrated in magnesium and taurine, this product is guilty of containing the patented form of magnesium Meta Mag™. Endura Max is a delicious raspberry flavoured drink making it easy to take everyday. This product has been charged with assisting in maintaining normal muscle function and alleviating muscle cramps and spasms. Beware - it may also help increase exercise performance by increasing VO2 MAX (maximal oxygen consumption), exercise time to exhaustion.

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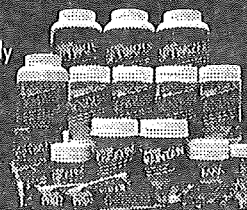
## ENDURA REHYDRATION

Don't be fooled by Endura Rehydration's Pineapple delicious flavour. This product helps rapidly replace the fluids and electrolytes that sweat takes out; its patented Magnesium Formula (Meta Mag™) helps relieve muscular aches and pains and helps prevent muscle cramping and spasms.

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CHC35996 08/06





# Editorial Sept 2006

by Kevin Cassidy

I can't imagine that there would be many amongst the ultra fraternity who haven't heard the name David Waugh. David has stamped himself on the scene in the most emphatic of fashions by demolishing the course record at the Glasshouse 100 miles just three weeks after a 214km debut 24 hour track race, a performance in which he expressed disappointment at being forced to walk the final four hours! A relatively fresh face on the scene, David appears to have an exciting future.

The recent Gold Coast 48 and 24 hour track events proved highly successful as both the quality and quantity of performances continue to improve each year. Martin Fryer's 346km saw him soar to the top handful of Australian all time 48 hour performances. A swag of age group records added to the events prestige.

Also booming is the Glasshouse Mountains 100 Mile Trail Run. Just like the Gold Coast events, numbers and performances are rapidly increasing. Queensland has certainly taken over as the premier ultra state.

The World 100 km is almost upon us. Sadly, injury and some citizenship technicalities have affected the team but there is every reason to be confident of a good result with the quality of our representatives making the trip to Korea. Lining up for the green and gold will be Mike Wheatley, Jo Blake, Simon Phillips and Darren Benson with our females being Julie Hooper-Childs, Vivienne Kartsounis and Sandra Timmer-Arends

Congratulations to Jo Blake, Siri Terjesen and Suzanne Kelly on representing Australia with distinction at the first IAU 50km trophy race at Winschoten.

Still on the representative subject, funded positions are available for the 2007 World 24 Hour Challenge, to be held in Quebec in July 2007. Two races remain in which to qualify - they are Adelaide in October and Coburg in April 2007. For more information on qualifying see <http://www.coolrunning.com.au/ultra/world24h/2007selection.pdf>

Overseas, Rathin Boulton has run the mind boggling Sri Chinmoy 3,100 miler in New York for the third

consecutive year while the indestructible Kelvin Marshall recently took tenth position at the 18 day Trans Gaule 1,150km stage race across France.

Locally, I was lucky enough to attend the Perth 100km while holidaying in the west and found the West Australian Marathon Club to be both welcoming and friendly. The ultra calendar lists a number of events in W.A. which are well worth patronising.

Attractive prizes seem to have created some hot competition in the Points Race. Siri Terjesen, Garry Wise and Kelvin Marshall are going at it hammer and tongs along with Robert Boyce and Rodney Ladyman. Barely a handful of points separate the top five with only three months to go.

As always, international ultra news can be found at [www.iau.org.tw](http://www.iau.org.tw) with local news at [www.ultraoz.com](http://www.ultraoz.com) Phil Essam has also created a new site at [www.planetultramarathon.com](http://www.planetultramarathon.com) which features a complete kaleidoscope of current news and history of our sport.

## COLAC SIX DAY RACE POSTPONED

**It is with great regret we have to inform you the Cliff Young Six Day Race is to be postponed until Nov. 2007. Yesterday the committee agonized over this decision but came to the conclusion this is the only decision we could make.**

**We have a small hard working committee who have been working tirelessly towards this years race to make it successful. However, three of our committee members have only recently changed employment, and one through illness, find they will no longer be available either in the week before the race (when all the infrastructure is put in place) or during the race.**

**This is not the first time the race has been postponed (it has previously been postponed twice since 1984) however, we are very disappointed to do so.**

**All application and entry fees will be refunded.**

**Please pencil in 19th - 24th November 2007 when we will be back with a new committee and a great race!**

**Bev Sutcliffe (Secretary)**





# 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 or CoolRunning - you should contact the race organiser and confirm that the event is being organised to a level that is satisfactory for yourself, before you enter. Many "Ultras" in Australia are low key with few entrants. Therefore you should contact the race organiser to confirm the details listed here, as they 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](mailto:colincolquhoun@bigpond.com) or telephone 0413 845 860

## Sep 2006

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](mailto:gjcarpet@caboolture.net.au).

Sun 1 Oct WATEROUS 50 MILER (WA)

In the tradition of the six inch track marathon I am pleased to announce another new off road ultra to the WA running scene. This spring come to the idyllic holiday town of Dwellingup to join like minded individuals in a full day of running, walking, eating and drinking. The course utilises the Munda Bindi and waterous loop trails consisting of approx 76K and possibly 4K of gravel roads if the consensus is for an accurate course. Sunday the 1st of October with a 5.30am start time. contact: Dave Kennedy 08 9535 1000

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](mailto:auckland@srichinmoyraces.org)

Sun 8 Oct IAU 100KM 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](http://www.ultraoz.com/world100k). contact: Paul Every tel 02 9482 8276 (H). email: [pevery@zoo.nsw.gov.au](mailto: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](mailto:mountainrunning@coolrunning.com.au)





## Nov 2006

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 at byrnesinoz@yahoo.com Telephone 0428 880784

Sun 12 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: Ken Lancaster 03 5133 9950 or Bruce Salisbury 03 5174 9869. email: harriers@net-tech.com.au

Nov ~~POSTPONED UNTIL 2007 - COLAC SIX 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

Sat 2 KEPLER CHALLENGE MOUNTAIN RUN (NZ)

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

Sat 2 Dec BRUNY ISLAND JETTY TO LIGHTHOUSE, (TAS)

64km. Enjoy the ferry trip to the start, then the fantastic ocean and rural scenery as you run along nice quiet roads. A weekend away for family and friends. An event for solos and teams. contact: Paul Risley via phone 0438-296-283. email: riz5@bigpond.com or check the website at <http://www.dreamwater.org/run/ultra.html>

Sat 2 Dec MOUNT FEATHERTOP SKYRUN 50KM ULTRA (VIC)

Take part in one of the most amazing high altitude runs that Australia has to offer. The second short course 50 KM ultra at Mount Hotham in the heart of Victoria's high country. Experience the thrill of running the famous Razorback ridge to the summit of Mt Feathertop, Victoria's second highest peak and Australia's only real mountain, enjoy stunning views from Swindlers Spur and the upper reaches of machinery Spur and enjoy the stunning views from the Alpine Way - all weather permitting. The Mt Feathertop Sky run will be a totally self supported run, it is not a race. Runners are fully responsible for their own safety and assume full liability for their participation. Participants should offer assistance to other runners in distress and must give way to walkers, especially on the Razorback track. NB. A limit of 35 participants is in place. No support personnel or equipment is available other than at the accommodation at Mt Hotham. This is an arduous course with 2 major climbs (one short and steep and the other long and steep but both are runnable) that take a cumulative toll. The run has been scheduled for Saturday 02 December with the pre race briefing taking place immediately prior to the run at the Mt Hotham accommodation (the start of the run). The run takes place in an exposed Alpine environment that can be subject to sudden and severe changes in weather. Rain, fog, high winds, sleet and snow as well as hot sunny days can occur during December. Please do not take this run lightly, runners have died in this region. Hypothermia is a serious risk and all runners should be prepared for any weather conditions. The Mt Feathertop Skyrun should only be attempted by experienced trail runners with good navigation experience. As a minimum, runners attempting the course must have successfully completed at least one 30 km organised trail run in the previous 6 months.

Distance: Two runs will be available on the Saturday 02 December 2006 50 km: start time - 6 am 30 km: start time - 6 am contact: Paul Ashton ph: 03 9885 8415 (h) / 0418 136 070 (m). email: paul.ashton56@bigpond.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

Sun 17 Dec SIX INCH MARATHON (WA)

Six Inch Marathon. 45km Trail event. 4:30 am start at the corner of Del Park Road and Whittakers Road, North Dandalup WA. Race Director is Dave Kennedy contact: Jon Phillips 06 9444 0062. email: jontheroadrunner@rocketmail.com.

## 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

Sun 7 Jan COASTAL CLASSIC 12 HOUR TRACK RUN/WALK (NSW)

7:30pm start on Saturday 6th January 2007. Venue is Adcock park, West Gosford. \$50 entry includes T-shirt. Entries close on December 29th 2006 contact: Paul Thompson 02 9686 9200 mob. 0412 20 995. email: thomo@zeta.org.au

Sun 28 Jan AURA MANSFIELD TO MOUNT BULLER 50KM ROAD RACE [VIC]

7am Start. \$20 entry fee. Race Director is Peter Armistead 26 Williams St. Frankston, Vic 3199: Contact Peter Armistead 03 9781 4305 or visit the website at [www.ultraoz.com/mtbuller](http://www.ultraoz.com/mtbuller)

## Feb 2007

Sat 3 Feb CRADLE MOUNTAIN ULTRA (TAS)

6am start at Waldheim, Cradle Valley at the northern end of Cradle Mountain/Lake St. Clair National Park, finishes at Cynthia Bay at southern end of the park. approx. 82km of tough mountain trail running with lots of bog! contact: Sue Drake. email: sue.drake@trump.net.au

## 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

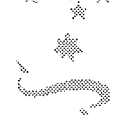
Sun 25 Mar WATER WORLD GREAT OCEAN RUN (NSW)

Red Rock to Coff's Jetty Beach and Headland. 45km. 6am start at northern end of Red Rock Beach with an optional 5am early start. Finish at Coffs Harbour Jetty. Entry fee is \$10 before the day (payable to Woolgoolga Fun Run), \$15 on the day. Contact Steel Beveridge, (02) 6656 2735, 3b Surf Street, Emerald Beach NSW 2456 or email steelyn@hotmail.net.au. Course survey Saturday 24 March, meet at Arrawarra Headland, 3pm. Carbo load at Woolgoolga Pizza Place from 6.30pm Saturday 24 March. contact: Steel Beveridge. email: steelyn@hotmail.net.au..

## Apr 2007

Sun 1 Apr THE PERCY CERUTTY FRANKSTON TO PORTSEA ROAD RACE (VIC)

34 Miles [55km]. 7am start on the corner of Davey Street and Nepean Highway, Frankston. The traditional Blocks of chocolate and mirrors awarded to all finishers. Own support needed but we may be able to assist you. The oldest established ultra in Australia, first run in 1973. \$5 entries taken on the day. Contact Kevin Cassidy 0425 733 336 or email kc130860@hotmail.com contact: Kevin Cassidy. email: kc130860@hotmail.com



Sun 15 Apr \* ASICS CANBERRA MARATHON AND ULTRA (ACT)  
42.2km & 50km, 7am, Telopea Park High School contact: Dave Cundy. email: cundysm@ozemail.com.au

## May 2007

Sun 27 May BANANA COAST ULTRAMARATHON (NSW)

This year the event goes from Coffs Harbour Hotel to Grafton Post Office [85km, with a shorter alternative being Coffs to Lanitza [58km]. We will insist that runners call a halt at Lanitza if they arrive later than 2pm [for safety on dark roads]. Entry fee \$10 or \$15 on the day payable to Woolgoolga Athletic Club. Own support vehicle/driver required. contact: Steel Beveridge on [H] 02 6656 2735 or [W] 02 6654 1500 Or 3B Surf St. Emerald Beach, NSW 2456. email: steelyn@hotmail.net.au.

## Jul 2007

Sat 28 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

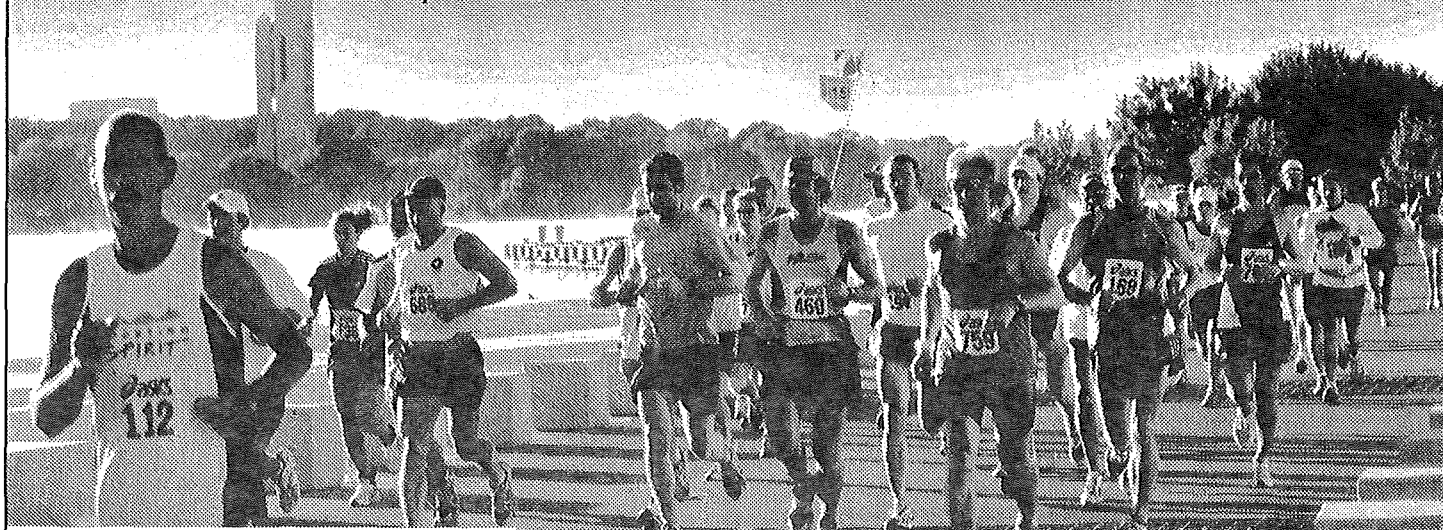
Sun 29 Jul WARRUMBUNGLE MARATHON (NSW)

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

# SEE YOURSELF RUNNING IN THE NATION'S CAPITAL

## Australian & AURA 50km Road Championships

incorporated with the Canberra 50km Ultra Marathon and Canberra Marathon



**14-15 APRIL 2007**

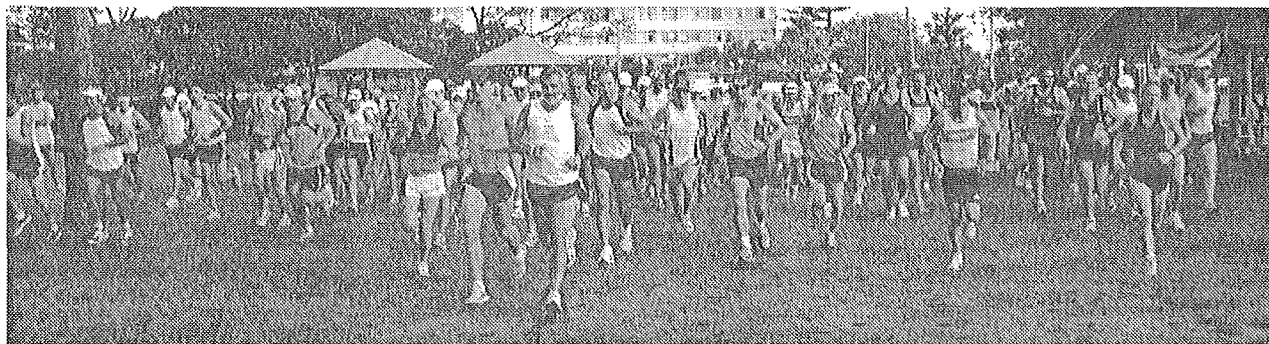


Event Manager: Cundy Sports Marketing • Telephone 02 4342 7611  
Email: cundysm@ozemail.com.au • Web: www.canberramarathon.com.au



# Gold Coast Ultras

**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 followed by Christmas BBQ.

## **KOKODA CHALLENGE PREPARATION**

Details being formulated.... please recheck the website below in coming months.

## **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.

## **GOLD COAST 100, now with 50km and 50 mile options**

Sunday 10 June 2007 (Queen's birthday weekend)

This race incorporates the National 100 km championship. There is also 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.

## **GOLD COAST 6, 12, 24 & 48 hr TRACK RACES – incorporating the 48hr Nat Champs**

Starts at 0900 Friday 11 August 2005 and finishes 0900 Sunday 13 August 2005. Location is Runaway Bay Sports Super Centre on the northern end of the Gold Coast, Qld. The 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.

For more information on any of the races, contact Ian Cornelius tel (07) 5537 8872 or 0408 527 391 or email [info@goldcoast100.com](mailto:info@goldcoast100.com) or visit

[www.goldcoast100.com](http://www.goldcoast100.com)



# AURA Contacts

**Registered Office:** AURA Inc. care Sandra Howorth 6/374 Warrigal Road,  
Cheltenham, Vic 3192

**Website:** [www.ultraoz.com](http://www.ultraoz.com) Please send any relevant ultra-running material to Kevin Tiller at [kevin@coolrunning.com.au](mailto: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](mailto:kc130860@hotmail.com) or Box 2786, Fitzroy, VIC. 3065. Tel. 0425 733 336

## Committee:

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Membership secretary:	David Criniti	<a href="mailto:dcritini@bigpond.net.au">dcritini@bigpond.net.au</a> tel 02 9871 8753
	(membership enquiries to David at 14 Cambridge Ave., North Rocks, NSW 2151)	

## State Representatives:

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	Brendan Mason	<a href="mailto:blmason@bigpond.net.au">blmason@bigpond.net.au</a> tel 0425 786 542
NSW:	Col Colquhoun	<a href="mailto:colincolquhoun@bigpond.com">colincolquhoun@bigpond.com</a> tel 0413 845 862
	Sean Greenhill	<a href="mailto:bigmig@tig.com.au">bigmig@tig.com.au</a> 0409 047 714
Qld:	Siri Terjesen	<a href="mailto:siriterjesen@yahoo.com">siriterjesen@yahoo.com</a> tel 0416 770 071
	Adrian Pearce	<a href="mailto:run67@bigpond.net.au">run67@bigpond.net.au</a> tel 0427-005-391
SA:	Jerry Zukowski	<a href="mailto:zuk@centralonline.com.au">zuk@centralonline.com.au</a> tel 0408 809 199
ACT:	Trevor Jacobs	<a href="mailto:trevor.iacobs@mdbc.gov.au">trevor.iacobs@mdbc.gov.au</a> tel 0417 266 261
	Phil Essam	<a href="mailto:pessam@bigpond.net.au">pessam@bigpond.net.au</a> tel 0407 830 263
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	Vlastik Skvaril	<a href="mailto:joandvlastik@bigpond.com">joandvlastik@bigpond.com</a> tel 0419 399 605

## Other positions:

Publicity & Events Officer:	Col Colquhoun	<a href="mailto:colincolquhoun@bigpond.com">colincolquhoun@bigpond.com</a> tel 0413 845 860
Records Officer:	David Billett	<a href="mailto:davidbil@iweb.net.au">davidbil@iweb.net.au</a> tel 08 8278 6623
	Please send all race results to 7 Craiglee Drive, Coromandel Valley. SA. 5051	
Magazine Editor:	Kevin Cassidy	<a href="mailto:kc130860@hotmail.com">kc130860@hotmail.com</a> tel 0425 733 336
Clothing officer:	Sandra Howorth	<a href="mailto:Sandra.Howorth@southernhealth.org.au">Sandra.Howorth@southernhealth.org.au</a> tel 0407 301 058

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

**Email to the Editor at [kc130860@hotmail.com](mailto: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 <sup>st</sup> place	To be eligible the race must be an ultra race sanctioned by AURA.
	2	2 <sup>nd</sup> 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 <sup>rd</sup> 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:** 1<sup>st</sup> 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; 2<sup>nd</sup> place – 5 days at Runaway Bay Sports Super Centre with access to full facilities (value \$500); 3<sup>rd</sup> place – 2 nights for 2 at Seaworld Nara Resort with tickets to Seaworld (value \$300); 4<sup>th</sup> place – free entry to Gold Coast 24 (value \$125); 5<sup>th</sup> place – free entry to Gold Coast 100 (value \$60).

#### Notes:

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



# 2006 AURA Points Score Competition

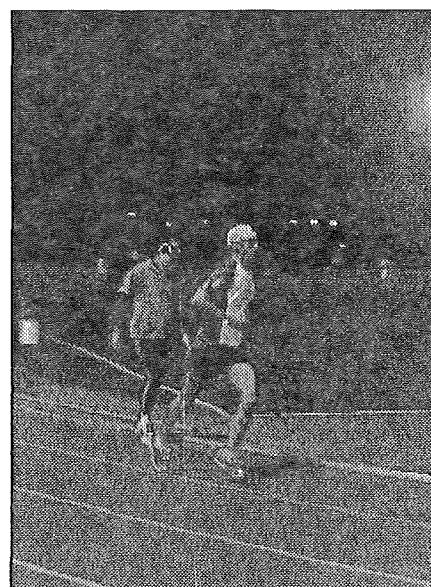
## Leaders (Provisional Points) at 10<sup>th</sup> September 2006

Name	Pts	Events	km
Siri Terjesen [f]	49	6	327
Garry Wise	45	10	718
Kelvin Marshall	45	9	565
Robert Boyce	39	9	859
Rodney Ladyman	38	9	744
Robert Ware	33	6	372
Paul Every	29	5	586
Stan Miskin	29	4	427
Martin Fryer	27	3	624
Richard McCormick	26	8	540
Jonathan Blake	24	2	95
Vivienne Kartsounis [f]	23	4	310
Geoffrey Last	23	4	422
Tamyka Bell [f]	21	4	275
Louis Commins	20	6	428
Peter Lahiff	19	3	201
Alan Staples	18	4	524
Deryck Skinner	18	2	422
Chris Graham	18	5	339
Mark Hutchinson	18	1	50
Carol Baird [f]	17	3	203

### LATE NEWS

*Dave Criniti ran the Sydney marathon on Sunday 18 September, finishing 5th overall in 2:31, a 3 min PB.*

*Excellent result for someone still on the comeback trail from a major knee injury.*



*Photo above: Adam Barron winner of the Gold Coast 6 hour event sets a swift pace (front) and Tony Collins from the 48 hour event.*

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





# 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](mailto: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 \_\_\_\_\_

# Siri Terjesen meets Monica Casiraghi

Name: Monica Casiraghi

Date Of Birth: 4 April 1969

Place Of Birth: Merate, Italy (small town northeast of Milan, on the way to Lake Como)

Current Address: Missaglia, Lecco, Lombardia (small town four miles west of her birthplace)

Job(s): Mechanical work in a factory; currently making parts for Mercedes

Marital Status: Single

Children: 0

Height: 1.74 metres

Weight: 57 kgs

Shoe size: 42

Best feature: When racing - long and hilly courses;

Personality - nice, generous

Worst feature: When racing - short courses; Personality - impulsiveness

Religion: Catholic

Favorite Author: Paolo Coelho (Brazilian writer whose books have been translated into 56 languages and include "The Alchemist")

Favorite book: Il Guerriero Della Luce - "Manual of the warrior of light" by Coelho

Favorite movie: Forrest Gump

Favorite actor/actress: Richard Gere; Meryl Streep

Favorite music: Dire Straits

Favorite musical performer: Vasco Rossi

Favorite artist: Leonardo Da Vinci

Hobbies: Painting

Collections: Cats

Make of car you drive: Toyota Yaris

Make of car you would like to drive: Porsche Cayenne (by the way, "Porsche" in Italian means "very dirty (sexually) girls"!!!)

Favorite spectator sport: Cycling

Favorite Game: Football (soccer)

Favorite vacation destination: Australia, New Zealand & Canada

Favorite time of day: Morning

Most prized possession: Gold medal from World 100K in Taiwan

Political affiliation: No Comment

Personal hero: My father

Favorite famous quote: "L'importante e partecipare": "The most important thing is to participate" (Favorite motto of Pierre de Coubertin who is responsible for the revival of the Olympic Games)

European Championship in Florence for my father, who died two weeks later

Secret ambition/fantasy: World record 24 hours

Personal strengths: Capacity to think and be persistent

Personal weaknesses: Stomach

Running PR's: 2:45:15 (Marathon); 3:23 (50K); 7:28 (100K)

Number of marathons finished: 80

Years running ultras: 5

Number of ultras finished: 25

Most memorable ultra performance and why: Swiss Alpine 'Marathon' 78K at Davos; Spectacular course

How many miles a week do you run? 150K normally; 220K when preparing for an ultra

Injuries: None

Favorite running shoes: Fila

Favorite place to run: In the hills and mountains in nature

Favorite type of running surface: Country side paths

Favorite pacer: No pacer used

Ultrarunning idol: None

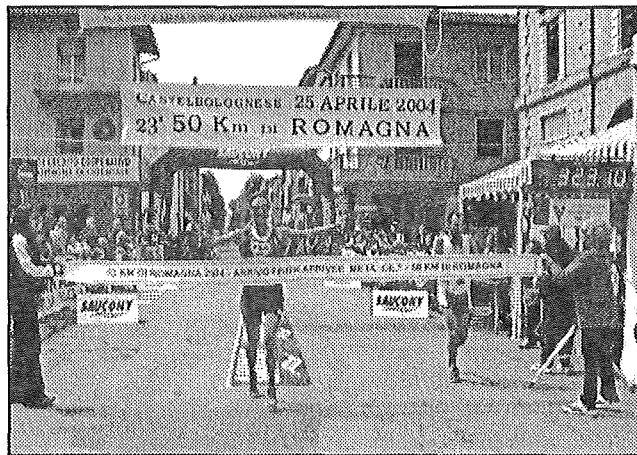
Why do you run ultras: To always look for my limit and to always test my capabilities

Any advice you would give to other ultrarunners (based on your experiences): "Per correre un ultra bisogna correre da solo - il piacere il bello della corsa" - "To run an ultra you have to run alone - that's the beauty of running"

Who are your sponsors? Fila

When did you first start running? At the "Youth games" when I was 10 years old. (these are games for kids which are usually organized by schools and every child competes in certain disciplines)

How did you discover ultrarunning? I ran my first ultra at the World 100km in France



Monica Casiraghi wins the 2004 Rome 50km

Personal philosophy: "Chi la dura la vince" - "One who endures, wins"

Short-term goal: Marathon record

Long-term goal: 2005 World 100K in Japan

Achievement of which you are most proud: Gold medals at World 100K, European 100K and Del Passatore 100K

Favorite subject in school: Mathematics

Least-liked subject: Italian

Least liked household chore: Ironing

Pets: Cats

Favorite non-running leisure activity: Cycling & Trekking

Greatest fear: Illness

Happiest memory: Winning the





Durban to Pietermaritzburg 86.7km - South Africa 16<sup>th</sup> June 2006-07-10

# Comrades Marathon

## Australian Finishers

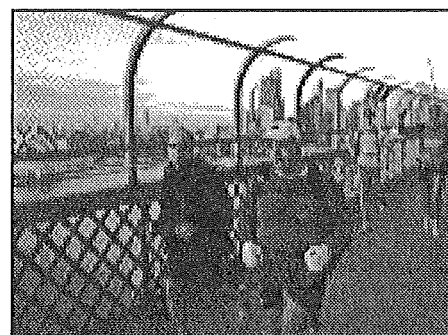
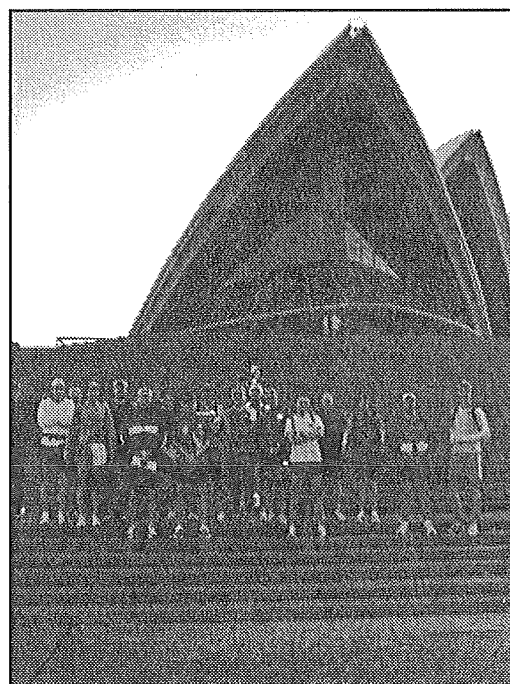
Magnus Michelsson	5:55:28	Terry Cunningham	9:41:38	Carolyn Bayvel [f]	10:34:18
Mark Watkin	8:19:45	Anthony Farry	9:46:58	Chris Dixon	10:38:49
Peter Blackshaw	8:38:55	Richard Russell	9:48:34	Jane Elton [f]	10:40:03
Warren Thorne	8:41:20	Ankie Campher [f]	9:59:20	Steve Schalit	10:40:04
Simon Fretton	8:43:28	Murray Kirkwood	10:05:12	Peter Schulenkowski	10:42:07
Charles Low	8:48:46	Robert Segal	10:09:40	Carl Mclellan	10:43:00
Gary Pickering	9:10:04	Arnold Cohen	10:09:49	Nicole Mclellan [f]	10:43:01
Peter Bortz	9:17:37	Joseph Thompson	10:12:27	David Luiz	10:47:23
Matie Campher	9:21:27	Andrew Wood	10:12:34	Megan Luiz [f]	10:47:23
David Bird	9:28:35	Matthew Henderson	10:14:01	Mandy Beveridge [f]	11:15:28
Ronny Marks	9:31:56	Peter Fogarty	10:22:12	Deirdre Duncan [f]	11:46:48
Monika Mohr [f]	9:40:15	Jon Whelan	10:24:25		



# Poor Mans Comrades

17<sup>th</sup> June 2006 - Sydney Opera House to Gosford 96km

Results		
Name	Time	Notes
1 John Mergler	7:29	Complete Course - 96km
2 Phil Murphy	9:13	Complete Course - 96km
3 Tim Turner	9:56	Complete Course - 96km
4 Justin	11:05	Complete Course - 96km
5 Brendan Mason	11:05	Complete Course - 96km
6 Terry Coleman	11:16	Complete Course - 96km
7 Richard Saunders	11:40	Complete Course - 96km
8 Will Kaless	11:40	Complete Course - 96km
9 Glenn Lockwood	11:48	Complete Course - 96km
10 Louis Commins	12:20	Complete Course - 96km
11 Ken Smith	12:55	Complete Course - 96km - started 1hr early
12 John Ellis	8:17	Mt White (71km)
13 Darren Kaehne	8:17	Mt White (71km)
14 Scott Holz	8:12	Brooklyn (62km)
15 Shane Richards	??	Mt Colah
16 Dan	??	Mt Colah
17 Keith	??	Mt Colah
18 Chris Yates	2:37	Bobbin Head (31km)
19 Mike Fowlds	??	Turramurra
20 Tim Dean	??	Gordon
21 Jan Herrman	??	Killara



Photos right from Poor Man's Comrades:  
Top - ready to start  
Lower - Crossing the bridge



## Report by Tim Turner

It was cold and there was a large gathering at the Opera House. The plan was to run to Gosford Station. My plan was to keep Phil Murphy in sight and see what happened. Actually I am not sure if it was my plan but it kind of worked that way for a little while. In reality I think I just wanted to run well until I felt like shit and then try to hold it all together until the end and make an ok time.

We started off and I was in the lead group as we ran enthusiastically across the Harbour Bridge. I love this part on either the up or down. The up you see the sunrise and you are full of enthusiasm. On the down you are tired and it represents the end of your long journey.

I ended up running through Sydney with Mike and Chris. It was a nice cool morning as we wove through the Sydney Streets. Phil and Keith were just ahead and so we did not have to worry about directions although I was getting to know the course by now this being my 3rd time.

Bobbin Head Road came up quickly and I felt reasonable good running along and even managed to close the gap a little on Phil. Mike pulled off since his car was parked near and that left Chris and myself running along. Soon enough we met up with Kevin on the roadside with food and drinks, we filled up and headed off down to Bobbin Head.

Legs were still feeling fine and I just relaxed and rolled down the hill. Soon enough we were at the bottom and that was Chris's stop. I headed on up the climb out of there and for the first time I was on my own. It is funny how heading off alone after you have been in company can be unsettling. I got a steady plod going and ran up and up. As I closed in on the top I saw a fellow in coolrunning gear chatting to someone.

I have seen Plu enough at these events to know it was him and as I neared I realized the other party was Ken Smith. I chatted briefly to Ken but I had a purpose and wanted to keep running. Plu rode with me and we chatted and then stopped at Plu's

car with his little check point spread. Great stuff! I filled up and grabbed a bunch of green lollies and we continued. Plu finally turned back and I was alone again but feeling good and looked like I would make the marathon in under 4 hours. I chomped away on those lollies until a sneeze lodged one into my sinus. Man it took ages to finally get it out and kind of threw me off my happy place.

When I run I get a bit vague and I don't have a watch or anything so really from this point on I was just moving forward. As I got hungry I would chomp on a muesli bar or have a hit of home made gu. When my bottle got empty I filled it at a tap.

My legs started to really complain as I approached a sign that said 48km to Gosford. Crap! If I feel this bad now and I have that far to go I am in trouble. So what could I do? I kept running. I knew it was not that bad a run to Brooklyn Bridge and once I was there I would only have 36km to go. I can do 36km. I passed the Pie in the Sky and stopped filled up and spent a moment with the view. I also tried to stretch out a bit and loosen my legs up.

The hill down to the water hurt and I did my best to try and relax and roll down. It kind of worked and after a while I was crossing the bridge. I told myself that I could have a walk once I hit the Servo. At the servo I filled up and then walked it was 12:57. I think walking hurt more than running but it was a change.

It was time to run again it was about 10km to Mt White most of it seems up hill but if I could get there in less than 1.5 hrs I would be happy. Man Mt White was a long 10km and I was happy to finally see it. I was sure I had slowed down heaps.

I bought a drink at the shop and not feeling that polite I simply pushed passed everyone and interrupted whatever was happening and asked the price of my drink and then left my money on the counter. Hey I just ran from the fucking Opera House! I checked the time it was 2:08. Wow I was still going ok. Crap another downhill.

I plodded along and started doing the math's in my head. Things were starting to look ok and the pain was still at the same level as a few hours ago. Hey this is not that bad and I ran on. I checked the written instructions and realized that Mt White was the last stop until the end.

I was already down to half a bottle and was feeling quite thirsty. I was going to be in trouble! Then I saw a bike rider in coolrunning gear coming down the hill. Plu rode with me up to his car. I drank a coke which I really needed and Plu filled my bottle. I had 18km to go a full bottle and belly full of coke. I was starting to feel good.

I was a downhill run to Mooney Mooney Bridge where I allowed myself a moments walk and rest at the bridge. I had forgotten the climb up from the bridge but I knew that the Reptile Park was real close to the finish and once I passed that it was just a bit of flat and a big downhill. So with that in mind I pushed forward. Passed the park turned at the roundabout and I knew this part well and last time I ran this way it was dark and here I was in the afternoon sun. Cool! Not long to go and with the smell of the finish line in my nostrils (better than a stuck green lollie).

Down the last hill and then ¼ down I got my phone out to check the time. Twenty minutes and I could break 10 hours. I took off. Man it seemed much further then I remember and I was feeling dehydrated but it would be over soon enough. Round the last bend and I thought the station was right here? Past the car park and finally there it was.

I stopped outside checked my phone and I made it 9:56. I sat down and realized that I was not feeling that good but that did not stop me from sms-ing everyone.



*Marshalling in the foreground*



Gold Coast 15th to 16th July 2006 - 96km Teams of Four

# Kokoda Challenge

Report by Mike Page

It was under grey skies that we arrived at Mudgereeba Showgrounds for the start of the 2<sup>nd</sup> Kokoda Challenge on the Gold Coast. It had been raining most of the week and during the night before, but had eased and stopped as we arrived at the start. The low cloud had made it surprisingly warm for this time of year and it wasn't too bad stripping off the tracksuit before the start.

It could be said that we had a pretty strong team for this event. With the likes of Donnie Wallace, Greg Barton, and Peter Hall, as team mates we were never going to be stopping for tea and scones along the way.

After a quick registration, a final trip to the loo, and a quick team photo, Doug Henderson was calling everyone to the start line. And right on queue, the rain started to fall. We were so pumped up by that stage though that Noah could have sailed past us in his ark and we'd hardly have noticed.

Camelbak - \$100....Trail shoes - \$200....Watching everyone go the wrong way at the start - priceless...

Yes...After hours and hours of going over the course, having all the maps and course descriptions, we couldn't find our way out of the first street. Thankfully though there was no need for navigation as Doug and his team had done a stellar job with checkpoints and trail markings.

Although anything can happen in such a long race, it was clear by the time we got to the first major checkpoint at 13.5km, who the main players would be. Gold Coast Ultras A featuring ultra-nutbags, Dave Waugh, Rob Ware, Sean Swain, and Nick Maloney, were there as well as Bicycle Riders Morningside. Not too far behind were last year's winners, Team Accelerade.

Our next major checkpoint was Pollies Kitchen at the base of Springbrook

Mountain, some 24km away. Between us and there, lay the gut busting ascent of Mt. Fairview followed by the long quad busting descent of Mt. Nimmel. Just before we started the climb up Mt. Fairview, GC Ultra's A dropped back with an unforeseen problem.

Following the ridgeline between Mt. Fairview and Mt. Nimmel we ran over some of the best trails on the course. It was shaping up to be a 2 horse race at this stage, between Bicycle Riders Morningside and Team Nike Hammer.

Even though you're going to be out there for over 12 hours, you definitely can't relax and go to sleep if you want to do well. And this philosophy paid dividends for us as we approached Pollies Kitchen at the base of Springbrook. As a team we'd discussed how long we'd take at major checkpoints to refuel and our support team, did an unbelievable job of organising us. We were in and out of every major refuelling checkpoint in around 3 minutes.

It was here that Bicycle Riders Morningside handed us an 8 minute lead.

We pushed on up Springbrook to Page's Pinnacle with added purpose, knowing that our next major checkpoint lay only 90 minutes away and, trying to capitalise on our marginal lead.

The descent down to the Environmental Centre was quite steep but as a team we handled it well and pushed our lead out further. By the time we'd completed the loop section and were leaving the Environmental Centre for a second time, we'd extended our lead to over 20 minutes.

With over 50kms covered at this point and small lead in hand, we held pace along the 6km bitumen section toward Black Shoot Gully and the climb up to Syd Duncan Park. Although

not very steep this climb was long and at around 60kms into the race was quite an effort. As a team we were holding together well and everyone gritted their teeth and pushed on knowing that we had just over 30kms left to race.

It was late in the afternoon when we reached Syd Duncan at the top of Lower Beechmont. And it was cold and wet. Although we were warm from running and were not fully aware of just how cold it was, the attire of the marshals and support crews told us that we were probably more comfortable running in this kind of weather, than standing around waiting. With that in mind, we only stopped briefly to refuel, but it was long enough to chill us and it took some time to warm up again.

Probably the worst downhill section of the course was Hellfire Pass, which descended from Beechmont. It may not have been the steepest (but if not, would've been close) and due to having run a good 70km prior, it definitely felt like the worst. The only consolation was that as we descended, it got a little warmer and made things just that bit more bearable.

Hitting flat ground again, we could smell home, and with only one large climb left our spirits lifted. Mt Nathan has an elevation of around 300m, however after climbing the likes of Mt. Fairview, and up to Page's Pinnacle on Springbrook, Mt Nathan was a piece of cake. We were heading home.

We'd exceeded our expectations and indeed those of the race organisers having reached the final major checkpoint of the day just before dark. We donned lights and headed out for the last section through Nerang Forest.

This section was one of the shortest at somewhere between 12 to 15kms, but it seemed like the longest of the

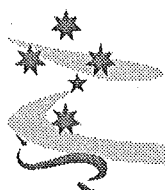


*"This race is a definite "must do" for all ultra and trail runners  
give it a go - you'll love it"*

day. We knew we still had a good 20 minutes on Bicycle Riders Morningside, but with fatigue setting in and our pace slowing, we were constantly looking for headlamps behind us.

It was in somewhat of a daze (like rabbits blinded by headlights really) that we emerged from the forest to banks of floodlights and the finish line. We regrouped as a team and jogged the last 10 metres to the finish, cheered on by family, friends, and supporters. The official time - 12hours and 1 minute.

This race is a definite "must do" for all ultra and trail runners. Give it a go - You'll love it!



## Jaggad Bush Capital 60km Ultra Marathon

Campbell High School, ACT - Saturday 29 July 2006

### RESULTS

1	David Singleton	4.24.03
2	Adrian Sheppard	4.46.06
3	David Baldwin	4.55.41
4	Paul Veldkamp	4.57.44
5	John Mergler	5.13.49
6	Julie Quinn [f]	5.20.36
7	Steven Martin	5.33.49
8	Paul Every	5.51.03
9	Wendy Stevenson [f]	5.56.22
10	Sean Greenhill	6.11.30
11	Michael Corlis	6.16.55
12	Carol Baird [f]	6.36.32
13	Robert Boyce	6.38.35
14	Billy Pearce	6.47.49
15	Dominic Sullivan	6.47.49
16	Mario Larocca	6.57.40
17	Louis Commins	7.04.18

### Report by Paul Every

It was a pleasure to support a race that directly benefits some of our top, but poorly funded, runners. Thanks must go to John Harding for having the initiative and organisational skills for staging a day that truly caters for everyone. Long runs, short runs, relays, all on a well marked and well supported course.

Personally, I had a crap race. Felt flat and just made up the numbers, but still managed to enjoy logging some miles on a perfect Canberra winter's day.

Good to touch base with some serial offenders of the Canberra ultrarunning/rogaining fraternity

(Phibes, Trevor Jacobs, Adrian Shepherd, Dave Baldwin, Julie Quinn, etc). Would love to spend more time running and chatting with these people.

From the social perspective it was first class. Met Steve Martin and his wife Annabel, who both put in solid runs over their debuts at the 60km and marathon respectively. And I managed to have a chat to almost the entire field as runners passed me as I faded to the back of the field.

Next year, I'll run faster and arrive before the finish line cheesecakes disappear and do more socialising then.



# The Old Great North Road Run

Yengo National Park, NSW - 23 July 2006

## RESULTS

43km

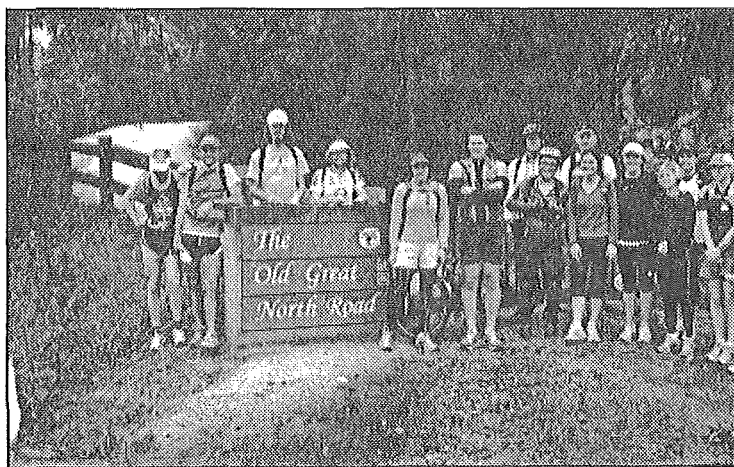
Name	Place	Time
Steve Sayers	1	3h45m
Mark Battistella	2	4h16m
Paul Every	3	4h18m
Sharon Harrison [f]	4	4h18m
Kim Cook [f]	5	4h46m
Mandy Collins-Woolcock [f]	6	4h50m
Mark Andrews	7	4h57m
Grant Campbell	8	5h07m
Jan Hermann	9	5h30m
Lawrence Mead	9	5h30m
Joanne McCarthy [f]	11	6h14m
Sue McBride [f]	11	6h14m
Barb Byrnes [f]	11	6h14m
Nicolette Rowe [f]	11	6h14m

60km

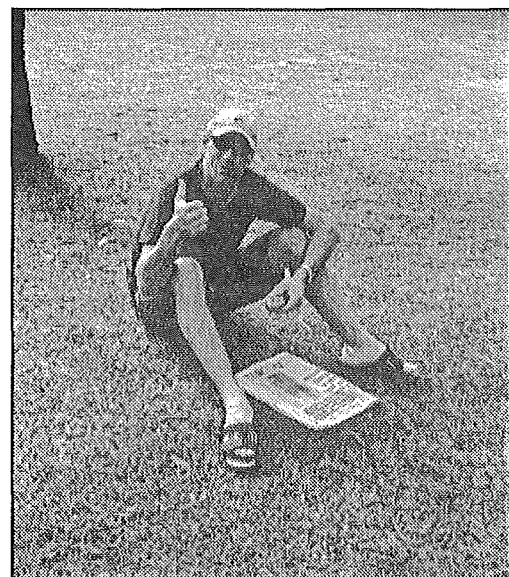
Philip Murphy	1	6h10m
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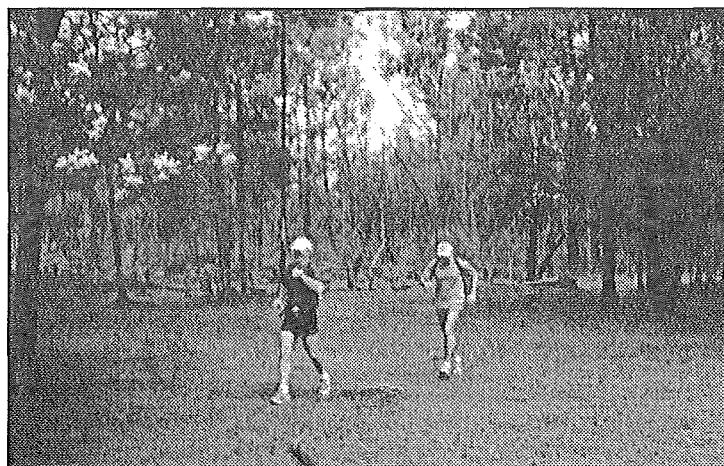
*Nicolette Rowe was a happy finisher*



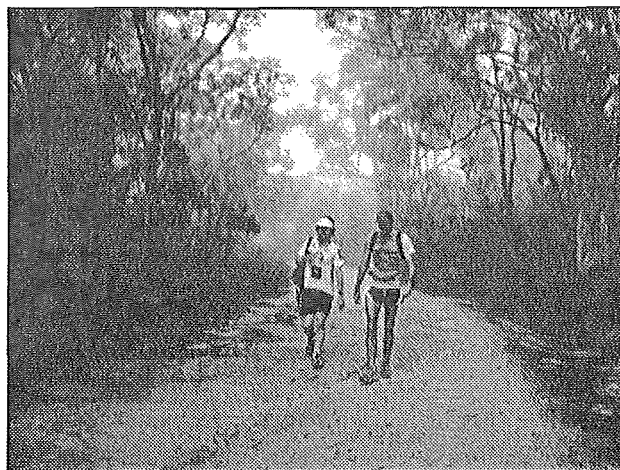
*A keen field awaits the start*



*43km winner Steve Sayers*



*Lawrence Mead & Jan Herman*



*Paul Every and Phillip Murphy*



# Glasshouse Trail Runs

## Glasshouse Mountains "Flinder's Tour" 50km

29<sup>th</sup> July 2006

1. David Waugh	3:44:46
2. Michael Page	3:54:57
3. Darren Skillicorn	3:57:59
4. Jeff Rudd	4:00:45
5. Rob Ware	4:03:29
6. Adam Barron	4:10:23
7. Mark Parsonson	4:18:35
8. Adrian Pearce	4:26:14
9. Stephen Lucas	4:32:36
10. Daryl Watts	4:37:40
11. Roger Guard	4:41:02
12. Nic Moloney	4:49:09
13. Andy Cox	5:11:49
14. Rodney Ladyman	5:17:24
15. Peter Edmiston	5:26:08
16. Richard McCormick	5:33:14
17. John Pearson	5:40:45
17. Rick Webb	5:40:45
19. Paul Ewing	5:42:36
19. Peter Davies	5:42:36
21. Geoff Williams	5:45:55
22. Tamyka Bell [f]	5:47:24
23. Penny Beeston [f] USA	5:47:26
24. Jeff Murdoch	6:10:56
25. Glenys Sylvester [f]	6:20:43
26. Joe Raftery	6:38:36
27. Kerrie Hall [f]	8:15:02

## September 3rd 2006 Results

### 100 km

1	JOHN PEARSON	M	11:56:42
2	BARB PRINCE	F	14:23:00
3	DAVID McKINNON	M	14:47:08
4	PETER DAVIES	M	15:51:04
5	PETER GARDINER	M	16:08:41
6	LINDSAY PHILLIPS	M	16:54:00
7	KERRIE HALL	F	20:40:16
8	JOHN HARRIS	M	20:41:53
	SHAUN COOPER	M	81km

### 160 km

1	DAVID WAUGH **	M	17:16:46
	race record		
2	PHILIP MURPHY	M	20:21:51
3	MARTIN SCHOT	M	20:23:45
4	ROGER GUARD	M	20:46:28
5	WAYNE GREGORY	M	21:23:51
6	NIC MOLONEY	M	21:49:35
7	ANDREW HEWAT	M	22:38:36
8	PAULEVERY	M	23:22:05
8	TIM TURNER	M	23:22:05
10	RODNEY LADYMAN	M	23:30:00
11	DARYL WATTS	M	24:18:12
12	LOUIS COMMINS	M	26:09:49

13	ADAM BARRON	M	26:28:56
14	TAMSIN BARNES	F	26:46:11
15	SEAN GREENHILL	M	27:37:56
16	WILL KALESS	M	28:07:46
17	TAMYKABELL	F	28:26:31
18	GLENN LOCKWOOD	M	29:40:18
19	BILL THOMPSON	M	29:40:27
19	IAN JAVES	M	29:40:27
	JOHN LINDSAY	M	134km
	RICHARD McCORMICK	M	128km
	BRENDAN MASON	M	128km
	COLIN MACKEY	M	102km
	ROBERT BOYCE	M	102km
	JOE RAFTERY	M	56km

### 50 km

1	ANDREW JOHNSON	M	04:36:44
2	ARNSTEIN PRYTZ	M	04:55:01
3	ANDY COX	M	04:56:56
4	STUART MAISH	M	05:36:37
5	JESSICA SAVAGE	F	07:06:01
6	HANNAH BROOM	F	07:32:07
7	SUSANNAH HARVEY	F	07:32:08



## Glasshouse 100 Sept 3rd Report by Ian Javes

Despite having over 50 mm of rain in the area which produced muddy and humid conditions, there were some excellent performances at the event. David Waugh repeated his performance of the previous year by winning the event but in doing so took over an hour off the 2005 time to set a new race record of 17:16:46. He beat NSW runner Phil Murphy comfortably with the 2004 winner, Nambour paramedic Martin Schot, in third place.

Overall 20 out of the 26 starters finished, a record percentage of finishers with ten of these under the much sought after 24 hour. The two sexagenarians, Bill Thompson and Ian Javes swapped places numerous times before deciding to share equal

19<sup>th</sup> place by linking hands as they crossed the line. Roger Guard will be 60 in a few weeks but managed to better his previous time by three hours in finishing fourth.

The two female competitors, Tamsin Barnes and Tamyka Bell, both completed the course. John Pearson from Brisbane won the 100 km event and Barbara Prince came all the way from Paraburdoo in Western Australia to be the first woman in the 100 km event.

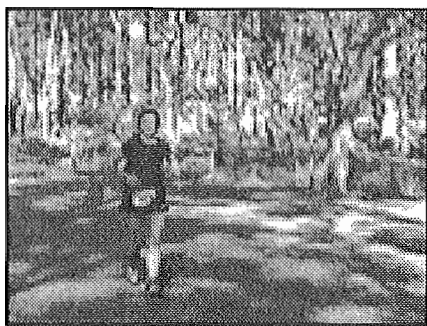


Roger Guard

*"Roger Guard will be 60 in a few weeks but managed to better his previous time by three hours in finishing fourth"*



*"Much of my run is just a blur but I will say that I was happy with my plan of starting out slowly and hoping not to slow down too much"*



*Tamsin Barnes*

## Report by Richard McCormick

I suppose when it feels like you're banging your head against a brick wall it's time to say "that's enough". Quite simply, I was not good enough on the day. I still enjoyed the run although I was some 32k short of the finish at around 22 hours into the race, but hey, there will be other days and other races.

Some fantastic performances out there on the weekend given the amount of mud we had to contend with. One memorable mud moment was the use of my hands during the powerline section as the feet just could not grip the steep slippery incline. Thank goodness for the pool of water further down the track to wash the hands in.

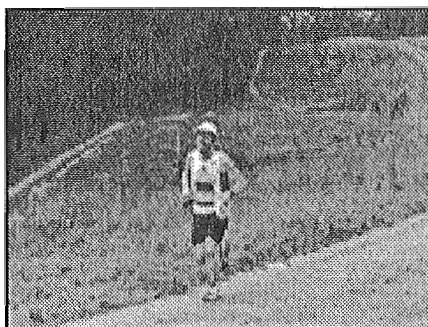
The first 80k sort of went to plan to get into cp6 before dusk and then did the Beerwah nasty bit with Glenn Lockwood in the dark and mud (not nice). I left Glenn sitting at cp5 and



*Experienced veterans Ian Javes (left) and Bill Thompson*

did not see him again until my return to cp1a (106k) which was quite a surprise but I later found out he took some wrong turns.

When I began the stretch out to cp9 (116k), having taken a wrong turn myself, I seemed to be going well but then the pace really dropped off and I found Brendan Mason (who also had taken a wrong turn to cp1a) having a nap along the trail. We shuffled into cp9 quite slowly to see Wayne Gregory and Nic Moloney on their return and deep down both of us knew that today was not going to be a good one at Glasshouse. Rob Boyce decided to call it a day here and I made my way up Wildhorse leaving Brendan to contemplate his problems.



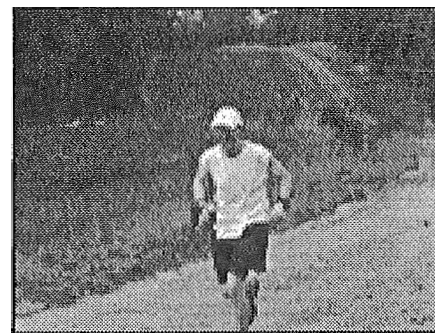
*Paul Every*

The shuffle out to cp10 dragged on and on and on. It was good to see others returning for home but I'd pretty much had it and my right knee was giving me a little trouble, so I bailed out at cp10 (128k) around 3.30am.

Well done to all those who challenged the tough course and I hope you all get back out there again. Numbers are increasing at Glasshouse and I'm not surprised as it's a great run and very well organised.

## Report by David Waugh

The Glasshouse Mountains stand to attention just inland from the stunning Sunshine Coast beaches, an hour north of Brisbane. The ancient volcanic plugs are a remarkable

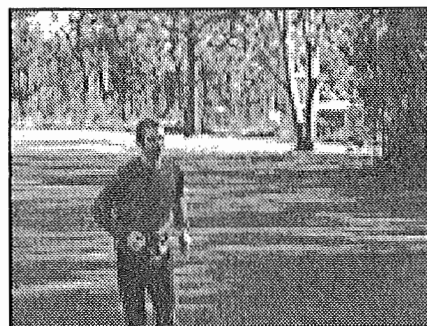


*Andrew Hewat*

geological anomaly that imparts a sense of primal energy, providing an appropriate setting for a 100 mile trail run. The only thing more surreal is the feeling of running without sleep for a day or more!

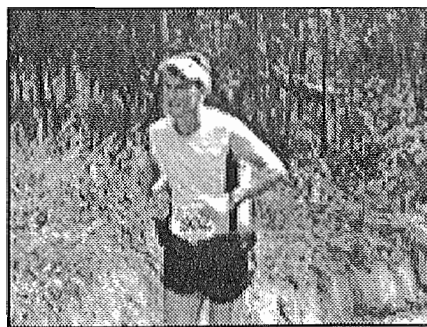
The Glasshouse Trail Series has become an icon and September's 100 mile event (along with a 100/50/30/12k option) is considered by many to be the pinnacle fixture of the trail running calendar.

Rain this year turned much of the



*Adam Barron charges to the finish*

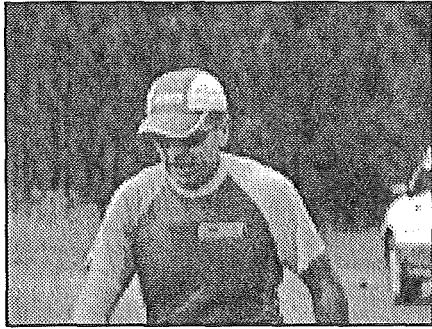
course into a mudfest, but this proved a welcome improvement over the dust bowl of just a week before. Saturday morning at 5.30 saw 34



*Richard McCormick*

*"The special camaraderie is something that stirs considerable emotion amongst the competitors. In fact, the only 'complaint' I have is that the aid stations are too well stocked with fantastic food"*

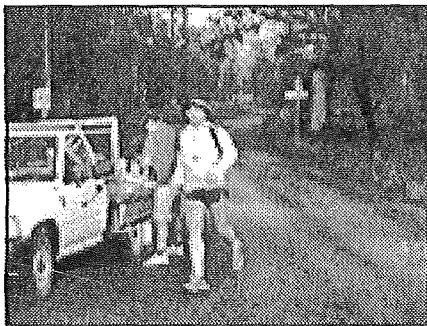
people begin their 100k and 100 mile trek with some trepidation but by mid morning, everyone had found their rhythm and were warming to the cause (the sun had decided to come out and release her fury!) The k's were clicking over with the help of wonderful support crews pumping



*Glenn Lockwood*

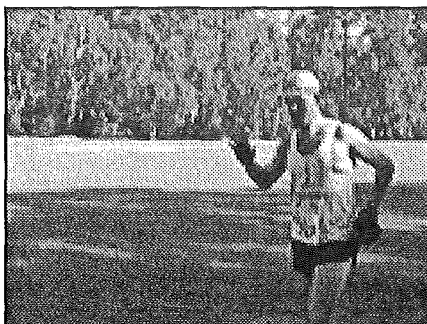
fluid and all types of food concoctions into their runners.

Performance-wise, 2006 proved a phenomenal success. Ten people



*Lindsay Phillips*

made the much sought after 24 hour mark and another ten finished before the 30 hour cut off.



*Sean Greenhill finishing*

Toowong's Tamsin Barnes, in her first 100 mile attempt, ran a controlled race and finished strongly as the female winner in 26 hours, 46 minutes. The PHD student at UQ has a background in adventure racing and orienteering and was ecstatic to finish the 100 mile; "Much of my run is just a blur but I will say that I was



*Tamyka Bell can't wipe the smile off her face*

happy with my plan of starting out slowly and hoping not to slow down too much. I still felt pretty good coming in to base, helped by the wonderful support at aid stations and the great company of other runners."

Personally I had one of those lucky races where everything fell into place. I was fortunate to experience no blisters or major stomach problems and more importantly, no wrong turns (although I would have added at least 5 k's if it weren't for a fortuitous meeting with Mike Page on his mountain bike!) I finished in 17 hours and 16 minutes - theoretically a race record, but with course changes and different



*Wayne Gregory receives his award from Bruce Cook (race director)*

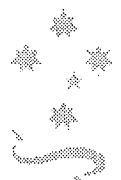
conditions each year, it hardly matters. With the right conditions, I certainly feel that 16 hours is on the cards (not from me though!)

All runners had a success story and it seems rather sad to not be able to mention them all. Certainly in no particular order, some of the stand-outs include great runs from Phil Murphy and Martin Schot to round out the placings. The irrepressible Roger Guard, who has just turned 60, managed to better his previous time by three hours to finish fourth. Wayne Gregory, Andrew Hewat and Tim Turner put in strong PB's and praise must go to Nic Moloney (6<sup>th</sup>) and Tamyka Bell (2<sup>nd</sup> female) who have incredibly bright futures in ultrarunning to look forward to. Extremely gutsy performances came from Adam Barron and Glenn Lockwood who battled fairly serious injuries to just keep going despite their pain.

John Pearson won the 100 km event in style just three weeks after the Gold Coast 24 hour track race and Barbara Prince came all the way from Paraburdoo in Western Australia to be the first woman. Amazingly she seemed to be smiling all the way!

As with any ultra, the organisers and supporters of this event deserve Orders of Australia as far as the runners are concerned! The special camaraderie is something that stirs considerable emotion amongst the competitors. In fact, the only 'complaint' I have is that the aid stations are too well stocked with fantastic food. At checkpoint 10 (after about 120k's) I was greeted by "would you like to sit down with a glass of wine and relax for a while?" I did think about it...

The Glasshouse Trails website is at: [www.glasshousetrails.com](http://www.glasshousetrails.com)



# Warrumbungles 50km Ultramarathon

Sunday 30<sup>th</sup> July 2006 - Coonabarabran, NSW

## Results

1. Kelvin Marshall	4:07:54
2. Chris Graham	4:13:40
3. John Robins	4:40:33
4. Terry Coleman	4:55:32
5. David Spencer	5:06:42
6. Brian Glover	6:08:40

## Report by Kelvin Marshall

I was fortunate enough to get a lift up to Coonabarabran with my truckie mate, David Spencer, who I'd seen the week before at the Princes Park run and had said he'd be doing the race if he could get a load to Brisbane. It was certainly a different way to get there, it almost felt strange not to be behind a steering wheel and certainly being in a vehicle that size shows just how bad the roads are.

The Pasta Party was on Saturday night and it certainly looked as though we were going to be short on numbers compared to previous years. I was given number 1 and David, as a late entry, was only number 4 in the 50K. I met up with some familiar faces, former Traralgon Harriers now living up in Woodenbong, Penny & Neil Burgess with their family and Melbourne Racewalker, Brian Glover and his wife Jackie (if I get the name wrong I apologise, my name retention is very ordinary !!). It had been a beautiful sunny day and looked like Sunday would be similar.

I'm not sure of the exact details but I think it was a field of six in both the Marathon and the 50K's. It was quite cool (me in gloves and a Coolrunning Tri Top). I ran along pretty much by myself until I hit the start of the Half Marathon at the 15K mark and then had some half marathoners to chase. At the 25K mark, we deviate from the course of the other events and went up to Siding Springs (up and up and

up !), I was interested to see the signs at the top "Quiet - Astronomers Sleeping" and really enjoyed the great views (whilst the numbers may have dropped because this was no longer a trail run, this view made up for it).

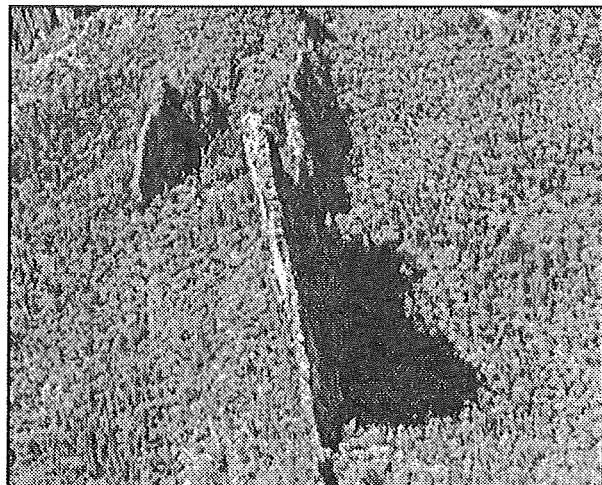
At the turnaround, I was a little surprised to see that fellow Sydney Strider (and late entry) Chris Graham was only metres behind me. That was the cue to throw myself down the downhill 5K return stretch. I saw the rest of the field coming the other way and then it was back to the main road. I was starting to feel really good and by the 40K mark I could finally feel my hands so I took the gloves off (only to drop them accidentally out the tri-top pocket at 45K's - I was moving too fast to put them in correctly !). Where would a Warrumbungles event be without a wrong turn from me? I didn't see the fellow at the Ultra turnaround (he must have been sitting in his car !) and got to the marathon turnaround and was told I should have turned a mile or so back. I thought I'd thrown away another race. Anyway, I was directed to the turnaround (fellow from the marathon turn drove there to check on what was happening) and found it was where I had gone wrong two years previously (I'd gone over a bridge and continued on instead of turning). I was still fuming and assuming Chris was in front, so I was very pleasantly surprised to find that wasn't the case when I hit the line in 4:07:54 (say 53 K's with my wrong turn). I saw second and third come in (thankfully Chris had picked up my gloves - now I can just say I'd "thrown down the gauntlet" to the other runners!)

A 1.1 km walk to the showers at the

campground was a good warm down and David had just finished in 5:06 when I was on my way back. Sure enough, a wrong turn (still don't know how I missed the sign) meant I missed the presentations but I did at least get back !!.

A barbequed rissole sandwich and slice of cake and I was ready for the bus back (a large bus for 4 people as most others had brought cars down). I don't know his name, but one Queensland runner who had pulled out of the marathon at around 20km with his shoulder popping out (apparently a recurring injury) was one of my fellow passengers.

Back to Coonabarabran for a big feed, cappuccino and bit of a rest before continuing the journey to Brisbane. Many hours and many absolute rubbish roads later, we got to Brisbane, where I had a flight back at 9:30 PM. I caught up with family and friends as well as getting some overseas travelling tips and with the flight delayed, didn't hit Melbourne until 12:05 (so I'd left in July and arrived back in August !!). The bus to Spencer Street station meant I didn't hit the city until 1am and by then I just wanted to stretch my legs (and couldn't be bothered catching a taxi) so walked home (quite a mild early morning).







# Gold Coast 48 Hour Australian Track Championships

by Martin Fryer

*I learned this, at least, by my experiment; that if one advances confidently in the direction of his dreams, and endeavours to live the life which he has imagined, he will meet with a success unexpected in common hours. - Henry David Thoreau*

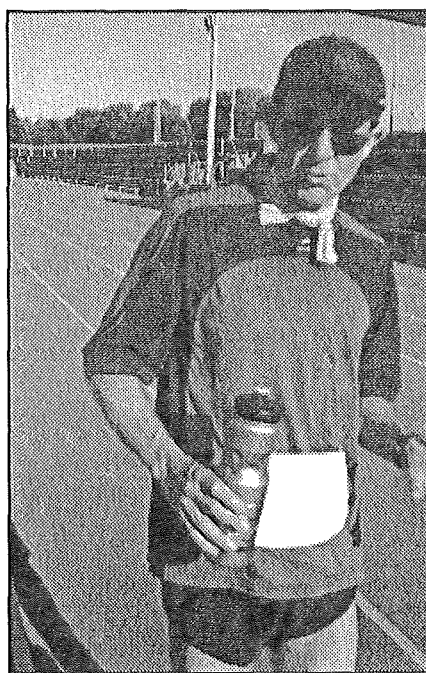
Wow, what an absolutely amazing experience that was on the weekend! My first 48 hour track event was an experience I will never forget. What really scares me is that my legs were pretty much recovered within a few days. However, my feet are still very beaten up after severe blistering and I feel like I have a stress fracture on the outside of my right foot. Mentally and emotionally I was on a high for a few days post-race but the fatigue and hormonal stress has caught up to me today, something not helped by returning to a monster in-tray at work 3 days after the event.

A race like this is a very powerful emotional experience because it knocks your mind and body flat to the floor time and time again over the space of several days without the luxury of a decent night's sleep. Somehow you have to pick yourself up, get out there again, start putting one foot in front of the other, and hope that the various aches and pains diminish as you warm up again. I had successfully managed to hold back a lot of that emotion with a pure single-mindedness during Friday, Saturday and Sunday but it all came out on Monday when my sister Justine (who crewed for me) and I were recalling the events of the last hour of the race and we both just started to bawl our eyes out like a couple of babies. These events clearly take a big toll on the crews as well.

All I can express is deep gratitude to all who were there during the 2 days- the organisers, the volunteers, the crews, the runners, and the spectators. It was like being part of an epic movie which slowly unfolded revealing new characters, new

dramas and new twists at every turn. Despite the expected competitive efforts there was a strong atmosphere of friendship and support both on and around the track. I think it shocks newcomers to see how interesting and social timed track races can actually be. Ian Cornelius' plan to spread out the various 6/12/24/48h events over the 2 days made for unexpectedly good variety and entertainment.

The first day for me went fairly much to plan. The general plan was to reach somewhere in the 190-200K zone by the end of the first day as long as the overall stress level was kept low.



Andrew Cohen

In the first 3h I was shocked to see Tony Collins and Shaun Scanlon belt out a few 10-11K hours but I decided to stick to my own pacing schedule. The track temperature started to get a bit hot for my liking during lunchtime and the afternoon (I had done most of my training at between -2 and 12 degrees in the ACT), so my conservative run/walk plan was the way to go, giving me a reasonably comfortable 6h split of just over 55K, with run lap splits still sitting around

2:14. Most of the crewing for me on Friday day time was done by my sister Justine, who did a great job of getting me through to the evening in good shape. Andrew Cohen and Ron Schwebel kindly helped out until Lisa (CR's Vegie Girl) turned up to crew for both myself and CR Davo.

The 6h race runners absolutely smoked the laps around us on the Friday night from 7pm to 1 am. That brought a new sense of energy to the track after we had been on our feet for more than 10 hours since 9am Friday. It was great to watch them fight it out with a starting pace of near 14K/h which made us 48h dudes look like a bunch of snails. Great runs by all competitors but particularly notable for me were AB's 76.457K to set an age group record, Rachel Waugh's 56K and Cool Running Davo's 44K for his debut after getting talked into it last weekend.

As usual, I felt much better when it started to cool in the early evening and by 9pm (12h) I had covered 106K with run lap splits still around 2:15-2:16. Between 6h and 12h Tony had dropped his pace off and Sean Swain (who seemed to be moving really well early on) went off track never to return. I think his Kokoda effort only a few weeks ago finally took its toll. Despite many interruptions for pee breaks (I estimated I had at least one per hour, losing at least 1.5min each time) I felt really good and belted out some great laps between 15h and 17h (midnight to 2am), where several sub 2 min laps were completed in times of high spirits under a full moon. It was all coming together, with one of my chosen music tracks playing over the PA system at that time- the Church's "Under the Milky Way":

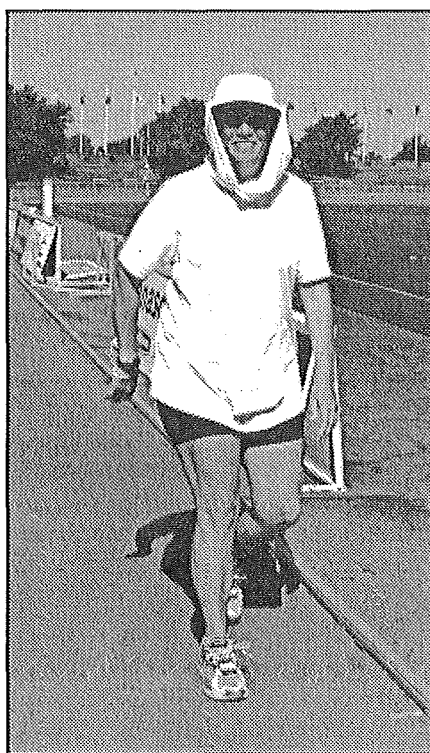
*"Sometimes when this place gets kind of empty  
Some of the breath fades with the light  
I think about this loveless fascination  
Under the milky way tonight"*



There were only a handful of competitors on the track in the wee hours as some runners had elected to rest or sleep during the graveyard shift. During the night Tony Collins had elected to get some sleep (which had me wondering whether I was doing the right thing staying on the track), so Robert Boyce and Deryck Skinner moved up into 2<sup>nd</sup> and 3<sup>rd</sup> spots. I had chats to both of these guys and they were moving well. Robert has only been running for 3 years, so to complete another 100 miles under 24h so far showed what fine potential he has for the future. Deryck is a 73 year old walker with many Australian age records to his name. He was smoothly and determinedly cranking out 7.5 to 8K/h with no signs of showing fatigue at that stage - absolutely remarkable.

I can't remember exactly but sometime before dawn I came off track as I could feel some nasty blisters brewing. After some pretty gross drainage and taping of the blisters I laid down for some minutes with my feet elevated and tried to contemplate the enormity of what lay ahead. I managed to get back onto the track but was feeling pretty stiff and ginger and I wondered whether I would end up having to walk all of the 2<sup>nd</sup> day. As sunrise approached I was feeling the effects of all of this stuff - lack of sleep, some heatstroke from the day before (I will cover up even more next time!) and blisters that hurt with every step. Lisa kindly fetched me some breakfast and before I knew it we were getting close to the 24h mark, where a new 12h race and 24h race was about to start. It was very clear from the early morning sun that this was going to be a scorcher, which started to bother me even more. There were a few delays and interruptions with the results updates at this stage and I wasn't exactly sure how far I had gone. From the last update I could remember at 22h I was on track to go tantalisingly close to 200K, but with this pretty lame walk going it didn't look good. I decided to stop feeling sorry for myself and that I had to get back into gear to have a go at the 200K in 24h (which is a qualifying mark for the Australian 24hr team for the World Champs next year). So I worked myself back into a shuffle, then a slight jog and then, with about 15 minutes to go I belted off 7 laps

in 14min10s, with 3 laps under 2 minutes. The next update of the board showed 198K for my 24h split which disappointed me but didn't make any sense. I understand now that the computer recording mechanism takes a snapshot of laps at a certain time and that the extra laps done sometimes turn up in the next hour's totals instead. The officially audited results show that I did 203.6K - so I actually had nothing to worry about. The 12 and 24h runners had now set off - to me they appeared to be moving at a good pace with Dave Waugh (24h) and Mick Francis (24h) looking particularly strong and Andrew Cohen (12h) loping along with a relaxed, fluid, high knee lift style.



*Deb De Williams*

The morning sun was getting increasingly hotter. All of the runners were going to have to take this into account today. I said farewell to Davo and Lisa (who were returning to BrisVegas) and started suffering for those fast laps I had done - my lap times from 24h through to 26h were poor, reflecting a beaten man. At about 11am Justine returned to crew for me and immediately asked me what I needed. I was in quite a state of despair and remembered answering "Direction!" - with the implication that I wasn't sure what the hell I needed to do to get out of

this miserable hole I had dug myself. I dutifully left the track, shattered, and asked for help. Justine, Diane (Paul Every's crew & partner) and Val (Mick Francis' partner and crew) placed me in a chair and worked on me like a Formula 1 pit crew. During this time they gave me food, drink, treated my blisters and gave me lots of TLC in an attempt to bring me back to life. Justine gave me some biscuits to eat while my blisters were being done but my mouth had no saliva in it and the food ended up being one mighty ball of goop. I was feeling very light headed and told the girls that my colour vision was going.....my last memory before passing out was losing colour vision, head spinning like a general anaesthetic induction and hearing Justine say "spit it out" referring to the ball of biscuit stuck in my mouth. I spat the bolus into a cup and the lights went out. Apparently I was only out for a few seconds but it seemed like an eternity and I could hear voices as I came to. I wondered where I was and what was going on. When I realised that I was in the midst of this race my heart sank, as I could not imagine going on from here - my race was done - I had gone too hard, I was stupid for not sleeping and I had recklessly burnt up energy and laps in the first day. I was now aware of seeing the other runners go by - staring at me slumped in this chair and I knew this show of weakness would brighten up at least someone's day. The girls convinced me to lie down on a mattress trackside with my legs elevated and ankle and shins iced. I rested, listening to meditative music, for a good 30 minutes or so. After a total break of about 45 minutes (lap 553 split was 46min34s) I was helped back onto my feet and gently encouraged to get back out on track. The bottoms of my feet felt like mince meat and were burning. My legs were very stiff but I had managed to relieve some tension in the glutes with a tennis ball massage. The lap splits show that I then only did another 14 laps of walking between 12:08 and 1pm before I felt nauseous in the strong heat of the day and came in once again to get some rest. I still had a lead of close to 30K over 2<sup>nd</sup> place so I had to just get more rested, as running in the heat was too sapping anyway. Once again the girls worked on me and laid me to rest, this time for a quasi-

sleep of about 45 minutes- I didn't get to sleep and my mind was spinning with mixtures of coherent and incoherent thoughts while the track loudspeakers cranked out some really bad taste songs that some of the runners had chosen to be played. After this 1h5min break I was back on track into the afternoon sun.

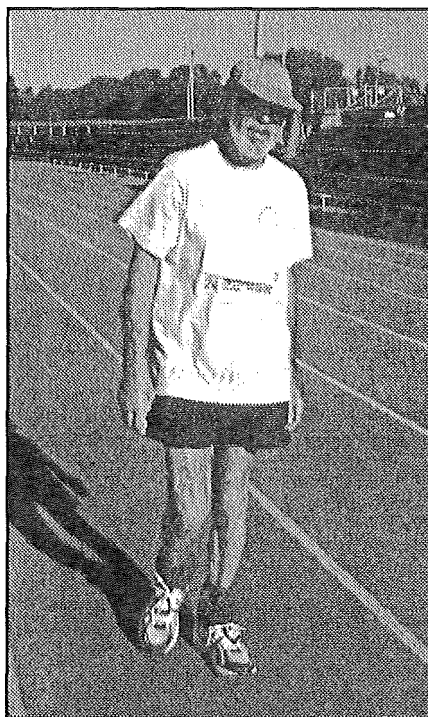
From 2 to 5pm was a testing period of purely walking - in fact, 63 laps of fairly dejected walking until the sun lost its bite getting towards 5pm. The afternoon breeze had picked up and I finally started to run again. Surprisingly, after a few shuffle laps I could occasionally do a 2min30 lap, which gave me confidence that all was not lost yet. I hit the 250K mark near sunset (around 5:30) so I now needed to reassess what was a realistic goal, given the afternoon's carnage. The heat had given my Oz team mate Mick Francis (24h) a bad case of heatstroke (he told me he was hallucinating - seeing boulders on the track) and I was disappointed to see him retire from the race after travelling all the way from WA for this race. Another Oz team mate Paul Every had also had a trying afternoon. Dave Waugh (24h) was still moving effortlessly and I was pleased to see John Pearson (CR's fat bloke) running/walking with exceptional discipline for a 24h track debut.

The various pace charts I had written up had me shooting for somewhere in the 240-260K range at 32-34h so I was pleasantly surprised that I was still on track for a decent total if I held strong. Tony Collins had been moving steadily during the afternoon and picked up quite a few laps on me. He had looked in much better shape than me, and even though I still had a big lead I was far from certain of a win, as Tony is a legendary master tactician of 48h events, a fact attested to by his multiple 48h titles, with totals consistently over 300K plus 5 Sydney to Melbourne runs to boot. Moving into the early evening I was now aware that we were actually racing but I was keen for another rest.

The issue now (around 7pm, day 2) was whether to keep moving slowly all night and not rest or get some sleep and do a better pace for the last 12 hours of the race. After a talk with Paul Every about tactics he

convinced me to take a 2h break and get some rest - my only worry was that I would never want to get up again and would seize up. At 9pm the 12h race finished with a smiling Andrew Cohen having run a creditable 106.4K. My pit crew of Juz, Val and Diane (with help from Mick) readied for my arrival and once again spoilt me rotten with giving me a washdown, more blister re-treatment, food and TLC. The alarm was set for an hour and this time I seemed to go into a deeper state of rest. The pit crew's sense of optimism was infectious- as I dozed I sometimes would wake to hear them having a good laugh, no doubt helped by the "raspberry cordial" they were enjoying.

After a 1h45min total break I was



*Deryk Skinner*

back on track (again) and completed lap 685 (274K) at 37h47min elapsed (almost 11pm) - so from here it was less than 12 hrs to go. I had changed into a long pair of Skins and the positive effect of this and the rest break was immediately noticeable. Tony Collins had also taken a rest when I did so I still had a good lead when I came back to the track. I did an initial walk lap and then tried an efficient modified shuffle. It was working well and I mixed up the laps with walking and speed shuffling in a pensioner's kind of "fartlek" session. Shuffle laps during this period had

blown out to about 2min45 but were feeling pretty effortless. But I was still aware that there was a long time to go, so held back to a level that was comfortable under the speed trap.

The session from midnight until about 3am was once again dead quiet- very few people on track, and most of those were walking. Robert Boyce was doing it hard with blisters in the 48h and Deryck Skinner the walker had gone off for a sleep. At one stage I think there may have been only 4 people total on track (out of 20 odd competitors). It was eerily quiet but the coolness was delightful, and another full moon night. One of my other music requests came on over the PA - Radiohead's *Subterranean Homesick Alien*. The lyrics seemed to fit the mood just right.....:

*"Up above  
Aliens hover  
Making home movies  
For the folks back home....."*

*I'd tell all my friends  
But they'd never believe  
They'd think that I'd finally lost it  
completely*

*I'd show them the stars  
And the meaning of life  
They'd shut me away  
But I'd be all right  
All right.."*

After 42hours had elapsed (3am) I did indeed felt like a *Subterranean Homesick Alien* but I knew that I was very close to the great 300K barrier and only had 6 hours until this beast of a thing was over. Tony, Robert and Deryck had all slowed down a lot so my focus changed from inter-competition to intra-competition- what kind of total could I build? I started doing the sums in my head and estimated (based on about 6K/h) that if I didn't do anything silly then somewhere in the 330's would be a creditable finish. The next update I saw was 303.6K for 42h, a total which pleased me and gave me a boost. Hours 42 to 46 were spent in a great state of concentration with all effort focused on momentum. Several personal landmarks were passed during this period including the course record (315K set by Tony Collins) and the 200 mile mark (about 322K) and I was starting to suspect



that maybe even 340K was possible.....

***Intermission:** at this stage of my lengthy report I will digress to describe what I have discerned as the three aspects of my personality that fight for my thoughts during long ultras - the Scientist, the Hippy and the Mongrel.*

*The Scientist is the analytical side of me. This guy loves to crunch the numbers, calculate splits, have everything organised, under control and down pat. Details and results are important. No emotion in this guy - just pure, clean sweet science. The scientist operates from the brain. He calculates the caloric intake and composition of his food and drink.*

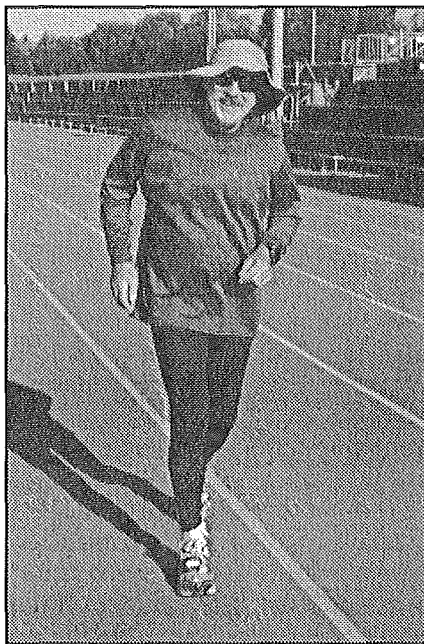
*The Hippy: this is the free-flowing, Zen-like side of me. This guy just loves the whole atmosphere of a race, feels all the emotion, takes in the global camaraderie of all the participants and just loves the joy of experiencing all the senses. Details and race results are not important, it is what you experience in the process that counts. The hippy operates from the heart. He is big on healthy, raw organic food and freshly squeezed juice.*

*The Mongrel: this is the hard-core competitive side of me. The mongrel is not human. The mongrel operates from and is driven by the evolutionary principle of survival of the fittest. The mongrel is synthesized from primordial elements which operate out of normal voluntary control. The mongrel has an overarching ability to overcome both reasoned thought and pain. The mongrel only cares about results- faster, harder, higher placings, PBs, breaking both real and imagined time barriers. The mongrel eats only char-grilled dead animal. Red wine and Coopers Best Bitter Stout are his preferred poisons.*

As dawn broke for the 2<sup>nd</sup> time in the race I was very, very tired. And I was not the only one. In the 24h event the talented David Waugh (CR Tugger) was sure to comfortably break the 200K barrier on debut but was reduced to a slow walk. Fat bloke (24h) was doing it tough as well. With such a big lead (which I had expanded out to beyond 40K) Hippy was telling me to chill and to just cruise it in for

the rest of the race- just enjoy the experience. Scientist asked the crew for a lap update and Mongrel asked the crew for a list of the all-time best Australian performances over 48h-typical!

With the news at 46h that my total was 333.6K Scientist started calculating the likely final total. I had done about 7.2K/h for the last 3 hours so he reckoned that if I kept at this rate for the last 2h it would give me 348K! Suddenly the Mongrel was awoken. He noted that not only was



*Tony Collins*

there a prospect of busting 350K, but a high all-time ranking was possible as well. So, in the carefully planned absence of caffeine ingestion for the whole race, Mongrel asked Justine to supply him with a can of "V" energy drink with 90 min to go. Whether the effect that followed was physiological or psychological is not important to me. I suddenly felt free from fatigue and started running every lap. Scientist had worked out that I probably needed to cover at least 13K in the last 90 min to make the 350- a ridiculously minor task under normal conditions but a gargantuan task after this much time on your feet. With about 80 min to go the ever empathic Paul Every had sidled up alongside me and asked me what I was up to. He was running well and I explained that I was going for the 350. We asked Diane to get a validated lap score so we knew what I had to do to make it. A few laps later she replied that I needed 27

more laps. The race was on! Paul started pacing me and we started stringing together a bunch of laps in the 2:10 to 2:20 range- it was hurting but we were on a mission. We counted every single lap and after each lap Paul would try to egg me on by saying stuff like "that's 18 laps now - only 7.2K- think of how easy one of your normal easy 7.2K runs is". At the same time a local news crew had come trackside and each lap a cameraman would run alongside us on the inside of the final bend filming our legs, our facial grimaces and even our butts! Soon enough we were down to 10 laps to go and had almost 40 min in hand. The crews were on their feet and giving us great encouragement. We were both starting to fatigue and I remember remarking that I didn't want to "chuck a Taipei" and seize up with the end in sight- so we eased off the pace a bit to the 2:20 to 2:30 zone- and as each lap went by I could feel a huge well of emotion building up inside me- we were going to make it.

350K (lap 875) was completed at 47h42min44s but Paul and I were one lap high in our count- so it wasn't until we completed the next lap that Paul and I and our crews celebrated with jumps of joy, hugs all around and an outpouring of sheer exhausted bliss everywhere. The Mongrel packed his bag- he was finally satisfied and left the Hippy and his friends to walk (stiffly) the last 18 min in the morning sun.

*Martin's Postscript (30/8/06): Unfortunately, I found out after the event that a computer processing fault on the Friday night had ended up giving me 14 laps more than I had actually done. This had the effect of reducing my apparent total of 351.716K to an actual total of 346.116K, thus missing the 350K after all. It also had the effect of reducing my 24h split to 198K instead of 203.6K. This was very disappointing but did not detract from the fact that I had finished strongly and determinedly by completing 46 laps in the last 2 hours. I'll just have to come back and do more next time.*

Special thanks to Ian Cornelius and Chrissy for organising a top class event. I'm sure a huge amount of work went on not just during the event but also well before and after.

Any of my requests for help (including a Stanley knife to cut the toes out of my shoes on day 2) were attended to in a friendly and efficient manner. The food supplied each 6h this year was plentiful and tasty and was much better than I remember from my 2004 event.

Thanks also to all of the volunteers that helped out with the race- Kerrie Hall, AB, Nic and Rob and many others I do not know by name. Kerrie stayed up for the whole 2 days and tended to many duties, including manning the 2 hour turnaround point for most of the race. I always looked forward to that turnaround - it was a new beginning and a new direction (woo-hoo!) and Kerrie always tried to elicit a smile from me, no matter how grim my facial expression and demeanour was. It was also a real boost to have the 6h race boys stay at the track for the duration of the 48h and inject their energy and enthusiasm into their help.

A run like this is impossible without mental strength, physical strength, tactics, logistics and most of all a good crew. During the race I had the help and support of an amazing series of both core and intermittent crew members including my sister Justine, Val, Diane, Mick, Andrew C, Ron S, Vegie Girl and Davo. It was a special moment to share with my sister Justine, who I normally hardly see as I live in the ACT and she and her family live on the Sunshine Coast. Juz, Val and Diane were the most amazing pit crew any runner could ever have - the love, comfort and direction that they provided were a power stronger than anything I have ever felt before in an arduous event- I am greatly humbled.

And lastly, but no by means least, I thank my wife, Lynn, and my son, Luke, for their love, patience and support in allowing me to train for and achieve this indulgent dream.

There were so many great performances over the weekend I can't list them all here now- but the main highlights to me were pretty similar to those chosen by Ian Cornelius - Dave Waugh's brilliant 214K 24h debut, John Pearson's intelligent and gutsy debut 24h run, Robert Boyce's excellent 48h debut, AB's cracker 6h record, Deryck

Skinner's awesome 259K walk in the 48h at age 73. It was also an honour and a privilege to share the 48h race with other competitors including the legendary Tony Collins, Deborah de William (trans-Australia and trans-World walker), big Dave Billett, Kupa Hokianga from Japan, the amazing Stan Miskin (81 years old and still cranking them out!), Shaun Scanlon, Alan Staples, Sean Swain, Bruce Webber, and John Timms (who I seem to remember was at one stage running like a man possessed wearing a surgical mask in the middle of the night - or was that just a dream?).

## Report by David Waugh

Why? Won't you get dizzy? What will you think of? On the face of it, running around a track for 24 hours seems exceptionally absurd (we won't even mention the 48 here!) and I know the topic has been discussed ad nausea amongst runners and non-runners alike. Track ultra's are an easy target - trail runners (myself included) scoff at the notion and let's be honest, the event is unlikely to appear on prime-time TV anytime this century (although many would argue it would make sexier reality TV than Big Brother). Despite this, the 24 hour track event is held in high esteem worldwide and there is a proud heritage in Australia, recently rekindled by the top performances of Martin Fryer and Mick Francis at this year's World Championships. So what's the allure?

Food. Well that's one reason. Chrissie Cornelius and her band of helpers know how to put on a good spread! But of course we're not simply on a culinary tour - there's undoubtedly an obsession with knowing how far one can run in a day. Apparently all this day running thing started in the 15th or 16th Century when some Persians used to run from Constantinople (Istanbul) to Adrianople (Edirne), a distance of approx. 200 kms. Since then, we've been pushing the limits and we may already know what that ultimate limit is... after his world record in Adelaide a decade ago, Yiannis Kouros boasted that his world mark would last for centuries. At 303.5 k's, you can forgive his supreme confidence!

Back to reality. A relentless sun and

higher than average 'winter' temperatures made Saturday an energy sapping affair. Experienced track runner Mick Francis found the conditions too much and was forced out of the event prematurely with heatstroke. Up and coming ultrarunner, Xavier Bent also had his day cut short at the 15 hour mark after a strong first half performance. It looked like ultra legend Paul Every would be added to the casualty list but he courageously ran through his difficulties and finished the last few hours in a flurry.

In any 24 hour event there are so many great stories and fantastic efforts. Top trail runner John Pearson hung on for his first 24 hours to take second place, Geoff Last smiled all day and looked fresh all the way through, clocking up over 174 km's. Lindsay Phillips and Ron Schwebel ran strongly as did Tina Fiegel who ran a very disciplined race finishing well as first women with a total of 105.470

From a personal perspective, I have been humbled by my first track experience. My last three hours were spent on a "death march" trying to cope with (what I later learned to be) a tear of the hip flexor. Next time I will respect the hard surface by spending more training time off the trails! That said, coping with injuries is part of any ultra and it was a buzz to experience something that only a year ago I vowed never to do! I would like to say a huge thank you to my family, Rob Ware, Mike Page, Adam Barron and Nic Moloney who all helped me bumble on. In fact, we all owe everyone a big thank you because the support from all teams was simply sensational. The atmosphere created by the supporters was electric - something that needs to be experienced.

The Sports Super Centre at Runaway Bay is one heck of a venue - excellent facilities; perfect for athletes and supporters alike. Of course you'd expect this when the designer is none other than Ron Clarke. And what a buzz at the presentations to have the great man as a guest! Congratulations to Ian Cornelius for hosting a wonderful event and I look forward to another attempt in 2007.



# FINAL RESULTS 48 HOURS (ALSO AUSTRALIAN CHAMPIONSHIPS)

	Name		Age	12hr	24hr	48hr	100km	100ml	200km	250km	300km
1	Martin Fryer	ACT	44	106.0	198.0	346.116	11:14	19:22	24:21	33:23	42:11
2	Tony Collins	NSW	59	91.2	161.2	270.561	14:49	23:58	30:53	40:58	
3	Deryck Skinner W (r)	SA	73	86.0	162.8	257.877	14:03	23:43	35:32	46:39	
4	Robert Boyce	Vic	44	93.2	160.8	239.200	12:54	24:03	37:28		
5	Alan Staples	NSW	57	82.0	123.6	229.615	14:54	31:52	43:25		
6	David Billett W	SA	35	70.0	114.0	227.515	17:22	34:41	43:47		
7	Kupa Hokianga	JAP	45	81.2	129.2	219.324	17:57	31:40	45:34		
8	John Timms	Vic	63	78.8	113.6	188.953	16:24	40:38			
9	Deborah de Williams F	Tas	36	76.4	109.6	181.915	21:47	37:56			
10	Stan Miskln W	Vic	81	63.2	88.0	149.672	28:22				
R	Bruce Webber	Qld	44	74.8	139.6	140.400	16:02				
R	Sean Swain	Qld	39	98.8		109.600	12:11				
R	Shaun Scanlon	NSW	61	66.4		84.000					

## FINAL RESULTS - 24 HOURS

	Name		Age	6 hr	12 hr	24 hr	100 km	100m	200km		
1	David Waugh (r)	Qld	34	67.2	124.0	214.052	9:20	16:05	21:02		
2	John Pearson	Qld	33	54.4	100.8	184.971	11:51	19:32			
3	Geoff Last	Qld	55	54.0	97.2	174.663	12:27	22:25			
4	Paul Every	NSW	42	56.8	93.2	151.753					
5	Lindsay Phillips	Qld	40	50.8	90.0	132.119	14:11				
6	Ron Schwebel	NSW	54	53.6	92.8	117.566	13:59				
7	Tina Fiegel F	NSW	57	37.6	61.2	105.470	22:41				
R	Zavler Bent	Qld	27	60.4	107.2	121.600	10:59				
R	Mick Francis	WA	47	64.8		82.400					

## FINAL RESULTS - 12 HOURS

	Name		Age	6 hr	12 hr	50 km	100 km		
1	Andrew Cohen	WA	48		59.2	106.402	4:50	11:10	
R	Gerry Riley	NSW	75		30.0				

## FINAL RESULTS - 6 HOURS

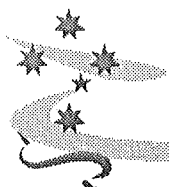
	Name		Age	6 hr	50 km		
1	Adam Barron (r)	Qld	31		76.457	3:47	
2	Robert Ware	Qld	33		72.616	3:57	
3	Nic Moloney	Qld	28		67.936	4:19	
4	Rachel Waugh F	Qld	32		56.000	5:12	
5	Kerry Preston	Qld	53		54.153	5:35	
6	Phil Lear	Qld	62		49.900		
7	Dave Brelsford	Qld	63		44.400		

### NOTES

R = retired W = walker F = female (r) = record (subject to ratification)

AURA 100 Club performances (100 miles in 24 hrs) .... Martin Fryer (48), Tony Collins (48), Deryck Skinner (48), Robert Boyce (48), David Waugh (24), John Pearson (24) & Geoff Last (24)

AURA 200 Club performances (200 km in 24 hrs) .... Martin Fryer (48), David Waugh (24)



# 12 Foot Track 90km Fat Ass Run

Blue Mountains NSW - 12<sup>th</sup> August 2006

#	Name	6 Foot	12 Foot
1	Phil Murphy	5:06	11:12
2	Tim Turner	5:12	12:00
3	Andrew Hewat	5:21	12:23
4	Lawrence Mead	6:06	12:58
5	Wayne Gregory	5:36	13:51
6	Glenn Lockwood	6:07	16:37
7	Jan Herrman		17:00
8	Ken Smith	6:59	17:43
9	Louis Commins	6:55	18:30

Phil Murphy then finished the City Surf on Sunday 13<sup>th</sup> August in 68mins, Blue Dog in 66mins and Louis finished in 81:43.

- Sean Greenhill - 38km from Start to Deviation
- Kevin Tiller - 23km from Start to River and return to Megalong
- Kieron Thompson - 22km from Start to Pinnacle Hill and return
- Ross Yates - 15km from Megalong to River and return

## Report by Phil Murphy

In the days leading up to this years race I debated whether to run hard with the Glasshouse 100 miler just 3 weeks later. I decided to stick to my original plan of going hard, after I weighed up both races. 12FT is a very special run to me and I figured I would be in with a fair chance of beating last years time of 11.26. When your fitness is good, why not give it a bash I figured.

Saturday morning was beautiful, what we've kind of come to expect at the start. It was crystal clear and cold but not as cold as last year. Ross and Jill were there preparing their annual brekkie for us, which is always very welcome. It was good to see Blue Dog and Horrie take up the challenge this year too, along with 12FT legend Kieron Thompson making an appearance. And so with only 9 starters for the full trip and three others taking up shorter versions, it's

amazing we struggle to get much more than about a dozen runners each year?

We enjoyed some banter along with our hot coffee and jam crumpets and after a delayed start waiting for Sean and Mel to turn up we made our way to the Explorers Tree for the customary start photo. I looked at the tree and imagined how I'd feel arriving back there later in the day.

### Start to Cox River

We were off at 7.20am making our way to Nellies Glen. Tim, Andrew and myself lead the pack out, gingerly trotting down the steps. When we arrived at the bottom I looked behind to see Blue Dog had joined us leaving the others in his wake. As we strode through Megalong valley, I couldn't help but feel a sense of relief we were finally on our way. I started to enjoy the morning air and shared a laugh with my fellow team Mellum. We arrived at Megalong Rd bang on 45mins (same split as last year) and quickly grabbed our camelbaks and drop bags from Sarge's car (thanks mate) We bid Ross and Jill farewell and then stuffed our drops in the tree hollow for later. As we made our way to Pinnacle Hill there was a light covering of frost on the ground, very nice. I started to pull away from the others here as we climbed the hill. I was hoping for a similar split to the Cox as last year, around 1.28. I felt great as you do early on and was setting a good pace along the singletrack that skirts the river. I crossed a low flowing river in 1.25, a bit faster than I wanted.

### Cox River to Pluviometer

Ran straight to the tank and filled my pack, and made my way to the Mini Mini climb while munching on vegemite saladas. The climb went well, I felt strong. I passed Ken Smith who had left earlier and was walking strongly. I gathered a bit more pace

on the descent to Alum Creek and on to Little River, one of my favourite parts of the course where I managed to stay dry at the crossings. Climbing Pluvi I recalled how I always find this climb easier than the Mini Mini climb, probably because your well and truly warmed up for it. Chonky appeared coming down Pluvi on his bike a short while later, it was 2.30 into the run.

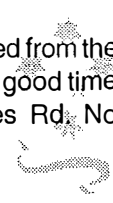
A group of bikers came flying up the hill churning up a monstrous cloud of dust, I wasn't very happy sucking that in, which seems to be part and parcel of 12FT now I guess.

The trail started to break up and was very dry as I approached the top and I was glad I had decided to wear my Trabucos with their more assured footing an grip. 2.57 at Pluvi, no mountain bikers here this year, they were well and truly on their way to Caves after leaving a good 10 minutes before us. So I was now 3 minutes up on last years split and still feeling ok but what lies ahead is the dreaded Black Range.

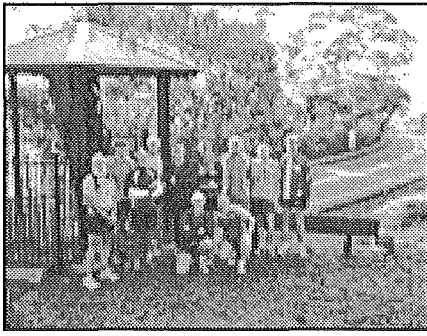
### Pluviometer to Jenolan Caves House

I ran some and I walked some. I went through a big low about half way to Deviation where I was feeling the early pace. I knew Mel would be at Deviation in another 3-4 km and this buoyed my spirits somewhat. I had a can of creamed rice and some powerade waiting for me. I eventually arrived there in 3.56, (same as last year) so I had lost 3 minutes along the Black Range. Mel helped fill my pack as I downed the rice and powerade. I had no idea how far behind the others were and decided to get moving as soon as I could. Mel mentioned to me as I left, that if I was quick enough she might still be there on my way back. I thought she was joking.

Feeling somewhat recovered from the Black Range blues I made good time to the climb before Caves Rd. No







*The starting field*

snow this year but still quite cool. I had been playing with my thermal long sleeve top all day, considered taking it off on the warm climbs only to feel a chill again on the flats. I decided it was working well just adjusting the ventilation on my CR top, with its near full length zip.

I crossed Caves Rd in 4.24 still two minutes behinds last years split. Such a difference running 12FT to the official 6FT race in March, where this crossing is full of supporters cheering the runners on. There were a few bikers there who gave me a strange look.

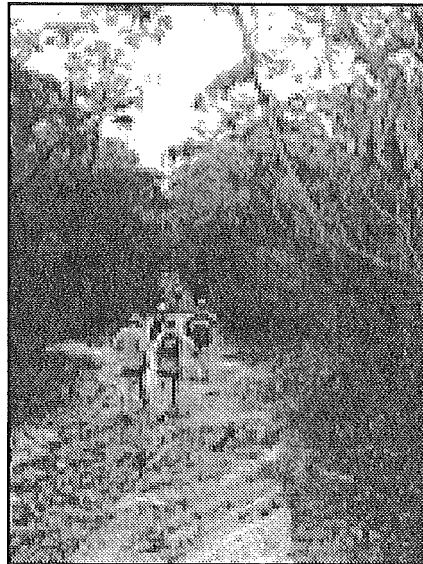
I quite like the run along Caves Rd with its gentle undulations and was looking forward to the Mt George firetrail (sick I know) which signalled the descent to the Caves House. I backed off a little on the run down, as I did last year attempting to save some energy for the return trip. I hit the bitumen in 5.06, exactly one minute behind last years split.

I made for the restaurant and luckily there was only one other person getting served at the hot food bar. I had enough water in the camelback to get me back to Deviation so just bought a can of coke to go with the hot spuds for the climb back out. 4 mins later I was out of there happily munching away. One couple asked me where I had run from. When I told them Katoomba and that I was heading back there they shook their heads in disbelief (as I too have done in the past, mind you).

#### **Jenolan Caves House to Deviation**

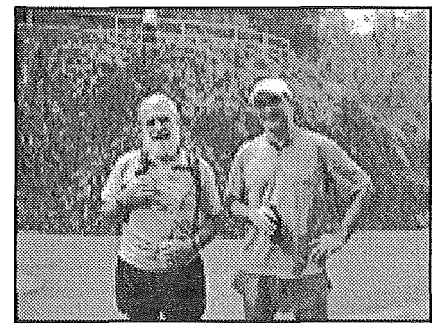
A short time later I saw Tim hurtling down to the caves. He was looking strong and determined. I mentioned to him that the chips were good. He was about 10 minutes behind me I figured. I thought I better get a wriggle

on. Trouble was there is no "wriggling on" on that bloody climb. It's head down and slog away. I came across Andrew shortly thereafter and he mentioned that Tim was hot on my trail and determined to catch me. I was so proud of my fellow "mellumites" in the top three and running very well. I found the climb to be less arduous this year however and did make good progress to the top. Blue Dog came blazing down the fire trail next and we exchanged highfives as we passed. I was expecting Horrie next and was surprised instead to see Lawrence. I broke into a run again once at the top and then passed Horrie who looked very focussed. Ken and Jan then Louis passed by in succession all looking determined. I knew that was the last of the runners in that direction and thought it would be a lonely trip to the finish.



*Off they go down Nellie's Glen*

My split last year back to Caves Rd was 6.19, so when I arrived there in 6.14 I was delighted. I knew the biggest climb for a while was now behind me and I could concentrate on cruising to Deviation. On one of the downhills I landed full foot in a hole up to my ankle in wet mud. I misjudged my line whilst passing alongside a puddle and sunk, all good fun I smiled to myself. I walked the next incline and then got back into a trot back the way to Deviation arriving in 6.37, five minutes up on last year. Mel was indeed still there along with Sean (who pulled up with some cramp issues), Chonky and Tanya.



*Half way at Caves House*

I retrieved my drop bag along with headlamp from Tanya's boot and stashed a bottle of coke in the back pocket of my CR top. I devoured another can of creamed rice and quickly grabbed some more S&V chips while Mel refilled my pack. These guys make a hell of a difference to your finish time, having support at Deviation is a big advantage on this course. I spoke briefly with Sean and the others before bidding them farewell and continuing.

#### **Deviation to Cox River**

I was now feeling very good, confident I could maintain this pace and give my time from last year a good nudge. I love the run back along the Black Range, with the inevitable plunge down Pluvi where there is a lot gravity fed downhill running to be had. If your legs are still up to it at this stage and the quads aren't completely smashed you can make good time along here. This is what I fully intended on doing. I figured if I was going to win today I would need to run hard here and on to the river. I did run hard but still had to walk a little to the top of Pluvi disturbing a few roos along the way and splitting there in 7.35.

The first section down Pluvi as I mentioned before is quite rocky and broken up, so I was carefully picking my line going down. Once past the crappiness I opened up and ran as hard as I could to Little River and on to Alum Creek. The crossing was fine again except for some stingers in the bush cutting my legs up as I tried to take a short cut across the first crossing. The water felt good here and I was tempted to stop for a while and just sit there. The flat section along the creek is great underfoot, soft and moist, a nice relief for aching muscles after running fast down a dry, hard packed fire trail. Once at Alum Creek

I prepared myself for the climb. I ate a muesli bar and downed a gu in readiness. There is a great opportunity to assess where you are here, in terms of position. Looking back from the top of the climb you can see trail going off in the distance back a long way. I couldn't see anyone and figured I was still moving along fairly quickly. There were no cows on the trail at Alum Creek this year so no bovine adventures to speak of.

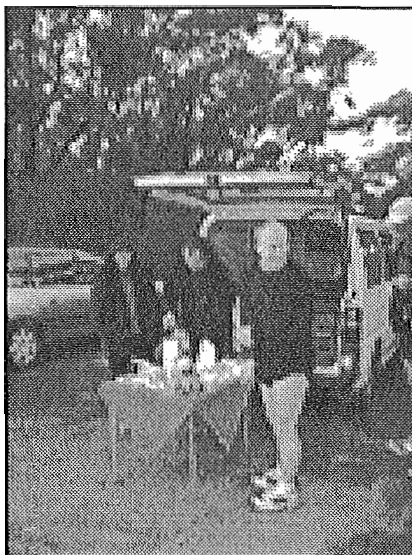
Climbing back up Mini was tough as I was trying to keep a fast walk happening as I even jogged some of the gentler inclines. I passed the winding section around the cattle yards and recalled how a runner in the 6FT had taken the "short cut" on his way down the hill in March. The body was holding up well with no pronounced aches or pains just a general all over fatigue. I guess the one thing I could say was hurting more than anything else was my gut muscle from bashing it downhill.

Reaching the top of Mini is a nice feeling; it's downhill now to the river. The trail is deeply rutted in places and you must choose your path very carefully if you're going full pelt. I flew down to the river; the views back to the Katoomba and Kedumba Wall escarpments again truly wonderful at this time of the day. Once at the river I made for the tank and refilled my pack quickly, stepped across the river via the rocks quite easily and started the climb out. My split was 8.40, which put me back at 5 minutes ahead of last year's split. Great, now just maintain some running to Megalong and beyond.

### **Cox River to Explorers Tree**

I found the climb up along the river a lot easier this year and ran heaps more of it than last. I munched away on a muesli bar as I did the maths on where I might be able to get to before dark. My goal was to see if I could reach Nellies Glen before dark, this would require getting to Megalong Rd in 9.50 or so.

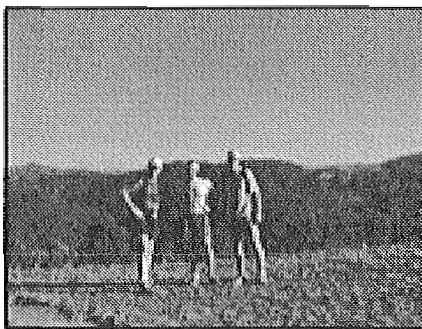
I passed through the few locked gates along the single track and headed for Pinnacle Hill enjoying the late afternoon. There were some horses along trail a short while later happily



*The overworked but irrepressible  
Kevin Tiller*

munching away on some grass. I trotted past unnoticed.

I was now looking forward to the coke I had stashed earlier in the day in the tree hollow at Megalong Rd and couldn't wait to get it into me. One last incline, a gentle down and Megalong Rd appeared, I could see the tree in the distance. Split was 9.51, perfect. The coke went down well, albeit I burped my way for the next few kms, at least my stomach was still working. So now it was just a matter of head down and keep running



*Worth it for the views*

to see how far I could get without the assistance of a headlamp. I must admit to going places (mentally) I have never been before along this section. I was tired, my legs were now screaming for me to ease up, but I decided to push the envelope and see what would happen. At worst I would slow to a walk and then just have the climb up Nellies. I was thrilled to run all the way to the foot of the climb before turning my light on and had

made good time on last year through his section.

Nellies climb was woeful; I was on hands and knees begging for it to end. I turned off my lamp and looked around at one stage to see if I could pick up any of the guys' headlights in the distance. Nothing, but pitch black, I could barely see 3 feet in front of me. The steps were wet and endless. I looked up after every 4 or 5 praying for the end, such time suckers those steps. I finally saw the fence at the top and felt relieved. Now only the short run to the finish. I switched my headlamp to full bore as I neared the bitumen of Nellies Rd. Another hundred metres or so and then I hear a clap and cheer. Tanya and Marie were there waiting for Tim to come in. It was a nice touch as it's normally the loneliest place in the world at that time.

I ran past them and headed for the Explorers Tree and the official finish line. Hit the stopwatch with 11.12, grabbed the railing, touched the tree and took a moment to reflect. I had done it, beaten last year's time by 14 minutes with a very encouraging run, especially the back half. Splits both ways were 5.06 and 6.06.

I caught up with Tanya and Marie before changing into some warm clothes and heading off home. Later I reflected on what I could do to improve this time. It will be damn hard as I don't see where I can make 12 more minutes up in order to go sub 11. This made me think about the only two 12FT legends that have managed to do just that, Jonathon Worswick and Kieron Thompson, total respect guys.

Hmmm.... to join that club would be very nice indeed, 12 FT in daylight does sound appealing.

Some very fine runs and some very gutsy runs were had on the day and I was pleased to see all those who intended on doing the full distance had finished.

Thanks again to those who came out to lend a hand on the day, truly appreciated guys.





# Bellarine Rail Trail 68km

## Out and back Fat Ass Run

20<sup>th</sup> August 2006 - Geelong, Victoria

### Results

1. Martin Lama	5:56	(2:52 at 34km)
2. Daniel Cole	6:59	(3:05 at 34km)
3. Steve Bentley	7:18	(3:11 at 34km)
4. Peter Gray	2:14	(5:16 at 34km)
DNF Magnus Michelsson	2:19	at 34km (stopped 51km)

### Report by Martin Lama

During the most impressionable stage of my childhood, Cliff Young amongst others were racing the Westfield Ultra. They were examples of what running could be. Growing pains and shin splints in my late teenage years though meant the daily runs became a thing of the past...

Fast forward another 10 years in the Wilderness (literally as I focussed on my rock climbing, using a few easy runs a week for general fitness and weight management). I am forced to retire from competitive climbing due to reoccurring bouts of chronic elbow tendonitis. Triathlon then fills the void.

As the distances I race starts to increase (racing IM twice), thoughts of Ultra marathons reappear. During the lead up to the first BRT, injuries put a stop to any chance of starting. Last year was again the same for the Walhalla Ultra and the Palermo Super marathon, and the BRT clashed with the World Duathlon Championships I had already qualified for.

Come 2006, once again niggles and injuries looked like putting an end to running the BRT. Weekly average running for the previous two months was less than 30km a week, my longest run of 25km only last Monday! But I convince myself (somewhat foolishly) that if I run slower than my usual runs, and by breaking it down into segments of 6.8 10km runs made it not sound so bad! And if things really don't work out on the day, the option for the bus home from 34 km was always there...

The drive down is uneventful, as surprisingly was the run! Forcing myself to run a lot slower than usual was difficult, but I sat behind a few runners and went through the 10 km point in 51:36, a touch slower than the 5 min/km's I was planning on. 20 km

passes by in another 52:24 including refilling my camelback. The whole time the arches of my feet grumble; quads tighten, but the views in the last 7km of Queenscliff are a welcome sight and draw me on. The gradual downhill and as yet unnoticed tailwind has me through the next 10 km in 48:44. A quick check-in at Queenscliff (how nice the thick grass looked at the turnaround - must... fight... urge... to... lie... down) a refill of the camelback again and I was off in under 3 minutes before I came to my senses and stopped!

Whether it was the fact I was on the return leg, or that I was now focussed on the annoying headwind. My arches were now just numb and not hurting like before; my quads were still sore but no worse than in the last few km to the turnaround.

The gradual uphill and wind makes the going tough and slower. The week before this run, I downloaded an article about trailrunning, which mentions walking the uphills. So I do this up the steepest section between 43 and 48kms. But I find that it still hurts nearly as much to walk and is only delaying the inevitable and the chance to finally stop. So I continue on with the shuffling...

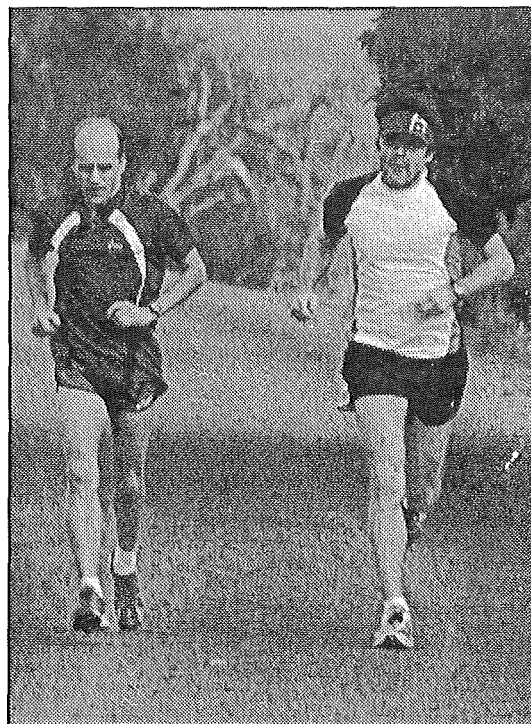
I make Drysdale station after being on the go for 4:25:26. I had prior to the day decided this could be a place to pull out whilst still resulting in a worthwhile outcome, given that I had by now already run

further than a marathon which was my goal for the day. But that still meant having to somehow get back to Geelong; my legs were really no worse than 17km ago and after all it was downhill with over ¾ distance completed... So I decide to finish what I started.

I pass the 10km to go mark with a time check of 5:02:24. Only a short jog I tell myself - easy! The gradual downhill was a godsend, but all too soon it was back to the exposed straight stretch from Leopold. I stop looking up, as the track is easily visible way up ahead and seems to get no closer! Finally the track starts to climb up to the Showgrounds and sub 6 hours still looks achievable, so I am able to pick up the pace just a little and finish where we all started this morning, just 5:56:05 later!

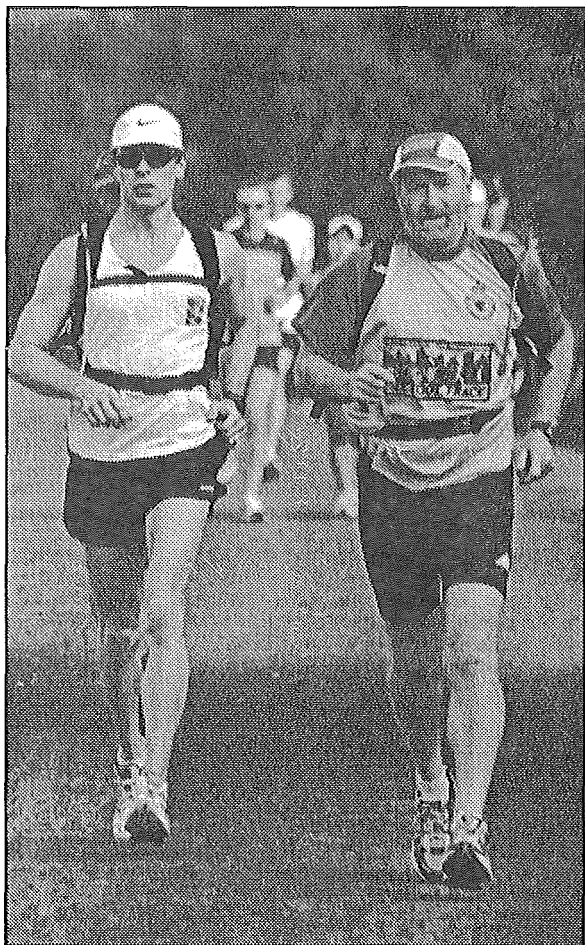
I phone my wife and tell her all is fine, enjoy a couple of celebratory cans of creamed rice, have a wash down under a tap in the toilet block and try and settle my now very upset stomach.

I then sit back in the car waiting for the next runner. Not soon after I have





*"the trip onwards to Drysdale was nothing short of breathtaking, probably in more than one way for many of us!"*



there were drink stations every 8kms and at times an Anaesthetist on a bike beside you, ready to jump on your chest and shove a breathing tube down your throat if you laboured too hard! Never-the-less, 75% of "no fees, no awards, no aid and certainly no wimps" is still a pass - so we'll continue to call it a Fat Ass for now.

What a great day and a tremendous turn out for the 3rd Bellarine Rail Trail Fat Ass run on Sunday August 20. 88 runners in total took part with 4 completing the 68kms (Geelong to Queenscliff & return), 75 the 34kms (Geelong to Queenscliff), and 9 opted to run alternate distances. It was great to see so many runners come from all over Victoria to enjoy the spectacular scenery that the rail trail has to offer. It was also great

to see the run continue to grow from the 58 runners we had in 2005.

With clear blue skies, perfect temperature and a mild to moderate tail wind on the way to Queenscliff, it seemed that we were in for smooth sailing. But not quite. The mixing of like-minded runners commenced sooner than expected when it was discovered that the female toilets at the Geelong Showgrounds were locked.

We were again privileged for the 3rd year in a row, to begin the run with a pep talk from marathon champion Lee Troop. In true Fat Ass style, he hauled himself out of bed to the start, having been up half the night tending to his restless daughter. But as with the rest of us, he achieved only a 75% Fat Ass pass rate being aptly aided by a triple shot espresso at the pre-run briefing - much to the envy of all of those on the start line! Troopy subsequently joined us further up the trail with a lousy

excuse for not running 34kms relating to some national cross country championship the week later! Good luck in Hobart next week Troopy and ditto to Kristen Wyatt who also started further up the trail for the same reason.

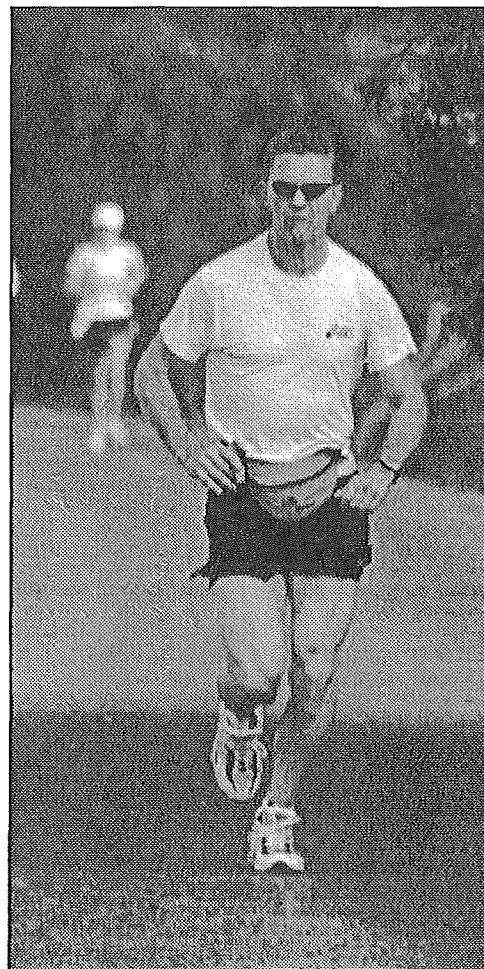
2006 saw the field spread out more rapidly than in previous years, thanks to the presence of Magnus Michelsson who seemed determined to complete 68kms before most of us had finished 34. Or it may have been that he was keen to chase after Peter Gray who had started his 68km journey at 6am - but I'm not sure that Magnus knew about that! Last year Peter had been one of the most thoroughly prepared runners present having hidden a whole heap of supplies in the drainage system of the rail trail. At about the 8km mark, I decided he must have taken up a coaching role in the past 12 months when I turned to see two more runners stop at a small PVC pipe running under the path and delicately extract a couple of Gatorades from its bowels.

finally gotten comfortable I hear the sound of shoes shuffling on the gravel - it's awiseman! I go over and chat a bit and offer him a lift back. I couldn't imagine after running all that way, to be forced to take the train back to Melbourne. So it was my pleasure to give you a lift Daniel - your company made the drive back go far quicker than would have otherwise!

For many 42.2 km is the pinnacle of running, for me it has always been the gateway to something greater. BRT 2006 was my day of reckoning, so a huge thank you must go to Brett and all the kind volunteers who made the day all it was and allow me to take my first foray into the world of Ultras!

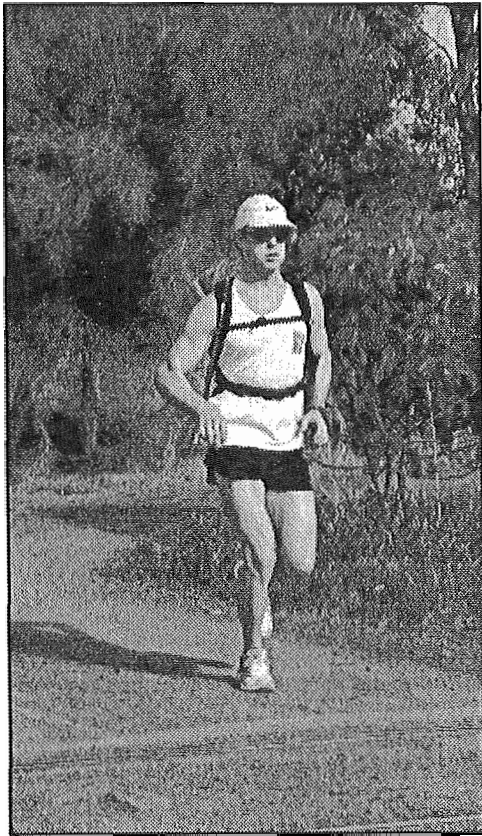
**Report by Race Director, Brett Coleman**

I am not a Fat Ass historian, but I'm not sure that too many Fat Ass events have had council approval, public liability insurance, marshals, road signs or medical cover! Having said that, many would argue that this was not a Fat Ass run at all given that





*"Peter remains the only runner to have finished the 68km run in all 3 years that it has been held"*



*Martin Lama - winner*

As we rolled into Drysdale, the groups began to spread out, aided by the small queue at the single toilet by the train station. However, the trip onwards to Drysdale was nothing short of breathtaking, probably in more than one way for many of us! Magnus was the first to see the steam train at Queenscliff station, although his 68km plans were looking shaky with a notable limp on an ankle that had been giving him grief for many months. Soon to follow were many more runners, ecstatic to see Queenscliff station and some soft grass on which to lie down in the sun.

Alas, Queenscliff was only halfway for some. Magnus headed back towards Geelong with mixed plans after a 10 minute stop. Next to follow was Martin Lama, full of determination in one leg but trepidation in the other, fully aware that 30kms per week for the past 2 months wasn't ideal training for his first ultra! Not far behind was Danny Cole, having run the first 34kms in 3:04, his goal of sub-7hrs for the 68km was looking either very good, or very bad - had he expended too much early energy and would the head-wind run home

take it's toll? Also starting the return trip just behind Danny was Steve Bentley. Steve had to pull the pin at 51kms last year but was determined that he'd see the Geelong Showgrounds this year on foot. Last to start the return journey was Peter Gray. He would have had a small start on some of the others had he not chosen to down a couple of Queenscliff's best pies before heading back - but with a wealth of ultra experience behind him, it's difficult to argue the finer points of sports nutrition with him!

And thus it was that an emergency situation arose, shortly after the minibus left taking the last of the 34km runners back to Geelong, and well after the 68km runners had turned. There, lying seemingly innocently on the green grass of Queenscliff Railway Station, lay an unclaimed yellow backpack. I stared at it for a while, realising that I had two choices - I could try to open it or I could call the anti-terrorist hotline and evacuate Queenscliff. I knew what they would do at Flinders St Station, but what about Queenscliff? I took option 1. Ticking away was a watch. Next to it was a mobile. I dialed the first number I could find on it and tentatively asked the recipient whose phone I was on. It was Danny Cole - should have taken option 2!!

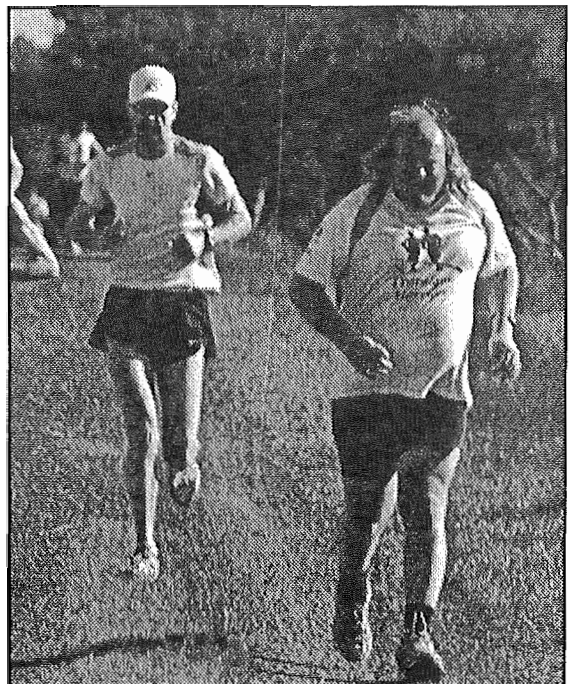
Meanwhile, unaware of the potential emergency situation, 5 runners were descending (they will say ascending) upon the Geelong Showgrounds. Unfortunately for Magnus, the 51km point at Drysdale Station would be more than enough for his ankle and he stepped off the track and into the car. However, the other 4 continued. Martin Lama was the first to return, with 5:56 on his watch representing a huge effort on limited training. Danny Cole, soon to be united with his yellow backpack was next, sneaking in under his 7hr goal by 1 minute! Steve Bentley followed soon after,

mission accomplished in 7:18. Unbeknown to most, Steve played a huge part in the behind the scenes organisation of this run and it may not have gone ahead without his help - so I sincerely thank him on behalf of myself and all of those who ran today. Following Steve was Peter Gray in 12:14. Peter remains the only runner to have finished the 68km run in all 3 years that it has been held - well done on another great effort.

Finally, thanks to all of those who ran and made it a great day. The run will hopefully continue to grow. A huge thank you also to those who supported the run, including my family & friends who gave up their time to marshal the road crossings, drive the minibuses, man the drink stations and take more than 300 photos that can be viewed on the webpage. Many thanks to Kevin Tiller of CoolRunning who set up the webpage for me, having spent an hour or so of his spare time between 1 and 2am transferring it from its original site! Thanks also to the City of Greater Geelong for their support of the run. Hope to see many of you again next year.

Best wishes in the interim.

More information at  
[www.ultraoz.com/bellarine](http://www.ultraoz.com/bellarine)





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If you require any product images or more information on this extensive range of Endura Sports Nutrition, please contact Bianca McKay on 07 3117 3408 or [bmckay@healthworld.com.au](mailto:bmckay@healthworld.com.au).

Issue Date: 01/09/06

Authorised By: Graeme Joiner, Director of Sales & Marketing, Health World Limited.





## WEST AUSTRALIAN MARATHON CLUB

# 100 Kilometre Road Race and Relay

Sunday 20<sup>th</sup> August 2006

### Results

1. Gary Carlton 10:07:50

### Team Relay

1. Melville Holden 7:37:04  
2. The Young Ones 8:48:12  
3. The Beautiful "B" Team 9:53:29

### Report by Kevin Cassidy

For no other reason than I happened to be holidaying in the west, I made my way down to this event on Perth's charming Swan River. Dwarfed by the giant Burswood Casino, the W.A.M.C. sits serenely on the river bank looking out towards the WACA cricket ground.

Arriving in the pre dawn darkness, I found Race Director John Pettersson feverishly laying out witches hats and appearing to have more than his fair share of problems. Torrential rain over the previous 24 hours had left sections of the course under water necessitating some urgent adjustments. Equipped with his newly acquired bicycle and Jones counter, John [clad in his Cliff Young style gum

boots] soon had things under control.

The breaking of daylight revealed several burnt out shells that were once the clubs storage sheds. A recent fire cost the club \$45,000 worth of equipment and they are striving to replace all number of items.

Gary Carlton was the only solo entrant hitting the road at 5:30am with the foul weather seemingly affecting the numbers with three relay teams setting off at 6:30am. Negotiating the course involved a short early loop followed by nine laps of an 11.067km loop. Along the banks of the Swan River, across the Windan Bridge that carries the "Graham Farmer" freeway, past the WACA, over the causeway, south to the Sir James Mitchell Park then back to the club rooms. The relay had barely started when the local speed boat club arrived for their weekly race. Trailers and boats soon decorated the landscape.....not to mention the roar of engines.

Gary soon settled into a rhythm and was moving along in that comfortable form of motion that you would expect



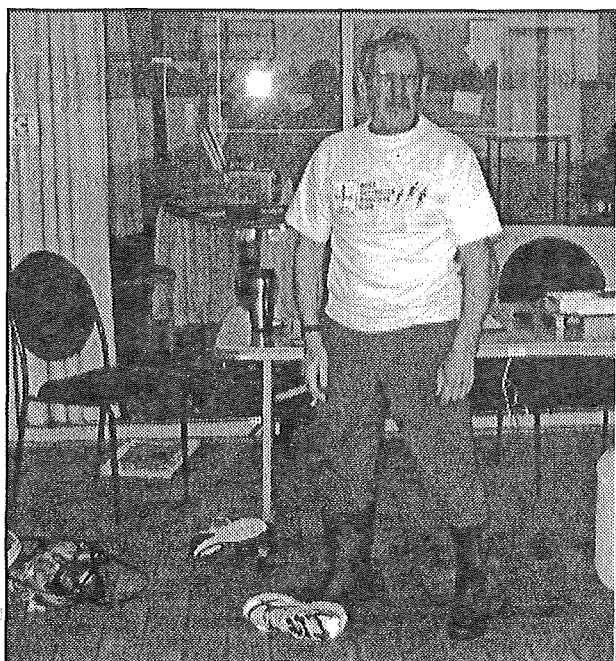
Gary Carlton, a satisfied 100km finisher

from an experienced ultra runner.

Deciding to take a tour around the course, I found Charlie Spare manning the aid station at the southern end of the course. Charlie was a regular ultra runner in the 80's and 90's prior to being ground to a halt by two back operations. Despite meeting him for the first time, I felt as if I had known him all my life as he had plenty of stories to share.

Gary had been moving consistently for three hours when my AURA windcheater seemed to take the interest of a passer-by. In a remarkable case of sheer coincidence, the inquisitive passer-by happened to be former Sydney runner Ian Kemp. Ian was instrumental in setting up the "coolrunning" website prior to moving to New Zealand several years ago and was now making the move to the appealing and agreeable environs of Perth. "I've spent enough time in the third world" he laughed in a joking reference to our Trans Tasman cousins.

I caught up with Gary again on the west side of the river and he was still looking as comfortable and



Race Director John Pettersson





*Regular Ultra runners Don & Christine Pattinson*

dependable as ever as he gave me a cheery grin. Standing on the rivers edge, as I gazed to my right, was a somewhat dishevelled man accompanying what looked to be his young daughter. His appearance strongly suggested that he was a member of the "divorced dads" club making use of his weekend access, a poignant example of our modern but dysfunctional "me now" society.

Back at the clubrooms, more relay team members were making their arrival while a nearby park was hosting a display of early model Holdens which had me salivating.

Gary was maintaining pace and looking at a respectable finish. Meanwhile, the enthusiasm of the relay teams was building as I struck up a conversation with John Pettersson's better half, Madge.

Coming from a family in which most of her ancestors have lived beyond 100 years, she clearly has plenty of living to look forward to.

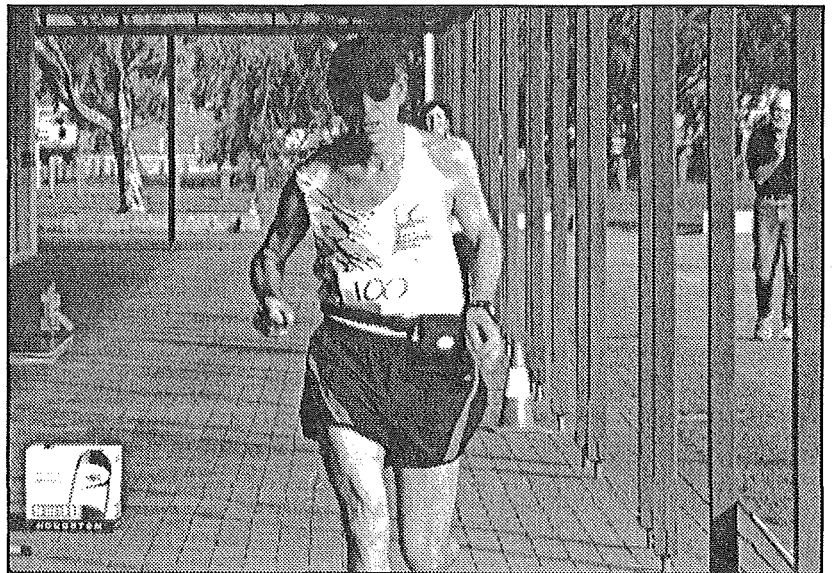
Running through 78 kilometres with two laps remaining, Gary's pace had dropped but he was still making good time and remaining positive. Despite an energy sapping breeze rearing

its head in the most annoying of fashions, he was determined not to let the arduous conditions hamper his progress and stormed home to finish

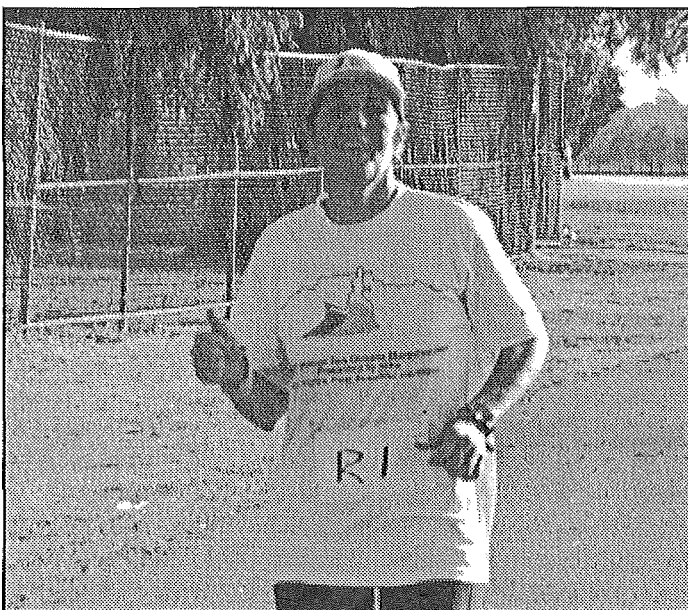
in a shade over 10 hours to the rowdy cheers of the small crowd. Accepting his medallion from John Pettersson, Gary Carlton was a tired but satisfied individual.

Sixteen W.A.M.C. members made up the three relay teams and all finished admirably after a long day on the road.

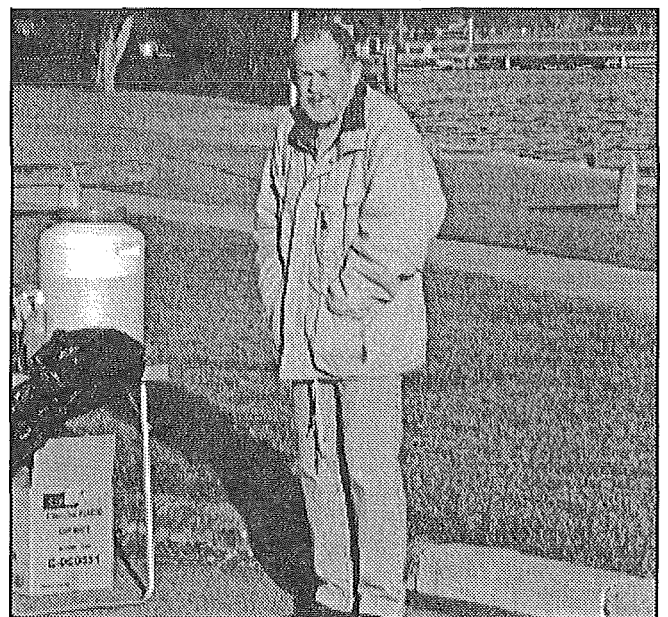
Packing up at the end proceedings, the intrepid race director, affectionately known as "J.P.", confessed to having no knowledge of the mechanical operations of his own car, "I've never opened the bonnet" he confessed as his good wife Madge merely rolled her eyes. "I've even got to check the oil for him" she lamented.



*Gary Carlton charges to the finish*



*Christine Pattinson enjoys the relay*



*Charlie Spare manning an aid station*



# AURA HALL OF FAME

## Margaret Smith

*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 1936, Margaret Smith was in her forties and very much a late starter to distance running when she and husband Neville found their way down to the old "Tally-Ho" businessmen's running group in the late seventies. Meeting two mornings a week behind the Nunawading pool in suburban Melbourne, the female "intruder" was soon showing all a clean pair of heels and in no time was tackling marathons. The 1979 Melbourne Marathon produced a 3:24 with a 3:07 in 1980. Only weeks later, at the old "Olympic Tyres" marathon at Melbourne's Princes Park, she cracked her desired goal of three hours by chasing the likes of Rolet De Castella [Deek's Father] all the way to the finish in 2:58:50. At 45 years of age, Margaret's twelfth marathon was to be her last as the lure of the world of ultras proved impossible to resist.

Tracking the early days of Margaret's career from an era prior to Cliff Young's stunning Westfield win proved difficult. A female runner at a time when ultramarathon races were still virtually unknown was an oddity to say the least back in 1982. Lining up for the more difficult "up" run at the old Sydney to Wollongong 50 miler, Margaret stunned most of the men by finishing in 7:52:01. I've been unable to uncover any results from the ensuing 18 months but speaking with a number of her old running friends seemed to confirm that the diminutive Surrey Hills housewife and mother-of-five was regularly matching it with the best men of the time.

The name Margaret Smith shook the international ultra scene in April 1984 at the old Manly 100 Mile Track Race in suburban Sydney. Producing a performance of 16:01:43 on the

circular grass track, Margaret had successfully thrust herself into the elite handful of female ultra runners in the world.

In September 1984, a one-off 100km road race on a 500 metre circuit at the Coburg Shopping Centre car park was held under the directorship of the local mayor and keen marathon runner, Trevor Pettigrove. In a high quality field that included the now famous Cliff Young in his prime, Margaret finished fourth overall just eight seconds behind Cliff in a superb 8:54:52

A deeply religious member of the Seventh Day Adventist Church, Margaret's beliefs prevented her from participating in the first two hours of the Victorian 24 Hour Track Championships in February 1985. Her 177km for fourth place overall was a national record with many [including myself] believing her self imposed "handicap" along with searing heat of nightmarish proportions put paid to Australia's first 200km plus performance.

"I was thrilled with my fifth place" said Peter Pfister recently, "But she still beat me with a two hour delay"

Celebrating the State of Victoria's 150<sup>th</sup> anniversary in March 1985, a one-off 150km track race at suburban Aberfeldie attracted another high class field. In blazing heat, Margaret charged through 50km in 4:58:25, 50 miles in 8:28:49, 100km in 10:30:43 and on to the finish to record another world class time of 15:42:50 in a superb exhibition of intelligent judgement and consistent pacing. Her cheery and engaging disposition throughout seemed to belie her strong willed determination as she demolished every male runner in the field other than the mighty Brian

Bloomer. "I run for the confidence it gives me" was her simple answer to all those newspaper inquiries as to why she ran ultras.

Now established amongst the world's best, she barely looked half her actual age. With her thin wiry physique, deeply tanned skin and long blonde hair flowing behind her, the figure of Margaret Smith was unmistakable.

"You look nothing like 49" exclaimed talk back radio journalist Derryn Hinch during a 3AW interview. "You're such a sweetie" was Margaret's coy reply.

With the Westfield Sydney to Melbourne race at its peak, Margaret toed the line on April 12<sup>th</sup> 1985 for her ultimate test against the world's two best female multi day runners in Britain's Eleanor Adams and Donna Hudson of New York.

When asked what motivated her at a pre race press conference, her cheery answer summed it up so succinctly, "It's a challenge - I believe Australian women are the most courageous in the world and I am running to find my extension"

One day into the 960km journey between Australia's two largest cities, Margaret had established a lead over her two female rivals and was even taking it up to Cliff Young. "Mum muscles in on Cliff" read the headlines.

She continued to lead her more fancied rivals across the border into Victoria when she received news from the local constabulary that she and husband Neville had just become grandparents for the first time. "Granny Smith - She'll be Apples" reported the Melbourne newspapers.



1980 "Olympic Tyres" Marathon - Princess Park, Melbourne

A two day attack of dysentery had Margaret struggling but her husband remained confident. "She'll make it, no question", "It's her personal goal and she'll finish and finish with dignity, she's not after a hero's welcome" he said buoyantly

Despite her troubles, Margaret continued to take the race up to Eleanor Adams until the final day. Ultimately, Eleanor forged ahead and Donna Hudson snuck past in the dying stages. Finishing only a few hours behind her two rivals in 8D16:28, Margaret Smith proved to all that she was worthy of her lofty position on the international scene.

Margaret never returned to the world stage as she took on the job as manager at one of her church's aged care facilities in the Melbourne suburb of Ringwood. Sadly, as a result, I don't believe we saw the best of her.

Aged 51, a brief reappearance at a local 50 mile race looked like producing a 6:30 performance until that dreaded dysentery ruined things again in the later stages resulting in a slower, but still highly creditable 7:24:01.

Margaret promptly vanished from the running scene and has proved impossible to find. I spoke to most of her old running friends who were happy to share their memories but were at a loss as to her whereabouts. Even a check of Seventh Day Adventist records proved fruitless.

One fact that remains unmistakable is the obvious collective awe in which she was held by the ultra community of the time with her all-day training runs still fresh in the minds of many. "She'd head out through the eastern suburbs and be gone until dark" reminisced Mick Whiteoak.

Margaret would now be 70 years of age. A true pioneer with 10 times the determination of any AFL or NRL football team, her career spanned an era when the International Olympic Committee were still debating the merits of allowing women to race beyond 3,000 metres!! The opportunities that have since presented themselves to our more recent female competitors are due, in no small part, to the efforts and example of Margaret Smith.

We at AURA remain hopeful of making contact with one of our past greats. Can anyone help?

*Compiled by AURA Ultramag Editor Kevin Cassidy from AURA records and a variety of old running magazines and information supplied by many of Margaret's former running partners. Special thanks to Phil Essam, Stan Miskin, Geoff Hook, Dot Browne, Colin Browne, Mick Whiteoak, Shirley Young, Ron Young, Peter Pfister, Marg Ellis-Smith and the very friendly and helpful manager at the head office of the Seventh Day Adventist Church.*

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 (7<sup>th</sup>) 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 (38<sup>th</sup>) and 1929 (8<sup>th</sup>). 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.

**Cynthia Herbert (Cameron)** - Lifted the standard of female ultrarunning in Australia by many notches. A stellar three year career spanning 1985 to 1988 produced Australian records over the entire spectrum from 50km to Six Days including a stirring win in the 1987 Westfield Sydney to Melbourne Race. - featured in the June 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](mailto: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.

# 2006 IAU 50 KM Trophy Race Winschoten Holland

The second annual International Association of Ultrarunning (IAU) 50K Trophy World Championships was held Saturday, September 16, 2006, in Winschoten, Netherlands. The IAU 50K Trophy is a world championship combining times from the 50K in Winschoten with a series of qualifying 50K races held around the world, including Australia, Austria, Belgium, England, Germany, Italy and Scotland.

Australian runners Siri Terjesen, Jonathan Blake and Suzanne Kelly performed very well finishing 3<sup>rd</sup>, 5<sup>th</sup> and 6<sup>th</sup> respectively. More details follow

## Womens

- 1 Sarah Tucker (GBR) 7:09:31 (3:32:06 Winschoten, 3:37:25 Boddington)
- 2 Zelah Morrall (GBR) 7:10:08 (3:31:18 Winschoten, 3:38:50 Boddington)
- 3 Siri Terjesen (AUS) 7:14:39 (3:39:20 Winschoten, 3:35:19 Canberra)
- 4 Angie Sadler (GBR) 7:36:48 (3:49:58 Winschoten, 3:46:58 Boddington)
- 5 Louise Cooper (GBR) 7:41:22 (3:54:54 Winschoten, 3:46:38 Boddington)
- 6 Suzanne Kelly (AUS) 7:49:15 (4:07:37 Winschoten, 3:41:38 Canberra)

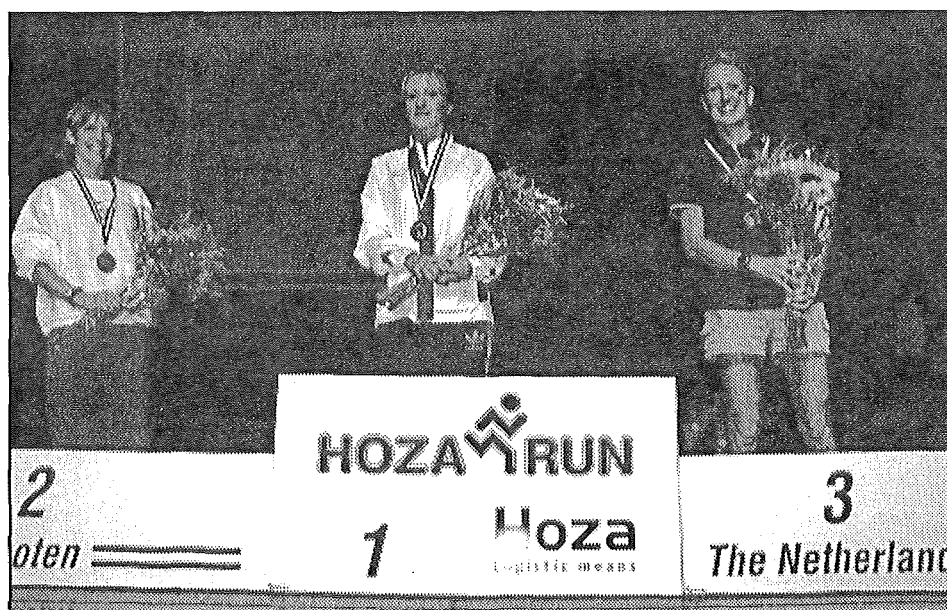
## Mens

- 1 Dzmitry Bula (BLR) 6:06:54 (3:06:51 Winschoten, 2:59:43 Gistel)
- 2 Dominic Croft (GBR) 6:14:31 (3:08:24 Winschoten, 3:06:07 Boddington)
- 3 Rod Harris (GBR) 6:17:32 (3:09:01 Winschoten; 3:08:31 Boddington)
- 4 Robin Bentley (GBR) 6:29:06 (3:17:10 Winschoten, 3:11:56 Boddington)
- 5 Jonathan Blake (AUS) 6:34:21 (3:22:34 Winschoten, 3:11:47 Canberra)
- 6 Ivan Hostens (BEL) 6:43:29 (3:24:11 Winschoten, 3:19:18 Gistel)

Over 200 runners went "beyond the limitations" in the 50km and 100km events. The race was organised by Liesbeth Jansen of Groningen, Holland.

Congratulations to our runners.

Ian Cornelius  
President  
AURA



# Darren gears up for the massive 100km World Cup race in Korea

Darren Benson, Associate Director at Colliers International believes goal setting is the driver behind his success in the industrial property market and on the sporting track.

Darren is the Australian 2005 Champion for the 100km run (and no, that's not a typo). As a result of this success, he will represent Australia on 8th October at the IAU 100km World Cup in Misari, Korea.

In April, Darren was one of three athletes sponsored by Colliers International in the Iron Man Championships. He placed a respectable 80th, with his team mates coming in 6th and 17th out of around 1500 competitors. The competition consisted of a 3.8km swim in a swampy river, a 180km cycle on a tough circuit and a marathon to finish it off.

Earlier in the year Darren also completed the Sydney Morning Herald half marathon with several Colliers International colleagues as well as a Dirt Works 100km Classic - a 100km Mountain Bike race in the Hawkesbury.

At the Gold Coast Half Marathon on July 2 Darren set a new personal best time of 70 mins 9 seconds to come 20th overall. Most recently, he crossed the globe for the San Francisco Marathon on July 30 where he finished third in 2 hours 34 minutes and 41 seconds.

## How does he do it?

While many might find it a struggle to roll out of bed and make it to the gym or go for a jog, exercise and competitive sport are integral to Darren's life and he credits them for his success.

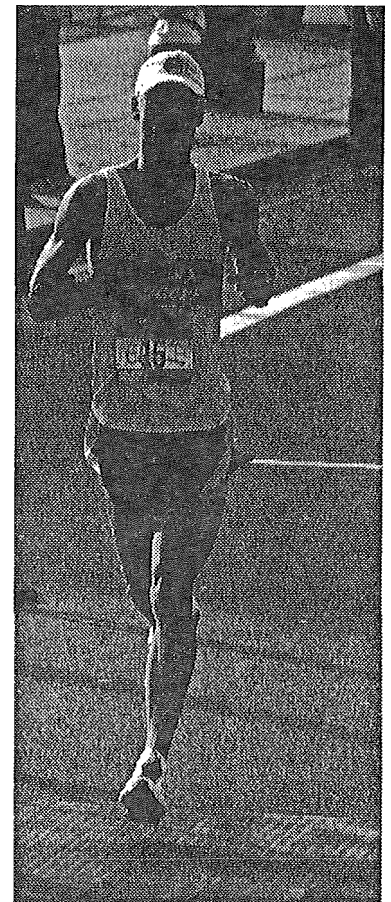
"For many people fitting exercise into there weekly routine is a tough assignment," says Darren. "But for people like myself who still try to compete at an elite level, it becomes a fine balancing act between work, sport and social life. This is where organisation and goal setting becomes so important."

Darren's coach sets a program involving a training schedule based on maximising time available and focusing on a few key events. "The bulk of my training is done on the weekends where there is a bit more time to spare and during the week it is mostly early in the morning."

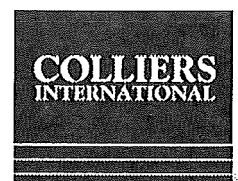
A week of training generally involves around 120-150km of running plus a couple of swims and the odd yoga session. His weekly progress is evaluated and small changes are made to ensure he is on track to push towards achieving the desired outcome.

Darren says that this attitude carries over well into his working life, where he also sets achievable goals and organises his available time to ensure he is working effectively and getting the most out of every minute.

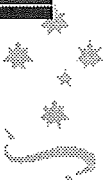
Colliers International wishes Darren and his team mates all the best at up-coming IAU 100km World Cup.



Darren Benson in action



*Darren Benson is proudly sponsored by*





# My Western States 100 Mile Endurance Run

By John Lindsay

I first learned about this race in the late 1990's, and wondered how on earth it was possible for people to run such distances, especially on difficult mountain courses. But the spark had been ignited. It smouldered in the background until September last year, when on my third attempt, I successfully completed the Glasshouse 100 Mile race in Queensland. This finish qualified me for entry into Western States, the premium 100 mile race in the world today.

Realistically, I estimated my chances of success at around one in three. To begin with, only two thirds of the starters at 100 mile races typically finish, irrespective of age and speed. In my case, my chances were further diminished due to the greater difficulty posed by the Western States course compared to Glasshouse. The race features 18,000 feet of elevation gain and 23,000 feet of elevation loss, altitude up to 8,750 feet, and extremes of heat in the canyons. Also, at 58 years of age, I would be in the oldest 10% of the field.

Looking back over my running career, I find that the events which energise me most are those where there is a very substantial, but not overwhelming, chance of failure. This is how it was when I did the 90 km Comrades Marathon in South Africa, and also the 250 km 7 day Marathon Des Sables in the Sahara Desert. Western States fell into the same category.

After lodging my entry form in September last year, I commenced preparations for an event which I viewed as the hardest challenge in my running experience to date. I understood that the pressure to stay ahead of the cut off times along the course would be a relentless reality. I identified the things I would need to do to have the best possible chance at success, and embarked upon a

program to implement them over the 9 months leading up to this race. The key issues I had to address were to increase my mileage without injury, lose surplus weight, prepare my leg muscles for a thrashing on the hills, and acclimatise for both heat and altitude.

Clearly my preparations, and the plan I followed during the race itself, were on the money. The race turned out to be hotter than normal (over 40 degrees Celsius), resulting in a higher drop out rate than normal - only 210 runners crossed the finish line out of 399 starters, an attrition rate of 48%.



During the run, I was not bothered by the heat. I was able to maintain adequate fluid and fuel intake (you replace 50% of your body fluid in a race like this), and I did not suffer any serious blisters. And my energy levels remained good, except for a patch towards the end when I had to push harder than I should have to get back on track after taking a wrong turn.

You always remember the sweetness of completing your first marathon, which for me happened over 25 years ago. Since then I've completed well over 100 marathons and ultras. Finishing Western States in 29 hours 28 minutes and 31 seconds, in the conditions prevailing on the day and against the backdrop of nearly 50% of the field failing to finish, is one of my most satisfying achievements.

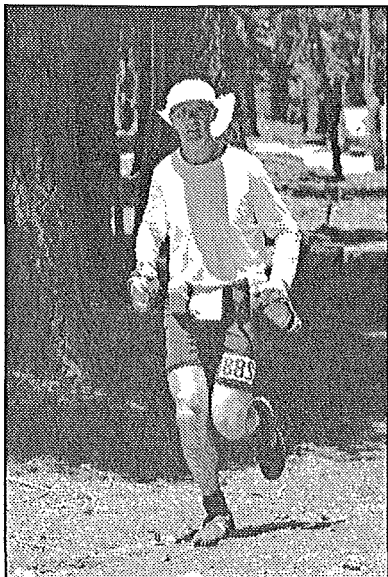
## The Story As It Happened

It's 6:45 am, 45 minutes into the race. I am surrounded by breathtaking beauty. The rising sun casts an orange glow over the huge granite peaks which thrust skyward from Squaw Valley, the site of the 1960 Winter Olympics. Despite the hot weather in recent days, there is still a lot of snow on many of the peaks, and the contrast in the early sun is exhilarating.

The only sound I hear is the crunch of gravel under my feet as I relentlessly push my body up the 2,550 foot climb that marks the start of the 33<sup>rd</sup> Western States 100 Mile Endurance Run. At 5:00 am sharp, 399 hopefuls set off on a journey to test themselves against this legendary trail. They don't know it yet, but only 210 will cross the finish line in Auburn within the 30 hour cut off at 11:00 am tomorrow. The attrition rate will be 48%, higher than in the past due to the hotter than normal conditions.

But right now only 45 minutes into the race, the field has long gone. I am alone. A mile ahead, I can see a string of ants making their way up the snowy slope to Emigrant Pass, at 8,750 feet the highest part of the course. Below me I count only 6 other runners who are either unable to go any faster or, who knowing what lies ahead, have decided now is not the time to be in too much of a hurry.

Around an hour into the run I reach the first check point at the Escarpment. I'm surprised to be 15 minutes ahead of schedule, and realise that either I have unknowingly pushed myself harder than intended or, more likely, I have over estimated the time to do this leg of the course when constructing my pacing chart. I get my water bottles topped up and head for a long stretch of snow which will take me almost uninterrupted a further mile to Emigrant Pass.



In the snow, I use a technique that served me well in the sand dunes at Marathon Des Sables. Where possible I place my feet in the footprints left by earlier runners, as this area has been compacted. This technique works well ascending the slope, and I make good progress. I pause at the top to look around me. As far as the eye can see there is stunningly beautiful scenery in every direction. Behind me in the distance is Lake Tahoe, glistening under the rays of the morning sun.

I turn my attention back to the trail, which now winds its way down a rocky section, wide enough only for a single person. I revel in this. It is bread and butter stuff similar to the trails I run on in Australia. This lasts only a mile or so before I descend into a forest of pines, with the ground largely covered by snow and running streams. Spectacular!

By now I've started to catch and overtake a few of the other runners. I know I am better at downhill running than uphill, but still this does surprise me. I had not expected to pass anyone, especially so soon in the race. I continue to run confidently on the uneven dirt, rocky stream crossings, and even on the snow. I'm sandwiched well inside the pack now, with runners ahead of me and behind me. We make our way through the snow among the giant moss covered pine trees, reminding me for a moment of scenes from a James Bond movie where skiers hotly pursue each other through snow covered forests.

I run into Lyons Ridge aid station. Despite the number of people I have passed, I am now 15 minutes behind schedule. Clearly, I underestimated the time of this section also when I set my pacing chart. I take no more than 90 seconds to clear the aid station. I top up my two hand-held bottles and the one on my belt. It's heating up and I am mindful of the advice given by medical directors Drs Lind and Bliss in the pre-race clinics. Dehydration is one of the most common reasons that runners fail to complete this race. At the other end of the scale is hyponatremia, or low sodium, caused by drinking too much water and taking in too little sodium. Hyponatremia is life threatening, and for safety reasons we are weighed at 9 check points along the course. This tells us if we are drinking too much or too little.

I continue to make good progress through the next two aid stations - Red Star Ridge and Duncan Canyon. This is the first time the course has included Duncan Canyon since the area was devastated by fire 5 years ago. We run through blackened trees under a merciless sun. The absolute cut off at Duncan Canyon is 11:30 am. My pacing chart gives me only a 21 minute buffer at this point. But I was behind 15 minutes at Lyons Ridge, so I push as hard as I feel comfortable, knowing that I still have 76 miles to go once I get there.

I pass more people. Those with only two water bottles are sure to be dehydrating, because I am out of water having drunk all three bottles since Red Star Ridge. I come across a young man sitting down being attended to by two first aid volunteers. His face is bright red. His race is run only 20 miles into the journey. How disappointing for him.

I'm starting to get concerned now as I am only 20 minutes away from cut off. Will the cut off claim me too, despite having plenty of running left in my legs? This thought energises me and I continue to push hard. It is hot, my mouth is dry and my bottles are empty. I pass more people who are walking even downhill at this point.

Eventually, I see the Duncan Canyon aid station and breathe a sigh of relief. The attendants are very experienced. One of them takes my bottles and fills them while I grab a hand full of peanuts, eat a couple of pieces of water melon, drink a cup of sports drink, and I'm on my way with 9 minutes to spare. I estimate I have probably passed around 60 people by this time. If they enforce the 11:30 am cut off, a lot of people will see their dreams evaporate in Duncan Canyon.

It's approaching midday and the heat is increasing. I am wearing a white long sleeve shirt over a short sleeve one. The white is to reflect the heat and the high tech fabric helps bring sweat to the surface, where it can evaporate and cool. The two layers are to hold more moisture, and thus get more cooling. I wear a white hat with a legionnaire style neck shade. These are good choices. I splash water on my body regularly, especially from the icy streams coming from the snow melt.

The heat is enveloping the runners, coming both from the sun overhead and also radiating from the ground below. I am surprised that although I feel it, I am relatively unaffected by it. Clearly all the heat training I did is paying off: running in the mornings in 5 layers of clothing; taking scaldingly hot baths; and driving home from work with the heater on full blasting my face for 45 minutes.

I am running with a heart rate monitor (HRM). I got this some months ago with the express purpose of holding me back in the early stages. I know from experience how easy it is to get sucked along by faster runners, only to pay the price later when what could have been a manageable run turns into a death march that never ends. I keep my heart rate around 130 to 150 bpm, which equates to 70 to 80% of my maximum.

At the bottom of the Duncan Canyon is a magnificent stream. When I reach it, runners are lying in the water, a technique recommended by the medical director to cool down your body core temperature. I think about

it, but I am concerned at the delay that this will cause me. Instead, I give myself a major dowsing while walking through the water - I think I've died and gone to Heaven - this is sheer bliss.

Following the water crossing, I start the first of a number of relentless climbs in the canyons. I am not good at uphills - never have been - and as my aerobic capacity diminishes due to aging, the hills become even less attractive. However, I hold my own with the group I start out with, including one runner with a beautiful fox tail attached to the back of his cap.

I pick up a little time on this leg, and run strongly into Robinson Flat, which is a major aid station and medical point. I get weighed for the first time - 4 pounds down from yesterday's start weight. I have consumed nearly 7 litres of water in the 8 hours I've been on the trail, and I struggle to see how I could be down this much. However, it is only 2.5% of my body weight, so they tell me to drink more and get going!

I am very grateful to Carol La Plant and husband Phil Brown who are acting as crew for me, with Carol also agreeing to pace me later in the race. I know Carol and Phil from Glasshouse where they are frequent visitors. They are waiting for me at Robinson Flat. Phil gives me fresh cheese to replace what I am carrying which is now an oily mess; they give me words of encouragement, and get me back out on the trail.

After a while, I emerge from the trees into open ground, where the early afternoon sun makes its presence felt. Approaching the Dusty Corners aid station I feel a slight rubbing on the arch of one foot. Hoping to avoid the "pruning" that happens to feet that are wet for a long time, before the start I applied some Hydropel, a greasy substance designed to repel water. My feet have been wet most of the day from the snow and stream crossings, and I think the Hydropel has worked well, but it is now attracting the dust. It is time to clean my feet and change my socks. The new socks feel great.

After Dusty Corners the trail heads into the trees, providing some relief from the direct sun. I run along a narrow track cut into the ridge forming one side of a steep canyon. I hear a waterfall and eventually see it plummeting into the gorge on the other side.

I've been crossing paths with another runner a bit older than me for a while. He tells me he's from Minnesota. Every now and then he puts on a surge and catches me. I encourage his efforts. He says he's doing it tough and hopes that if he can just stay with me, maybe I will help pull him a long.

After a while I slow to a walk to take an S/Cap. These are salt capsules, and I'm taking one every 30 minutes to replace the sodium lost through sweating. On this occasion my Minnesota friend passes me.



However, a little while later I hear a disquieting noise ahead, and find him standing beside the trail chucking his heart out. In true ultra distance panache, he gives me a quick grin, saying he has to work through this, and continues with his endeavours to clear his stomach of undigested carbohydrate. I run on, knowing he'll be OK, but doubting very much if he can recover enough to finish in the 30 hours.

As I run into Last Chance, I am pleasantly greeted by a young girl who says, "Welcome to Last Chance. My name is Felicity and I will be your hostess for this evening". With that she takes my bottles and fills them up while I get another hand full of peanuts, some fruit and have iced water thrown over my head and shoulders.

As I run out of Last Chance, I see Nick Ham. He is a British runner and we met the day before at Squaw

Valley. Nick is a much faster runner than I am and he is distressed to be 40 minutes behind the "official" 30 hour pace. The race organisers have published 24 hour and 30 hour pace guidelines to help runners see how they are progressing. I found this had too many anomalies, and so I prepared my own chart. I tell Nick that we are only 13 minutes behind my schedule. He takes off and I don't see him again (I later learn he finished in 28:33).

I run down the steep but runnable zigzag trail into Deadwood Canyon and cross the swing bridge over the middle fork of the American River, surging powerfully below. Ahead of me is the infamous climb up Devil's Thumb, the toughest part of the race. With a couple of hours of daylight remaining, the sun is no longer overhead; the temperature in the canyon is still oppressive and stifling. About 100 metres into the climb, the trail runs into the bed of a small fast flowing stream. I again dows myself heavily with this cool and welcome water.

No running on this section - only a few of the elite ever run this. The aim of the game is to move solidly forward, keeping breathing and heart rate at an elevated but acceptable level. Because once at the top, we have another long run down the other side and then the second most feared climb up Michigan Bluff. But, let's get this one out of the way first.

I pass some people on the way up and some who I have passed on previous downhill sections pass me. I chat briefly with them, including a Frenchman who did Marathon Des Sables this year and has done only 2 months training for this event. He asks me if I thought this was enough training, and I say 'No'. I pass a young man sitting on a rock. I ask him if he needs help. He says he has severe cramps and puts that down to not having any salt tablets. I think how could anyone enter a race like this without carrying salt tablets with them? I give him one of mine and tell him most likely his problem is massive dehydration. I also hearten him by saying that with the night coming on, if he can manage to survive the climb up Devil's Thumb and re-hydrate during the evening

*"My quads are pretty good, considering that they've been hammered by something like 15,000 feet of cumulative elevation drop so far"*

when it's cooler, it is possible for him to get back on top of things.

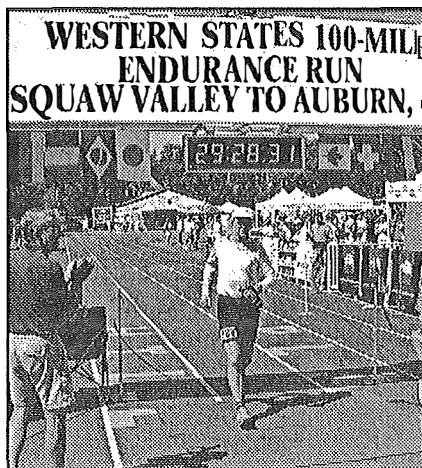
After an interminable time walking up innumerable zigzags, I hear the whooping and hollering that signals the Devil's Thumb aid station at the top of the climb. I go through the chip reader to register my time, and am swallowed up again by the aid station system, as they weigh me, ask me how I'm feeling, fill my bottles, and give me encouragement. Around me is a scene from Mash, with many runners sitting and lying down in varying degrees of distress. I particularly recall seeing one young woman shivering uncontrollably while wrapped in a space blanket, and thinking how can anyone shiver in such heat? But this is what happens when you get heat stressed sometimes. This runner was clearly going no further.

I spend no more time than I have to at the aid station. There is some rolling terrain ahead of another descent into yet another canyon before the climb up to Michigan Bluff. So down I go, feeling relatively confident on the roughish ground. My focus here is on avoiding the poison oak bushes which proliferate on both sides of the trail. In some places, there is only a 12 inch gap through which to pass. I can hear Eldorado Creek roaring below and think I am almost there. But I am not. It takes a while before I eventually run into the aid station of that name at the bottom of the canyon.

My quads are pretty good, considering that they've been hammered by something like 15,000 feet of cumulative elevation drop so far. Clearly the downhill running I have done in training is paying dividends. It's still light and the thermometer at the aid station reads 80 degrees (or is it 85 degrees? I can't remember). I try some ginger ale for something different, and it goes down beautifully. I also slam down another Gu.

I complete the climb up to Michigan Bluff, arriving just before dark. The climb is longer, but not as steep as

Devil's Thumb. I am greeted by Carol, Phil and Olga. I decide that with the worst of the climbs behind me, now is a good time to have one of my 4 minute power naps. I find it highly beneficial to lie down on the ground and semi-sleep for a few minutes from time to time in a race like this. It refreshes me greatly and is an investment rather than a cost in time. I inadvertently choose a place not far from a runner who is busy trying to empty his stomach. I consider moving but then after giving consideration to the artillery-men in World War II who learned to sleep under their guns, I decide this spot is OK by comparison.



I have an uncanny ability to judge 4 minutes and wake at the right time. Carol now joins me as a pacer. Any runner can have a pacer from Foresthill, or from Michigan Bluff if they arrive there after 8:00 pm, which I have done. The primary purpose of the pacer is to provide safety to runners who may have spent their energy bank and would benefit from the company of a fresh runner to ensure they hydrate and eat, and don't go off the trail. They can also provide motivation to runners who have "bonked", to keep going at the end when all their physical senses tell them it's time to throw in the towel. Pacers cannot carry anything for their runners though, or help them physically in any way.

Carol is a very experienced runner, having completed Western States

five times in her own right and paced two other Australian runners at Western States. I've never run with a pacer before. However, fully expecting to be a spent force for much of the last 30 miles, after reading the many stories of runners who found having a pacer to be beneficial, I asked Carol if she would mind pacing me. She graciously agreed.

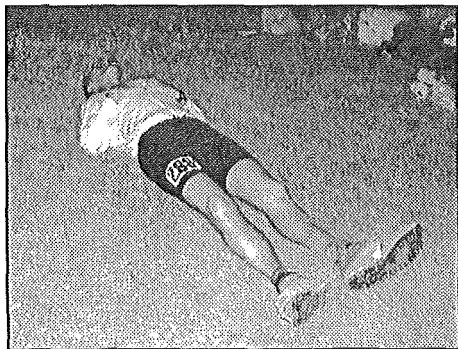
I am refreshed from my sleep, and after a drink of Bundaberg Ginger Beer which Phil has produced out of his cool box and which really went down well, Carol and I take off. We cruise along a gravel road on the outskirts of Michigan Bluff in the semi-darkness. It is mostly flat or slightly climbing and she leads most of the way, slowing down from time to time for me to catch up. We are engrossed in conversation, talking about how each of us got into this running game, and before we know it we are at the end of a road.

We stop and look around. No signs. No tape. No glow sticks. And no other runners anywhere in sight. Up until now the course had been well marked, and it doesn't take long for the dreadful reality to seep into our consciousness. We're lost.

I quickly do the arithmetic. My overall schedule contains a 30 minute buffer, and I was about 15 minutes behind that when we left Michigan Bluff. I know I am in trouble. We turn around and without any conscious decision on my part, I automatically pick up the pace and run a bit faster to try to find where we took the wrong turn. Eventually I find the marker, an arrow with a glow stick attached to it. Carol tells me later that usually this turn is heavily marked with flags and tape and multiple glow sticks and this is what she was subconsciously looking for. We estimate we've run an extra mile each way to get back to this point, 2 miles all up.

Having run together on previous occasions, Carol and I were aware of each others strengths prior to the event. She is faster than me on the





flats and the uphills and I am stronger on the downhills, especially if the surface is rocky or uneven. Our plan going into the event was that I would run the downhills at my pace, and she would run the uphills at her pace, using each of our strengths to cover the ground as efficiently as possible.

I'm full of running now, with adrenalin spurring me on to do what it takes to get back on schedule - I've come too far to miss the 30 hour cut off because of this.

At the turn, I call back to Carol and say "I think I'll run on ahead a bit - OK?", knowing that there is a long uphill section before we get to Foresthill where she can catch me. She agrees. I charge the tricky downhill path towards the Bath Road aid station, passing many of the runners (and their pacers) I had passed previously. They are startled to see me running so aggressively at this point in the race, and frankly so am I. My legs feel good. I have no pain and no sense of energy deficiency. My total focus is on recovering from this setback, even though my logic tells me this is unlikely.

I pause from time to time to look back for Carol's torch, which is a single hand-held torch with a distinctive pattern. I get concerned that I can't see it. I slow down a bit, then stop and wait. I then start heading back up the hill in case she has fallen, or taken a wrong turn herself. After a few minutes, I see a single torch and call out, "Is that you Carol?" She says, "Yes - Go! Go! Go!". Clearly, she has my best interest at heart.

So down the hill I charge again, re-passing the same people I had re-passed before. They must think I am mad! I cross the stream at the

bottom, and then start the climb. Surprisingly, I find myself running most of this, and feel compelled to continue while I can because I have a lot of time to catch up.

I come into the Bath Road aid station, pause to refill my bottles, take a drink, and then start walking up the hill. The trail is now on bitumen road, and eventually the steepness of the hill reduces and I find that I can run it comfortably. I run on and on, looking behind me for Carol's torch - all the way into the Foresthill aid station.

Phil is waiting there and is clearly concerned as to why Carol is not with me. I tell him what happened and we eventually walk down to the car where Olga is ready to refill my bottle with High5 powder. Phil and I discuss our options. With still quite a bit of time to make up, I need to take advantage of my strength in running the mostly downhill section to the river crossing at Rucky Chucky (around 15 miles with 6,300 feet of drop vs 3,700 feet of climb). I expect to be totally stuffed after this, with the last 20 miles being a death march where I'll need Carol's help. Carol arrives a few minutes later. She agrees this is a good plan, so I go on alone and she'll meet me at the Rucky Chucky crossing around 3:30 am.

So I head off down the streets of Foresthill and then on to the trail, which after a while takes the form of a ledge cut into a steep ridge with a long drop off on the left hand side. The ledge is sometimes a couple of metres wide with a runnable track down the middle. At times however this safety margin disappears almost completely, and I find myself running on trail where a single wrong step could result in a slide into oblivion. Below I hear the roaring of a fast flowing river. I shine my torch down the cliff. Sometimes I see trees, other times it is a steep grassy slope which disappears into the blackness. I have a sharp realisation that if I fell, there would be nothing to grab to prevent me from going all the way to the bottom.

Fortunately I am not afraid of heights, but I can see the wisdom of having a pacer along this section of

the run in case a runner gets the wobbles. I decide for the sake of safety to take a No Doz tablet (100 mg of caffeine - the equivalent of about a cup of coffee). I also swallow an extra Gu gel to make sure that I am fully alert and have my wits about me.

I continue to pass people. Some remember me from earlier meetings on the trail. One is a young lady who I have seen on several occasions since Last Chance. She now has a pacer and they are engaged in conversation as I approach. She says "Oh, it's you. You're running well for a single guy". I ask her how she knows if I'm single, and she corrects her description to a "solo guy".

Along the way I feel the call of nature. Unfortunately, it is not a Number One which is easy to deal with. Normally Number Two's are not a problem either as you just find a suitable location off the trail, dig a small hole with the heel of your shoe and simply "go". But, this situation is totally different. To my right is a solid wall of rock and to my left is a steep cliff to the river below.

I suppress the urge until I reach Peachstone aid station and ask the attendant if there is a toilet. He says "the bushes". I say "what if it's Number Two?" He shrugs his shoulders and faintly smiles. I run on, deciding to keep my eyes peeled for anything that might afford an opportunity to take care of business. The miles go by. Nothing. I have to consider other possibilities. I decide that if I tried to climb down the cliff, I would probably be unable to get back up because it is so steep. On the other hand, if I could find a section where the cliff above the ledge was not so steep, maybe I can climb up. I run on a bit further.

I eventually come to a section where the slope of the cliff above is about 45%, compared to near vertical as it has been for the most part. It's now or never, as I don't know how much longer this type of terrain will last. Nonetheless, it is not straight forward as the area is heavily infested by poison oak, and the outcome from any such contact would be most undesirable.

*"The pacer asks me if we are on the right trail, as he hasn't seen any markers for a while. My heart skips a beat because, come to think of it, neither have I"*

I wait for a relatively clear section, and scramble up the cliff face, picking my way through the shrubs (fortunately there is no poison oak in this patch) until I am 20 feet or so above the trail. I kick into the slope with the heel of my shoe, and with lots of shale in the material it is easy to move. However, this increases the chance of me sliding down the hill once I am perched into position. Eventually I have carved out a relatively flat patch about a foot wide.

I turn out my lights as there are runners approaching and they will undoubtedly shine their torches my way if they see a light. And there in the darkness of night, 20 feet above the trail, dug into the cliff hundreds of feet above the raging river, at around 2 am in the morning, I find contentment.

Job done, I wait for the runners to pass before turning on the light and covering the hole I have dug. I do this in stages, having to turn the light off and on again a number of times for runners to pass before I am clear to scramble down the cliff to the trail. All up I've lost at least 10 - 15 minutes, but it had to be done.

I run strongly now, concentrating on the job at hand. Once again I catch the runners I have passed - this is becoming habitual. Some ask where I have been, knowing there is no place to step off the trail. I explain as delicately as I can, depending on the audience.

My goal now is to overtake as many of the runners as I can before Rucky Chucky. Normally runners wade across the river at Rucky Chucky; however, due to the higher snow melt this year it is unsafe and we'll be taken across by boat. We've been told to expect 10 to 20 minute delays, and I am hoping that by being at the head of this group of 20 or so runners, I will not be held up for too long.

I run into Rucky Chucky, get my weight taken (I'm down only 2

pounds from starting weight which means I am hydrating well), grab some food and move down to the boats. I see the inflatable boat coming back across the river. There are 3 people in the line ahead of me waiting to board. I suit up with a life jacket and take my seat. We wait for 2 more runners who are not far behind, and the oarsman then commences his trip across river. The boat is attached by a cable to an overhead line strung across the river. Very quickly the boat is swept downstream by the fast current and is pulled up short by the cable. The oarsman then skilfully applies the right amount of pressure to move the boat across the river until we are on the other side in a matter of minutes. I ditch the vest and a photographer with a huge camera takes a picture for posterity.

I see Carol waiting up the river bank. She is full of beans and before long we are moving strongly up the hill to Green Gate. For some time now I have been bothered by a rash on my inner thighs. I am wearing lycra bike shorts which minimise chaffing, but all the hours of dousing with water to cool my body has washed away the pawpaw cream that I had applied. I am red raw. I've reapplied the cream but it is not adequate, and with 20 miles to go, I tell Carol the problem needs further attention.

So while she holds the torch, I clean the afflicted area with an alcohol wipe and attempt to get some plaster to stick, which of course it doesn't. I need something better and resolve to ask at the next aid station. The aid station attendant opens up a jar of Bag Balm, a greasy product that looks like butter and is used by dairy farmers in the US on cow's teats. I take about a dessertspoon full for each leg and whack it on. It improves the situation immediately, and I decide I need to buy some of this stuff myself!

The trail goes downhill after Green Gate, and I find myself pulling away from Carol. She is having difficulty seeing with the torch she has, and I agree. It does not give a light that

would suit me. We decide that I'll run the downs at my pace, and she'll catch me on the uphill ahead. I continue passing runners and their pacers, and eventually put a gap of a few hundred metres between me and a line of about 10 to 20 people.

I come to a corner with a brown trail marker of the type I have seen before on the trail (I'm not sure what it says, but it is familiar), and so seeing nothing else, I turn left and start a steep climb up a long mountain. Eventually I catch two Japanese men - a runner and his pacer. The pacer asks me if we are on the right trail, as he hasn't seen any markers for a while. My heart skips a beat because, come to think of it, neither have I.

I look at the ground and see many foot prints and I tell him that it looks as if runners have come this way. We move forward together, but after a few more minutes, the sickening realisation seeps into my consciousness that I have taken yet another wrong turn, and I tell him, "I'm going back".

Once again I am lifted by adrenalin, and I charge down the mountain mad as a hornet. I am running at 10 km race pace and go straight through the intersection where I made the mistake, and notice the ribbons tied to the trees. It is now just on daylight and I did not see these in the dark. I suspect the glow stick had expired by this time, otherwise I would have seen them.

On I run, up hill and down. I come fast on a couple walking and startle them. "Good job", they say as I pass on their right. There is still no sign of the previous line of people, nor any sign of Carol. I estimate I've gone about half a mile or a bit more off course, which I've had to re-trace. I know I am running faster than can be sustained and that there is a risk I'll blow up later in the race.

I pass a couple more, but still no Carol. After about 20 minutes of hard running I decide to slacken the pace. Eventually, I see Carol coming back

*"I shouldn't feel this good after 100 miles . . . but I do  
I leave the tent with a great sense of satisfaction"*

to look for me. We are only a couple of hundred metres from the Auburn Lakes Trail aid station. Carol tells me that the aid station captain said he knew where I went wrong - clearly I'm not the only casualty of this corner. I look at my watch and then my pace chart and, believe it or not, I am only a few minutes behind my original schedule. The slow down factor I had built into the pace for the last 20 miles, together with my hard running, has saved my bacon.

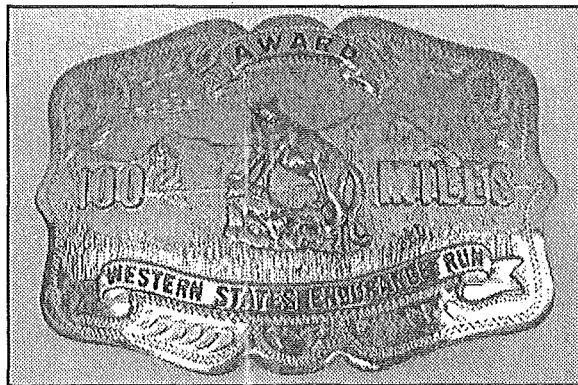
But, I've paid a price. My legs are sore and my energy is down. I realise the task is now to recover some of that if it is possible. I take a Gu, a No Doz and some pain killers and decide to go slow for a while. Although my legs are weak I can still run, but my head is swimming. It feels like a major case of jetlag. About half way to Browns Bar aid station, I decide to see if it is possible to retain the gains I have made, and I pick up the pace. This is OK, and Carol and I arrive at the aid station only a few minutes off my scheduled pace.

As my head is still swimming, I decide to have another 4 minute power nap. The aid station is pounding out loud music, but I find a spot and lie down. The 4 minutes pass quickly and I rise feeling better, but my head is still wonky. I swallow another Gu, and Carol and I take off.

Just after starting this section, I feel pain in the inner muscle above my left knee. This is not shot quads due to lack of training, but something else and only on the left leg. I find it is as bad going uphill as down. It hurts and I also lack power, so it slows me down. People I had passed before are now passing me. I am not concerned about that, because I can see that even with a slower pace, I should still make it in under the 30 hours. Carol is very encouraging and does not try and force me to run faster, because she too knows that barring a complete collapse, we should make it.

We cross Hwy 49 to the aid station and Phil and Olga are there to meet us. I am weighed - under by 3.5 pounds from starting weight which is pretty good 93 miles into the race. The aid station attendant wants me to ditch my belt pack. I tell him that it weighs virtually nothing (which is true), but he persists so I decide to go with his advice, and give it to Phil. I'm now running only with the two bottles in my hands.

Half way to the No Hands Bridge aid station I want to take a Panedine to see if it will ease the pain in my knee and help me run to the end instead of walking. I then realise that these are in my belt pack, along with other essentials such as salt capsules which I need every 30 minutes. I regret



having given up my belt pack, because the weight reduction is not enough to make any difference to my pace.

We are met again by Phil and Olga at No Hands Bridge aid station, and I ask for a Panedine from my belt pack. Unfortunately, the car is not nearby so I take 2 Tylenol from the aid station instead, and Carol and I head off across the bridge. Below us the American River is rushing over rapids - truly a beautiful sight.

I experiment between walking and running. My heart wants to run, but I find I can fast walk pretty much the same pace as I can run without severely impacting the knee. So my head wins and with about 4 miles to go, I take a deliberate decision to walk the rest of the course, with the exception of the last bit on the track.

The last aid station is Robie Point on the outskirts of Auburn. Phil has my Panedine tablets and I take 2, and we head off up the last steep hill which is now on bitumen road. The street is alive with spectators who give the runners a rousing cheer. Phil revs up a group of local lads on the edge of the road with "Aussie Aussie Aussie Oi Oi Oi", which they embrace enthusiastically. Down the hill we go and Carol starts to run, encouraging me to do likewise. I hold off a while and then with the entrance to the school ground in sight I start running.

I gather pace as I turn on to the athletic track for the last 300 yards. Carol accompanies me most of the way and then peels off as I run strongly to the finish chute, arriving there 29 hours 28 minutes and 31 seconds after leaving Squaw Valley yesterday morning. The astonishing thing is that despite getting lost twice, I have come in 29 seconds under the time I projected on my chart.

I am immediately set upon by medical people who take my pulse and blood pressure and weigh me. My weight is down 3.5% from starting weight. I'm happy with that. I then have a blood sample taken. They will check my sodium and CPK levels. My sodium at 136 was normal and my CPK at 14100 was below the 20850 average, which is good.

At the award ceremony a couple of hours later, most runners are limping to some extent. When my turn comes to approach the podium, astonishingly I am walking normally. 5 time winner and 25 time finisher under 24 hours, Tim Twitmeier said in presenting my buckle "This isn't right. You shouldn't be looking this good."

And I have to agree with him - I shouldn't feel this good after 100 miles. But, I do. I leave the tent with a great sense of satisfaction at having knocked this sucker off in such a definitive manner.

# Sri Chinmoy 3,100 Mile Road Race

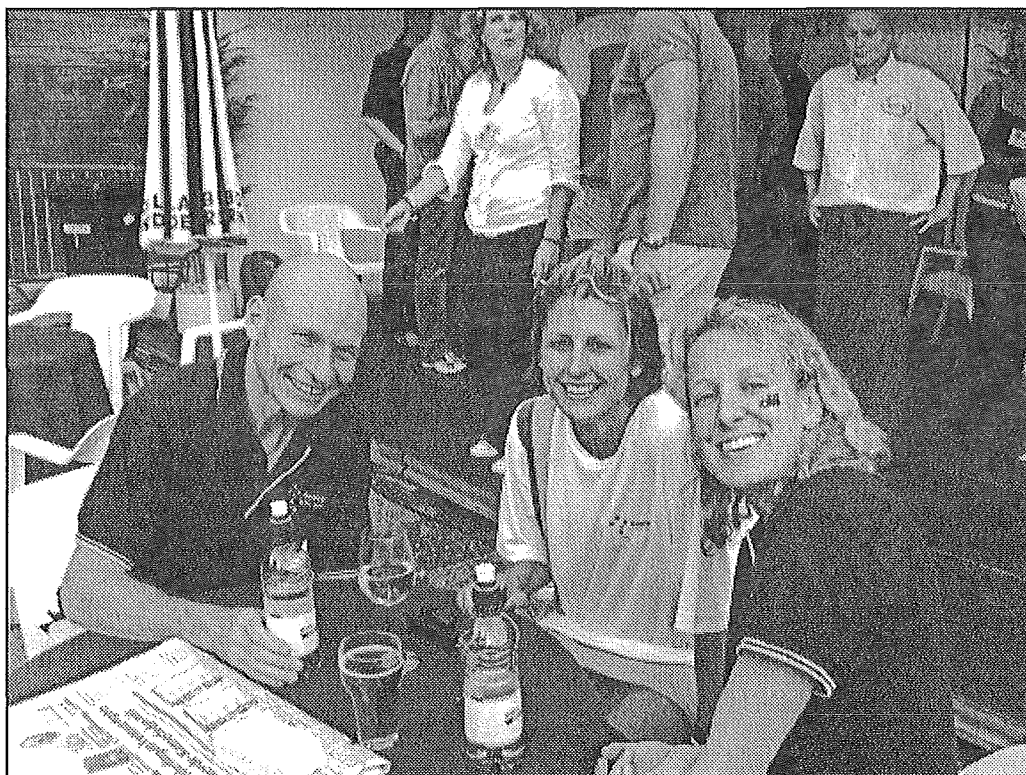
New York USA - June 11<sup>th</sup> to August 10<sup>th</sup> 2006

- |                                |                   |
|--------------------------------|-------------------|
| 1. Madhupran Wolfgang Schwerk, | 41 days 08:16:29  |
| 2. Asprihanal Aalto            | 43 days 16:00:00  |
| 3. Srdjan Stojanovich          | 44 days 13:32:04  |
| 4. Hans-Jurgen Schlotter       | 47 days 04:10:25. |
| 5. Pranab Vladovic             | 47 days 13:43:30  |
| 6. Smarana Puntigam            | 48 days 13:38:48  |
| 7. Ananda-Lahari Zuscin        | 49 days 14:25:37  |
| 8. Diganta Rainald Pobitzer    | 50 days 11:52:27  |
| 9. Sopan Tsvetan Tsekov        | 50 days 13:48:57  |
| 10. Martin Milovnik            | 51 days 16:22:54  |
| 11. Stutisheel Lebedyev        | 54 days 04:24:41  |
| 12. Rathin Boulton [AUSTRALIA] | 57 days 06:33:30  |
| 13. Abichal Watkins            | 58 days 16:22:04  |
| 14. Suprabha Beckjord [F]      | 60 days 04:35:24  |

## IN MEMORY

### *Don McKenzie*

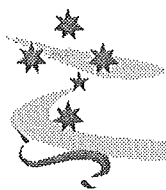
*a great supporter and incredibly hard worker for the Six Day Race at Colac, has passed away after a long courageous battle with cancer. For almost a decade Don was not only the Senior Race Referee but in essence the Race Director also. At least 2 weeks every year of Don's time was donated to coming to Colac to supervise and assist with the setting up of the Race. Nothing was too much trouble for Don, who was always willing to go the extra mile with a calm, cheerful, humorous disposition. He will be greatly missed. Our sincere sympathy to his family. Bill & Bev Sutcliffe On behalf of the Cliff Young Australian Six Day Race.*



*Photo from Winschoten, Holland. Relaxing after the IAU Trophy Race.*







# Trans Gaule Stage Race

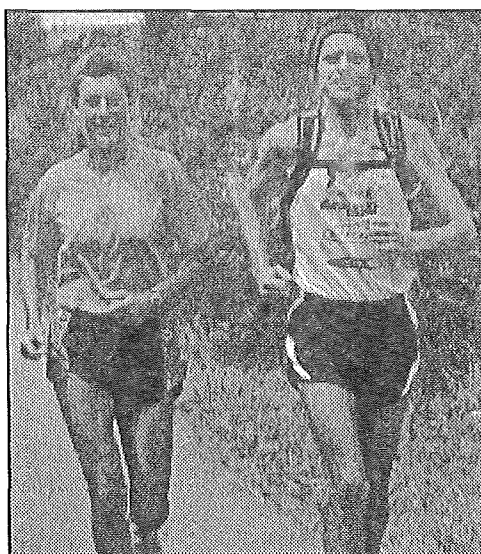
16<sup>th</sup> August to 2<sup>nd</sup> September 2006-09-05 - 18 days across France

## Final overall placings

(1150 timed kilometres) :

1 Werner Selch (GER)	109h17:41
2 Sebastian Schoberl (GER)	110h 19:19
3 Christian Savigny	113h 23:49
4 Jan Nabuurs (NED)	114h 59:59
5 Laurent Brueyre	116h 34:02
6 Patrick Candé (PYF)	119h 29'14
7 Thierry Viaux	134h 59'27
8 Daniel Muller	138h 17'59
9 Romain Valle	140h 21'38
10 Kelvin Marshall (AUS)	140h 21'38
11 Donald Winkley (USA)	140h 29'53
12 Yves Duquesne	141h 35'52
13 Philippe Rosset (SUI)	142h 26'47
14 Klaus Neumann (GER)	143h 49'07
15 Fabrice Viaud	144h 07'07
16 Hans-Joachim Meyer (GER)	153h 17'15
17 Bernard Frugère	153h 57'10
18 Jos Broersen (NED)	154h 07'13
19 Heinz Jackel (GER)	154h 18'14
20 Yvon Roudaut	155h 30'54
21 Philippe Brunschwig	155h 55'50
22 Hartmut Feldmann (GER)	155h 55'59
23 Pierre-Michaël Micaletti	157h 33'23
24 Willem Mütze (NED)	159h 31'33
25 Jim Rudig (USA)	164h 06'04
26 Regina Van Geene (NED)	176h 34'42
27 Rosemarie Von Kocemba (GER)	181h 42'33

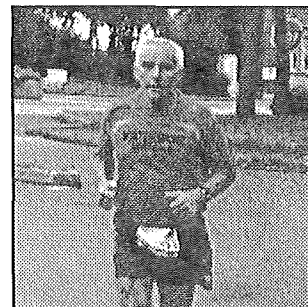
Theo Kuijpers (NED)	1090 Km - DNF 3
Malou Lebas	1007 Km - DNF 4
Xavier Servel	DNF 13
Pascal David	DNF 11
Raymond Brand'honneur	DNF 11
Jean-Michel Monot	DNF 11
Selina Coldicott (GBR)	DNF 7
Sigrid Eichner	DNF 7
Sebastiao Ferreira da Guia (BRA)	DNF 7
Jacques Sirat -	DNF 6
Frédéric Morand	DNF 5



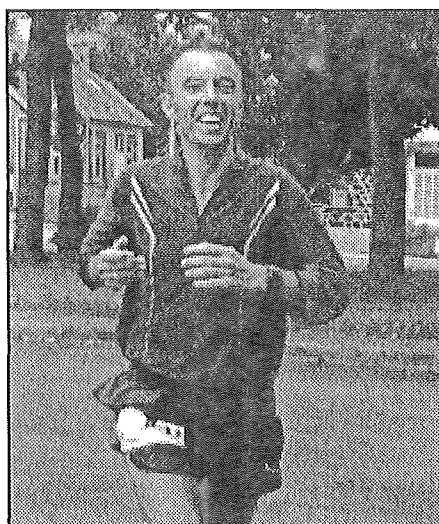
*Kelvin Marshall runs with Gwenola Joubel*



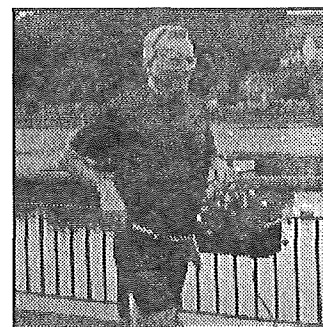
*Patrick Candé*



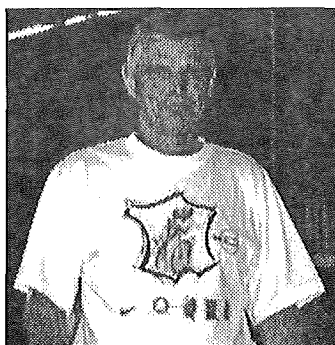
*Raymond Brand'honneur*



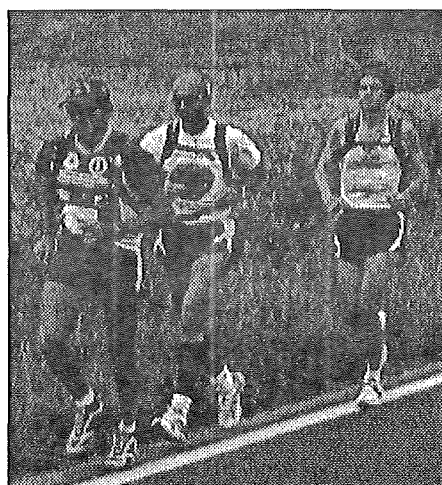
*Jacques Sirat*



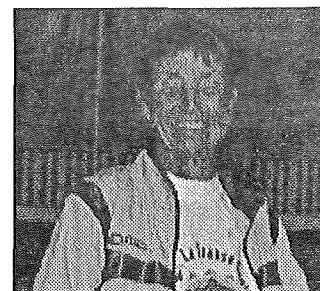
*Sebastian Schoberl*



*Hartmut Feldmann*



*Kelvin Marshall follows Brazil's Sebastiao Ferreira da Guia and Frenchman Pierre-Michaël Micaletti*



*Sigrid Eichner*



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**General Secretary**  
Hilary Walker (GBR)  
Email: hilarywalker@rednet

16 June 2006:

## IAU European 100km Championship, Torhout (BEL)

The Night of Flanders, now in its 27th edition, was based on a march to the Flemish Coast at Middlekerk, near Ostende and back. The IAU have previously held their Championship as part of this race but in recent years the Championship course has consisted of an initial 10km loop around the town followed by three 28km loops around the surrounding villages and a fanfare finish in front of the Town Hall.

The start is a grand affair. Along with the 100km march, there is a marathon run/walk and a 10km run/walk around the town. Thousands of participants keenly awaited the 20.00 start and the whole population cheered runners on over the first 10km, with street parties and barbecues on the pavements. Similar celebrations were staged, in the middle of the night, on the streets of the towns and villages along the route, much welcomed by the runners.

At the start the sky was clear and the temperature in the low 20s. Jose-Maria Gonzales soon established a definite lead. He passed 30.7km in 1:53:40 with Mario Ardemagni, Fermin Martinez and Miguel-Angel Jimenez following two minutes later. Less than a minute behind them was a chasing group containing many of the race favourites.

Monica Casiraghi, twice World and European 100km champion, had taken an early lead in the women's race. Svetlana Savoskina chased her, followed by a group of five runners including the French team of three.

Ardemagni retired from the race at 52km due to stomach problems. The Russian pair of Vishnyagov and Izmaylov had overtaken Firmin and Martinez but were six minutes in arrears. Night descended and the temperature dropped. Gonzales remained untroubled, increasing his lead to nine minutes. As others faded, Pascal Fétizon and Yannick Djouadi moved into joint second while Dmitry Bula moved into fourth.

Changes in the women's race were more dramatic. Casiraghi, and then Savoskina, dropped out soon after 65km leaving the French trio at the head of the race. Then Birgit Schonherr-Holscher began her charge.

Gonzales made a triumphant entry into Torhout town square, and set a new Spanish record and possible World Masters record. Dmitry Bula came through for second after a 20km sprint. Djouadi out-kicked Fétizon to take the bronze medal.

Schonherr-Holscher came through to win the women's race while the French team's co-operative effort in the early stages ensured their success in the team race.

For the rest of the night, and into the following day, both runners and walkers continued to make their way from the fields of Flanders into the welcoming main square of Torhout, to complete another memorable Night of Flanders.

## DIARY

2006

23/24 Sept

IAU European 24hr

Track Race

Verona (ITA)

8 Oct

IAU 100km World Challenge

Misaki (JPN)

Oct (tbd)

IAU 50km Trophy Final

2007

28/29 July

IAU 24hr World

Challenge

Drummondville (CAN)

IAU 100km  
World/Euro  
Challenge (tbd)

### MEN:

1	Jose Maria GONZALES	ESP	6:23:44
2	Dmitry BULA	BLR	6:33:56
3	Yannick DJOUADI	FRA	6:38:19
4	Pascal FETIZON	FRA	6:38:22
5	Miguel Angel JIMENEZ	ESP	6:42:58
6	Alexey IZMAYLOV	RUS	6:44:10
7	Igor TYZHKOROB	RUS	6:46:09
8	Fermin MARTINEZ	ESP	6:53:42
9	Janos ZABARI	HUN	6:54:13
10	Sandor BARCZA	FRA	6:55:17

### TEAMS:

1	ESP	20:00:24
2	FRA	20:11:58
3	RUS	20:33:59

### WOMEN:

1	Birgit SCHONHERR-HOLSCHER	GER	7:58:44
2	Laurence FRICOTTEAU	FRA	7:59:22
3	Christine LELAN	FRA	8:01:54
4	Magali REYHONENO	FRA	8:13:21
5	Giovanna CAVALI	ITA	8:18:40
6	Marion BRAUN	GER	8:26:04
7	Carmen HILDEBRAND	GER	8:32:12
8	Barbara AUSTERMAN	GER	8:48:58
9	Simone STPLER	GER	8:49:52
10	Alexandra ANOKHINA	RUS	8:56:17

### TEAMS:

1	FRA	24:14:37
2	GER	24:57:00
3	ITA	27:32:07

## AUSTRALIA

15 April 2006:

Canberra 50km

### MEN:

1	Mark HUTCHINSON	NZL	3:09:05
2	Jonathan BLAKE	AUS	3:11:47
3	Tim COCHRANE	AUS	3:14:35
4	Trevor JACOBS	AUS	3:20:45
5	Tom GLEESON	AUS	3:21:24

### WOMEN:

1	Siri TØRJESEN	USA	3:35:19
2	Suzanne KELLY	AUS	3:41:38
3	Natalie WALLACE	AUS	4:12:08

(See also race feature, pp.)

## BELGIUM

20 May 2006:

50km of Flanders

### MEN:

1	Dmitry BULA	BLR	2:59:43
2	Ivan HOSTENS	BEL	3:19:18
3	Renaat MOYSON	BEL	3:26:31
4	Walter BOUWEN	BEL	3:37:16
5	Vladimir BUDNIK	BLR	3:39:06

### WOMEN:

1	Dora VANDEWAETERE	BEL	4:07:07
2	Inge PETERSSON	BEL	4:33:46
3	Anke MOREEL	BEL	4:40:03

## FRANCE

8 April 2006:

24 heures de St Fons

### MEN:

1	Didier DAVID	FRA	242,644km
2	Fred GENTA	FRA	214,671km
3	Yves CHOMONT	FRA	203,296km

### WOMEN:

1	Christine BODET	FRA	183,425km
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22 April 2006:

French 100km Championships  
100km de Belves

### MEN:

1	Jean-Jacques MOROS		6:51:50
2	Cristophe BUQUET		7:07:53
3	H BORDUS		7:19:06
4	Vincent DELEBARRE		7:25:46
5	Benoit LAVAL		7:32:09
6	Bruno BLANCHARD		7:34:05

### WOMEN:

1	Karine HERRY		8:45:06
2	Sylvie FOURDRINIER		8:48:50
3	Virginie THEVENOT		9:12:21

13 May 2006:

Surgeres 48hrs

### OVERALL:

1	Wolfgang SCHWERK	GER	392,067km
2	Sumie INAGAKI (F)	JPN	382,416km
3	Galina EREMINA (F)	RUS	363,717km
4	Michaela DIMITRIADU (F)	CZE	352,257km
5	Jean-Pierre RENAUD	FRA	344,415km
6	Claude HARDEL	FRA	339,590km
7	Irina REUTOVICH (F)	RUS	337,780km
8	Jesper OLSEN	DEN	332,653km
9	Masae KAMURA (F)	JPN	331,145km
10	Mette PILGAARD (F)	DEN	327,225km
11	J-Gilles BOUSSIQUE	FRA	323,304km

25 May 2006:

100km de Steenwerck

### MEN:

1	Jean-Luc DEBAVELAËME	FRA	7:57:14
2	Jérôme BENTEUR	FRA	8:27:21
3	Dominique SIKORA	FRA	8:29:56

## 27 May 2006: 100km de Vendée

MEN:			
1	Jacques HINET	FRA	7:22.46
2	Jean-Francois BANCK	FRA	7:24.55
3	Vincent RIVOIRE	FRA	7:51.21
4	Paul AILLERY	FRA	7:54.28
5	Paolo VENTURINI	ITA	8:04.36
WOMEN:			
1	Lucy CARR	FRA	8:40.34
2	Beatrice LANDEL	FRA	8:44.39
3	Francoise CHOLLET	FRA	9:28.59

## 9 June 2006: 24 de Sene

MEN:			
1	Dominique PROVOST		2:45.51km
2	Albert VALLEE		2:27.49km
3	Pascal PELARDY		2:20.29km
4	Geroges LE-ROCH		2:18.86km
5	Yves JEHANNO		2:09.22km
WOMEN:			
1	Chantal PAIN		1:84.29km
2	Huguette JOUAULT		1:61.49km
3	Pascale MAHE		1:58.59km

## GERMANY

### 29 April 2006: Hanau Rodenbach 50km & 100km 50km

MEN:			
1	Marian-Jan OLEJNIK	GER	3:29.36
2	Jurgen SCHOCH	GER	3:36.02
3	Seigfried ECK	GER	3:39.40
4	Gunter MARGRAF	GER	3:39.42
5	Steffen BREIDEBAND	GER	3:45.54
WOMEN:			
1	Nicole KRESSE	GER	3:42.45
2	Ute KRAWIETZ	GER	4:29.33
3	Marion GUDERLEY	GER	4:38.27

### 100km

MEN:			
1	Michael SOMMER	GER	6:57.19
2	Jorg HOOD	GER	7:08.37
3	Thomas KONIG	GER	7:09.12
4	Sven KERSTEN	GER	7:32.39
5	Thomas MIKSCH	GER	7:35.31
WOMEN:			
1	Birgit SCHONHERR-HOEL	GER	7:48.33
2	Marion BRAUN	GER	8:13.22
3	Carmen HILDEBRAND	GER	8:33.37

## 15 May 2006: Isar Run

MEN:			
1	René STROSNY	GER	26:41.42
2	Thomas MIRZ	GER	29:06.16
3	Jürgen SCHOCH	GER	29:11.13
4	Michael IRRGANG	GER	30:12.27
5	Hans-Theo HUNHOLT	GER	30:19.11
WOMEN:			
1	Carmen HILDEBRAND	GER	30:02.13
2	Ute WOLLENBERG	GER	37:06.19
3	Angela NGANKAM	GER	42:11.13

## GREECE

### 1 April 2006: 6 & 12 hours of Loutraki

#### 6 hours

MEN:			
1	Konstantinos STAMOS	GRE	73.165km
2	Konstantinos ZIARAS	GRE	71.375km
3	George PANOS	GRE	67.496km
4	Michalis VENETOULIS	GRE	60.669km
5	Vangelis BATZOGLOU	GRE	60.080km
WOMEN:			
1	Edit BERCEC	HUN	58.707km

#### 12 Hours

1	Andreas DRAGATIS	GRE	110.477km
2	Drosos VENETOULIS	GRE	102.831km
3	Christos FOTOPULOS	GRE	95.987km

## 1 April 2006: 7 days of Loutraki

MEN:			
1	Vlastimil DVORACEK	CZE	751.996km
2	Seppo LEINONEN	FIN	731.024km
3	Constantin BAXEVANIS	GRE	710.052km
3=	Gilles PALLARUELO	FRA	710.052km
WOMEN:			
1	Hiroko OKIYAMA	JPN	701.813km

## 8 April 2006: 24 hours of Loutraki

MEN:			
1	Valmir NUNES	BRA	212.042km
2	Eusabio BOCHONS	SUI	205.301km
3	PeeterVENNIKAS	EST	201.546km
4	Per Gunnar ALFHEIM	NOR	189.255km
5	Karachristos STATHIS	GRE	187.453km
WOMEN:			
1	Claudia ILLETSCHEK	AUT	170.286km
2	Katerina MITROFANOVA	UKR	126.801km
3	PilleVENNIKAS	EST	125.153km

## GREAT BRITAIN

### 2 April 2006: UKA 100km Championships Gloucester

Incorporating the Anglo-Celtic Plate, this race attracted 41 competitors to a 2-mile circuit at RAF Innsworth where they braved blustery conditions. In the team event the English were favourites, and at the halfway point the first four men and two women were English. Paul Harwood led through in 3:23.44. For the women Heather Foundling-Hawker started fast but Elizabeth Hawker followed her, and passed through 50km only 25 seconds behind the leader's 3:42.16. She then overtook the tiring Foundling-Hawker and extended her lead to the end. Harwood led to the penultimate lap, but a fast-finishing Matt Lynas, who had been 70 seconds behind at 50km, overtook him to win the title.

MEN:			
1	Matthew LYNAS		7:17.40
2	Paul HARWOOD		7:19.14
3	Dominic CROFT		7:37.36
4	Colin GELL		7:56.18
5	John PARES		8:05.35
WOMEN:			
1	Elizabeth HAWKER		8:06.20
2	Heather FOUNDLING-HAWKER		8:43.30
3	Debbie COX		9:29.

## 8 April 2006: 6 & 12 hours of Crawley

The races inaugurated the new K2 Leisure Centre in Crawley, very close to Gatwick Airport. 24 runners set off at 07.00 in steady rain. Soon afterwards the sun came out and the weather remained dry but windy for the duration of the race. During the event the fire alarm sounded in the Leisure Centre which was evacuated but runners were allowed to continue the race.

#### 6 hours

MEN:			
1	Kevin BEATTIE	GBR	75.255km
2	Garth PETERSON	GBR	73.325km
3	Andy ECCLES	GBR	71.040km
WOMEN:			
1	Elaine ODDIE	GBR	41.930km

#### 12 hours

MEN:			
1	Walter HILL	GBR	124.000km
2	Matthew HOBSON	GBR	114.887km
3	Kevin MARSHALL	GBR	103.470km
4	Malcolm KNIGHT	GBR	102.885km
5	Martin ILOTT	GBR	98.802km
WOMEN:			
1	Selma DA SILVA	GBR	86.090km

## HUNGARY

### 29 April 2006 6 hours of Veszprem

MEN:			
1	Zoltan OSSO	HUN	78.400km
2	Levente KALOTAI	HUN	75.994km
3	Akos BLAHO	HUN	71.400km
WOMEN:			
1	Reka KOVACS	HUN	71.150km

## 20 May 2006: Bekescsaba-Arad-Bekescsaba

TWO-STAGE RACE: FINAL STANDINGS (196.9KM)			
1	Janos BOGAR	HUN	16:55:51
2	Mihaly MOLNAR	HUN	19:01:13
3	Zoltan NYSZITOR	HUN	19:36:28
STAGE 1: BEKESCSABA - ARAD (103.8KM)			
1	Attila VOZAR	HUN	7:51:11
2	Janos BOGAR	HUN	8:11:35
3	Mihaly MOLNAR	HUN	9:27:00
STAGE 2: ARAD - BEKESCSABA (93.1KM)			
1	Janos BOGAR	HUN	8:44:16
2	Zoltan NYSZITOR	HUN	9:23:53
3	Mihaly MOLNAR	HUN	9:34:13

## ITALY

### 8 April 2006: 24 hours of Bergamo

MEN:			
1	Marlo PIROTTA	ITA	223.122km
2	Pablo BARNES	ITA	207.122km
3	Giorgio GARELLO	ITA	202.122km

WOMEN:			
1	Nunzia PATRUNO	ITA	191.521km
2	Monika MOLING	ITA	174.728km
3	Carmela DI DOMENICO	ITA	168.340km

## 25 April 2006: 50km di Romagna

MEN:			
1	Giorgio CALCATERRA	ITA	2:59.49
2	Benazzouz SLIMANI	ITA	3:01.42
3	Marco D'INNOCENTI	ITA	3:05.21
4	Lorenzo TRINCHERI	ITA	3:05.21
5	Janos ZABARI	HUN	3:11.41
6	Marlo FATTORE	ITA	3:12.31

WOMEN:			
1	Monica CARLIN	ITA	3:38.12
2	Daniela DA FORNO	ITA	3:57.41
3	Luisa COSTETTI	ITA	4:09.12

## KOREA

### 7 April 2006: Mount Halla 148km

OVERALL:			
1	Seungchan PARK	KOR	22:39:53
2	Jahyun KWON	KOR	22:58:51
3	Kwangbok KIM	KOR	22:58:51
4	Seongha JEON	KOR	22:58:51
5	Dongseob KANG	KOR	24:45:15
6	Changbong LEE	KOR	24:45:15

## 7 April 2006: Jeju Island 200km

MEN:			
1	Daeyoung MOON	KOR	25:43:00
2	Kazuo SHIMIZU	JPN	27:30:50
3	Soonho KIM	KOR	27:58:30
4	Hezip KIM	KOR	28:56:58
5	Minho KO	KOR	29:23:24

WOMEN:			
1	Keiko TAMAOKI	JPN	31:29:00
2	Jumsoon KWAK	KOR	31:43:52
3	Takako SUZUKI	JPN	32:07:14
4	SoonheulIM	KOR	32:44:31
5	Ran CHOI	KOR	32:46:00





## The Old Man Emu Run

# Alice Springs to Uluru 445km

"Into The Distance" July 2006, by Chris Horwood

### Background:

In 2005 my wife Carla and I flew up to Alice Springs to visit our daughter Deana and timed the trip to coincide with the running of the Alice Springs Marathon, in which we would all compete. Part of our holiday included a trip to Uluru and while driving there I started to think what a great run it would make, and so the seed was sown.....

Unlike my "Bredbo Bash" in 2005 [350km's solo over 7 days from Penrith to Bredbo in southern NSW] where I carried all my gear in a Camelbak and stayed at motels and pubs along the way, the distances between water and food replenishment points on this run would be far too great for a repeat performance and would necessitate having a support crew and vehicle along with me. A four berth Apollo camper would be adequate to accommodate myself, Carla, Deana, her friend Amanda and all our gear while my mate/next door neighbour, Graeme, decided that he'd make a bit of a holiday of driving his 4wd up to Alice to meet us in time for the start of the run. Russell North of the Alice Springs Running Club provided extensive support prior to the run and put me in touch with two local contacts, Larry Burt and Mary Meldrum.

Larry is the proprietor of the Bodymanics gym and is an accomplished ultra-distance runner. He offered invaluable insights based on his extensive local area running knowledge and provided me with a list of contacts for the various roadhouses we'd pass along the way, as well as with 6 cases of bottled drinking water for the trip, both of which would prove to be invaluable.

Mary Meldrum of the Alice Springs Memorial Bowling Club does the Saturday morning sports programme for the local radio station, 8HA and

is an absolute powerhouse when it comes to raising funds for worthy causes. After speaking with her about my desire to use the run as an opportunity to raise funds for a local charity, we decided to link it with her latest initiative; a fundraiser for the Palliative Care Unit of the Alice Springs Hospital. Mary would hold a novelty bowling day at the club and we'd "rattle the can" along the road to Uluru.

Training for the event was along similar lines to the Bredbo run - gradually building up distance and frequency over a 5 to 6 month period and peaking about a month before the event by running 50km's per day over 5 consecutive days. An unexpected bonus came 3 weeks before the run when I organised a team of 25 of my fellow Hawkesbury Triathlon Club members to compete in the NSW Cancer Council's 24 hr Relay for Life at Clarendon. Our team decided to run laps around the oval rather than walk and as a shift worker, I volunteered to do the night session along with my running buddy, Janelle. We thought we'd just circulate for a few hours and see what happened, but after Janelle had run 50km's for the first time, I decided to keep going to see what would unfold and ended up running my first ever 100km's and in just under 11hrs.

We flew into Alice on the 20<sup>th</sup> July with 3 days to spare for catching up with friends and contacts, shopping for food and trip items, picking up and packing the camper. Graeme had arrived a week before us and was able to borrow a trailer for the trip from one of Dee's work colleagues so we could carry two mountain bikes for

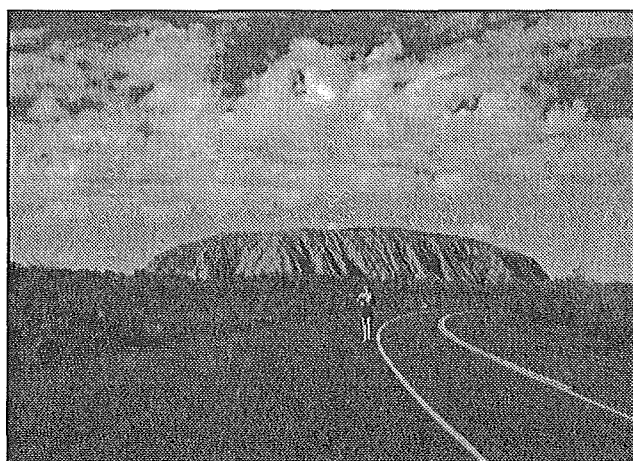
the girls to ride as well as some firewood for our overnight stops.

I got in touch with each of the contacts that Larry had supplied and after explaining what I was up to and that the run was a fundraiser for the local hospital, each advised that they'd look after us with free powered sites for our vehicles.

The plan was to run 65km's per day. The first and last days would require an overnight 'bush camp' in roadside rest areas and we'd stay at roadhouses for the other 4 nights. The location of all but one of our stopover points wouldn't coincide with where each day's 65km target would see us finish, so we'd mark the spot and drive either forward or back to our stopover and then return the following morning for the start of the next leg.

### Here We Go:

Sunday 23<sup>rd</sup> July - the big day at last! Up at six, tick off the final check list items and then it was off to our starting point in front of the Alice Springs Casino. Mary and some other friends, Jen and Deb, had come along to wish us well. Carla and a running friend, Richard, along with two of his running buddies would run out of town with me while Russell would 'preserve his legs' and cycle with us.



*Running towards the rock*





*"20km's would be the first 'aid station' and every 10km's thereafter - a pattern we'd follow for the rest of the trip"*

We set off into the crisp morning air just before 8am beneath a cloudless blue sky and a forecast high of 22 degrees - perfect running conditions! Graeme led us out in the 4wd with hazard lights ablaze, our 'unofficial escort vehicle', while the girls followed along behind us in the camper.

Vehicles and running companions came and went until the 30km mark where the girls were waiting with drinks and eats. Being so used to running solo and carrying all my own needs, running with a crew was going to be a luxury! More well wishes and it was finally as I'd envisaged - running alone through Central Australia up the middle of the Stuart Highway!

Today would be a learning curve for all of us as we sorted out aid stop intervals, what to have ready at each stop, how much to eat of what and when, a suitable running pace, etc. 10km's seemed just the right distance between stops as the sports drink I carried in my water bottle bum bag would comfortably last that distance given the mild temperature.

One of the fun things about running on your own in the middle of nowhere is the reaction of passing motorists. Apart from the always welcome toots and waves, occasionally people will slow down to have a bit of a chat, but I was pleasantly surprised when one little old dear wheeled up alongside and asked, "Excuse me, is this the way to Uluru?".... "Yes it is - just keep going a couple of hundred km's until you get to Erldunda, hang a right, keep going another 250km's and you'll be there." "Thanks dear.....bye!" Wonderful!

Another lovely aspect of running is that you hear and see so much more than you ever do when driving. Flocks of red-tailed black cockatoos perched in treetops beside the road, wedge-tailed eagles soaring high on elevating thermals, flitting finches and the songs of species unknown emanating from within the haven of

thorny desert thickets.....camels, big red roo's and little blue flyers, emus and slithering beasties, all roaming free in their natural habitat.

I ran 7 km's past our first night's stopover point at the Mt. Pothill rest area to be met by Dee and Amanda in the "mother-ship" and they'd marked the spot by constructing an amazing rock cairn about a metre



*Dinki the singing dingo*

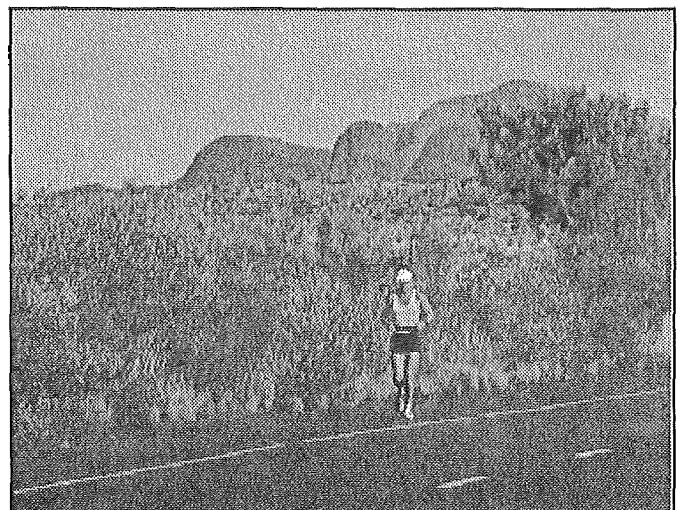
tall! Back to the rest area where Graeme was already preparing his famous casserole for dinner [he's a master campoven chef - cordon blurt, no less!] and pulling timber gathered from alongside the road out of the trailer to start a campfire. I gave the shower in the camper it's first try out and while it worked brilliantly, the others decided to wait until we got to the roadhouse the following night, to conserve the 100 litres of 'town water' in the camper's tank.

We were joined by a retired couple, Shirley and Clyde, who'd hit the road with their caravan six months earlier from Hervey Bay and were working their way around the country. Shirley was a breast cancer survivor who needed to keep arms moving while sitting in the car for long periods so she

knitted these lovely scarves and beanies which she'd sell at markets, or give to friends. When she heard that we were fundraising, she instantly donated several items as her contribution! Campfire conversations, drinkies and then bedtime - a great start to the adventure!

Day two in the outback dawned as gloriously as the first and it was "who wants the shovel first?" The camper had a toilet which we'd only use for "number 3's" to make the unenviable job of emptying the cassette as 'pleasant' as possible, in consideration of our 'effluent engineer' Graeme [ah, the joys of crewing!]. Graeme dropped me at the start point and I set off with a "see you up the track a bit" as he went back to help pack up. 20km's would be the first 'aid station' and every 10km's thereafter - a pattern we'd follow for the rest of the trip.

Never having run with a crew before, one of my biggest concerns was that constantly stopping and waiting for me to catch up would bore everyone stiff, but half way through this second day it was quite apparent that they were having a great time. Having two vehicles meant that one could be used to go off sightseeing while the other leapfrogged me. When both vehicles stayed together, each stop point became an



*Towards the rock with the Olgas behind*

*"With some 2,200km's under the belt over the last 6 months, I'd put in the distance but was starting to wonder if a bit more hill work wouldn't have gone astray"*

opportunity to either read, make a cuppa, catch up on sleep, watch a dvd on Amanda's laptop, etc. Wandering into the scrub uncovered all manner of unusual relics and so a competition was started to see who could find the most interesting/unusual/useless piece of 'treasure' each day. The stop-start nature of the trip would actually prove to be one of it's most enjoyable aspects as no-one felt the need to be rushed in anything they did - funny how the outback does that to you!

Sitting on a deck chair on the side of the road was an opportunity for them to admire the beauty of the area's unique flora - spindle gums, desert oaks, spinifex and ghost gums and whenever the urge arose, one of the girls would jump on a bike or throw on the runners and join me for a while.

Early in the afternoon a 4wd ute wheeled over about 50 metres in front of me. The driver turned out to be Brian O'Shaunessy, the owner of the Mt. Ebenezer Roadhouse where we'd stay at the end of day 4 and with whom I'd spoken a few days prior. He and a friend were on their way back from Alice where they'd picked up some supplies and a young German girl on a working holiday

who'd answered an ad to work at the roadhouse for a few months over the tourist season. Brian had heard the radio interview about the run I did with Mary on 8HA the day before I started and had been keeping an eye out for me.

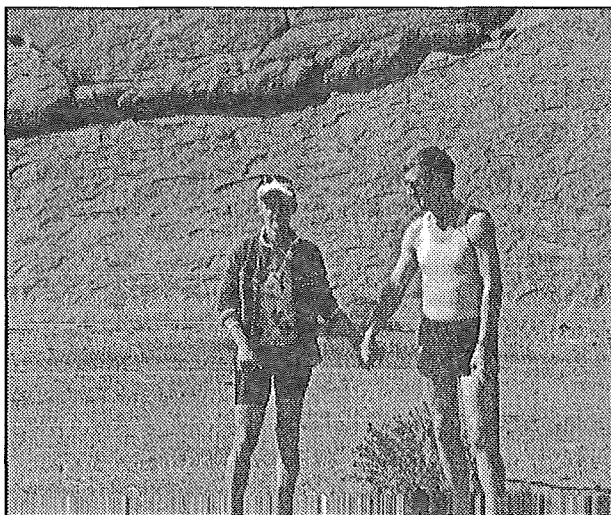
The countryside south of Alice Springs is quite spectacular with mesa's, ranges and ridges criss-crossing the landscape, their rocky crags thrust upward like the fossilised backbones of enormous, prehistoric creatures, exposed and weathered over aeons by nature's inevitable force.

There's a unique and distinctive beauty about the timeless nature of this amazing part of our continent, it's rugged vastness magnetically

drawing your thoughts and reminding you just how geographically diverse a continent Australia really is and how very fortunate we are to live here and do the things we are able to.

I was a little surprised by how hilly certain sections of the run were at times. Topographical memories of the previous year's drive to Uluru were shaped from a 'driver's seat perspective'.

While not steep, they roll gradually up and down for kilometres and were at times deceptively taxing in a mental sense as so much of my training had been geared around thoughts of a 'dead flat' run. With



*Carla and I at the base of the rock*

some 2,200km's under the belt over the last 6 months, I'd put in the distance but was starting to wonder if a bit more hill work wouldn't have gone astray. Such thoughts were soon vanquished though by the sighting of my first dingo for the trip and also some strange black birds with white-tipped wings which chattered manically like finches on steroids - what a racket!

Day two's stopover was "Jim's Place" at Stuarts Well and the owner, Jim [of course!] does a lot of fundraising for the Royal Flying Doctor Service and was quite sympathetic toward our cause. He has a pet dingo called "Dinki" who hops up on the keyboards of Jim's old piano and will 'sing' in his best howling tones for

as long as you keep hitting the keyboards! Dinki could certainly sing better than I could play the piano, but it sure made for a great photo! Dinki donated \$200 toward our fundraiser and Jim chased up a few more dollars while we continued the run.

Day three was the leg down to our overnight stop at Erldunda where we'd leave the Stuart Hwy. to head west on the Lasseter for 250km's toward Uluru. Winter in the N.T. is the peak tourist season which was reflected in the huge numbers of vans, trailers and campers on the road.

One standout which caught my eye was a Lite Ace style of van on the back of which the owner had hand-painted "Shitz Campers" - a dissatisfied former customer of one of the large camper hire companies, perhaps?

I got a huge toot and wave from a load of young backpackers in a Kontiki coach about 15km's north of Erldunda which gave me a huge smile, no doubt as I'd done for them! Just up the road we were met by one of Dee's workmates, Dan, who'd driven down especially to see how we were getting on. He'd join us for dinner at Erldunda before

heading back to Alice as he had to work the next day. Carla ran the last 12km's with me as I was starting to get pretty tired, so her company was a real help.

Erldunda is 200km's south of Alice and was the only stopover on the trip which roughly coincided with our 65km daily target, so on day four I was able to get up before sunrise and head off with my Camelbak, allowing the crew a well earned sleep-in. Up each morning in the dark and with the girls still asleep, I'd got my 'morning routine' down pat by this stage. Everything I'd need was laid out the night before and the shower was big enough that I could have the light on to tape up toes and get dressed without waking the others.



*Into the distance*

Setting off into the darkness and away from the glow of the roadhouse lights, I had just enough light to see where I was going, provided free from above by what a John Williamson song describes as a "chandelier of stars" and how magnificent they look out here, so far from the stifling effect of big city lights. Until you escape from the city to places like this, you have absolutely no idea how incredible in number and beauty are the stars above. Out here in the wilderness and looking up to the heaven's, you suddenly realise what an enormous place the universe really is and how minuscule are all those stupid little things over which we stress when our heads are filled with 'city-think' as we chase a livelihood.

Sunrise progressively covered the eastern horizon with a 180 degree arc of radiant orange and cerise. Out here in my serenity, it was already a beautiful day!. In those wee-small hours it was over an hour and a half before the first vehicle passed me, still-sleepy eyes of the occupants squinting in disbelief at my presence. It would be a few more hours until the first of the numerous tourist coaches rolling down from Alice would begin to pass me, so running 'neutral-camber' up the middle of the road was quite safe for kilometres at a time, as in the pre-dawn stillness, you could hear vehicles approaching well before you could see them.

Dawn passed like the kilometres behind me and despite the coolness of the morning, I'd warmed up and had already started shedding layers

by the time the crew caught up with me. Later in the day I saw a pair of emus grazing just off the road and about 50 metres away. They started to move away from me at a slow canter, just as I remembered how Dee had earlier said that wild emus are naturally quite curious, so at the top of my lungs I started to throttle the first few bars of John Williamson's "old man emu" in a rendition that would have done "Yodeling

Billy" proud, just to see what would happen. Blow me down if they didn't prop and do an about face - must have recognised the tune....how funny!

Up the road a bit and I hear a vehicle slowing behind me. A young German lady looks at me with a mixture of curiosity and concern before asking, "You OK?"....."Yes thanks, fine - just going for a run to Uluru" I reply to her amazement. Her face lights up as she translates to her partner, before asking where I'd run from. "Alice Springs" I say, as he smiles broadly and exclaims, "Wunderbah!"....."Need water, food?" asks she. "No, I've got crew up the road a bit, but thank you very much for asking"....."You're welcome, goot luck!" and off we all toddle.....

Shortly afterwards I ran past what I nicknamed "stench straight" where the sides of the road were littered with a dead roo carcass on average about every 50 metres over a 5km stretch. The unusually lush grass cover on the road verge must have been fed by some permanent ground water and was a natural attraction for the roo's, which would leap unseen out into the path of passing vehicles. Oh dear, what a pong!

We reached Brian's Mt. Ebenezer Roadhouse where he greeted us with a couple of tinnies and said that more would follow, along with a free sit down meal as his contribution toward our fundraiser. Not only that, but the proceeds of their evening raffle were donated to us and he rattled the can

with every coach load of tourists that pulled up there for a feed that evening and so raised \$270 which was absolutely marvelous.

One of Brian's staff, an lovely aboriginal guy named Albert, but who preferred to be called "Bob Dingo" was an absolute crackup. Giving us change for some souvenirs we'd bought, he said "Hey, have ya seen the guy hitchhiking on the one dollar coin?".... "No - never noticed it" we all replied while straining at the coin. "Look harder!"....."Nope - still can't see him??"...."Gimme the coin here" and after a quick look he says, "Oh, your right. He ain't there anymore - musta got a lift!" and so the night went on.....!

Day 5 started with a 'kiss and drop' and another magnificent sunrise. Later that morning a car slowed as it passed and everyone inside yelled out, "good onya Chris!" and kept going, which had me puzzled as to how they knew my name? Graeme told me at the next stop that they'd wheeled into the rest area next to him and seen the fundraiser sign in the camper's window, so donated \$20 just like that!

The day progressively warmed into the high 20's, somewhat warmer than the previous days and mid way through the afternoon my left achilles started to get a bit tight, but running a bit quicker actually made it feel heaps better. I progressively lifted the pace by about a minute per km and felt great, but noticed at the end of the day that the lower part of my left quad was noticeably tight so I iced it and had some anti-inflammatory tablets before an early night. Getting up the next morning we had to drive back toward Mt. Ebenezer to our start point for the day which was about

30km's short of where we stayed overnight at the Curtain Springs Roadhouse. My quad felt reasonably good so I decided to walk for the first km after Graeme dropped me off, to warm it up before starting to run again. By the time I reached Graeme about 10km's up the road, I thought that the tightness would be manageable if I backed right off the pace, but by the time he passed me 3km's further on, it was so sore that running was out of the question, but



*End of the day*

as walking was OK, I decided that if that's what it took to get to the Rock, then so be it. The closer I got to Graeme at the 20km mark, the more the headwind picked up and a few km's before Curtain Springs along an open stretch, it almost blew me backwards a few times. Carla walked out to meet me with about 1km to go and until I started to talk with her, I hadn't realised just how intently I'd been focusing on overriding the pain and it was at that point when the rot set in. The quad had blown up and was now so sore that I had trouble even walking back to the camper to explain what had happened to the girls.

Hell, what was I going to do - still another day and a half to go and all I could see was the wheels falling off the whole project. Graeme pulled up and was walking toward me, but it was all I could do to shake my head and give a big 'thumbs down' before getting quite emotional. It was the time frame which was the issue as we had to be back in Alice the day after reaching Uluru to return the camper on time, otherwise we could have camped over for a day or so to see if icing and some anti-inflam's would settle it down so that I could continue.

Suddenly it was Carla to the rescue! It had been a team effort all the way so far, she said, so she and the girls would continue their support by taking turns to run or ride in relay to finish off the day and would do the same for the first part of tomorrow so that I could finish it off as planned by running into the National Park and up to Uluru.....Darling, you're a

genius!! So off we went, the girls doing a mighty job and me now crewing a part of my own run - egad!

Our last night on the road was at a rest area next to a huge sand dune and about 45km's from Uluru. From the top of the dune I could see Uluru and the Olgas, so close that I could almost reach out and touch them. Sitting alone on a grassy

tussock, I contemplated what had unfolded. So close I had come to realising a dream, so many mixed emotions, yet the more I thought about it, the more I began to realise that things were far from the catastrophe they had seemed earlier in the day.

Of it's nature, this run had to be a team effort for me to even contemplate, let alone undertake it, so it was entirely appropriate that our contingency plan was an expansion of that team effort. Then there were all the positives to be drawn: I'd run further in a multi-day event than I'd ever run before; run for the first time with a crew who could only be described as magnificent; seen a spectacular part of the country in only a way that doing something like this allows you to; in conjunction with Mary's efforts, raised over \$2,500 for a very worth cause and shared the whole, wonderful adventure with others dear to me who got even more out of it than I did - not a bad way to wind up a 'failure' I reckon!

A large meat ant sniffed curiously at my feet, stretched out on the ochre-red sand in front of me as I sat there on my wind-swept vantage point. The wind will eventually blow before it, my footsteps, this dune and all it's embedded life-forms, but for now with the sun's rays penetrating the cloud cover to bathe this ancient landscape in the warmth of evening hues, the moment was perfect.

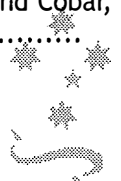
The Grand Finale:  
The last day and the girls continue their relay until we get to the park

entry gates where we introduce ourselves to the staff who both kindly make a donation toward our fundraiser. I strip off layers and get underway. The quad holds together reasonably well for 10km's before starting to swell up again, but with the magnificence of the Olgas behind me and Uluru ahead, I just keep looking up and thinking, "Wow - you're nearly there!" and that's all I focused on.

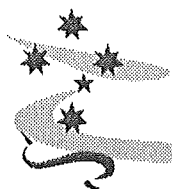
Uluru is an enormous presence, almost 10km's around it's base and the closer you get, the larger it looms and the more you begin to feel it's power. Carla joins me for a few km's and then Graeme on one of the pushy's [truly a sight worth running all this way to see!] to give me a distraction from how much the quad is aching, but they leave me to run the last couple of k's on my own so that I can re-group mentally and fully savour the moment. I ran up to the climb start area, flung my cap in the air before climbing through the wire fence and letting out a big "Woohoo!" just prior to bending over to touch and then sit on this mighty monolith - how awesome!!

We cracked a couple of celebratory Coronas as the girls took some more photos prior to heading back to Yulara to organise our accommodation for the night, while Graeme and I just sat there in the viewing area soaking up the moment. I said at the start that we should savour every day as all too soon the adventure would be over and now it almost was, but what an adventure it had been!

That night was a pretty modest affair as we were all too stuffed to go out partying and besides, we wanted to get an early start the following morning for our drive back to Alice. As it turned out, the run was the first of what was to become two adventures as Graeme asked Carla if she'd mind if he 'borrowed' me to share his return drive and so we spent six days driving back down through the Central Australian deserts to places like Birdsville, White Cliffs, Tibooburra and Cobar, but that's another story.....







# Training to race at the World Cup 100 km

Ultra Running - By Don Wallace

The points and views I express here come from my own experience\*. Hopefully you be able to take some of them and use them to your own benefit in ultra-running, especially in the 100 km or similar event. Some of it may be a bit brief, so I am happy to receive any queries about what I have written. If what you are doing now is working well then I suggest you continue doing that with some fine-tuning. If you think that you need to make some changes to get better results then I would suggest that you at least bounce ideas off someone with sufficient experience.

Arthur Lydiard said

"The fundamental principles of training are simple, which may be why it needs repeating so often: it is to develop enough stamina to enable you to maintain the necessary speed for the full distance at which you plan to compete."

The longer the race you are running the more stamina you are going to need to complete it. Now the good news is that stamina is the easiest component of your running to develop. The other useful components are strength and then speed. As far as 100-km running is concerned speed is very little importance. Stamina is the most important element followed by strength. Your need to develop stamina first. As you do you will also build some strength into your running. If you build good stamina and some strength, then speed will look after itself.

As an experienced runner if you can put together a consistent block of training for 8 - 12 weeks, then you will put you in shape for a good performance at any major race. I would suggest for the 100 km to keep it simple. Maintain or build up a good level of fitness and then focus on a 9 weeks preparation for the race. In this 9-week period I would suggest to do

5 weeks of good marathon

conditioning work to build your stamina. What is required is a large volume of aerobic running. Running daily you should be doing around 10 to 12 hours running a week.

- Then the next 3 weeks of training you should cut back on your mileage and add in some hill running for strength and some tempo runs. Total training will be 75-80% of the stamina phase.
- The final week of will just be a taper for before the big race.

## Conditioning phase.

The point of the condition phase is to do a large volume of aerobic running. Do not do any anaerobic running in this phase.

- Of course a long run on the weekend is the most important session. I would make this 3 hours for 100 km running. (Sat or Sun) If you are not use to this build up to it by doing 2:20, 2:40 then 3 hours. But I would recommend you get at least three 3 hr runs in this period. I recommend doing these off the road. Time on the feet is important rather than distance covered. You should also pace yourself so that you are running at a comfortable level over the last hour and not slowing down.
- Next I would highly recommend that you do a mid-week (Wed or Thurs) run of 2 hours. Run on a flat course at your target 100-km pace. The first few may be a bit slower but by the end of 5 weeks you should be able to do this with ease. This should be on a sealed road. An out & back course is fairly good for this. It may take 20 or 30 minutes to get into a steady rhythm, but after that try and stick closely to that pace for the remainder of the run. For my training I would do 30 km. It may have taken me over 2 hrs initially but at the end of 5 weeks I could easily run it in 4 or 5 minutes under 2 hrs.
- One session of an hour at strong aerobic pace (Tues, Thurs or Fri).

This can be done over a flat course or rolling hills. Reduce intensity if you are building your mileage, tired or have a additional long runs planned.

- Do at least one (preferably 2) other run of 1.5 hrs during the week. Run these at an easier intensity. Backing up your weekend long run done Saturday with a 1.5-2 hour run Sunday can be of benefit. This may be useful if commitments during the week limit your training.
- It is far better to run one longer training session in a day then 2 session that give the same total time.
- It is far better to start off at an easier pace, especially if you are tired. As you continue on and you will often find your pace and rhythm well improve. While is if often good to build up the pace as the run progresses, do not over do this. I would recommend most weekend long runs be off road. I would do at least 50% of my running on bush tracks.
- The best way to be consistent is to do the repeat the same training sessions on the same day of the week.
- Near the end of the conditioning phase do a run of 50-55 km or 4 - 4.5 hrs duration. Using a trail race for this is ideal if it can be arranged. However you should approach the race purely as training run. I would recommend those athletes in Queensland consider doing the Glass House Mountains 50 km 3<sup>rd</sup> September 2006. I would not recommend much longer then this, unless you have a lot of experience at such events. I all my preparations for 100 km events and the Comrades Marathon I have never run over 55 km, in training, in the 10 weeks before the race, with only one run of this distance. You should have an easy day before and after this run. If you do it without to much strain, you will find that your stamina will be

*"You all know that somewhere in the race it is going to get tough . . .when you have to dig deep if you only have 15-10 km to run then nothing will stop you"*

improved, in the following weeks.

- Do not do any anaerobic running during this phase. The aim of the training is to improve your maximum aerobic capacity. There is no need to develop anaerobic capacity, it is not economical and could cause fatigue and the inability to continue running effectively run at a good aerobic effort. Your training should always be at a level where you finish feeling slightly tired but knowing that you could run faster. The effort should be such that you can recover sufficiently for the next day.

If you persist with maintaining a large volume of aerobic running for 5 weeks you really boost stamina. What initially seemed quiet challenging in the first few weeks will become easy to maintain after 3 or 4 weeks.

#### Strength phase.

The point of the strength phase is to maintain your stamina and do some hill running and tempo running to build strength. This phase will involve sufficient anaerobic running. In this phase the overall time/mileage can be cut back to 75-80% of that of the conditioning phase.

- You can now cut back your long runs back each week. I would recommend doing 2:30-40, 2:10-20 and 1:40-2 hr run in these weeks.
- Also cut back your midweek long run to 1:40, 1:30 and 1:20 but it is still important to maintain this at race pace. I would highly recommend doing a 25km or 20 km run on an accurately marked course, at your target race pace, in this period.
- Do at least one session a week on hills. I would recommend 2 too more experienced runners. These should involve about 15-20 minutes of uphill running in all. This can be done on a circuit with a 2-3 minute uphill, which is run 5-6 times with 8-10 minutes per circuit. Alternatively a fartlek type session over rolling hills which has 8-10 hills spaces over 30-40 minutes can be used.

The purpose of hill running is to run up the hill maintaining good running form. The effort should be slightly anaerobic, so that you are able to complete the session, with easy running between efforts. If you are not very experienced with hill work in your program it would be best to contact me to discuss how to incorporate it.

- You should include some tempo runs in this phase. I would recommend running a long one 12-16 km in the first week and 8-10 km later. These may be run at closer to your marathon pace.

#### Taper phase.

I believe one week taper was sufficient for me. If you prefer 2 then start your build-up a week earlier.

The Monday of the week before the race would be an easy run of 50-60 Min. I would usually do some rolling hills/fartlek on the Tuesday. On the Wednesday I would recommend a 20 Min warm-up and 5 km at your race pace with a short warm down.

#### Racing 100 km

Have a plan and prepare yourself to be able to achieve it. To run a good 100-km race you need to set out at a pace that you can comfortably maintain for at least 80 km. You need to be quite fresh at 50 km and maintain a good steady pace to 80-85 km. Personally I would try to run as evenly as possible. You all know that somewhere in the race it is going to get tough. That's when the tough gets going. The difference between the winner at the World Cup 100 km and the other top runners will often be that they will run faster over the final 10 to 20 km. When you have to dig deep if you only have 15-10 km to run then nothing will stop you.

- Stick to your planned race pace, even if it feels too comfortable.
- If you are passing other runners in the later part of the race it will spur you on.
- Take on sufficient fluid and as much fuel as possible.
- Prepare yourself mentally for a good performance

#### \* Personal Experience

I have competed in 6 100-km races from 1992 to 1995.

I set an Australian Record of 6:39:26 in my first attempt at 100-km. winning the inaugural Australasian 100-km Championship in 1992.

I won 3 consecutive Australasian Championship at what came to be known as "That Dam Run" in New Zealand. I won in 6:44 in 1993 and again 6:44 in 1994.

I completed at 2 World 100 km Challenges. In 1993 Torhult in Belgium I failed to finish in my second attempt at 100-km. In 1994 I ran 6:51 to finish 16<sup>th</sup> at Lake Saroma in Japan, where Tim Sloan smashed his pb to run 6:43 for 10<sup>th</sup> and Trevor Jacobs ran 7:13 (34<sup>th</sup>). The team was placed sixth and our combined time 20:47:48 is the best performance by an Australian team for 100-km.

In my final race in 1995 I finished 2<sup>nd</sup> at Lake Saroma in 6:57.

Additional between 1994 and 2002 I have run 5 Comrades Marathon in South Africa. Here I have run 4 "Up" runs and one "Down"

1994	5:59	12 <sup>th</sup>
1996	5:49	12 <sup>th</sup>
2000	5:42	8 <sup>th</sup>
2001	5:47	15 <sup>th</sup> (Down)
2002	5:44	8 <sup>th</sup>

1994 was most probably my best year of racing, I was 33 at the time.

31<sup>st</sup> May. I ran the Comrades Marathon 5:59 for 87.6 km

26<sup>th</sup> June. (26 days later) World Challenge 100 km 6:51 for 100km

6<sup>th</sup> August. (6 weeks later) won the first stages of the Telecom Tasmania Run\*\* 5:56 for 88km

7<sup>th</sup> August. (next day) won second stage, 6:54 for 92 km including an hour running in a complete blizzard.

8<sup>th</sup> August. lead third stage at about 4 min km pace for 35km before having to stop due to a muscle strain

28<sup>th</sup> August. Won Noosa Marathon 2:31

31<sup>st</sup> December. That Dam Run 100 km also ran three 50-km races during 1994. I raced a total of 42 races in 1994 covering 950 km.



# Australian 48 Hour Track Rankings

Surname	First Name	State	Venue	Dist (km)	Date	Age	Surname	First Name	State	Venue	Dist (km)	Date	Age
Kouros	Yiannis	VIC	Surgeres, Fra	473.797	03-May-96	40	Billett	David	SA	G.C, QLD	263.670	#####	33
Smith	Bryan	VIC	Colac, VIC	386.400	13-Nov-89	46	Sill	David		Colac, VIC	259.600	13-Nov-94	47
Woods	Graham	QLD	Aberfeldie, VIC	364.238	23-Jan-88	41	Donnelly	Bruce	QLD	Camp'town, N	259.200	18-Nov-90	
Standeven	David	SA	Colac, VIC	350.400	14-Nov-88	36	Skinner	Deryck	SA	G.C, QLD	257.877	#####	73
Record	Joe	WA	Colac, VIC	350.000	14-Nov-88		Marden	Bob	NSW	Colac, VIC	256.000	24-Feb-86	33
Beauchamp	Bill	VIC	Aberfeldie, VIC	347.147	23-Jan-88	42	Lewis	John	VIC	Camp'town, N	254.400	18-Nov-90	
Fryer	Martin	ACT	G.C, QLD	346.116	#####	44	O'Connell	Keith	NSW	Camp'town, N	253.200	18-Nov-90	51
Taylor	Maurice	NSW	Colac, VIC	340.400	13-Nov-89	41	Phillips	Lindsay	QLD	Camp'town, N	252.000	18-Nov-90	25
Audley	George	WA	Perth, WA	335.000	16-Nov-87	52	Cox	Terry (snr)	VIC	Colac, VIC	250.800	03-Nov-91	54
Javes	Ian	QLD	Camp'town, N	330.800	18-Nov-90	48	Taylor	Dave	NSW	Colac, VIC	250.000	15-Nov-92	41
Hill	Ron	VIC	Aberfeldie, VIC	327.334	23-Jan-88		Hook	Geoff		Colac, VIC	249.600	24-Feb-86	41
Collins	Tony	NSW	Brisbane, QLD	326.000	02-Jun-94	46	McPhee	Jevvan	VIC	Colac, VIC	246.400	17-Nov-102	37
Fisher	Keith	VIC	Perth, WA	324.834	16-Nov-87		Scanlon	Shaun	QLD	QLD Uni., QLD	244.222	22-May-92	47
Burns	Bob	QLD	QLD Uni., QLD	323.418	22-May-92	48	Firkin	Graham	NSW	Camp'town, N	241.600	18-Nov-90	53
Gray	Peter	VIC	Wynnum, QLD	321.245	04-Jun-93	28	Channells	Robert	NSW	Camp'town, N	240.400	18-Nov-90	48
Perdon	George	VIC	Colac, VIC	318.800	24-Feb-86	64	Miskin	Stan	VIC	Aberfeldie, VIC	239.717	23-Jan-88	62
Watts	Graeme	QLD	Colac, VIC	318.400	21-Nov-104	51	Cox	Terry (jnr)	VIC	Colac, VIC	239.200	03-Nov-91	26
Bloomer	Brian	VIC	Colac, VIC	316.400	24-Feb-86	45	Boyce	Robert	VIC	G.C, QLD	239.200	#####	45
Medill	Graham	QLD	Caboolture, QLD	312.626	30-Jun-89	41	Grant	Ron	QLD	Camp'town, N	236.400	18-Nov-90	47
Parsons	Gary	QLD	Lota, QLD	312.495	01-Jun-95	45	Kettle	Drew	VIC	Colac, VIC	233.600	15-Nov-92	72
Hepburn	Brickley		Colac, VIC	311.600	03-Nov-91		Thompson	Mike	WA	Perth, WA	231.000	16-Nov-87	39
Bruner	Bob	VIC	Perth, WA	311.205	16-Nov-87		Anderson	Peter	QLD	G.C, QLD	230.880	#####	59
Pritchard	Mark	WA	Brisbane, QLD	304.800	02-Jun-94	46	<b>WOMEN</b>						
Lucas	Andrew	TAS	Colac, VIC	301.200	17-Nov-96	31	<b>Surname</b>	<b>First Name</b>	<b>State</b>	<b>Venue</b>	<b>Dist (km)</b>	<b>Date</b>	<b>Age</b>
Rafferty	Tony	VIC	Colac, VIC	301.200	24-Feb-86	46	Stangar	Helen	NSW	Lota, QLD	329.256	01-Jun-95	44
Parker	Ross	WA	Perth, WA	300.950	16-Nov-87	38	McConnell	Georgina	NSW	Wynnum, QLD	301.875	04-Jun-93	49
Riley	Gerry	VIC	Colac, VIC	295.600	24-Feb-86	55	Baird	Carol	ACT	G, QLD	298.089	12-Aug-05	56
Breit	John	VIC	Aberfeldie, VIC	290.766	23-Jan-88	30	Grant	Dell	QLD	Caboolture, Q	268.824	22-Jun-90	36
Young	Cliff	VIC	Colac, VIC	289.200	13-Nov-89	67	Cameron	Cynthia	VIC	Colac, VIC	261.200	14-Nov-88	46
Wishart	Greg	VIC	Aberfeldie, VIC	288.183	23-Jan-88	49	Parris	Dawn	VIC	Colac, VIC	246.800	19-Nov-95	42
Davis	Ivan	SA	Colac, VIC	287.200	19-Nov-95	42	Foley	Wanda	NSW	Camp'town, N	243.200	18-Nov-90	44
Mansell	Kevin	SA	Colac, VIC	284.000	19-Nov-95		Case	Valerie		Caboolture, Q	220.143	22-Jun-90	53
Valentine	Ian	QLD	G.C, QLD	283.344	#####	43	Hall	Kerrie	QLD	Maryborough, Q	211.488	20-Aug-99	38
Skvaril	Vlastislav	TAS	Colac, VIC	281.135	20-Nov-105	66	Barnett	Sarah	VIC	Colac, VIC	207.600	20-Nov-05	
Armistead	Peter	VIC	Colac, VIC	278.800	17-Nov-102	56	Tait	Merrilyn	VIC	Colac, VIC	187.200	13-Nov-89	
Farmer	Patrick	NSW	Colac, VIC	278.800	14-Nov-88		De Williams	Deborah	VIC	Colac, VIC	182.400	21-Nov-04	35
Champness	John	VIC	Aberfeldie, VIC	274.834	23-Jan-88	36	Buckland	Isobel	NSW	Colac, VIC	155.600	14-Nov-99	
Hoskinson	Peter	TAS	Colac, VIC	273.600	18-Nov-101	36	Schrag	Julie	QLD	Colac, VIC	155.200	17-Nov-02	46
Timms	John	VIC	QLD Uni., QLD	270.245	22-May-92	49							
Wise	Garry	VIC	Colac, VIC	267.600	20-Nov-105	59							
Neumann	Rainer	QLD	G.C, QLD	266.064	#####								





*The Old Great North Road Run - Paul Every and Phillip Murphy*





David Waugh:  
winner of the  
Gold Coast  
24 hour event