

# ULTRAMAG



Australian  
Ultra  
Runners  
Association Inc

**AURA MAGAZINE**

December 2006 Volume 21 No. 4

- Australian 24 Hour Champs
- World 100km

- Hall of Fame - Cliff Young
- Queensland Ultra History

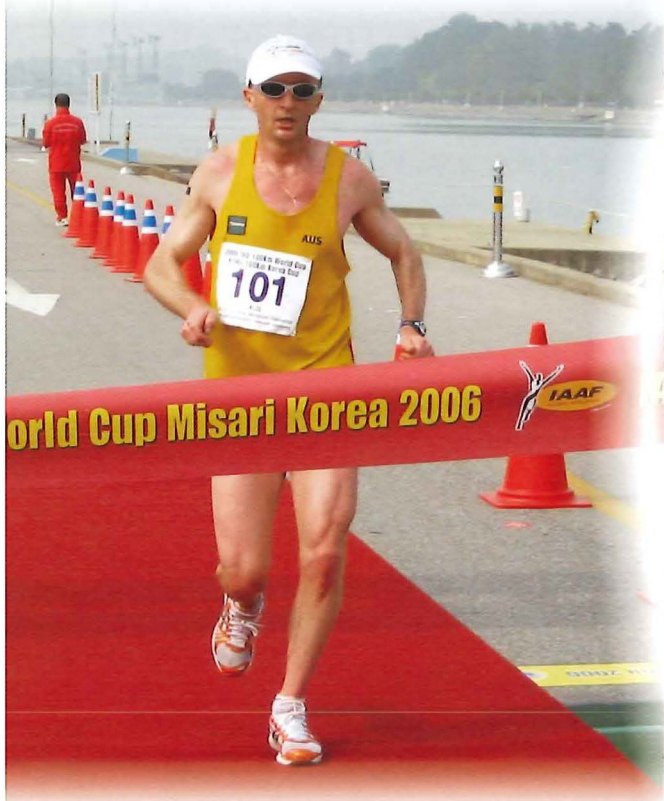
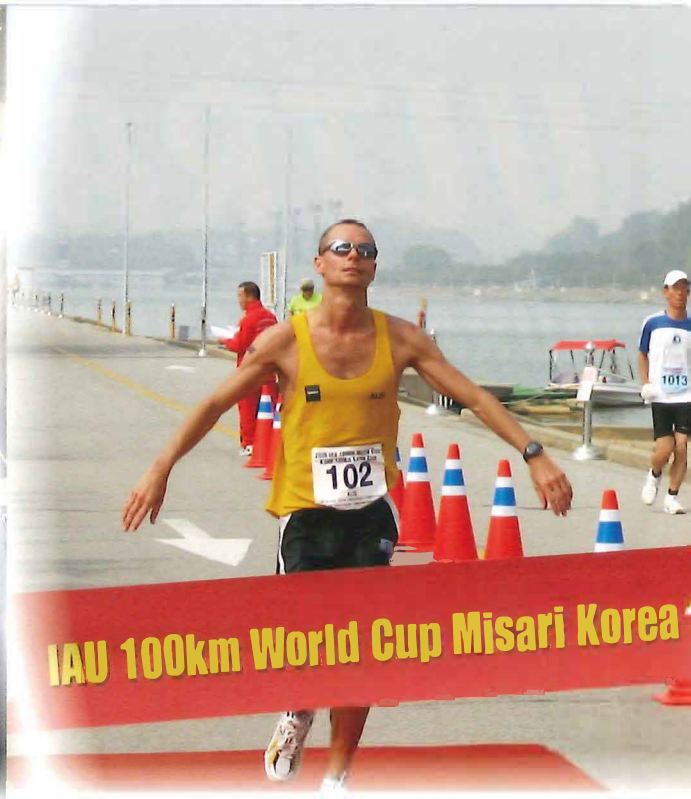


orea 2006



**IAU 100km World Cup Misari Korea**









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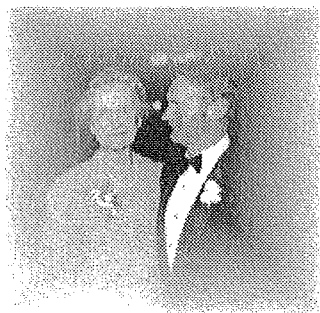
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# Editorial Dec 2006

by Kevin Cassidy



Our national 100km team had not even left our shores when a number of dramas unfolded. Magnus Michelsson and recently crowned Australian Champion, Zoe Lawrie, both withdrew with injury while the accomplished Siri Terjesen was unable to compete due to some last minute citizenship problems. Despite these unforeseen hurdles, a number of hastily arranged replacements acquitted themselves well in last October's World Cup. New comers Vivienne Kartsounis, Julie Hooper-Childs, Simon Phillips and Darren Benson all performed creditably with the men's team taking sixth place overall and the women doing well in seventh. Also benefiting the team were two generous donations towards expenses. Colliers International Property Group were good enough to contribute \$1,000 while \$2,000 was forthcoming from the late Nigel Aylott's estate. Nigel was a champion athlete and a national 100km team member on many occasions. It was an honour to be presented with the cheque by Jan Aylott [Nigel's mum].

The 2007 World 100km will be held on the eighth of September and competition for team selection will again be wide open with the Australian 100km Championship on the Gold Coast being the ideal event in which to gain selection.

A tight competition has developed in the points race with Siri Terjesen and Robert Boyce leading the charge

with 51 points apiece only just ahead of several others. At the time of printing, there were still a couple more events to be run so final scores remain unknown but are surely going to go right down to the wire, to use an Americanism! With prizes valued at \$2,000, it is not surprising to see such a close contest.

I guess it was only a matter of time before Cliff Young was to grace the Hall of Fame. In any normal circumstances, it would be hard to imagine that the Cliff Young story could be told in anything less than a twelve volume set of encyclopaedias. To fit it into four pages would be a job in itself but Phil Essam has managed to do exactly that.

Speaking of Cliff, The "Cliff Young" Australian Six Day Race in Colac has been cancelled for 2006 due to problems in gaining sufficient manpower and backing. It would be sad to see this event disappear completely, however a public meeting has proved promising and hopes for a rejuvenated event in 2007 are high.

Prominent occurrences in recent times have seen the Brindabella Classic return to its original course, a move that appears to have recaptured its glory days with a large field of quality performances being recorded.

The second edition of the Great North Walk 100's saw the event stamp itself as one of Australia's more gruelling epics. This exceedingly tough trail north of Sydney dished up an unforgiving day for some of our toughest competitors.

Congratulations to the Terrigal Trotters initiative in getting this race off the ground.

On the track, Mick Francis and Carol Baird took out the respective national 24 hour titles in Adelaide while the unstoppable Dave Criniti set a new Australian 50km Track Record at the Victorian Championships in Moe.

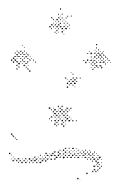
In early November, I was fortunate enough to spend a day at the home of Jim Crawford. Jim was one of our prominent marathoners in the 60s and as well as being one of the early ultra pioneers. Along with Phil Lear [another 60's pioneer], we spent the day searching Jim's large collection of early ultra history that uncovered numerous 50 mile races going back as far as 1963. There is still much sorting to do it will soon be appearing on Phil Essam's excellent website at [www.planetultramarathon.com](http://www.planetultramarathon.com)

Still on history, Ian Javes has compiled a detailed history of ultras in Queensland. His lengthy recordings are in three parts with the first appearing in this issue.

On the international scene, the I.A.U. are looking at a future World Trail Challenge and are trialling the concept this month at the Sunmart Texas Trail 50 miler in the U.S.

As always, national ultra news is continually being updated at [www.ultraoz.com](http://www.ultraoz.com) while the I.A.U. provide a wealth of international information at [www.iau.org.tw](http://www.iau.org.tw)

*"the Australian 100km Championship on the Gold Coast  
being the ideal event in which to gain selection"*





# Current Australian Ultra Marathon Calendar

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

**A Listing on this page is not a recommendation on behalf of AURA - you should contact the race organiser and confirm that the event is being organised to a level that is satisfactory for yourself, before you enter.**

## 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.

## Feb 2007

**Fri-Sun 2-4 Feb SRI CHINMOY 3-DAY ULTRA-TRIATHLON [INCLUDING 100KM INDIVIDUAL RUN] (ACT) (ACT)**

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

**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.

**Sat-Sun 10-11 Feb CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN 6 HR & 12 HR EVENT (QLD) (QLD)**

Distance: 50k, 100k, 6hrs, 12hrs. Event Time: Saturday 10th 6pm. Location of race: Caboolture Historical Village Beerburrum Rd Caboolture. Other details: All monies raised go to the Historical village Society. A free T-shirt on entry + a free hamburger. Winners male & F/Male of the 50k & 100k win a trophy donated from our local radio station. new relay times have been added refer to entry form. Great fun, plenty of atmosphere, come along. contact: Geoff Williams ph/fax 07 54970309, mob 0412 789741

**Sun 18 Feb MAROONDAH DAM TRAIL RUN 50KM & 30KM (VIC)**

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

## Mar 2007

**Sat 3 Mar BUNBURY RUNNERS CLUB TRACK CHALLENGE (WA) (WA)**

Distance: Track Event - 12 Hour, 6 Hour, 6 Hour Relay, State 50km Track Championship. Start time for all events is 5pm. Location of race: 500 metre grass track at the Bunbury Runners Club rooms, Ocean Drive, Bunbury, Western Australia. Entry fees: \$40 for the 12 Hour and \$35 for the 6 Hour Runners will need to provide their own lapscorers Entries close on 2nd February. Definitely NO late entries. contact: Shane Walker 0438 922 711. email: swa46188@bigpond.net.au.

**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.

**Fri-Sun 23-25 Mar OXFAM TRAILWALKER MELBOURNE (VIC)**

100 km - teams of 4 - 48 hours. Endurance event for Oxfam Australia and its' major annual fundraiser. 2520 participants, 630 support crews, 800+ volunteers and \$2 million! Jells Park in Wheelers Hill to Wesburn Park nr Warburton - 8 Checkpoints in between. Mix of bush tracks, rail trail and fire tracks. contact: Lindsey Thomson. email: trailwalkermelbourne@oxfam.org.au.

**Sat-Mon 24-26 Mar AUSTRALIAN ALPINE 100 MILE ULTRA MARATHON (VIC)**

If you think you've run hard, think again. The 100mile (160Km) Australian Alpine Ultra marathon is set to be run over 24 / 26 March in the Bogong Alpine area. Taking in over 5,500 metres of climb and 5,500 metres of descent, this run is set to become the classic 100 miler in Australia and will test runners to the limit. Set in the spectacular high country of north eastern Victoria the run takes in Mt Feathertop, Mt Hotham, The Fainters, Bogong Village, Spione Kopje, Mt Nelse and Mt Bogong itself – some of the best high country in Australia, and some of the harshest. People have died walking and skiing the course that the run will follow. The AAUM 100 run is a self supported run, it is not a race. Runners are responsible for their own safety and assume full liability for their participation. So if you're looking for something different, if you want to have a fantastic run, great scenery, totally unpredictable weather and do something that will push you to the limits, the AAUM 100 is for you. Alternately if you want an enjoyable weekend acting as support to a bunch of dedicated lunatics you would be more than welcome. A full run briefing sheet is currently being finalized. Mandatory equipment will include; Full blizzard gear and waterproofs Gortex bivl bag or lightweight tent, Sleeping bag, Map, compass, whistle, Mobile phone and /or EPIRB, Change of thermals (long), Head torch, spare bulb and batteries, Food. All runners MUST be prepared to camp out overnight in inclement weather or due to geographic misplacement – read getting lost. The run will commence at 0300 on Sat 24th March at Harrietville. To register your interest please let me know by return email or on 0418 136 070. "A winner never quits and a quitter never wins" contact: Paul Ashton 0418 136 070 contact: Paul Ashton. email: paul.ashton56@tpg.com.au.

**Tue 27 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 Coff's Harbour Jetty. Entry fee is \$10 before the day (payable to Woolgoolga Fun Run), \$15 on the day. Contact Steel Beveridge, (02) 6656 2735, 3b Surf Street, Emerald Beach NSW 2456 or email steelyn@hotmail.net.au. Course survey Saturday 25 March, meet at Arrawarra Headland, 3pm. Carbo load at Woolgoolga Pizza Place from 6.30pm Saturday 26 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.

**Sat-Sun 21-22 Apr COBURG 24 HOUR CARNIVAL (VIC)**

Offering 24 Hour walk and run, 12 Hour walk and run, 6 Hour run and walk and 12 Hour Relay categories. Includes the Victorian 24 Hour Track Championship and the Australian Centurions 24 Hour Walk. Held at the Harold Stevens Athletics Track in Coburg. Starts 10am on Saturday. Entry forms may be downloaded from the website. contact: Tim Erickson by phone 0412-257 496. email: terick@melbpc.org.au.

**Sat 28 Apr WILSON'S PROM 100KM ULTRAMARATHON (VIC)**

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

## May 2007

**Sun 20 May BUNBURY MARATHON AND 50KM (WA)**

22nd Annual Marathon, Half marathon, 50km Ultra Marathon and 21 km walk. contact: Sharon Wright 08 9791 1594. email: dswright@westnet.com.au.

**Sun 27 May BANANA COAST ULTRAMARATHON (NSW)**

This year the event goes from Coff's Harbour Hotel to Grafton Post Office [85km, with a shorter alternative being Coff's to Lanitza [58km]. We will insist that runners call a halt at Lanitza if they arrive later than 2pm [for safety on dark roads]. \$15.00 payable to Woolgoolga Athletic Club (\$20.00 on the day). 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.

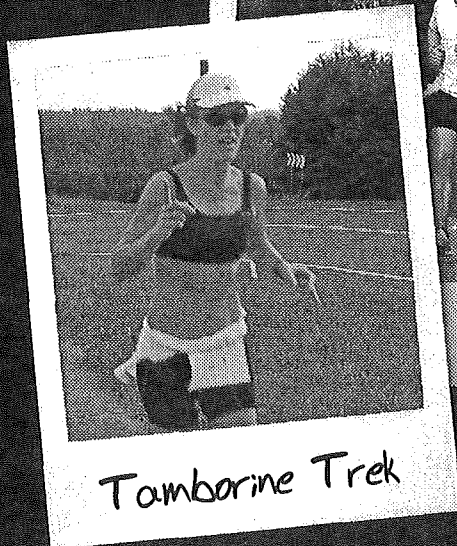
**Sun 29 Jul WARRUMBUNGLE MARATHON (NSW)**

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 Inf Centre. email: cbnpromo@hway.com.au.

**? ?? July LARAPINTA TRAIL- CENTRAL AUSTRALIA- DATES TO BE CONFIRMED**

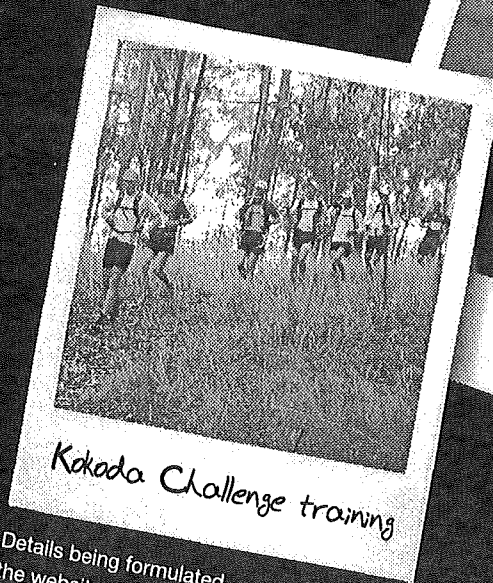
Join a fully supported run through the heart of the Red Centre along the spectacular Larapinta Trail through Western Mc Donnell Ranges. Running from Alice Springs to Red Bank Gorge the run (definitely not a race) will cover such places as Simpsons Gap, Stanley Chasm, Orminston Gorge, Pound Bend and Glen Helen Station. The aim is to complete the run over 6 – 7 days with a rest day in the middle for massage, swimming and sightseeing. Daily distances will be between 40 – 50km along rough and rocky trails. Accommodation will be under the stars in a swag, listening to the howls of the Dingos and marvelling at the stars. Temperatures will range from 0 degrees at night to mid 20's during the day. It is planned to engage the services of a local tour operator to provide transport, all camping gear, 1st aid and water. and meals each day. Participants will fly into Alice Springs and be met on arrival. Estimated cost - in the vicinity of \$1,000+ inclusive of airfares. More details after January 2007. If you are interested in joining this once off run, email paul.ashton56@tpg.com.au or call 0418 136 070





*Tamborine Trek*

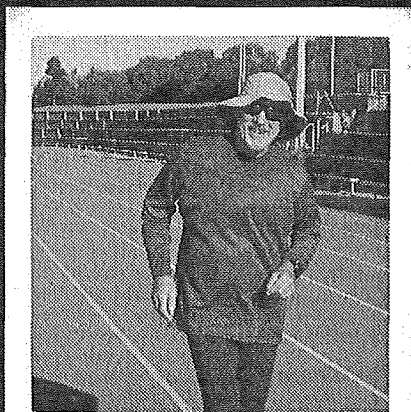
Saturday 26 May 2007. The Tamborine Trek is a 62 km event from the Girl Guides Hall in Ferry Road, Nerang to the top of Mt Tamborine and back. The course comprises 19 km of unsealed road within the Nerang State Forest, and 12 km of bitumen to the top of Mt. Tamborine. The event is open to solo competitors 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.



*Kokoda Challenge training*

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

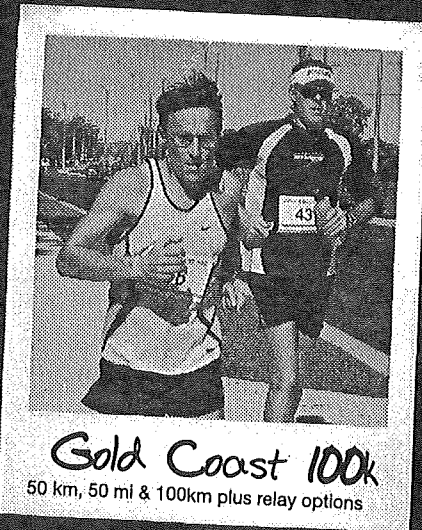
## your gold coast holiday snaps



*Gold Coast Track races*

6 - 12 - 24 - 48 hour options

Incorporating the 48hr Nat Champs Starts at 0900 Friday 10 August 2007 and finishes 0900 Sunday 12 August 2007. 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.



*Gold Coast 100k*

50 km, 50 mi & 100km plus relay 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.

Make sure you add these great events to your calendar. For more information, please contact Ian Cornelius on 0408 527 391 or email [info@goldcoast100.com](mailto:info@goldcoast100.com)

# Gold Coast ultras 07

[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

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

**Email to the Editor at [kc130860@hotmail.com](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. This includes most races on the AURA calendar, but excluding team event such as Oxfam and Kokoda Challenge and events shorter than 42.2 km. These points are awarded for men's placings and for women's placings. If a National championship then these points are doubled.
	2	2 <sup>nd</sup> place	
	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:

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

# 2006 AURA Points Score Competition

Leaders (Provisional Points) at 2<sup>nd</sup> December 2006

Name	Pts	Events	km
Robert Boyce	61	14	1309
Siri Terjesen [f]	57	7	377
Garry Wise	53	12	914
Kelvin Marshall	49	10	619
Rodney Ladyman	46	11	957
Paul Every	39	7	849
Richard McCormick	38	11	837
Jonathan Blake	38	4	245
Carol Baird [f]	33	4	396
Robert Ware	33	6	372
Louis Commins	32	9	724
Martin Fryer	32	4	678
Tamyka Bell [f]	30	5	435
Phillip Murphy	29	7	623
Mick Francis	29	4	584
John Pearson	29	5	460
Stan Miskin	29	4	427
Vivienne Kartsounis [f]	29	5	410
David Waugh	27	4	592
Wayne Gregory	26	6	528
Nic Moloney	25	6	503
Geoffrey Last	23	4	422
Deryck Skinner	22	3	586
Glen Lockwood	22	6	494
Chris Graham	22	6	393
Martin Schot	21	4	484
Tony Collins	20	2	451
Adam Barron	20	4	332
Ian Wright	19	4	333
Peter Gardiner	19	5	333

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

*Thank You*

**AURA would like to thank the following members for their generous donations throughout the 2006 calendar year.**

Jo Blake, Gordon Forsyth, Deborah DeWilliams, Maggie Hart, David Elms, Phillip Parker, Kelvin Woods, Brian Bloomer, Tony Rafferty, Carol Baird, John Duck, Trish Bates, Peter Gardiner, Andrew Johnson, John McLeish, Chris and Lyn Gamble, Robert Gray, Steel Beveridge, John Morgan, Greg Love, Bob Fickel, Sandra Kerr, Sandra Howorth, Richard Bilewicz, Val Chesterton, Robyn White, Tony Collins, Brian Glover, Mick Francis, Bob Lee, Scott Orchard, David Hosking, Max Carson, Max Scherleitner, Jennifer Williams, Chris Graham, Simon Phillips, Ron Grant, Warren Holst, David Hawkins, Stewart Vincent, Gregory Reid, Peter Hoskinson, David Clear, Steven Titmus, David Standeven, Siri Terjesen, Peter Sinfield, Kath Bergvist, Nic Moloney, Richard Crane, Mark Parsonson, John Connellan, Colin Brooks

**AURA would also like to welcome the following who joined (or rejoined after an absence) us during 2006.**

Glen Lockwood, Kelvin Woods, David Elms, Scott Stevens, Nick Thompson, Phillip Parker, Tamyka Bell, Lisa Ferguson, Scott Orchard, Rudolf Skrucany, Julie Allen, Sharon Harrison, Colin North, Phillip Brown, David Clear, Kerrie Bremner, Stuart Cole, Magnus Michelsson, Stephen Kibble, Steven Titmus, John Reidy, Allan Hood, Siri Terjesen, Suzanne Kelly, Vasilios Koumertas, Martin Dowson, David Eadie, Dennis Nicolle, David Kennedy, Kerry Snarshott, Richard Crane, Mark Parsonson, David and Rachel Waugh, Tim Cochrane, John Connellan, Billy Pearce, Andrew Thompson, Jason Dunn, Zoe Lawrie, Thomas Gilanyi, Mark Watkin, John Nuttall, Nathan Fawkes, Michael Page, Kaven Dedman, Andrew Covell, Dave Candy, Ron Schwebell, Deb Greenwood, Sean Swain, John Timms, Andrew Cohen, Dave Brelsford, Kerry Preston, Michael Pickervance, Mark Vickers, Kevin Laws, Kaye Ervin, Kim Cook, Sharon Chomyn



# 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



# UltraRunning Profile: Italy's Mario Ardemagni



*Mario with the Italian 100km team*

Date Of Birth: 2 April 1963

Place Of Birth: Seregno, Italy (small town located just north of Milan, half way to Lake Como)

Current Address: Albiate (town located two miles east of his birthplace)

Job(s): Builder

Marital Status: Single

Children: 0

Height: 1.65 metres (5'5")

Weight: 54 kilos

Shoe size: US 7

Best feature (personality): Calm and 'cold' blooded (Editor's note: Even after winning a European or World champion, Mario has the same smile and seems very rested and happy.)

Worst feature: Disorganized

Religion: Catholic

Favorite Book: Novels about mountains and climbing

Favorite non-running magazine: Focus

Favorite movie: Indiana Jones

Favorite actor: Harrison Ford

Favorite music: Rock

Make of car you would like to drive: Ford Focus

Greatest adventure: Traversing the mountains

Favorite spectator sport: Cycling

Favorite game: Basketball

Favorite vacation destination: Livigno (city in the heart of the Italian Alps)

Favorite time of day: Morning

Political affiliation: No Comment

Personal hero: Stefano Baldini (Gold Medalist, Marathon, 2004 Olympics)

Favorite famous quote: "Non ritirarsi mai" - "Never give up"

Personal philosophy: "Pensare positivo" - "Think positive"

Long-term goal: Defend the World 100K title

Achievement of which you are most proud: Having become world champion

Favorite subject in school: Mathematics

Least-liked subject: Italian

Pets: Dog

Favorite non-running leisure activity: Relaxing

Favorite musical performer: Vasco Rossi

Favorite artist: Giotto (early Renaissance painter who lived from 1267-1337)

Hobbies: Hiking

Collections: Stones

Make of car you drive: Ford Focus

Greatest fear: Water

Happiest memory: When I started running

Secret ambition/fantasy: Set the world record of the 100K

Personal strengths: I find it easy to run

Personal weaknesses: Running when it's too hot

Running PR's: 2:23:17 (Marathon); 2:46:30 (50K); 6:18:24 (100K)

Number of marathons finished: about 50

Years running ultras: 3

Number of ultras finished: 8 100Ks

Most memorable ultra performance and why: Don Ritchie's 6:10:20 on October 28, 1978

Injuries: Tendonitis

Favorite running shoes: Nike

Favorite food/drink during an ultra: Coca Cola

Favorite handler: My friend Paulo

Favorite place to run: In the woods

Favorite type of running surface: Soft surfaces

Ultrarunning idol: Don Ritchie

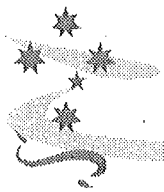
Any advice you would give to other ultrarunners (based on your experiences): "Train regularly"

When did you first start running? Since I was young

When did you first discover ultrarunning? At the 100K in Del Passatore

Who are your sponsors? A few small sponsors





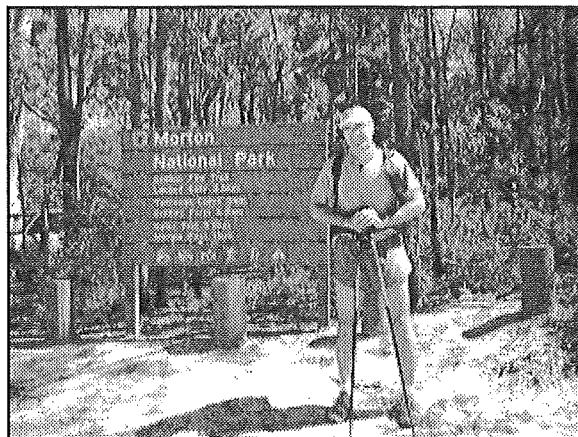
# Southern Highlands 50km

## "Pub to Pub" Fat Ass Run

[NSW] - Saturday 23<sup>rd</sup> September 2006

- |                          |      |
|--------------------------|------|
| 1. Phillip Murphy        | 4:37 |
| 2. Tim Turner            | 4:37 |
| 3. Chris Horwood         | 4:54 |
| 4. Janelle White [f]     | 4:54 |
| 5. Matt Chapman          | 5:15 |
| 6. Tracy Collett [f]     | 5:25 |
| 7. Phillip Clarke        | 5:40 |
| 8. Marie-Claire Kurt [f] | 5:40 |
| 9. Louis Cummins         | 5:40 |

The view was nothing short of spectacular, leading you into a false sense of security that this would be a fantastic run. Then the descent began.... Down and down, twisting left and right, 500m descent in 5 kms, by the time I got to the bottom, my legs were feeling fatigued and I had accepted that it was going to be a long way home to the Friendly Hotel.



*Jacks Corner Road*

### Report by Matt Chapman

We left Sydney in the early hours to meet Amigo at Kangaroo Valley. Arriving a little after seven, the bakery was a wonderful start to the morning. At half-seven in the valley, the heat was already a little concerning. When Amigo arrived, we dumped clothes for after the race in his car and headed to the start at the Jemmy Moss hotel, Moss Vale.

After meeting the other runners and a pit stop, at nine, we set off, the group of nine runners quickly splitting into two. Tim and Spud lead the charge, with the other seven runners running generally close together.

The first 8km were flat and on relatively major roads, but the cars generally slowed down for the motley bunch of runners. Max Powditch of Fitzroy Falls Trail Marathon fame was one driver who wished the runners well as he drove past.

After getting off the main drag and onto Meryla Road, the scenery changed to rolling hills with more coverage. We ran along and enjoyed the scenery and huge houses - some serious invest occurs in these hills!!

At the half marathon mark was the first drink stop - a welcome relief given the increasing heat and lack of cloud cover. Then we came to Meryla Pass...

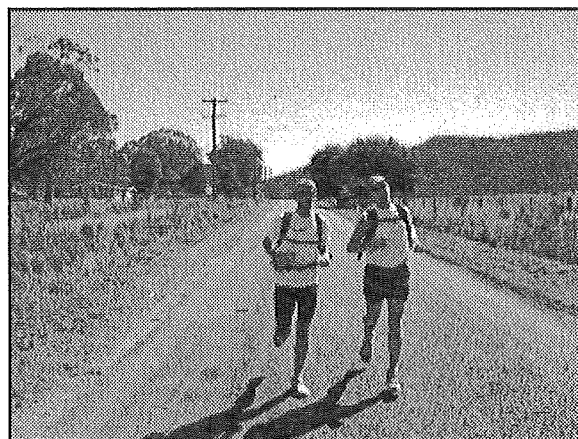
In the next two to three kms I crossed two creeks, the second wading through and fighting the temptation to take a dip in the cool water. In hindsight I wish I had.

The climb out of the valley was unexpected - wasn't this a downhill run? By the top of the climb, I knew I was in trouble. The heat was increasing, there was no breeze and I could feel the lack of water affecting me.

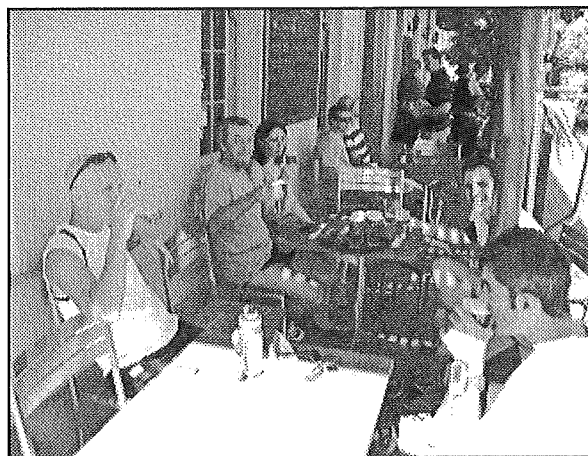
Getting to the drink stop at Jacks Corner I was not in a good state. I sat down for a rest and drank the best of two litres of water to brace myself for the last ten to twelve kilometres. And off I set.

The run turned into a jog, the jog into a jog then walk, and then simply into a walk. I struggled all the way back to the Friendly Hotel, very dehydrated, and rewarded myself with a schooner of water, then another, then another... etc

Looking back, it is a beautiful and challenging run, definitely one for a



*Keep smiling guys!*



*Post drinks at Kangaroo Valley*

person of the offroad/fatass ilk. It was great to meet other Fatassers and enjoy a day in the Southern Highlands.

# 23rd Sri Chinmoy 24 Hour Festival of Running

September 30-October 1<sup>st</sup> 2006 Santos Stadium, Adelaide Australia  
hosted by the Australian Sri Chinmoy Marathon Team

## 24 HOUR NATIONAL CHAMPIONSHIP

Place	Name	Age	State	Marathon	50km	50mile	100km	150km	100miles	200km	FINAL DISTANCE
1.	Mick Francis	48	WA	3:46:30	4:32:14	7:57:24	9:56:04	15:09:37	16:29:05	20:56:36	227.928km
2.	Carol Baird	58	ACT	4:12:13	5:01:25	8:32:44	10:33:52*	17:17:00	18:36:45**		192.436km
3.	Tony Collins	59	NSW	4:38:15	5:40:55	9:56:40	12:35:10	19:27:51	20:55:01		181.135km
4.	Robert Boyce	44	VIC	4:43:24	5:46:08	9:53:37	12:40:20	20:29:30	22:08:24		171.888km
5.	Collin Brooks	53	SA	5:25:35	6:30:27	10:45:03	13:38:54	21:32:55	23:17:07		166.017km
6.	Brett Worley	30	SA	3:58:25	4:40:40	8:22:15	11:01:49	19:53:38	22:24:08		165.463km
7.	David Billett	36	SA	5:36:59	6:28:54	11:20:13	13:48:07	22:21:55	23:29:25		164.417km
8.	Deryck Skinner	73	SA	5:25:25	6:32:01	11:05:23	14:02:23	21:51:06	23:30:12		163.806km
9.	Sarah Barnett	30	SA	4:44:13	5:57:10	10:16:57	13:24:05	23:05:48			154.494km
10.	Graeme Watts	53	QLD	5:10:41	6:13:39	10:30:11	13:31:28	23:26:26			150.400km
11.	Brendan Mason	44	NSW	4:45:09	5:48:00	10:45:36	14:23:57				143.088km
12.	Gary Wise	60	NT	4:10:23	5:36:00	10:46:10	15:40:25				132.688km
13.	Richard McCormick	39	VIC	5:17:57	6:41:28	13:35:05	18:45:52				116.452km
14.	John Timms	64	VIC	5:54:40	7:14:45	14:18:30	19:24:20				115.200km
15.	Peter Gray	41	VIC	8:12:10	9:41:10	18:50:27	23:48:00				101.056km
16.	Patrick Fisher	58	ACT	5:52:42	7:05:48	12:09:51	16:08:50				101.055km
17.	Sharon Chomyn	47	ACT	5:59:05	7:05:15	11:52:18	15:21:37				100.655km
18.	Dick Crotty	77	Tas	8:41:04	10:46:54	20:21:30					97.584km
19.	Kaven Dedman	59	SA	7:35:26	9:06:12	20:19:54					85.778km
20.	Anyce Melham	48	NSW	4:24:34	5:19:54	9:44:42					82.400km

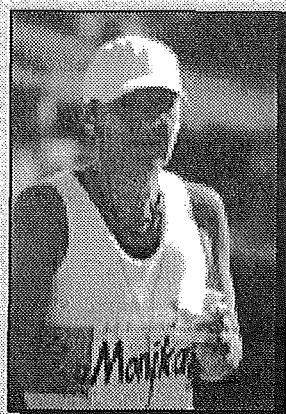
\* new Australian women's 100km age category record (55-59) & \*\* new age category women's WORLD RECORD 100miles pending ratification.  
Carol Baird's distance over 12 Hours was 111.304km – pending ratification this will be a new women's 55-59 age category WORLD RECORD.

## 12 HOUR EVENT

Place	Name	Age	State	Marathon	50km	50mile	100km	FINAL DISTANCE (in kms)
1	Monika Mohr	46	NSW	4:23:38	5:20:50	9:49:30		95.949KM
2	David Attrill	59	NSW	6:12:52	7:30:00			76.524KM
3	Andrew Cohen	48	WA	3:55:39	5:48:27			73.200KM
4	Susan Bardy	73	SA	6:46:36	8:15:30			66.800KM

## 6 HOUR EVENT

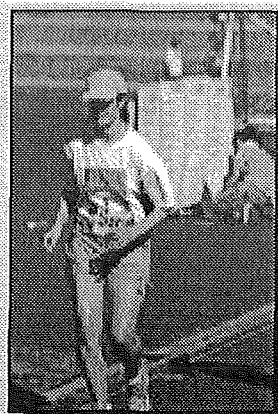
Place	Name	Age	State	Marathon	50km	FINAL DISTANCE
1.	Stuart Price	31	ACT	4:27:46	5:34:54	54.235km
2.	Erin Kreiss	27	ACT	4:57:00		47.435km
3.	Shirley Young	76	VIC	5:46:54		42.701km
4.	Kazem Abhary	58	SA			34.644km
5.	Lorraine Billett		SA			33.548km



Monika Mohr



Robert Boyce

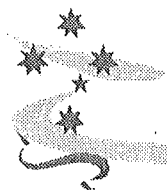


Sarah Barnett



Sharon Chomyn





# Waterous 65km Trail Run W.A.

1-10-2006

## Results

1. Dave Kennedy 6:33:49
  2. Nathan Fawkes 7:15:25
- DNF Mark Bullard 30km

## Report by Race Director, David Kennedy

As preparation for my long term goals including a 100 mile trail run, this year we decided to run a 50 miler. We scoured the maps and found a trail that would appease two main criticisms of Six Inch Track; First we looked for somewhere with not too many psycho hills. I'm not sure last years Six Inch runners realized that psycho hills were the main point, but for a first up 50 miler we decided to take it easy and looked for flat terrain. Secondly we looked for somewhere we could run a loop to avoid car hassles. We were also blessed with the bonus of regular water stops which made me think that this would make a great 100 mile course.

Unfortunately during recon it became obvious that the track and our maps didn't quite match up. After some research on the computer I discovered that the Waterous section hadn't been completed until January (about 18 months late) and they had cut it short to only 65K. Finding this out only 2 months before the race and coming back from injury I wasn't too disappointed. The other interested runners hadn't run further than 50K so they were quite happy to just run the loop and look at measuring 50 miles for next year.

As we gathered in the half light before the race it seemed likely that we wouldn't have any unexpected runners show. The Ultra scene isn't exactly flourishing in WA. April's 40 miler only had 7 runners despite a great course and the fact that it is one of the oldest events on the Marathon Club (1000+ members) calendar.

We ran together from the start getting away about 15 minutes late and yo-

yoed back and forth as different runners stopped for toilet stops. We reached the first drink station ~11.5K in 1.01 which was pretty fast for Mark but Nathan and I were pretty comfortable after running much faster in our previous recon. Unfortunately a mix up with our sign in sheets, which we were all carrying as a safety tool and also to help with the race report, caused Nathan to fall off the pack and I didn't see him again until after the finish. Shortly after Mark started to fall back and I continued on at the same pace comfortable and relaxed.

I went with an eating plan that meant having a 97% fat-free muesli bar every 45 minutes. I therefore had a muesli bar in my hand for about 2 hours during the race as they often take 15 minutes or more to eat. Surprisingly when I got to Willowdale Rd at 2.35 I was feeling very fresh but was still happy to be handed a Powerade and I continued on. Mark's partner was able to reassure me here that Nathan was OK and had caught up to Mark. Unfortunately this was to be the end of Mark's day as he struggled with cramp and decided to pull the pin. After the brief stop I surged down the single track trail which was the only section I hadn't previously run and was soon back in familiar territory.

I wanted to make the stop at about 48K a compulsory stop to potentially avoid runners trying to get through about 30K without water or scrabbling down the dam wall to fill from the dam. This was a chance to put my feet up as I got Nathan's support crew to fill my hydration pack and I sipped on an iced coffee. My feet were quite sore after standing for 8 hours at work the previous day and I walked the few hundred metres back to the track trying to drink my iced coffee so I wouldn't have to carry it.

After the stop things got a little tougher as the day warmed up. One muesli bar took half an hour to down and at about 55K my legs were

threatening to cramp. I finished my Powerade and suddenly with 4K to go I felt great and made a push for sub 6 minute K's. I charged up the last uphill knowing that there was a 1.5K monster downhill near the finish that would severely test the quads. However the quads didn't show any pain even over the following day. I finished feeling hungry but satisfied. My feet had hurt but otherwise I felt great. I look forward to adding another 95K to this race next year and hope to have some more runners come to join us.

The long weekend meant that we couldn't find a free bbq after the race as the adjoining campground was full. However next year the 100 miler course takes us into town so we shouldn't have any trouble.

## Race Report by Nathan Fawkes

Well it started just like any other long run with a early start (3:45am), but this was to be like nothing I had ever experienced before, today was the running of the inaugural Waterous 65 km (closer to 66) Trail Ultra. I must admit I was a little nervous, maybe even a little scared. I had never run more than 50km and this seemed like a big step. I had stayed at Dave's place (in Mandurah) that night so we both got up and set out for the start line at about 4:20am. The plan was to start at Nanga campsite (Dwellingup) and run the Waterous loop along the Munda Biddi trail (just over 65km). The drama started even before the race, Dave and myself met Mark near the start line and quickly discovered that the gate that leads to the start line was locked due to the long weekend. This forced us to park a further 200 mtrs away, which was actually about 300 mtrs away from the start. I met Mark for the first time and we made our final preparations, a brisk walk to the start, one last toilet stop and we were off at 5:45am, all three of us. We all had Hydration packs on with enough food and water to make it at least to the first check point, but mention

must be made of Dave's brown jumper (possibly the daggiest jumper ever made), which he wore over the top of his hydration pack. The fate of this jumper was realised after only 10 minutes when it was thrown off into the bush never to be heard from again.

The start of the course was fairly easy, basically flat for a few km's then a slow gradual climb over the next 10km's rising about 200 mtrs. After about 4km's we discovered that the track was covered in caution tape and found out that this section had been closed due to a damaged bridge. We decided to risk it and push on, not knowing anything of the condition of the bridge. Turns out it was ok, but it did make for an interesting story. The first check-point was the Bidja Ngoulin campsite (not sure of the spelling) after about 10-11kms and we all made it there together in 1:01, at this point we were all felling good and were warmed up. A quick top up of water and Dave and Mark were first out of the campsite, I was left to pick up the sign in sheet and was a further minute or so behind. After the campsite, the climb continues for a few more km's then flattens out. My chase was going well until a lost four-wheel drive stopped to ask me for directions!! 3 minutes later, they finally got the message that I didn't know how to get to the main road. Dave began to pull away at this point with Mark holding down second and I was chasing in third. The next check

point was Willowdale Rd at about the 28km mark. Dave reached this first in 2:35, I was second in 2:41 and Mark third in 2:50. Mark had got lost somewhere along the way, nothing major but he possibly detoured to a hillier section of bush.

Mark was starting to cramp up and decided not to continue. I wasn't feeling too good, unsure of whether I could make another 38km. I decided to try and make it to Waroona Dam (48km) and reassess things there. Dave and I both received a Powerade at this stop, which provided some much needed calories for myself because I hadn't been unable to stomach much food. With Dave now 6 minutes in front, the second half of the race was about to begin. The next major stop was the Waterous campsite (not really a campsite, really just a toilet) and Dave was first to reach, now 12 minutes ahead.

Out of Waterous there is a 4km climb at fairly easy/moderate gradient followed by a 1.5 km descent at 10% (possibly more at some points). The Waroona Dam was a major check point, which included a compulsory detour to the shop (added about 700mtrs to the course). This was a chance to restock your supplies, fill up with water and get some final encouragement from the support crew. Dave was first in about 4:20, now 25 minutes ahead of Nathan (4:45). Dave enjoyed his sausage roll and iced coffee before hitting the trail

for the final 18km, I had received a second wind and was feeling more confident of finishing by this point. Although unable to stomach the sausage roll, I enjoyed another Powerade and hoped it would provide enough calories to finish. Dave was the eventual winner in 6:33.49 and I was 2nd (or last, but I prefer 2nd) in 7:15.25. I would have gone much closer to 7hrs if I didn't have blister trouble with 4km to go. This forced me to make a 5 minute stop and perform some make-shift first aid. For the last 4km the going was tough with the pain of the blister making running very difficult. The race finished with a 1.5km savage downhill, which played havoc on already sore quads, but we both made it and were happy with our performances. Now that the race was over the real trouble started, trying to find a barbeque that wasn't being used. FOOD, WE NEED FOOD! We ended up going back into Dwellingup to have our BBQ, and the food was most welcome.

The inaugural Waterous 65 (maybe we should call it the Waterous 66) was a success. Mark was unlucky not to be able to finish but will hopefully bounce back at 6-inch in December. The course was fantastic with plenty of access points for support crews and the scenery was beautiful as usual. Probably the most amazing thing about the race was the condition of both myself and Dave after the race, we were relatively fine physically. I actually pulled up better than I did at Rotto last year, partly due to increased training and partly because the race was off road on trails.

I thoroughly recommend running on trails in WA (anywhere really). We have some great tracks through the hills that are simply perfect for running. Hopefully we can get more trail Ultras happening and increase participation. For anyone interested in running a great trail Ultra, I recommend the Six-Inch Ultra Marathon in December. A 45km Trail Ultra through the hills, taking in some breathtaking scenery, a great way to celebrate Christmas. Register interest on the Six-Inch thread on the message board.

See you all out there.

## Bribie Island Beach Bash. QLD 46km.

1<sup>st</sup> October 2006

1	John Pearson	03:46:41
2	Adam Barron	03:46:41
3	Mark Parsonson	03:49:59
4	Roger Guard	04:07:47
5	Nic Moloney	04:30:03
6	Peter Gardiner	04:43:15
7	John Dobson	04:46:49
8	Susannah Harvey-Jamison [F]	04:54:36
9	Francis Harvey	05:06:57
10	David McKinnon	05:14:06
11	Lindsay Phillips	05:30:00



# IAU World Cup 100km Seoul, Korea 8-10-2006

## Aussie teams finish 6<sup>th</sup> and 7<sup>th</sup> in the 100km world champs

The 2006 IAU 100km World Cup was held on 8<sup>th</sup> October at Misari in South Korea and comprised 10 laps of a 10km loop that snaked around the 2.4km stretch of water used for the rowing regatta at the 1988 Seoul Olympics. The Korean hosts had done a wonderful job hosting their international guests and in providing a flat traffic free course for the event. The Australian Team comprised four men and for the first time in years, a female team of three.

A concerted effort by the Australian Ultra Runners Association (AURA) to improve the performances of the 100km runners met with mixed results. Many runners ran PB's (personal bests) but the quality of the performances was still not adequate to get Australian runners on the podium.

AURA President Ian Cornelius said "We acknowledge the tremendous efforts of the athletes involved but, at the end of the day, the performances were not up to the standard required at international level. We need more sub 2:30 marathoners (2:50 for women) to try out for selection in the

Australian team." He went on to say that the next world championships will be held in Winschoten Holland on 8 September 2007. The major qualifying race will be the Gold Coast 100 to be held on 10 June 2007.

In the men's race, final placings were Jonathan Blake 13<sup>th</sup>, Darren Benson 23<sup>rd</sup>, Mike Wheatley 33<sup>rd</sup> and Simon Phillips 74<sup>th</sup>. Jonathan and Darren both recorded PBs and mixed it up with the frontrunners over much of the race, Darren in particular showed that with youth on his side in years to come he will challenge for the podium.

In the women's race, Sandra Timmer-Arends led the team home in 30<sup>th</sup> place followed by Vivienne Karnoutsis in 33<sup>rd</sup> and Julie Hooper-Childs in 36<sup>th</sup>. Sandra's performance was a welcome return to the event after last competing over the distance in 1999.

A total of 319 runners (256 men and 63 women) contested the event in Korea.

The placings were as follows

1	FRA Yannick Djouadi	6:38:41
2	RUS Oleg Khartonov	6:42:18
3	RUS Denis Zhalybin	6:42:18

13	AUS Jonathan Blake	7:05:40
23	AUS Darren Benson	7:17:19
33	AUS Mike Wheatley	7:47:12
74	AUS Simon Phillips	9:46:34

1	GBR Elizabeth Hawker	7:29:12
2	ITA Monica Carlin	7:29:16
3	JPN Niroko Sho	7:32:04
30	AUS Sandra Timmer-Arends	9:13:28
33	AUS Vivienne Kartsounis	9:24:34
36	AUS Julie Hooper-Childs	9:35:31

In the team events (first three to finish) the men finished in 6<sup>th</sup> place and the women in 7<sup>th</sup>.

## Hawker and Djouadi take 100km gold in IAU World Cup in Seoul

Sunday 8 October 2006

8 October 2006 - Seoul- After frontrunning for nearly the whole of the 100km course, Elizabeth Hawker held off a last minute comeback from Italy's Monica Carlin to win an action packed women's race. Yannick Djouadi was a clear winner of the gold in the men's race. It was a chilly misty morning when the contenders in the IAU 100km World Cup left their hotels at 4.00 am to head out to Misari for the IAU 100km World Cup on 8 October.

With temperatures forecast to rise to 27 degrees later in the day, the start was scheduled for 6.00 am to take advantage of the cooler temperatures in the early morning. As it turned out, for much of the race the temperature hovered just above the 12 degree centigrade mark that prevailed as the runners lined up at the start line in semi-darkness and the cold and misty conditions were aggravated for much of the race by a consistent headwind blowing down the 2.5 kilometre back straight.

The men's race got off to a fast pace as Italy's Giorgio Calcaterra - a 2:13 marathon runner relatively new to ultrarunning - took early possession of the race, leading the field alongside one of the more daring (or





was that foolhardy.) of the 'open' race entrants. They took the leaders through the first ten kilometres in 38:16, in a 7-man pack that also included Spain Jose Maria Gonzalez, a pre-race favourite, his compatriot Miguel Angel Jimenez, Mario Fattore from Italy and French runners Sandor Barcza and Yannick Djouadi.

Come 20 kilometres the pack had already shed Canada's Ryne Melcher, the open entrant, and was running some 3 minutes ahead of the main field as Calcaterra was timed through this distance at 1:15:41, already nearly 30 seconds ahead of Jimenez, Barcza, Djouadi, Fattore and Gonzalez, themselves almost a minute and half ahead of a strong following group headed by Russian Igor Tyazhkorob.

By the time the 30km marker was passed, Calcaterra had built up a two minute advantage over the rest of the initial lead group with his passage of 1:53:07 and was displaying his intention of going for the World record for the distance. Following him were Barcza, Jimenez, Fattore, Gonzalez and Djouadi, with Tyazhkorob closing up to join this group. This status quo prevailed through to the halfway point, where Calcaterra had a solid three minute lead over the three closest followers, Djouadi, Barcza and Tyazhkorob.

As they approached 60 km, Djouadi started to close in on the Italian and had reduced the gap to a minute, with Calcaterra crossing the timing point in 3:49:45, to the Frenchman's 3:50:42 and Barcza now joined by Japan's Yoshiaki Kobayashi trailing by just over two minutes. Tyazhkorob was holding on at this point and he was gradually being reeled in by a small following group led by his compatriots Kharitonov and Zhalybin, with Spain's Fermin Martinez and Darren Benson from Australia.

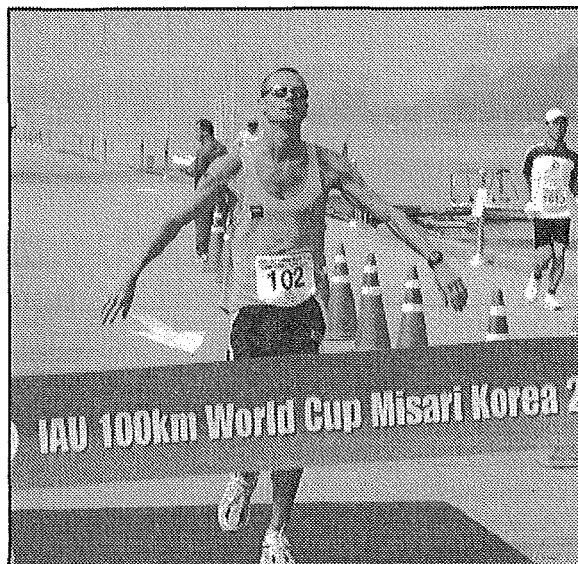
Then dramatically Calcaterra burnt out, gradually dropping back to 10th position as Djouadi turned up his pace, took control of the race and went through 80 kilometres in 5:13:34, with Kobayashi trailing him in 5:18:14, just

ahead of Kharitonov and Zhalybin who had been running alongside for most of the race.

By 90 kilometres, the race was decided, as Djouadi ran alone, with Kharitonov and Zhalybin playing catch-up and Kobayashi falling back to 19th place. Djouadi took the gold medal in a winning time of 6:38:41, well clear of Kharitonov and Zhalybin, who crossed the line together in 6:42:18. France's Christoph Bachelier, who had run steadily throughout the race came in fourth in 6:48:43 and was followed home by USA's Howard Nippert in 6:53:00.

The women's race was very much a two horse race, as Great Britain's Elizabeth Hawker went straight into the lead alongside Italy's Monica Carlin and held that lead from start to finish. Hawker seemed a certain winner, as she built up a strong lead from the 60th kilometre, with Carlin experiencing some difficulties and dropping back to nearly six minutes behind Hawker for nearly twenty kilometres.

However, despite a strong run from Japan's Niroko Sho, the Italian managed at all times to stay in second place. Really getting a second wind during the ninth lap and gradually closing the gap separating her from Hawker as they headed for the finish and turning the final 200 metres into a sprint for the finish. Despite Carlin's efforts, Hawker resisted and finally crossed the finish line in 7:29:12, just 4 seconds ahead of Carlin in what must surely be one of the closely contested finishes in any 100km race. The overall result for the women was impressive, with 11 women finishing under the benchmark eight hours, as Sho took the final step on the podium, coming in at 7:32:04, well clear of the next runner home, Italy's Paola Sanna in 7:42:12. In the team competition,



*Darren Benson*

victory went to the Italian women, with a combined time of 23:24:30, in front of Japan with 23:28:37 and France with 23:37:10; whereas Russia won convincingly ahead of France and Germany in the men's competition with their total of 20:16:11, to 20:29:04 and 21:21:09 respectively.

#### **Report by Jonathan Blake**

The race started in darkness with a bit of a smell of bushfire in the air. By the time it was light we could see it was to be a very smoggy day on the course. The hills in the background that were quite clear on viewing the course on Thursday were shrouded in a murky smog. Added to this a strong headwind between 3 and 5.5kms and between 7.5 and 10kms and conditions were not perfect but were the same for everyone.

Certainly the temperature got well above the 12 degrees that seemed to be mentioned on the IAU website, and the heat became a factor as the day progressed and the wind dropped and the sun managed to work its way through the smog a bit. Regardless of that, the course was great, the looping nature allowing the support crew to easily move between the two refreshment stations to provide fantastic support throughout.

“When things did start to get tougher, I let the pack go and settled into a pace that I could carry through to the finish for a good result”

## "There is nothing like experience and with each race we learn from our mistakes"

My goal going into the race was to break 7 hours, but I have no regrets about the way the race panned out. I felt good from the start and went out at a strong comfortable pace that left me well placed to meet that goal. When things did start to get tougher, I let the pack go and settled into a pace that I could carry through to the finish for a good result. During the second half there was constant stream of front runners burning up from the pace they had gone out at. Again it goes to show what a brutal event the 100km can be, a 2:13 marathoner does not automatically convert into a 100km champion. A number of the top finishes came from blokes who paced themselves more conservatively. Darren and I both feel that the way we ran is appropriate as it gives us a chance and puts us in the mix, neither of us died wondering.

I was happy to get a PB by over 3mins and to finish the race off well after going through 50kms in just over 3:18, and it certainly leaves me well motivated to have another crack next year.

### Report by Vivienne Kartsounis

The race started well except for a little right hamstring niggle from 10kms onwards that never seemed to go away. I was very happy with my performance up to 60kms and had hoped to finish in about 9:15 but tummy trouble set in and so we live and learn.

There is nothing like experience and with each race we learn from our mistakes, and when the races are 100kms and not as frequent it just takes a few more years - but learn we do - and I feel sure that I can dip below the 9hr barrier and look forward to the challenge. At the end of the day these races make you remember just how much you love your running, and why you do it.

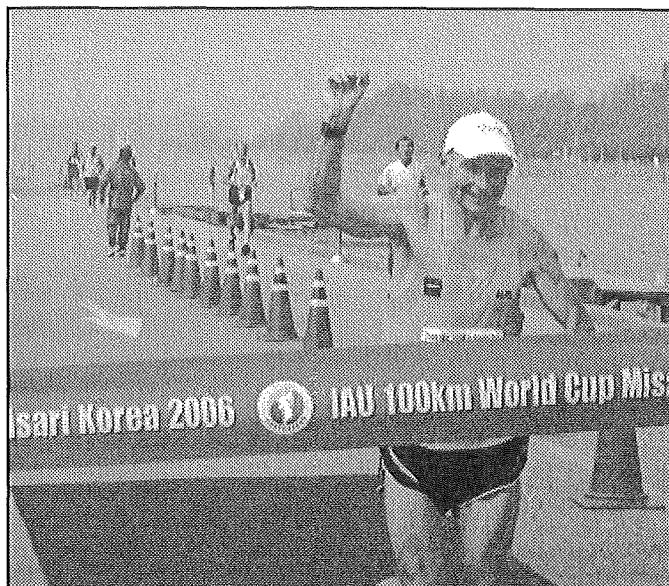
The course was good for a team run as there was constant support from

thecrewandother runners, and it was easy to break down into sections to tick off. There were many Korean runners who were not part of the Korean team, just out there to run 100kms which made for a full course.

We had a fantastic crew, so thanks to all for all your forms of support and music (!) you really made the difference for what was a very difficult run at times. And Mike you did a great job co-ordinating it all, well done and thanks, and hope it did not detract from your racing focus - meetings, finances, clothing issues - perhaps next time runners

should be there just to run and a team manager could be part of the crew.

Thanks too to all back home for all the support while we were away and thanks to a great bunch of Aussies who made Seoul a memory of a lifetime.



*Jonathan Blake finishing the 100km*



*Mike Wheatley*



# Brindabella Classic Trail Race 53.8km

[ACT] Sunday 22<sup>nd</sup> October 2006

## Results

1. Martin Fryer	3:59:40
2. Simon Fairweather	4:04:45
3. Chris Graham	4:05:44
4. Paul Veldkamp	4:09:24
5. Trevor Jacobs	4:12:17
6. Noel Annett	4:15:01
7. Ian Wright	4:17:17
8. Luis Vazquez-Recio	4:21:18
9. Wayne Gregory	4:23:00
10. Kelvin Marshall	4:25:37
11. Peter Clarke	4:33:15
12. Philip Murphy	4:36:05
13. Steve Appleby	4:45:27
14. Michael Corlis	4:46:48
15. Sean Williams	4:49:55
16. Arnstein Prytz	4:51:04
17. Dave Hromow	4:51:50
18. Andrew Hewat	4:53:04
19. Robin Cameron [f]	5:02:41
20. Kerrie Bremner [f]	5:05:36
21. Craig Wisdom	5:10:14
22. Ray James	5:15:59
23. Brendan Mason	5:18:07
24. David Cannings	5:19:14
25. Robert Boyce	5:21:54
26. Glenn Lockwood	5:28:55
27. Owen Barnett	5:28:59
28. Gary McCartney	5:29:10
29. Derek Smith	5:47:15
30. Philip Clarke	5:49:05
31. Matthew Chapman	5:49:34
32. Tom Silk	5:52:30
33. Kendal Smith [f]	5:56:11
34. Jane Ward [f]	5:56:11
35. Sebastian Warmerdam	5:56:54
36. Mario Larocca	6:03:09
37. Monika Mohr [f]	6:07:12
38. Louis Commins	6:09:00
39. Vic Anderson	6:09:01
40. Ludwig Herpich	6:11:49
41. Allison Lilley [f]	6:27:45
42. Dale Thompson [f]	6:27:47
43. Bill Tomiczek	dnf
44. Scott Williams	dnf
45. Colin Francis	dnf

## The Brindabella Classic by Wayne Gregory

Cotter Reserve is a picturesque picnic area situated in the rolling foothills of the magnificent Brindabella Ranges, a pleasant half-hour drive west of the national capital.

Beneath a stunning parade of tall trees, proudly displaying lush new spring foliage, lay picnic tables and secluded patches of lawn, these fronting onto a rippling stream whose clear cool waters bubble lazily through the verdant parkland.

Parallel to the river bank, and also well-shaded by the leafy canopy overhead, lies a walking track, which in a few hours time will perform a secondary role as the 'finish chute' for distance runners completing the Brindabella Classic and Bulls Head Challenge.

From this idyllic setting, buses depart to convey the athletes to their respective starting points. This year, the 20th running of the event sees the race revert to the original 'Classic' course, an occasion eagerly anticipated by all the runners.

The pre-race bus trip to the top of the course contained the not-unexpected mixture of friendly banter and verbal sparring, alongside some trepidation and healthy respect for that which was to follow. After an hour or so we alighted into the clear rarefied air at the summit of Mt Ginini, and the cloudless blue skies and bright sunshine allowed spectacular views to distant horizons in all directions, as far as the eye could see for the full 360 degrees. The ambient temperature was, ummm, 'refreshing'.

Leafless skeletons of tall dead trees still stood defiantly erect all around us, stark reminders bearing tribute to the horrendous bushfires of a few years ago. These fires, of an extent and intensity never seen before, burned out huge tracts of land in NSW and the ACT, and wreaked devastation upon the landscape.

Still, the huge dead trees seem to hover protectively over the young new undergrowth, which in its own way exemplifies those special traits deeply ingrained into the Australian psyche; to fight back against adversity, to reclaim what is owed to the next generation; to use youth, vigour and irrepressible will to bounce back, to overcome, to inexorably move forward. In a few more years it will all be a hidden secret of the past, and the smell of eucalyptus will again permeate the air.

With barely minutes until the 8a.m. start of the race, and despite the urgings of Trevor Jacobs, multiple winner of this event and mountain-runner extraordinaire to 'leave our clothes on the bus', we all took to the starting line wearing suitable running attire, and were soon away and working with the natural forces of gravity in our headlong plunge down the mountain.

The long downhill deliver everything that one would expect; nice fast kilometres, an absorbing course with tight turns and switch-backs, a decent running surface, and a prolonged exposure to concentric contractions which really wake up the quadriceps muscles.

For this old hack, at twelve kilometres into the race I found myself running in about 4th position, really loving the continuous descent, and starting



to get quite intrigued about where many of the more favoured runners were....?

Along with the first slight climb in the course, I received a big reality check. As I attempt to run uphill, I discovered I had next to zero in the legs, and despite following my coach's tips on uphill running technique to the letter, I performed a fine interpretation of an arthritic turtle.

My previous contemplation also received an answer, as a stream of more accomplished runners filed past, muttering all the usual kind and encouraging comments and trying to sound sincere, like they really do care.

Occasionally we ran through a pocket of bush or small gully which had miraculously escaped the bushfires, and here the bush was a joy to behold. Sunlight lay dappled across the trail, and reflected iridescently off the wings of small wrens and finches as they flitted and streaked across the track. I try to imagine the whole course being in this condition, and it's hard to fathom how scenic it would be.

Further on I rounded a bend to be greeted by a sea of faces; it was almost culture-shock after the solitude of the bush, but they were cheering and applauding and full of genuine admiration. It was very touching, and cut deeply into the emotions; it would have been nice to stop and thank them all individually .... and there was also food and drinks, and also two gorgeous young girls playing classical music on a violin and a flute, they were beautifully dressed, and immediately reminded me of 'Picnic at Hanging Rock', and the notes of their music floated and echoed magically down the ravine until lost in the bush.

It took perhaps ten seconds to run past that aid station; I didn't stop, and as I headed away and followed the trail, the music followed me and my head was swimming and spinning

with the impact of it all, and it didn't make much sense but I was on a real high.

Several kilometres later I began the long climb up to Bulls Head, and a few hundred metres from the top I could see an avalanche of runners bearing down on me; it was just after 10a.m. and the 'Bulls Head Challenge' had just commenced. This race covers half the distance of the 'Classic', and caters for 'not-yet ultra-runners' seeking future admission to the dark side.

After making the turn at Bulls Head, the long descent into the foothills began, and after yet more quick downhill I emerged from bushland into dry, arid hills. These hills were previously densely forested with stands of pine trees, but as another victim of the fires they are now barren and moonscape-like in appearance.

Following the winding exposed fire-trail along a slight downhill brought me to the delightful Vanity's crossing and aid station. The cold water in the stream here had a wonderful recuperative effect on my tired legs, and with some nourishment from the aid station I felt well-enough equipped for the last seven kilometres or so, even allowing for the seemingly never-ending uphill climb out from the crossing.

With the nasty climb from Vanity's behind me, and with mounting anticipation, the last gentle climb up to the farmhouse delivered me onto the final few kilometres. This comprised a stretch of fast downhill to the finish area, and in a short time I was traversing the few hundred metres of bitumen road before I entered the cool and shady promenade of the finishing chute.

Straight ahead I could see the finish line, and like each runner, I was welcomed and enthusiastically applauded over the final section, before crossing the line in ninth position and receiving my medallion.

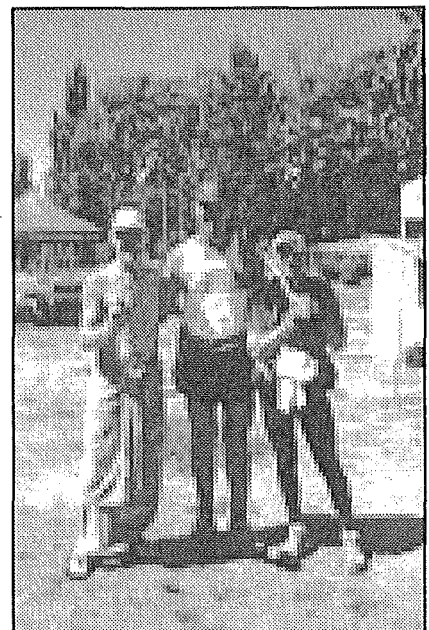


*Preparations on Mount Ginini*

The post race procedure involved a long soaking of the legs in the cool stream in the warm sunshine, whilst enjoying a pre-barbecue aperitif or two, and watching other runners finish.

It doesn't get much better than that.

This race held on the original course is a fantastic event, and as the bushland recovers, it will get even better over future years. For any serious runner, it is a 'must-do' type of run, definitely to be included in the resume, and be looked back upon with fond memories. I'll definitely be back for the third time next year.

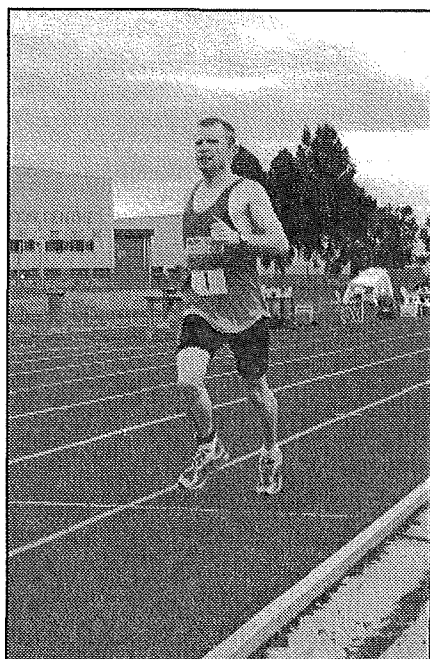


*Wayne Gregory, Brendan Mason  
& Ray James*



# Victorian 50km and Six Hour Track Championships

12-11-2006 - Moe, Victoria



## Dave Criniti puts in stunning performance at Moe.

The 2006 Victorian 50km/6-Hour Championships saw David Criniti put in a great performance to smash the Australian record held since 1986 for 50km on the track. David set a cracking pace running on average 90 second lap pace he held for the whole 125 laps despite the humid conditions. There were many other outstanding performances including Kelvin Marshall's win in the 6-Hour backing up after the Portland Marathon.

Sandra Timmer-Arends backing up after the 100km in Korea to be the only female to complete the 50km. 77 year old Shirley Young and Paula Lucas inspired efforts in the 6 hour. Paula despite a knee injury continued on for the whole 6 hours. Brian Glover also backing up after Portland to walk more than 50km in the 6- hours. For me I found it great to be involved in another Harrier event with the added bonus of having 3 relay teams running. They brought more support with our younger runners continually cheering everyone on and adding a real atmosphere to the event.

## Report by Ian Twite

An Australian Track Record was set at this year's Traralgon Harriers 50km/Six-hour track event at Newborough.

David Criniti from Sydney ran 3:07:13 for the 50km to beat the old Australian Record by four minutes. Local runner Ian Twite was second in the 50km running 4:05:04 from Melbourne runner Kelvin Marshall with 4:04:28 to finish third in the 50km.

Local runner and Australian record holder Sandra Timmer-Arends was the only female to complete 50km running 4:32:45

Kelvin Marshall continued running to complete 69.300km to win the Six Hour event. Second place was Melbourne runner Warren Hoist with 62.121km from another Melbourne runner, Trevor Marsh with 61.303.

In the females, 77 year old Shirley Young led the way running 47.510km for the six hours. Second was local runner Paula Lucas with 45.615km and third was Warragul's Karyn Bollen who completed 42.041km.

Race walkers Terry O'Neill [51.641km] and Brian Glover [50.558km] did well to complete over 50km in the six hours.

## 50km Results

1 <sup>st</sup> David Criniti	3:07:13
[Aus Track Record]	
2 <sup>nd</sup> Ian Twite	4:05:04
3 <sup>rd</sup> Kelvin Marshall	4:06:29
4 <sup>th</sup> Sandra Timmer-Arends [f]	4:32:45
5 <sup>th</sup> Warren Holst	4:43:58
6 <sup>th</sup> Trevor Marsh	4:46:55
7 <sup>th</sup> Duane Rek	4:50:18
8 <sup>th</sup> Robert Boyce	4:58:53
9 <sup>th</sup> Ken Lancaster	5:16:02
10 <sup>th</sup> Terry O'Neill	5:45:14
11 <sup>th</sup> Ernie Hartley	5:50:16
12 <sup>th</sup> Brian Glover	5:55:52

## Six Hour Results-

1 <sup>st</sup> Kelvin Marshall	69:300km
2 <sup>nd</sup> Warren Hoist	62.121km
3 <sup>rd</sup> Trevor Marsh	61.700km
4 <sup>th</sup> Duane Rek	61.303km
5 <sup>th</sup> Robert Boyce	57.665km
6 <sup>th</sup> Ken Lancaster	56.023km
7 <sup>th</sup> Terry O'Neill	51.641km
8 <sup>th</sup> Ernie Hartley	51.312km
9 <sup>th</sup> Brian Glover	50.558km
10 <sup>th</sup> Shirley Young [f]	47.510km
11 <sup>th</sup> Paula Lucas [f]	45.615km
12 <sup>th</sup> Peter Gray	43.615km
13 <sup>th</sup> John Timms	43.460km
15 <sup>th</sup> Karen Bollen	42.041km
16 <sup>th</sup> Phil Lear	28.800km

## More from Barry Higgins

Sydney raider David Criniti flew into Victoria last weekend and set a new Australian record to win the Victorian 50 kilometre track championship at Newborough.

The 28 - year old ultra-marathon runner from North Rocks on the western fringe of Sydney, completed the 125 laps in a sizzling 3 hours 07 minutes 13 seconds, and then cruised around another 400 metre lap of the Joe Carmody athletics track as a precaution against a possible lap miscount robbing him of the record. Criniti was hampered by injury in 2005.

With his return to fitness this year, he said, "I was feeling good before the race and was hoping to give the record a shake". "It was a thrilling experience and I really enjoyed the run, there was a marvellous atmosphere all around the track" he said.

In Sunday's unsettled conditions, Criniti steadily built up his pace to 90-second lap times and soon passed Adrian Masterman-Smith, the fastest of the first leg relay runners, to take the lead.

Completing the classic marathon distance in 2:37, Criniti said, "I knew I had to maintain my lap times to come in under the current record."

Traralgon marathon runner Ian Twite was second after completing the arduous Four Peaks mountain race series the previous weekend. Melbourne based Kelvin Marshall, who ran the 1166km trans-Gaulle solo race across France in August, finished third before going on to win the six-hour event.

With little time to recover from her 100 kilometre run in the World Championships in Korea in October, Sandra Timmer-Arends won the womens division for the fifth time finishing outright fourth.

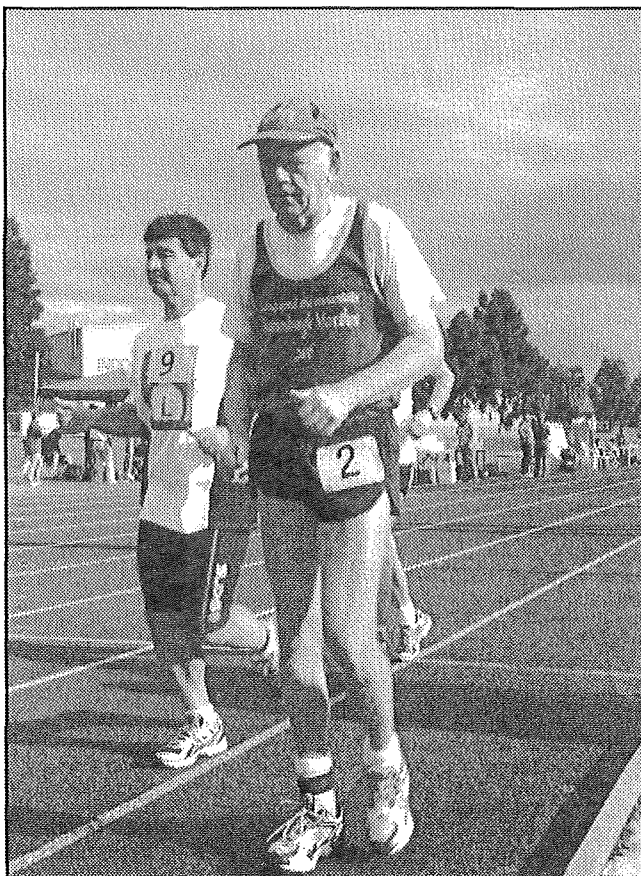
Local runners Duane Rek, Morwell's Ken Lancaster and Warragul race-walker Terry O'Neill performed strongly to complete the 50 km distance.

Marshall was first in the six-hour event ahead of Melbourne runners, Warren Holst and Trevor Marsh.

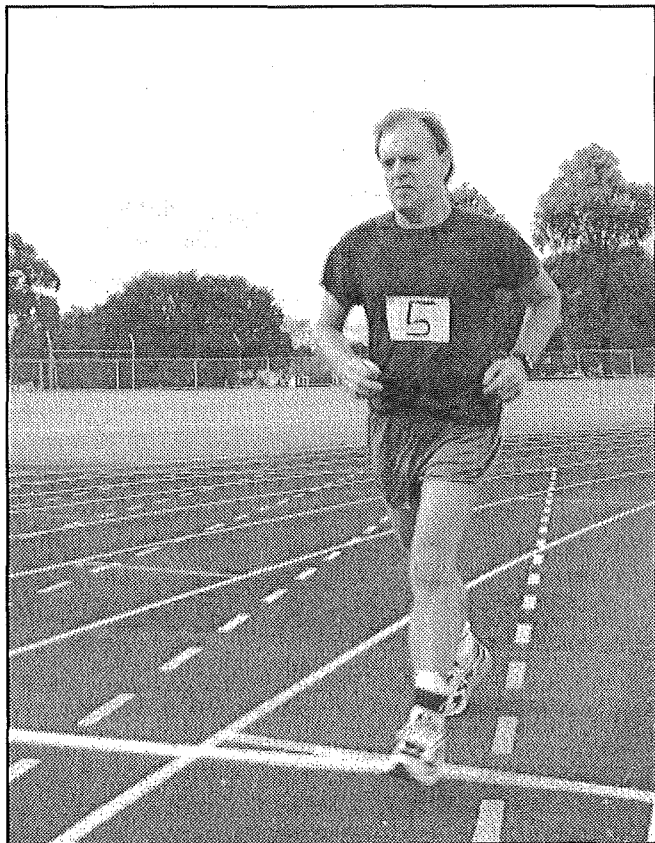
Shirley Young, who will turn 77 on Christmas Eve, won the six-hour womens championship. Young, who is coached by her husband Ron, is doubly inspiring.

The holder of many Australian and World records and the only woman to have run every Melbourne marathon, Young now has Alzheimer's disease. However, she still successfully trains and races and is a marvellous example for others.

Rek, from Tra-ralgon, Lancaster, O'Neill and Paula Lucas of Yallourn North also placed well in the six-hour run.



*Brian Glover leads Robert Boyce*



*Ernie Hartley*

## **Bruny Island 64km Ultra**

**Tasmania 2-12-2006**

1	Paul McKenzie	4:48:59
2	Aubrey Hendricks	5:27:26
3	Peter Hoskinson	5:36:12
4	Alan Hood	5:43:11
5	Greg Love	6:43:00
6	Gary Wise	6:08:30
7	Robert Boyce	6:31:55
8	James Crotty	8:02:40
9	Janine Crotty [f]	8:51:17
10	Kristin Raw [f]	8:52:09
11	Lindsay Tuffin	8:53:11
12	Dick Crotty DNF.	





# The Great North Walk 100s

Run on the Great North Walk Track that runs between Sydney and Newcastle

11/12 November 2006

## 100 Miles [actual distance 108.5 miles]

Place	First Name	Last Name	Time
1	Ian	Wright	30:21:54
2	Wayne	Gregory	32:09:47
3=	James	Grove	33:51:57
3=	Martin	Schot	33:51:57
5	Kim	Cook	34:22:36
6	Ray	James	34:46:06
7	Lawrence	Mead	35:04:13
8=	Philip	Murphy	35:13:19
8=	Andrew	Hewat	35:13:19
10	Bill	Thompson	35:48:40
	David	Waugh	DNF [168.0km]
	Peter	Lines	DNF [160.8km]
	John	Lindsay	DNF [81.7km]
	Louis	Commins	DNF [81.7km]
	Paul	Fahey	DNF [81.7km]
	Sebastian	Warmerdam	DNF [81.7km]
	Jan	Herrmann	DNF [81.7km]
	Matt	Bacon	DNF [81.7km]
	Jonathan	Worswick	DNF [81.7km]
	Tim	Turner	DNF [66.9km]
	Dominic	Sullivan	DNF [52.5km]
	Richard	McCormick	DNF [52.5km]
	Rodney	Ladyman	DNF [52.5km]
	Sean	Greenhill	DNF [52.5km]

## 100 Kilometres [actual distance 103.7km]

Place	First Name	Last Name	Time
«	Joel	Mackay	14:11:06
1	Darren	Byers	15:17:34
2	Sharon	Harrison [f]	16:38:40
3	Steve	Guest	18:12:10
4	Stephen	Firth	18:27:11
«	Allison	Lilley [f]	20:17:48
5	Ron	Schwebel	20:25:27
«	Grant	Campbell	21:35:10
«	Paul	Every	21:40:06
	Pem	Dechen	DNF [81.7km]
	Robert	Fox	DNF [52.5km]
	David	Bray	DNF [52.5km]
	Paul	Barry	DNF [52.5km]

water and two of fuel for starters. Managed to get past Heaton Lookout to camp on the first day. The downhills were treacherous.

The course on

race day was near perfect compared with this. As a matter of interest I lived on the muddy dam water just before the zig zags after cp2 for a day. Just didn't need to add tea or coffee. I got right through to Patonga but only averaging about 20kms a day. I never used the maps or instructions, just followed the GNW signs. Spent the last Tuesday before the run cruising without the packs. Then back to Lou's on Thursday via Wondabyne station.

The run. Great to see such a crowd at the start with many familiar faces. I felt I'd done the work so had a good chance keeping to my schedule that had me arriving in Patonga at 5.55pm. After the start talked briefly with Jan and John before they took off and I settled comfortably at the rear along with the support vehicle. Stopped briefly at Heaton Gap before the first big climb. I had made up a brew here

last year but decided to skip this luxury and save 5 minutes this year, as the next section is one of the hardest to keep up a good average speed. Passed John and Jan (who had lost his mobile) and a few others on this section but still arrived 10 minutes behind schedule. Luckily had a 20 minute stop scheduled so cut this back to 10. Check point 1 was just great. Getting served coffee, bacon, sausages and eggs by blokes in suits was a first for me. Left here on schedule in good spirits.

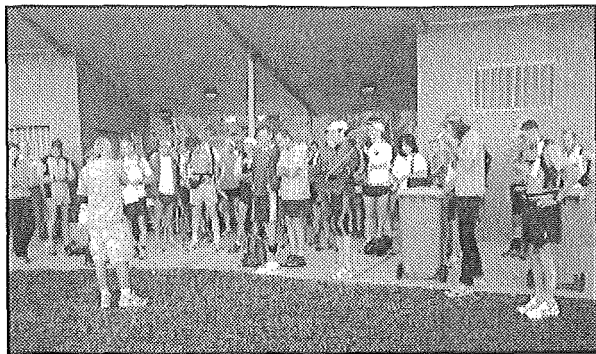
Teamed up with Sebastian for much of the next section. He was recovering from the flu so was feeling the heat a bit and I pulled ahead on the downhill down to the road. Surprised to find so many bodies lying around on arrival at cp2. I really didn't think it was that hot. Possibly one of the advantages of walking. After cp2 caught up with Paul and Pem and we chattered away until the climb. Paul had already decided to pull out at 100k. I left them at the start of the climb, changed down a gear, and made it to the top without stopping, passing Grant on the way. He was feeling the heat a bit but soon cooled and we took off towards Flat Rock lookout where we met Alison. They then ran off but I caught them on the steep downhill to Watagan Creek. Grant said he was

Runners who entered the 100 Mile event had the option of finishing at (or after) 100 Kilometres and being included in the Official 100 Kilometre event results. The runners in this latter category have a star instead of a placing.

## Report by Bill Thompson

A few more comments on the run that may be of interest to someone out there, but probably not. A bit long winded I'm afraid.

Preparation. Having failed in 2005, I knew this could well be my last attempt so I'd better get it right. I decided to spend at least 10 days in the bush away from computers, phones, grog etc so why not on or near the course. Louie de fly kindly dumped me at the end of the bitumen near Teralba. It was very hot and dry - the two packs must have weighed about 35kgs with 7 litres of



*Race Briefing*

overheating. It was probably the hottest part of the course here and it was nearly after 6pm. I bombed on down, passed a bloke waiting to be picked up on the road just before the water drop. I knew there was a nasty rough climb out of the valley so had scheduled in a noodle soup stop.

Soon had the gas stove roaring and cooked up a litre with boost home dried chillies. Meanwhile Alison had arrived but there was no sign of Grant and we both started to get a bit worried. Alison suddenly leapt to her feet - she had nearly been bitten in a very sensitive spot by a bulldog ant. She was worried about the climb ahead and I said that that would have got her up there like a rocket. She took off while I finished eating. Still no sign of Grant but the farm was close and I knew more people would be coming through soon so I took off up the roughest part of the course.

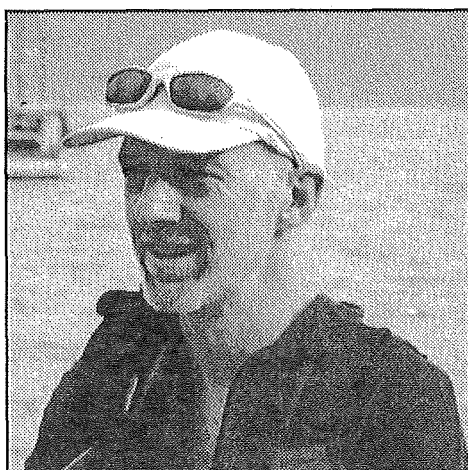
Luckily it only goes on for about 15 minutes and then it was very pleasant late evening cruising through tall forest. I caught up with Alison as she was getting reflective jacket, lights etc organised. She had made it up the hill no worries. Then it was off to the basin. We caught up with another couple of blokes (I think it was Peter and Ron). I rather fancy myself on the rough terrain so asked to pass and I would see them at cp3.

No wrong turns this year, so arrived in good spirits and with a cold Guineas waiting things don't get much better. Soon had the stove going and the steak on. Rice and cream to follow, change of clothes, just ahead of schedule, things were looking good.

After the climb out of the basin, it is then fairly easy going until cp4. That

said, for me the 12k up the bitumen is the most difficult part of this run. Two hours of boring stuff armed with a large dog whacker. Arrived OK at cp4 but with little appetite and couldn't even face having another Guineas. A cup of tea went down well and I got out of there on schedule soon catching up with Peter. I tried to talk

Alison into continuing, she looked OK but her decision to pull out had been made. Peter said he wasn't good on hills so I left him soon after the road on the long easy climb after cp4. There are 4 climbs on this section so it shouldn't be underestimated. About half way through this section the dawn arrived and soon after that



*Andrew Hewat*

I had a nice stop at the creek at Stringybark Point.

An easy road section is then followed by a nice but strenuous section including 2 climbs, the last bringing you in to Somersby. I ordered up Bacon and Eggs but they said sorry, not on the menu. I had bacon in the pack and eggs in the drop bag so they soon had them cooking. After a couple of coffees I left munching the b and e's with no great appetite. No sign of Peter. The route to cp6 is pretty easy going but hard on the feet in parts. I had several sore spots and a nice heel blister and kept kicking rocks with suitable cursing.

The Moonie Creek crossing was a non event. It was heating up nicely by the time I reached cp6. To my

astonishment they said that no one had finished the course yet. So where the hell was Tugger? I tried to eat and was about to leave when Peter ran in. Said if he sat down he wouldn't get up again. Not a good sign as it is pretty rough going from here to the finish. The friendly check point people wanted me to have some coke but I said it always let me down. Luckily they persuaded me to carry a litre for later. I left just before Peter but he soon caught me and went past. I caught him on the climb after the suspension bridge and he said he was overheating and feeling totally stuffed.

He signalled for me to pass and I told him there were a few creeks coming up where he could cool off. At the first I dunked the shirt and hat then kept moving. This section has lots of ups and overs and downs and is hard on the feet, much of it being on pure sandstone. At about 3pm I reached the large creek with waterfall below. Decided to reschedule my 10 minute break here and cool down. I was going to have it at the water drop.

Drank plenty including electrolytes, then took off the shorts and sat more or less fully dressed, shoes and all in the freezing waterfall. Actually left here feeling cold, the legs and feet much better. I'd filled up all my water containers with the cold creek water so went straight past the water drop. I had seen no sign of Peter and I think this is where he dropped out. Now it was just a matter of averaging 5km an hour through all the wildflowers. Sounds easy but I really had to push it. I notice in the results that I did the 2nd fastest time over this leg.

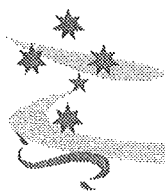
After 4pm I started in on the coke and then had slugs every 20 minutes. Seemed to give me a bit of extra energy. It was 5.35pm when I hit the lookout and I had this dreadful feeling that I wouldn't make it. So, better start running for the first time and once I got moving it wasn't too bad. The feet soon went numb and I did good time down to the beach. Great relief on checking the watch to see the finish with heaps of time up my sleeve. Great crowd to see me over the finish line with ten minutes to spare - the RD had kindly postponed the presentations.

Thanks to all the organisers and check point people - great stuff. Comparisons. I've done a few runs/walks in the states and the nearest comparison would be Massanutten in Virginia. It also has a 36 hour time limit but is only 100 miles. Food and drink. As a matter of

principal, I always try and keep eating and drinking separate. Difficult in the heat.

I used endura + vitamin C every 3 hours, always when not eating. Tried to eat normal food at normal

times. Carried 3l of water, dried fruit, nuts, cheese, olives, chillies, cream, yeast all the way and nibbled as I saw fit between check points. Small stove from 2 to 3 for soup and cooking



## Mount Feathertop 50km Skyrun

2-12-2006

- |                    |          |
|--------------------|----------|
| 1. Kelvin Marshall | 6.59.57  |
| 2. Nick Manning    | 7.27.33  |
| 3. Bernie Hassett  | 7.27.33  |
| 4. Peter Bignell   | 7.27.33  |
| 5. Steven Hyde     | 8.19.39  |
| 6. Daniel Cole     | 8.19.39  |
| 7. Malcolm Gamble  | 8.49.25  |
| 8. Paul Ashton     | 9.21.10  |
| 9. Lou Cummins     | 9.59.58  |
| 10. Peter Gray     | 14.29.44 |

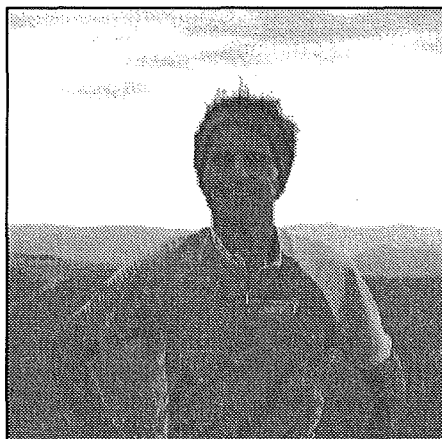
### 30km option

- |                    |         |
|--------------------|---------|
| 1. Jules Crashaw   | 3:28:00 |
| 2. Matthew Vogel   | 3:40:12 |
| 3. Raymond Waschl  | 3:51:00 |
| 4. Robert Cook     | 4:06:00 |
| 5. Adam Richardson | 4:12:00 |
| 6. Kaye Ervin [F]  | 4:45:17 |

### Report by Race Director, Paul Ashton

A field of 16 experienced and hardened ultra runners fronted the start line for the 2<sup>nd</sup> running of the Mt Feathertop Skyrun on 02 December.

This year runners were greeted by calm, mild weather and stunning views over the valleys and high plains, a total contrast to the previous year where visibility was only



*Kelvin Marshall on the high peaks*

about 20 metres. After a spectacular lightening show on the Friday evening, which we later learned had started over 100 bushfires and was set to become a major conflagration, destroying thousands of acres of alpine wilderness 15 men and 1 woman raced off into the wilderness. We were blessed by perfect running conditions, a cool breeze and overcast breeze was perfect for running. At the Cross on the summit approach we were greeted by an enthusiastic school group who thought we were a bunch of total loonies but nevertheless they cheered us on and pointed everyone in the right direction, mind you even Kelvin could find the summit. Spectacular views were the order of the day from the Summit, taking in Mt Buffalo, Bogong, Kosciusko and the High Plains. The descent down the Scotch paved path was fast and furious as the clouds started to break up and the sun warmed the air.

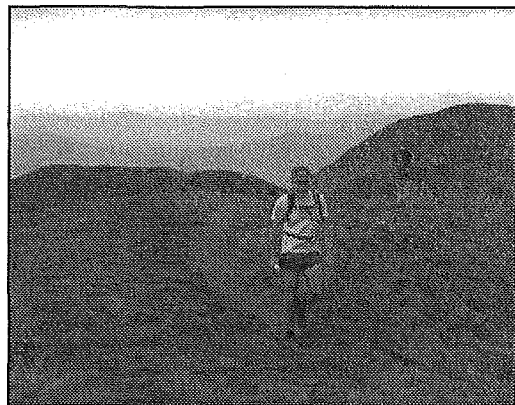
In the tradition of the Comrades marathon, an up run and a down run has been created

alternating between running either up or down Machinery Spur. This year it was a quad busting 6km descent down machinery Spur followed by a heart thumping run??? Up Swindlers Spur. Water was scarce along the course and a number of traditional waring spots were dry. Derrick Hut offered welcome respite to some of the runners with Paul Ashton deciding that as he wasn't going to break an records he'd stop for a 15 minute cat nap. Being woken by Lou Cummins he invited him in Lou's comment was "I'm buggered" and he then collapsed onto the bench for a well earned sleep.

Course records were set by Kelvin 'wrongway' Marshall first he didn't get lost, and he was also the first runner home in exactly 1 second under 7 hours?????. Peter Gray set the record for the longest runner on the course being out for 14.29 hours and making it back to the ski lodge just before dark.

In total six runners elected to do the short course - a 30km out and back jaunt along the notorious Razorback and then a stiff climb to the summit of Mt Feathertop, Victoria's 2<sup>nd</sup> highest peak, where they were joined by the rest of the field who still had to contend with a quad thumping descent of 6km down Machinery Spur. Kelvin "Wrong way" Marshall led the field completing the run in under 7 hours in a blistering 6.59.59. Kaye Ervin was the first female home in the 30 km in 4.45.17 and Jules Crawshaw from Albury was the first male in 3.28.00

A great run, with great views, great runners and lots of pasta and wine. Make a note in your diary for Saturday 1 December 2007 and become a Skyrunner!!!



*crossing the high country*

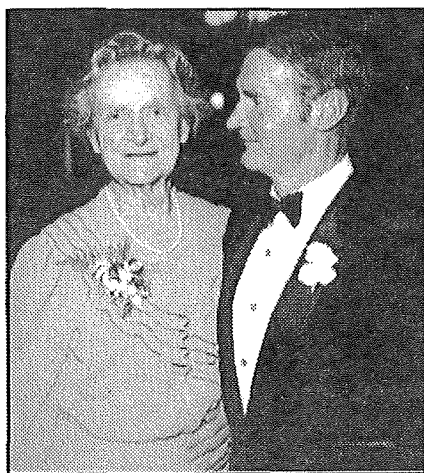


# AURA HALL OF FAME

## Cliff Young

*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.*

### **"From Gumboots to Glory" By Phil Essam**



*Cliff with his mum*

1983 was an iconic year for Australian sport. Robert De Castella won the inaugural World Marathon Championship, Australia II [complete with secret winged keel] stole the Americas Cup and our tennis players relieved the all conquering Swedes of the Davis Cup. Adding to our national sporting achievements that year was the previously unknown Clifford Albert Young who stormed home to win the first Westfield Sydney to Melbourne Ultra Marathon. At 61, the untrained eye, mass media and unsuspecting public did not expect this "Boy from down Beech Forest way" to win and upstage the trained younger athletes. Australia was certainly awakened to the sport of ultrarunning. A closer look at the form guide would have revealed that he certainly had some form on the board and had the breeding to be a champion ultrarunner.

It wasn't just Cliff's latent athletic ability that endeared him to the Australian public, it was the time he had for everyone and the wave to all of his adoring fans. Nothing ever fazed Cliff. I was fortunate to have been able to compete against him at

Coburg on numerous occasions and corresponded with him several times whilst I was writing the "Westfield Book". He always sat down and responded to me which was greatly appreciated.

Cliff's father and grandfather were amongst the early bush settlers who settled in the Beech Forest area of Victoria in the late 1800's after moving from Geelong. The family soon discovered that the area was fantastic for growing potatoes but there was never huge money in farming and like most pioneer families, they struggled for a number of years.

Cliff was born on 8<sup>th</sup> February 1922 and spent his first few years living in an old bark hut with his family. They struggled during his early years and also during the Depression. His father had to take work wherever he could and manage the farm at weekends. Despite the harshness, the Young family survived and Cliff was bush hardened from an early age.

Cliff was in his 30's when he decided to try his luck in Queensland during the winter cutting sugar cane in the fields of Childers. This became an annual pilgrimage for quite a few years along with a season of work in New Zealand. It is an interesting but little known fact that New Zealand is where Cliff first tasted the joys of the "long run". It was several years later when he returned, competing with great results in the Veterans Games.

Cliff also ran in some mile races as a professional when still in his 30's with his most impressive performance being third place in the 1955 Goldfield Mile at Bendigo. To quote Cliff, "I

wasn't much chop, I was like a Melbourne Cup horse, I needed it longer".

Cliff's first fun run was the 1979 Adidas Sun Superun. The 16 kilometre course crossed the Westgate Bridge and was amongst the first events in Australia to capture the start of the fun run boom. He ran a very respectable 64 minutes and was even interviewed by the Melbourne media. The story was never printed though and Cliff felt that many people didn't believe he could run such a time.

The "Big M" Melbourne Marathon followed producing a time of 3h21m, then shortly after, a marathon in Geelong in slightly over three hours. It was on that day that he first raced against John Craven, an athletics reporter with the old Melbourne evening newspaper, The Herald. John reported on that encounter and Cliff's fame started to spread.

Cliff produced another three hour performance in the Melbourne Marathon the following year and finished forty third. The TV Commentator doubted Cliff's ability, thinking that he must have come in from a side street before finishing!

Cliff progressed into ultras and ran a couple of the 50 mile races at the Melbourne University track. In his second attempt, he ran an excellent time of 6hrs 37m, finishing second behind Keith Swift from New South Wales.

This excellent result wetted Cliff's appetite for more distance and he was soon heading to Manly to compete in the 100 mile event. There were twenty starters and only two finishers. Cliff won in an excellent time of 14hrs 47min. Second that day

## “Cliff’s reception, guiding him into Melbourne, was nothing compared with what awaited him at the Burke St Mall”

was eccentric Englishman, Joe Record two hours behind. Cliff and Joe became good friends.

With his thirst for distance taking a quantum leap. Cliff decided to have a crack at Siggy Bauer’s 1,000 mile world record. The local council threw their weight behind it and a course was set up around Memorial Square in his home town of Colac. (This was the precursor for the Australian Six Day Race that has been running for over twenty years). Cliff fell short of his goal but still completed over 500 miles in the allocated time. He had some injury concerns along with a crew that were very much learning about dietary requirements for endurance athletes.!

This didn’t put a damper in Cliff’s enthusiasm. A month later, he first heard about John Toleman putting up the \$10,000 winner take all prizemoney for a race between Sydney and Melbourne. Toleman did this to try to give his friend, George Perdon, some recognition for all the endurance records he had set over the years. Cliff was accepted into the race and started training with a vengeance. His good friend, Mike Tonkin, started to arrange sponsorship.

A lot has been written over the years about Cliff’s performance in the 1983 Westfield Run. He arrived at the start with the feeling that the other runners were looking at him with disdain. He knew he had something to prove. It

was on the first night that Cliff and his crew accidentally rewrote the rule book about multi-day ultra running. They pulled off the road for a six hour break. Cliff was awakened only a short time later, thought to himself that it was a quick sleep, then headed for the road. It was still dark and it only took Cliff and his crew a short time to realize that he had only slept for two hours! Regardless, Cliff felt good and the consequences were written into Australian athletic history.

By the time Cliff got to Kalkallo just out of Melbourne, all of Australia knew about Cliff Young and thousands met him to cheer him onto the finish line in Melbourne some 30 miles away. By that time, Cliff was running on memory and was swept up with the public support for the rest of the journey.

Cliff’s reception, guiding him into Melbourne, was nothing compared with what awaited him at the Burke St Mall. It was the early hours of the morning when Cliff completed the journey and wrote his name into history. Finishing in a time of 5D:15h:4m, he had beaten Toleman’s champion, George Perdon, by nine hours.

Cliff’s life became rather hectic and busy after the 1983 Westfield Run. He became the public promotional figure for Westfield for a number of years and married Mary Howells, a fun runner from Geelong who was

involved with health supplements.

Cliff ran the Westfield Run five more times in the coming years. His record stands at three withdrawals and three finishes, excellent by any standards. Cliff often had a habit of retiring after each “bad” Westfield. None was more poignant than in 1989 when he withdrew with the lights of Bombala in the distance and Cliff saying “Thanks everyone. I’ve done my best”.

Ninety percent of the Australian public never saw the solid ultra competitor away from the Westfield arena. It was 1985 when Cliff competed in the Australian 24 Hour Championships in Adelaide, breaking the Australian 24 hour all-comers record with an incredible 235.969km. Second placed Geoff Kirkman, pushed Cliff over the last few laps whilst Westfield Event Manager, Charlie Lynn, finished third in his first 24 Hour race. Cliff only held the record for three months, but this performance by a 63 year old must be seen as one of the best ultra performances in this country today.

Cliff, between 1981 and 1999, competed in over 70 ultra races around Australia from 50 Kilometres to multi-days (Westfield). At one time or another, he held several Australian and World age group records for various distances.

Some of Cliff’s age group records during his career included the following:

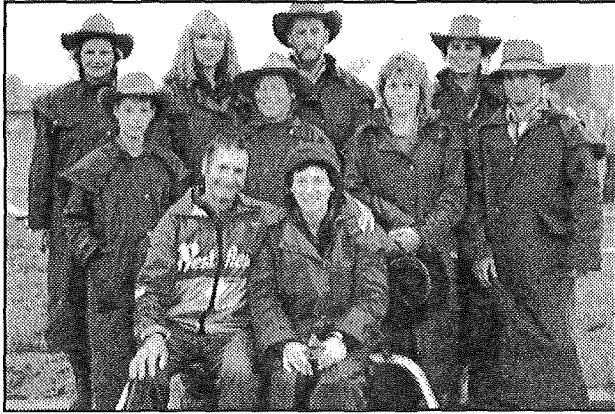
100km Track	Adelaide.SA	71	14:08:54	17/10/1993	Aus.Rec	70-74
200km Track	Colac,Vic	73	1D:18:11:47	21/11/1995	Aus.Rec	70-74
500km Track	Colac,Vic	73	6D:00:00:00	21/11/1995	Aus.Rec	70-74
100 Mile Track	Colac,Vic	73	1D:06:49:10	21/11/1995	Aus.Rec	70-74
12 Hours Track	Sydney,NSW	60	129.525km	4/06/1905	Aus.Rec	60-64
12 Hours Track	Olympic Pk.Vic	68	104.800km	5/08/1990	Aus.Rec	65-69
48 Hours	Colac,Vic	73	233.435km	20/11/1995	Aus.Rec	70-74
Six Days	Colac,Vic	73	653.600km	20/11/1995		

One of my fondest memories of Cliff was at the 1999 Coburg 24 Hour Carnival when he completed 147km. A storm came through in the evening which sent most of the competitors

scurrying for cover but not the 77 year old Cliff. He was leaning forward and kept going through the wind, rain and sleet. I finished about 30 kilometres behind Cliff, but he inspired me to

keep going through the bad weather when I could have taken the easy option and headed for the tent.

Cliff spent his twilight years being



*Cliff with the local horse people*

cared for by the Powers family in Queensland. They were determined that Cliff be looked after in the best way possible and their devotion to him is highly commendable. Cliff passed away in November 2003. The outpouring of grief around Australia and overseas was testament to the regard in which he was held by his peers and anyone that was fortunate to have come in contact with him. The main funeral service was held in Queensland but there was also a Memorial Service in Colac which was packed with friends from the local area along with ultra runners from all over Australia.

Since then, the Colac Six Day Committee has renamed their event the "Cliff Young Australian Six-Day Race" to preserve his memory. A web site has been set up by the author to piece together and remember Cliff's great career. His contribution to the sport in the latter part of the twentieth century is beyond question. As the latest inductee to the AURA Hall of Fame, he is a worthwhile member.

Tony Rafferty remembers Cliff for "His open hand and kindness of heart, his laconic humour which produced many moments of joy and laughter - and his immense capacity for endurance on the road and track....Cliff was, is, will always be, a folk hero"

#### A POEM ABOUT CLIFF

At a place called Parramatta to the south of Sydney town  
Endurance runners gathered, some of world renown  
A mighty crowd was there that day, the press and TV too

and many words were spoken before the day was through  
Eleven runners toed the line, eleven hearts beat strong  
For we all knew what lay ahead and where we could go wrong.

A gun was fired, away we went, each runner to his pace  
The back-up crews were on the move, their runners for the

race.

The road was thick with traffic, they were there in all their makes  
And above the toots and cheering came the squeal of hard pressed brakes.

Through the shouts, the yells and bedlam, the police all acted fine  
But all the way to Melbourne our lives were on the line.



*Cliff with the Prime Minister Bob Hawke*

The pace was hot through Goulburn, then it was on to Yass  
Some runners' feet were blistered and others had the rash  
But still we kept on moving, for we could only try  
To run one hundred miles a day when we would rather die.  
Our back-up crews did all they could, to keep us running strong  
And they all suffered with us, when the day was hard and long.

With Gundagi behind us, there was Holbrook way ahead  
How could we keep on running, when we were almost dead?

There were hills all shapes and sizes,

some short, some long and steep  
And each man had to beat them or fall into a heap.  
We ran all day and half the night, to Albury and Wodonga  
Though cheering crowds sure eased the pain, we could not stay there longer.

We had to keep on running, through the heat, the wind and rain  
When the day was long and weary and the night was filled with pain.  
When we passed through Wangaratta, Benalla was a cinch  
Though our legs were tired and weary, we made it inch by inch.  
Then came the Kelly country, and when we hit Euroa  
Some of us were almost gone, but the race was still a goer.

Then onward, ever onward, through a day of wind and rain  
We stopped at Violet Town a while, then it was on again.

It wasn't far past Seymour, when the rain came pelting down.

The wind was blowing strongly, and our faces were one big frown.  
But still we kept on running, up a road that seemed like sand  
And we would keep on running, while we had the strength to stand.

The people got behind us, in a way we knew they would  
It was good to hear them cheering, in the rain without a hood.  
Though they were drenched, they cheered us, with emotion running high  
And those teardrops rolling down their cheeks, were also in our eyes.  
They were there in countless numbers, the women, men and kids  
And on this page we thank them all, to them we dip our lids.

The crowds were huge through Melbourne, the cheering loud and strong  
And still we kept on running, though we'd nearly had the gong.  
And as we breathed the poison fumes, from cars of every make  
Oh God, is there a limit to what flesh and blood can take?  
Up hills, round bends, up hills once

*"And though we may be short on brains, we made top marks in guts."*

*more, Oh God where will it end?  
Our heads were spinning badly, and  
we can't pick foe from friend.*

*At last the race has ended, with it's  
noise and cheers  
Now is the time to put things  
straight, and wipe away the tears.  
We know the race to Melbourne, was  
worth it every stride  
It has given us renewed hope, and  
filled us up with pride.  
We know full well our point was  
proved, although we may be nuts  
And though we may be short on  
brains, we made top marks in guts.*

**Reference:**

Cliffy's book by Cliff Young

AURA Cliff Young Ultramag  
supplement

AURA Ultramag December 2003 pg 3-  
16

Cliff Young Champion Endurance  
Runner Supplement

The Ballad of Cliff Young by Al  
Simmons

Cliff Young's webpage maintained by  
the author

The previous in-ductees 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.

**Margaret Smith** - A true pioneer who  
tackled distances no previous  
Australian women had ever  
contemplated during 1981-85.  
Frequently matching it with the best  
men of the time, her stunning 100  
mile best of 16:02 and gutsy  
performance in the 1985 Sydney to  
Melbourne were the highlights of her  
many world class performances. -  
Featured in the September 2006 issue  
of Ultramag.

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

A new inductee will be admitted to  
the AURA Hall of Fame each three  
months, for the next three to four  
years. Check your next issue of  
Ultramag for further details. Ultramag  
is available only to members of AURA.



*Cliff with his wife Mary, receives an OAM*





# Queensland Ultras in the 80's

by Ian Javes - PART 1 - 50 MILE ROAD RUNS

The first ultra events (that I know of) organised in Queensland were the 50 mile road runs conducted by the University of Queensland Athletics Club Marathon Training Clinic (QACMTC) under the directorship of Dr Andy Semple. The QACMTC gave rise to Queensland Marathon and Road Runners Club (now Brisbane Road Runners) a few years later. The following has extracts and results from reports given to me by Andy Semple. My first ultra was the 50 mile road run in 1986. These events ceased when the QMRRC shifted from the University to the present West End course in 1989.

## 1980

'The first 50 mile road run north of the Tweed was conducted by the QACMTC on Sunday morning, September 28, 1981, starting at 1am. It consisted of sixteen loops of the five kilometre road loop plus an additional 468 metres run at the start (near tennis courts). We have to thank the University for leaving on the oval lights which lit up dark portions of the course and to Peter Maddern, David Bloggs and Warren Gruver for helping with feeding stations and time-keeping. There were eleven starters.

The event started at a slow pace with the extra 468m being run in 2:36 with everyone in a group. For the first 5km loop Phil Wain, Bob Hunter, John Griffin and Barry Massingham ran comfortably in 23 minutes followed by laps of 22:00 then 21:45. John Griffin confused the others as he did not stop for water and they had to speed up to catch him past the feeding stations. Phil Wain was left behind in the fourth circuit when he had to take a pit stop. The leaders did this loop in 21:00. With three more circuits of about 21:00, John Griffin was now well in the lead, Phil Wain did a 20:50 eighth loop to lead John by 1:30. This was John's turn for a rest - he was out hanging from a bar in a Yoga position to ease his back.

Boris Crassini stopped at 40.468km (I remember Boris was a Rugby League player for Brisbane's Eastern Suburbs when I was at High School).

Phil Wain passed the marathon mark in 3:02:50, followed by John Griffin 3:06:14, Bob Hunter 3:08:20 and Barry Massingham 3:13:06. Stoppages followed soon after. Barry M at 45km, John G at 50km and finally Phil W at 55km. Phil was running in the Hamilton marathon and did not want to push himself too hard. Andrew Semple and Bill Lehmann withdrew at 45km and Peter Hyde at 55km.

## RESULTS

- |                        |         |
|------------------------|---------|
| 1. Bob Hunter (45yrs)  | 6:15:26 |
| 2. Jack Weekes (53)    | 7:23:21 |
| 3. Ray Harrington (29) | 7:38:31 |
| 4. Len Hauville (43)   | 7:40:01 |

The temperature at the start was 19 degrees coming down to 15 degrees during the early hours before dawn, so it was good conditions especially with a bright moon and oval lights on. The road surface was good with little traffic so we were able to control the event with one feeding station and no following vehicles.'

## 1981

'The second University of Queensland 50 Miles Event was run on Sunday 18<sup>th</sup> October, 1981, round a 5km road circuit at St Lucia starting at 1am. Lighting from the oval lights and street lights was adequate and there was little traffic. It was won by Bob Hunter who improved by about 7 minutes on his time from last year. He started off by doing 5km circuits in 21 minutes and David Mc Lay kept him company for 5 laps until tendon problems forced him out. Terry Wall from Newcastle wasn't far behind and looked good until 35-40kms when stomach problems forced him out after another 5km of tortured running. This left John Dromgool who had run a few ultras in New Zealand in second place and although he

slowed dramatically in the second half he was sufficiently in front to hold off Bruce Paterson. Bruce, a veteran from Caboolture Club, was seconded and advised by Ron Grant and ran a steady race to hold off the fast finishing Roger Weekes and Phil Wain.

There were 23 starters and ten finishers - a great improvement on last year. Our lone lady competitor, Kerry Martin, ran 65kms before retiring - a disappointment for her, as she wanted to continue, but only if she could run and not walk the distance.'

## RESULTS

- |                        |         |
|------------------------|---------|
| 1. Bob Hunter (47)     | 6:08:02 |
| 2. John Dromgool (-)   | 6:44:36 |
| 3. Bruce Paterson (48) | 6:52:32 |
| 4. Roger Weekes (38)   | 6:53:00 |
| 5. Phil Wain (22)      | 6:53:18 |
| 6. Bill Lehmann (29)   | 7:01:58 |
| 7. John Gradwell (39)  | 7:16:48 |
| 8. Len Hauville (41)   | 7:25:04 |
| 9. Des Law (47)        | 7:55:56 |
| 10. Don Graham (18)    | 9:50:23 |

Non Finishers - David Mc Lay, Terry Wall, Keith Alexander, Barry Massingham, Ron Grant, Boris Crassini, Andy Semple, Les Skiller, Stuart Hall, Evan Wham, Peter Hyde, Kerry Martin.

## 1982

'The early hours of Sunday, 31<sup>st</sup> October, 1982 saw a relatively small gathering of lean looking insomniacs around the University's Union Shed. The reason - the University Athletic Club's third annual 50 Miler - no place for the faint of heart.

The number of starters was down, 9 as compared to over 20 in 1981. Much of the buzz was about the entry by Sydney-sider Bill Clingan who was to attempt to break the Australian record believed to be 5:33. This compared with defending champion Bob Hunter's previous winning time

of 6:15:26 (1980) and 6:08:02 (1981). The Heartbeat Harriers were represented by the running machine, Phil Wain, and first time starter Ernie McAuliffe. Phil planned to improve his time this year by eliminating the short stretching walk from the turnaround back to the water station.

Time - 1:07am and they're off around near the tennis courts. Early on in the race there was a slight to medium north-easterly breeze which didn't assist the runners around the back end of the course. Also the course was almost pitch black as, presumably because of austerity measures, the University hadn't turned on the oval lights. Later in the race, the sun rose to an almost cloudless sky and consequently reasonably high temperatures.

After an initial .468km, the race settled into 'only' 16 loops of the traditional University circuit - a distance that makes 10km fun runners seem like relative sprinters. Bill Clingan set off at a mind blowing pace lapping Phil in Phil's third lap. He consistently did 19-20 minute splits which had him on target to do around 5:20 but he pulled out with 4 laps to go. Bill's marathon time was a blistering 2:48:40. This left Phil placed second behind Bob Hunter who had lapped Phil at the end of Phil's 4<sup>th</sup> lap. Bob's splits were getting slower and Phil's were picking up.

The climax of Phil's race was when with 5 laps to go he passed Bob Hunter who had four laps to go. Various on-lookers commenced doing their sums to estimate whether Phil could catch Bob. A very interesting situations - opinions were divided. Bob subsequently withdrew with an injury after one more lap. Phil remained in the lead while other entrants withdrew from this gruelling event. Phil's winning time was 6:29:55 - a magnificent gutsy effort. His run was even more sensational when you consider his marathon time was 3:35:14 and he ran the second eight laps about 22 minutes faster than his first eight laps. The only other finisher was fellow Heart Beat Harrier Ern McAuliffe in 9:10:10.

### 1983

'This was run on Sunday, October 23, 1983. It was won by 49yr old veteran

Bob Hunter in a course record time of 5:53:07. The second and third placegetters, George Young and John Wishart, were also under the previous record time. (John told me he originally turned up to assist with the organisation and only decided to compete at the last minute).

Early leader for the first 5.468km was Ken Shepherd from Grafton in 22:32, followed by John Oswald, Keith Stafford, and Wayne Dwyer with the ultimate winning duo of Bob and George 30 seconds behind. By the end of the next lap Keith Stafford had powered to the lead with a 20:10 lap and was 1 minute ahead of his nearest rival. He continued to run sub 21 minute laps to the 30km but he faded in the next 10km to be passed by Bob and George and withdrew at 40km, a saddened and wiser competitor, but determined to return and go out competitively again next year. Bob and George continued to run together until the 50km mark, when George had a bad spell and dropped back to 2 minutes behind at the 55kms. However a solid 43:22 for the next 10km saw him leading at the 65km and he was still ahead with one loop to go. Unfortunately he cramped in his abdominal muscles and the consistent Bob Hunter passed him.

John Wishart ran very evenly after a slowish start to pass early leader Ken Shepherd in the 9<sup>th</sup> lap. Ken Shepherd, a young 25 yr old, had previously won the Coff's Harbour to Grafton run. Paul Smith who had run most of the early part of the race with Bill McKenny and Rhonda Bushby was 23 minutes behind Ken at one stage but finished strongly. Rhonda who was an uncertain starter in the event ran the most even race of anyone. She beat what I believe to be the best time previously recorded by an Australian female of 7:19 recorded by Sue Hill. (Her time of 6:37:55 was the best ever recorded by a female in the event). There were 21 starters and a best ever 14 finishers.' (Note that Pat Carroll who went on to become one of Australia's top marathoners also finished the event)

### RESULTS

1. Bob Hunter (49)	5:53:07
2. George Young	5:58:07
3. John Wishart	6:03:57
4. Ken Shepherd	6:31:18

5. Paul Smith	6:33:40
6. Rhonda Bushby	6:37:55
7. Derek Jory	6:41:52
8. Vinnie Kerr	6:42:11
9. Pat Carroll	6:42:54
10. Bill McKenny	6:49:04
11. Bob Wilson	7:12:15
12. Ern McAuliffe	7:54:37
13. Phillip McDonald	8:03:58
14. Trevor Harris	9:07:47
Non Finishers - Bill Lehmann, John Oswald, Norm Covich, Carl Wagner, Wayne Dwyer, Ian Henry, Keith Stafford.	

### 1984

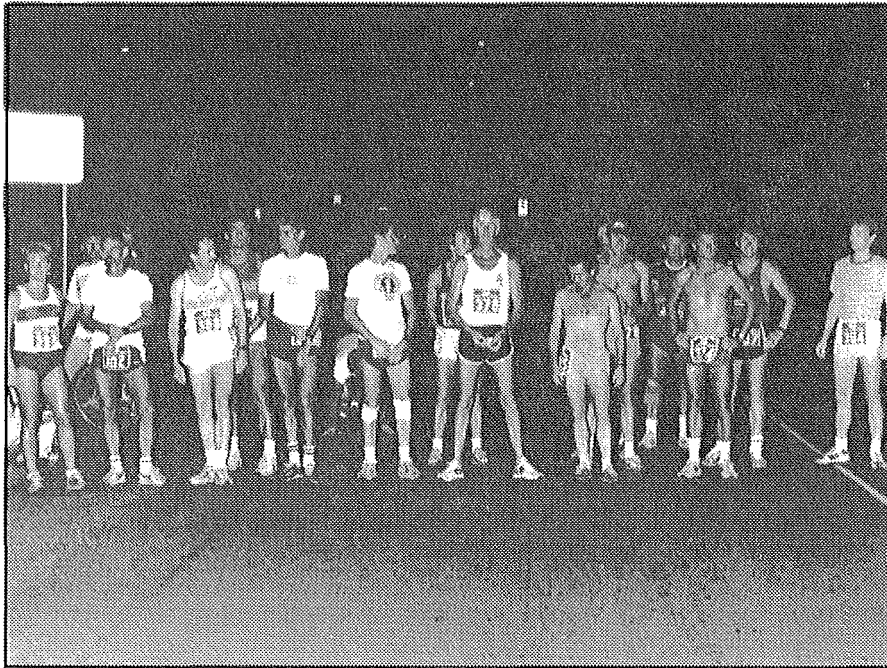
'The race was conducted on the 5km circuit at St Lucia on Sunday, October 14, starting at 1am. The moon was full, road and oval lights on, but the evening was quite warm with humid conditions. There were 21 starters.

The leading runners, Bob Hunter and George Young, had both broken 6hrs the previous year but were soon passed by Niels Petersen when he did a 19:43 lap. George dropped back in the fourth loop and stopped completely after the fifth with sore feet and back. During the seventh lap Bob Caught and passed Niels who withdrew at the end of that lap. Bob went through the marathon in 3:00:52, 3 minutes slower than the previous year. He withdrew at 50km.

The race now became wide open, and Vinnie Kerr found himself in the lead but not far ahead of Bert de Vos (a veteran of several Comrades races) and the Paul Smith/ Bill McKenny combination. Dell Grant was now also running well but we knew she was going to withdraw after the marathon which she completed in a personal best of 3:18:06. Bill started to run his loops faster in the second half to run away from Paul who withdrew at 60km. Although bill was 5 minutes behind Vinnie at the marathon mark, Bill picked up 30-45 seconds per loop and was only 25 seconds behind at the start of the last loop. Vinnie had something in reserve and finished 48 seconds in front of Bill.'

### RESULTS

1. Vinnie Kerr (27)	6:16:29
2. Bill McKenny (39)	6:17:17
3. Bert de Vos (40)	6:44:57
4. Carl Wagner (36)	6:53:26
5. Owen Puie (38)	6:56:19



*L - R: Robyn Wallace; Peter Reaburn (behind), Ian Javes, Ivan Walsh, Derek Jory (or Joel Gourley?), \_\_\_\_\_, Ken Yarwood, Stuart Hall, Owen Tolliday, Alan Peacock (slightly behind), \_\_\_\_\_.*

6. Ken Yarwood (46) 7:16:17  
 7. Ern McAuliffe (37) 7:24:24  
 8. Janet McAfee (25) 8:13:19  
 Non Finishers: Bob Hunter, Dell Grant, Paul Smith, Rob Wilson, Keith Monnington, Sam Eaves, Niels Petersen, George Christison, Derek Jory, Tony Booth, Stuart Harris, Chris Rasmussen.

#### 1985

'The run was conducted on Sunday, 27<sup>th</sup> October, starting at 1am in light rain which became a deluge shortly afterwards and continued during the whole race. I congratulate all who started, particularly the eleven who finished for their tremendous fortitude.

Bob Hunter and Bill McKenny led out early from Ian Henry and maintained a steady 22 minutes per 5km pace to go through the marathon in 3:06:33. Ian Henry had stopped at 35km and Bill at 45km. Paul Smith and Derek Jory withdrew at 65km. Bob Hunter continued to run doggedly but at a slower pace to win comfortably from Rob Wilson and Darryl Hindle. Janet McAfee improved by nearly an hour on the previous year to take out the ladies title.'

#### RESULTS

1. Bob Hunter (51) 6:12:41  
 2. Rob Wilson (34) 6:35:51  
 3. Darryl Hindle (33) 6:45:41

4. Neil Russell (-) 7:07:45  
 5. Roger Weekes (41) 7:10:29  
 6. Ken Yarwood (47) 7:12:30  
 7. Peter Franks (41) 7:16:20  
 8. Janet McAfee (26) 7:22:23  
 9. Mel Henry (27) 7:57:10  
 10. Norm Covich (34) 8:04:00  
 11. Graeme Ramsden (40) 8:53:16

Non Finishers: Paul Smith, Derek Jory, Bill McKenny, Peter Black, Ian Henry, Ron Grant

#### 1986

'The University of Queensland 50 Mile run was held on Sunday, 19<sup>th</sup> October, 1986, starting at 1am with the weather warm and humid. Previous stars Bob Hunter, George Young, Trevor Harris and Ron Grant were among our officials. We saw Niels Petersen and Owen Tolliday leading at 5km from Rob Wilson with Kerry Beattie and Ivan Walsh close behind. Owen withdrew after two loops and Niels after the marathon. By 10km Ron Grant's protégé, Kerry Beattie, was leading Ivan Walsh and he was not headed again passing the marathon mark in 3:05:20. Ivan eventually withdrew at 50km leaving Derek Jory to chase Kerry. He closed to be 80 seconds behind at 65km but Kerry picked up to finish about 12 minutes ahead. Robyn Wallace was the only woman to compete and finished in 7:28:50.

**Authors comment** - This was my first ultra. I had decided to do laps of about 26-27 minutes for as long as I could. I did this until the 55km mark and slowed by a few minutes per loop after that but managed to pass three runners in the last part of the race. I believe Owen Tolliday pulled out because he was still recovering from a virus. He showed his real potential in the next year.

#### RESULTS

1. Kerry Beattie (-) 6:12:12  
 2. Derek Jory (38) 6:24:30  
 3. Carl Wagner (38) 6:29:37  
 4. Paul Smith (39) 6:43:43  
 5. Alan Peacock (26) 6:59:59  
 6. Robert Wilson (35) 7:04:57  
 7. Ian Javes (44) 7:19:38  
 8. Robyn Wallace (28) 7:28:50  
 9. John Lanham (35) 7:36:26  
 10. Ken Yarwood 7:40:29  
 11. Peter Raeburn (-) 7:50:15  
 12. Joel Gourlay (-) 7:50:15  
 13. Stuart Hall (44) 8:13:19

Non Finishers : Ivan Walsh, Niels Petersen, Gordon Howitt, Owen Tolliday. (Gordon is now heavily involved in orienteering on the Sunshine Coast and made the maps of the Glasshouse area for me.)

#### 1987

This event was conducted on Sunday, October 11 starting at 1am in fine moonlit conditions. The field of ten was smaller than usual, due no doubt to the closeness of the 50 mile track run on August 2 and the 24 hour Track Run on September 5/6.

Graham Medill from Toowoomba and Scott North from Ipswich started off together in about 22 minute laps but when Graham put in two sub 21 minute loops he left Scott behind and was not approached by anyone else after then. He won comfortably beating Rob Wilson, although slowing in the second half.

Robyn Wallace had her second win in the ladies' event about 4 minutes faster than her previous win.

#### RESULTS

1. Graham Medill 6:23:56  
 2. Rob Wilson 6:53:23  
 3. Robyn Wallace 7:24:52  
 4. Ken Parrott 7:35:36  
 5. Ken Yarwood 7:37:01

Non Finishers: Scott North, Paul Smith, Mervyn Cardell, Jar Wirth, Ian Mergard

## 1988

The ninth annual University 50 Mile Road Run was conducted on October 2 using the 5km road circuit at the University of Queensland. This year it was organised by the QMRRC. (This was to be the last one as QMRRC shifted to a 5km loop at West End in 1989.)

Twenty-three runners faced the starter at 1am and it was soon obvious that Owen Tolliday would try to lead all the way. After 5km he had a 40 second lead over Bob Hunter, former record holder and four time winner, and Peter Spehr who was attempting the distance for the first time. The next group a further 20

seconds back consisted of Graham Medill, Neil McCabe, Tony Kleiner and Walter Sorgel.

Owen continued to lead - at 10km he was 1:20 ahead of Bob and Peter, but this lead was reduced to 17seconds and it looked like a battle was on, especially over the next 15km as Peter left Bob behind and got as close as 5 seconds, but Peter withdrew after the marathon mark and Owen continued to run strongly with only the last three laps over 22 minutes to win in a new record of 5:44:29. His average 5km time was 21:25.

As Bob Hunter had withdrawn at 60km, Neil McCabe at 30km and Tony Kleiner at 35km, it was left to last years winner, Graham Medill, to take second place with Alan Peacock third. Robyn Wallace was again the first

woman to finish beating Jan Collins. Twelve eventually finished the event.'

## RESULTS

1. Owen Tolliday	5:44:29
2. Graham Medill	6:20:22
3. Alan Peacock	6:26:27
4. Sandy Buchan	6:37:05
5. Ian Javes	6:39:44
6. Walter Sorgel	6:50:44
7. Julius Keller	7:23:44
8. Robyn Wallace	7:28:12
9. Bob Burns	7:42:34
10. Ken Yarwood	8:08:28
11. Jan Collins	8:47:04
12 David Holleran	9:39:00

Non Finishers: (Those who passed the marathon) Peter Spehr, Bob Hunter, Bob Harwood, Reg Campbell, John Petersen.

## RETIREMENT— Stan Miskin.

It is with regret that acting on advice from my cardiologist, I announce my retirement from competition as an Ultra-marathoner and Centurion walker.

In doing so, I hereby thank and pay tribute to all those wonderful people who have made my sport possible over many years by organising, staging and supporting events, and encouraging me over many years.

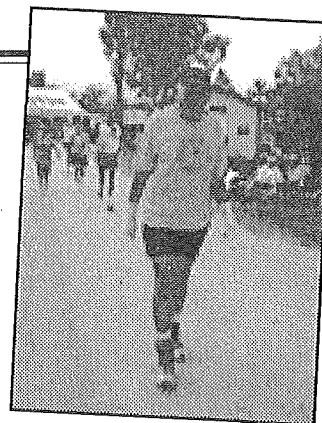
I particularly thank Ellwyn who has always supported me so well, and I am pleased to advise that she has commenced stage 2 of her cardiac recovery program following quadruple by-pass surgery on 13th October. She is progressing well and is expected to make a good recovery.

Whilst I am disappointed that the opportunity to try for further records is denied, I am very proud of my past achievements.

Our friends in the Ultra-marathon and Centurion communities may be assured that we shall retain our interest, attend meetings and socials, assist at events and even stroll around for the odd lap or two (if permitted) at some events.

We wish all of you our very best for the future, and for the competitors, may the track be always downhill for your future events.

Stan Miskin.





# North Shore Times

YOUR LOCAL CUMBERLAND NEWSPAPER

Ultra marathon

## Now **THIS** is a race

David Rowlands

06Oct06

SO you were happy with being able to haul yourself up Awaba St in the Balmoral Burn?

You own a ragged, faded shirt proclaiming "I made it" from a long-gone City to Surf.

You boast to your friends about completing the recent Sydney Half-marathon or maybe even the full version over the ancient distance.

Well if the Vivienne Kartsounis was doing a Crocodile Dundee impersonation, her response might be along the lines of "that's not a race this is a race!"

Kartsounis is bracing herself for a real test of fortitude; something she describes as "the biggest challenge of my life".

For on Sunday, the 42-year old mother of two from Turramurra will compete in one of the most demanding events on earth the IAU 100km World Cup.

Competitors will run 10 circuits of a 10km course and Kartsounis can't be sure of how long that will take her to negotiate.

In her only other 100km race, she finished in nine and a half hours, however that was on the Gold Coast in the middle of winter.

This time, she'll be dealing with the high humidity of South Korea.

Then there's the other unpredictable variables such as injuries, hydration, the possibility of cramping and an upset stomach.

Kartsounis has already had to overcome one major hurdle to reach the starting line in Seoul.

She was told by a podiatrist that she should abandon her plans to compete in the World Cup, following a foot injury she suffered in the Gold Coast event, where she earned the right to represent Australia for the first time since migrating from her native South Africa via Malaysia four years ago.

"That just made me even more determined to do it," she said of that rejected recommendation.

Kartsounis even used last month's Sydney Marathon as a practice run to make sure she was on track for the big one.

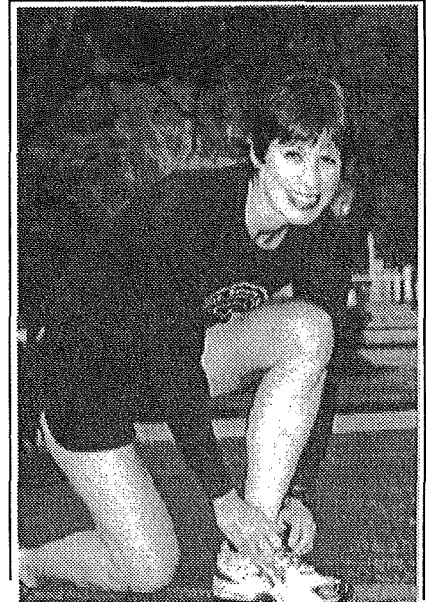
What remains though, is the question that people invariably ask her: why does she do it?

"I just love to run," she explained. "It's the way I fly."

Perhaps even more amazing is the fact that her running career didn't really begin until she was aged 35, long after the birth of her children, who are now aged 13 and 10.

Her first competitive marathon was the Kuala Lumpur International in 2001, however she quickly developed a thirst for longer journeys and has since tackled events like the Canberra 50km, Sydney Trailwalker and Gosford 12-hour track race, under the guidance of her coach Nick Drayton, who she credits for her late development as an athlete.

"I'm very competitive," said Kartsounis, who sees herself as an ambassador for ultra running and is keen to see more females try it.



**Vivienne Kartsounis will run in the IAU 100km World Cup on Sunday.**  
Picture: JOHN APPELYARD

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## DIARY

2006

23/24 Sept

IAU European 24hr Track Race  
 Verona (ITA)

8 Oct

IAU 100km World Challenge  
 Mizori (KOR)

Oct (tbd)

IAU 50km Trophy Final

2007

28/29 July

IAU 24hr World Challenge  
 Drummondville (CAN)

Drummondville (CAN)

IAU 100km World/Euro Challenge  
 (tbd)

## 23/24 September 2006

### IAU European 24hrs Track Championship

#### Verona, Italy

33 runners from 17 European countries started in the stadium in San Giovanni Lupatoto, on the outskirts of Verona in Italy writes Hilary Walker. Conditions were good, slightly cloudy, warm, but with a breeze. The course is run on the outer lanes of the track, as a 24hr relay race started at midday. Angelos Marcos De La Mata Garcia, (ESP) led in the early stages but Eusebio Bochons (SUI) and Vladimir Bychkov (RUS) were not far behind. In the women's race, Irina Koval (RUS) took an early lead with Lorena di Vito (ITA) and Michaela Dimitriadu (CZE) both around 1km behind her after two hours.

After six hours Bochons led Bychkov, 74km to 71km. Antonio Mammoli (ITA) had moved through to third, just ahead of Orsi (ITA) and De La Mata Garcia. Among the women Edit Berces (HUN) had closed on Koval so that they were both on the same lap with 64km elapsed. Bochons maintained his lead in 9 hours, ahead of the Italian pair of Mammoli and Orsi. Koval had inched away from Berces and now led 93km to 94km.

MICHAELA  
DIMITRIADUIRINA  
KOVALEDIT  
BERCES

MEN:			
			1st 24hrs
1	Vladimir BYCHKOV	RUS	248.64
2	Geert STYNNEN	BEL	248.44
3	Antonio MAMMOLI	ITA	235.98
4	Jim ROGERS	GBR	230.92
5	Jan Michael ANDERSEN	DEN	228.36
6	Chris FINILL	GBR	227.55
7	Jan DNEPRUS	CZE	224.37
8	Sergio OKY	ITA	223.73
9	Tony MANGAN	IRE	221.23
10	Angel De La Mata GARCIA	ESP	

## WOMEN:

			22nd 4hrs
1	Irina KOVAL	RUS	229.45
2	Michaela DIMITRIADU	CZE	226.23
3	Edit BERCES	HUN	218.22
4	Rosario Munoz OLIVARES	ESP	208.56
5	Pauline WALKER	GBR	205.96

Half way through the race, at 12hrs, Bychkov closed back up on Bochons and Mammoli was not much further back, soon to come through into second place as Bochons left the track for an hour and was also overtaken by Mammoli. Koval continued to pull slowly ahead of Berces in the women's race.

After 18 hours Bychkov had reached 198km while Styneen (BEL) had overtaken Mammoli. Berces slipped back behind Dimitriadu, and for the rest of the race the leaders maintained these positions.

During the last two hours the first and second women ran together for a number of laps, but in the men's race tension was mounting among the home crowd as Styneen and Mammoli were running neck and neck. The final minutes were thrilling as the minor medals were only decided as the gun went. The positions between Mammoli and Styneen changed in the final minute with Styneen getting the silver medal when the gun went - both on 248 km.

## 16 September 2006

### IAU 50km Trophy Final, Winschoten, Netherlands

The IAU 50km Trophy is a competition inaugurated last year which aims to provide an introduction to ultrarunning. Runners compete in any of a number of nominated 50km events around the world. The winners of these events, and anyone running faster than the qualifying time in them, can then contest the final - which was this year held in Winschoten. The qualifying time and the final time are added together and the runner with the lowest aggregate time is declared the winner. There was no doubt about the men's winner in this second edition, as Dzmitry Bula had posted the fastest time of all qualifying races and then convincingly beat all the opposition he faced in Winschoten. Sarah Tucker fought a much closer duel to recover a minute's advantage held over her by compatriot Zelah Morrall before the final.

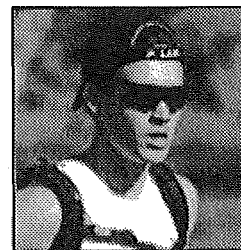
MEN:				QUALIFIER	WINSCHOTEN	TOTAL
			PL	1st 50km	2nd 50km	60km
1	Dzmitry BULA	GBR	1:00:57	1:06:07	2:06:07	2:06:07
2	Conrad CROFT	GBR	1:08:29	1:08:29	2:16:58	2:16:58
3	Rob HARRIS	GBR	1:09:08	1:08:31	2:17:39	2:17:39
4	Robin BENTLEY	GBR	1:17:10	1:17:10	2:34:20	2:34:20
5	Jonathan BLAKE	ALB	1:21:34	1:21:34	2:43:08	2:43:08
6	Ivan HOSTENS	BEL	1:24:48	1:24:48	2:49:36	2:49:36
7	Jan-Albert LANTINK	NED	1:42:35	1:42:35	3:25:10	3:25:10
8	Colin DEASY	GBR	1:43:32	1:43:32	3:27:04	3:27:04

## WOMEN:

			PL	1st 50km	2nd 50km	100km
1	Sarah TUCKER	GBR	1:11:55	1:11:55	2:23:50	2:23:50
2	Zelah MORRALL	GBR	1:12:18	1:12:18	2:24:36	2:24:36
3	Sarah TERESSEN	AUS	1:19:19	1:19:19	2:38:38	2:38:38
4	Ange SADLER	GBR	1:49:58	1:49:58	3:39:56	3:39:56
5	Louise COOPER	GBR	1:54:44	1:54:44	3:49:28	3:49:28



# Chris Hills runs South Africa's Kalahari 250km Extreme Marathon



Chris Hills / 21yrs  
Australia ~ Bib No.64

## The 8th South African Kalahari Augrabies Extreme Marathon

18-28 October 2007 Experience the challenge of Southern Africa with this 7day, 250km self-sufficiency run in the Great Kalahari

Chris is not married, he's only 21! He is a Storeman - soon to be travelling the globe. His hobbies are trail running, hanging out with my mates Chris has been running for 3 years and his best marathon time and date is 2:49 Hobart Marathon January 2006. He has participated in the 2005/6 Gold Coast 100k, 2005/6 Australian Three Peaks race (135k in three stages of mountain running over 3 days), 2006 Six Foot Track Ultramarathon 45k (12th overall, Winner of 20-30 year age group), 2005 South Australian Trailblazer 50k and a few other marathons and mountain running races! Chris is participating in the Kalahari Augrabies Extreme Marathon because he is travelling Africa for 7 months and thought what a great way to start! Likes to set challenges for himself and this certainly will be a big one.

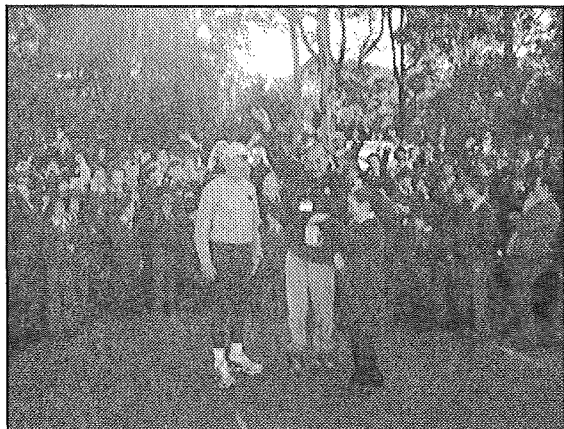
## Results 2006

	Name	Time	Country
1	Bruce Arnett	27:23:00	South Africa
<b>2</b>	<b>Chris Hills</b>	<b>28:48:00</b>	<b>Australia</b>
3	Sarel Adams	29:45:00	South Africa
4	Guy Jennings	30:14:00	South Africa
5	Fritz Koch	31:15:00	South Africa
6	Mimi Anderson	31:46:00	United Kingdom
7	Mark Mitchell	33:48:00	South Africa
8	Ian Williamson	33:57:00	United Kingdom
9	Charles Schuman	35:18:00	South Africa
10	Dick Stubbs	35:22:00	South Africa
11	Suzette Linden	35:49:00	South Africa
12	Reiner Stucky	37:28:00	South Africa
13	Marisa Marchini	37:43:00	Italy
13	Caroline Richards	37:43:00	United Kingdom
15	Tim Van Coller	39:53:00	South Africa
16	Jo Mackenzie	41:13:00	South Africa



# RUN TO CAPE YORK FOR KIDS SMILES

By Vlastik Skvaril



It is 22<sup>nd</sup> of May 2006. **Bobby Weeding** and I are on the way to the South East Cape - the southernmost point of Tasmania - to the start of my next charity run to raise money for and increase awareness of Camp Quality. I am facing the greatest challenge yet - 5,500 km solo run to the top of Cape York - the northernmost point of Australia. The plan is to arrive there on the 28<sup>th</sup> August - my 67<sup>th</sup> birthday.

The idea was born about 18 months ago. There are so many requests for donations by many various organizations so to stand out from the crowd I believed in doing something different to get attention. First of all I approached outback tours operators I know from the Simpson Desert Race who happily offered to accompany me from Cairns through the Cape York Peninsula to the Top. On the basis of this promise my wife **Jo** and I purchased older campervan, good enough to drive us to Cairns and back. We had already prepared a plan and with that started to look for some sponsors. All the donations would go directly to Camp Quality and we will finance the trip ourselves.

We were lucky to secure the service of a large marketing organization **CPR Communications & Public Relations** who would give their time free. **Asics** supplied me with six pairs of **Nimbus** - the only shoes recommended by Sport Medicine of Australia. I have had already a very good experience with

**Nimbus** which I wore during the Spartathlon and some other ultra marathons. They also supplied other running apparels of the highest quality that proved to be very useful during my run in conditions ranging from - 4 deg..C to mid thirties. **Barry Ling** from **Barry Parkers Tyre company** fitted our van with five brand new **Bridgestone** tyres at no charge. **TV Channel 7** produced a

commercial for TV which started to be shown frequently prior to the run and donation started to pour in. The largest was handed to me by **Rotary Club of East Burnie Sunrise** - \$1,250! All was going according to plan until I received a shock news that my 4 wheel drive support through Cape York was called off due to illness. Well, it was too late to change anything, we have to make it on our own.

On the way south we stopped at **ETC Bakery in Elizabeth Town** to drop off a money box we would collect later. Got back into the van, trying to start, nothing happened! Great start! We had to be in Hobart for an interview with ABC radio in two hours so no time to investigate what was wrong. We push started it and safely arrived in Hobart on time. After the interview an auto electrician found that it was only a loose wire to the starter. When I was going to pay, he said: "I cannot charge you for such a small job." Little I knew at that time that it was going to be the only problem with the van for the entire 10,850 km the van would be driven. 22 year old Nissan Urvan, no power steering, no air conditioning, no 4WD. Many people thought we were crazy and had no hope to make it to the Top. But I was very optimistic.

The next day we drove to the S.E. Cape and in the beautiful sunny afternoon started the run at 1.30

pm. First night we spent parked behind a pub in Dover after covering 49 km in 5 hours. The night was cold - minus 4 deg.C. Water left in the sink of our campervan turned into ice cubes. I am sleeping and running with a balaclava on my head, woolen gloves and a warm jumper. The frost was all over me, Bobby was laughing that I looked like a snowman. But when the sun came out it warmed up a little so it was not so bad.

The hills on the way to Hobart are much bigger than I remembered from the last time I drove there about 20 years ago. They slowed our progress so we were finishing often after dark. The last hill from Kingston is 8 km long and then comes steep decent to Hobart 4 km long. We finished at Brighton at 7 pm after covering 76 km. Bobby's son lives in Brighton and is on holiday so we can have his house for ourselves. Being keen to spend the night there I neglected regular eating and just about 10 km short of Brighton I ran out of energy. Fortunately there was a Mc Donald nearby so after a Big Mack I had no problem to complete the run.

From Hobart there was level running until after Bagdad (not in Iraq!) where I hit the hills again. By now I was getting used them. On the way I had a call from Canberra's radio and as soon as the interview was finished there was an unexpected call from New Zealand newspaper. The message about my run for Camp Quality was spreading fast.

The next stop was Oatlands. We were ready for a decent meal and stopped in the **Kentish Hotel** for a dinner. The owner allowed us to collect donations while having meal. It was freezing outside and when he found out that we were going to sleep in the van he promptly offered free room with breakfast included. The chef offered rump steak for half price and when I was going to pay he changed his mind and did not accept any payment. This was the sort of generosity we experienced many times since. Camp



Quality is a very much respected charity.

Next morning I was pleasantly surprised when my friends Les Naunton and Chris Costello from our running club joined me for about 25 km to Campbell Town. They were rather surprised when in Ross I decided to have a meat pie and coffee. They thought that I would be more sophisticated in eating more appropriate food for a runner. In Campbell Town I noticed a football match in progress. I asked the organizers if I could do a run around the ground at halftime to collect donations. They said than they normally do not allow this but for Camp Quality it was OK. The spectators were very generous. While running through Latrobe we stopped at the **Anvers Chocolate Factory**. I was looking forward to a cup of chocolate with chilli. Might sound strange but is delicious! That's how the old Aztecs used to drink it. **Igor** the owner comes from Belgium so he knows how to make delicious chocolates. That is another must visit.

Our last stop in Tassie was Devonport. We received a very good reception in **Devonport Primary School** organized by their teacher and fellow runner **Rod Viney**.

We were taken to the yard where there was a long line of coins on the concrete marked by chalk with the names of places I was going to run through, finishing at Cape York. It was a very innovative way of donating well over \$100.

Back in Burnie, I had one more night to sleep in my own bed. In the morning we checked everything again. It was the last chance to ensure that nothing important is left behind. It was raining. We had not had any rain until now. How lucky!

My wife Jo who was going to join me from now on with our German Shepherd Asta developed a bad toothache and was looking for a dentist. Finally she found one who pulled her tooth out just 2 hours before we were due to leave. I was sitting in a chair with my leg up with ice on my badly swollen leg. She was nursing her swollen face. It was a great sight!

Finally we are boarding "**Spirit of Tasmania**." The company donated return tickets for all of us and allowed me to set up a treadmill. I

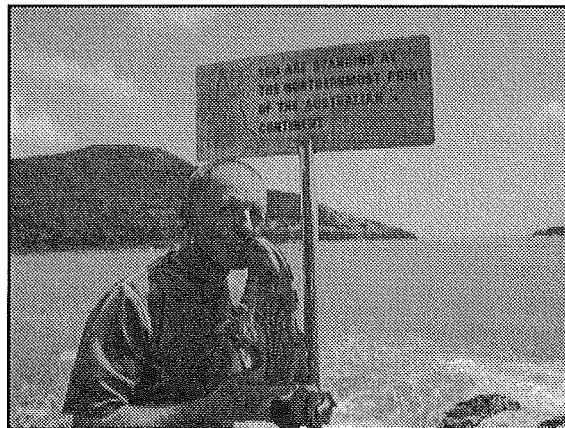
was running on it throughout the 11hr voyage to Melbourne. I wanted to run the whole distance including the Bass Strait. We are now progressing well as planned. My leg is improving so there is no drama. We are stopping for nights near petrol stations, parks or wherever we find a suitable place to stay, preferably with toilets.

A few days after departing from Melbourne I was joined by runners Ian and Sue who would use this run as training for Gold Coast Marathon. During 25 km they ran with me we were talking about running and also I was trying to impress on them the importance of the Camps not only for the children with cancer but for their parents as well. When they decided to stop, Sue handed to me a card. Inside was a cheque for \$500 which stunned me but after reading the card I was in tears. It said apart from wishing me well: "**The donation is in the memory of my son Alistair who spent two camps with Camp Quality before he passed away, aged 8 years, on 14/4/95. Sue & Ian.**" She then showed us the albums with pictures of Alistair having fun. She confirmed to me that what I was saying was true. This gave me even more motivation to keep going no matter what. The same day I was met on the road by members of the **Lions Club of Waragul who presented a cheque for \$1000**. To top the day up, I received a call from "**Doc**" **Hancock from Coast FM Radio from Wynyard in Tasmania**. From that day on "**Doc**" and **Dean Holloway** kept calling regularly to keep the listeners up to date with our progress. This was the most welcome connection with home.

A couple of days later I was joined by **Kelvin Marshall** I have not met since we both took a part in Simpson Desert Race. It is always nice to meet old friends.

After passing through Lake Entrance in a beautiful weather we hit the hills. For the next 145 km there would be nothing but hills. The swelling of my leg has gone and the pain too. The hills are not going to bother me.

While passing through Orbost we were told that this was the first fine day they had after 18 days of continuous



rain. We have been on the road for 18<sup>th</sup> days of fine weather. We seemed to be taking the good weather with us. Someone has been looking after us!

Though fine, the temperature dropped dramatically. When leaving Cann River it was minus 1 degree C. We have now completed the first 1,000 km. I started in another pair of Asics Nimbus though the first pair was still in a very good condition. Just to play it safe.

We are now progressing through a middle of nowhere. Stopped for the night at a rest area just before NSW border. As soon as we stopped it started raining. It was so noisy on the roof of the campervan that we could not sleep. No reception neither on our mobiles nor TV. Well, we better get used to this. In the morning showers continued. It was very frustrating. As soon as I started running in my Gortex raincoat, the rain would stop, the sun came out and I was too hot. I took the coat off and put a light jacket on, it started to rain again and got cold. We had to change our tactics. Instead of Jo going ahead a couple of km I waited for me, I went ahead and when it started raining heavily, she quickly caught up with me with my full length raincoat. The weather was playing like this with us all day. We were happy to arrive in Eden and had a nice hot shower in the Caravan Park. But it was very cold and we quickly buried ourselves in our sleeping bags.

In the morning there was another interview for local newspaper and another huge hills all the way to Bega. Another newspaper interview, more freezing mornings with frost all around and more hills. The countryside was beautiful, almost like Tasmania, only the hills seemed to be even bigger than ours! Another

## *"We are slowly getting used to a lack of decent sleep."*

night spent in a car park this time Central Tilba - a very picturesque National Trust Village.

The cold weather continued for several more days, so were the hills. Every day there was another newspaper interested in a story. We were very pleased to be getting so much publicity for Camp Quality.

On day 24 we reached Nowra well after dark - covered 75 km - needed to have another shower after about 5 days without. Sometimes there was no Caravan Park to stop at, other times they would not allow dogs - so most of the time we would stay at parks, petrol stations or car parks, whether it was permitted or not. We had no other choice.

We are now running on a freeway, not easy for Jo to stop and wait for me. Day 26 was one of the longest. We could not find a reasonable spot to stop so had to keep running 84 km to Heathcote. Bought nice takeaway seafood - too late to organize own meal. Found a nice spot in a car park near the sea with toilets in vicinity. This time, far away from highway, we hoped for a quiet night for change but sea got very rough and noisy. We are slowly getting used to a lack of decent sleep.

Day 27 and we are in Sydney. It was supposed to be simple. "Just follow the Princess Highway and just before the Harbour Bridge you'll find the office of CPR where you will meet Rachael from CPR and Aimee from Camp Quality." Rachael had been very supportive, calling every day to check on our whereabouts and getting media to contact

us. She even emailed a map to me with direction how to get there; unfortunately I could not access my email. So we got lost. Jo went one way - the correct way, I went a different way. However, thanks to both having mobiles we found each other and about an hour later were reunited again.

After a cup of coffee with Rachael and Aimee we kept going as there was nothing else to do in Sydney. Stopped at a picnic area in Hornsby. Ron Schwebel joined me the next morning only to experience another mishap. Jo followed my instruction to stick to highway no 1. After running about 7 km, there was still no sign of Jo. She is supposed to

stop after 2 km! A call to her provided the answer. I planned our route from old maps which did not show the new freeway so Jo following the sign with No 1 ended up on it with no turning back. We were running on the Old Princess Highway! It took several hours before she found way back to meet us at the Hornsby River. From here on we continued on the Old Princess Highway - winding hilly and very quiet - a very enjoyable run. We finished our run in Gosford from where we drove to Umina staying at **Tina and David Dogherty's** house nice meal and a hot shower. Even sitting at a table has become a luxury for us. Overnight started to rain heavily and kept raining while we were driving back to Gosford to re start our run. By the time we got ready to hit the road the rain stopped! It is very cold though so I am running hard to keep warm. We bought a new map of NSW to avoid any more silly mistakes.

Next day I woke up with sore throat. Took a couple of Panadols, sweating all day while running and then all night in bed. That fixed that problem.

The next night we got into a **Caravan Park at Karuah** with the owner refusing any payment. Asta seemed to develop an appetite for food and ate more dry food than normally. Soon after she tried to throw up but could not. I noticed her belly swelling up rapidly and getting very hard. There was no vet so we had to drive quickly back to Raymonds Terrace to find one. It was 8 pm so we had to call an emergency number. The vet lived 30 km away so it would take 30 minutes to get there. We were in panic as Asta was really suffering. Finally the vet arrived and told us to leave her there overnight. She would call us at 7.30 the next morning. All the Caravan Parks were closed by then and since there was nowhere to park our van overnight we had to drive back to Karuah. Needless to say that we did not sleep, expecting the worst. We were really scarred when the phone rang in the morning but the news was great: "Asta is fine!" We did not mind parting with almost \$500 - we were so happy to have Asta again with us! After picking her up we were back on the road. We did not lose much time, only a night sleep. On day 32 we finished early at Taree.

The weather warmed up and we both got craving for beer! Jo never drinks beer but today we both were ready for one after a month into the journey. We bought a carton and from now on we finished every day with a stubby of light beer.

The temperature is raising to a very pleasant 18 deg.C. Paul Jeffree from Pert Macquarie joined me for a run and like all the other support runners made a donation to Camp Quality. After running on a busy highway we used the first opportunity to turn off to a scenic drive close to the sea. The next couple of nights we camped at SLSC and rest areas apart from Telegraph Post past Port Macquarie where we stayed at **Stoney Park** - very well kept Caravan Park with lots of waterways designed for water sports.

Day 37 we got to Coffs Harbour where we stayed in a Caravan Park for 2 nights. There was a sausage sizzle organized by the Camp Quality office and we were to finish my run there the next day. It was to promote their project - building a house by volunteers using material mostly donated by various companies. They are hoping to make good profit when it is sold. The temperature is already 22 deg.C - we are starting to enjoy this weather. Coffs Harbour was the first to organize Camp Quality in Australia beating Tasmania to it by only 6 weeks!

Although we were ahead of schedule we had set up new dates for arrival at Surfers Paradise and Brisbane and with events planned on the new dates I had to run hard for the next few days to make up for the day lost at Coffs Harbour. It was 81 km to Grafton where we stayed behind a Roadhouse, 83 km to **New Italy** - a very interesting place with an Italian Museum displaying history of Italian settlement in this area as well as interesting scenes from Italy. All free, even coffee and biscuits. No strings attached!

A very cold night. We heard on news that this was the coldest night in Canberra for 40 years! Where is the global warming? The countryside is changing. About 20 km north of Grafton we saw the first Sugar Cane plantations.

The next day was 90 km to Brunswick Heads. By now we had caught up so

## *"Tiaro where the local council encourages tourists to stay for up to 48 hrs free"*

could afford an easy day - only 47 km to Chinderah. As soon as we settled down in a Caravan Park it started pouring and never stopped till morning. By then it stopped and I could run again without getting wet. Our next stop was Tweed Heads where **Jennifer and John Gilmore** had organized a successful fundraiser in a local Shopping Centre. Soon after we crossed the border to Queensland where our nightmare started at Nerang. The total distance for the day was only 37 km so we arrived very early looking forward to a relaxing afternoon. But both Caravan Parks were "No dogs" and all the public spaces and parks had big signs "No sleeping overnight even in cars." It took several desperate hours to finally find a Caravan Park in Advance Town which allowed dogs. There were no signs pointing to the town so again it took a long time to find it. We arrived there well after dark but relieved.

The next morning we had a breakfast at Subway with **Bianca Williams** from Brisbane office of CQ and other staff and supporters. **Scott Stevens and Lindsay Phillips** started running with me while Jo went ahead following the ladies from CQ who would lead her to the Library about 2 km away where she would wait for us. However when we got there was no sign of Jo. When calling her on mobile I found out that she was left at a car park near a Community Centre in spite of trying to convince them that this place did not look like the Library we saw several times the day before while driving around looking for a place to stay. It took about an hour to find her. The plan was to run on service roads but at that moment we realized that it was impossible for Jo to find her way without any navigator. We decided to get on the freeway in spite of ban on pedestrians. We hoped that the police would let us get away with it seeing what we are about. We kept running on it with Lindsay till midday when we decided to get off for a break. Lindsay was picked up by his friend and lent us his Brisbane Street Directory. The service roads from where we stopped were much easier to follow so could stay off the freeway and continue to Springfield where we parked behind a Roadhouse.

Lindsay arrived in the morning to show us the way to the New Farm Park where Bianca organized a sausage sizzle.

Dave with **Colin Colthorpe** - a sub three hours marathon runner - joined me in the morning. Colin ran with me for about 40 km when he called his friends to pick him up. When they arrived we noticed the lady's Swiss accent. We have a Swiss friend who moved to Queensland some years ago and we lost contact with him. She did not know him but offered to contact the Swiss Club to find out. About an hour later Colin rang up with the number. Queensland is a very large state so when we called our friend to say hello we did not expect to find out that he lived less than 10 km from Lansborough where we were going to finish the day's run. We had a happy reunion with **Frank Marchand and his wife Elizabeth**. Frank built a cheese factory Heidi in Tasmania and was making the best Gruyere in Australia. In fact his cheese was judged the Best Cheese of all varieties at Sydney Royal Show. After he sold the factory to Lactos he moved to Queensland for well deserved retirement.

The next day we went past **Ettamogah Pub** and finished at Yandina. Never heard of it before but should have - it has the largest Ginger Factory in the world!

**Patrick O'Kane** who owns the **Yandina Caravan Park** offered a free cabin for the night. Jo slept there while I stayed with Asta in the campervan. We all had more room for the night. Patrick with his daughter Ashleigh cooked nice meal for dinner. All much appreciated. Patrick, himself a runner, joined me for about 10 km in the morning but not before making a considerable donation.

From Brisbane until now we have been running on country roads but now it is back on Bruce Highway.

Day 50 and weather has been steadily getting warmer. Today is 28 deg. C in shade! Our next stop is Tiaro where the local council encourages tourists to stay for up to 48 hrs free in camping area behind a pub. There is even free shower. It has a large rose built into the ceiling and all you have to do is to press a button - water of the right temperature starts running. The next day was long - 79 km to

Childers. Very noisy night behind a Roadhouse. The trucks kept coming and leaving making a lot of noise. The towns are far apart, all we can see are Sugar Cane fields. After staying overnight at a good camping ground at Gin Gin we are on a very narrow road with no shoulders. I have to be very careful not to get run over. We had few small showers today. It is the third day we had some rain. And it was the last for the entire 93 days! Any rain or showers occurred overnight.

Day 56 we arrived at Rockhampton. We have now crossed the Tropic of Capricorn - we are officially in tropics. Visited the office of Camp Quality and settled for the night in **Parkhurst Caravan Park**. The owner while walking around the park stopped at our van. He regretted charging us for the night but asked us to stop in the morning in the office. He made a donation of \$100. It is 6 days of running to Mackay and very little civilization on the way. Even no reception for our mobiles or TV. There were a couple of good camping grounds at Clairview and Showground at Sarina where we could enjoy a nice hot shower. Otherwise we had to stop wherever we could without any facilities.

Looking forward to Mackay we got a shock as soon as we got there. Due to a Mining Exhibition there was absolutely nowhere to stay. We ended in Caravan Park at Marian some 20 km away. Our next overnight stops are at Bloomsberry Roadhouse, a caravan park past Poserpine and Showground at Bowen - famous for its Mangos. However no mangos available - the mango season starts in November. Apart from mangos there are huge tomato plantations - never seen plants so large and so full of tomatoes.

The next three nights we were lucky to have good camping grounds - Guthalungra, Home Hill and Giru near a Sugar Mill.

On Monday 31<sup>st</sup> July we are in Townsville. Stopped behind a Roadhouse 5 km south of the city. The first stop in the morning was Camp Quality Office. They had organized media for 2.30 pm and several Camp Quality children to run with me. But it was not to be. The Prime Minister John Howard was in

the town and that was much bigger story for them. They cancelled our appointments.

I had planned to run the Townsville Marathon but it was not on until Sunday 6<sup>th</sup> August.

Not to waste too much time we decided to run to Ingham over two days and back over next two days. We had now 255 km credit we would use after the Marathon.

The organizers of the Running Festival were great. They even let us stay overnight only 20 meters from the starting line! It was most welcome especially since the start was at 6.30 am. The race is run on a very picturesque course. When the sun comes out, there is enough shade for much of the course to make the running comfortable even when it gets hot. Col Kenna with his committee do a fantastic job organizing such a huge Running Festival. I thoroughly enjoyed it. I had to be a bit cautious not to run too hard but did not want to disgrace myself either. At the end I was happy with my time 3hrs 51 minutes and a trophy for 2<sup>nd</sup> place in my age category.

Soon after the presentation we drove 255 km we had "pre run." It got us to Innisfail ready to re start our run in the morning. The media coverage in Townsville was great. We had a big story in the Townsville Bulletin and on TV Channel 7. Getting publicity for Camp Quality is as important as raising funds. We are achieving both. Innisfail, Babinda and surrounding countryside are still carrying the scars of Cyclone Larry 5 months ago. Many houses have tarps covered roofs - there are not enough tradesmen to repair the enormous damage in time before the next cyclone season starts. On the way to Cairns we were met by a journalist and a photographer from The Cairns Post. For once we were able to buy the paper next morning and read the story. After leaving Cairns and stopping at a Shopping Centre we started running up the huge hills of Kuranda Range. TV caught up with us to run a story on the evening news as well as ABC Radio Station broadcasting throughout the whole Cape York. From there on everyone we met seemed to know about the run and Camp Quality.

Arriving in Mareeba there was **Kylie Reghenzani** from **Tablelands Advertiser** waiting for us for another

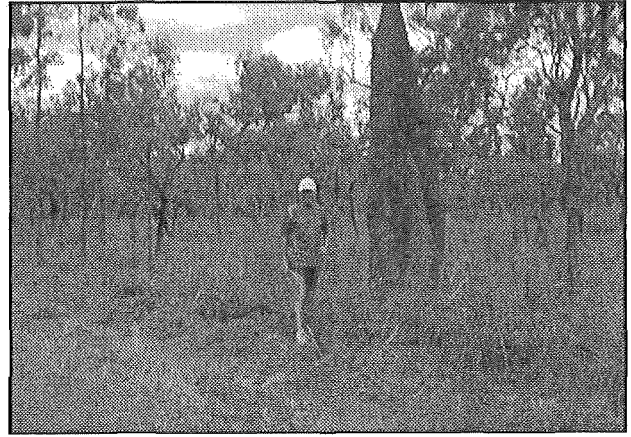
newspaper article. The support from the media made our effort really worthwhile. Mareeba district produces about 85% of all coffee produced in Australia. We learnt that due to diseases all coffee produced in third world countries is subject to chemical spray, Australian coffee is disease free and therefore no chemicals are used to spray it with. We are now on the Cape York Peninsula. The road up to Lakeland is still sealed Weather is good, lovely tropical countryside and good camping grounds. We stayed at two Caravan Parks - Mt. Carbine and Lakeland - owners of both let us stay free of charge. Going through Palmer River we are told that there is still gold in the river to be found. We are finding the gold in the hands of many generous donors!

After Lakeland it is another story. The road is badly corrugated. So this is what to expect for the next 800 km to the Tip and then 800 km back!

Next stop is Laura. A small town with a new Information Centre built to attract tourists to visit some painting in caves around, some 25,000 years old. The gentleman from the Centre came out with this advice: "I advise you, sir, to turn back right now! There is no way you can go any further with this vehicle!" My reply was simple:

"If we come across an obstacle we cannot possibly overcome we will turn back. But I am not turning back on an advice no matter how well it is meant." On the way back I saw the man outside the Centre and before I could say anything he said: "Congratulation, I know you made it to the Top. I heard you talking on the ABC Radio."

The roads were really badly corrugated and very dusty, but surprisingly there were some very good stretches as well. We enjoy this part of our run. It was all very different. Termites Mounds seemed to be getting bigger and bigger and close together as we were progressing north. Weather was warm, all we had to wear was shorts and singlet. There was always westerly breeze which made the running bearable. The worst part was



the nights. Too warm for comfort. Asta was puffing all night, it was impossible to get decent sleep. But when the morning came, all was forgotten. Temperature rose to 34 deg.C but with the low humidity it was not so bad. Every now and then there was a stretch of bitumen in the middle of nowhere. I was amazed how everything suddenly looked so civilized as if we were somewhere close to home. But it did not take long and we are back on dirt road and in the middle of wilderness. There wasn't much traffic so the dust did not create any real problems. It was interesting to note that the grass and trees on the eastern side of the road were covered with red dust the other side of the road was green due to prevailing westerly winds. Musgrave Telegraph Station offered another pleasant overnight stay.

Soon after completing 5,000 km we arrived in Coen, called Virtual Capital of Cape York.

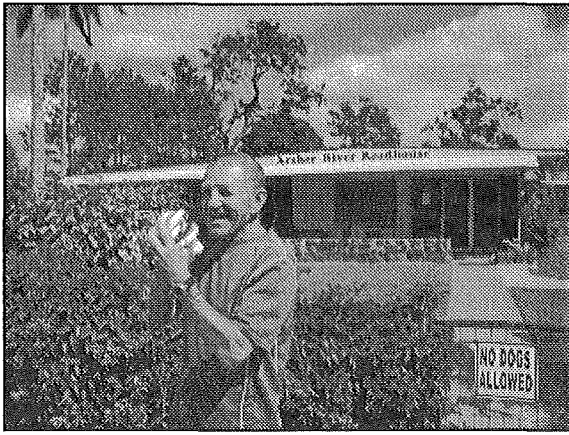
It has a Police Station, Caravan Park, Pub and two shops and population 300!

When I caught up with Jo in front of **(S)Exchange Hotel** the owners **Brett and Roslyn**

were waiting outside with cold beer and an offer for us to camp behind the hotel free of charge. The biggest shock came little later when after talking about Camp Quality they came with a cheque for \$500! Meeting people like this is the best and most satisfying part of a run like this.

In this part of Cape York the only meat available is frozen. We bought some chicken for Asta and put it in the fridge. After Coen there was 23 km of sealed road up to the turnoff to the airport and a Custom Checkpoint. They are there to stop any fruit coming from north to prevent fruit flies coming in. After





the checkpoint we are on a dirt road again. Not too bad but some holes filled with very fine "bulldust." It is unbelievable how it gets everywhere. Our van is now full of it. Have to cover everything what needs to be protected from it.

After turn off to Weipa there is even less traffic. There is a lot of roadwork going on. Just past Musgrave Jo had a job to get through deep sand piled up on road. The same just before Archer River and some other places. Archer River Roadhouse is known for their Hamburgers. They are \$10 each but worth every cent of it. The Archer River itself is a beauty! Very different from the rivers we are used to. It has the tropical atmosphere about it. The days are now much longer, at 6.30 pm there is still a lot of daylight.

At Moreton Station we were approached by a couple identifying themselves as **Jacob Minton and his Czech girlfriend Veronica**. They met us in Czech Club in Brisbane. We had a good conversation with them. Jacob came back later with a cheque for \$170 on behalf of **Underground Bunkers and Military Museum** of which he is a curator.

Here we experienced our only problem with the van. The internal lights stopped working. Jacob identified the problem quickly - burnt out fuse. We had a spare one so no drama.

We are progressing well towards the next goal - Bramwell Junction. There are two ways to the Top. The Old Telegraph Line which is straight road to the top, crossing many deep creeks. There is no way we would make it this way. The other way, longer, is the Bypass Road. A much better chance for us to make it. Still many people are saying "NO Way, it is only for 4WDs." Some more positive are saying "You will make it! When you get bogged in a deep

sand or creek, someone will pull you out". **It is not IF but WHEN.**

.After running on a road surrounded on both sides by bush I run into an open space with the Roadhouse in the middle surrounded by a large number of huge Termite Mounds. Amongst the trees in the bush they are not so obvious, but in this open space they look really majestic. It is like a scene from a movie. I am

really impressed with this scenery. My happiness does not last long. Asta has a very bad diarrhea. It is like if one turns a water tap on full bore. All night she wants out as soon as I take her back to the van. In the morning we started our run at 8 am as always. The nearest vet is at Weipa, some 250 km back. If we turn back, that will be the end of the journey. We will be able to say only "We ALMOST made it." Fortunately Jo came with a third option. Lets go back to the Bramwell Junction and have a rest till next morning. Then we can decide what to do.

People living in this remote areas have no doctors or vets as easily accessible as we do. They have to help themselves and are very good at it. One man brought an apple suggesting to grind it for her. A lady from the Roadhouse brought some corn flour and another man suggested cheese. We did what they suggested and to our relief Asta was much better in the morning. But all night we heard non stop and loud rambling in her belly. It was unbelievable. As serious as the situation was we had to laugh.

The road to Jardine River was as rough as promised. Deep sand, creek crossings but Jo kept going. The sand sometimes was scraping the bottom of the van. Before crossing the creeks I put on old shoes and waded through to find the best spot to cross them. At the end we crossed the Jardine River after paying \$88 for the 100 m crossing on a ferry. There was still badly corrugated road with sand patches but we were past the worst. Then suddenly a loud noise in the front wheel made us very worried. We had to make it to Bamaga so kept going. After few kilometers a grinding noise replaced the clanging and all went quiet for next 30 km to Bamaga. To play it safe we had it checked by a

mechanic when we arrived there. He did not find anything wrong. It was most likely a little stone caught in the wheel eventually crushed without causing any damage.

We stopped at a Supermarket to buy some fresh chicken for Asta. Running into the carpark, we ran into some friends from Burnie. It is a small world!

We settled at "**Loyalty Beach Camping Ground.**" A lovely spot to stay but like everywhere else, many signs about the danger from crocodiles. Lovely beaches, warm water but have to stay away from it. But the sunsets were unforgettable! Next morning was the start of the last section - 33 km to the Tip. Beautiful weather as always. Road was very good. But no lack of traffic. 120 BMW motorbikes from all over Australia made the trip to the Top and as I was running they were passing me one by one. It was dusty but fortunately not as bad as the previous roads. About 10 km from the Top Jo stopped and looked very depressed. In front of her was a creek about 10 m wide full of dirty water. She did not think she could get through. I put on again my old shoes to test the bottom. It was deep in some places but I was able to find crossing only about a knee deep. So after all it was not the end!

Jo went ahead again and waited for me at a parking area near the Top where she collected quite few dollars from the bikies. Finally, after claiming over few rocks we are at the Top. We made it! After 5,506 km and 93 days. Yes, I was relieved, but had mixed feelings about it. It is much more enjoyable to work towards a goal. Once it is achieved, there is nothing left. I find it hard to get too exited about it. Also we still have to get back home, another 5,000 km. I will be driving. Will I be as successful as Jo? It would be very embarrassing if I get bogged on the way.

After returning to Bamaga we had an appointment in the Primary School. It was very enjoyable. The mostly Aboriginal children were singing and dancing for us, I talked about the journey and Camp Quality, the ABC radio was broadcasting an interview with me with the students singing in the background. The kids loved Asta, I could not get her away from them. As a special honour I was presented with a cup from Queensland Education Department which is

available only to those teachers who spent there at least two years. This is the most remote school in Australia.

We stayed another day in Bamaga just to rest and do nothing. I must say that after the day rest I felt more tired than ever before. Asta started to eat well. We are cooking for her chicken with pasta and she started to put some weight on. She is probably more settled because I am with her all the time. She is so attached to me.

Before we left Bamaga the next morning we stopped outside the town while we had still reception waiting for an interview with **Dean Holloway from Coast Radio at Wynyard.**

On the way back we went through Cooktown - a very historical and beautiful place, Daintree Village - a very picturesque place surrounded by tropical rainforests, but hardly anyone there. Cape Tribulation was full of tourists, the ferry across the river only \$16 return. After passing

through Mossman we drove to Port Douglas - a beautiful place with palm trees lining the roads for many kilometers. We spent only a very short time in the business centre - it was too busy for us after spending so much time in the wilderness. From Mareeba we drove inland through Tableland to Innisfail and Rollingstone, Townsville where we left all the donations in the Camp Quality office and Rockhampton.

Two days after we left Innisfail we heard on news that they had 130 mm of rain, mud slides and that Bruce Highway was closed for 2 days. Again our luck was holding up.

From Rockhampton we turned inland to New England Highway and eventually to Melbourne. It seemed to be so far to get there.

The crew on the "**Spirit of Tasmania**" made us feel most welcome. They placed us into a suit in the front of the ship - looked like a luxuries hotel room with large front windows and a bottle of Champaign in the

fridge with the instruction to drink it. We enjoyed our first sleep in the double bed after almost 4 months of sleeping in 1.5 x 1.8 m space sharing it with Asta. We now know how the privileged travel! I do not think that something like will ever happen to us again.

After arrival in Devonport we were met by Peter Crosswell, the manager of CQ Tasmania together with Bobby and Nan Weeding and enjoyed a breakfast with them in the nearby Motel. And finally back home. Our grandkids and other family members who were not working were all waiting for us with a large poster made by Jacob and Danial welcoming us back. Waiting for us was 4 months of mail I had to sort out, dozens of emails I had to sort out and of course unloading and cleaning the campervan.

**THANK YOU EVERYONE FOR YOUR SUPPORT .**

Would I do it again? You bet!

## Jan Aylott's generous \$2,000 donation to the Australian 100km Team

Ian Cornelius responds

Dear Jan

Thank you very, very much for your generous donation of \$2,000 towards our team's travel costs to go to Korea to represent Australia at the forthcoming 100km world championships to be held on 8 October.

Your donation will go a long way towards meeting the shortfall.

Since coming to office 4 - 5 years' ago, I have strived to bring about a situation where the athletes chosen to represent Australia are not faced with having to bear the majority of the costs for their travel, accommodation and team uniform.

When Nigel was my Vice President he shared this dream, so it is quite fitting that you were able to assist.

Again, on behalf of AURA and the athletes involved, our sincere thanks. It is too late to include an acknowledgement in the September issue of Ultramag, but I will make sure we do so in the December edition, which will also carry the results of our team in Korea.



*Nigel Aylott*

Ian Cornelius  
President



## experiment of one

# Implementing a High Mileage Plan

By Shawn McDonald

### Introduction

High mileage training for has a long history. Certain pedestrians in the late 1800s used to complete 100 miles or more per week of running and walking to prepare for six-day races. Coaches such as Arthur Newton in the 1930s and 1940s, Arthur Lydiard in the 1960s and 1970s, and more recently Bill Bowerman, Jeff Galloway, and Tom Osler, have all espoused the benefits of high mileage, moderate intensity training as the bulk of the preparation for marathons and ultras. In the column this month, we will examine the benefits of doing this type of “base building,” as well as detail possible problems to look for during a buildup period. I’ll review concepts regarding how you can safely build up your running mileage and offer a few tips to help you fit all this training into your life, along with your other obligations. Finally, I’ll give a sample buildup plan for a six-month period and a sample training schedule for a week in the middle of the build up period.

### Benefits of high training volume

Several of months of increasingly high mileage can yield a number of benefits. First, since you are running more, you will burn more calories each day and thus, your basal metabolism will increase. These two factors may cause you to lose several pounds or more in body weight. This loss makes it easier for you to climb hills and lessens the stress on your knees, hips, and other joints due to running. As you run longer, and particularly as the duration of your long run increases beyond three hours, your body will become better at burning fat for energy and sparing carbohydrate (glycogen) stores. This increased “fuel efficiency” will carry over to future ultras and marathons. Your body will become depleted of glycogen as you complete long training runs and build up your running mileage. Your body will respond by becoming more adept at using food that you eat in the hours after a long run to rebuild carbohydrate stores, a process that occurs by the tandem work of the liver and muscle fibers. High mileage training also enhances energy generation since the number and size of mitochondria in leg muscles increases substantially (Davies et al. 1982). Mitochondria are a key source of ATP, which is used to power muscle contraction.

High mileage training will also aid the development of vascular structures (blood vessels such as capillaries) in your leg muscles, which helps both in the delivery of fuel (food and oxygen) to the muscles, as well as removal of waste products. Both processes limit how fast and for how long a runner can compete at a given pace. You may have increased muscle soreness in the early weeks of a buildup period, but after a couple of months you will be less sore than “normal” after a long training run. This delay in soreness comes about as a result of increased muscle strength and endurance and will carry over into future races. You might

find your quadriceps, knees, or butt muscles don’t get sore until 40 or 50 miles into a 100-km race, compared with 20 or 25 miles in races for which you completed low training mileage.

You will also likely finish races in a stronger fashion in the last few miles of a race when training at higher mileage. The key is to complete several months of high mileage training and then do a few weeks of sharpening (the subject of next month’s column), followed by a proper taper before a key race. This “kick” will be a result of the factors mentioned above, as well as the training effects of the higher intensity workouts honed during the sharpening period. Finally, an athlete who completes a period of higher mileage will have increased confidence going into a targeted race, remembering the “work” that they have done to prepare and reviewing how they were able to stretch their limits in training.

### Potential problems

There are a few things to keep in mind when building up training volume to ensure that you are able to progress in training. Injury is the primary concern, especially when mileage is increased to 50 and 60 miles per week. Pain that persists for days in your joints or muscles is a sign that an injury has occurred or could occur in the next few days unless you decrease training volume and/or take some rest days. The most likely injuries for runners are overuse injuries to the knees, hips, heels (plantar fasciitis), leg bones (stress fractures), and lower legs (shin splints). If you have pain in these areas, consult a text such as *Lore of Running* (Chapters 12 to 14) and *The Competitive Runners Handbook* (Chapters 41 and 42), both of which detail the symptoms, causes, and treatments for common running injuries. If you have multiple symptoms of any running injury, you would be wise to consult a sports medicine doctor or general practitioner for a physical exam.

Burnout is another problem that can arise from high training volumes. Indicators of overtraining include frequent colds, loss of appetite, not sleeping well, lack of enthusiasm for training, a feeling of heavy legs before, during, and after a training run, and an elevated resting heart rate (more than five beats per minute above normal). Overtraining is a state in which your body loses its ability to recover from training sessions. Thus, your ability to complete a planned long run or do a run at a “normal” pace is compromised. Taking a couple of days of rest followed by two or three short days of running is the best way to get out of an overtrained state. The key is to take action by changing your running plans once you first notice any of the signs of overtraining. For more information on overtraining and how to overcome it, see Chapter 10 of *Lore of Running* and the Experiment of One column in the September, 2005 issue of *UltraRunning*.

A third issue that can arise when completing higher mileage training is the effect of time spent away from life’s other obligations. The runner has less time to spend with their spouse, children, other family members, and friends. That can put strain on those relationships. It is possible to include family and friends in your workouts. Ask if they would like to run with you for part of your long training runs, ride a bike alongside, or rollerblade with you during a couple of runs each week. Running early in the day is another way to help you get in training without interfering with family time or work obligations. Remember that stresses at work or with your family life will add to the physical and mental demands of high mileage training. Thus, you may want to plan your mileage buildup for times of the year when other areas of

your life demand less of your energy and attention. For example, if you typically have difficult work projects or do a lot of work-related travel in the spring, you might want to plan a mileage buildup for the summer and fall in preparation for running an ultra or two in the fall.

### **Ramping up safely**

How you increase mileage can mean the difference between successful training and becoming injured and/or burned out. The general rule is to increase mileage by no more than 10 percent from week to week. No detailed studies have been conducted about injury rates and increases in performance in relation to how fast you build up mileage. The safest way to increase training volume is to increase mileage for a week, then hold at that level for one to three weeks, and then further increase mileage. Building “cut back” weeks into your training schedule is another way to provide a release valve for your body and mind as you train at higher volumes. In this case, every four to seven weeks cut back your mileage by about 50 percent for a week, and then resume at the previous mileage level after the cut back week. Slowly increase the length of your weekly long run in terms of miles or duration and do a short, easy run the day before and after this long run. Scheduling your long run this way will lessen the chances that you will develop an overuse injury or deplete yourself so that you become burned out.

Be careful when adding an extra day of running per week. For example, say you have been running four days per week and want to build to six days per week. Plan on doing a build up for several weeks at four days per week, followed by a week or two of five days per week but at slightly (by 10 to 15 percent) reduced overall mileage. Likewise, dip your mileage a bit when you add the sixth day of running. In all cases, you will want to keep your running effort at aerobic levels, with slight variations in intensity within your aerobic range from day to day. If you use a heart rate monitor, this would mean running at 65 to 75 percent of your maximum heart rate during the increased mileage period. By following these guidelines, it will take six months or more to double your current mileage, and a year or more to triple your training volume.

### **Incorporating rest**

Scheduling rest in your training program is one way to avoid burnout and give your body time to adapt to higher mileage without becoming injured. Taking one day per week off from running is one way to incorporate rest. The timing of this day might be the day before or after a long run, or a day in the middle of the week, preceded and followed by a day with two runs (described below). A rest from running can also be provided by doing a cross training session instead of running. The cross training activity should not work your muscles in the same way as running, so as to facilitate full muscle repair, and should be of short duration and be done at an easy, aerobic effort level to allow for full replenishment of muscle and liver glycogen. Using cut back weeks (described in the preceding section) is a great way to give your body and mind a rest while still remaining active. A gradual taper of two or three weeks duration prior to a race is another means to build rest into your training program. This steady reduction in training volume while maintaining intensity helps to fine tune your ability to perform optimally while building energy stores (glycogen again) to maximal levels. Resting after races and particularly long training runs is a smart choice that gives your body time to restore all your systems (endocrine,

muscular, connective tissues, fluid levels, etc.) back to normal. This will help you safely complete subsequent periods of mileage buildup, sharpening, and tapering without burnout or injury.

### **Avoiding injury**

There are other actions you can take other than scheduling and taking rest days that will help you avoid injury during a period of mileage increase. Try to run at least twice a week on soft surfaces. These surfaces put less stress on your joints and muscles than running on asphalt or concrete. Use good running shoes for all of your training runs and have at least two pairs of shoes that you use on alternate days. This pattern of shoe use gives the midsoles sufficient time to recover their cushioning before the next run. If possible, use shoes that are of different makes and models. Each type of shoe puts a little different stress on your feet, so using different models lowers your chances of incurring foot blisters or developing an overuse injury in your lower legs. Track your shoe use in your running log book and include information such as make and model, number of miles run and terrain, and if you notice a decrease in cushioning or side to side support from any of your shoes. Reserve older shoes for shorter runs lasting less than an hour in duration, so you are not adding further to the stress of the higher mileage. Most shoes will have reached their limit of use for even short runs after 600 or 700 miles of wear.

During the base building phase of your training, run all your mileage at aerobic effort levels, generally at a pace you can still talk easily as you run. If you use a heart rate monitor, set the lower and upper alarm limits at 65 and 80 percent of your maximum heart rate. Stay away from doing any interval, hill repeat, or tempo runs until after you have finished the base phase and begin a sharpening period. Finally, be sure to listen to your body as you train. Note any soreness that lasts well into a run, or that persists for hours after a run. Measure your resting heart rate each day when you get up and include this record in your log, along with your weight and any information about head colds, foot blisters, or trouble sleeping. Reviewing this data should help you spot overtraining or an oncoming injury so that you can incorporate rest before you are sidelined from running.

### **Two-a-days**

At some point in your mileage buildup you might want to consider splitting your mileage on one or more days per week into two shorter runs. You can run two equal length runs on a double run day, or split the mileage at a ratio of two to one. For example, one run could be of medium duration (near 90 minutes) while the other would be short and easy (50 minutes or less duration). Whether you should do any two-a-days depends upon how much mileage you are planning to build up to, your personal family and work schedules, and how injury-prone you have been in the past. It may be easier to fit 16 miles of running into a weekday if you run 10 miles in the morning and six miles in the evening before dinner. Unless you are running about 100 miles or more per week, then doing one or two double run days per week should suffice to give you enough weekday running mileage. Generally, you can run one of the two runs on a double day at a slightly faster pace for a few miles in the middle of the run, while the shorter run can be done at a slower pace than average. Recovery following these double run days can be enhanced by running one of the runs on a softer but firm surface such as trails and turf and by sticking to flat to slightly rolling terrain. Be sure to hydrate liberally in the hours between the two



runs, and eat a well-balanced, carbohydrate-rich meal within an hour after finishing your morning run to allow for glycogen and fluid replenishment.

### Other considerations

Since you will be running more each week as you progress in the buildup phase, it is important that you eat well and take in

sufficient calories to fuel your workouts. If you are running 70 miles per week compared with 30 miles per week, then you will have to eat an additional 4,000 calories to fuel yourself for the extra running (about 500 extra calories per day). Chafing will be more of an issue at higher mileage, since there are fewer rest days and short run days than when training at low volume. Use lubricants that are thicker and will stay in place when applied

Week number	Number of running days	Running mileage	Long run mileage	Number of rest days	Number of cross-training days	Number of doubles
1	4	43	15	1	2	0
2	4	43	17	2	1	0
3	4	47	17	1	2	0
4	4	47	19	2	1	0
5	4	50	18	1	2	0
6	5	45	14	1	1	0
7	5	50	20	1	1	0
8	4	35	12	2	1	0
9	5	50	20	1	1	0
10	5	55	22	1	1	0
11	5	57	22	1	1	0
12	5	57	18	1	1	0
13	4	38	12	2	1	0
14	5	60	23	1	1	1
15	6	55	20	1	0	1
16	6	60	24	1	0	1
17*	5	66	25	1	1	1
18	6	67	27	1	0	1
19	6	70	27	1	0	1
20	4	40	14	2	1	0
21	6	72	29	1	0	1
22	6	77	26	1	0	1
23	6	77	25	1	0	1
24	4	45	13	2	1	0
25	6	81	28	1	0	1
26	6	81	25	1	0	0

*For the 17th week in the above plan, the detailed training schedule would be as follows:*

**Monday:** Cross train for 45 minutes at 70-percent maximum heart rate (bike, rollerblade, or swim).

**Tuesday:** Run 12 miles at 70-percent maximum heart rate with two miles in the middle at 75 to 80-percent maximum heart rate.

**Wednesday:** Run a.m. 10 miles at 70-percent maximum heart rate; run p.m. five miles at 65-percent maximum heart rate.

**Thursday:** Run 10 miles at 70-percent maximum heart rate, with three miles in the middle at 75 to 80-percent maximum heart rate.

**Friday:** Rest day; hydrate a lot all day and eat high carbohydrate meals.

**Saturday:** Long run 25 miles at 70-percent maximum heart rate; drink 24 ounces of fluids per hour with 250 calories per hour intake.

**Sunday:** Run four miles at 65-percent maximum heart rate.

to areas that rub when you are running. Tape areas such as the chest and inner thighs before you start a long run to avoid the pain of chafing, which can prevent you from completing future workouts. Use of lycra running shorts (that cover most of the upper leg) can greatly reduce leg chafing.

Chronic dehydration can also be a problem when running high mileage, since you have fewer rest days during which to rehydrate, and you can become further and further dehydrated as you complete double run days and long runs. Be sure to check your weight a few times in the first 24 to 48 hours after a long run, and once or more during the day between a morning and evening run on a double run day. If you are two or more pounds underweight, continue to drink fluids liberally until your weight stabilizes. You will also lose a lot of sodium and other electrolytes during your daily training and particularly during a long run. These compounds can be added back to your body by drinking sports drinks during your medium and long training runs (probably any run longer than 10 miles), as well as drinking these fluids during the day to recover from a previous run.

### Sample training schedule

Now we can apply these considerations and concepts to derive a sample schedule for a typical runner completing a mileage increase. Let's assume the athlete starts with a base of 40 miles of running per week, done with four runs per week over the preceding two months. Their long runs are in the range of 12 to 16 miles done once per week. The following table covers a buildup lasting 26 weeks that takes the runner to 80 miles per week. Additional weeks would be added to the plan for a sharpening period (seven to nine weeks in duration) followed by a taper (two-three weeks in duration) prior to a key race.

Most running in the above plan is done at nine to nine-and-a-half minutes per mile for a runner who had recent marathon times in the range of 3:30 (about eight minutes per mile). The pace should be adjusted to stay within aerobic training range. An additional day of running per week is added for this runner in weeks six and fifteen. In these two weeks the overall mileage and long run mileage are slightly reduced compared with the prior week. Cut back weeks are incorporated into the plan in weeks 8, 13, 20, and 24. For these weeks, overall mileage is lowered by 30 to 50 percent compared to the previous few weeks, and the distance of the long run is about half of the prior couple of weeks. At least one rest day is included in each week for this schedule and two rest days are planned for each cut back week. Cross training sessions are included into the plan, mainly during the first half of the mileage buildup, and are usually 30 to 60 minutes in duration, done at an easy (60 to 70 percent of maximum heart rate) effort level. Cross training provides rest from the stress of running while allowing for a more balanced development of the strength and aerobic capacity of the athlete. During the above plan, the athlete completes 15 runs of 20 miles or more and incorporates two or three miles of slightly harder running into the middle of the Tuesday and/or Thursday runs over the second half of the six-month period.

For the week detailed above, the runner is scheduled to complete 66 miles of running spread over six runs. The long run is preceded by a rest day and followed by a day with a short, easy effort run to allow the athlete to be fresh for the long run and to recover adequately before the higher mid-week mileage. Most of the weekday mileage is run from Tuesday to Thursday, allowing the athlete more time on Mondays and Fridays for work obligations and family time. Wednesday is a double run

day and the mileage split is two to one. The longer of the two runs is done in the morning when the weather is likely to be cooler. It would be possible for the runner to make changes to the schedule. For example, for some of the weeks they could take a rest day on Sunday and instead do a short, easy run on Friday. It would also be possible for the runner to switch the workouts on Monday and Wednesday, or instead to rest on Wednesday, do a day of double runs on Monday, and do the cross-training session on Friday. The long run of 25 miles would be completed in about four hours and 15 minutes, allowing for rest stops and for the runner to take several walking breaks during the run. The walk breaks can be used to drink fluids and eat snacks.

### Summary

Runners can safely build up their mileage over a period of several months by following a few simple guidelines. First, all workouts should be done in an aerobic effort range. Speed work or substantial hills should be avoided until the base building phase is completed. The goal is to train for distance first and then add higher intensity workouts later. The runner should rest completely on one or more days per week. The build up of training volume should take place during a series of small increments in mileage, interspersed with one to three weeks of running at a stable mileage. The athlete should listen to signals from his or her body, which indicates possible injury or burnout. Rest can be incorporated into the training plan by including a cut back week every several weeks, by including some cross training workouts, and by tapering before races and cutting back on training volume following races. The base building phase can be followed by one to two weeks of easy lower volume training, followed by a sharpening phase lasting for several weeks.

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Some Aussies tackle New Zealand's gruelling Kepler Track

# KEPLER CHALLENGE 60KM

2<sup>nd</sup> December 2006 - New Zealand

3. Tony Fattorini	5:03:56
120. Amanda Underwood [F15]	7:57:26
233. David McKinnon	8:59:10
[351 finishers]	

## By Amanda Underwood

I don't normally do race reports, but this race was so stunning that I figured that a detailed description might encourage more people to consider doing it.

I was really anxious about this race as we only found out that we got in about four weeks earlier, a bit late to actually do appropriate training! I was very uncertain I could physically run that far after a disastrous day at Fitzroy Falls Trail marathon which shattered my confidence and left me feeling really fatigued and sluggish. My goal was to enjoy it and not to come last. I realised after the race that I had a further goal to run about 7.20, which was strangely optimistic. I was also worried after we picked up the hire car at Dunedin airport - it was DNF193...

Anyway, I started the race at a deliberately slow pace, determined to look at the views and not get stressed. After a really nice warm up along a soft, shaded, mossy path, we started to climb so I walked, in accordance with my race plan and general fear of hills. As we got higher the trees thinned out and snow started appearing. When we hit Luxmore Hut for a gear check we got told that the temperature was minus 5 on top of the mountain so we should put a jacket on. I ended up running in a thermal, so had three layers, and was fine. At one stage my hat did blow off my head up into a big snow drift. Running on the snow was quite unnerving and I ended up gingerly walking large sections I would otherwise have run which I think cost me quite a bit of time. But I got to keep my legs.

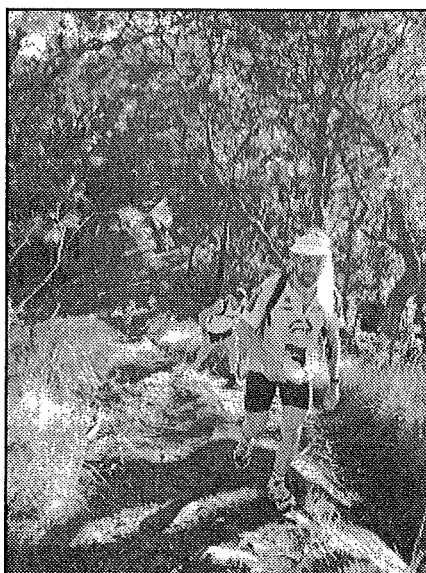
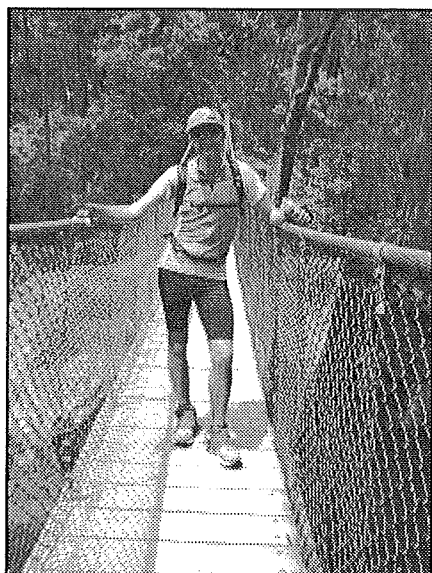
At around 24km we had started to go downhill and the view was just amazing. Mountains, snow, mud, lakes below. It was exhilarating. I had had two stacks by then - one on snow and one on mud (I was to have a couple more) and it had taken me well over three hours to get that far and I was loving it. I

couldn't imagine many more enjoyable ways to spend a Saturday morning than running up and down a mountain (ok, walking up and running down!!).

The trail then went pretty steeply downhill and I tried not to trash my quads. At the bottom I had a piece of cake and a gel and experienced another massive wave of joy. I took off at what felt like a fast pace but undoubtedly was not and from that point on (about 31kms to go) just overtook people. The trail was perfect - softly packed dirt and leaves, gently undulating, shaded but warm. Crossing small streams, generally no-one else in sight. Magic.

I think I enjoyed it all apart from the last kilometre which I always find really hard. I finished and found that I wasn't last - actually ended up 15th female out of about 110 and 120th overall which I was quite pleased with. Quite a bit slower than I had secretly hoped for, but I achieved my primary goal of enjoying it.

I highly recommend this race. I can't wait for Bogong and Six Foot now.



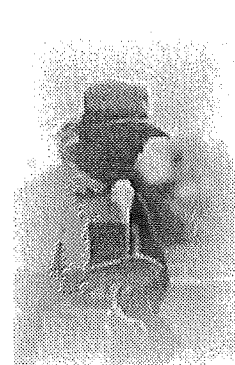
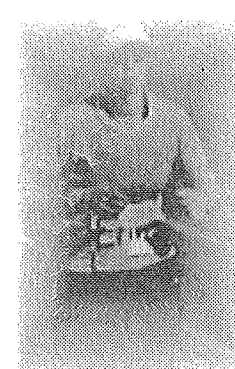
*Photos left from the Great North Walk 100's see page 22 for story*

*Philip Murphy on the swingbridge & Paul Every*



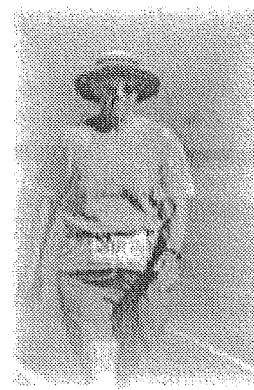
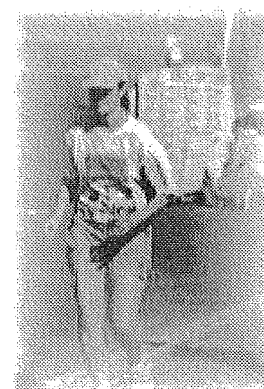
# AURA 100 Club Members

Surname	First Name	State	Gender	Venue	Date	km
Allen	Barry	VIC	M	Adelaide, S.A.	10-Nov-85	179.310
Allen	Greg	SA	M	Adelaide, S.A.	25-Oct-92	189.346
Anderson	Peter	QLD	M	Coburg, VIC	16-Apr-105	162.991
Armistead	Peter	VIC	M	Coburg, VIC	10-Mar-90	200.612
Ashwell	Tony	SA	M	Adelaide, S.A.	10-Nov-85	162.997
Audley	George	WA	M	Perth, WA	18-Oct-86	219.361
Baird	Anubha	SA	F	Adelaide, SA	23-Oct-99	171.722
Baird	Carol	ACT	F	Coburg, VIC	18-Sep-99	169.607
Barker	Carl	NSW	M	Campbelltown, NSW	29-Oct-89	162.477
Beauchamp	Bill	VIC	M	Box Hill, Victoria	16-Feb-86	172.253
Bell	John	VIC	M	Box Hill, Vic	02-Mar-85	163.082
Bencze	John	VIC	M	Coburg, Victoria	14-Feb-88	189.052
Billett	David	SA	M	Adelaide, SA	04-Oct-103	163.779
Bird	David	WA	M	Perth, WA	28-May-88	167.293
Bird	John	WA	M	Perth, WA	28-May-88	162.000
Biviano	Frank	VIC	M	Box Hill, Vic	02-Mar-85	161.600
Bloomer	Brian	VIC	M	Box Hill, Victoria	15-Feb-86	242.598
Boase	Geoff	QLD	M	Adelaide, S.A.	28-Oct-89	191.850
Bogenhuber	Max	NSW	M	Box Hill, Vic	01-Mar-87	173.617
Bohnke	Michael	NSW	M	Campbelltown, NSW	29-Oct-89	168.622
Bollen	Karyn	VIC	F	Coburg, VIC	13-Apr-102	162.843
Bower	Jill	WA	F	Perth, WA	12-Oct-85	163.461
Boyce	Robert	VIC	M	Coburg, VIC	22-Apr-106	170.587
Boyle	Brad	NSW	M	Campbelltown, NSW	28-Oct-89	204.717
Bray	Steve	SA	M	Adelaide, S.A.	24-Oct-92	168.800
Breit	John	VIC	M	Coburg, VIC	25-Feb-89	238.102
Bristow	Ralph	QLD	M	Campbelltown, NSW	08-Oct-88	168.140
Brooks	Barry	VIC	M	Box Hill, Victoria	28-Feb-86	227.574
Brooks	Colin	SA	M	Adelaide, SA	30-Sep-106	166.017
Brooks	Frederick	VIC	M	Coburg, VIC	07-Apr-101	160.934
Brown	Bob	NSW	M	Canberra, ACT	01-Mar-97	172.540
Brown	David	NSW	M	Hensley, NSW	28-May-88	181.081
Bruner	Bob	VIC	M	Adelaide, S.A.	14-Nov-82	199.600
Bryce	Michael	VIC	M	Adelaide, S.A.	30-Oct-88	184.699
Burns	Bob	QLD	M	Tamworth, NSW	25-Mar-90	194.819
Byrth	Robert	SA	M	Adelaide, S.A.	04-Nov-84	162.613
Cameron	Cynthia	VIC	F	Melbourne, Victoria	16-Feb-86	191.200
Carrassi	Carmela	VIC	F	Coburg, VIC	12-Apr-97	166.600
Cassidy	Kevin	VIC	M	Box Hill, Victoria	16-Feb-86	164.993
Champness	John	VIC	M	Adelaide, S.A.	04-Nov-84	161.452
Channells	Robert	NSW	M	Campbelltown, NSW	08-Oct-88	165.840
Clarke	Angela	QLD	F	Gold Coast, Qld	18-May-97	175.541
Clarke	Garry	WA	M	Perth, WA	19-Oct-86	167.113
Clarke	Phillip	NSW	M	Hensley, NSW	28-May-88	163.766
Clarke	Tom	WA	M	Perth, WA	09-Jun-91	165.714
Clements	Harry	NSW	M	Hensley, NSW	01-Jan-84	171.082
Collins	Tony	NSW	M	Hensley, NSW	31-May-87	162.844
Colwell	Brian	NSW	M	Hensley, NSW	01-Jan-84	183.554
Cook	Bruce	QLD	M	Queensland Uni	06-Sep-87	194.258
Coulter	Greg	SA	M	Adelaide, SA	01-Nov-86	161.336
Cox	Murray	SA	M	Adelaide, S.A.	30-Oct-88	170.595
Cox	Terry (jnr)	VIC	M	Coburg, VIC	25-Feb-89	182.817
Cox	Terry (snr)	VIC	M	Box Hill, Victoria	16-Feb-86	163.231
Criniti	David	NSW	M	Adelaide, SA	21-Oct-100	162.882
Croxford	Alan	WA	M	Perth, WA	18-Oct-86	210.934
Davis	Ivan	SA	M	Coburg, Victoria	24-Feb-91	170.057

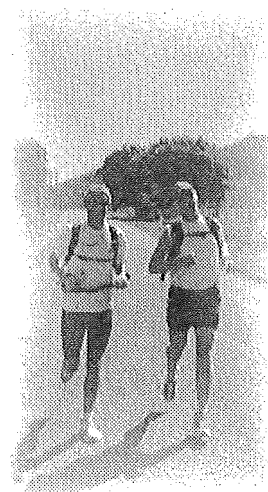




Devine	Allan	WA	M	Perth,WA	17-Oct-87	202.000
Dietachmayer	Tony	VIC	M	Coburg,Victoria	14-Feb-88	184.000
Docherty	Andy	SA	M	Adelaide, SA	01-Nov-86	162.241
Donald	Colin	VIC	M	Box Hill,Vic	01-Mar-87	170.842
Donnelly	Bruce	QLD	M	Queensland Uni	06-Sep-87	161.575
Dunn	Stuart	NSW	M	Hensley, NSW	01-Jan-84	185.717
Ellis	Ray	VIC	M	Coburg,Victoria	14-Feb-88	168.038
Evans	Brian	QLD	M	Gold Coast, QLD	22-Aug-103	163.657
Every	Paul	NSW	M	Hensley, NSW	28-May-88	166.919
Farmer	Patrick	NSW	M	Queensland Uni	06-Sep-87	177.002
Farnham	Tony	NSW	M	Campbelltown,NSW	12-Oct-91	170.417
Faulkner	Joe	NSW	M	Hensley, NSW	01-Jan-84	187.522
Fickel	Bob	NSW	M	Campbelltown, NSW	08-Oct-88	182.400
Firkin	Graham	NSW	M	Hensley,NSW	31-May-87	164.995
Fisher	Keith	VIC	M	Box Hill,Victoria	16-Feb-86	172.010
Fisher	Patrick	ACT	M	Coburg, VIC	22-Apr-106	166.005
Foley	Wanda	NSW	F	Coburg, Vic	13-Feb-88	165.060
Forsyth	Ian	NSW	M	Liverpool, NSW	14-Oct-95	207.167
Fowler	John	QLD	M	Maryborough, QLD	20-Aug-99	180.360
Fox	Allen	SA	M	Adelaide, S.A.	14-Nov-82	161.300
Francis	Mick	WA	M	Adelaide, SA	23-Oct-99	224.521
French	Cliff	QLD	M	QLD Uni., QLD	23-May-92	179.479
Fryer	Martin	ACT	M	Gold Coast, QLD	20-Aug-104	206.817
Gibson	Peter	QLD	M	Lota, QLD	01-Jun-95	185.566
Gladwell	Mark	NSW	M	Hensley,NSW	29-Nov-86	163.956
Gobel	Joe	VIC	M	Adelaide, S.A.	04-Nov-84	169.182
Goonan	Patrick	VIC	M	Adelaide, SA	16-Oct-104	163.613
Goonpan	Peter	NSW	M	Coburg, VIC	13-Apr-97	178.731
Gordon-Lewis	Lyn	QLD	F	Gold Coast, QLD	18-May-96	178.413
Grant	Dell	QLD	F	Queensland Uni, Qld	06-Sep-87	172.002
Grant	Ron	QLD	M	Wynnum, QLD	05-Jun-93	172.000
Grant	Stephen	NSW	M	Coburg,Victoria	14-Feb-88	179.898
Gray	Daniel	QLD	M	Hensley,NSW	31-May-87	198.571
Gray	Peter	VIC	M	Coburg, VIC	14-Feb-88	166.466
Grayling	Michael	VIC	M	Coburg, VIC	25-Feb-89	164.719
Grinberg	Bill	VIC	M	Box Hill,Vic	02-Feb-85	161.010
Gutteridge	Bill	SA	M	Adelaide, S.A.	06-Nov-83	167.116
Haarsma	Kay	SA	F	Adelaide, SA	13-Nov-82	161.578
Hain	Geoff	QLD	M	Caboolture, QLD	23-Jun-90	163.401
Hamilton	Kevin	WA	M	Perth,WA	12-Oct-85	160.934
Hanneman	Martin	NSW	M	Tamworth,NSW	25-Mar-90	167.240
Harber	Tony	NSW	M	Hensley, NSW	01-Sep-90	161.331
Hargreaves	Bruce	NSW	M	Caboolture, QLD	23-Jun-90	178.333
Harris	John	QLD	M	Clifton Hill, VIC	19-Sep-98	160.934
Harris	Trevor	NSW	M	Queensland Uni	06-Sep-87	181.390
Harrison	Bill	VIC	M	Box Hill,Vic	02-Feb-85	161.091
Hart	Gerry	VIC	M	Adelaide, S.A.	06-Nov-83	163.007
Harvey	Michael	VIC	M	Coburg, VIC	07-Apr-101	162.400
Haynes	John	SA	M	Adelaide, S.A.	06-Nov-83	162.811
Hepburn	Brickley	VIC	M	Coburg, VIC	25-Feb-89	201.949
Heppel	Barry	WA	M	Perth,WA	12-Oct-85	160.934
Hick	Bill	NSW	M	Coburg, VIC	13-Apr-97	164.211
Hill	Ron	VIC	M	Box Hill,Victoria	16-Feb-86	176.430
Holleran	David	QLD	M	Coburg,Victoria	22-Feb-92	163.074
Holmes	Chris	NSW	M	Adelaide, S.A.	22-Oct-95	164.028
Hook	Geoff	VIC	M	Adelaide, S.A.	06-Nov-83	181.885
Hoskinson	Peter	TAS	M	Coburg, VIC	08-Apr-95	176.960
Hough	Ken	VIC	M	Coburg, VIC	25-Feb-89	176.061
Howard	Ross	VIC	M	Box Hill,Victoria	15-Feb-86	205.634
Hunter	Bob	QLD	M	QLD	01-Jul-89	213.453
Hutchinson	Ian	NSW	M	Hensley,NSW	19-Jul-86	171.200
Jackson	Keith	NSW	M	Hensley, NSW	01-Jan-84	168.720
Jacobs	Trevor	ACT	M	Kensington, SA	28-Sep-91	201.238



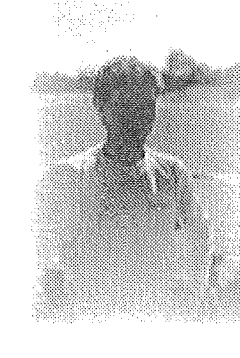
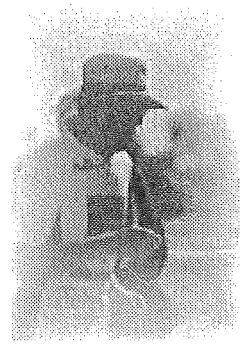
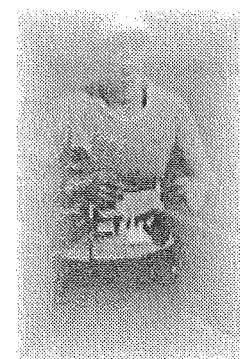
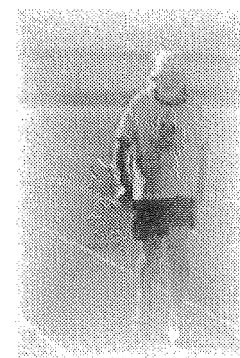
Janovsky	Peter	NSW	M	Hensley, NSW	01-Sep-90	162.102
Javes	Ian	QLD	M	Box Hill, Victoria	28-Feb-87	217.070
Jerram	Colin		M	Coburg, VIC	25-Feb-89	164.769
Joannou	Bill	NSW	M	Tamworth, NSW	27-Mar-94	162.110
Jones	David	VIC	M	Adelaide, SA	16-Oct-104	166.860
Joyce	Felicity	NSW	F	Gold Coast, QLD	22-Aug-103	168.777
Kaparelis	John	VIC	M	Coburg, VIC	25-Feb-89	179.268
Kelly	Frank	NSW	M	Hensley, NSW	31-May-87	212.407
Kennedy	Brian	WA	M	Perth, WA	27-May-89	173.000
Kerr	Sandra	VIC	F	Coburg, VIC	25-Feb-89	161.604
Kerruish	Grahame	NSW	M	Hensley, NSW	31-May-87	165.772
Kewley	Doug	ACT	M	Adelaide, S.A.	17-Oct-93	166.285
Kidd	Trudi	QLD	F	Liverpool, NSW	02-Oct-94	161.600
Kinchen	Marilyn	NSW	F	Campbelltown, NSW	12-Oct-91	162.527
King	Les	SA	M	Adelaide, S.A.	24-Oct-92	162.518
King	Peter	WA	M	Perth, WA	17-Oct-87	162.097
Kinshofer	Rudolf	SA	M	Adelaide, S.A.	28-Oct-89	184.529
Kirk	Bruce	VIC	M	Coburg, VIC	25-Feb-89	184.391
Kirkman	Geoff	SA	M	Adelaide, S.A.	04-Nov-84	195.143
Kitto	Max	SA	M	Adelaide, SA	01-Nov-86	168.706
Kouros	Yiannis	VIC	M	Olympic Park, VIC	04-Aug-90	280.469
Ladyman	Rodney	QLD	M	Coburg, VIC	22-Apr-106	163.852
Last	Geoffrey	QLD	M	Gold Coast, QLD	12-Aug-106	174.663
Law	Andrew	TAS	M	Olympic Park, VIC	19-Aug-89	179.002
Leahy	Marcia	NSW	F	Campbelltown, NSW	13-Oct-90	162.328
Lear	Phil	QLD	M	Box Hill, Vic	04-Feb-84	161.600
Lee-McGough	Lorraine	SA	F	Adelaide, SA	23-Oct-94	172.791
Lewis	John	VIC	M	Coburg, VIC	25-Feb-89	224.226
Lewis	Stephen	QLD	M	Queensland	01-Jul-89	164.712
Logan	Peter	VIC	M	Adelaide, S.A.	06-Nov-83	179.673
Love	Gregory	NSW	M	Campbelltown, NSW	29-Oct-89	162.400
Lucas	Andrew	TAS	M	Coburg, Victoria	23-Feb-92	162.914
Lynn	Charles	NSW	M	Adelaide, S.A.	09-Nov-85	213.839
Maddock	Mike	TAS	M	Coburg, VIC	08-Apr-95	174.850
Mahony	Paul	NSW	M	Campbelltown, NSW	29-Oct-89	162.400
Mansell	Kevin	SA	M	Campbelltown, NSW	08-Oct-88	173.750
March	Mike	TAS	M	Adelaide, S.A.	04-Oct-87	182.565
Marden	Bob	NSW	M	Adelaide, S.A.	04-Nov-84	172.217
Markham	Aileene	QLD	F	Gold Coast, QLD	18-May-96	169.234
Marsh	Trevor	VIC	M	Coburg, VIC	16-Apr-105	162.800
Marshall	Keith	VIC	M	Box Hill, Victoria	16-Feb-86	167.903
Martin	Claude	VIC	M	Aberfeldie, Vic.	24-Jan-88	165.498
Martin	Keith	WA	M	Perth, WA	27-May-89	163.000
Martin	Kevin	WA	M	Perth, WA	09-Jun-91	167.358
Martin	Rod	NSW	M	Hensley, NSW	28-May-88	181.387
Martin	Ross	SA	M	Adelaide, S.A.	14-Nov-82	187.100
Mason	Brendan	VIC	M	Auckland, NZ	01-Oct-105	163.381
McCarthy	Stan	SA	M	Adelaide, S.A.	04-Nov-84	162.667
McCloskey	Ian	QLD	M	Gold Coast, QLD	18-May-96	169.650
McComb	Andrew	SA	M	Adelaide, S.A.	04-Nov-84	190.138
McConnell	Georgina	NSW	F	Pagewood, NSW	29-May-88	171.247
McCool	Tony	SA	M	Adelaide, S.A.	14-Nov-82	161.700
McCormack	George	VIC	M	Liverpool, NSW	02-Oct-90	163.630
McKellar	Jack	VIC	M	Box Hill, Victoria	02-Mar-85	193.162
McKeown	Gordon	VIC	M	Adelaide, S.A.	04-Nov-84	176.421
McManus	Alistair	O/S	M	Hong Kong	17-Nov-84	196.340
Melham	Anyce (Kip)	NSW	M	Adelaide, S.A.	04-Nov-84	163.768
Mercer	Neville	VIC	M	Coburg, VIC	20-Feb-93	229.755
Milburn	Colleen	WA	F	Perth, WA	27-May-89	161.044
Miller	Barry	WA	M	Adelaide, SA	16-Oct-104	179.114
Mills	Brian	NSW	M	Campbelltown, NSW	29-Oct-89	161.034
Milne	Peter	VIC	M	Box Hill, Vic	01-Mar-87	164.119
Miskin	Stan	VIC	M	Adelaide, S.A.	14-Nov-82	163.300
Molloy	Geoff	VIC	M	Box Hill, Victoria	02-Feb-85	232.400



Morrow	Tom	NSW	M	Hensley, NSW	01-Jan-84	175.786
Murray	Ken	NSW	M	Hensley, NSW	23-Feb-85	185.445
Nash	Robert	VIC	M	Coburg, Victoria	14-Feb-88	197.778
Nasmyth	Chilla	NSW	M	Campbelltown, NSW	13-Oct-90	204.213
Neumann	Rainer	QLD	M	Coburg, VIC	13-Apr-102	167.102
Neville	Howard	QLD	M	Chelmsley, U.K.	09-Jul-83	177.027
Nordish	Steve	NSW	M	Hensley, NSW	01-Sep-90	166.251
O'Connell	Keith	NSW	M	Hensley, NSW	28-May-88	188.957
O'Connor	Helen	SA	F	Adelaide, SA	01-Nov-86	171.426
Oostdam	Bert	WA	M	Perth, WA	30-May-92	209.539
Parker	Ross	WA	M	Perth, WA	30-May-92	217.237
Parris	Dawn	VIC	F	Olympic Park, VIC	19-Aug-89	203.650
Parsons	Patrick	VIC	M	Coburg, VIC	10-Mar-90	203.812
Partington	Ian	WA	M	Perth, WA	10-Oct-85	181.265
Peacock	Alan	QLD	M	Queensland Uni	05-Sep-87	207.410
Pearce	Phil	WA	M	Perth, WA	27-May-89	173.222
Pearson	Frank	NSW	M	Hensley, NSW	30-May-87	181.621
Pearson	John	QLD	M	Gold Coast, QLD	12-Aug-106	184.971
Perdon	George	VIC	M	Colac, VIC	14-Nov-88	162.400
Pfister	Peter	VIC	M	Box Hill, Vic	02-Mar-85	176.725
Phillips	Lindsay	QLD	M	Campbelltown, NSW	08-Oct-88	171.350
Pickard	Terry	QLD	M	Queensland Uni	06-Sep-87	181.232
Pierce	Simahin	SA	M	Adelaide, S.A.	25-Oct-94	179.127
Power	Tony	VIC	M	Coburg, VIC	10-Mar-90	164.995
Pritchard	Mark	WA	M	Perth, WA	09-Jun-91	191.697
Purcell	Ashley	QLD	M	Hensley, NSW	23-Feb-85	234.959
Quinn	Peter	VIC	M	Coburg, VIC	10-Mar-90	176.900
Rafferty	Tony	VIC	M	Adelaide, S.A.	04-Nov-84	168.063
Ramelli	Ray	VIC	M	Box Hill, Victoria	16-Feb-86	175.756
Read	Nick	ACT	M	Coburg, Victoria	13-Feb-88	208.859
Record	Joe	WA	M	Crystal Palace, U.K.	12-Oct-79	230.029
Reidy	John	NSW	M	Adelaide, SA	16-Oct-104	184.000
Richardson	Peter	VIC	M	Hensley, NSW	31-May-87	174.109
Riley	Geraldine	VIC	F	Box Hill, Vic	15-Feb-86	164.412
Riley	Gerry	VIC	M	Adelaide, S.A.	06-Nov-83	194.158
Risstrom	Peter	VIC	M	Coburg, Victoria	02-Feb-85	161.744
Rooney	James	NSW	M	Tamworth, NSW	27-Mar-94	203.995
Rowe	Craig	QLD	M	Wyong, NSW	27-Jan-91	171.409
Salter	Bronwyn	WA	F	Perth, WA	30-May-92	162.342
Schnibbe	Klaus	VIC	M	Box Hill, Vic	02-Mar-85	161.600
Schubert	Guy	SA	M	Adelaide, SA	01-Nov-86	177.652
Schultz	Peter	SA	M	Adelaide, S.A.	14-Nov-82	173.800
Scott	Dave	WA	M	Perth, WA	27-May-89	162.000
Sheridan	James	SA	M	Connecticut, U.S.A	03-Feb-82	205.462
Sherman	Andrew	NSW	M	Hensley, NSW	01-Sep-90	161.722
Sidebottom	Cec	NSW	M	Hensley, NSW	01-Jan-84	163.097
Sill	David	NSW	M	Adelaide, S.A.	25-Oct-92	164.386
Sinclair	John	QLD	M	Queensland Uni	06-Sep-87	170.549
Skinner	Deryck	SA	M	Adelaide, SA	15-Oct-105	166.033
Skrobalak	Joe	VIC	M	Olympic Park, VIC	04-Aug-90	192.922
Skvaril	Vlastislav	TAS	M	Coburg, VIC	07-Apr-101	193.087
Slagter	Michael	SA	M	Adelaide, S.A.	25-Oct-92	186.076
Smith	Bryan	VIC	M	Box Hill, Victoria	01-Mar-87	202.200
Smith	Jeff	VIC	M	Coburg, Victoria	23-Feb-91	204.852
Smith	Margaret	VIC	F	Box Hill, Vic	02-Feb-85	177.600
Smith	Ronald	VIC	M	Coburg, Victoria	14-Feb-88	195.382
Spain	Trisha	WA	F	Perth, WA	27-Jul-86	177.658
Spare	Charles	WA	M	Perth, WA	19-Oct-86	163.000
Spencer	Don	SA	M	Adelaide, S.A.	04-Nov-84	170.616
Standeven	Cheryl	SA	F	Adelaide, SA	29-Oct-88	168.584
Standeven	David	SA	M	Adelaide, S.A.	10-Nov-85	208.245
Stangar	Helen	NSW	F	Westfields, Sydney	01-Feb-90	200.865
Staples	Alan	NSW	M	Campbelltown, NSW	13-Oct-90	171.636



Stenner	Graham	SA	M	Coburg, Victoria	14-Feb-88	169.231
Stephenson	Chris	NSW	M	Box Hill, Vic	02-Mar-85	162.615
Stuart	Roger	SA	M	Adelaide, SA	01-Nov-86	189.962
Sutcliffe	Roy	SA	M	Adelaide, S.A.	13-Nov-82	180.517
Swain	Sean	QLD	M	Gold Coast, QLD	20-Aug-104	174.803
Swift	Keith	NSW	M	Hensley, NSW	23-Feb-85	196.400
Taggart	Bob	SA	M	Adelaide, SA	29-Oct-88	206.849
Talbot	Kim	VIC	F	Coburg, VIC	25-Feb-89	168.493
Taylor	Bill	WA	M	Perth, WA	19-Oct-86	163.692
Taylor	Dave	NSW	M	Box Hill, Victoria	16-Feb-86	182.047
Taylor	Ian	NSW	M	Hensley, NSW	31-May-87	184.456
Taylor	Maurice	NSW	M	Hensley, NSW	01-Jan-84	203.526
Thompson	Michelle	VIC	F	Coburg, VIC	22-Apr-106	166.053
Thompson	Mike	WA	M	Perth, WA	19-Oct-86	165.342
Thys	Dirk	SA	M	Coburg, VIC	16-Apr-105	165.487
Tiller	Kevin	NSW	M	Liverpool, NSW	02-Oct-94	176.412
Timms	John	VIC	M	Adelaide, S.A.	23-Oct-94	170.734
Tolliday	Owen	QLD	M	Queensland Uni	06-Sep-87	235.465
Townsend	Graeme	NSW	M	Hensley, NSW	31-May-87	162.238
Treloar	Ray	QLD	M	Gold Coast, QLD	18-May-96	176.413
Tripp	Tony	WA	M	Adelaide, S.A.	10-Nov-85	161.280
Tumbull	Jim	WA	M	Perth, WA	28-May-88	167.969
Tutty	Peter	VIC	M	New Zealand	22-Aug-87	177.470
Twartz	John	SA	M	Adelaide, S.A.	25-Oct-94	185.166
Twartz	Peter	SA	M	Adelaide, S.A.	25-Oct-94	192.539
Valentine	Ian	QLD	M	Coburg, VIC	12-Apr-103	175.887
Vega	Eduardo	NSW	M	Hensley, NSW	31-May-87	175.226
Venus	Graham	SA	M	Adelaide, S.A.	28-Oct-89	163.812
Vernon	Peter	VIC	M	Box Hill, Vic	01-Mar-87	163.200
Wagner	Stuart	QLD	M	Gold Coast, QLD	22-Aug-103	166.416
Waldeck	David	SA	M	Adelaide, S.A.	04-Nov-84	164.305
Warren	Morris	WA	M	Perth, WA	12-Oct-85	160.934
Warren	Valerie	NSW	F	Campbelltown, NSW	28-Oct-89	162.793
Watt	Graham	VIC	M	Coburg, VIC	17-Apr-104	160.939
Watts	Graeme	QLD	M	Maryborough, Qld	06-Sep-98	164.331
Waugh	David	QLD	M	Gold Coast, QLD	12-Aug-106	214.052
Weinstein	Roger	VIC	M	Coburg, VIC	10-Mar-90	170.995
Whiteoak	Michael	VIC	M	Adelaide, S.A.	06-Nov-83	169.038
Whyte	Robin	ACT	M	Coburg, VIC	18-Sep-99	160.934
Wiese	Robert	SA	M	Adelaide, S.A.	27-Oct-90	163.857
Wilkins	Michael	SA	M	Adelaide, S.A.	22-Oct-95	165.122
Wilkinson	Graeme	NSW	M	Hensley, NSW	29-Nov-86	204.716
Williams	David	NSW	M	Campbelltown, NSW	13-Oct-91	170.279
Williams	Geoff	QLD	M	Brisbane, QLD	03-Jun-94	162.460
Williams	Reg	VIC	M	Box Hill, Vic	04-Feb-84	165.642
Wilson	Greg	VIC	M	Coburg, Victoria	23-Feb-92	181.419
Wise	Garry	VIC	M	Colac, VIC	20-Nov-105	167.200
Wishart	Greg	VIC	M	Box Hill, Victoria	16-Feb-86	195.550
Wolstencroft	James	VIC	M	Coburg, VIC	25-Feb-89	205.848
Woodhouse	Paul	NSW	M	Hensley, NSW	31-May-87	166.417
Woods	Graham	QLD	M	Queensland Uni	05-Sep-87	212.559
Woods	Kelvin	QLD	M	Gold Coast, QLD	18-May-96	170.774
Worley	Brett	ACT	M	Adelaide, SA	30-Sep-106	165.463
Worley	Susan	SA	F	Adelaide, SA	01-Nov-86	164.568
Yeaman	David	VIC	M	Coburg, Victoria	14-Feb-88	183.514
Young	Cliff	VIC	M	Box Hill, Victoria	03-Feb-85	216.095
Young	Nobby	NSW	M	Hensley, NSW	01-Sep-90	204.083
Young	Shirley	VIC	F	Campbelltown, NSW	13-Oct-90	162.330
Zukowski	Jerry	SA	M	Kensington, SA	04-Oct-97	163.724





## AURA 12 hour rankings

### Male

Surname	First Name	State	Km	Venue	Date	Age
Kouros	Yiannis	VIC	161.400	Kensington, SA	04-Oct-97	42
Perdon	George	VIC	155.800	Olympic Park, VIC	23-May-70	46
Criniti	David	NSW	142.495	Gosford, NSW	10-Jan-04	26
Standeven	David	SA	142.060	Rosebud, VIC	05-May-90	38
Breit	John	VIC	138.000	Coburg, VIC	25-Feb-89	31
Smith	Bryan	VIC	137.438	Box Hill, VIC	16-Jul-88	45
Tolliday	Owen	QLD	135.990	Adelaide, SA	29-Oct-88	39
Jacobs	Trevor	ACT	134.380	Woden Park, ACT	25-Feb-90	38
Francis	Mick	WA	134.100	Bunbury, WA	04-May-95	37
March	Mike	TAS	131.600	Coburg, VIC	25-Feb-89	45
Tutty	Peter	VIC	131.391	Box Hill, VIC	16-Jul-88	23
Presley	John		130.208	Bunbury, WA	29-Feb-92	
Melham	Anyce (Kip)	NSW	130.000	NSW	14-Apr-90	32
Gray	Peter	VIC	129.816	Rosebud, VIC	05-May-90	26
Smith	Jeff	VIC	129.798	Rosebud, VIC	04-May-91	31
Wilson	Greg	VIC	128.858	Toukley, NSW	22-Jan-94	41
Donnelly	Bruce	QLD	128.500	NSW	14-Apr-90	
Zwierlein	Rob	VIC	128.129	Rosebud, VIC	06-May-89	25
Loveless	Len	VIC	128.120	Rosebud, VIC	07-May-88	
Renwick	Bruce	NSW	126.940	Gosford, NSW	06-Jan-101	53
Armistead	Peter	VIC	126.921	Rosebud, VIC	07-Mar-87	41
Hepburn	Brickley	VIC	126.557	Rosebud, VIC	04-May-91	39
Doak-Smith	Alan	WA	124.570	Perth, WA	08-Jun-91	
Fisher	Keith	VIC	124.543	Rosebud, VIC	07-Mar-87	21
Lewis	John	VIC	124.000	Coburg, VIC	25-Feb-89	
Waugh	David	QLD	124.000	Gold Coast, QLD	12-Aug-106	35
Taggart	Bob	SA	123.920	Adelaide, SA	29-Oct-88	41
Every	Paul	NSW	123.241	Gosford, NSW	08-Jan-100	36
Hill	Ron	VIC	122.711	Rosebud, VIC	07-May-88	47
Brooks	Barry	VIC	122.000	Coburg, VIC	25-Feb-89	48
Mergler	John		121.423	Gosford, NSW	07-Jan-106	
Rooney	James	NSW	121.263	Griffith, NSW	28-Aug-93	40
Bryce	Michael	VIC	121.165	Rosebud, VIC	07-May-88	39
Wishart	Greg	VIC	121.031	Box Hill, VIC	16-Jul-88	50
Thompson	Kieron		120.976	Gosford, NSW	08-Jan-105	
Channels	Robert	NSW	120.946	Toukley, NSW	22-Jan-94	51
Lucas	Andrew	TAS	120.400	Coburg, VIC	22-Aug-98	33
Skrobalak	Joe	VIC	120.393	Rosebud, VIC	05-May-90	37
Hunter	Bob	QLD	120.062	QLD	01-Jul-89	54
Dietachmayer	Tony	VIC	119.915	Rosebud, VIC	07-May-88	24
Quinn	Peter	VIC	119.741	Rosebud, VIC	04-May-91	41
Hook	Geoff	VIC	119.513	Rosebud, VIC	06-May-89	44
Skvaril	Vlastislav	TAS	118.463	Coburg, VIC	09-Apr-100	61
Sill	David	NSW	118.318	Sheffield, ENG	27-Apr-97	50
Barron	Adam	QLD	118.193	Caboolture, QLD	04-Feb-106	31
Record	Joe	WA	117.600	Olympic Park, VIC	04-Aug-90	49
Thurlow	Alan	WA	117.070	Perth, WA	08-Jun-91	
Buchan	Sandy	QLD	116.878	Caboolture, QLD	01-Jul-89	35
Parker	Ross	WA	116.738	Bunbury, WA	04-Mar-90	41
Javes	Ian	QLD	116.580	QLD RRC	30-Jun-89	47
Carson	Max	VIC	116.430	Rosebud, VIC	07-May-88	39
Yeaman	David	VIC	116.419	Rosebud, VIC	07-Mar-87	50
Young	Nobby	NSW	116.400	Hensley, NSW	01-Sep-90	44
Clear	David	NSW	116.097	Gosford, NSW	09-Jan-99	41
Grayling	Michael	VIC	115.723	Rosebud, VIC	05-May-90	34
Fryer	Martin	ACT	115.600	Gold Coast, QLD	20-Aug-104	43



Taylor	Maurice	NSW	115.600	Toukley, NSW	22-Jan-95	46
Cormack	George	VIC	115.350	Wollongong	26-Mar-94	43
Medill	Graham	QLD	115.226	Caboolture, QLD	30-Jun-89	41
Holst	Warren	VIC	115.214	Coburg, VIC	08-Apr-101	40
Hargreaves	Bruce		115.073	Caboolture, QLD	23-Jun-90	37
Wolstencroft	James	VIC	114.800	Coburg, VIC	25-Feb-89	34
Beauchamp	Bill	VIC	114.800	Olympic Park, VIC	19-Aug-89	44
Smith	Ronald	VIC	114.440	Rosebud, VIC	06-May-89	
Kirk	Bruce	VIC	114.400	Coburg, VIC	25-Feb-89	25
Quinto	Derek	ACT	114.092	Woden Park, ACT	25-Feb-90	42
Farnham	Tony	NSW	114.024	Toukley, NSW	23-Jan-93	47
Visser	Jeff	VIC	113.987	Tootgarook	02-May-93	29
Williams	Reg	VIC	113.971	Rosebud, VIC	07-May-88	37
Forsyth	Ian		113.690	Gosford, NSW	06-Jan-101	
Watts	Graeme	QLD	113.540	Caboolture, QLD	04-Jan-100	46
Riley	Gerry	VIC	113.532	Rosebud, VIC	07-May-88	
Howard	Ross	VIC	113.531	Rosebud, VIC	07-Mar-87	41
Tripp	Tony	WA	112.582	Box Hill, VIC	16-Jul-88	
Schnibbe	Klaus	VIC	112.553	Rosebud, VIC	07-May-88	44
Sutton	Dennis	WA	112.538	Bunbury, WA	02-Apr-94	44
Moloney	Nic	QLD	112.282	Caboolture, QLD	04-Feb-106	28
Notolese	Michael	NSW	112.000	Griffith, NSW	28-Aug-93	
Robins	John	NSW	111.802	Gosford, NSW	07-Jan-106	46
Nagy	William	ACT	111.656	Woden Park, ACT	25-Feb-90	41
Farmer	Patrick	NSW	111.600	Liverpool, NSW	02-Oct-94	32
Cox	Terry (jnr)	VIC	111.234	Rosebud, VIC	04-May-91	25
Swain	Sean	QLD	111.200	Gold Coast, QLD	12-Aug-105	38
Lombardi	Rudi	VIC	111.176	Rosebud, VIC	04-May-91	37
Fairhead	Mark	SA	111.108	Adelaide, SA	24-Oct-98	
Stuart	Roger	SA	110.643	Adelaide, SA	29-Oct-88	45
Twartz	John	SA	110.639	Adelaide, SA	24-Oct-98	55
Slagter	Michael	SA	110.400	Adelaide, SA	22-Oct-94	24
Prosser	Graham	WA	110.353	Perth, WA	27-May-89	
Cox	Terry (snr)	VIC	110.333	Rosebud, VIC	04-May-91	55
Townsend	Graeme	NSW	110.240	Adelaide, SA	29-Oct-88	31
Collins	Tony	NSW	110.205	Gosford, NSW	08-Jan-100	53
Stephenson	Chris	NSW	110.000	Coburg, VIC	25-Feb-89	32
Champness	John	VIC	109.600	Hensley, NSW	28-May-88	37
Harris	Trevor	NSW	109.200	Coburg, VIC	25-Feb-89	42
Donovan	Tom	VIC	108.909	Rosebud, VIC	07-Mar-87	55
Martin	Rod	NSW	108.800	Hensley, NSW	28-May-88	45
Joannou	Bill	NSW	108.788	Toukley, NSW	23-Jan-93	36
French	Cliff	QLD	108.500	Gold Coast, QLD	16-May-96	53
Law	Andrew	TAS	108.400	Olympic Park, VIC	19-Aug-89	29
Cox	Murray	SA	108.400	Olympic Park, VIC	04-Aug-90	44
Young	Cliff	VIC	108.400	Olympic Park, VIC	04-Aug-90	68
Burns	Bob	QLD	108.219	QLD RRC	01-Jun-89	46
Devine	Allan	SA	108.128	Adelaide, SA	21-Oct-95	36
Thys	Dirk	SA	107.750	Adelaide, SA	19-Oct-102	33
Le Dieu	Chris	VIC	107.550	Rosebud, VIC	07-Mar-87	
Sayers	Bob	VIC	107.507	Frankston	30-Apr-94	52
Marsh	Ken	VIC	107.455	Coburg, VIC	16-Apr-105	50
Boase	Geoff	QLD	107.430	QLD RRC	01-Jul-89	38
Stenner	Graham	SA	107.200	Coburg, VIC	25-Feb-89	44
Firkin	Graham	NSW	107.200	Hensley, NSW	01-Sep-90	52
Bent	Xavier	QLD	107.200	Gold Coast, QLD	12-Aug-106	28
Ladyman	Rodney	QLD	107.072	Gosford, NSW	07-Jan-106	49
Green	Keith	VIC	106.922	Tootgarook	02-May-92	
Riches	Ken	VIC	106.890	Kensington, SA	04-Oct-97	44
Mansell	Kevin	SA	106.800	Campbelltown, NSW	08-Oct-88	



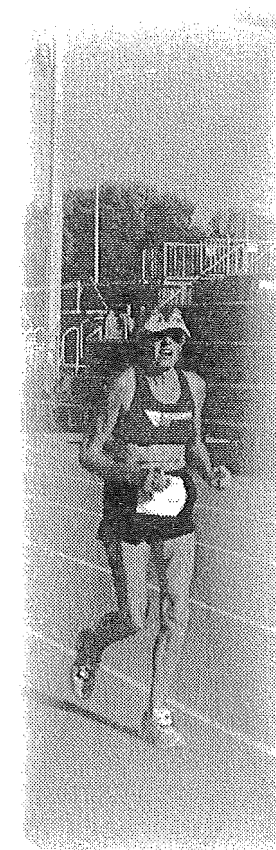
Cohen	Andrew	WA	106.402	Gold Coast, QLD	12-Aug-106	48
Pritchard	Mark	WA	106.382	Bunbury, WA	02-Apr-94	46
Brown	David	NSW	106.000	Hensley, NSW	28-May-88	30
Vega	Eduardo	NSW	106.000	Hensley, NSW	01-Sep-90	49
Treloar	Ray	QLD	106.000	Gold Coast, QLD	18-May-96	40
Valentine	Ian	QLD	106.000	Gold Coast, QLD	20-Aug-104	44
Jenkins	Rick	VIC	105.737	Box Hill, VIC	16-Jul-88	34
Wise	Garry	VIC	105.600	Coburg, VIC	22-Apr-106	60
Bristow	Ralph	QLD	105.560	Rosebud, VIC	06-May-89	49
Bird	David	WA	105.552	Perth, WA	27-May-89	
Miskin	Stan	VIC	105.524	Rosebud, VIC	07-Mar-87	62
Pearson	John	QLD	105.501	Caboolture, QLD	05-Feb-105	33
Pearce	Phil	WA	105.370	Bunbury, WA	04-May-95	
Pickard	Terry	QLD	105.200	Hensley, NSW	01-Sep-90	
Butko	Kon	VIC	105.134	Rosebud, VIC	04-May-91	43
Wright	Doug	WA	104.459	Bunbury, WA	04-Mar-90	44
Last	Geoffrey	QLD	104.441	Caboolture, QLD	05-Feb-105	54
Read	Nick	ACT	104.400	Hensley, NSW	28-May-88	36
Bencze	John		104.400	Coburg, VIC	25-Feb-89	
Mahony	Paul		104.400	Hensley, NSW	01-Sep-90	
Girvan	Dave	NSW	104.240	Toukley, NSW	22-Jan-94	
Hick	Bill	NSW	104.210	Toukley, NSW	22-Jan-95	47
Ellis	Ray	VIC	104.119	Box Hill, VIC	16-Jul-88	58
Kerruish	Grahame	NSW	104.000	Coburg, VIC	13-Feb-88	48
O'Connell	Keith	NSW	104.000	Hensley, NSW	28-May-88	49
Bogenhuber	Max	NSW	103.600	Hensley, NSW	28-May-88	46
Nasmyth	Chilla	NSW	103.600	Hensley, NSW	01-Sep-90	
Jackson	Brian	WA	103.401	Gosford, NSW	10-Jan-98	
Hough	Ken	VIC	103.397	Rosebud, VIC	07-Mar-87	42
Lewis	Stephen	QLD	103.305	QLD	01-Jul-89	31
Phillips	Lindsay	QLD	103.200	Campbelltown, NSW	08-Oct-88	23
Barnes	Phillip	VIC	103.035	Rosebud, VIC	06-May-89	34
Audley	George	WA	102.800	Olympic Park, VIC	04-Aug-90	55
Taylor	Dave	NSW	102.600	NSW	14-Apr-90	39
Lockwood	Glen	NSW	102.468	Gosford, NSW	07-Jan-106	43
Lahiff	Peter	QLD	102.433	Adelaide, SA	16-Oct-104	69
Staples	Alan	NSW	102.420	Gosford, NSW	06-Jan-101	51
Drayton	Nick	NSW	102.401	Gosford, NSW	09-Jan-99	42
Kaparelis	John	VIC	102.400	Coburg, VIC	25-Feb-89	21
Kinshofer	Rudolf	SA	102.400	Coburg, VIC	16-Apr-105	51
Hollister	Mick	WA	102.157	Perth, WA	08-Jun-91	
Fickel	Bob	NSW	102.014	Griffith, NSW	28-Aug-93	42
McCloskey	Ian	QLD	102.000	Gold Coast, QLD	18-May-96	44
Zukowski	Jerry	SA	102.000	Coburg, VIC	08-May-99	47
Hoskinson	Peter	TAS	102.000	Colac, VIC	20-Nov-105	41
Rafferty	Tony	VIC	101.611	Box Hill, VIC	16-Jul-88	49
Boyle	Brad	NSW	101.200	Olympic Park, VIC	04-Aug-90	30
Boyce	Robert	VIC	101.200	Coburg, VIC	22-Apr-106	45
Hain	Geoff	QLD	101.108	Caboolture, QLD	04-Jan-100	53
Gamble	Chris	ACT	100.830	Gosford, NSW	06-Jan-101	49
Christoffel	Jeff	QLD	100.758	QLD RRC	01-Jul-89	35
Parris	Trevor		100.583	Rosebud, VIC	04-May-91	40
Parsons	Patrick	VIC	100.145	Rosebud, VIC	07-May-88	41
Mercer	Neville		100.000	Coburg, VIC	20-Feb-93	
Zampieri	John	NSW	99.546	Griffith, NSW	29-Aug-92	
Richardson	Duncan	NSW	98.800	Hensley, NSW	01-Sep-90	
Whyte	Robin	ACT	98.624	Gosford, NSW	08-Jan-100	58
Marshall	Kelvin	VIC	98.500	Caboolture, QLD	04-Feb-106	42
Harber	Tony	NSW	98.400	Hensley, NSW	01-Sep-90	
Ryan	Cliff	VIC	98.391	Rosebud, VIC	06-May-89	59



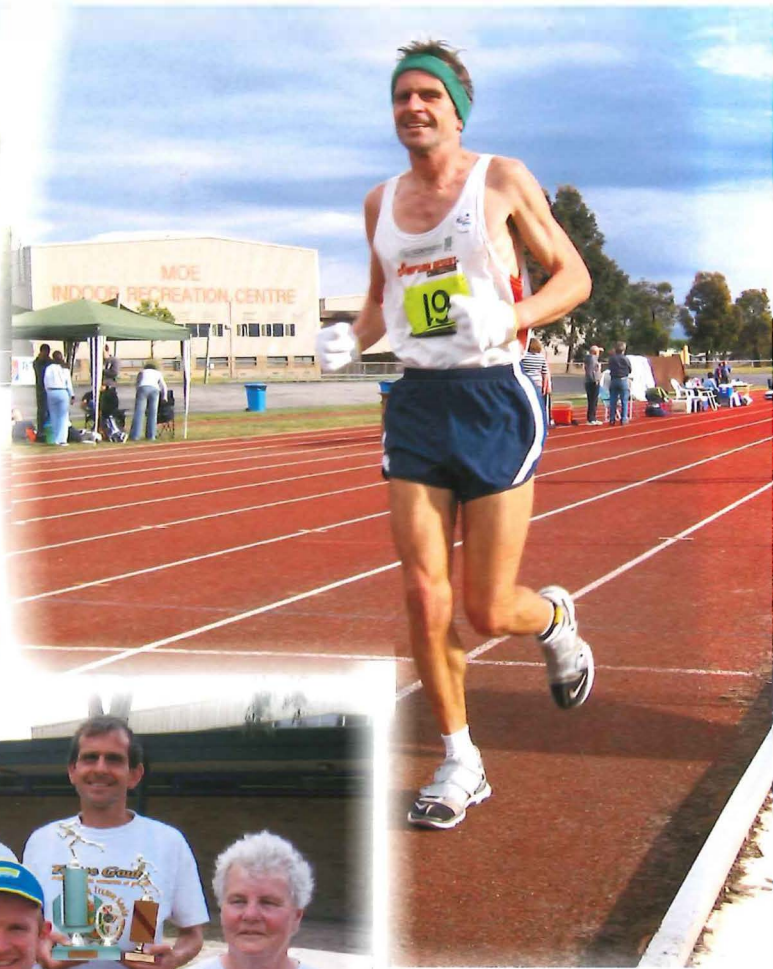
# AURA 12 hour rankings

## Female

Surname	First Name	State	Km	Venue	Date	Age
Morgan	Mary	WA	130.832	Bunbury, WA	02-Apr-94	36
Stangar	Helen	NSW	125.200	Coburg, VIC	22-Aug-98	48
Parris	Dawn	VIC	117.600	Olympic Park, VIC	19-Aug-89	36
Kartsounis	Vivienne	NSW	116.573	Gosford, NSW	08-Jan-105	40
Cameron	Cynthia	VIC	115.251	Adelaide, SA	01-Nov-86	44
Grant	Dell	QLD	113.268	Wynnum, QLD	05-Jun-93	39
Baird	Carol	ACT	111.304	Adelaide, SA	30-Sep-106	57
McConnell	Georgina	NSW	110.800	Olympic Park, VIC	19-Aug-89	46
Spain	Trisha	WA	109.600	Olympic Park, VIC	19-Aug-89	47
Kerr	Sandra	VIC	104.450	Rosebud, VIC	06-May-89	43
Robards	Bernadette		104.040	Gosford, NSW	06-Jan-101	
Thompson	Michelle	VIC	103.922	Gosford, NSW	07-Jan-106	37
Young	Shirley	VIC	103.368	Adelaide, SA	19-Oct-102	72
Clarke	Angela	QLD	103.000	Gold Coast, QLD	18-May-96	56
Bell	Tamyka	QLD	100.608	Caboolture, QLD	04-Feb-106	25
Standeven	Cheryl	SA	99.000	Adelaide, SA	29-Oct-88	32
Joyce	Felicity	NSW	98.441	Gosford, NSW	10-Jan-104	22
Markham	Aileene	QLD	96.000	Gold Coast, QLD	18-May-96	48
Mohr	Monika	NSW	95.949	Adelaide, SA	30-Sep-106	47
Thom	Julia	VIC	95.777	Gosford, NSW	07-Jan-106	48
Foley	Wanda	NSW	95.600	Campbelltown, NSW	08-Oct-88	42
Talbot	Kim	VIC	95.460	Box Hill, VIC	16-Jul-88	20
Skrobalak	Sharon	VIC	94.839	Rosebud, VIC	04-May-91	34
Gordon-Lewis	Lyn		94.500	Gold Coast, QLD	18-May-96	40
Jackson	Mary	QLD	94.400	Gold Coast, QLD	22-Aug-103	
Cribb	Lyn	NSW	93.814	Toukley, NSW	22-Jan-94	
Tait	Merrilyn	VIC	93.359	Rosebud, VIC	06-May-89	39
Robards	Joan		93.300	Gosford, NSW	06-Jan-101	
Sommers	Corinne	QLD	91.934	Caboolture, QLD	23-Jun-90	29
Ward	Karina	ACT	91.805	Gosford, NSW	08-Jan-105	
Street	Carol		89.978	QLD Uni., QLD	23-May-92	50
Wishart	Lois	VIC	88.879	Tootgarook	02-May-92	46
Gladwell	Lucille	NSW	87.200	Hensley, NSW	01-Sep-90	
Bollen	Karyn	VIC	87.200	Coburg, VIC	22-Apr-106	51
Case	Valerie	QLD	86.697	Box Hill, VIC	16-Jul-88	51
Kidd	Trudi	QLD	86.411	Toukley, NSW	23-Jan-93	
Taylor	Jacqueline	VIC	84.191	Coburg, VIC	20-Feb-93	46
De Williams	Deborah	VIC	83.811	Adelaide, SA	15-Oct-105	36
Chomyn	Sharon		82.814	Coburg, VIC	22-Apr-106	
Warren	Valerie		82.800	Campbelltown, NSW	08-Oct-88	
Barnett	Sarah	VIC	82.800	Colac, VIC	20-Nov-105	
Curran	Michelle	QLD	81.600	Wollongong	01-Apr-95	
Sturzaker	Jane	VIC	81.600	Coburg, VIC	16-Apr-105	52
Anderson	Faith	QLD	81.348	Coburg, VIC	16-Apr-105	52
Metcalf	Karen	SA	80.877	Adelaide, SA	22-Oct-95	22
Baird	Anubha	SA	80.467	Adelaide, SA	23-Oct-99	28
Bird	Alison	WA	79.389	Perth, WA	27-May-89	
Hucker	Patricia	NSW	79.190	Toukley, NSW	22-Jan-95	
Smith	Shelly	QLD	77.000	Gold Coast, QLD	18-May-96	
Pitcher	Sharon	NSW	76.180	Griffith	29-Aug-92	
Chesterton	Val	ACT	74.171	Gosford, NSW	08-Jan-105	64
Bird	Julie	WA	74.000	Perth, WA	26-May-90	
Bardy	Susan	SA	73.066	Adelaide, SA	16-Oct-104	
Hall	Kerrie	QLD	72.840	Gosford, NSW	06-Jan-101	39
Cummock	Katrina		72.698	Gosford, NSW	07-Jan-106	
Badic	Donve	VIC	71.709	Box Hill, VIC	16-Jul-88	
Schrag	Julie	QLD	70.200	Gosford, NSW	06-Jan-101	44







Action from Victorian 50km & six hour track championships







*Dave Criniti breaks  
the Australian 50km  
record at Moe*