

U L T R A M A G

Tony Fattorini wins the Six Foot Track in record time!



Australian Ultra Runners
Association Inc

March 2007
Volume 22 no. 1

AURA
Magazine

- **Hall of Fame - Helen Stanger**
- **Six Foot Track**
- **Ultras in the 1800's by Phil Essam**
- **Cradle Mountain Run**

Six Foot Track 2007



Jo Blake 3rd



Don Wallace 6th



Jonathon Worswick 47th



Jeremy Cox 10th



Paul Arthur 15th



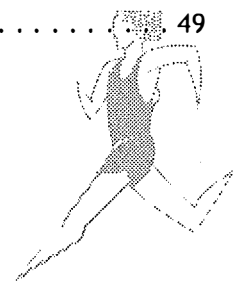
Richard Were (NZ) 25th

The above photos of Six Foot Track and also the photo on the front Cover were taken by Blue Elephant Photography and supplied by Courtesy of Run For Your Life magazine



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Editorial March 2007

by Kevin Cassidy

"The Summer That Wasn't" is probably an appropriate term to sum up the past three months in Victoria. Just to remind us that as much as we like to think otherwise, we humans do NOT control the planet, bushfires carved their way through the states national parks in one of our worst fire seasons ever.

As a direct result, a number of events were unable to go ahead. After much work by John Lindsay and Michael Grayling and a record field of over 60 runners ready to roar, the classic Bogong to Hotham was the first to suffer a forced cancellation. Soon to follow was the Mansfield to Buller 50km with further news reporting that under the order of authorities, the second

All up, five events were wiped off the calendar which makes our collection of race results and reports a bit anorexic looking! On the plus side, the threatened future of the Cliff Young Six Day Race at Colac is now assured for 2007. Looking like fading away just a few weeks ago, the resurgence has been astonishing and a real godsend, the result of much "behind the scenes" efforts from Bill and Bev Sutcliffe and Phil Essam.

Ged Edwards, a longstanding resident of Colac who has been heavily involved in sports administration, service organisations, and local business, has offered to form a new committee and manage the race. Bill and existing committee mem-

ten, Netherlands on September 8th. Again, respective qualifying times are 8 hours and 9 ½ hours.

Rounding off our representative opportunities is the IAU 50km Trophy Race in Palermo, Italy on October 14th.

Canberra's 50km event in April is the prime selection race. More information regarding all international events can be found at the IAU's website at www.iau.org.tw

The 2006 Point Race was a close affair with Siri Terjesen managing to hold off Kelvin Marshall and Robert Boyce. The value of prizes on offer for 2007 has increased dramatically totalling \$3,500 with a trip to the Comrades Marathon for first. Sec-

"The World 24 Hour Challenge will take place on July 28th/29th in Drummondville, Canada. Chances for selection are available with 200km and 180km respectively being the male and female qualifying distances."

Australian Alpine 100 miler scheduled for late March would also be unable to proceed. All three events expect to be back in 2008 with the Mansfield to Buller going ahead under a new race director.

February was no better with the Maroondah Dam Trail suffering a similar fate with the authorities not keen to allow runners into the area during a day of high fire danger. Fortunately, this event has been able to reschedule to April 15th. Along with these fire affected events came the announced cancellation of the Sri Chinmoy Ultra Triathlon in Canberra which always included a 100km run. Lack of entries was the reason given, much to the surprise of several intending competitors. I guess this is a good lesson to all to get those entries in early. Hopefully this event will return in 2008.

bers have accepted that offer. Although Ged is prepared to include existing committee members on a new committee, Bill and Bev will not be standing for election, although some existing committee members will be. Bill and Bev will be advisors to Ged during the transition period and as long as necessary. The future looks bright indeed.

Opportunities for Australian representation has never been more plentiful. The World 24 Hour Challenge will take place on July 28th/29th in Drummondville, Canada. Chances for selection are available with 200km and 180km respectively being the male and female qualifying distances. With the Coburg 24 hour event still to come, positions remain open.

Undoubtedly the most prestigious event on the IAU calendar, the World Cup 100km will be held in Winscho-

ond gets a trip to New Zealand for a choice of one of their major events. Prizes go all the way down to sixth place.

Undoubtedly, the biggest story to break in several years is the announcement of the Melbourne - Sydney - Brisbane stage race. Proposed for the spring time of 2009, the 44 day event will cover 2,650 kilometres of Australia's eastern seaboard. Details can be found at www.theultra.com.au

Contained in this issue is part two of Ian Javes' excellent recollection of Queensland's ultras in the eighties along with some more historical research from the intrepid Phil Essam. Phil has a rather extensive website at www.planetultramarathon.com

Those of you who were around the ultra scene in the 90's would

be familiar with the outstanding achievements of Helen Stanger. Researching Helen's career uncovered a wealth of top class performances which have made her a very worthy inductee to the AURA Hall of Fame.

Back in 1986, Sydney's Max Bogenhuber probably had no idea of the trend he was setting by visiting the US to run the famed Western States 100 Miler. Paving the way for so many since, 2007 will see a large group of Australians heading across the pacific for what has been called the "Aussie Assault"

Moving to some more personal goals. Vlastik Skvaril and Deborah De Williams have joined forces for a 1,250 kilometre charity run around Tasmania. Starting on March 28th, they plan to cover approximately 50km a day. More information is at www.planetultramathon.wordpress.com/2007/02/23/run-around-tassie-running-for-kids-smiles Meanwhile, in March next year, Melbourne's Brett Saxon will be setting off for a fundraising run from his suburban home in Keilor for a 162km jaunt through the western suburbs, down the west coast of the bay to Geelong, then onto the Bellarine Peninsula finishing at Portarlington.

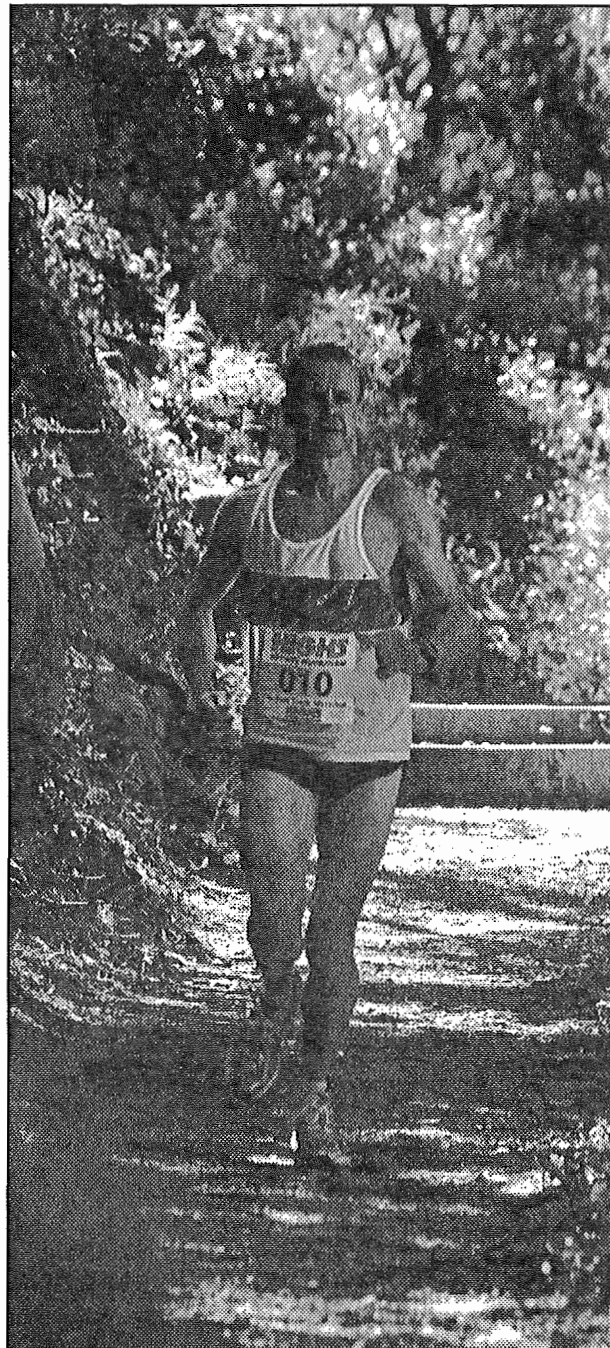
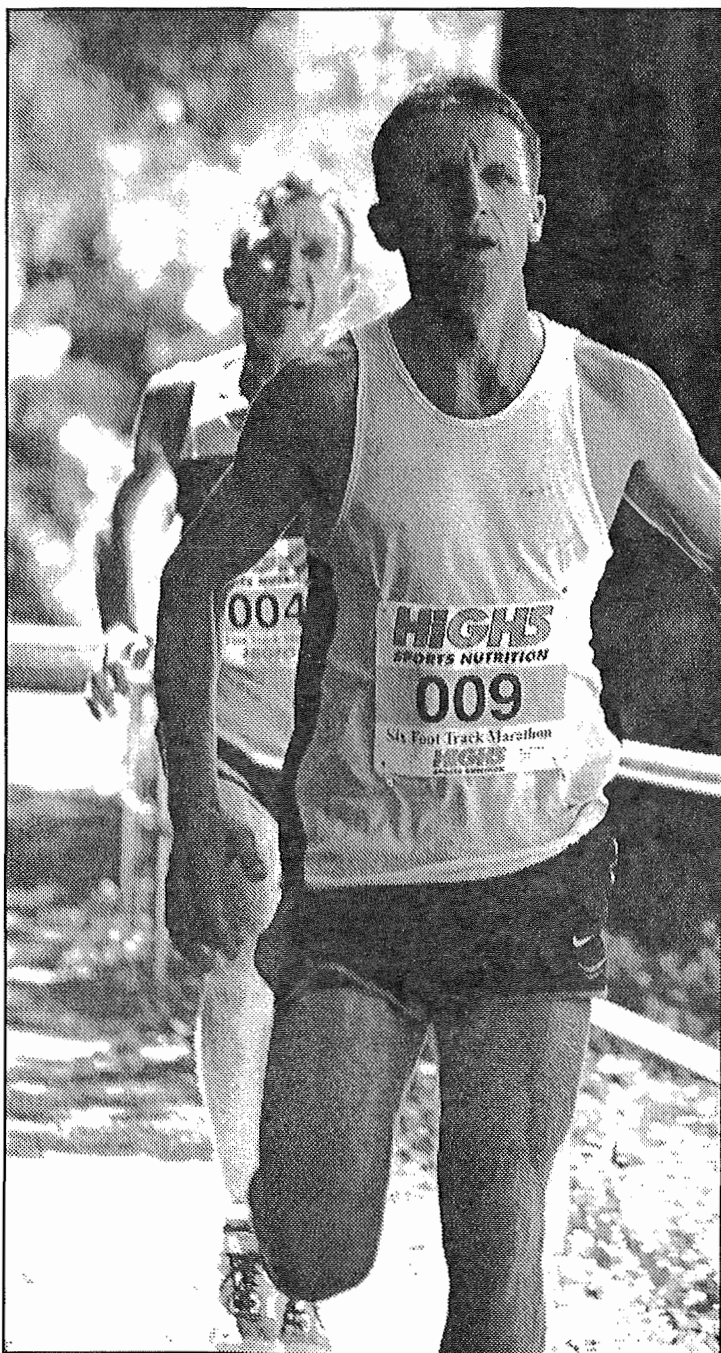
Details are at www.planetultramathon.com/brettsrunforkids.htm

AURA's website has taken on a bit of a different look in recent times but can still be found at www.ultraoz.com

Kevin Cassidy

STOP PRESS: News that the improving Tony Fattorini and Isobel Bepalov have won the Six Foot Track Marathon to become National Trail Ultramarathon Champions for 2007.

Photos below from Six Foot Track - Tim Sloan and Trevor Jacobs; Ken Raupach





Current Australian Ultra Marathon Calendar

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

This calendar contains races provisionally sanctioned by AURA for 2007. Final sanctioning is expected by 31 March 2007. Those races so sanctioned will be eligible for the AURA aggregate points competition for 2007. It is anticipated that AURA members will be entitled to a discount against the entry fees of races in this calendar, although the start date for such discounts may occur progressively. For further information concerning AURA please visit www.ultraoz.com.

January 2007

Sat 6-Sun 7 Jan COASTAL CLASSIC 12 HOUR TRACK RUN/WALK (GOSFORD, NSW)

Conducted at Adcock Park, West Gosford. Contact Race Director Paul Thompson 02 9686 9200 or mobile 0412 207 995. Tee shirt provided, entries close 29 December 2006.

Sunday 7 Jan AURA BOGONG TO MT HOTTHAM (VIC) CANCELLED THIS YEAR

60km tough mountain trail run, with 3,000m of climb. 34 km and 26 km options also available. 6:15am start at Mountain Creek Picnic Ground near Mt Beauty. Contact: Race Director Michael Grayling, phone 0433 420 530, or John Lindsay, phone 0419 103 928. email: jlindsa1@bigpond.net.au.

Sunday 28 Jan AURA MANSFIELD TO MOUNT BULLER 50KM ROAD RACE (VIC) CANCELLED THIS YEAR

7am Start. \$25 entry fee. Race Director is Peter Armistead 26 Williams St. Frankston, Vic 3199 contact: Peter Armistead (03) 9781-4305. email: colinbrowne@optusnet.com.au.

February 2007

Saturday 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.

Saturday 10 Feb CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN 6 HR & 12 HR EVENT (QLD)

Event Time: Saturday 10th 6pm. Location of race: Caboolture Historical Village Beerburrum Rd Caboolture. Winners male & female of the 50k & 100k win a trophy. Contact: Geoff Williams ph/fax 07 54970309, mob 0412 789741 or email gjcarpet@caboolture.net.

March 2007

Saturday 3 March BUNBURY RUNNERS CLUB TRACK CHALLENGE (WA)

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, WA. Runners will need to provide their own lapscorers Entries close on 3rd February. NO late entries. contact: Shane Walker or Pierre Nebbe 0438-922- 711. email: swa46188@bigpond.net.au.

Saturday 10 March SIX FOOT TRACK MARATHON (NSW)

45 km mountain trail run, starts 8am Saturday from Katoomba to Jenolan Caves. 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

Sat 24 to Mon 26 March AUSTRALIAN ALPINE 100 MILE (VIC) CANCELLED THIS YEAR

100 MILS Alpine run in the Victorian Alps. Commences at 0300 at Harrietteville in Victoria. For more information contact Paul Ashton 0418 136 070 or email paul.ashton56@tpg.com.au

Tues 27 March WATER WORLD GREAT OCEAN RUN (NSW)

Red Rock to Coff's Jetty Beach and Headland. 45km. 8am start at northern end of Red Rock Beach. Finish at Coff's Harbour Jetty. Contact Steel Beveridge, (02) 6656 2735 or email: steelyn@hot.net.au

April 2007

Sun 1 April FRANKSTON TO PORTSEA ROAD RACE (VIC)

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

Sun 8 April WAMC JOHN FORREST 40 MILER

Contact Race Director is John Pettersson. Telephone 0408924555.

Sun 15 April CANBERRA MARATHON AND ULTRA (ACT)

Incorporates the Australian 50 km road championship. This is a qualifying race for the Annual IAU 50 km trophy race. Prior registration essential. Contact: Dave Cundy. email: cundysm@ozemail.com.au. Visit <http://www.canberramarathon.com.au> for more details.

Sunday 15 April AURA DAM TRAIL RUN30/50 RESCHEDULED FROM FEBRUARY

50 km race around the Maroondah dam, Healesville, Vic with 30km option. Contact Mark Mex on (03) 9763-2728 Email mark_mex@bigpond.com

Sat-Sun 21-22 April 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. For more details, visit <http://www.coburgharriers.org.au/joomla1/content/view/55/39>

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

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

Sun 29 April MUNDA BIDDI 100KM TRAIL RUN [WA] 100km, 70km, 42km Starting at Sculpture Park, Manduring and finishing at Jarradale. Contact David Kennedy at davidk1998@hotmail.com or 08 9535 1000

May 2007

Sunday 13 May WALHALLA WOUND UP TRAIL RUNS (VIC)

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

Sunday 13 May GLASSHOUSE MOUNTAINS TRAIL RUNS - COOKS TOUR (QLD)

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

Sunday 20 May BUNBURY MARATHON & 50km (WA)

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

Saturday 26 May TAMBORINE TREK, GOLD COAST 62 km (QLD)

62 km event from the Girl Guides Hall in Ferry Street, Nerang to the top of Mt Tamborine and back. Half forest trails, half bitumen. Starts at 0600. BBQ at finish. contact: Ian Cornelius on (07) 5537-8872 or mobile 0412-527-391. email: icorneli@bigpond.net.au. Visit www.goldcoast100.com for more details.

Sunday 27 May BANANA COAST ULTRA MARATHON 85 km (NSW)

Grafton Post Office to Coff's Harbour Hotel 85km, with a shorter 58 km option being from Coffs to Nana Glen (58 kms). Own support vehicle / driver required. contact: Steel Beveridge via phone (02) 6656-2735 (home) or (02) 6654-1500 (work) or 3B Surf Street, Emerald Beach, NSW 2456. email: steelyn@hotmail.net.au.

June 2007

Sunday 10 June Gold Coast 100 Supermarathon. Incorporating the National 10km championships. 50 km option. Tel 0408 527 391 or visit www.goldcoast100.com



July 2007

Saturday 28 July 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

Saturday 28 July GLASSHOUSE MOUNTAINS TRAIL RUNS - FLINDERS TOUR (QLD)

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

Sunday 29 July WARRUMBUNGLE MARATHON 50 km (NSW)

Event Time: 7.30am. Commence in Coonabarabran, part road run - part mountain run. The Ultra Marathon will take in the testing climb to Siding Spring Observatory - a rise of 100m in 4km . Contact: Coonabarabran Visitor Inf Centre. email: cbnpromo@hway.com.au

August 2007

Fri 10 to Sun 12 August NATIONAL 48HR CHAMPS + 24HR QLD CHAMPIONSHIPS

With 6, 12 & 24 hour options. Starts 0900 Friday & finishes 0900 Sunday. Location is Gold Coast, Qld. The events use electronic scoring. Contact: Ian Cornelius by 0408-527-391 or visit www.goldcoast100.com for more details.

September 2007

Sat-Sun 1-2 September GLASSHOUSE MOUNTAINS TRAIL RUNS (QLD)

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

Sat-Sun 29-30 September SRI CHINMOY NATIONAL 24 HOUR CHAMPIONSHIPS (SA)

Starts 8am at Santos Stadium, Mile End, Adelaide. 6 and 12 hour options. Entries close 22rd September 2007 with no entries on the day. Contact: Ph. [08] 8272 5081 or Anubha Baird on 0421 591 695 or Sri Chinmoy Centre, 1st floor, 131 Carrington St, Adelaide, SA, 5000

Sun 30 September BRIBIE BEACH BASH 45 km (QLD)

With 15k and 30k options. Event Time: Vary from 4.45am. Location of race: North Street Woorim, Bribie Island. BBQ after & during presentations. It is a beach run with fun during low tide. Contact Geoff Williams by phone/fax (07) 5497-0309 or mobile 0412-789-741. email: gjcarpet@caboolture.net.au.

Sunday 30 September WATEROUS 50 MILER (WA)

The course uses the Munda Bindi and Waterous trails near Dwellingup WA. Start time 0530. Contact Dave Kennedy on 08 9535 1000

October 2007

Sunday 21 October BRINDABELLA CLASSIC 55 km (ACT)

Brindabella Classic (55.5km) starts and finishes at Cotter Reserve, 20mins outside Canberra. Bulls Head Challenge (27.7km) starts near Bulls Head and finishes at Cotter Reserve. contact: Mick Corlis. email: mountainrunning@cool-running.com.au

November 2007

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

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

Sat-Sun 10-11 November THE GREAT NORTH WALK 100S (NSW)

Distance: 100 Mile and 100 Kilometre. Event Time: 6:00am. Location of race: Teralba on the NW shores of Lake Macquarie, 153km north of Sydney and 25km west of Newcastle. : There are no marshals on the course and all runners will need to be self sufficient. Contact: Dave Byrnes. email: byrnesinoz@yahoo.com Race Address: Tel 0428 880784

CLIFF YOUNG COLAC 6 DAY RACE (VIC)

Australia's greatest 6 day race. contact: Six Day Race Committee, PO BOX 163, Colac, Vic, 3250. email: pessam@bigpond.net.au Visit <http://www.colac.ultraoz.com> for more details.

December 2007

Saturday 1 December BRUNY ISLAND JETTY TO LIGHTHOUSE 50 KM (Tas)

Ferry to the start and then run the length of the Island with stunning ocean scenery. Contact Paul Risley on 0438 296 283 or email riz5@bigpond.com or visit <http://www.dreamwater.org.au/ultr.html>

Saturday 1 December MT FEATHERTOP SKYRUN 50 KM (Vic)

At Mt Feathertop nar Mt Hotham in the Victorian Alps. Starts at 0600 hrs. Contact Paul Ashton on 03 9885 8415 or mobile 0418 136 070 or email paul.ashton56@bigpond.com

Sunday 9 December KURRAWA TO DURANBAH & BACK 50 KMS (QLD)

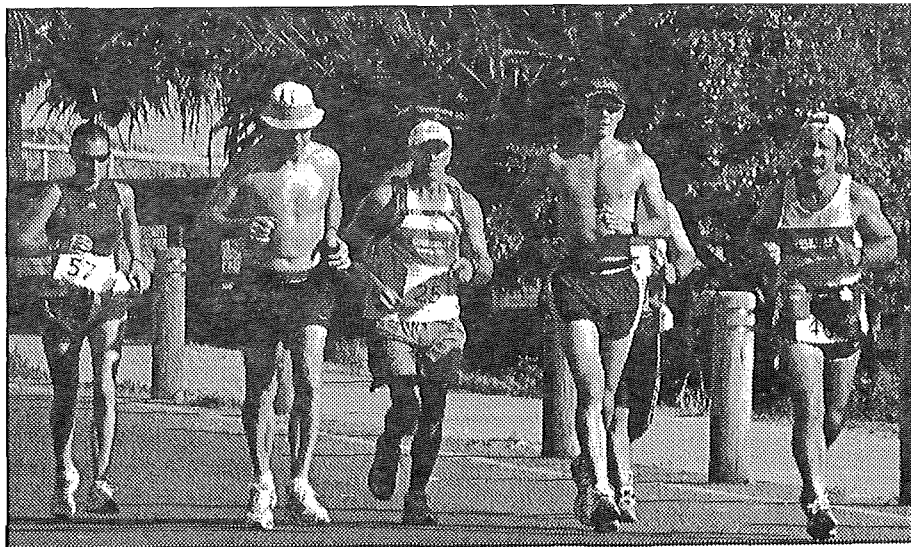
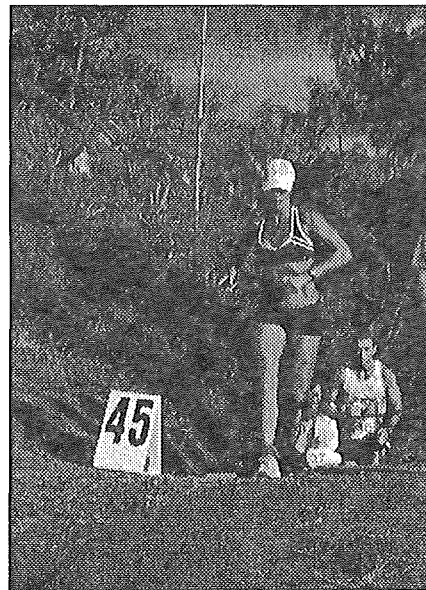
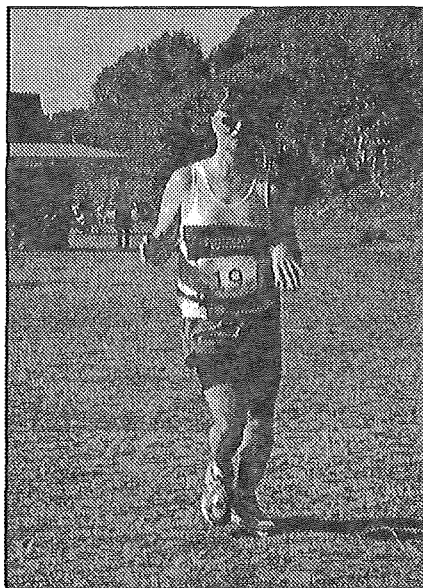
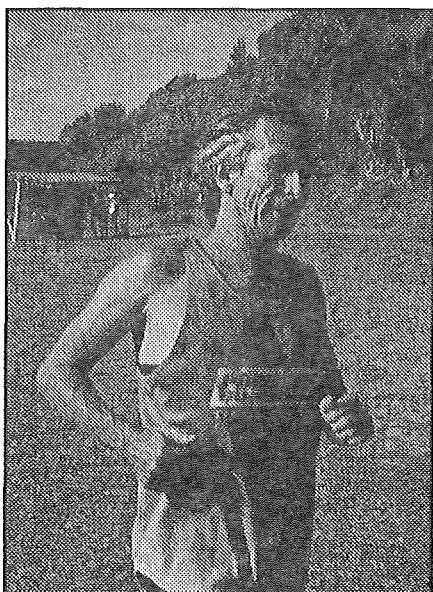
It starts from Kurrawa Park, Broad-beach on the Gold Coast and runs south along the Gold Coast beachfront to Duranbah. Contact: . email: Visit the website for more details. contact: Ian Cornelius by phone (07) 5537- 8872 or mobile 0408-527-391. email: icorneli@bigpond.net.au. Visit www.goldcoast100.com for more details.

Sunday 16 December SIX INCH MARATHON 45KM (WA)

45 km trail run at North Dandalup WA. Starts at 0430 hrs. Contact Jon Phillips 06 9444 00 62

AURA reserves to right to modify this calendar at its sole discretion

photos below from Kurrawa to Duranbah



AURA Contacts

Registered Office: AURA Inc. care Sandra Howorth, 6/374 Warrigal Road, CHELTENHAM VIC 3192

Website: www.ultraoz.com Please send any relevant ultra-running material to Kevin Tiller at kevin@coolrunning.com.au for posting to this site as well as any general e-mails.

Ultramag: Please send any contributions for the AURA Magazine to Kevin Cassidy at kc130860@hotmail.com or Box 2786, Fitzroy, VIC. 3065. Tel. 0425 733 336

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

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



2007 AURA Points Score Competition

Win prizes to a value of \$3500

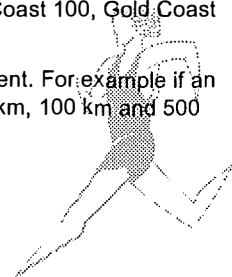
HOW THE POINTS SYSTEM WORKS

CATEGORY	NO. OF POINTS	AWARDED FOR	EXPLANATION
Category 1 Ultra Points	2	Starting	Each competitor receives two points for each ultra in which they start provided the 42.2km distance is passed
	2	Each 100km	Distances achieved in eligible events may be accumulated. Two points shall be earned for each 100km completed within the calendar year. Performances of less than 42.2 km will be ignored.
Category 2 – bonus points for placings	3	1 st place	To be eligible the race must be an ultra race sanctioned by AURA as shown in the AURA race calendar. These points are awarded for men's placings and for women's placings. If a National championship then these points are doubled (see note 6).
	2	2 nd place	
	1	3 rd place	
	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. For purposes of this competition, age group records start at 40 and Over.
Category 3 – bonus points for records (see note 7)	10	Breaking a National Open Record	Breaking a National Open Record entitles a person to 10 points in addition to any points earned in Categories 1 & 2.
	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.
	20	Breaking a World Open Record	Breaking a World Open Record entitles a person to 20 points in addition to any points earned in Categories 1 and 2.
Category 4 – bonus points for IAU benchmarks	20	Achieving IAU Level 1 benchmark	(a) 100km road - sub 7 hrs for men; sub 8:30 for women (b) 24 hr track - 240km+ for men; 220km+ for women
	10	Achieving IAU Level 2 benchmark	(a) 100km road - sub 7:30 for men; sub 9:00 for women (b) 24 hr track - 220+ for men; 200+ for women
	10	Achieving IAU eligibility	50 km road - men 3:20 women 3:50

Prizes: 1st place – a trip South Africa to a maximum value of \$2000 plus free entry to contest the Comrades marathon. 2nd place - a trip to New Zealand to a maximum value of \$500 plus free entry to either Auckland 24 hr, Taupo 100km or Kepler Track; 3rd place – 5 days at Runaway Bay Sports Super Centre with access to full facilities (value \$500); 4th place – 2 nights for 2 at Seaworld Nara Resort with tickets to Seaworld (value \$300); 5th place – free entry to Gold Coast 24 (value \$125); 6th 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 by existing members; otherwise points are accumulated from the date a person becomes a member.
- Points can only be scored from Ultramarathon races within Australia as are listed as sanctioned events in the AURA race calendar. 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 AURA no later than 7 days from the date of the race. Should this not occur then the performance for that race will be ignored.
- National championships for 2007 (Category 2 points) comprise: Six Foot track, Canberra 50km, Gold Coast 100, Gold Coast 48, Adelaide 24 and the Cliff Young Colac 6 day should it be held.
- Points (Category 3) for only two records (one for distance and one for time) will be awarded in each event. For example if an athlete in the 48 hour track race breaks the record in his/her age group for 6 hr, 12 hr, 24 hr, 48 hr, 50 km, 100 km and 500 km they receive two lots of Category 3 bonus points only, for purposes of this competition.
- Prizes are not transferable and must be used during 2008 failing which they will lapse.



AURA Points Score Competition

All Events up to and including Kurrawa to Duranbah & Back 10th December 2006
Includes all AURA members who joined by 13th November

AURA AGGREGATE POINTS COMPETITION 2006 - FINAL							
Name	racess	Distance	Points	Name	racess	Distance	Points
Siri Terjesen	8	427.2	74	Andrew Johnson	3	157.4	11
Kelvin Marshall	14	833.6	71	David Criniti	2	95.8	10
Robert Boyce	16	1409.1	67	Deborah De Williams	1	181.9	10
Garry Wise	12	914.7	53	Bob Fickel	3	276.3	10
Rodney Ladyman	12	1007.5	50	Tina Fiegel	2	155.5	10
Jonathan Blake	4	245.0	48	Sandra Howorth	2	133.7	10
Martin Fryer	4	678.2	42	John Lindsay	3	254.7	10
Mick Francis	4	584.9	39	Ian Twite	3	145.0	9
Paul Every	7	850.0	38	Gregory Love	3	159.0	9
Richard McCormick	11	837.9	38	Simon Phillips	2	277.5	9
Tamyka Bell	6	485.6	34	Peter Whitaker	2	104.5	9
Carol Baird	4	396.1	33	Peter Bignell	2	95.0	8
Robert Ware	6	372.6	33	Kevin Cassidy	3	145.0	8
Louis Commins	9	724.0	32	Stuart Cole	3	195.0	8
Vivienne Kartsounis	5	410.1	29	Nick Drayton	3	171.0	8
Stan Miskin	4	427.1	29	Allan Hood	2	109.0	8
Phillip Murphy	7	623.3	29	Rudolf Kinshofer	2	110.0	8
John Pearson	5	461.0	29	Bruce Salisbury	2	104.7	8
Andrew Hewat	7	663.3	27	Bruce Webber	2	227.9	8
Nic Moloney	7	553.9	27	Robin Whyte	2	135.9	8
David Waugh	4	592.0	27	Julie Allen	2	90.0	7
Wayne Gregory	6	528.3	26	Karyn Bollen	1	154.7	7
Martin Schot	5	534.5	25	Tim Cochrane	2	93.8	6
Geoffrey Last	5	472.4	24	David Eadie	1	100.0	6
Chris Graham	6	393.6	22	Laurie Hennessey	2	164.1	6
Peter Gardiner	6	383.0	21	Chris Hills	2	113.8	6
Glen Lockwood	6	494.3	21	John Timms	2	158.6	6
Adam Barron	4	332.5	20	Karin Kaehne	1	50.0	6
Tony Collins	2	451.7	20	Phil Lear	2	95.4	6
Peter Lahiff	3	201.9	19	Mike Wheatley	1	100.0	6
Ian Wright	4	333.3	19	George Audley	1	62.5	5
Alan Staples	4	524.1	18	Kerrie Bremner	1	53.8	5
Sandra Timmer-Arends	3	200.0	18	Max Carson	1	58.7	5
Mark Hutchinson	1	50.0	18	Bruce Cook	1	45.0	5
Brendan Mason	5	424.6	18	Lee Earle	1	66.0	5
Kerrie Hall	3	230.0	17	Julie Hooper-Childs	1	100.0	5

Name	races	Distance	Points	Name	races	Distance	Points
Shirley Young	3	141.7	17	Peter Hoskinson	1	64.0	5
David Billett	3	544.3	16	Magnus Michelsson	1	60.0	5
Mark Parsonson	4	229.0	16	Michael Page	1	50.0	5
Trevor Jacobs	3	148.8	15	Gregory Spain	1	2.0	5
Mario Larocca	4	240.8	15	Rachel Waugh	1	56.0	5
Adrian Pearce	4	213.0	15	Steven Appleby	2	98.8	4
Michael Corlis	4	208.8	14	Paul Ban	2	95.0	4
Mal Grimmett	3	162.2	14	Steel Beveridge	2	95.0	4
Nick Thompson	4	227.0	14	Colin Brooks	1	166.0	4
Trevor Marsh	4	314.2	14	Nathan Fawkes	1	45.0	4
Ken Matchett	1	121.8	14	David Styles	2	95.0	4
David McKinnon	4	288.0	14	Amanda Underwood	1	45.0	4
Lindsay Phillips	4	328.1	14	Graeme Watts	1	150.4	4
Ron Schwebel	3	271.3	14	Suzanne Kelly	1	50.0	4
Sharon Harrison	2	148.7	13	Stephen Kibble	2	95.0	4
Monika Mohr	3	194.7	13	Ken Marsh	1	138.6	4
Andrew Cohen	2	179.6	12	Scott Orchard	1	100.0	4
Geoff Hain	3	325.7	12	Paul Ashton	1	50.0	3
Bill Thompson	3	379.5	12	Val Chesterton	1	69.5	3
David Kennedy	2	110.0	12	Geoff Duffell	1	50.5	3
Joe Raftery	4	271.2	12	Warren Holst	1	62.1	3
Tim Sloan	2	145.0	12	Coran Lang	1	45.0	3
Gary Carlton	2	164.4	11	Peter Anderson	1	50.0	2
Brian Glover	4	195.6	11	Peter Baldock	1	45.0	2
Ernest Hartley	3	189.1	11	Greg Barton	1	45.0	2

Photo below Kurrawa to Duranbah



2007 AURA Points Score Competition

Leaders (Provisional Points) at 25th March 2007

Name	Pts	Events	km
Kelvin Marshall	15	3	205
Angie Grattan	13	3	143
Malcolm Gamble	12	3	218
Ron Schwebel	10	2	227
Andrew Johnson	9	2	166
Viviene Kartsounis [f]	9	2	145
Isobel Bepalov [f]	8	1	45
Tony Fattorini	8	1	45
Peter Gardiner	7	2	127
David Kennedy	7	1	107
Glen Lockwood	7	2	159
Jonathan Blake	6	1	45
Robert Boyce	6	2	146
Grant Campbell	6	2	120
Nick Drayton	6	2	124
Bob Fickel	6	2	130
Chris Graham	6	2	125
Richard McCormick	6	2	114
John Pearson	6	1	120
June Petrie [f]	6	1	45
Nick Thompson	6	2	127
Geoffrey Last	5	1	102
Michael Pickavance	5	1	82
Tamyka Bell [f]	5	1	76
Adam Barron	5	1	69
Theresa Fabian [f]	5	1	60
Martin Schot	5	1	45
Kim Cook	4	1	106
Dominic Brown	4	1	101
Nathan Fawkes	4	1	96
Belinda Lockwood [f]	4	1	81
Tina Fiegel [f]	4	1	61
Michelle Healy [f]	4	4	45
Trevor Jacobs	4	1	45
Amanda Underwood	4	1	45

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

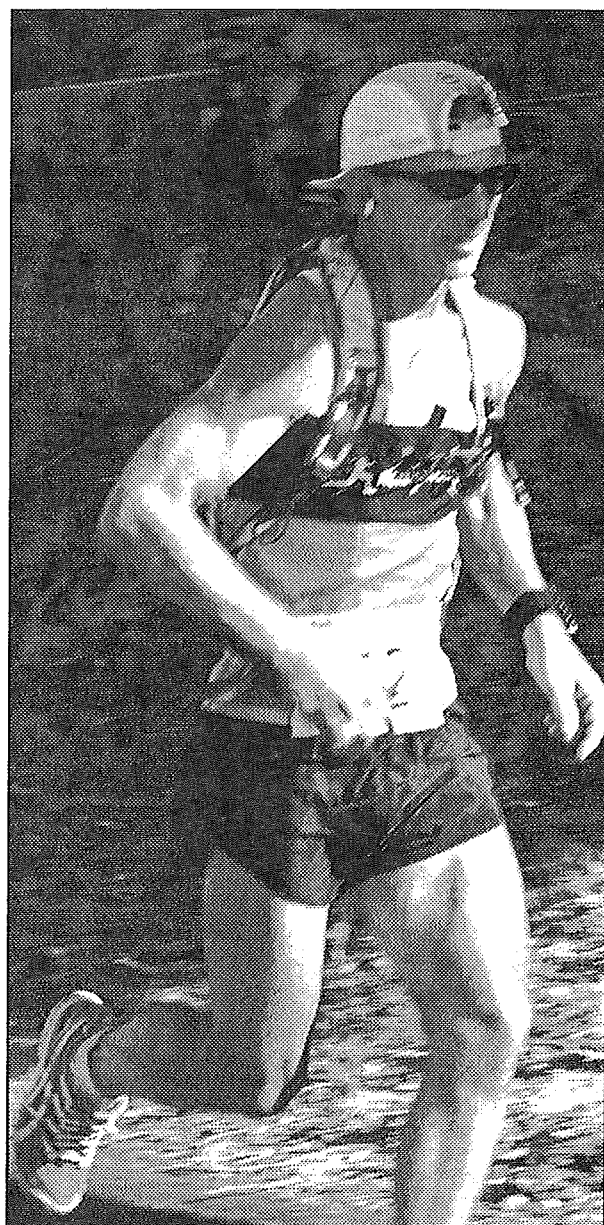
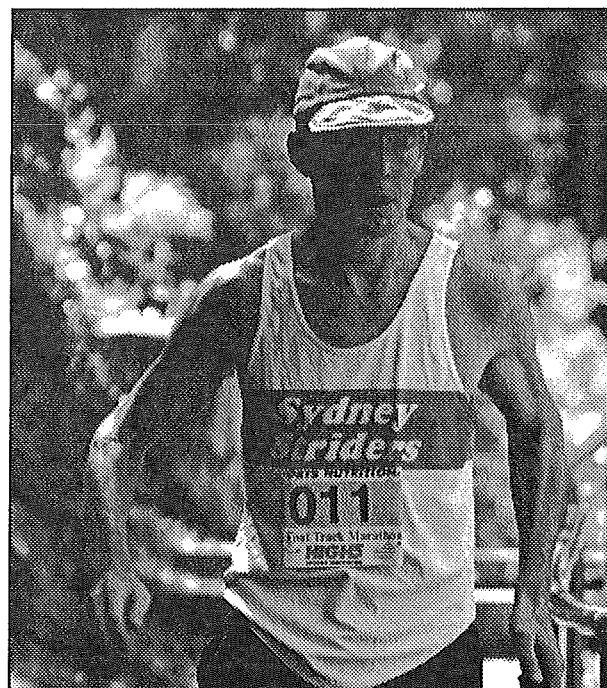


Photo above: Mark Parsonson at Kurrawa
Photo below from Six Foot Track



ULTRA HOSTS' NETWORK

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

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

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

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

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

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

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

ULTRA HOSTS' NETWORK APPLICATION FORM

CONTACT DETAILS:

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

HOSTING INFORMATION:

Maximum guests _____ Maximum stay _____ Notice required _____

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

Shower _____

Lawn space (to pitch a tent) _____

Floor space _____

Bed _____

Use of kitchen _____

Food _____

Laundry _____

Directions (via phone) _____

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





ENDURA MAX

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

ENDURA N ACETYL CARNITINE

This energetic character, Endura N Acetyl Carnitine has been charged with playing an important role in assisting with the conversion of body fat into energy which may assist endurance and stamina. N Acetyl Carnitine helps in the maintenance of normal cellular energy production, acting as a transporter of fatty acids into the cells. N Acetyl Carnitine is also guilty of assisting with supporting normal healthy cognitive function, including concentration. Take this product with a healthy diet and exercise regimen.

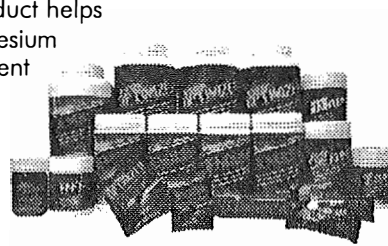
ENDURA REHYDRATION

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

We're also bringing out the heavies. Endura's favourite flavour, Lemon Lime is now available in 2 kg tubs. It's big and mean but it's every athletes best friend. Never run out of Endura Rehydration again!

ENDURA: ELECTROLYTE/REHYDRATION, **OPTIMIZER:** RECOVERY, **MAX:** REDUCE MUSCLE CRAMPS, **GELS:** IMMEDIATE AND SUSTAINED ENERGY, **ENERGY BARS:** HIGH ENERGY, **ZONE BARS:** LOW GI, **N ACETYL CARNITINE:** INCREASE ENDURANCE/STAMINA, **MAINTAIN:** UNDENATURED WHEY PROTEIN, **CREATINE:** TRIPLE STACK CREATINE

The Endura Sports Nutrition System™ is available from all good sports speciality stores, Pharmacies and health food stores. Ask in-store about how to join Endura's loyalty program.



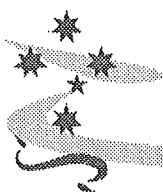
ENDURA™
SPORTS NUTRITION

www.endura.com.au

END1909 - 02/07

CHC35996-08/06

USE ONLY AS DIRECTED. ALWAYS READ THE LABEL. IF SYMPTOMS PERSIST, CONSULT YOUR HEALTHCARE PROFESSIONAL.



"ULTRAMAG"

PERSONAL PROFILE

PERSONAL INFO

*Name...*Craig Waters

*Date of birth...*6th May 1960

*Place of birth...*Ringwood, Victoria

*Current address...*Brisbane, QLD

*Occupation...*Medical Representative

*Marital status...*Married

*Children...*3. 2 big boys and one beautiful little girl

*Height...*182cm

*Weight...*105kg

*Best physical feature...*Thick Curly Hair, only the old ladies like it, but at least I won't go bald

*Education background...*Nursing

*Favourite author...*JK Rowling

*Favourite book...*All Harry Potters

Favourite non running magazine...

Crosswords

*Favourite movie...*Forrest Gump (the book was nothing like the movie)

*Favourite TV show...*The Amazing Race

*Favourite actor...*Tom Hanks

*Favourite music...*Rock, Ballads, not country, not rap.

*Book you are currently reading...*The Looniness Of A Long Distance Runner (not a typo)

*Hobbies...*Spider Solitaire on the computer, searching the web for long lost school friends.

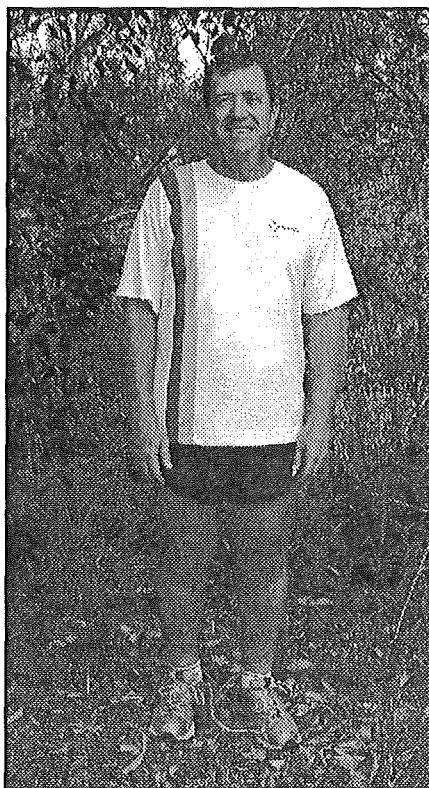
*Collections...*Huge pile of Ultramag, Ultrarunning, Trailrunner.

All my old Martial Arts gear

*Make of car you drive...*Commodore (company car)

*Make of car you would like to drive...*I love the PT Cruiser Chrysler but my family wouldn't let me get one.

*Greatest adventure...*Living in USA for a 18 mths teaching Martial Arts. Getting stranded



on a Mountain for 5 hours, and being stalked by dingo.

*Favourite spectator sport...*Muay Thai, Kickboxing, Eco-Challenge.

Favourite holiday destination...

Anywhere there is trails and no people

*Favourite item of clothing you own...*My AURA T shirt and Sloppy Jo of course.

*Most prized possession...*My sanity (it is very elusive)

*Personal hero...*Gary Parsons.

He is a World Record holding runner and unfortunately is not known by the Australian public because the media decided a lesser talented runner should get all the lime light. Gary is a great guy, very honest and always willing to help others. He is a perfect ambassador for Ultrarunning.

*Favourite quote...*Don't let the Turkeys get you down. At least

no one died.

*Personal philosophy...*Treat people the way you would like to be treated.

*Short term goal...*To do a Trail marathon

*Long term goal...*To do the Glasshouse Trail 100

*Achievement of which you are most proud...*Going to the USA and being graded by Chuck Norris's Black Belt Martial Arts Organisation in Connecticut.

Showing those yanks how to fight OZ style, ie hardcore.

*Pets...*Would love a dog for running but the wife hates animals.

*Pet peeve...*Rude people

*Favourite non running activity...*Buying running gear.

*Greatest fear...*Losing a child. I have also have a fear of starvation and no one turning up for my party. This gets a laugh from the doctors I see with my job, because I spend most of my time organizing lunch and dinner meetings.

*Happiest memory...*Bathing my first born

*Personal strength...*Honesty and loyalty to friends.

*Personal weakness...*Control over what I eat.

RUNNING INFO

*P.B's...*I don't really have any. I don't time myself, I don't usually race.

*Years running ultras...*I realized recently that I have been doing Martial Arts and running regularly since I was 12. It was the old Rocky thing, running in the tracksuit. I have always tried to run further not faster.

*Number of ultras finished...*I have

done 3 races so far. The one I am proud of was the Rainbow Beach 35km Trail race in 1996. I was told that it would be equivalent to a road marathon, I did it in 3hr30min.

Best ultra performance... Ultra in the sense of extreme rather than distance.

Most memorable ultra and why...A run in the Aboriginal

Reserve in Townsville. It was meant to be an hour run, I had to pass signs warning me of Crocodile attacks. The adventure ended 5 hours later after being stranded on the top of the mountain at night, no food, no water, no light, and no way of finding the trail. It ended with me leaving the reserve to the howl of one dingo at the reserve

entrance, I think telling me not to come back.

Another one was having only one hour for a run before having to pick up my son from Basketball. I was feeling so good I kept going, hoping that the road would lead me back to my car. I ended up having to swim across a canal (in the dark). I thought I was going to

Caboolture Historical Village Dusk to Dawn 6 and 12 Hour Event

Queensland - February 10/11 2007

Results

12 Hours

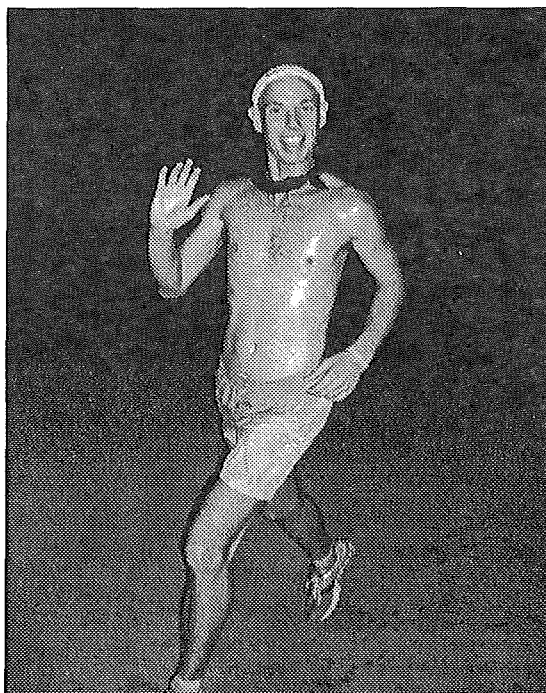
1. Theirry Asselin [Canada]	124.43km
2. Nic Moloney	121.61km
3. Kelvin Marshall	115.65km
4. Ron Schwebel	114.10km
5. Lindsay Phillips	104.70km
6. Geoff last	102.14km
7. Dominic Brown	101.50km
8. Robert Boyce	101.14km
9. Rodney Ladyman	85.50km
10. Bruce Webber	80.11km
11. Tamyka Bell [f]	76.16km
12. Tina Fiegel [f]	61.50km
13. Hannah Broom [f]	33.00km

6 Hours [6pm to midnight]

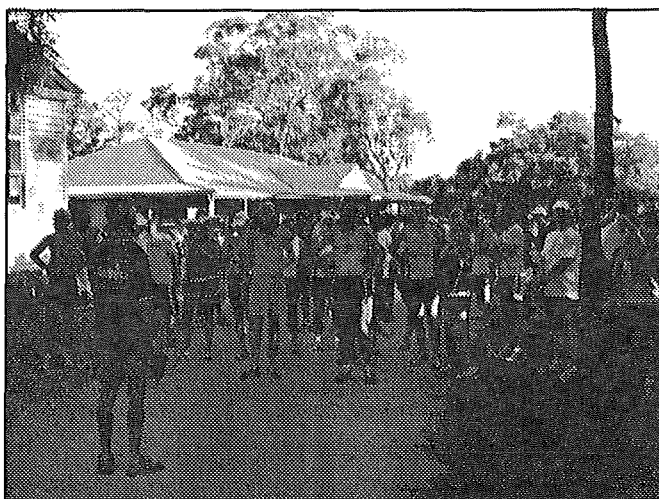
1. Adam Barron	69.37km
2. Roger Guard	63.64km
3. Theresa Fabian [f]	60.82km
4. Kim Cook [f]	59.19km
5. Angie Grattan [f]	53.71km
6. Paul Ewing	52.11km
6. Peter Davies	52.11km
8. Alicia Irving [f]	50.00km
9. Brian Evans	49.68km
10. Liz Novotny [f]	49.33km
11. Sarah Drummond [f]	47.41km
12. Faith Anderson [f]	39.37km
13. Cassie Smith [f]	33.00km
14. Michael Haskins	23.00km
14. Jan Xanthopoulos [f]	23.00km
16. Sandra Anderson [f]	20.00km

[Midnight to 6am]

1. Darren Byers	67.50km
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*Nic Moloney
was 2nd place
in the 12 hour
event*



The starters contemplate the hot and sticky conditions

Auckland Self Transcendence 24 Hour Race (NZ)

Self Transcendence 24 Hour Track Races

Self Transcendence 24 Hour Race - Men					30 mile	50 km	40 mile	50 mile	100 km	150 km	100 mile	200 km	Total km
Name, Age - Address													
Mark Morrison, 35 - Takapau, Hawkes	1	3.59.56	4.35.38	4.47.57	6.15.43	8.04.35	10.08.30	15.27.24	16.41.57	21.29.25			216.924
Robert Ware, 33 - Greytown	2	3.29.48	4.04.03	4.14.08	6.03.05	8.13.16	10.32.28	16.57.15	18.24.42	23.27.22			204.549
Iestyn Lewis, 28 - Hamilton	3	4.35.18	5.18.10	5.30.04	7.15.52	9.26.51	12.25.43	19.37.47	20.55.02				176.596
Albie Jane, 54 - Stratford	4	4.41.10	5.26.19	5.38.57	7.37.43	9.31.28	11.50.01	21.04.01	22.42.48				168.080
Barnaby McBryde, 41 - Auckland	5	4.15.51	4.55.25	5.09.54	6.53.50	8.57.45	11.40.17	21.37.53	23.01.01				166.023
Andrew Murray, 26 - Hamilton	6	4.24.08	5.03.44	5.15.23	7.22.04	9.48.09	13.12.35	23.18.37					150.088
Jade Lynn, 30 - Auckland	7	4.42.34	5.25.42	5.40.00	7.54.39	10.28.59	14.32.13						132.030
Sybe Haakma, 59 - Thames	8	6.26.36	7.28.45	8.01.34	10.44.28	14.06.53	18.28.54						111.156
Thomas McGuire, 21 - Auckland	9	5.44.47	6.40.14	6.48.38	10.39.00	15.16.47	23.29.24						104.946
Morgan Garandel, 30 - France	10	4.10.30	4.44.08	4.54.15	6.24.30	8.37.14	11.08.35						104.800
Jens Borillo, 58 - Denmark	11	5.39.17	6.28.22	6.43.22	8.51.21	11.29.35							94.800
Simahin Pierce, 58 - Auckland	12	5.35.07	6.28.08	6.43.37	9.32.35	13.48.49							91.200
Robert Radley, 49 - Palmerston North	13	5.37.58	6.26.48	6.40.42	8.53.27	11.28.39							80.800
Paul Hewitson, 43 - Wellington	14	4.33.26											43.200

Self Transcendence 24 Hour Race - Women					30 mile	50 km	40 mile	50 mile	100 km	150 km	100 mile	200 km	Total km
Name, Age - Address													
Carolynn Tassie, 48 - Auckland	1	4.17.37	4.54.15	5.05.02	6.38.06	8.21.47	10.44.02	16.38.30	18.07.52	23.49.55			201.869
Lillac Flay, 51 - Kaitia	2	4.20.31	4.56.00	5.12.27	7.06.30	9.13.07	11.14.11	20.23.00	22.01.51				176.296
Val Muskett, 52 - Waikouaita, Otago	3	4.06.43	4.43.07	4.53.36	6.26.30	8.23.04	10.49.20	21.27.39	22.41.27				172.173
Sophie Anderson, 28 - Dunedin	4	5.11.10	6.06.05	6.20.38	8.41.35	11.25.48	15.09.36						135.398
Niribili File, 60 - Auckland	5	5.15.23	6.54.42	7.13.19	10.10.24	13.52.57	19.54.33						109.797
Esme Howard-Anna, 25 - Auckland	6	7.40.22	9.18.23	9.41.51	14.09.35	23.30.19							83.187
Sophie Butler, 34 - Auckland	7	5.58.45	7.14.06	7.35.37	11.06.06								77.600
Cheryl Christie, 32 - Thames	8	7.18.27	8.45.31	9.07.58	22.49.26								69.552

Self Transcendence 12 Hour Track Race

Self Transcendence 12 Hour Race - Men					30 mile	50 km	40 mile	50 mile	100 km	150 km	100 mile	200 km	Total km
Name, Age - Address													
Darrin Heaven, 41 - Auckland	1	4.01.14	4.39.50	4.52.30	6.43.30	8.39.51	11.10.23						105.787
Gary Regtien, 70 - Auckland	2	4.35.10	5.27.24	5.39.50	7.22.28	9.52.38							96.694
Wayne Botha, 34 - Auckland	3	4.27.54	5.11.32	5.22.10	7.08.15	9.31.57							96.625
Hayk Bayanduryan, 22 - Auckland	4	4.29.18	5.16.59	5.26.59	7.11.03	9.53.19							95.827
Keith Still, 53 - Tauranga	5	5.36.40	6.30.35	6.56.20	9.00.46	11.22.06							84.514
Craig Welsh, 43 - Lower Hutt	6	6.05.59	6.57.46	7.13.56	9.31.49								78.726
Colin Clifton, 80 - Greerton, Tauranga	7	6.48.58	7.49.02	8.15.45	10.46.30								68.400

Self Transcendence 12 Hour Race -					30 mile	50 km	40 mile	50 mile	100 km	150 km	100 mile	200 km	Total km
Name, Age - Address													
Hilary Boyd, 40 - Auckland	1	8.43.40	10.39.40	11.00.52									54.108

Self Transcendence 6 Hour Track Race

Self Transcendence 6 Hour Race - Women					30 mile	50 km	40 mile	50 mile	100 km	150 km	100 mile	200 km	Total km
Name, Age - Address													
Paula Burke, 37 - Nelson	1	4.49.49	5.36.24	5.49.10									51.826
Alesha Thorpe, 26 - Auckland	2	4.15.27	5.44.03	5.59.48									50.049
Linda Law, 55 - Red Beach	3	5.31.00											45.434

Self Transcendence 6 Hour Race - Men					30 mile	50 km	40 mile	50 mile	100 km	150 km	100 mile	200 km	Total km
Name, Age - Address													
Graham Cleal, 65 - Orewa	1												40.633



Six Inch Track Marathon 45km

Western Australia. December 17th 2006

Results

1. David Kennedy	3:42:05 (course record)
2. Victor Lenzionowski	4:19:31
3. Nathan Fawkes	4:36:29
=4. Cherie Clements [f]	6:10:00 (Share female course record)
=4. Kaye Turner [f]	6:10:00 (Share female course record)
6th Jonathon Phillips	7:04:00
DNF Mark B. 32km	4:15:00

Report by Dave Kennedy

Six Inch was a big race for me this year because I didn't run another marathon. I generally consider the 45K course to be about 1 hour slower than Rottneest though runners unfamiliar with trails seem to have this blow out a bit.

My main goal was to try and crack 5 minute K's. This would mean sub 3.45 but a run under 4 hours would mean the equivalent of a 3-hour marathon. Running 5 minute K's on the Munda Biddi with a hydration pack is quite hard to achieve and the only time I had really run that fast for 30K or longer was with the help of a couple of toilet breaks. However based on this run I knew 3.45 had to be a possibility.

TRAINING

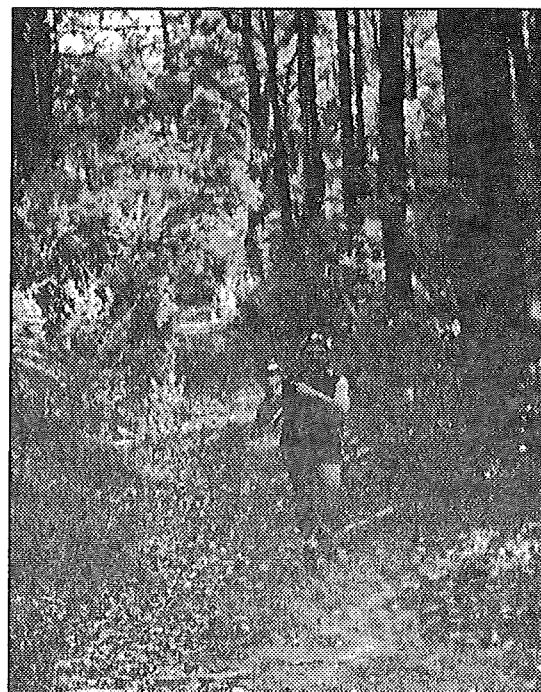
This year and last my main training focus has been boundary umpiring. This has paid off with a state game back in May and the WAFL Grand Final recently. I have also been trying to build a great base each summer and keep my long runs going long and strong for most of the year. Counting last years race I had 27 runs over 2 hours in the previous 12 months (about 1 a fortnight) as well as numerous 20K runs generally run about marathon pace. This was combined with umpiring and the associated "compulsory" speed work.

Back in June I had a quad injury, which meant I barely trained for 4 weeks. This rest and weights I did in rehab had me complete Water-

ous 65K Trail with little discomfort. After this race I had 9 days off running and then started building a base for what I hoped would be the start of my AFL umpiring career in 2007. This basically involved trying to run 1 half hour and 1 hour run each day. After a few days I got a really bad cold and also found out the AFL weren't contracting any new boundary umpires. This lead me to scale things back and basically cut out the half hour runs. Eventually I got 4 good weeks training in averaging 97.5K/ week. I did only 2 long runs over 70 minutes. 34K with Mark in about 3.5hours and a 28K handicap race down here in Williams (1.50). Then after two weeks taper scaling back to basically just half hour runs (on hilly trails) the week before I was feeling good and ready to race.

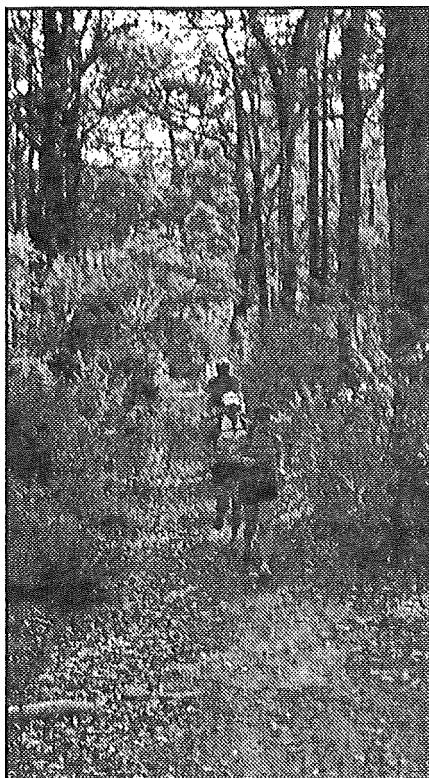
NUTRITION

I'm not sure that what Nathan and I like to eat pre-race can be called "nutrition" but we have developed a new strategy of calorie loading the night before long races. Happy with last years loading we again had lasagne with roast potatoes and chocolate pudding. Yum!! Pre-race I had my usual 10 weet-bix with skim milk, a berroca performance and a bottle of sports drink just before the race. I packed 2 muesli bars (97% fat-free), 2 carb shots and 2 150ml pouches of sports drink. The plan was to take a carbo shot at 1 hour



17km down and 28km to go

and then see what I felt like. I did this, downed both sports drinks nearing halfway (1.48), as I had left two more in Trent's esky, and also sculled some powerade at the halfway drinks station. After putting about a litre of water in my hydration pack I left taking about 2 minutes all up. A few seconds down the road I realised I had forgotten my sports drinks and considered turning back. I felt that I'd be alright so I carried on but it wasn't long before I was getting low on water (my hydration pack had a slow leak too) and started conserving it. I decided to save my next gu until 3 hours because I didn't think I had enough fluids to digest a muesli bar and I would try and make it on gu alone. Before long I was getting hungry. It was decided to have the carbo shot at 2.50. I squished most in my mouth but saved the dregs for later. By 37K I knew I would run out of water and was just putting off taking that final mouthful. I spotted a goanna on the track ahead then realized it was a stick. Was I hallucinating? No I thought as I passed, that stick really does look like a goanna. I



Cherie Clements

made the decision to save the last of my water until I reached the powerlines, the longest section of open sun at about 600 metres. As I neared the clearing I had a good drink. I then finished my gu and went to wash it down. I sucked it dry after about half a mouthful. 5.5K to go and no water left. I resigned myself to jogging across the line in 3.50. I'd already resorted to careering down the hills thinking I could make up time without creating extra body heat, the legs were being sacrificed for the greater good.

Just then I spotted a drink bottle beside the track, 1.25L and half full. It was unlikely that any runners had stashed it here because it was quite a distance from any legal vehicle access. I poured some into my hat then tasted it to check it was OK. I drank heartily and then put it back. I was back in business. I had to run 5 minute K's on just the water I had in my belly, but I also had the advantage I wouldn't be carrying any extra weight. I picked up the pace anxiously awaiting the 40K split, 3.21:24. If I ran the last 5 in 23 minutes like I did the previous year, and also 3 weeks before, I would finish with 40 seconds spare, but I had paid no heed to the seconds on those runs, now they could be critical.

I pushed hard but aware that this section can feel like it's taking a long time I had no idea how I was going. I felt that if I could get to the dam with 10 minutes left I would be home. I did this easily but it was still just a vague feeling. I had no idea how much further I had to go. I longed to drink at the dam or even just immerse myself, but having read the signs on my last run with Mark about booby traps, I just kept going as hard as seemed wise. During my last run it had seemed like I was nearly home and then I had passed the gravel pit. I knew the gravel pit was about a K from town. This time I waited for it knowing it meant impending success. I ticked off that landmark and now all there was were my arrows at 500 metres to go. I looked down at my watch. I would run 3.42 as I had dared to dream. I had wondered how I could take 20 minutes off last year's time to run sub 3.45 and now I had done it. The satisfaction was as great as any other race I'd done. All day I had been on target and now after thinking all was lost half an hour ago I pulled off a 20:40 last 5K to set a record that will be tough to beat.

AFTERMATH

Now my main focus is running a 100-mile race at Waterous next spring. I don't imagine I will be up for running anywhere near this fast next year. We are toying with the idea of handing over the running of this event to the marathon club. The calendar is however quite full and for this reason we chose December to avoid clashes with the club's big events. To run this race with the normal marathon club support (drinks, trailer, medallions) would probably be a huge undertaking. I also don't wish to direct the race as club rules prohibit race directors from entering their own event. Next year we will run 6 Inch along fat-ass guidelines again. However if we are able to get the event onto the marathon club calendar I believe that this race could easily attract over a hundred runners. This would need to be decided before the next AGM to enable it to get onto the calendar for 2008.

Six Foot Track Marathon was again

the fifth biggest marathon (or largest ultra) in Australia this year with over 700 competitors. This is despite a qualifying time of a sub 4-hour marathon and the fact it is run in March.

RACE HIGHLIGHTS

Chasing down Victor in the early stages. I've never been lead during 6 Inch previously and not having met him before I thought we could be in for a surprise winner.

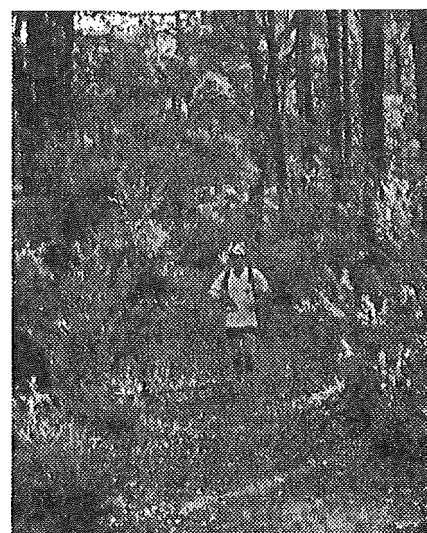
The bushfire in the area the day before meant some late night phone calls and we were considering a change of course right up to 5am. This seemed to flush out a lot of animals onto the track. The highlight being an enormous emu I estimated at 7 foot tall.

The support crews at Del-Park Rd greeted me with a big inspiring cheer when I was first to emerge out of the bush. I was already on a high having got a split saying I was 7 minutes faster than 2005 for the first 18K.

This year we may have started a new tradition by opening a bottle of bubbly at the 6-hour mark. We waited for the girls to come in but the ice was melting so we started celebrating drinking out of empty powerade bottles.

The change of finish line to the bbq, just northeast of the railway line, gave us a couple of picnic tables to rest our legs and provided a great atmosphere for after race socialising.

The thingyatoos early on that rivalled the party in our unit complex the night before for loudness.



Dave Kennedy



Kurrawa to Duranbah and return 50km [QLD]

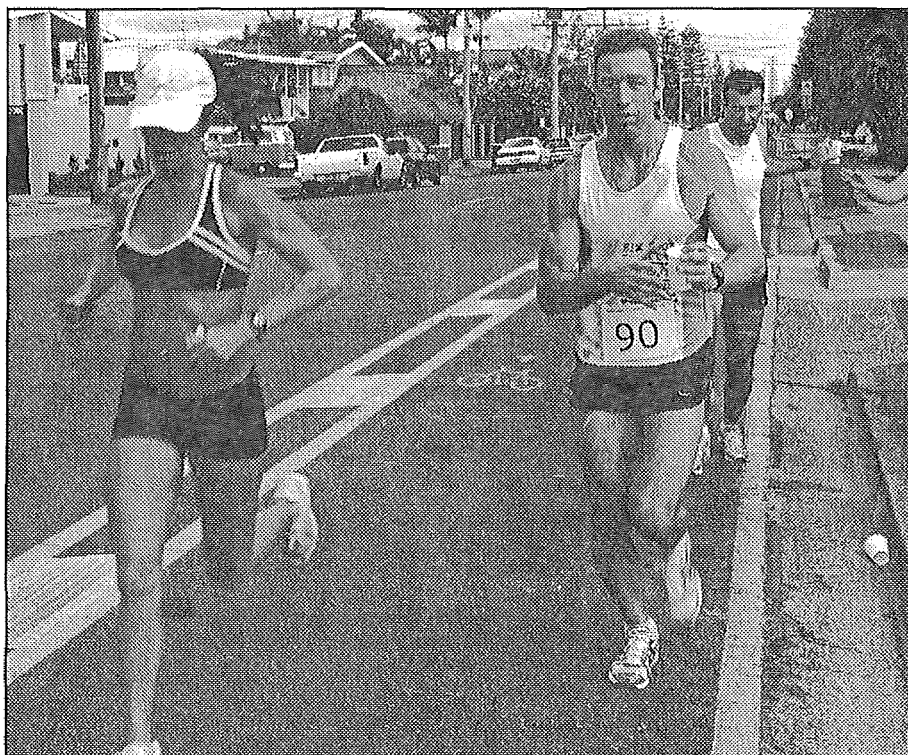
Report by Race Director, Ian Cornelius

This course was always thought to be a little short of 50km and it was properly measured prior to this year's race by Don Wallace, an accredited AIMS course measurer. The run course was found to be a little over one km short and was adjusted accordingly. The turnaround mark at the southern end of the course was pushed out by approximately 200 metres and an out and back section of approximately 350m x 2 was marked out in Goodwin Terrace, Burleigh Heads. This enabled the start/finish line to be left where it has always been, at a convenient spot in Kurrawa Park, Broadbeach.

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

The race is growing in popularity, with the run course being one of the most spectacular in Australia and also being one of the last available races prior to the Christmas break.

This year saw two very promising 50km runners make their debut. Xavier Bent-Kruger (28) won the event with 3:39:50, quite a respectable time considering the heat at this time of year. Adriana (Ada) Ngawati (29) finished 3rd outright and first female in a very respectable time of 3:49:46. Ady edged out seasoned



campaigner Siri Terjesen who was feeling the effects of a hard year's racing, Siri finishing with 3:58:55. Ady had the fastest return leg of any solo competitor, with a negative split....1:55:48 out and 1:53:58 back.

The number of solo competitors at 40 was a record, as was the female component of nine. Congratulations especially to the female first timers; Ady, Becky Pratten, Susannah Harvey-Jamieson, Karen Wiersma, Michele Healy and Liz Novotny.

The number of two person relay teams was also a record at 60. Christian Cubbold ran the down leg in 1:31:27 with Shane George returning in 1:35:23 for a total time of 3:06:50 to win the men's section. Natasha Keim and Jess Kirley won the mixed with 3:16:43 and Kellie Epis and Rachel Stewart won the womens' with 3:56:22.

Being the inaugural race over the newly certified distance the winning times are of course, new race records. The fastest down legs were

by Christian Cubbold (1:31:27) & Natasha Keim (1:48:36) and the fastest return legs were by Jason Geraghty (1:34:48) and Glenda Banaghan (1:46:36).

Congratulations to Geoff Williams who has run all ten Kurrawa to Duranbah races and to Kelvin Marshall who completed his 300th race of a marathon or greater.

A special award was presented to Brian Evans, the oldest runner in the field at 64. Brian contested the first Kurrawa race and has now completed the event on six occasions. A special award was also presented to veteran racer Michael Schultz. Michael had intended racing the teams' section but his run partner became unavailable at the last minute. Undeterred, Michael undertook the arduous task of running the whole event, although totally unprepared.

Congratulations all!

Kurrawa to Duranbah Results

SOLO

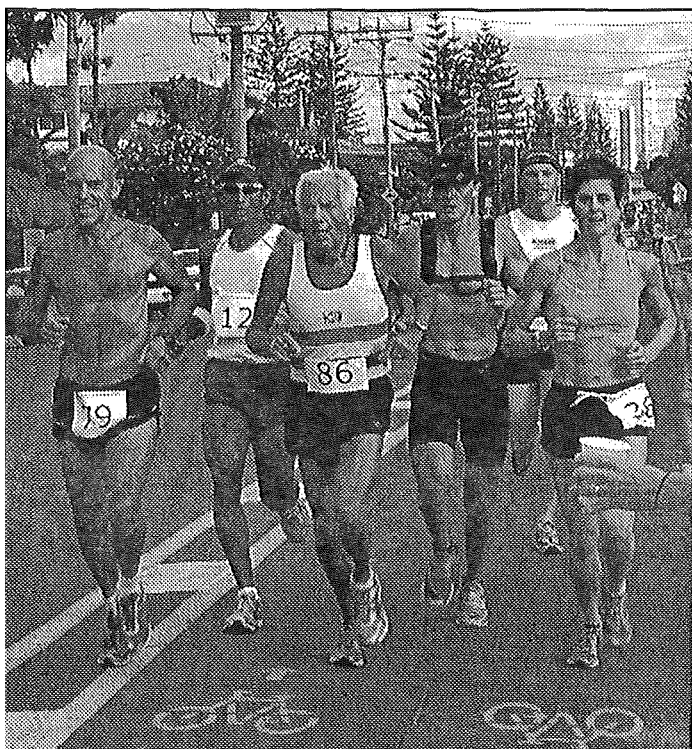
Place	Lastname	Firstname	State	Gender	Time out	Time back	Total time
1	Bent-Kruger	Zavier	Qld	M	1:45:09	1:54:51	3:39:50
2	Page	Michael	Qld	M	1:47:15	2:00:37	3:47:52
3	Ngawati	Ady	Qld	F	1:55:48	1:53:58	3:49:46
4	Marshall	Kelvin	Vic	M	1:51:48	1:59:55	3:51:43
5	Terjesen	Siri	Qld	F	1:55:25	2:03:30	3:58:55
6	Schwebel	Ron	NSW	M	1:57:00	2:17:32	4:14:32
7	McKay	Keith	Qld	M	1:59:29	2:22:08	4:21:37
8	Parsonson	Mark	Qld	M	1:53:30	2:33:05	4:26:35
9	Moloney	Nic	Qld	M	1:50:45	2:45:05	4:35:50
10	Knight	Adrian	Qld	M	1:54:48	2:41:03	4:35:51
11	Phillips	Lindsay	Qld	M	2:04:34	2:38:19	4:42:53
12	Last	Geoff	Qld	M	2:19:15	2:28:37	4:47:52
13	Schott	Martin	Qld	M	2:09:07	2:39:01	4:48:08
14	McKenzie	Peter	Qld	M	2:19:16	2:38:36	4:57:52
15	Winnall	Martin	Qld	M	2:19:00	2:39:16	4:58:16
16	Gardiner	Peter	Qld	M	2:19:15	2:45:50	5:05:05
17	Pratten	Becky	Qld	F	2:18:12	2:50:31	5:08:43
18	Ladyman	Rodney	Qld	M	2:13:46	2:57:26	5:11:12
19	Boyce	Robert	Vic	M	2:20:46	2:52:02	5:12:48
20	Harvey-Jamieson	Susannah	Qld	F	2:37:55	2:39:45	5:17:40
21	Weirsmma	Karen	Qld	F	2:21:55	2:58:49	5:20:44
22	Fitter	David	Qld	M	??	??	5:20:58
23	Barrett	Mark	Qld	M	2:19:53	3:03:03	5:23:06
24	Evans	Ross	Qld	M	2:25:11	3:03:29	5:28:40
25	Cohen	Chris	Qld	M	2:25:45	3:12:22	5:38:07
26	Fitzgerald	Matt	Qld	M	2:20:05	3:19:15	5:39:20
27	Healy	Michele	Qld	F	2:38:38	3:05:47	5:44:25
28	Evans	Brian	Qld	M	2:15:56	3:29:14	5:45:10
29	Vickers	Mark	Qld	M	2:22:41	3:25:57	5:48:38
30	Kopittke	Geoff	Qld	M	2:38:10	3:18:03	5:56:13
31	Novotny	Liz	Qld	F	2:33:15	3:26:33	5:59:48
32	Bell	Tamyka	Qld	F	2:32:09	3:27:46	5:59:55
33	Schultz	Michael	Qld	M	2:49:40	3:24:18	6:13:58
34	Williams	Geoff	Qld	M	2:30:15	3:53:05	6:23:20
35	Anderson	Peter	Qld	M	2:58:16	3:25:04	6:23:20
36	Beveridge	Steel	NSW	M	3:17:43	3:54:20	7:12:03
37	Fiegel	Tina	Qld	F	3:37:15	4:00:56	7:38:11
38	Hmieleski	Keith	Qld	M	2:06:40		RDLO
39	Cossey	Alan	Qld	M	2:42:05		RDLO
40	McCready	Frank	Qld	M	3:11:25		RDLO

RDLO - ran down leg only

2 PERSON RELAY TEAMS

	Names	Type	Time out	Time back	TOTAL
1	Christian Cubbold & Shane George	M	1:31:27	1:35:23	3:06:50
2	Mitchell Keys & Paul Tierney	M	1:37:21	1:39:22	3:16:43
3	Natasha Keim & Jess Kirley	X	1:48:36	1:40:19	3:28:55
4	Mark Kenney & Matt Phillips	M	1:45:07	1:44:28	3:29:35
5	Peter & Jason Geraghty	M	1:57:25	1:34:48	3:32:13
6	Doug Whitehead & Steve Gurr	M	1:49:18	1:44:46	3:34:04
7	Charlotte Dubickas & Jeremy McDonald	X	1:55:17	1:40:21	3:35:38
8	Gary Barnes & Adam Barron	M	1:54:03	1:42:48	3:36:51
9	Aiden Hobbs & Garry Lebsantt	M	1:37:02	2:01:35	3:38:37
10	Peter O'Sullivan & Brian Fuller	M	1:37:05	2:01:33	3:38:38
11	Phil Klein & Steve Lucas	M	1:44:54	1:54:20	3:39:14
12	Gavin Bell & Jeff Backen	M	1:54:33	1:48:49	3:43:22
13	Jennifer Epps & Chris Gale	X	1:58:43	1:48:36	3:47:19
14	Yoko Okuda & Simon Varga	X	1:59:23	1:52:42	3:52:05
15	Kellie Epis & Rachel Stewart	F	1:55:56	2:00:26	3:56:22
16	Paul Cooper & Mark Dyba	M	1:52:26	2:05:16	3:57:42
17	Johnny Walker & Johnny van Rooyen	M	2:03:36	1:55:51	3:59:27
18	Ciaran Brock & Tara Baumann	X	2:00:29	2:01:34	4:02:03
19	Robert Lofthouse & Claire Bellinger	X	1:59:24	2:02:59	4:02:23
20	Bomber Hutchinson & Kirstie Wright	X	1:48:30	2:17:08	4:05:38
21	Tressa Lindenberg & Doug Black	X	1:51:00	2:15:21	4:06:21
22	Daryl Bancroft & Chris Bagley	M	1:58:56	2:09:24	4:08:20
23	Peter McCormack & Gavan Reynolds	M	2:09:10	2:00:50	4:10:00
24	Rona Thomas & Thomas Bayliss	X	2:13:46	1:57:06	4:10:52
25	Grant Phillips & Shane Lewis	M	2:02:25	2:09:00	4:11:25
26	Glen Bartholomew & Liz Lovering	X	1:57:20	2:14:06	4:11:26
27	Karyn Lee & Peter James	X	2:05:02	2:08:58	4:14:00
28	Eleena Rosevear & Kelly Nolan	F	2:01:55	2:13:06	4:15:01
29	Silvafox Brown & Damon Palliser	M	1:55:48	2:22:01	4:17:49
30	Matthew O'Brien & Wayne Ralph	M	2:20:30	2:00:44	4:21:14
31	Joe McCabe & Peter Rawlings	M	2:27:50	1:54:26	4:22:16
32	Wendy de Boer & Lyn Fulton	F	1:58:58	2:25:32	4:24:30
33	Haydon Miller & Lara Ferrin	X	2:26:20	1:59:16	4:25:36
34	Rebecca Strachan & Matt Henderson	X	2:02:19	2:24:31	4:26:50
35	Kerry Preston & Terry Cokely	M	2:05:16	2:23:24	4:28:40
36	Mal Draper & Roy Treloar	M	2:15:28	2:16:53	4:32:21
37	Cathy & Angie Grattan	F	2:10:51	2:25:43	4:36:34
38	Melinda Behrens & Leonie Baumgart	F	2:32:57	2:04:54	4:37:51
39	Tammy & Daniel Tobin	X	2:14:53	2:23:00	4:37:53
40	Nicholas Petrie & Theresa Fabian	X	2:33:21	2:08:32	4:41:53
41	Candice Mills & Jo Angel	F	2:12:04	2:32:17	4:44:21
42	Tara & Scott Walton	X	2:44:50	1:59:35	4:44:25
43	Andrew & Matthew Wootton	M	2:24:45	2:24:42	4:49:27
44	Garry & Matthew McKenzie	M	2:10:33	2:41:57	4:52:30
45	Stacey Harland & Jamie Spragg	X	3:00:30	1:55:00	4:55:30
46	Tracy Ruthenberg & Blair Casey	X	2:29:11	2:27:00	4:56:11
47	Pam & Jeffrey Jackson	X	3:10:53	1:46:04	4:56:57
48	Ross Salmon & Jenni Paxton	X	2:23:37	2:35:08	4:58:45
49	Ann Johnson & Afra Prodan	F	2:34:00	2:30:00	5:04:00
50	Dave Brelsford & Corrie Davel	M	2:36:26	2:33:15	5:09:41
51	Greg Smith & Samantha Matthews	X	1:52:02	3:22:11	5:14:13
52	Gareth Phillips & Therese Fossheim	X	1:54:26	3:19:47	5:14:13
53	Faith Anderson & Mark Barends	X	3:10:52	2:08:00	5:18:52
54	Jim McMillan & Sandra Brett	X	2:44:05	2:37:00	5:21:05
55	Jenny & Ken Staib	X	3:21:06	2:10:33	5:31:39
56	Karen Barwick & Ellie O'Gorman	F	3:00:30	2:33:00	5:33:30
57	Klaus Maurer & Christine Jackson	X	2:57:55	2:41:56	5:39:51
58	Suan Neumann & Tracey Strain	F	3:21:06	2:38:00	5:59:06
59	Mark Jones & Glenda Banaghan	X	DNS	1:46:36	RETIRE
60	Michael Oates & Shane Russell	M	2:09:10	RETIRE	RETIRE

M - male F = female X = mixed





Coast to Kosciuszko [NSW]

246km - 8,9,10 December 2006

1. Wayne Gregory	33:49
2. Philip Murphy	35:50
3. Carol La Plant [f] USA	42:53
4. Brendan Mason	49:15
4. Lawrence Mead	49:15

DNF:

238 km	Ian Twite
185 km	Paul Every
114 km	Tim Turner
65 km	Jan Hermann

Coast to Kosciuszko by Carol La Plant

I was intrigued with the idea of trying this 150 mile run from the south coast of New South Wales to the top of Australia's highest mountain, Kosciuszko, ever since my friends from the Glasshouse 100 told me that the idea for the run was taking shape, having been hatched in 2004 over beer in a Sydney pub. The run was envisioned as Australia's version of the Spartathlon or Badwater and a replacement for the discontinued Sydney to Melbourne 1000K run, an event that drew huge national attention to ultrarunning. The inaugural run of Coast to Kosci (or C2K) was held in December 2004, 4 people started and 3 finished, each contributing photos and detailed accounts of the experience to the race website, coolrunning.com.au/ultra/c2k. In 2005, 7 people started and 5 finished. The third running of the race was set to start on December 8, 2006. As the date approached, I decided that, at age 59, the time had come and on November 22 emailed the race message board, "I'm in." No woman had attempted the run before, nor had anyone over 50.

On December 3, husband Phil Brown and I arrived in Sydney after a 14 hour flight. Setting foot in Australia I felt a wave of panic that the crazy notion of doing C2K was becoming a reality. We spent the following day driving south on the scenic coastal



route, about 300 miles, to the fishing port of Eden near the Victoria border. The start of the race was nearby at Boydtown Beach in Twofold Bay on the Tasman Sea. Sunset over Twofold Bay was streaked bright orange, the sun crimson, due to an enormous forest fire burning out of control in Victoria.

All but the start and finish of C2K is on country roads, mostly dirt roads. We spent the next day driving most of the course, following the description on the website. The early part of the course winds through state forests full of eucalyptus, ferns, goannas (tree climbing monitor lizards that can be several feet long), wallabies, cockatoos and whip birds (a small bird that makes the piercing sound of a whip snapping across the forest). At about 35 miles there is a steep 2000 foot climb up Big Jack Mountain to the tablelands, vast expanses of open, dusty farming country, with few houses and occasional small herds of sheep, a few cattle. Here, and throughout most of Australia, the country is parched from the worst drought in a hundred years. Plans to make C2K an "official" race this year were scrapped because townships along the route expressed concerns about traffic and liability, however we almost never saw another car, indeed sheep freely hopped the fences and wandered in the road and a couple of times we waited while farmers laconically drove their herds down the dusty road.

At mile 110 the course reaches the alpine village of Jindabyne then

climbs along a paved highway past other ski resorts up the slopes of Kosciuszko to Charlotte's Pass, where there is a parking lot and a 5.5 mile trail leads to the top of the mountain, slightly over 7300 feet. The race goes to the Strzelecki monument at the top (Strzelecki was a Pole who claimed the first ascent of the mountain in 1843 and named it for a Polish freedom fighter who otherwise had nothing to do with Australia), then finishes back at the parking lot. Phil and I trekked up to the top. The crisp air and sweeping alpine vistas, despite the haze from the fire, were a surprise in a country of red desert, tropical rainforests and warm beaches.

On race day, a Friday, we assembled on the beach at Twofold Bay, eight lean and muscular Aussie blokes and me, surrounded by the people who would aid us through this epic. We were giddy with anticipation in the 5:30 dawn start, the sky and water shimmering magically with streaks of pink and orange on translucent blue. The tide was out, making the course perhaps 10 feet longer than previous years. A starting line was drawn in the sand. Some runners followed a tradition of filling a vial with water from the ocean to pour on the Strzelecki monument. Instead, I took a pretty shell from the beach to bring to the monument.

"Go!" The preparation was over, and finally we were doing what we were primed to do. [youtube.com/watch?v=dqZBnhHXYCc&mode=related&search] We ran briefly through sand, crossed a small highway, then on a few short steep trails before emerging on a dirt road in a state forest where we expected the crews to meet us. No crews. The crews miscalculated their timing, perhaps after being startled by Phil momentarily driving like an American, on the right. Aussies drive on the left. The crews soon caught us.

"I reluctantly accepted being in 7th place but tried to put a positive spin on it. Even if I finished last, I'd still be the first woman".

The group ambled easily along, with 2 runners off the back, 2-time finisher Jan Hermann, who was walking due to a knee problem and 2-time DNF Lawrence Mead, who was attempting to run solo, with neither pacer nor crew, hoping to find water along the way at the occasional farm. At the top of a climb, I briefly took the lead on the downhill then was joined by the three strongest runners, 2004 winner Paul Every, Wayne Gregory and Phil Murphy. They gradually pulled ahead, and Ian Twite caught me. He said he had never gone longer than 100K, but he was doing this run to raise money for a cancer unit at a Melbourne hospital after his 2 best friends died of cancer. He gradually pulled ahead, but I guessed that he was pushing too hard so early.

Over the pretty miles through eu-



calyptus forest before Big Jack Mountain, we were graced by black cockatoos with yellow streaks, a rare species, as well as flocks of screeching white cockatoos and numerous colorful little parrots. Wallabies spied on us, and kangaroos crashed through the bushes. Brendan Mason repeatedly caught up to me then dropped back to get aid about every 5K from his crew, Andrew Hewatt who was driving a VW van known as the Mothership and also crewing for the next runner, Tim Turner. After learning a lesson at San Francisco One Day about wasting time on too many aid stops, I had Phil meet me every 10K and the stops typically consisted just of switching bottles and taking a few bites of melon.

The climb up Big Jack Mountain was grueling, and the course description appropriately invited us to curse Paul Every and Sean Greenhill for devising the course. The temperature rose into the 90's. The long steep climb sapped my energy, and my stomach began to protest, the start of GI problems that would get worse in the next hours. Brendan and Tim passed me, and I could not catch them. I reluctantly accepted being in 7th place but tried to put a positive spin on it. Even if I finished last, I'd still be the first woman.

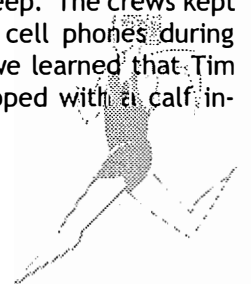
After cresting Big Jack, the course wound through the tiny rural town of Cathcart. When Phil and I drove there, the one general store was open and we bought two delicious little homemade fruit cakes, very like those made by my mother, who was Australian and a reason why I love running here. Today, despite our telling the owner that (relatively) many people would be coming through because of the run, the Cathcart store was closed. I learned that Jan Hermann had text messaged that he was dropping and would hitchhike to Cooma, where he could catch public transport back home to Sydney. That night, Jan was back in his own bed. Phil checked on Lawrence, who was continuing steadily with no problems.

I continued on through dusty brown land that served, marginally, as pasture for small herds of sheep not effectively restrained by makeshift wooden fences. One big sheep bleated in fear and tried to get back inside the fence as I trotted by. Perhaps it was the smell that frightened him. I was covered with flies that were undeterred by Deet. Two men in a ute (pickup truck) drove by and asked if I was in the race. They said they were Ian's mates and were looking for him. They asked if I was going to be out on the course all night and seemed surprised that I didn't find the prospect particularly daunting.

At about 90K it was late afternoon, the temperature had dropped steadily to the high 60's, my gut problems subsided and I felt increasingly strong. I caught Brendan and Tim, who were together, and found that I could run pretty steadily without walking. Soon I got ahead of them, then I could not see them on the long vistas. The 100K point is marked by a big dead tree at the edge of the dusty road. Phil met me there with hot soup (Campbell's ready to eat, yummy with astronomical salt content), as the temperature continued to drop into the 50's, and I "rugged up" into an American River 50 windbreaker, gloves and fleece headband.

Phil met me next at mile 66, the turn onto Dalgety Road, a straight road through bleak backcountry that we would follow for the next 25 miles. I enjoyed running without turning on the flashlight in the darkening twilight until my toe caught a rock and I fell, smashing my knees, hands and elbow on the rocky road. Shaken and bleeding, with throbbing knees that soon began to swell, I turned on the light but remained scared of tripping on more rocks so could only walk. I remembered that parts of Dalgety Road are sealed. After a long time I met Phil and asked him to drive behind me to light the way until we reached the sealed section. This he did, and I was able to run. [youtube.com/watch?v=7GsXASqYNGE]

I soon got over my fear of tripping, and we began our nighttime pattern of Phil driving ahead about 10K, arranging my food and fresh water bottle in the trunk, then going to sleep with an alarm set. When I got to the car, I'd quietly do a self-service aid station and continue running. Phil would waken in time to meet me 10K down the road, thus getting about 2 hours sleep. The crews kept in contact with cell phones during the night, and we learned that Tim Turner had dropped with a calf injury.



"I had mummified each toe in thin tape the night before the run, and the tape stayed in place, successfully preventing blisters".

Phil drove into the town of Dalgety, at mile 90, and walked back to meet me. I was delighted to have reached this pretty, historic town where, a few days before, we had carrot and ginger soup served by a young woman who said she would never leave Dalgety because the people are so friendly. This night, Phil cautioned me to be quiet because we were waking dogs, setting off a chain of barking that followed us through town. As we left, we crossed a bridge over the Snowy River, flowing from Kosciuszko. I felt that the mountain was reaching out and welcoming me.

We were now on the road to Jindabyne, the alpine village where the runners would stay after the race, and dawn was breaking. About ten miles later, the hundred mile point was somewhere along a steep thousand foot climb. I had done about 25 hours for the hundred, and was pleased to still be able to run the flats and downhill. The sun was soon blazing, the day was turning into a 90 degree scorcher. I changed into a yellow mesh singlet, changed socks and put on EEEE width shoes that I had special ordered for the run. This was my only stop for foot maintenance. I had mummified each toe in thin tape the night before the run, and the tape stayed in place, successfully preventing blisters. Nonetheless, my feet were swollen, sore and bruised, so the extra wide shoes helped.

The next ten miles brought us to the outskirts of Jindabyne, a summer tourist area lively with more people, houses and traffic than I'd seen in the past hundred miles. The Snowy Mountains towered in the distance. Soon Phil met me on a hill above the town and directed me down to a park where a bike path through town started, but first, gloriously, there was a cool bathroom with running water. It was luxurious to wipe off the sweat and dirt that the flies so loved. Then, on the bike path, the work continued, the sun was blazing and the flies were no

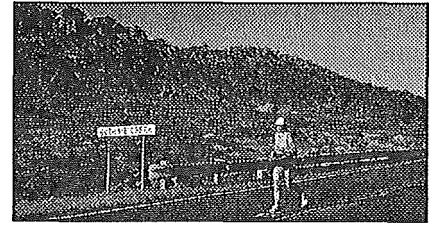
less enthusiastic. At the end of the bike path, Phil guided me through a mobile home park up to the Kosciuszko Road, a paved highway to Charlotte's Pass, where we would finish after the final ascent.

I was tired and exhilarated, still able to jog the flats and downhill. Each running segment began with gradually accelerating chugging, and I was pleased that my legs could still find the rhythm of a run. Phil disappeared to go to a gas station and returned happily with a new array of drinks, delicious fruit juices, a welcome change from the increasingly unpalatable contents of our mobile aid station. I changed shorts, from clingy compression style to flimsy nylon, which felt delightfully airy. As I jogged down a long hill, a car drove up with Paul Every and his crew. I was amazed and saddened



to hear that this icon of Australian ultrarunning, who had run across the country and finished the previous two Coast to Kosci runs, had been forced to drop with injuries. They told me that Ian was just ahead and struggling, I should be able to catch him. Wayne Gregory was near the finish and Phil Murphy was two hours behind him but also struggling. They said I looked better than anyone else, the only one still smiling and running.

We passed a large nature center and ranger station where a park entry fee was collected. Now we were officially in the park. There were lakes and trails in the pine forests, and people were out enjoying the early summer. At about mile 130



we passed the ski resort of Smiggins Holes at 5400 feet, its ski lifts resting in the sun. Phil said he would meet me in 5 miles. In a mile or so I came to another ski area with many houses after the resort, Perisher Village. I ran for a long time on a road that seemed to be heading away from Kosciuszko and started worrying that I had missed a turn. No one was around to ask, no one seemed to be in the houses. I decided that the Kosciuszko Road must run along the top of a hillside to my left, and, with shaky legs, I climbed through backyards up to that point, only to find that there was no road. With difficulty I climbed back down, soon the road turned, and there was Phil waiting for me. This excursion wasted about 20 minutes.

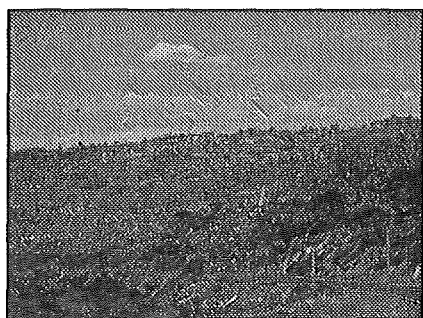
In the last hot miles before Charlotte's Pass I passed Ian walking with one of his two mates. I was walking too but moving faster and soon they were out of sight. I was delighted to be in 3rd place but worried that Ian might revive sufficiently to retake 3rd. When I got to the parking lot at Charlotte's Pass, Phil was ready to go, pacing me for the final stretch, with jackets and camera in his backpack. He said he had 2 bottles of water, so I left my waterbottle in the car.

We entered the trail at about 8 p.m. I had been pushing to put some distance on Ian, but once on the trail I relaxed into the idea of a beautiful hike with my husband. Immediately, my body started to shut down, hoping to finally get some rest. The trail is only gradually uphill for a few miles before a steep climb to the top, but soon I felt so cold and weak that I wondered if I might have to ask Phil to carry me. I put on a jacket and mustered a reserve

"The stars were brilliant and seemed very close in the velvety sky at this highest point on the continent where there was no other light"

of determination. Against the sky streaked with orange and purple, I could see the black silhouette of the Seaman's hut, a stone room about 1.5 miles from the summit. We crossed a bridge over the Snowy River, near its source, and the trail wound more steeply toward the summit. I was very thirsty, but Phil had brought only sports drink and I could not choke down any more of it, nor could I stomach another gel.

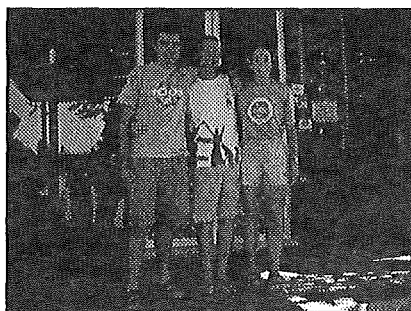
The climb that had seemed easy a few days ago was interminable. Small rocks poked my tender feet



and made my ankles twist. Darkness fell. We greeted a lone man camped in a tent, his silent reverie would have many unexpected interruptions that night. I expected to reach the monument at every switchback, but the trail only led onward. My determination became tinged with anger. Finally, there it was, the monument. My legs were so weak that Phil had to lead me over the rocks to prop me up against the monument for the obligatory photo. I placed the little shell from Boydtown Beach on top of the monument. The time was 10:06.

Next I wanted only to get to the finish line as quickly as my debilitated legs would allow. I was still worried about Ian catching me, particularly since I was going so slow. When we got down to Seaman's hut we saw lights in the distance. Below the tent of the bewildered camper we met Ian with his two mates by his sides. We later learned that Ian would reach the summit but would be unable to complete the journey

back down and one of his mates would be forced to drive his ute



through the barricade at the trailhead and up the trail to retrieve him. After a quick chat, we continued the now arduous descent to the Snowy River, then onto the last couple of miles to the finish. The light from my flashlight created a precisely defined 3-dimensional oblong beam that appeared to be a huge balloon. I had to force myself to look through the balloon to see the trail. The balloon was pretty and distracting. I tripped on rocks and came crashing down onto them. I tried to force my attention through the balloon and onto the trail.

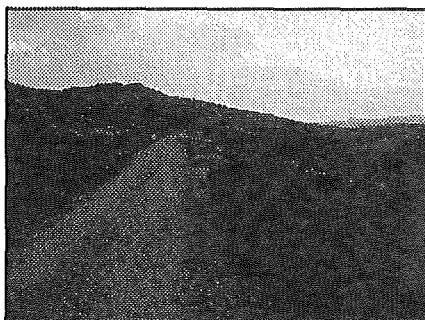
The stars were brilliant and seemed very close in the velvety sky at this highest point on the continent where there was no other light.



Even the shy southern cross glowed. Phil hung back to take in the awesome sky. I pressed forward as fast as I could, but started to worry that we were on the wrong trail when we seemingly went for miles without reaching the trailhead. I turned to call back to Phil, my legs folded and I fell into a muddy ditch. I felt soft mud on the side of my face. Phil

reassured me that we were on the right trail, indeed the only trail.

"Check your watch. We're here!" Phil said. We passed the trailhead, into the parking lot. The finish. It was 12:23 Sunday morning. A small crowd cheered and hugged us. I drank several glasses of water from our car then luxuriated in sitting on the soft car seat. Flashlights appeared down the road coming up to Charlotte's Pass. Brendan and Lawrence were approaching. I rolled down the window, and we exchanged a hearty "Well done!"



Grays Point to Wollongong 60km Fat Ass Run 20-1-2007

1	Jo Blake	4h 40m
=2	Adam Vincze	5h 59m
=2	Phil Clarke	5h 59m
4	Malcolm Bradley	6h 07m



Two Bays Trail Fat Ass Run 55km

Dromana to Cape Schanck and return [Victoria] - 7th January 2007

Results

1. Tony Fattorini	5:07
2. Bryan Ackerly	5:27
3. Rob Gray	5:33
4. Kelvin Marshall	5:33
5. Andrew Hewat	6:18
6. Brian Harrison	6:29
7. Neil Rampling	6:29
8. Brendan Mason	6:55
9. Jun Okabe	7:25
10. Nick Thompson	7:45
10. Bret Butler	7:45

Amanda Underwood [f]

41.3 km in approximately 5hrs

Kaye Ervine [f]

34 km in approximately 3:45

Single crossing [27.5km]

Robert Boyce	3:15 approx
Paul Ban	3:15 approx
Suzie Spangler [f] USA	3:15 approx
Kevin Cassidy	3:15 approx

Report by Rob Gray

Well done to all who ran yesterday. Special thanks to Brendan and Juliet who hosted the run. After a 3.45am start from Ballarat we were not sure what the day held for us. However we were not disappointed. What a great trail it is to run.

Soft under foot and pleasantly cool and green after recent rains - lots of walkers out there enjoying it as well. The event was a smallish but very friendly affair, as all ultras are, culminating with some very welcome food and coffee in the local cafe - a pleasant chance to share stories of the road and encounters with the local wildlife. Some fairly aggressive wallabies living out there...we await your story Kelvin.

I'm sorry I wasn't present to see Brian and Neil doing their snake dance on the outward leg. Great job Andrew in saving their bacon so that you could "whip" them on the run home down from Arthurs Seat..... they are sure you found one of Brendan's short cuts. Hope their discussions on the trail were enlightening! There was very little sensible conversation from the two of them as they dozed and ate all the way back to Ballarat.

Congratulations to Tony - ran like a machine all the way, a top run.



Bunbury 6 and 12 Hour Track Challenge W.A - 3rd March

Results

12 Hour

Name	50k split	6hr split	12 hour total
1. David Kennedy	4:11:15	63.500km	107.594km
2. Nathan Fawkes	5:18:22	55.500km	96.294km
3. Ron McGlinn	6:17:24	48.000km	90.739km
4. Lyle James	7:42:30	41.500km	72.969km

6 Hour

Name	50km split	6 hour total
1. Lynne Barbard [f]	4:35:36	64.249km
2. Chris Palmer	4:54:45	58.248km
3. Dennis Fenn	5:23:14	55.613km
4. Gary Harris	NA	47.833km
5. Talia Raphaely [f]	NA	43.481km
6. Julie Neesam [f]	NA	42.251km

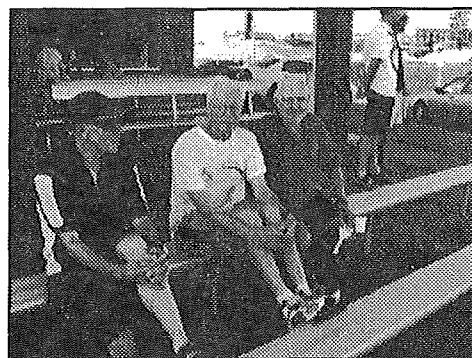
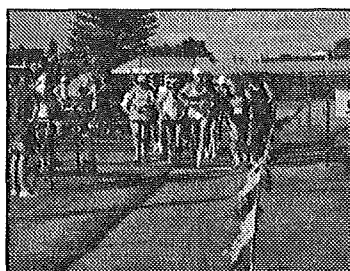
50km Track Championship Results

Women

1. Lynne Barnard	4:35:36
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Men

1. David Kennedy	4:11:15
2. Chris Palmer	4:54:45
3. Nathan Fawkes	5:18:22



Photos: left - a good turn-out awaits the start, runners underway and above - interested spectators

Coastal Classic 12 Hour Track Race

Gosford [NSW] 6/7th January 2007

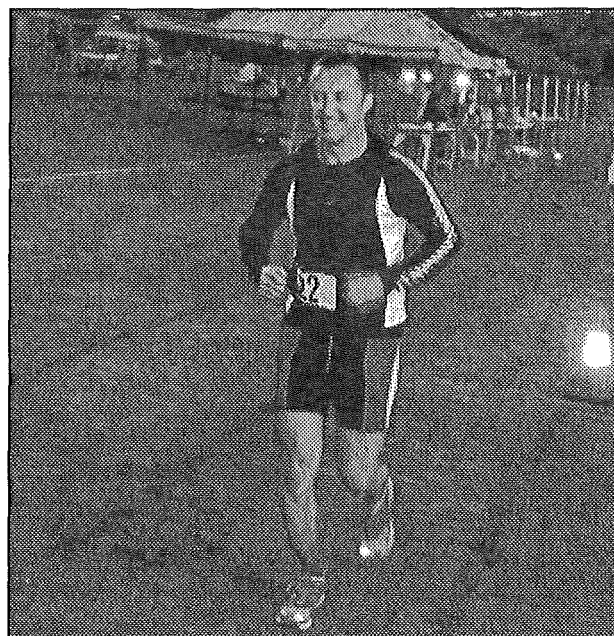
1	Andrew Johnson	121.821	25	Belinda Lockwood [f]	81.608
	<i>1st Male Runner</i>		26	Alan Staples	81.202
2	John Pearson	120.840	27	David Attrill	80.540 W
	<i>2nd Male Runner</i>		28	Chris Graham	80.246
3	Glen Lockwood	114.274	29	Warren Holst	80.095
	<i>3rd Male Runner</i>		30	Nick Drayton	79.757
4	Ron Schwebel	113.181	31	Laurie Hennessey	77.063
5	Col Steele	112.632	32	Rebecca Oliver [f]	76.808
6	David Raymond	109.727	33	Grant Campbell	75.041
7	Kim Cook	106.446	34	Lauchlan Wilkinson	74.391 W
8	Andrew Knop	103.999	35	Karina Ward [f]	73.703 W
9	Andrew Ludwig	103.335 W		<i>1st Female Walker</i>	
	<i>1st Male Walker Race record</i>		36	Mark Worrall	73.158
10	Tony Collins	101.761	37	Val Chesterton [f]	72.460 W
11	David Cannings	101.411		<i>2nd Female Walker</i>	
12	Vivienne Kartsounis [f]	100.372	38	Bert Janes	70.227 W
	<i>1st Female Runner</i>		39	Steele Beveridge	69.891 W
13	Ray James	99.185	40	Richard McCormick	69.474
13	Shaun Atchison	99.185	41	Robin Whyte	67.645 W
15	Peter Bennett	98.349 W	42	Billy Wrigley	66.931 W
	<i>2nd Male Walker</i>		43	Rodney Ladyman	65.587 W
16	Dominic Sullivan	95.932	44	Damien Meyer	63.925
17	Scott Williams	92.573	45	Doug Fitzgerald	59.653 W
18	Claudia Schelhorn [f]	91.549	46	Geoff Barker	56.440
	<i>2nd Female Runner</i>		47	Peter Gray	53.186 W
19	Malcolm Gamble	91.053	48	Chris Hockman	53.120
20	Katrina Cummock [f]	90.714	49	Andrew Drayton	51.875
	<i>3rd Female Runner</i>		50	Judy Brown [f]	51.093 W
21	Chris Gamble	87.980		<i>3rd Female Walker</i>	
22	Ken Smith	86.750	51	John Nuttall	49.800
23	Bob Fickel	85.924	52	Robyn Davis	43.441
24	Patrick Fisher	81.808 W	53	Valerie Moran [f]	41.500 W
	<i>3rd Male Walker</i>		54	Paul Thompson	31.125 W
			55	Carol Baird [f]	26.560

Report by Vivienne Kartsounis

Thanks to all for another well organised and great Classic. This race is surely one of my favourites with a wonderful atmosphere, good camaraderie, a fantastic and supportive crew, and it is a night race which makes it rather magical. Despite the Council upsets the event went really well, as it always does, and that same team yet individual spirit is always there on the track - a silent familiar bond with no words necessary.

Thanks too for the constant supply of refreshing cold water and orange slices - they made all the difference especially towards the end of the race when all other forms of nutrition were indigestible.

No race ever goes according to plan and some are definitely better than others, and I have to admit that this was the least happy/successful race that I have ever run. There are so many bits to consider for a good run which we take for granted until one, two or more of the bits come unstuck and that is all it takes



"as the soreness and stiffness wears off I am already considering next year's race"

to upset the fine balance. So we record what we did wrong and try and ensure that next time we don't make the same mistakes - just different ones!! We live and learn.....

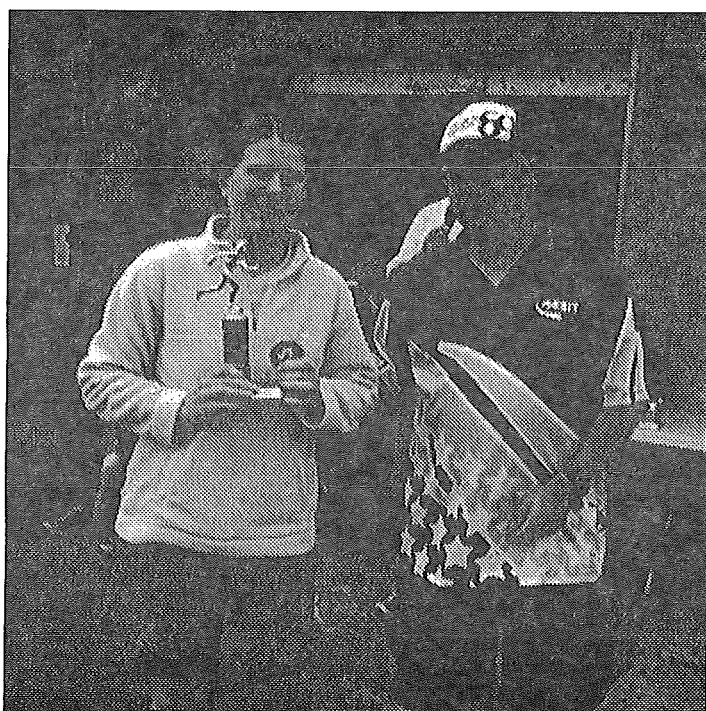
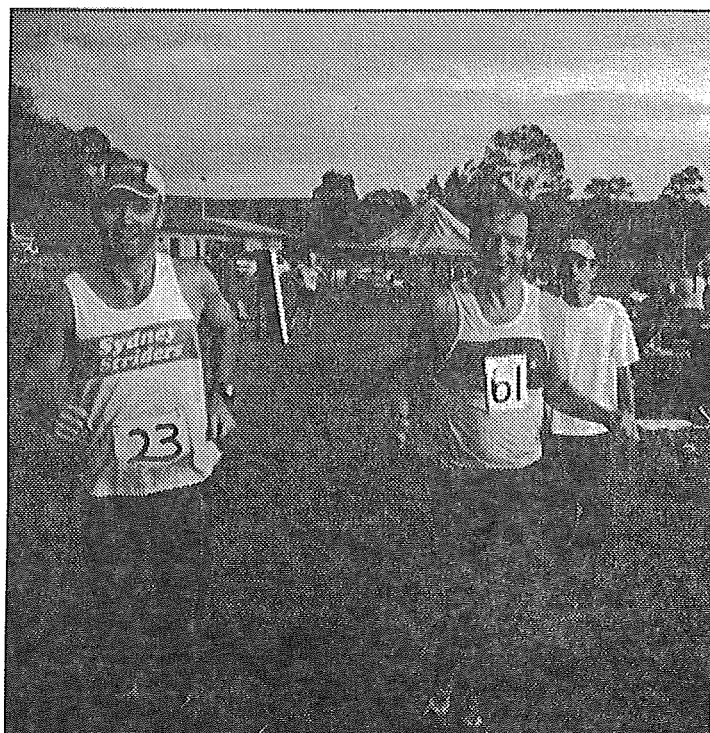
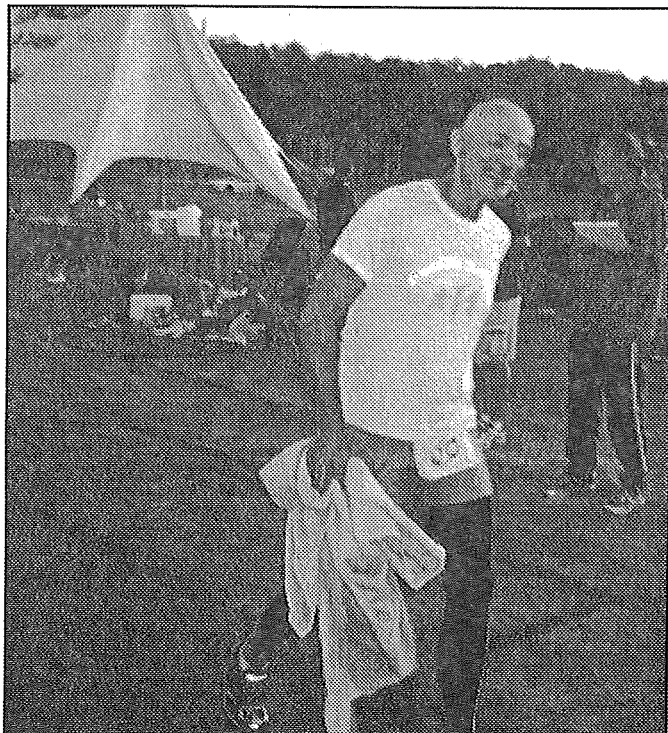
A huge thanks to my crew and mentor without whom I may not have made the 12 hours - they picked me up when it all seemed too much, gave me small achievable goals,

stayed awake all night long, ran with me and held my hand - they were always THERE. Thanks guys.

And as the soreness and stiffness wears off I am already considering next year's race, and what to do differently. It is a great way to start the year, to catch up with running mates, talk about injuries and other events, and have a good night out!!

No seriously, if it was easy there would be hundreds doing the race, but it's not so let us give thanks for what we can personally achieve and the belief that we all have of and within ourselves. Gee, I love my running!

So enjoy your recovery period and looking forward to seeing you all next year,





Six Foot Track Marathon 2007

Po Box R1227
Royal Exchange
Sydney NSW 1225
www.sixfoot.com

Welcome to the results booklet for 2007!

Once again, we had a record number of entrants, starters, finishers and most importantly a good percentage of you finishing within the time limit (809 entrants, 763 starters, 748 finished, 732 finished within cut-off). We only had a very small percentage of runners fail to complete the course, as always, so feel pleased that most runners were well trained for the particular challenges the course has to offer. Luckily precious few of the fail to finishes resulted in any serious medical issues, and most of the withdrawals resulted from scratches and bruises, to the ego as much as to the body! **Tony Fattorini set a new male course record by 33 seconds, which is no mean feat as the previous record was set in 1991 – Great work Tony!**

Most runners we have received feedback from appeared to enjoy the event. The weekend was aided in no small way by excellent weather conditions, as the race is often lucky enough to enjoy. Certainly the weather was great for family and friends gathered at the finish line to watch their loved ones return "home".

Many thanks to the Sydney Striders who played a crucial role in organising the event this year – the race is getting too big for a few people to put on – all up there must have been 30 or 40 striders that played their part – and that is on top of the RFS who supplied literally hundreds of crew for the aid stations and on the day logistics.



We are finalising the race finances but plan to hand over a cheque to the NSW Rural Fire Service Blue Mountains District for in excess of last year's record \$31,000 as proceeds from the event. Due to the very generous donations received from the runners entries, we were also able to pass over \$7000 to the Six Foot Track Heritage Trust to assist in trail maintenance and the provision of facilities for hikers (and runners!) along the Six Foot Track. We also donate reasonably large sums of money to St Johns Ambulance Brigade and the Jenolan Caves Trust and for the first time to the Traditional Aboriginal Owners of Catalina Park, Katoomba (where we parked our cars). I am pleased to announce again that our race is the 5th largest marathon in Australia, and by far the largest "ultra-marathon"

For the first time, we have combined forces with the Australian Ultra Runners Association to produce this bumper Six Foot Track Marathon Results package and combined Ultra Mag – the race was the National Trail Ultramarathon Championships and as you can see they produce a fine magazine and we are proud to be associated with them – feel free to subscribe to future issues and help contribute to our sport.

Runner reports, comments and feedback etc from this year's event are posted to our website www.sixfoot.com - feel free to look at these and all previous year's results and add your comments about the event, or read those from other runners.

Finally, myself and the rest of the race committee hope that you can join us again on **Saturday 8th March 2008** for the 25th annual Six Foot Track Marathon.

K Miller

Race Director

As always – we appreciate and listen to your feedback – please use the address or website as above.

Six Foot Track Marathon Results 2007

#	Firstname	Lastname	Finish	Bib#	Categ	Cat	Gen	Cox's	Pluvio	State	Aura	Club
1	Tony	Fattorini	3:24:11	7	M30-39	1	1	01:04:11	02:01:38	NSW	Y	Sydney Striders
2	Matthew	Robbie	3:26:58	16	M20-29	1	2	01:03:42	02:02:52	NSW		Terrigal Trotters
3	Jonathan	Blake	3:30:34	3	M40-49	1	3	01:03:52	02:03:29	NSW	Y	Koolactrunners (Gramp's Army)
4	Sleep	Train	3:36:23	95	M30-39	2	4	01:04:09	02:02:00	NSW		Panthers Tri Club
5	Neil	Labinsky	3:36:25	85	M20-29	2	5	01:03:43	02:03:44	QLD		Maroochy Athletics Club
6	Don	Wallace	3:37:31	2	M40-49	2	6	01:07:39	02:08:29	QLD	Y	Ashgrove Rangers
7	Andrew	Lee	3:38:35	12	M30-39	3	7	01:03:57	02:04:02	NSW		
8	Trevor	Jacobs	3:41:30	4	M50-59	1	8	01:07:25	02:10:42	ACT	Y	Koolactrunners (Gramp's Army)
9	Tim	Sloan	3:41:32	9	M30-39	4	9	01:07:45	02:08:20	TAS	Y	
10	Jeremy	Cox	3:44:31	8	M30-39	5	10	09:07:23	02:10:37	VIC		Oggs Apsoa
11	Anthony	Scott	3:47:26	92	M40-49	3	11	01:04:41	02:14:13	ACT		Koolactrunners (Gramps Army)
12	Tim	Cochrane	3:48:32	74	M20-29	3	12	09:04:05	02:08:08	NSW	Y	
13	Stuart	Doyle	3:48:43	76	M40-49	4	13	01:07:37	02:11:13	ACT		Koolactrunners (Gramp's Army)
14	David	Osmond	3:49:42	13	M30-39	6	14	09:08:12	02:10:50	ACT		Koolactrunners (Gramp's Army)
15	Paul	Arthur	3:51:13	1	M30-39	7	15	01:05:10	01:59:19	NSW		
16	Dennis	Fitzgerald	3:55:40	26	M30-39	8	16	01:07:46	02:11:03	QLD		
17	Adam	Jordan	3:56:13	21	M30-39	9	17	01:08:22	02:15:38	NSW	Y	Terrigal Trotters
18	David	Bone	3:56:35	72	M40-49	5	18	09:14:36	02:18:14	TAS		
19	Dean	Cook	3:56:37	1038	M30-39	10	19	09:52:31	02:24:10	NSW		
20	Tim	Sawkins	3:56:59	15	M40-49	6	20	09:11:27	02:17:05	NSW		Koolactrunners (Gramp's Army)
21	Stephen	Sayers	3:57:08	14	M40-49	7	21	01:07:49	02:16:30	NSW		Terrigal Trotters
22	David	Hosking	3:57:21	28	M30-39	11	22	09:15:40	02:24:36	ACT	Y	Koolactrunners (Gramp's Army)
23	Martin	Fryer	3:57:29	19	M40-49	8	23	01:10:50	02:20:27	ACT	Y	Koolactrunners (Gramp's Army)
24	Richard	Were	3:58:35	6	M50-59	2	24	01:14:07	02:18:35	New Zealand		
25	Peter	Mitchell	3:58:58	88	M40-49	9	25	09:10:36	02:19:21	VIC		
26	Andy	Myers	4:02:08	89	M20-29	4	26	01:03:33	02:18:22	NSW		Fit-For
27	Chris	Graham	4:04:07	18	M30-39	12	27	09:15:34	02:23:14	NSW	Y	Sydney Striders
28	Martin	Harris	4:05:07	117	M30-39	13	28	09:20:48	02:28:34	NSW		Sydney Striders
29	Bradley	Bartsch	4:05:44	25	M40-49	10	29	01:14:45	02:23:23	QLD		Brisbane River City Runners
30	Paul	Bruce	4:06:06	73	M40-49	11	30	15:59:51	02:17:13	NSW		Kembla Joggers
31	Simon	Rhead	4:06:09	976	M30-39	14	31	09:45:03	02:23:54	NSW		
32	Peter	Hodges	4:06:46	27	M40-49	12	32	01:11:40	02:21:20	NSW		Ba-Thirst Runnesr
33	Luke	Littler	4:07:17	34	M30-39	15	33	09:15:09	02:20:56	NSW		Bondi Brats
34	Greg	Love	4:07:42	20	M50-59	3	34	09:11:44	02:19:33	NSW	Y	Central Coast
35	David	Turner	4:08:57	17	M40-49	13	35	09:15:13	02:21:41	NSW		
36	Oliver	Weber	4:09:13	224	M30-39	16	36	09:18:39	02:20:20	NSW		
37	Shaun	Atchison	4:09:46	24	M30-39	17	37	09:14:00	02:25:24	NSW		Sydney Striders
38	Gerry	Grimes	4:10:02	191	M40-49	14	38	09:18:41	02:23:04	NSW		Westlakes Athletics Club
39	Filippo	Faralla	4:11:17	30	M30-39	18	39	09:10:35	02:24:05	NSW		
40	Isobel	Bespalov	4:11:30	71	F30-39	1	1	09:14:56	02:29:58	VIC	Y	
41	Ken	Raupach	4:12:08	10	M40-49	15	40	01:08:23	02:20:06	NSW		Sydney Pacific
42	Joel	Mackay	4:12:16	33	M30-39	19	41	09:15:20	02:31:20	NSW		Sydney Striders
43	Richard	Green	4:12:27	22	M30-39	20	42	09:15:27	02:31:21	NSW		Sydney Striders
44	Tom	Highnam	4:12:35	258	M30-39	21	43	09:28:00	02:32:24	NSW		Sydney Striders
45	Andrew	Taylor	4:12:54	32	M40-49	16	44	09:17:05	02:30:55	NSW		Sydney Striders
46	Jonathan	Worswick	4:14:35	11	M40-49	17	45	09:14:15	02:29:26	NSW		Sydney Striders
47	Jackie	Fairweather	4:14:57	78	F30-39	2	2	01:14:46	02:27:57	ACT		Koolactrunners (Gramp's Army)
48	Paul	Veldkamp	4:14:57	31	M40-49	18	46	09:15:33	02:29:23	ACT		Koolactrunners (Gramp's Army)
49	Hubertien	Wichers	4:16:07	98	F40-49	1	3	09:18:49	02:30:11	QLD		Koolactrunners (Gramp's Army)
50	Patrick	Mickan	4:16:32	137	M20-29	5	47	09:18:09	02:23:57	NSW	Y	
51	Michael	Tong	4:17:44	661	M30-39	22	48	01:19:38	02:35:04	VIC		
52	Simon	Fairweather	4:17:50	79	M30-39	23	49	09:14:30	02:27:34	ACT		Koolactrunners (Gramp's Army)
53	Vanessa	Haverd	4:18:16	83	F20-29	1	4	09:17:57	02:30:14	ACT		Koolactrunners (Gramp's Army)
54	John	Hill	4:18:53	84	M40-49	19	50	09:23:56	02:31:55	NSW		Bondi Brats
55	Peter	Thomas	4:19:43	121	M30-39	24	51	09:19:54	02:30:50	NSW		Turramurra Trotters
56	Jaap	Bakker	4:19:55	40	M30-39	25	52	09:15:08	02:31:41	NSW		Sydney Striders
57	Philip	Whitten	4:20:07	142	M30-39	26	53	09:17:38	02:25:49	NSW		Kembla Joggers
58	Bert	Pelgrim	4:21:56	69	M50-59	4	54	09:10:30	02:19:30	VIC	Y	
59	Noel	Annett	4:22:08	112	M40-49	20	55	09:19:43	02:22:04	NSW		Berowra Bush Runners
60	Stuart	Baverstock	4:22:11	238	M30-39	27	56	09:32:00	02:42:28	NSW		Terrigal Trotters
61	Martin	Lefmann	4:22:14	35	M30-39	28	57	09:17:00	02:31:15	NSW		Sydney Striders
62	Dave	Gallagher	4:23:00	82	M30-39	29	58	00:00:00	02:31:06	NSW		Berowra Bush Runners
63	Andre	Hoffman	4:23:19	260	M30-39	30	59	09:25:55	02:34:47	NSW		Nelspruit Marathon Club South Africa
64	Rolf	Kuelsen	4:23:35	51	M40-49	21	60	09:18:13	02:33:21	QLD		Brisbane River City Runners
65	Colin	Thomsen	4:23:59	306	M30-39	31	61	09:25:46	02:35:44	NSW		
66	Kelvin	Marshall	4:24:05	39	M40-49	22	62	01:15:48	02:34:33	VIC	Y	Sydney Striders
67	Darren	McClellan	4:24:39	274	M30-39	32	63	09:20:01	02:31:33	NSW		Terrigal Trotters

#	Firstname	Lastname	Finish	Bib#	Categ	Cat	Gen	Cox's	Pluvio	State	Aura	Club
68	Ian	Wright	4:25:22	29	M50-59	5	64	09:21:35	02:40:21	ACT	Y	Koolactrunners (Gramp's Army)
69	Paul	Monks	4:25:25	651	M20-29	6	65	01:16:34	02:36:12	VIC		
70	Simon	Sweetapple	4:25:52	94	M30-39	33	66	09:11:13	02:29:27	NSW		Sydney Striders
71	Stephen	Hanlon	4:26:31	505	M30-39	34	67	01:21:48	02:38:16	NSW	Y	
72	Mark	Tucker	4:26:41	45	M30-39	35	68	09:15:44	02:30:25	NSW		Terrigal Trotters
73	Bryan	Ackerly	4:27:11	161	M40-49	23	69	09:27:06	02:35:24	VIC		
74	Mark	Cutcliffe	4:27:16	37	M40-49	24	70	09:17:52	02:33:26	NSW		Billys Bushies
75	Fleur	Flanery	4:27:54	81	F30-39	3	5	09:19:56	02:38:45	NSW		Koolactrunners (Gramp's Army)
76	Paul	Stein	4:28:20	48	M30-39	36	71	09:19:23	02:34:07	NSW		Kembla Joggers
77	Wendy	Stevenson	4:28:36	93	F40-49	2	6	09:19:02	02:36:53	NSW		
78	Andrew	Tuckey	4:28:54	96	M30-39	37	72	09:07:46	02:24:57	NSW		Sydney Striders
79	Mike	Carroll	4:29:02	124	M20-29	7	73	09:35:34	02:40:00	NSW		
80	Christian	Capelle	4:29:31	66	M30-39	38	74	09:18:50	02:38:09	Belgium		Rcb (Brussels)
81	Peter	Fitzpatrick	4:30:13	59	M50-59	6	75	09:18:03	02:37:50	NSW		Wagga Wagga Road Runners
82	Daniel	Mellish	4:30:13	148	M20-29	8	76	09:22:58	02:36:00	NSW		North Side Running Group
83	Kerry	Schreiber	4:31:32	91	F30-39	4	7	01:19:48	02:36:41	QLD		
84	Chris	Mctaggart	4:31:37	134	M30-39	39	77	09:16:55	02:28:29	VIC		
85	June	Petrie	4:32:13	90	F40-49	3	8	09:22:06	02:35:21	VIC	Y	
86	Bruce	Inglis	4:32:36	68	M50-59	7	78	09:19:58	02:37:54	NSW		Sydney Striders
87	Peter	Goldsmith	4:33:37	47	M40-49	25	79	09:20:34	02:43:36	NSW		
88	Terry	Meehan	4:33:53	110	M30-39	40	80	09:26:38	02:36:47	NSW		
89	David	Lucas	4:34:20	269	M20-29	9	81	09:25:26	02:39:19	NSW		Sydney Striders
90	Nikolay	Nikolaev	4:34:23	56	M30-39	41	82	09:17:53	02:38:52	NSW		
91	Peter	Duncan	4:34:35	167	M30-39	42	83	09:19:32	02:31:51	NSW		North Side Running Group
92	Martin	Harry	4:34:36	226	M40-49	26	84	09:18:14	02:28:46	NSW		
93	James	Bradley	4:34:43	491	M30-39	43	85	09:39:14	02:41:19	NSW		B-Listers
94	Caleb	Nickson	4:35:15	961	M40-49	27	86	09:58:15	02:43:21	VIC		
95	Antonio	Toscano	4:35:32	496	M40-49	28	87	09:47:40	02:43:00	NSW		Westlakes Athletics Club
96	Phil	Klein	4:35:45	62	M40-49	29	88	09:17:34	02:35:29	QLD		Brisbane River City Runners
97	Dan	Kehoe	4:35:50	264	M20-29	10	89	09:33:11	02:47:24	NSW	Y	
98	Chris	Chilton	4:36:18	107	M50-59	8	90	09:25:25	02:40:12	NSW		Challenger
99	David	Dewar	4:36:42	243	M20-29	11	91	09:18:32	02:30:49	NSW		Newcastle Veterans
100	Paul	Kehoe	4:38:12	61	M30-39	44	92	09:15:24	02:28:34	NSW		Westlakes Athletics Club
101	Kevin	Anthony	4:38:24	196	M40-49	30	93	09:28:19	02:45:07	NSW		Newcastle Veterans
102	Jeff	Rayner	4:38:30	293	M40-49	31	94	09:25:38	02:39:45	NSW		Australian Defence Force
103	Joanne	Mccoy	4:39:44	275	F40-49	4	9	09:32:33	02:47:05	NSW		Sydney Striders
104	Peter	Preston	4:39:50	291	M20-29	12	95	09:17:13	02:29:14	NSW		
105	Jenni	White	4:40:28	316	F30-39	5	10	09:35:36	02:48:26	NSW		Newcastle Veterans
106	Lisa-anne	Davie	4:40:31	208	F30-39	6	11	09:29:59	02:45:40	NSW		Sydney Striders
107	Mark	Wilson	4:40:44	327	M40-49	32	96	09:26:17	02:39:36	NSW		
108	Victor	Lendzionow ski	4:40:48	640	M40-49	33	97	09:46:53	02:42:20	WA		Wa Marathon Club
109	Andrew	Hewat	4:41:23	131	M40-49	34	98	09:22:08	02:42:16	VIC	Y	
110	Philip	Murphy	4:42:20	118	M30-39	45	99	09:25:46	02:43:52	NSW	Y	Sydney Striders
111	Mark	Battistella	4:43:18	52	M40-49	35	100	15:59:58	02:50:05	NSW	Y	Terrigal Trotters
112	Richard	Johnston	4:43:25	263	M20-29	13	101	09:27:45	02:42:50	NT		
113	Branden	Haywood	4:43:36	254	M30-39	46	102	09:28:06	02:44:24	NSW		
114	Colleen	Beven	4:43:39	165	F40-49	5	12	09:28:12	02:42:39	NSW		Vogel's Vixens
115	Chris	Adams	4:44:25	70	M20-29	14	103	09:18:01	02:30:57	QLD		
116	Arnstein	Prytz	4:44:32	133	M40-49	36	104	09:25:11	02:40:43	QLD		
117	Peter	Kingston	4:44:56	125	M40-49	37	105	09:25:45	02:46:43	NSW		Sydney Striders
118	Anthony	Whitty	4:44:57	130	M30-39	47	106	09:25:28	02:46:46	NSW		Sydney Striders
119	Peter	James	4:45:10	143	M40-49	38	107	09:24:07	02:39:43	QLD		Brisbane River City Runners
120	Martin	Mood	4:45:23	189	M30-39	48	108	09:24:11	02:42:49	NSW		Cba Harriers No. 2
121	Matthew	Shields	4:45:45	299	M30-39	49	109	09:31:19	02:47:23	NSW		Team Crank
122	Jordan	Lefmann	4:45:58	49	M20-29	15	110	09:17:06	02:40:14	QLD		
123	Mickey	Lynch	4:46:03	642	M30-39	50	111	09:47:05	02:47:40	VIC		
124	Stephen	Urwin	4:46:09	154	M50-59	9	112	09:31:44	02:46:05	NSW		Sydney Striders
125	Michael	Morson	4:46:14	153	M30-39	51	113	09:34:28	02:52:20	NSW		Westlakes Athletics Club
126	Peter	Wilson	4:46:45	99	M30-39	52	114	09:20:02	02:40:13	NSW		
127	Luis	Vazquez- Recio	4:46:47	54	M40-49	39	115	09:20:25	02:40:11	NSW		Sydney Marathon Clinic
128	Kendall	Waller	4:47:00	312	M40-49	40	116	09:25:58	02:44:04	NSW		Sydney Striders
129	Una	Gallinetti	4:47:07	249	F30-39	7	13	09:32:35	02:49:05	NSW		Sydney Striders
130	Simon	Angus	4:47:31	132	M20-29	16	117	09:33:02	02:46:02	NSW		B-Listers
131	Joerg	Kersten	4:48:15	265	M20-29	17	118	09:26:40	02:40:02	Germany		Sg Adelsberg
132	Sophie	Egan	4:48:29	77	F30-39	8	14	09:19:58	02:39:11	NSW		Kembla Joggers
133	Scott	Howells	4:48:32	261	M30-39	53	119	09:25:43	02:46:00	NSW		Sydney Striders
134	Malcolm	Gamble	4:48:53	329	M30-39	54	120	09:29:41	02:51:48	VIC	Y	Coolrunning
135	Malcolm	Bradley	4:48:54	128	M40-49	41	121	00:00:00	02:50:32	NSW		

#	Firstname	Lastname	Finish	Bib#	Categ	Cat	Gen	Cox's	Pluvio	State	Aura	Club
136	Conrad	Yoong	4:49:40	665	M40-49	42	122	01:21:48	02:42:59	QLD		Run Inn
137	Steve	Appleby	4:50:00	42	M50-59	10	123	09:24:05	02:47:12	ACT	Y	Koolactrunners (Gramp's Army)
138	Ron	Schwebel	4:50:04	176	M50-59	11	124	09:27:43	02:42:04	NSW	Y	Sydney Striders
139	Glenn	Darcy	4:50:05	626	M30-39	55	125	09:33:55	02:45:35	NSW		
140	Jade	Merrett	4:50:06	87	M30-39	56	126	09:14:58	02:35:54	VIC		Stawell Athletics Club
141	Colin	Steele	4:50:20	477	M40-49	43	127	01:19:34	02:46:45	NSW		Kembla Joggers
142	Angus	Cormack	4:50:44	623	M20-29	18	128	01:25:17	02:48:54	NSW		
143	Tom	Silk	4:51:23	162	M40-49	44	129	09:25:37	02:45:54	NSW	Y	Sydney Striders
144	Luke	Porter	4:51:45	290	M30-39	57	130	09:35:49	02:55:27	NSW		Sydney Striders
145	Ralph	Schweizer	4:52:14	990	M20-29	19	131	09:58:15	02:41:50	NSW		Australian Defence Force
146	Andrew	Mann	4:52:20	644	M30-39	58	132	01:19:45	02:42:59	QLD		Brisbane River City Runners
147	Peter	Honeysett	4:52:24	135	M40-49	45	133	09:31:24	02:52:42	QLD		
148	Andrew	Johnson	4:52:27	23	M30-39	59	134	09:23:58	02:47:23	ACT	Y	Act Run
149	Josephine	Warden	4:52:41	314	F30-39	9	15	09:30:07	02:48:13	NT		
150	Paul	Ng	4:52:44	111	M40-49	46	135	09:35:26	02:48:17	NSW		Billys Bushies
151	William	Proctor	4:52:47	60	M40-49	47	136	09:15:30	02:41:00	NSW	Y	
152	Stirling	Keen	4:53:10	328	M20-29	20	137	09:35:03	02:54:00	NSW		Bondi Brats
153	Ben	Scull	4:53:21	152	M30-39	60	138	09:34:09	02:53:48	New Zealand		
154	Mike	Morrissey	4:53:22	173	M40-49	48	139	09:32:25	02:51:37	NSW		Turramurra Trotters
155	Shane	Simpson	4:53:47	166	M30-39	61	140	09:35:19	02:57:08	NSW		
156	Mark	Hill	4:54:06	323	M30-39	62	141	09:31:26	02:49:19	NSW		
157	Michael	Meryment	4:54:24	279	M30-39	63	142	09:31:30	02:48:03	NSW		
158	Stewart	Lockie	4:54:36	940	M30-39	64	143	10:03:39	02:50:50	QLD		
159	Michael	Dickson	4:54:48	895	M30-39	65	144	09:56:09	02:42:06	NSW		
160	Stewart	Old	4:54:54	560	M20-29	21	145	09:32:15	02:47:23	NSW		
161	Emanuel	Petros	4:55:04	545	M20-29	22	146	01:25:04	02:51:53	NSW		
162	Andrew	Meenahan	4:55:04	109	M40-49	49	147	09:28:39	02:49:36	NSW		Ba-Thirst Runners
163	Nadine	Mckinnon	4:55:10	548	F20-29	2	16	01:23:02	0	NSW		Masai Warriors
164	Glenn	Meyer	4:55:11	649	M20-29	23	148	09:42:52	02:47:49	NSW		
165	Peter	Hall	4:55:26	253	M50-59	12	149	09:16:06	02:25:14	QLD		Victory Sports
166	Craig	Cassidy	4:55:33	620	M30-39	66	150	09:52:54	02:55:12	NSW		
167	Denise	Hearn	4:55:37	914	F40-49	6	17	10:08:55	03:01:30	VIC		Knox Roadrunners
168	Judd	Boeker	4:55:40	151	M30-39	67	151	09:39:29	0	ACT		
169	David	Cannings	4:55:42	102	M40-49	50	152	09:27:03	02:47:25	NSW		Berowra Bush Runners
170	Stephen	Turner	4:56:04	127	M50-59	13	153	09:27:50	02:43:33	QLD		Brisbane River City Runners
171	Ben	Mcsweeney	4:56:05	278	M30-39	68	154	09:33:39	02:47:12	NSW		
172	Wayne	Gregory	4:56:55	115	M40-49	51	155	09:23:53	02:42:23	NSW	Y	Sydney Striders
173	Sean	Greenhill	4:56:56	116	M20-29	24	156	09:32:30	0	NSW		Sydney Striders
174	Mark	Oh	4:56:56	285	M30-39	69	157	00:00:00	02:54:58	NSW		
175	Eric	Holle	4:56:58	178	M30-39	70	158	09:35:55	02:54:38	New Caledonia		
176	David	Criniti	4:57:03	101	M20-29	25	159	09:23:54	02:42:19	NSW	Y	Sydney Striders
177	Philippa	Jamieson	4:57:11	592	F20-29	3	18	09:48:16	02:55:43	NSW		
178	Dennis	Wylie	4:57:13	318	M50-59	14	160	09:40:24	03:03:06	NSW		Sydney Striders
179	Stephen	Schreiber	4:58:03	298	M30-39	71	161	09:37:37	03:01:05	QLD		
180	David	Vlotman	4:58:13	50	M30-39	72	162	09:37:46	02:57:36	NSW		North Sydney Bears
181	Tom	Mollison	4:58:15	650	M30-39	73	163	01:19:24	02:51:23	NSW		
182	James	Matthews	4:58:29	516	M20-29	26	164	01:27:12	02:57:29	NSW		
183	Terry	Smith	4:58:34	187	M50-59	15	165	09:31:15	02:55:02	QLD		
184	Greg	Coy	4:58:39	105	M40-49	52	166	09:29:46	02:48:58	NSW		Sydney Striders
185	Randy	Brophy	4:58:42	38	M40-49	53	167	09:15:26	02:32:01	NSW		North Side Running Group
186	Graham	Ridley	4:58:49	294	M40-49	54	168	09:32:31	02:48:35	NSW		Terrigal Trotters
187	Adrian	Jeffkins	4:58:52	113	M40-49	55	169	09:31:45	02:52:44	VIC		
188	Andrew	Walker	4:58:56	144	M20-29	27	170	09:35:57	02:58:49	VIC		
189	Jacqui	Guy	4:59:10	138	F40-49	7	19	09:39:43	03:01:20	TAS		
190	Tim	Peel	4:59:11	287	M30-39	74	171	09:42:54	03:05:12	NSW		
191	Lisa	Goozee	4:59:22	197	F30-39	10	20	09:35:28	02:55:52	NSW		
192	Warwick	Selby	5:00:04	46	M50-59	16	172	09:28:56	02:50:25	NSW		Sydney Striders
193	Barry	Casey	5:00:07	150	M40-49	56	173	09:36:16	02:51:44	NSW		
194	Chris	Walsh	5:00:14	313	M20-29	28	174	09:33:04	02:52:24	NSW		Ba-Thirst Runners
195	Anita	Scherrer	5:00:53	168	F30-39	11	21	09:41:06	03:01:08	ACT		Koolactrunners (Gramps Army)
196	Tina	Viglione	5:01:07	229	F30-39	12	22	09:41:02	03:02:38	NSW		Terrigal Trotters
197	Michael	Sharp	5:01:11	183	M40-49	57	175	09:32:44	02:50:41	NSW		Sydney Striders
198	Brian	Smith	5:01:23	139	M40-49	58	176	09:35:32	02:58:27	NSW		Ba-Thirst Runners
199	Chris	Yates	5:01:49	319	M30-39	75	177	09:37:44	03:02:06	NSW		Sydney Striders
200	John	Van Yzendoorn	5:01:55	160	M40-49	59	178	09:33:00	02:57:11	NSW		Sopac Triathlon Club
201	Paul	Bruning	5:02:05	240	M40-49	60	179	09:36:06	03:07:04	NSW		Sydney Striders
202	Stan	Fetting	5:02:20	80	M40-49	61	180	09:23:09	02:47:28	QLD		Australian Defence Force
203	Benjamin	Scarf	5:02:24	988	M30-39	76	181	10:07:09	02:57:47	NSW		
204	Michael	Lovric	5:02:26	268	M30-39	77	182	09:38:39	03:02:19	NSW		

#	Firstname	Lastname	Finish	Bib#	Categ	Cat	Gen	Cox's	Pluvio	State	Aura	Club
205	Shelley	Howes	5:02:27	209	F20-29	4	23	09:33:12	02:57:07	NSW		Sydney Striders
206	Amanda	Underwood	5:02:40	65	F30-39	13	24	09:29:09	02:59:15	NSW	Y	Sydney Striders
207	Fergal	Hoey	5:02:42	156	M30-39	78	183	09:35:23	02:57:57	NSW		Sydney Marathon Clinic
208	Alan	Heap	5:02:54	147	M50-59	17	184	09:35:43	02:54:25	NSW	Y	Mt Wilson / Mt Irvine
209	Joanne	Cowan	5:03:15	75	F50-59	1	25	09:28:11	02:50:03	NSW		Sydney Striders
210	David	Clear	5:03:55	468	M40-49	62	185	01:23:56	02:56:18	NSW		Sydney Striders
211	Joanne	Barton	5:04:13	203	F30-39	14	26	09:40:50	03:01:19	NSW		Sydney Striders
212	Kevin	Collins	5:04:38	129	M40-49	63	186	09:34:46	02:57:40	NSW		
213	Ewan	Horsburgh	5:04:39	55	M20-29	29	187	01:08:30	02:45:12	NSW		Sydney Striders
214	Vincent	Parmeter	5:04:51	654	M40-49	64	188	09:55:45	03:00:57	NSW		
215	Antony	Blake	5:05:17	618	M30-39	79	189	01:19:14	02:52:00	NSW		
216	Simon	Dale	5:05:23	625	M30-39	80	190	01:25:01	02:47:52	VIC		
217	Michael	Corlis	5:05:36	43	M40-49	65	191	09:18:07	02:43:38	ACT	Y	Koolactrunners (Gramp's Army)
218	Sharon	Harrison	5:05:50	63	F30-39	15	27	09:29:15	03:02:43	NSW	Y	Terrigal Trotters
219	Michael	Jones	5:05:56	928	M30-39	81	192	09:59:31	02:56:56	NSW		
220	Karl	Ayrey	5:06:18	236	M30-39	82	193	09:34:15	02:56:23	NSW		
221	Grant	Mcfadden	5:06:36	645	M30-39	83	194	09:35:33	02:42:30	NSW		
222	Guillaume	Vautier	5:06:54	1010	M20-29	30	195	01:04:17	02:59:28	NSW		Sydney Striders
223	Grant	Campbell	5:07:13	880	M30-39	84	196	10:07:06	02:59:13	NSW	Y	
224	Terry	Coleman	5:07:15	622	M30-39	85	197	01:28:29	0	NSW		Sydney Striders
225	Robert	Morgan	5:07:15	193	M40-49	66	198	09:36:18	02:53:27	NSW		
226	Paul	Fahey	5:07:16	247	M30-39	86	199	09:37:16	02:55:39	NSW		
227	Robin	Cameron	5:07:17	219	F40-49	8	28	09:39:48	03:02:16	NSW		Sydney Striders
228	Peter	Fahey	5:07:18	158	M30-39	87	200	09:31:50	02:53:02	NSW		Sydney Striders
229	Drew	Shaw	5:07:19	453	M30-39	88	201	01:23:38	02:56:14	NSW		Billys Bushies
230	James	Smith	5:07:54	572	M30-39	89	202	01:26:52	03:00:31	NSW		
231	Stephen	Craft	5:08:06	490	M40-49	67	203	09:58:06	03:04:17	NSW		
232	Charles	McCurich	5:08:12	276	M30-39	90	204	09:32:15	02:47:21	NSW		Hhh
233	David	Austin	5:08:13	484	M40-49	68	205	09:43:44	02:53:25	NSW		Mona Vale Madness
234	Rod	Cutler	5:08:15	890	M40-49	69	206	01:27:40	02:58:33	NSW		Sydney Marathon Clinic
235	Ian	Twite	5:08:33	53	M50-59	18	207	09:22:15	02:46:23	VIC	Y	
236	Ken	Adriaansen	5:08:42	233	M40-49	70	208	09:37:25	02:58:36	QLD		
237	Diane	Edwards	5:09:00	215	F30-39	16	29	09:38:56	03:01:18	VIC		
238	Sebastian	Dunne	5:09:26	551	M20-29	31	209	09:47:18	02:59:18	ACT		Koolactrunners (Gramp's Army)
239	Gavin	Pretorius	5:09:41	230	M40-49	71	210	09:32:58	02:58:24	NSW		Berowra Bush Runners
240	Daniel	Toole	5:09:58	120	M30-39	91	211	09:32:20	02:58:02	NSW		Billys Bushies
241	Chris	Dixon	5:10:03	216	M40-49	72	212	00:00:00	0	NSW		Newcastle Veterans
242	Max	Bogenhuber	5:10:33	1153	M60-69	1	213	01:43:31	03:04:24	NSW	Y	Billys Bushies
243	Benjamin	Moore	5:10:39	281	M30-39	92	214	09:39:17	03:00:00	NSW		
244	Les	Potter	5:10:49	482	M50-59	19	215	01:21:32	02:53:32	QLD		Sydney Marathon Clinic
245	Keith	Collin	5:11:04	454	M50-59	20	216	01:31:29	03:14:20	NSW		Wagga Wagga Road Runners
246	Ian	Sargent	5:11:23	163	M40-49	73	217	09:49:16	03:19:27	NSW		Sydney Marathon Clinic
247	Hayden	Wallace	5:11:39	554	M30-39	93	218	01:23:54	02:55:14	NSW		
248	Bill	Mckenna	5:12:00	804	M40-49	74	219	10:07:55	03:01:27	NSW		Ba-Thirst Runners
249	Hugh	Jorgensen	5:12:13	227	M40-49	75	220	09:37:53	02:58:48	ACT		Koolactrunners (Gramps Army)
250	Jo	Tebbutt	5:12:17	195	F40-49	9	30	09:52:27	03:09:49	NSW		
251	Todd	Heatly	5:12:19	256	M30-39	94	221	09:33:42	02:52:49	NSW		Terrigal Trotters
252	Erika	Bunker	5:13:01	877	F50-59	2	31	10:11:07	03:04:46	NSW		Orange Runners
253	Johan	Dreyer	5:13:19	172	M40-49	76	222	09:34:34	03:02:08	NSW		
254	Benjamin	Allen	5:13:26	865	M20-29	32	223	10:13:07	03:09:03	NSW		
255	Mandy	Collins-Woolcock	5:13:50	182	F30-39	17	32	09:37:31	03:08:33	NSW		Terrigal Trotters
256	Simon	Prior	5:14:19	292	M20-29	33	224	09:36:55	03:01:01	NSW		Skandia
257	Craig	Berger	5:14:20	239	M30-39	95	225	09:40:48	03:05:24	NSW		
258	Chris	Geelan	5:15:10	904	M20-29	34	226	09:57:08	02:44:12	ACT		
259	Rob	Tyson	5:15:11	308	M20-29	35	227	09:49:20	03:14:53	NSW		
260	Andrew	Lennox	5:15:12	44	M40-49	77	228	09:16:58	02:38:20	NSW		Sydney Striders
261	Kevin	Dyson	5:15:19	145	M30-39	96	229	09:40:39	03:00:32	NSW		
262	Katie	Rowell	5:15:34	984	F20-29	5	33	10:13:30	03:09:36	NSW		Sydney Striders
263	Damian	Beasley	5:15:44	521	M30-39	97	230	01:23:56	02:58:46	NSW		Diy
264	Colin	Reece	5:15:49	657	M50-59	21	231	09:55:42	02:57:40	NT		Darwin Runners And Walkers Club
265	Fleur	Grose	5:15:54	184	F30-39	18	34	09:40:54	03:05:52	NSW		
266	Ross	Mcgarvie	5:16:00	646	M40-49	78	232	09:48:20	02:59:10	NSW		Vogel's Vixens
267	Scott	Chadwick	5:16:03	509	M40-49	79	233	09:46:50	02:54:40	NSW		
268	Ian	Maxted	5:16:19	272	M30-39	98	234	09:19:34	02:36:21	NSW		
269	Andrew	O'Neill	5:16:31	122	M30-39	99	235	09:37:18	03:00:38	NSW		
270	Wayne	Davis	5:16:40	892	M30-39	100	236	09:35:21	02:42:14	NSW		
271	Michael	Maher	5:17:08	643	M30-39	101	237	09:55:41	03:04:39	NSW		
272	Stephen	Lowndes	5:17:43	943	M50-59	22	238	10:02:17	02:58:50	NSW		Sydney Striders
273	Ben	Streckeisen	5:17:46	302	M30-39	102	239	09:43:02	03:05:14	NSW		

#	Firstname	Lastname	Finish	Bib#	Categ	Cat	Gen	Cox's	Pluvio	State	Aura	Club
274	Rachel	Mckenzie	5:17:50	277	F30-39	19	35	09:42:56	03:09:19	NSW		
275	Roger	Pikington	5:17:52	656	M40-49	80	240	01:30:10	02:57:15	ACT		
276	David	Heymann	5:18:08	632	M30-39	103	241	10:05:33	03:14:45	NSW		
277	Alfred	Bogenhuber	5:18:09	1177	M60-69	2	242	01:36:25	03:07:20	United States		
278	Sarah	Antill	5:18:15	185	F30-39	20	36	09:29:51	03:03:07	NSW		Fat Ass Racing Team
279	Hannah	Webb	5:18:38	97	FU20	1	37	01:22:48	03:04:44	QLD		
280	Phoebe	Nance	5:19:02	959	F20-29	6	38	10:09:03	03:03:26	NSW		
281	Glenn	Hayward	5:19:03	218	M30-39	104	243	09:32:34	02:58:04	NSW		Kembla Joggers
282	Tanya	Baluk	5:19:05	211	F30-39	21	39	09:47:35	03:12:58	NSW		North Side Running Group
283	Peter	Malinowski	5:19:26	136	M50-59	23	244	09:35:16	03:03:34	NSW		Watagan Warriors
284	Vivienne	Kartsounis	5:19:30	568	F40-49	10	40	09:50:48	03:09:03	NSW	Y	Sydney Striders
285	Greg	Davies	5:19:31	241	M50-59	24	245	09:40:03	03:06:34	NSW		
286	Jeremy	Baillie	5:19:51	452	M30-39	105	246	01:23:37	02:56:16	NSW		
287	Robert	Johnson	5:19:51	538	M40-49	81	247	10:05:14	03:16:57	NSW		
288	Thien	Vuong	5:20:03	310	M20-29	36	248	09:38:34	03:02:31	NSW		Sydney Striders
289	Peter	Hibberd	5:20:04	322	M40-49	82	249	09:33:09	03:06:58			Sydney Striders
290	Lisa	Carroll	5:20:06	210	F40-49	11	41	09:37:22	03:09:02	NSW		Sydney Striders
291	Megan	Thomas	5:20:10	199	F30-39	22	42	09:34:45	03:05:25	NSW		North Side Running Group
292	Simon	Rogers	5:20:15	983	M30-39	106	250	09:58:37	02:57:22	NSW		North Side Running Group
293	Ross	Sinclair	5:20:22	607	M40-49	83	251	00:00:00	03:00:15	NSW		
294	Andrew	Robertson	5:20:25	228	M30-39	107	252	09:32:17	02:56:27	NSW		Newcastle Veterans
295	Tim	Cairns	5:20:47	499	M30-39	108	253	09:43:43	02:58:56	NSW		North Side Running Group
296	Donald	Waden	5:21:17	1156	M60-69	3	254	01:39:30	03:07:53	NSW		Hills District Joggers
297	Victor	Correa	5:21:20	624	M50-59	25	255	10:02:04	03:03:14	NSW		
298	James	Anderson	5:21:20	868	M30-39	109	256	10:03:41	03:02:58	NSW		
299	Gary	Farebrother	5:21:24	627	M30-39	110	257	09:58:19	03:13:09	NSW		
300	Greg	Houston	5:21:33	489	M40-49	84	258	01:26:44	02:52:50	NSW		
301	Charles	Low	5:21:37	330	M50-59	26	259	09:52:29	03:13:44	NSW		
302	Andrew	Crowley	5:21:39	888	M40-49	85	260	10:09:13	03:01:51	NSW		Ba-Thirst Runners
303	Michael	Hull	5:21:49	606	M30-39	111	261	15:39:16	03:08:26	NSW		
304	Jonathan	Bird	5:21:50	188	M40-49	86	262	09:34:19	03:03:04	NSW		North Side Running Group
305	Stuart	Mashman	5:22:04	510	M40-49	87	263	01:36:41	03:12:53	NSW		Sopac Triathlon Club
306	Brent	Miles	5:22:28	103	M40-49	88	264	09:31:05	02:52:23	NSW		
307	Robert	Boyce	5:22:32	530	M40-49	89	265	09:52:35	03:06:03	VIC	Y	Victorian Road Runners
308	Daniel	Cole	5:23:29	483	M50-59	27	266	09:46:14	03:01:43	VIC	Y	
309	Steve	Orenstein	5:23:31	675	M20-29	37	267	09:59:18	0	NSW		
310	Chris	Robson	5:23:34	981	M40-49	90	268	10:21:16	03:15:45	NSW		North Side Running Group
311	Dylan	Dwyer	5:23:47	244	M20-29	38	269	09:19:07	02:41:50	VIC		
312	Richard	Florczak	5:24:09	471	M50-59	28	270	01:26:58	03:02:39	NSW		
313	Andrew	Cox	5:24:10	465	M30-39	112	271	01:32:28	03:06:47	NSW		Billys Bushies
314	Mark	Sparshott	5:24:25	108	M40-49	91	272	09:37:55	03:14:56	QLD		Brisbane River City Runners
315	Joel	Wright	5:24:26	664	M30-39	113	273	09:58:21	03:13:24	NSW		
316	Kevin	Heaton	5:24:37	257	M40-49	92	274	09:38:41	02:57:35	NSW		
317	Rodney	Ladyman	5:24:45	459	M40-49	93	275	10:05:02	03:15:42	QLD	Y	
318	Phil	Laing	5:24:50	181	M40-49	94	276	09:38:07	03:07:32	SA		
319	Richard	Medway	5:25:08	501	M40-49	95	277	09:44:45	02:58:45	NSW		
320	Jojo	Tipace	5:25:16	508	M30-39	114	278	09:56:08	03:09:16	QLD		
321	Simon	Crisp	5:25:16	500	M30-39	115	279	01:31:26	03:07:54	NSW		North Side Running Group
322	Scott	Williams	5:26:06	574	M30-39	116	280	09:47:07	03:05:41	NSW		Sydney Striders
323	Richard	Deutsch	5:26:09	670	M30-39	117	281	01:29:56	03:00:23	NSW		Yomping At The Bit
324	Franck	Hirzel	5:26:11	259	M30-39	118	282	09:42:59	03:11:04	New Caledonia		
325	Callum	Law	5:26:11	495	M30-39	119	283	01:26:04	03:00:10	WA		Brisbane River City Runners
326	James	Hudson	5:26:13	668	M30-39	120	284	01:37:32	03:19:11	Vanuatu		
327	Peter	Brockington	5:26:25	873	M30-39	121	285	10:17:54	03:14:21	NSW		
328	Cathy	Newman	5:26:27	652	F40-49	12	43	10:07:20	03:17:05	ACT		Koolactrunners (Gramp's Army)
329	Adam	Carter	5:26:29	547	M30-39	122	286	09:59:16	03:14:54	NSW		
330	Joseph	Thompson	5:26:32	175	M40-49	96	287	09:42:29	03:04:26	VIC		Australian Defence Force
331	Andrew	Graham	5:26:54	252	M40-49	97	288	09:43:29	03:09:04	NSW		
332	Paul	Johnson	5:27:18	539	MU20	1	289	10:02:41	03:16:18	NSW		
333	Kelly	Ashton	5:27:52	235	F30-39	23	44	09:46:46	03:14:56	NSW		
334	Gary	Mccartney	5:27:59	488	M40-49	98	290	09:54:19	03:08:42	NSW		North Side Running Group
335	Robert	Shutt	5:28:10	300	M30-39	123	291	09:41:04	03:08:39	NSW		North Side Running Group
336	Dean	Coldicott	5:28:16	827	M30-39	124	292	09:35:21	02:42:12	NSW	Y	
337	Alan	Gibbons	5:28:39	905	M40-49	99	293	10:08:02	03:11:17	NSW		
338	Paul	Irving	5:28:39	921	M50-59	29	294	10:08:57	03:08:50	NSW		Australian Defence Force
339	Gary	Jenkinson	5:28:42	926	M40-49	100	295	10:24:46	03:18:31	QLD		
340	Paul	Ban	5:28:43	616	M50-59	30	296	01:29:50	03:01:02	VIC		
341	Jason	King	5:28:44	502	M30-39	125	297	01:32:46	03:08:59	NSW		
342	Andrew	Johnson	5:29:15	927	M20-29	39	298	10:19:06	03:17:52	NSW		
343	Shaun	Elwood	5:29:17	898	M30-39	126	299	10:06:19	02:59:37	NSW		

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344	Colin	Burnett	5:29:18	879	M40-49	101	300	10:04:02	03:07:59	NSW		
345	Trevor	Bayliss	5:29:41	520	M40-49	102	301	01:34:25	03:09:01	NSW		Ba-Thirst Runners
346	Jan	Belza	5:29:59	870	M30-39	127	302	10:22:56	03:17:54	NSW		
347	Graham	Sheargold	5:30:04	171	M50-59	31	303	09:32:18	02:58:22	NSW		Sopac Triathlon Club
348	Nathan	Facer	5:30:12	900	M30-39	128	304	10:19:58	03:17:47	NSW		
349	John	Kennedy	5:30:18	526	M50-59	32	305	01:27:07	02:57:16	ACT		Koolactrunners (Gramp's Army)
350	Steven	Martin	5:30:20	528	M20-29	40	306	09:57:12	03:13:17	NSW		B-Listers
351	Annabel	Martin	5:30:20	529	F20-29	7	45	09:57:11	03:13:19	NSW		B-Listers
352	Peter	Ferris	5:30:29	119	M50-59	33	307	09:35:39	03:06:05	QLD		Brisbane River City Runners
353	Jacqui	Benoit	5:30:40	872	F20-29	8	46	10:10:21	03:14:19	NSW		
354	Stuart	Raymond	5:30:40	481	M30-39	129	308	10:12:43	03:17:51	NSW		
355	John	Raymond	5:30:42	190	M40-49	103	309	10:12:38	03:17:50	NSW		
356	Julie	Leung	5:30:54	267	F50-59	3	47	09:35:00	03:03:48	QLD		Brisbane River City Runners
357	Dean	Simpson	5:31:01	493	M30-39	130	310	09:33:58	02:46:47	NSW		
358	Gwilym	Funnell	5:31:03	464	M30-39	131	311	09:54:51	03:16:28	NSW		Yomping At The Bit
359	Brian	Prosser	5:31:03	581	M40-49	104	312	09:53:15	03:13:06	NSW		Terrigal Trotters
360	Judith	Briscoe-Bartsch	5:31:05	458	F40-49	13	48	09:53:24	03:10:08	QLD		Brisbane River City Runners
361	Hernan	Saez	5:31:33	474	M40-49	105	313	09:55:49	03:10:47	NSW		Western Districts Joggers
362	Sven	Wittchen	5:31:41	317	M30-39	132	314	09:39:16	03:04:33	ACT		
363	Mark	Dakin	5:31:49	891	M30-39	133	315	10:19:26	03:16:56	NSW		
364	Jonathan	Papalia	5:31:50	159	M30-39	134	316	09:39:01	03:02:22	NSW		
365	Rob	Lutz	5:31:52	270	M30-39	135	317	09:43:33	03:11:02	NSW		Sydney Striders
366	Ashley	Knauth	5:32:12	638	M30-39	136	318	10:01:57	03:17:39	QLD		
367	Jon	Glanville	5:32:39	533	M30-39	137	319	09:59:53	03:16:32	NSW		
368	Robert	Joscelyne	5:32:56	514	M30-39	138	320	09:51:35	03:12:40	NSW		
369	Mark	Watson	5:32:57	672	M40-49	106	321	10:05:08	03:15:49	NSW		Sopac Triathlon Club
370	Graham	Wye	5:32:58	169	M40-49	107	322	09:34:57	03:07:41	NSW		Fat Ass Racing Team
371	Richard	Hillman	5:32:59	480	M40-49	108	323	10:09:17	03:27:33	NSW		
372	Matt	Hegarty	5:33:03	915	M30-39	139	324	10:27:03	03:24:20	NSW		
373	Chris	Thompson	5:33:04	64	M40-49	109	325	09:33:26	03:11:22	NSW		North Side Running Group
374	Richard	Mallet	5:33:06	946	M40-49	110	326	10:27:02	03:24:19	ACT	Y	
375	Artie	Sellings	5:33:31	820	M50-59	34	327	10:09:08	03:09:30	NSW		Forster Tri Club
376	Phil	Clarke	5:33:39	492	M50-59	35	328	10:03:35	03:25:53	NSW		Billys Bushies
377	Ben	Waterhouse	5:33:44	1023	M20-29	41	329	10:11:50	03:15:40	NSW		B-Listers
378	Chery	Horne	5:33:53	177	F50-59	4	49	09:43:34	03:13:27	TAS		
379	Simon	Riordan	5:34:10	155	M30-39	140	330	09:47:42	03:22:19	NSW		Sydney Striders
380	Bob	Smith	5:34:10	126	M50-59	36	331	09:32:13	03:00:24	NSW		Berowra Bush Runners
381	Shane	Hatton	5:34:14	817	M20-29	42	332	10:12:23	03:22:46	NSW		
382	Nicholas	Fagan	5:34:55	901	M30-39	141	333	10:12:47	03:18:12	NSW		
383	Roland	Hassall	5:35:15	198	M40-49	111	334	09:42:50	03:14:11	NSW		Sydney Striders
384	Bruce	Hargreaves	5:35:17	179	M50-59	37	335	09:36:25	03:12:09	QLD		Brisbane River City Runners
385	Peter	Kaldor	5:35:34	929	M40-49	112	336	10:08:33	03:12:13	NSW		B-Listers
386	Rachel	Cassidy	5:35:47	809	F40-49	14	50	10:22:33	03:23:20	QLD		Brisbane River City Runners
387	Jeffrey	Gottaas	5:35:49	251	M50-59	38	337	09:32:46	02:52:45	NSW		
388	Grahame	Murphy	5:35:56	222	M50-59	39	338	09:48:12	03:14:19	NSW		Sydney Striders
389	Paul	Statham	5:35:58	473	M40-49	113	339	10:12:45	03:18:22	NSW		North Side Running Group
390	Michael	Almond	5:36:01	866	M40-49	114	340	10:20:25	03:22:44	NSW		
391	Juan	Tomas	5:36:05	660	M40-49	115	341	10:03:54	03:16:18	NSW		
392	Richard	Rimondi	5:36:07	462	M30-39	142	342	10:02:56	03:20:04	NSW		
393	Shane	Peak	5:36:26	968	M30-39	143	343	10:21:01	03:23:33	NSW		
394	Mark	Langsworth	5:36:42	515	M40-49	116	344	01:29:53	03:09:14	NSW		Sydney Striders
395	Graham	Lamond	5:36:46	937	M40-49	117	345	10:09:11	03:10:05	NSW		
396	Leonardo	Simonella	5:36:47	997	M30-39	144	346	10:01:54	02:52:10	NSW		Sydney Striders
397	Ben	Smith	5:36:47	1001	M30-39	145	347	10:27:06	03:28:20	NSW		
398	Boyd	Wymer	5:36:48	1020	M50-59	40	348	10:27:04	03:28:22	NSW		
399	Steven	Heap	5:37:12	255	M40-49	118	349	09:43:15	03:13:10	NSW		
400	Tim	Turner	5:37:14	157	M40-49	119	350	09:31:21	03:13:19	NSW		
401	Mark	Simon	5:37:21	575	M30-39	146	351	09:59:48	03:15:17	NSW		
402	Rodney	Mcwhirter	5:37:21	951	M30-39	147	352	09:59:20	03:00:48	NSW		
403	David	Simon	5:37:24	674	M30-39	148	353	09:59:49	03:15:12	NSW		
404	Paul	Lecomte	5:37:29	639	M50-59	41	354	09:55:55	03:13:28	NSW		
405	Michael	Andersen	5:37:43	234	M40-49	120	355	09:36:34	03:12:41	NSW		North Side Running Group
406	Jon	Mcquade	5:37:46	648	M40-49	121	356	01:23:14	03:06:28	NSW		
407	Phil	Stollery	5:37:48	207	M50-59	42	357	09:39:51	03:13:08	NSW		
408	David	Lancaster	5:38:00	534	M50-59	43	358	01:33:39	03:13:38	NSW		Sydney Striders
409	David	Paff	5:38:05	503	M40-49	122	359	09:53:25	0	NSW		
410	Carol	Baird	5:38:06	1151	F50-59	5	51	01:38:36	03:11:46	ACT	Y	Koolactrunners (Gramp's Army)
411	Marie	O'connell	5:38:12	284	F30-39	24	52	09:43:40	03:15:55	NSW		North Side Running Group
412	Christine	Quigley	5:38:17	974	F20-29	9	53	10:20:37	03:20:35	NSW		

#	Firstname	Lastname	Finish	Bib#	Categ	Cat	Gen	Cox's	Pluvio	State	Aura	Club
413	Shelley	Bambrook	5:38:17	869	F20-29	10	54	10:20:42	03:20:42	NSW		
414	Darren	Kaehne	5:38:40	206	M30-39	149	360	09:47:04	03:18:27	NSW	Y	Australian Defence Force
415	Malcolm	Parmenter	5:39:08	967	M50-59	44	361	10:10:43	03:15:12	NSW		
416	Andrew	Kwok	5:39:10	936	M30-39	150	362	10:20:16	03:23:16	NSW		
417	Withycombe	Matthew	5:39:13	271	M30-39	151	363	09:33:02	02:56:48	NSW		
418	Jason	Elias	5:39:52	451	M30-39	152	364	10:09:03	03:17:40	NSW		Notches 07
419	Jon	Collins	5:40:30	885	M30-39	153	365	10:18:14	03:18:00	QLD		
420	Ian	Garrett	5:40:32	537	M40-49	123	366	09:55:51	03:13:47	NSW		Mac Tri
421	Ron	Huang	5:40:46	918	M50-59	45	367	10:14:11	03:15:35	NSW		
422	Scott	Turner	5:40:48	832	M30-39	154	368	10:02:14	03:02:33	NSW		
423	Erin	Kreiss	5:40:49	934	F20-29	11	55	10:29:59	03:32:11	NSW		
424	Richard	Sewell	5:40:59	100	M30-39	155	369	01:18:09	02:42:15	NSW		
425	Mark	Gardiner	5:41:15	250	M20-29	43	370	09:17:40	02:45:48	NSW		
426	Ineke	Kulper	5:41:27	935	F20-29	12	56	10:09:10	03:20:22	NSW	Y	
427	Kath	Bergkvist	5:41:34	1179	F50-59	6	57	01:50:09	03:22:21	NSW		
428	Wayne	Davis	5:41:35	456	M40-49	124	371	01:35:30	03:18:03	NSW		
429	Bill	Rannard	5:41:53	571	M50-59	46	372	01:45:08	03:25:52	NSW		Western Districts Joggers
430	Cheryl	Harvey	5:41:54	910	F30-39	25	58	10:07:37	03:19:13	NSW		
431	Peter	Bell	5:41:59	460	M40-49	125	373	09:54:21	03:11:12	NSW		
432	Malcolm	Smith	5:42:18	1002	M40-49	126	374	10:18:41	03:18:19	NSW		
433	Mario	Torresan	5:42:43	511	M40-49	127	375	01:31:57	03:18:54	NSW		Sydney Striders
434	Adrian	Panozzo	5:43:06	286	M30-39	156	376	09:33:18	03:12:49	NSW		Kembla Joggers
435	Karolyn	Joseph	5:43:19	212	F20-29	13	59	09:53:22	03:21:41	NSW		
436	Brett	Shepherd	5:43:31	658	M40-49	128	377	10:04:50	03:17:12	NSW		
437	Julia	Thorn	5:43:43	149	F40-49	15	60	09:51:16	03:26:30	VIC		
438	Luigi	Criniti	5:43:47	164	M60-69	4	378	09:45:47	03:13:24	NSW		Sydney Striders
439	Matthew	Debelin	5:44:04	242	M30-39	157	379	09:31:38	02:45:38	NSW		
440	Angie	Grattan	5:44:23	1186	F50-59	7	61	01:40:28	03:18:48	QLD	Y	
441	Swami	Gyanprayag	5:44:28	557	M50-59	47	380	10:02:54	03:20:21	NSW		
442	Richard	Kolodziej	5:44:43	819	M50-59	48	381	10:08:29	03:20:02	NSW		Bankstown Sports
443	Shane	Batkin	5:44:46	617	M50-59	49	382	10:08:53	0	NSW		
444	Paul	Kershaw	5:44:46	931	M40-49	129	383	10:07:07	03:12:10	NSW		B-Listers
445	Rod	Brooks	5:45:02	875	M40-49	130	384	10:10:33	03:15:00	NSW		
446	Nicholas	Thompson	5:45:03	546	M40-49	131	385	10:03:57	03:25:01	VIC	Y	Terrigal Trotters
447	Genevieve	Dennis	5:45:07	894	F30-39	26	62	10:27:28	03:28:04	NSW		
448	Stephanie	Park	5:45:09	214	F30-39	27	63	09:47:21	03:21:40	NSW		
449	Richard	Kelly	5:45:10	930	M30-39	158	386	10:17:37	03:19:35	NSW		Studio One Newcastle
450	Michael	Tully	5:45:11	829	M30-39	159	387	10:17:36	03:19:33	NSW		Studio One Newcastle
451	Geoff	Underwood	5:45:15	542	M20-29	44	388	10:04:05	03:30:00	NSW		Sydney Striders
452	Russell	Platts	5:45:16	289	M40-49	132	389	09:39:45	03:12:56	WA	Y	Wa Marathon Club
453	Mark	Williams	5:45:23	1016	M30-39	160	390	10:19:38	03:22:35	NSW		
454	Stuart	Price	5:45:48	972	M30-39	161	391	10:29:00	03:34:26	NSW		
455	Scott	Small	5:46:31	852	M40-49	133	392	10:13:48	03:22:27	NSW		
456	Paul	Coull	5:46:39	204	M50-59	50	393	09:31:29	03:01:14	NSW		Billys Bushies
457	Rowan	Vickers	5:46:40	201	M40-49	134	394	09:40:14	03:17:15	NSW		
458	Chris	Johnson	5:47:09	813	M30-39	162	395	10:13:46	03:19:14	NSW		North Side Running Group
459	Tina	Mccarthy	5:47:10	273	F40-49	16	64	09:48:31	03:24:42	NSW		
460	Alan	Bradley	5:47:20	170	M40-49	135	396	09:47:44	03:14:51	NSW		Westlakes Athletics Club
461	Glynis	Morgan	5:47:41	282	F50-59	8	65	09:53:42	03:26:05	NSW		Women Who Will
462	Michael	Eaton	5:47:51	1027	M40-49	136	397	10:13:51	03:22:28	NSW		
463	Christine	King	5:47:54	563	F30-39	28	66	10:00:31	03:18:29	NSW		
464	Dean	Israel	5:47:56	922	M30-39	163	398	10:09:05	03:15:36	NSW		
465	Matt	Saviana	5:47:57	987	M20-29	45	399	10:08:55	03:09:32	NSW		
466	Alex	Koch	5:48:07	933	M20-29	46	400	10:12:19	03:15:42	NSW		B-Listers
467	Mario	Larocca	5:48:24	213	M50-59	51	401	09:41:18	03:22:22	NSW	Y	Koolacrunners (Gramps Army)
468	Bob	Elliott	5:48:35	1166	M60-69	5	402	01:38:55	03:23:42	NSW		Hills District Joggers
469	Nigel	Smith	5:48:36	186	M50-59	52	403	09:42:05	03:18:24	NSW		
470	Lavinia	Petrie	5:48:45	1178	F60-69	1	67	01:50:22	03:26:02	VIC	Y	
471	Brian	Mcperson	5:49:00	140	M30-39	164	404	09:35:02	03:19:51	QLD		Toowoomba Road Runners
472	David	Fleming	5:49:03	628	M40-49	137	405	09:53:09	03:15:54	NSW		
473	Susan	Mcbride	5:49:05	559	F40-49	17	68	10:03:56	03:28:02	NSW		
474	Michael	Moore	5:49:05	956	M30-39	165	406	10:37:58	03:48:17	NSW		
475	Matt	Ryan	5:49:07	986	M30-39	166	407	10:13:18	03:13:31	NSW		
476	Gavin	Le Roux	5:49:18	550	M30-39	167	408	10:04:00	03:29:52	NSW		
477	Vass	Vassiliou	5:49:39	309	M50-59	53	409	09:53:55	03:29:02	NSW		Woodstock Runners
478	Geff	Harper	5:49:42	630	M30-39	168	410	09:59:14	03:14:22	NSW		
479	Neil	Meade	5:49:43	952	M30-39	169	411	10:10:01	03:20:24	NSW		
480	Les	Bryce	5:49:53	803	M60-69	6	412	10:21:45	03:28:12	NSW		Turrumurra Trotters
481	Kerryann	Hay	5:50:52	324	F30-39	29	69	09:53:26	03:29:49	NSW		

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482	Sebastian	Warmerdam	5:50:53	504	M40-49	138	413	09:56:07	03:19:15	NSW		Sydney Striders
483	Andy	Alexander	5:50:53	614	M40-49	139	414	01:25:11	02:50:03	NSW		Masai Warriors
484	Tim	Lindley	5:51:04	225	M30-39	170	415	09:42:57	03:15:05	NSW		Bondi Brats
485	Stephen	Lucas	5:51:14	57	M40-49	140	416	09:21:04	02:56:04	QLD		Brisbane River City Runners
486	Richard	McCormick	5:51:15	552	M30-39	171	417	01:32:27	03:15:00	VIC	Y	Coolrunning
487	Dawn	Critcher	5:51:16	611	F30-39	30	70	10:07:53	03:29:54	NSW		Kembla Joggers
488	Chris	Hogan	5:51:35	916	M20-29	47	418	10:23:31	03:27:08	NSW		Sydney Striders
489	Susan	Login	5:51:40	942	F40-49	18	71	10:13:28	03:22:52	NSW		Sydney Striders
490	Steve	Waters	5:52:07	1012	M30-39	172	419	10:25:35	03:29:26	QLD		
491	Peter	Nuttall	5:52:11	463	M40-49	141	420	01:33:59	03:22:14	NSW		Turrumurra Trotters
492	Robert	Phillpott	5:52:14	970	M30-39	173	421	10:17:56	03:22:25	NSW		
493	Paul	Sullivan	5:52:25	570	M30-39	174	422	10:03:46	03:25:12	NSW		Vogel's Vixens
494	Karla	McDonald	5:52:41	566	F50-59	9	72	10:03:34	03:25:13	NSW		Vogel's Vixens
495	Nick	Manning	5:52:41	822	M20-29	48	423	10:03:53	03:11:37	VIC	Y	
496	Katherine	Smallcombe	5:52:43	998	F30-39	31	73	10:22:34	03:29:08	QLD		
497	Peter	Harvie	5:53:23	911	M40-49	142	424	10:12:06	03:22:31	NSW		B-Listers
498	Murray	Lawrence	5:53:48	938	M50-59	54	425	10:18:17	03:24:45	NSW		
499	John	Sellers	5:53:49	513	M50-59	55	426	10:07:24	03:26:31	QLD		Kallangur Klappers
500	Ludwig	Herpich	5:53:49	1162	M70-79	1	427	01:43:56	03:25:34	NSW		Billys Bushies
501	Donald	Macintyre	5:54:01	1160	M60-69	7	428	01:41:30	03:22:30	NSW		Wagga Wagga Road Runners
502	Neil	Hawthorne	5:54:04	913	M50-59	56	429	10:06:52	03:12:20	NSW		
503	Simon	Widdison	5:54:18	663	M40-49	143	430	10:03:31	03:26:56	NSW		
504	Michael	Mcgrath	5:54:18	585	M40-49	144	431	09:56:34	03:20:10	NSW		
505	Ludovic	Theau	5:54:21	1007	M40-49	145	432	10:29:48	03:34:42	NSW		
506	Harry	Karlikoff	5:54:34	635	M50-59	57	433	10:09:24	03:30:11	NSW		
507	James	Meade	5:54:39	549	M40-49	146	434	01:39:49	03:25:33	NSW		
508	Timothy	Sullivan	5:54:40	673	M30-39	175	435	01:37:36	03:25:31	WA		
509	Anthony	Anderson	5:54:42	867	M30-39	176	436	10:05:09	02:59:47	NSW		
510	Stuart	Cole	5:54:44	556	M40-49	147	437	01:35:54	03:18:19	NSW	Y	
511	Peter	Woods	5:54:48	838	M50-59	58	438	10:12:55	0	NSW		Sydney Striders
512	Keith	Morgan	5:54:58	1157	M60-69	8	439	01:43:55	03:22:50	QLD		Brisbane River City Runners
513	Pat	Hughes	5:55:16	1161	M60-69	9	440	01:40:35	03:22:53	NSW		Westlakes Athletics Club
514	Fiona	Skinner	5:55:31	569	F30-39	32	74	01:41:44	03:21:43	NSW		
515	Denis	Sharrock	5:55:38	524	M50-59	59	441	10:08:23	03:24:25	NSW		Campbelltown Joggers
516	Chris	Mills	5:55:39	577	M40-49	148	442	01:42:06	03:27:43	NSW		
517	Andrew	Burke	5:55:49	878	M30-39	177	443	10:19:47	03:23:35	NSW		Ba-Thirst Runnesr
518	Simon	McDonnell	5:56:08	950	M20-29	49	444	10:19:09	03:23:15	NSW		
519	Robert	Ellershaw	5:56:30	245	M50-59	60	445	09:47:12	03:28:10	NT		Terrigal Trotters
520	Allan	Wilson	5:56:38	610	M50-59	61	446	01:49:58	03:34:06	NSW		
521	Amanda	Harcombe	5:56:51	517	F30-39	33	75	10:07:36	03:34:00	NSW		
522	David	Smitherman	5:57:32	806	M30-39	178	447	10:04:22	03:20:46	NSW		
523	Andrew	Tregonning	5:57:50	541	M40-49	149	448	10:09:15	03:35:53	NSW		
524	Erik	Dupont	5:58:04	479	M40-49	150	449	09:47:37	03:13:12	NSW		
525	Nick	Meshner	5:58:10	280	M40-49	151	450	09:39:23	03:17:37	ACT		Koolactrunners (Gramp's Army)
526	Simon	Curry	5:58:28	889	M30-39	179	451	10:07:22	03:10:52	NSW		
527	Greg	Waite	5:59:00	311	M50-59	62	452	09:27:54	03:09:53	QLD		Brisbane River City Runners
528	Wayne	Love	5:59:14	669	M30-39	180	453	10:03:20	03:26:06	NSW		
529	Peter	Holz	5:59:14	472	M40-49	152	454	10:10:54	03:37:18	NSW		
530	Tim	Austin	5:59:20	146	M30-39	181	455	09:29:06	02:51:29	NSW		Sydney Striders
531	Tom	Leung	5:59:25	641	M50-59	63	456	09:55:47	03:21:20	QLD		Brisbane River City Runners
532	Milan	Dolezal	6:00:14	494	M30-39	182	457	01:26:53	03:10:05	NSW		
533	Mike	Hansen	6:00:14	599	M40-49	153	458	01:40:58	03:26:25	NSW		Sydney Striders
534	Scott	Holz	6:00:41	217	M40-49	154	459	09:49:38	03:35:02	NSW	Y	
535	Ross	McNally	6:00:46	582	M40-49	155	460	10:06:50	03:28:36	QLD		
536	Clare	Watson	6:00:48	315	F40-49	19	76	09:56:58	03:32:40	NSW		
537	Glen	Scullion	6:01:15	476	M30-39	183	461	10:03:22	03:21:46	NSW		
538	Chris	Knutsen	6:01:31	498	M40-49	156	462	10:03:48	03:26:33	NSW		Blue Mountains Joggers
539	Michael	Kerr	6:01:36	609	M40-49	157	463	10:21:57	03:45:22	NSW		Billys Bushies
540	Deborah	Laidlaw	6:01:49	220	F40-49	20	77	09:48:10	03:28:41	NSW		North Side Running Group
541	Paul	Scullion	6:02:13	470	M30-39	184	464	10:02:59	03:21:48	NSW		
542	David	King	6:02:51	205	M50-59	64	465	09:48:14	03:28:48	NSW		Sydney Striders
543	Jorden	Minos	6:03:24	1025	M20-29	50	466	10:29:26	03:35:23	NSW		
544	Peter	Strachan	6:03:27	1155	M60-69	10	467	01:44:05	03:29:33	NSW		Hills District Joggers
545	Allen	Pearson	6:03:32	969	M40-49	158	468	10:20:31	03:32:29	NSW		Terrigal Trotters
546	Colin	North	6:03:32	962	M50-59	65	469	10:18:16	03:31:34	NSW	Y	Terrigal Trotters
547	Paula	Geeves	6:04:02	221	F40-49	21	78	09:55:40	03:34:45	NSW		Forster Tri Club
548	Anthony	Compton	6:04:53	544	M40-49	159	470	01:35:44	03:19:44	NSW		
549	Bruce	Robertson	6:04:56	326	M50-59	66	471	09:43:31	03:09:07	NSW		
550	Anne	McGuire	6:05:02	467	F40-49	22	79	10:00:03	03:27:31	NSW		North Side Running Group
551	Michael	Hahn	6:05:12	590	M30-39	185	472	10:05:16	03:35:13	NSW		

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552	Stephen	English	6:05:39	899	M50-59	67	473	10:21:21	03:24:55	NSW		
553	Kerryn	Loftus	6:05:41	941	F30-39	34	80	10:27:58	03:33:51	NSW		Rac (S A Athletics Club)
554	Brian	Sharp	6:06:10	992	M60-69	11	474	10:20:40	03:33:46	NSW		Orange Runners
555	David	King	6:06:36	932	M20-29	51	475	10:13:58	03:30:54	NSW		
556	James	Moody	6:06:37	527	M50-59	68	476	10:05:59	03:36:57	NSW		Sydney Striders
557	Dom	Isberg	6:06:53	469	M40-49	160	477	10:10:52	03:37:26	NSW		Westlakes Athletics Club
558	Gavin	Pilz	6:07:15	512	M30-39	186	478	10:09:27	03:36:02	NSW		North Side Running Group
559	Cerina	Meredith	6:07:43	595	F40-49	23	81	10:08:46	03:36:44	NSW		Vogel's Vixens
560	Anne	Kidman	6:07:46	321	F50-59	10	82	09:52:51	03:28:57	NT		Alice Springs Running And Walking Club
561	Simon	Da Roza	6:08:51	543	M40-49	161	479	10:09:07	03:35:56	NSW		
562	Samantha	Malcolm	6:08:58	945	F20-29	14	83	10:21:11	03:37:12	NSW		
563	Eric	Schmierer	6:09:43	562	M50-59	69	480	10:06:16	03:35:44	NSW		Sydney Striders
564	Mike	Worsley	6:09:54	1164	M60-69	12	481	01:46:24	03:37:39	ACT		Koolactrunners (Gramp's Army)
565	Andrew	Stokes	6:10:57	1004	M30-39	187	482	10:27:53	03:34:24	NSW		
566	Hugh	Ward	6:11:06	1011	M20-29	52	483	10:19:43	03:23:32	NSW		
567	Anthony	Sprigg	6:11:29	1003	M30-39	188	484	10:21:41	03:36:13	NSW		
568	Lee	Walters	6:11:36	816	M30-39	189	485	10:36:53	03:37:11	NSW		
569	Allison	Lilley	6:11:40	815	F30-39	35	84	10:26:30	03:43:22	NSW		Sydney Striders
570	Peter	Lahiff	6:12:00	1165	M70-79	2	486	01:53:28	03:37:06	QLD	Y	Townsville Road Runners
571	Manfred	Von Appen	6:12:56	567	M50-59	70	487	09:58:53	03:18:58	NSW		Newcastle Veterans
572	Charlie	Glapiak	6:13:01	486	M50-59	71	488	10:11:17	03:34:33	NSW		Westlakes Athletics Club
573	Tony	Golden	6:13:14	455	M50-59	72	489	10:10:22	03:29:18	NSW		Bondi Brats
574	Robert	Balmer	6:13:24	580	M30-39	190	490	01:48:18	03:39:09	QLD		
575	Don	Blair	6:13:25	564	M50-59	73	491	10:08:49	03:39:10	QLD		Brookfield Runners
576	David	Bromfield	6:13:29	874	M30-39	191	492	10:19:31	03:30:51	NSW		
577	Simon	Hatlee	6:13:30	912	M30-39	192	493	10:19:36	03:30:23	NSW		
578	Georgi	Kinsela	6:13:30	637	F20-29	15	85	10:13:40	03:41:49	NSW		
579	David	Munro	6:14:23	851	M40-49	162	494	10:13:16	03:22:48	NSW		
580	Keith	Hong	6:14:30	917	M30-39	193	495	10:02:05	03:09:34	NSW		North Side Running Group
581	Steven	Gray	6:14:50	907	M50-59	74	496	10:19:36	03:27:00	NSW		Terrigal Trotters
582	Anthony	Bousfield	6:16:02	596	M40-49	163	497	10:08:04	03:36:00	NSW		
583	Stephen	Bruggeman	6:16:10	141	M40-49	164	498	09:46:37	03:27:41	NSW		
584	Lucy	Mccallum	6:16:21	949	F40-49	24	86	10:20:35	03:37:43	NSW		
585	Michael	Wu	6:16:27	1019	M40-49	165	499	10:34:55	03:48:19	NSW		
586	Peter	Ling	6:16:37	939	M40-49	166	500	10:21:19	03:31:25	NSW		
587	Anthony	Hay	6:16:39	485	M40-49	167	501	09:54:11	03:24:33	NSW		Westlakes Athletics Club
588	Joanne	Mccarthy	6:16:44	814	F40-49	25	87	10:27:23	03:45:05	NSW		
589	Wayne	Kwok	6:16:46	266	M40-49	168	502	09:45:57	03:23:49	NSW		
590	Michael	Key	6:17:05	824	M40-49	169	503	10:22:00	03:33:31	NSW		
591	Ian	Dempsey	6:17:13	598	M50-59	75	504	10:08:08	03:30:28	NSW		Westlakes Athletics Club
592	Rob	Capewell	6:17:19	881	M30-39	194	505	10:26:44	03:31:35	NSW		
593	Ross	Yates	6:17:25	518	M60-69	13	506	10:13:13	03:43:05	NSW		Fat Ass Racing Team
594	Luke	Crouch	6:18:10	887	M30-39	195	507	10:18:53	03:31:26	NSW		Studio One Newcastle
595	Stuart	Barnett	6:18:18	828	M40-49	170	508	10:18:50	03:34:33	NSW		Studio One Newcastle
596	Donna	Bayley	6:19:01	325	F30-39	36	88	09:56:23	03:41:12	NSW		Women Will Run
597	Denis	Riley	6:19:02	1168	M60-69	14	509	01:40:50	03:30:19	NSW		Hills District Joggers
598	Clive	Vogel	6:20:26	863	M50-59	76	510	10:26:22	03:37:36	NSW		Vogel's Vixens
599	Fiona	Horn	6:20:31	835	F40-49	26	89	10:28:44	03:42:17	NSW		
600	Bob	Fickel	6:20:48	523	M50-59	77	511	01:49:57	03:40:59	NSW	Y	Sydney Marathon Clinic
601	Glen	Ebzery	6:21:25	202	M50-59	78	512	09:43:42	03:31:19	NSW		
602	Mark	Tointon	6:21:32	307	M40-49	171	513	09:50:24	03:37:16	United Kingdom		
603	Fred	Foster	6:21:40	578	M50-59	79	514	09:57:40	03:35:49	NSW		
604	Richard	Melder	6:21:42	953	M30-39	196	515	10:12:35	03:23:18	VIC		
605	Mitchell	Scheer	6:21:45	989	M40-49	172	516	10:26:53	03:39:08	VIC		
606	Tina	Campbell	6:21:52	1174	F60-69	2	90	01:52:33	03:37:43	NSW	Y	Sydney Striders
607	Graeme	Butler	6:21:55	555	M50-59	80	517	10:11:38	03:38:04	NSW		Sydney Striders
608	Jenny	Quinn	6:21:58	975	F40-49	27	91	10:26:38	03:43:11	NSW		Sydney Striders
609	Warren	Chapman	6:22:02	621	M30-39	197	518	09:42:38	03:24:58	QLD		
610	Alicia	Irving	6:22:38	920	F20-29	16	92	10:10:45	03:28:16	NSW		Australian Defence Force
611	Liza	Whitfield	6:23:18	565	F40-49	28	93	10:10:50	03:39:34	NSW		Terrigal Trotters
612	James	Varney	6:23:29	1009	M20-29	53	519	10:20:48	03:41:41	NSW		
613	Peter	Quinn	6:23:36	805	M60-69	15	520	10:20:23	03:42:36	NSW		
614	Julie	McGaw	6:23:40	810	F40-49	29	94	10:26:36	03:39:33	NSW		Sydney Striders
615	Robert	Paxton	6:24:13	825	M50-59	81	521	10:27:09	03:40:44	NSW		Campbelltown Joggers
616	Alan	Robb	6:24:22	106	M20-29	54	522	09:22:10	03:00:27	NSW		
617	Belinda	Simpson	6:24:29	301	F30-39	37	95	09:46:48	03:39:06	NSW		
618	Zed	Zlotnick	6:24:49	1022	M40-49	173	523	10:33:32	03:42:14	NSW		Sydney Striders
619	Ewen	Thompson	6:24:55	818	M40-49	174	524	10:32:18	03:47:07	ACT		Koolactrunners (Gramp's Army)
620	Nicole	Sheedy	6:24:56	994	F20-29	17	96	10:21:14	03:40:27	NSW		

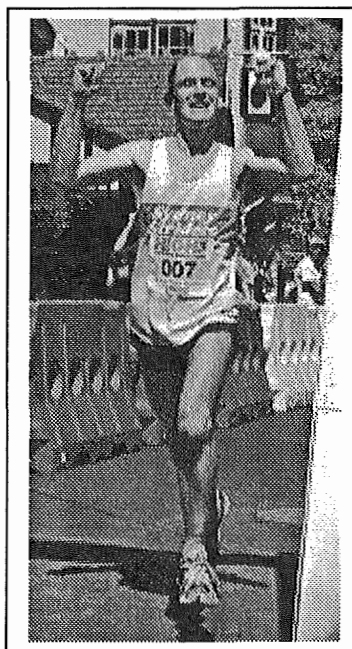
#	Firstname	Lastname	Finish	Bib#	Categ	Cat	Gen	Cox's	Pluvio	State	Aura	Club
621	Roger	Canton	6:25:29	833	M30-39	198	525	10:21:30	03:43:36	NSW		
622	Louis	Commings	6:26:10	531	M50-59	82	526	10:07:04	03:42:17	NSW	Y	Westlakes Athletics Club
623	Vic	Anderson	6:26:11	583	M50-59	83	527	01:42:38	03:38:42	NSW		Western Districts Joggers
624	Clare	Holland	6:27:06	850	F40-49	30	97	10:26:28	03:44:20	NSW		Sydney Striders
625	Martin	Pluss	6:27:28	579	M40-49	175	528	10:09:01	03:41:01	NSW		Sydney Striders
626	Susan	Ingham	6:27:29	1180	F60-69	3	98	02:01:21	03:49:08	NSW		Terrigal Trotters
627	Christina	Neville	6:27:31	960	F40-49	31	99	10:26:50	03:41:43	NSW		Terrigal Trotters
628	Graeme	Hill	6:27:33	461	M50-59	84	529	01:39:49	03:30:44	NSW		
629	Rob	Ross	6:28:15	296	M30-39	199	530	00:00:00	03:56:34	NSW		
630	Charles	Fellner	6:28:20	248	M40-49	176	531	09:51:23	03:26:52	NSW		Hills District Joggers
631	Dennis	Sweetman	6:28:48	659	M40-49	177	532	10:08:14	03:31:48	NSW		Campbelltown Joggers
632	Stephen	Fisher	6:29:20	466	M50-59	85	533	09:54:41	03:17:18	NSW		Turramurra Trotters
633	Michael	Tompkins	6:29:21	808	M60-69	16	534	10:34:26	03:50:45	QLD		
634	Robert	Frizza	6:29:23	629	M40-49	178	535	10:08:01	03:34:35	NSW		
635	John	Mickan	6:29:33	602	M30-39	200	536	09:59:50	03:37:51	NSW		
636	Conny	Warn	6:29:34	591	F30-39	38	100	10:11:20	03:45:49	NSW		Kembla Joggers
637	Christian	Rimondi	6:29:57	977	M30-39	201	537	10:11:26	03:16:06	NSW		
638	Nathan	Isterling	6:30:17	923	M20-29	55	538	10:13:50	03:39:11	NSW		North Side Running Group
639	John	Sneddon	6:30:52	858	M50-59	86	539	10:27:18	03:40:16	NSW		Sydney Striders
640	Elizabeth	Adams	6:30:53	864	F40-49	32	101	10:37:49	03:57:22	NSW		North Side Running Group
641	Soonchul	Shin	6:31:00	995	M30-39	202	540	10:26:40	03:43:08	NSW		
642	Geoffrey	Crowther	6:31:33	536	M30-39	203	541	09:55:08	03:41:45	QLD		Brisbane River City Runners
643	Neale	McLeod	6:31:33	836	M40-49	179	542	10:37:50	04:02:00	QLD		Billys Bushies
644	Len	Brierley	6:31:39	612	M40-49	180	543	01:47:55	03:43:10	NSW		
645	Verne	Towgood	6:31:40	507	M50-59	87	544	10:14:50	03:43:55	NSW		
646	Ken	Newton	6:31:41	1169	M60-69	17	545	01:53:34	03:43:07	NSW		
647	Steve	Pizzey	6:31:48	553	M40-49	56	546	09:53:06	03:20:35	NSW		
648	Sevgi	Girgin	6:32:12	906	F30-39	39	102	10:25:59	03:54:12	NSW		Kembla Joggers
649	Grant	Moroney	6:32:20	1024	M30-39	204	547	10:29:46	03:52:50	NSW		Western Districts Joggers
650	Nicole	McClellan	6:32:28	843	F30-39	40	103	10:39:16	03:57:24	NSW		North Side Running Group
651	Kerrie	O'Connell	6:32:39	847	F40-49	33	104	10:26:24	03:41:40	NSW		Vogel's Vixens
652	John	Olmstead	6:32:42	540	M50-59	88	548	01:45:15	03:48:47	NSW		
653	Franca	Facci	6:32:47	589	F40-49	34	105	00:00:00	03:43:00	NSW		Kembla Joggers
654	Pennie	Psaltis	6:32:53	1190	F50-59	11	106	01:56:52	03:50:24	NSW		Sydney Striders
655	David	Jacobs	6:33:06	924	M30-39	205	549	10:12:34	03:36:03	NSW		B-Listers
656	Mark	Davies	6:33:36	600	M40-49	181	550	01:32:50	03:30:22	NSW		
657	Catherine	Toby	6:33:38	849	F40-49	35	107	10:32:11	03:51:51	NSW		Terrigal Trotters
658	David	Shearwood	6:33:39	993	M40-49	182	551	10:17:50	03:31:23	NSW		
659	Malcolm	James	6:34:16	925	M40-49	183	552	10:22:31	03:44:53	NSW		
660	Graham	Spokes	6:34:33	587	M50-59	89	553	10:10:19	03:44:07	NSW		Wagga Wagga Road Runners
661	Chris	Robson	6:34:48	980	M40-49	184	554	10:24:11	03:31:31	NSW		
662	Christopher	O'donnell	6:34:51	963	M40-49	185	555	10:07:51	03:42:11	NSW		
663	Dave	Joseph	6:34:57	532	M50-59	90	556	01:37:36	03:48:20	NSW		Yomping At The Bit
664	Dennis	Bedford	6:35:04	1175	M60-69	18	557	01:53:34	03:43:12	NSW		Campbelltown Joggers
665	Ben	Gavan	6:35:15	846	M30-39	206	558	10:25:49	03:42:08	NSW		
666	Ben	Jones	6:35:16	845	M20-29	57	559	10:25:53	03:42:08	NSW		
667	Glenda	Mitchell	6:35:19	954	F30-39	41	108	10:33:18	03:53:29	NSW		
668	Walter	Mitchell	6:35:20	955	M30-39	207	560	10:33:15	03:53:30	NSW		
669	Scott	Smiles	6:35:24	1000	M50-59	91	561	10:38:08	04:08:29	NSW		Sydney Striders
670	Ross	Macmillan	6:35:33	944	M40-49	186	562	10:18:56	03:29:30	NSW		
671	Ann	Raaschou	6:35:36	1171	F60-69	4	109	01:43:59	03:33:26	NSW		Hills District Joggers
672	Stephanie	White	6:36:45	1014	F30-39	42	110	10:21:50	03:46:00	NSW		Billys Bushies
673	Bob	Cumming	6:36:53	561	M40-49	187	563	01:35:02	03:46:02	NSW		
674	Stephen	Dean	6:37:03	893	M50-59	92	564	10:18:22	03:41:23	VIC		
675	Debbie	Foggini	6:37:33	841	F40-49	36	111	10:18:55	03:45:00	QLD		
676	Martin	Dugdale	6:37:35	897	M50-59	93	565	10:26:45	03:47:57	NSW		Hills District Joggers
677	Jeff	Morunga	6:38:08	506	M40-49	188	566	10:04:59	03:51:26	NSW		Sydney Striders
678	Karen	Koppelman	6:38:18	1159	F50-59	12	112	01:36:13	03:29:03	QLD	Y	Brisbane River City Runners
679	Michael	Levy	6:38:50	811	M50-59	94	567	10:33:07	03:43:13	NSW		North Side Running Group
680	Christine	Greenhalgh	6:38:59	1187	F50-59	13	113	01:52:45	03:39:57	NSW		Westlakes Athletics Club
681	Derek	Smith	6:39:12	1163	M60-69	19	568	02:06:56	03:57:54	NSW		Sydney Striders
682	Peter	Rodovitis	6:39:22	982	M30-39	208	569	10:15:46	03:32:16	NSW		
683	Carol	Taylor	6:39:59	1182	F60-69	5	114	02:03:51	03:57:50	NSW		Sydney Striders
684	David	Brown	6:40:44	619	M40-49	189	570	10:21:35	03:57:50	WA		
685	Leslie	Taylor	6:40:47	305	M50-59	95	571	09:50:13	03:40:12	NSW		
686	Jeff	Bendeich	6:41:43	871	M30-39	209	572	10:36:09	03:51:33	NSW		
687	Brent	Weigner	6:42:10	662	M50-59	96	573	10:19:24	04:00:08	United States		
688	Debra	Martin	6:42:35	862	F40-49	37	115	10:31:00	03:52:15	NSW		
689	Marie-claire	Kurt	6:43:51	573	F40-49	38	116	10:07:58	04:00:28	NSW		Kembla Joggers
690	Vivienne	Vince	6:44:07	1173	F50-59	14	117	01:47:47	03:45:24	NSW		Terrigal Trotters

#	Firstname	Lastname	Finish	Bib#	Categ	Cat	Gen	Cox's	Pluvio	State	Aura	Club
691	Michael	Tayar	6:44:59	856	M50-59	97	574	10:26:42	03:45:47	NSW		
692	Don	Kern	6:45:03	667	M50-59	98	575	10:21:18	04:01:39	United States		
693	Helen	Pretty	6:45:20	971	F30-39	43	118	10:25:23	03:54:08	NSW		Athletics East
694	Ken	Weir	6:46:06	597	M50-59	99	576	01:42:59	03:50:34	NSW		Randwick Botany Harriers
695	Nathan	Griffith	6:46:46	558	M20-29	58	577	10:07:48	03:56:05	NSW		
696	Kathrin	Schicke	6:46:47	297	F20-29	18	119	00:00:00	03:48:27	NSW		
697	Bernie	Pilgrim	6:46:58	288	M40-49	190	578	09:43:38	03:40:19	NSW		
698	Brian	Ogilwy	6:47:09	1172	M60-69	20	579	02:06:54	03:59:10	NSW		Sydney Striders
699	Greg	Kearney	6:48:06	636	M50-59	100	580	01:42:46	03:46:09	QLD		Brisbane River City Runners
700	Craig	Marshall	6:48:24	831	M50-59	101	581	10:20:07	03:51:53	NSW		
701	Geoff	Evison	6:48:51	246	M40-49	191	582	09:43:17	03:22:41	NSW		
702	Sharon	Varley	6:49:05	584	F50-59	15	120	10:18:52	03:59:56	NSW		North Side Running Group
703	Gerry	Quinn	6:49:39	576	M40-49	192	583	10:05:05	03:49:49	NSW		Mona Vale Madness
704	Todd	Fergusson	6:49:52	902	M30-39	210	584	10:19:11	03:53:44	NSW		
705	Ken	Smith	6:50:00	821	M50-59	102	585	10:31:08	04:08:00	NSW		Sydney Striders
706	Kim	Chang	6:50:12	883	M50-59	103	586	10:22:22	03:43:47	NSW		
707	Jennifer	Brown	6:50:22	876	F30-39	44	121	10:44:57	04:07:55	NSW		
708	Dominic	Boidin	6:50:27	223	M50-59	104	587	10:04:40	03:57:42	NSW		
709	Michael	Terry	6:50:31	1006	M40-49	193	588	10:34:03	03:55:00	NSW		
710	Paul	Ruesch	6:50:40	666	M30-39	211	589	10:21:14	04:01:35	United States		
711	Nick	Drayton	6:51:28	586	M40-49	194	590	10:15:18	04:02:49	NSW	Y	
712	Michael	Bailey	6:51:57	1170	M60-69	21	591	01:59:51	03:55:56	NSW		Sydney Striders
713	Malcolm	Downing	6:52:46	896	M30-39	212	592	10:19:34	03:49:51	NSW		
714	Steve	Guy	6:52:54	807	M50-59	105	593	10:29:15	03:53:55	NSW		Westlakes Athletics Club
715	Trish	Guy	6:52:54	908	F40-49	39	122	10:29:24	03:53:55	NSW		Westlakes Athletics Club
716	Rory	O'donoghue	6:52:59	964	M50-59	106	594	10:30:47	03:49:30	NSW		Warringah Triathlon Club
717	Nicola	Owens	6:53:00	966	F30-39	45	123	10:27:20	03:52:42	NSW		
718	Robert	Palandri	6:53:04	653	M50-59	107	595	10:21:28	03:58:40	WA		
719	Jenny	Harwood	6:53:10	1188	F50-59	16	124	02:00:26	03:57:45	NSW		Terrigal Trotter
720	Peter	Smith	6:53:32	603	M40-49	195	596	01:45:00	03:53:47	VIC		
721	Bob	Greenwood	6:54:08	1176	M60-69	22	597	01:56:34	03:53:49	NSW		
722	Neil	Richardson	6:55:44	840	M50-59	108	598	10:25:27	03:55:32	QLD		Kallangur Klappers
723	Caireen	Urquhart	6:56:06	1008	F30-39	46	125	10:27:59	03:56:38	NSW		
724	Barb	Byrnes	6:56:18	834	F50-59	17	126	10:27:23	03:45:08	NSW		Terrigal Trotters
725	Sue	Smart	6:56:41	999	F50-59	18	127	10:34:33	04:07:58	VIC		
726	Scott	Morley	6:57:11	958	M20-29	59	599	10:36:44	04:02:26	NSW		North Side Running Group
727	Rod	Matthews	6:57:13	948	M40-49	196	600	10:29:40	04:03:48	NSW		
728	Frederique	Mccartney	6:57:39	671	F40-49	40	128	10:24:28	04:08:57	NSW		North Side Running Group
729	Jaye	Chadwick	6:57:45	882	F40-49	41	129	10:33:20	04:05:22	NSW		
730	Cameron	Arnold	6:59:03	801	M30-39	213	601	10:55:10	04:07:57	NSW		Sydney Striders
731	Stephen	Jackson	6:59:08	114	M40-49	197	602	10:13:01	03:57:52	NSW	Y	Sydney Striders
732	Kevin	O'kane	6:59:45	1167	M50-59	109	603	02:03:42	03:56:34	NSW		Sydney Striders
733	David	Bray	7:00:02	525	M30-39	214	604	10:24:56	04:01:56	NSW		Sydney Striders
734	Robi	Russell	7:02:26	1181	F50-59	19	130	02:07:53	04:02:32	NSW		Sydney Striders
735	Hubert	Willems	7:03:12	1154	M60-69	23	605	01:51:30	03:52:49	NSW		Western Districts Joggers
736	Pat	O'faherty	7:07:57	965	M60-69	24	606	10:31:54	04:06:57	NSW		
737	John	Harris	7:08:52	631	M50-59	110	607	10:21:31	04:00:25	WA		
738	Susan	Phillips	7:13:50	1183	F50-59	20	131	02:02:06	04:09:23	NSW		
739	Wendy	Stanton	7:16:09	1191	F50-59	21	132	02:00:06	04:06:37	NSW		
740	Brian	Anderson	7:16:58	1184	M50-59	111	608	01:52:43	03:56:43	NSW		
741	Ted	Woodley	7:18:32	1018	M50-59	112	609	10:31:37	04:02:04	NSW		
742	Jo	Moriarty	7:26:35	957	F30-39	47	133	10:53:26	04:24:19	NSW		Lapd Triathlon Club
743	Stephen	Pryor	7:30:24	973	M50-59	113	610	10:24:05	04:15:57	NSW		Westlakes Athletics Club
744	Gillian	Klevansky	7:38:03	1189	F50-59	22	134	02:04:26	04:21:18	NSW		
745	Christian	Gallagher	7:38:07	903	M30-39	215	611	10:20:09	04:03:29	NSW		
746	Glenn	Lockwood	7:39:45	802	M40-49	198	612	11:21:24	05:03:22	NSW	Y	Sydney Marathon Clinic
747	David	Attrill	8:33:15	1185	M60-69	25	613	16:57:51	04:56:37	NSW		
748	Brendan	Mason	8:33:23	812	M40-49	199	614	11:21:47	05:03:42	NSW	Y	Sydney Striders
749	Sharon	Callister	DNF	837	F40-49			09:06:04	02:17:39	VIC		Sydney Striders
750	Andrew	Hill	DNF	5	M20-29			01:06:49	02:31:19	NSW		
751	Matthew	Riordan	DNF	192	M30-39			09:47:38	03:37:02	NSW		
752	Jean-yves	Basco	DNF	237	M30-39			09:46:59	03:52:29	New Caledonia		
753	Jeff	Mcnaughton	DNF	588	M40-49			10:13:36	04:00:51	NSW		
754	Graham	Jones	DNF	859	M50-59			10:36:14	04:04:36	NSW		
755	Bill	Brennan	DNF	844	M50-59			10:39:32	04:07:59	NSW		
756	Bill	Tomiczek	DNF	601	M60-69			10:19:13	04:11:03	NSW	Y	Blue Mountains Joggers
757	Nick	Brown	DNF	497	M30-39			01:35:23	00:00:00	NSW		Yomping At The Bit
758	Natalie	Jennings	DNF	262	F30-39			09:40:12	00:00:00	NSW		Hills District Joggers
759	Peter	Boorer	DNF	848	M30-39			10:27:56	00:00:00	NSW		Sydney Striders
760	Magdy	Hammad	DNF	860	M60-69			10:30:49	00:00:00	NSW		

#	Firstname	Lastname	Finish	Bib#	Categ	Cat	Gen	Cox's	Pluvio	State	Aura	Club
761	Ross	Mccarty	DNF	839	M50-59			10:38:01	00:00:00	NSW		Sydney Striders
762	Clair	Charalambo us	DNF	884	F50-59			11:08:04	00:00:00	NSW		
763	Andrea	Harding	DNF	909	F40-49			11:08:09	00:00:00	NSW		
764	Peter	Anderson	DNS	615	M20-29			00:00:00	00:00:00	NSW		
765	Lindsay	Ashby	DNS	605	M50-59			00:00:00	00:00:00	NSW		
766	Owen	Barnett	DNS	123	M40-49			00:00:00	00:00:00	NSW		Billys Bushies
767	Peter	Blackshaw	DNS	194	M40-49			00:00:00	00:00:00	NSW		
768	Bob	Cavill	DNS	475	M50-59			00:00:00	00:00:00	NSW		Hills District Joggers
769	Marie	Doke	DNS	232	F40-49			00:00:00	00:00:00	NSW		
770	Deirdre	Duncan	DNS	1158	F50-59			00:00:00	00:00:00	NSW		Westlakes Athletics Club
771	Dearne	Fulcher	DNS	36	F30-39			00:00:00	00:00:00	NSW		Blue Mountains Joggers
772	Chris	Grady	DNS	487	M50-59			00:00:00	00:00:00	NSW		
773	Bernadette	Gregory	DNS	826	F30-39			00:00:00	00:00:00	NSW	Y	SydneyStriders
774	Justin	Hunter	DNS	919	M30-39			00:00:00	00:00:00	NSW		
775	Alison	Kenny	DNS	104	F30-39			00:00:00	00:00:00	NSW		Billys Bushies
776	Ross	Knowles	DNS	830	M50-59			00:00:00	00:00:00	NSW		
777	Garry	Lynn	DNS	231	M40-49			00:00:00	00:00:00	NSW		
778	Danielle	Manley	DNS	857	F30-39			00:00:00	00:00:00	NSW		Exclusive Running Club
779	Brett	Mathison	DNS	86	M30-39			00:00:00	00:00:00	NSW		Panthers Tri Club
780	David	Mckinnon	DNS	647	M30-39			00:00:00	00:00:00	QLD	Y	Coolrunning
781	John	Mcleish	DNS	861	M50-59			00:00:00	00:00:00	NSW		
782	Monika	Mohr	DNS	823	F40-49			00:00:00	00:00:00	NSW		
783	Giles	Newmarach	DNS	283	M20-29			00:00:00	00:00:00	NSW		Fat Ass Racing Team
784	David	Ottrey	DNS	522	M40-49			00:00:00	00:00:00	NSW		Griffith Feral Tri-Ards
785	Glenn	Paterson	DNS	67	M30-39			00:00:00	00:00:00	ACT		Koolactrunners (Gramp's Army)
786	Andrew	Peters	DNS	655	M20-29			00:00:00	00:00:00	NSW		Casual Sydney Striders
787	Michael	Pickford	DNS	41	M30-39			00:00:00	00:00:00	NSW		Campbelltown Joggers
788	Richard	Quinn	DNS	457	M50-59			00:00:00	00:00:00	NSW		
789	Ronald	Ripple	DNS	978	M50-59			00:00:00	00:00:00	NSW		
790	Paul	Robertson	DNS	295	M30-39			00:00:00	00:00:00	NSW		Panthers Tri Club
791	Michael	Seaton	DNS	991	M40-49			00:00:00	00:00:00	NSW		
792	Gordon	Shaw	DNS	519	M30-39			00:00:00	00:00:00	NSW		
793	Richard	Smith	DNS	58	M30-39			00:00:00	00:00:00	NSW		
794	Wayne	Stanton	DNS	604	M40-49			00:00:00	00:00:00	NSW		SydneyStriders
795	Mark	Sturman	DNS	608	M50-59			00:00:00	00:00:00	NSW		
796	Sarah	Stutter	DNS	174	F40-49			00:00:00	00:00:00	TAS		
797	Dominic	Sullivan	DNS	303	M30-39			00:00:00	00:00:00	NSW		
798	Tony	Swan	DNS	304	M40-49			00:00:00	00:00:00	ACT		Koolactrunners (Gramps Army)
799	Chris	Tait	DNS	200	M40-49			00:00:00	00:00:00	NSW		
800	Kamran	Tavangar	DNS	1005	M40-49			00:00:00	00:00:00	NSW		
801	Phillip	Titterton	DNS	535	M60-69			00:00:00	00:00:00	NSW		
802	Manuel	Trujillo	DNS	854	M50-59			00:00:00	00:00:00	NSW		Billys Bushies
803	Dimitrios	Tsironis	DNS	613	M30-39			00:00:00	00:00:00	VIC		
804	Alisa	Wells	DNS	1013	F20-29			00:00:00	00:00:00	NSW		Terrigal Trotters
805	Paul	White	DNS	478	M40-49			00:00:00	00:00:00	NSW		
806	Brian	Wilcockson	DNS	1015	M50-59			00:00:00	00:00:00	NSW		SydneyStriders
807	Ruediger	Winkler	DNS	1017	M50-59			00:00:00	00:00:00	Germany		
808	Stephen	Young	DNS	1021	M50-59			00:00:00	00:00:00	NSW		
809	Graham	Bray	DQ	853	M50-59			00:00:00	00:00:00	NSW		Ba-Thirst Runners

An ecstatic **Tony Fattorini** crosses the line in 3:24:11 a new course record of 33 seconds.

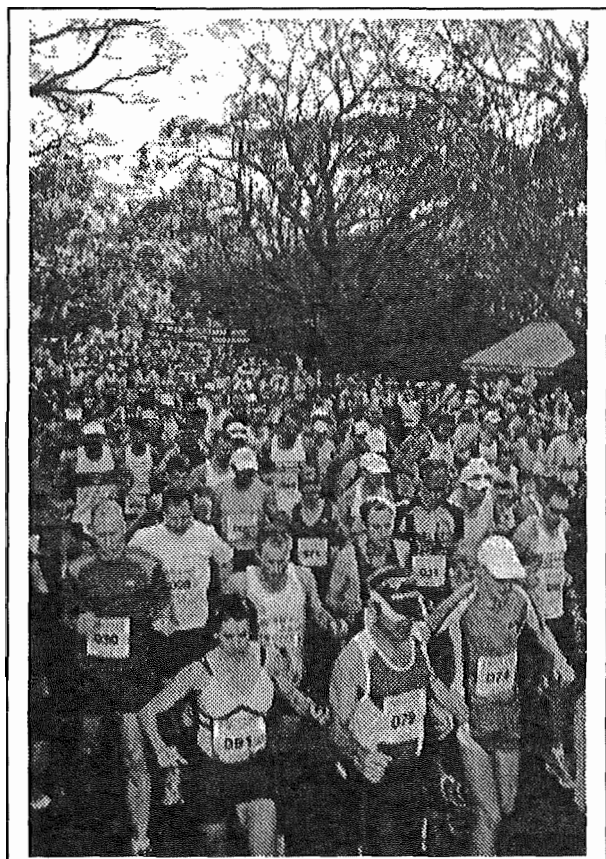
Photo by Marathon-Photos.com



Age Group Results

★ denotes an age group record.

Age Group	Female	Male
Under 20	1 Hannah Webb 5:18:22 (19 years)	1 Paul Johnson 5:27:18 (19 years)
20-29	1 Vanessa Haverd 4:18:16 (29 years) 2 Nadine McKinnon 4:55:10 (28 years) 3 Philippa Jamieson 4:57:11 (27 years)	1 Matthew Robbie 3:26:42 (22 years) 2 Neil Labinsky 3:36:25 (27 years) 3 Tim Cochrane 3:48:32 (26 years)
30-39	1 Isobel Bepalov 4:11:30 (36 years) 2 Jackie Fairweather 4:14:57 (37 years) 3 Fleur Flanery 4:27:54 (39 years)	1 Tony Fattorini 3:24:11 (32 years) ★ 2 Sleep Train 3:36:23 (32 years) 3 Andrew Lee 3:38:35 (37 years)
40-49	1 Hubertien Wichers 4:16:07 (41 years) ★ 2 Wendy Stevenson 4:28:36 (42 years) 3 June Petrie 4:32:13 (43 years)	1 Jonathan Blake 3:30:34 (41 years) ★ 2 Don Wallace 3:37:15 (45 years) 3 Anthony Scott 3:47:10 (44 years)
50-59	1 Joanne Cowan 5:03:15 (51 years) 2 Erika Bunker 5:13:01 (50 years) 3 Julie Leung 5:30:54 (50 years)	1 Trevor Jacobs 3:41:30 (55 years) 2 Richard Were 3:58:35 (51 years) 3 Greg Love 4:07:42 (52 years)
60-69	1 Lavinia Petrie 5:48:45 (63 years) ★ 2 Tina Campbell 6:21:52 (60 years) 3 Susan Ingham 6:27:29 (60 years)	1 Max Bogenhuber 5:10:33 (64 years) 2 Alfred Bogenhuber 5:18:09 (67 years) 3 Donald Waden 5:21:17 (60 years)
70-79	1 Nil	1 Ludwig Herpich 5:53:49 (71 years) ★ 2 Peter Lahiff 6:12:00 (71 years)



It was reasonably chilly at the start time of 8am, but warmed up later. Seen here is the first wave of runners, with others gathered waiting in the background.

Photo by Marathon-Photos.com

Australian Trail Ultramarathon Champs

We were very fortunate that the Six Foot Track Marathon was selected as the Australian National Trail Ultramarathon Championships again. All runners that are members of AURA (Australian Ultra Runners Association – see www.ultraoz.com) were eligible to take part. The top 3 males and females each win a trophy. The championship results are as follows:

AURA Pos	Firstname	Lastname	FinishTime	RaceNo	Categ	State	Overall Pos	Notes
1	Tony	Fattorini	3:24:11	7	M30-39	NSW	1	First Male
2	Jonathan	Blake	3:30:34	3	M40-49	NSW	3	Second Male
3	Don	Wallace	3:37:31	2	M40-49	QLD	6	Third Male
4	Trevor	Jacobs	3:41:30	4	M50-59	ACT	8	
5	Tim	Sloan	3:41:32	9	M30-39	TAS	9	
6	Tim	Cochrane	3:48:32	74	M20-29	NSW	12	
7	Adam	Jordan	3:56:13	21	M30-39	NSW	17	
8	David	Hosking	3:57:21	28	M30-39	ACT	22	
9	Martin	Fryer	3:57:29	19	M40-49	ACT	23	
10	Chris	Graham	4:04:07	18	M30-39	NSW	27	
11	Greg	Love	4:07:42	20	M50-59	NSW	34	
12	Isobel	Bespalov	4:11:30	71	F30-39	VIC	40	First Female
13	Patrick	Mickan	4:16:32	137	M20-29	NSW	50	
14	Bert	Pelgrim	4:21:56	69	M50-59	VIC	58	
15	Kelvin	Marshall	4:24:05	39	M40-49	VIC	66	
16	Ian	Wright	4:25:22	29	M50-59	ACT	68	
17	Stephen	Hanlon	4:26:31	505	M30-39	NSW	71	
18	June	Petrie	4:32:13	90	F40-49	VIC	85	Second Female
19	Dan	Kehoe	4:35:50	264	M20-29	NSW	97	
20	Andrew	Hewat	4:41:23	131	M40-49	VIC	109	
21	Philip	Murphy	4:42:20	118	M30-39	NSW	110	
22	Mark	Battistella	4:43:18	52	M40-49	NSW	111	
23	Malcolm	Gamble	4:48:53	329	M30-39	VIC	134	
24	Steve	Appleby	4:50:00	42	M50-59	ACT	137	
25	Ron	Schwebel	4:50:04	176	M50-59	NSW	138	
26	Tom	Silk	4:51:23	162	M40-49	NSW	143	
27	Andrew	Johnson	4:52:27	23	M30-39	ACT	148	
28	William	Proctor	4:52:47	60	M40-49	NSW	151	
29	Wayne	Gregory	4:56:55	115	M40-49	NSW	172	
30	David	Criniti	4:57:03	101	M20-29	NSW	176	
31	Amanda	Underwood	5:02:40	65	F30-39	NSW	206	Third Female
32	Alan	Heap	5:02:54	147	M50-59	NSW	208	
33	Michael	Corlis	5:05:36	43	M40-49	ACT	217	
34	Sharon	Harrison	5:05:50	63	F30-39	NSW	218	
35	Grant	Campbell	5:07:13	880	M30-39	NSW	223	
36	Ian	Twite	5:08:33	53	M50-59	VIC	235	
37	Max	Bogenhuber	5:10:33	1153	M60-69	NSW	242	
38	Vivienne	Kartsounis	5:19:30	568	F40-49	NSW	284	
39	Robert	Boyce	5:22:32	530	M40-49	VIC	307	
40	Daniel	Cole	5:23:29	483	M50-59	VIC	308	
41	Rodney	Ladyman	5:24:45	459	M40-49	QLD	317	
42	Dean	Coldicott	5:28:16	827	M30-39	NSW	336	
43	Richard	Mallet	5:33:06	946	M40-49	ACT	374	
44	Carol	Baird	5:38:06	1151	F50-59	ACT	410	
45	Darren	Kaehne	5:38:40	206	M30-39	NSW	414	
46	Ineke	Kuiper	5:41:27	935	F20-29	NSW	426	
47	Angie	Grattan	5:44:23	1186	F50-59	QLD	440	
48	Nicholas	Thompson	5:45:03	546	M40-49	VIC	446	
49	Russell	Platts	5:45:16	289	M40-49	WA	452	
50	Mario	Larocca	5:48:24	213	M50-59	NSW	467	
51	Lavinia	Petrie	5:48:45	1178	F60-69	VIC	470	

AURA Pos	Firstname	Lastname	FinishTime	RaceNo	Categ	State	Overall Pos	Notes
52	Richard	Mccormick	5:51:15	552	M30-39	VIC	486	
53	Nick	Manning	5:52:41	822	M20-29	VIC	495	
54	Stuart	Cole	5:54:44	556	M40-49	NSW	510	
55	Scott	Holz	6:00:41	217	M40-49	NSW	534	
56	Colin	North	6:03:32	962	M50-59	NSW	546	
57	Peter	Lahiff	6:12:00	1165	M70-79	QLD	570	
58	Bob	Fickel	6:20:48	523	M50-59	NSW	600	
59	Tina	Campbell	6:21:52	1174	F60-69	NSW	606	
60	Louis	Commins	6:26:10	531	M50-59	NSW	622	
61	Karen	Koppenol	6:38:18	1159	F50-59	QLD	678	
62	Nick	Drayton	6:51:28	586	M40-49	NSW	711	
63	Stephen	Jackson	6:59:08	114	M40-49	NSW	731	
64	Glenn	Lockwood	7:39:45	802	M40-49	NSW	746	
65	Brendan	Mason	8:33:23	812	M40-49	NSW	748	
66	Bill	Tomiczek	DNF	601	M60-69	NSW	756	
67	Bernadette	Gregory	DNS	826	F30-39	NSW	773	
68	David	Mckinnon	DNS	647	M30-39	QLD	780	

John Overton Memorial Fire-fighter Award

This year saw the 5th John Overton Memorial Fire-fighter Award being presented. This is a perpetual trophy awarded to the first firefighter to cross the line - regardless of whether full-time, professional or volunteer fire-fighter. There was a marked increase in entries this year.

Place	Firstname	Lastname	FinishTime	Sex	Fire Brigade
1	Wayne	GREGORY	4:56:55	Male	Sydney Communication Centre
2	Barry	CASEY	4:59:51	Male	Gosford Fire Station
3	Drew	SHAW	5:07:03	Male	NSWFB 21 station kogarah
4	Keith	COLLIN	5:11:04	Male	Bruce Dale Rfs
5	Ian	SARGENT	5:11:23	Male	NSWFB-Katoomba Comms
6	Andrew	O'NEILL	5:16:31	Male	NSWFB Woollahra Fire Station
7	Shaun	ELWOOD	5:29:17	Male	NPWS Upper Mountains
8	Rodney	MCWHIRTER	5:37:21	Male	Big Hill
9	Jon	COLLINS	5:40:14	Male	Emergency Response Team Phosphate Mill
10	Russell	PLATTS	5:45:16	Male	Fire & Emergency Services Authority Wa
11	Matt	RYAN	5:49:07	Male	Upper Colo
12	Chris	MILLS	5:55:39	Male	Kanimbla
13	Rob	CAPEWELL	6:17:19	Male	WH Riverview RFS
14	Clive	VOGEL	6:20:26	Male	Cudgewa CFA
15	Stephen	FISHER	6:29:20	Male	Duffys Forest
16	Neale	MCLEOD	6:31:33	Male	Mountview
17	Ken	NEWTON	6:31:41	Male	Hornsby Catering
18	Christian	GALLAGHER	7:38:07	Male	Tenterfield

Partners Prize

Team Pos	Total Time	Team Name	Name	Finish Time	Name	Finish Time
1	8:26:51	Underwood-Fattorini	Tony Fattorini	3:24:11	Amanda Underwood	5:02:40
2	8:32:47	Fairweather	Jackie Fairweather	4:14:57	Simon Fairweather	4:17:50
3	8:54:09	Petrie-Pelgrim	Bert Pelgrim	4:21:56	June Petrie	4:32:13
4	9:23:18	Viglione-Baverstock	Stuart Baverstock	4:22:11	Tina Viglione	5:01:07
5	9:40:29	Antill-Lefmann	Sarah Antill	5:18:15	Martin Lefmann	4:22:14
6	11:00:40	Martin	Annabel Martin	5:30:20	Steven Martin	5:30:20
7	11:09:22	Harrison-North	Sharon Harrison	5:05:50	Colin North	6:03:32
8	11:26:37	Kreiss-Price	Erin Kreiss	5:40:49	Stuart Price	5:45:48
9	11:28:59	Jamieson-Pizzey	Pip Jamieson	4:57:11	Steve Pizzey	6:31:48
10	11:30:19	Leung	Julie Leung	5:30:54	Tom Leung	5:59:25

11	12:13:48	Chadwick	Jaye Chadwick	6:57:45	Scott Chadwick	5:16:03
12	13:10:39	Mitchell	Glenda Mitchell	6:35:19	Walter Mitchell	6:35:20
13	13:45:48	Guy	Steve Guy	6:52:54	Trish Guy	6:52:54

Team Results

New this year, emphasising quality over quantity, **the Sydney Marathon Clinic** (www.sydneymarathonclinic.org.au) very generously donated two trophies, one for the fastest female and male teams. Each team can have a max of 6 runners, each runner scoring points for how far up the field they finish.

Place	Female Team	Team Total	Scoring runners	Place	Male Team	Team Total	Scoring runners
1	KoolACTrunners (Gramp's Army)	4106	6	1	KoolACTrunners (Gramp's Army)	4789	6
	1. Jackie Fairweather				1. Jonathan Blake		
	2. Hubertien Wichers				2. Trevor Jacobs		
	3. Vanessa Haverd				3. Anthony Scott		
	4. Fleur Flanery				4. Stuart Doyle		
	5. Anita Scherrer				5. David Osmond		
	6. Cathy Newman				6. Tim Sawkins		
2	Sydney Striders	3898	6	2	Sydney Striders	4677	6
3	Terrigal Trotters	2323	6	3	Terrigal Trotters	4618	6
4	North Side Running Group	2140	6	4	Brisbane River City Runners	4229	6
5	Kembla Joggers	1621	6	5	Kembla Joggers	3832	6
6	Brisbane River City Runners	1456	4	6	Ba-Thirst Runners	3717	6
7	Vogel's Vixens	1417	4	7	Billys Bushies	3608	6
8	Newcastle Veterans	702	1	8	North Side Running Group	3605	6
9	Masai Warriors	646	1	9	Westlakes Athletics Club	3519	6
10	Knox Roadrunners	641	1	10	Australian Defence Force	3318	6
11	Orange Runners	557	1	11	Sydney Marathon Clinic	3199	6
12	B-Listers	547	1	12	Berowra Bush Runners	3139	5
13	Fat Ass Racing Team	530	1	13	B-Listers	3073	6
14	Women Who Will	347	1	14	Bondi Brats	2745	5
15	Forster Tri Club	261	1	15	Newcastle Veterans	2736	5
16	Rac (S A Athletics Club)	255	1	16	Turramurra Trotters	2235	5
17	Alice Springs Running And Walking Club	248	1	17	Sopac Triathlon Club	2011	4
18	Westlakes Athletics Club	228	2	18	Wagga Wagga Road Runners	1750	4
19	Women Will Run	213	1	19	Hills District Joggers	1643	6
20	Australian Defence Force	199	1	20	Western Districts Joggers & Harriers	1253	5
21	Hills District Joggers	140	1	21	Yomping At The Bit	1086	3
22	Billys Bushies	139	1	22	Vogel's Vixens	1068	3
23	Athletics East	119	1	23	Wa Marathon Club	1057	2
24	Lapd Triathlon Club	70	1	24	Coolrunning	996	2
				25	Studio One Newcastle	933	3
				26	Panthers Tri Club	806	1
				27	Maroochy Athletics Club	805	1
				28	Ashgrove Rangers Athletics Club	804	1
				29	Oggs Apsoa	800	1
				30	Studio One Newcastle	792	1
				31	Auckland Ymca	785	1
				32	Fit-For	783	1
				33	Central Coast Hash House Harriers	775	1
				34	Nelspruit Marathon Club / South Africa	746	1
				35	Rcb (Brussels)	729	1
				36	Challenger	711	1
				37	Cba Harriers No. 2	688	1
				38	Team Crank	687	1
				39	Mona Vale Madness	684	2
				40	Sg Adelsberg	676	1

			41	Run Inn	672	1
			42	Stawell Athletics Club	668	1
			43	Act Run	660	1
			44	Fat Ass Racing Team	652	2
			45	Victory Sports	645	1
			46	North Sydney Bears	629	1
			47	Campbelltown Joggers	619	3
			48	Mt Wilson / Mt Irvine	601	1
			49	Hhh	576	1
			50	Skandia	553	1
			51	Diy	546	1
			52	Darwin Runners And Walkers Club	544	1
			53	Watagan Warriors	525	1
			54	Victorian Road Runners	501	1
			55	Forster Tri Club	434	1
			56	Kallangur Klappers	399	2
			57	Notches 07	391	1
			58	Mac Tri	389	1
			59	Bankstown Sports	367	1
			60	Toowoomba Road Runners	337	1
			61	Woodstock Runners	330	1
			62	Masai Warriors	325	1
			63	Blue Mountains Joggers	270	1
			64	Orange Runners	254	1
			65	Townsville Road Runners	238	1
			66	Brookfield Runners	232	1
			67	Randwick Botany Harriers	118	1
			68	Warringah Triathlon Club	96	1

Frequent Runner Awards

The Six Foot Track Marathon has a tradition of awarding runners who return to the event year after year. That is; a belt buckle for 6 finishes within the time-limit, a leather belt after 12 official finishers, and for those special runners who complete their 18th event within the time-limit they are awarded a special Six Foot Track Marathon jacket.

We are very proud of these runners' efforts – which in some cases have taken a considerable number of extra years to actually make the required number. Well done ! The awards for this year were as follows :

Living Legend – 24 Years

(Permanent Race Number & Free entry for life)

1. Max Bogenhuber

Jacket – 18 Years

1. Dennis Bedford

Belt – 12 Years

1. Stephen Bruggeman
2. Deborah Laidlaw
3. Les Potter
4. Warwick Selby
5. Derek Smith
6. Ken Weir

Buckle – 6 Years

1. Paul Arthur
2. Michael Bailey

Buckles ctd

5. Randy Brophy
6. Keith Collin
7. Louis Commins
8. Mark Davies
9. Glen Ebzery
10. Stephen Fisher
11. Gwilym Funnell
12. Peter Goldsmith
13. Richard Green
14. Mike Hansen
15. Graeme Hill
16. Susan Ingham
17. Bruce Inglis
18. Dave Joseph
19. Anne Kidman
20. Karen Koppenol
21. Rolf Kuelsen
22. Marie-claire Kurt

Buckles ctd

23. Craig Marshall
24. Anne Mcguire
25. Brian Mcpherson
26. James Meade
27. Andrew Meenahan
28. Brent Miles
29. Keith Morgan
30. Philip Murphy
31. Robert Paxton
32. Denis Riley
33. Stephen Sayers
34. Dean Simpson
35. Shane Simpson
36. Brian Smith
37. Nigel Smith
38. Peter Smith
39. Andrew Taylor
40. Daniel Toole
41. Tim Turner

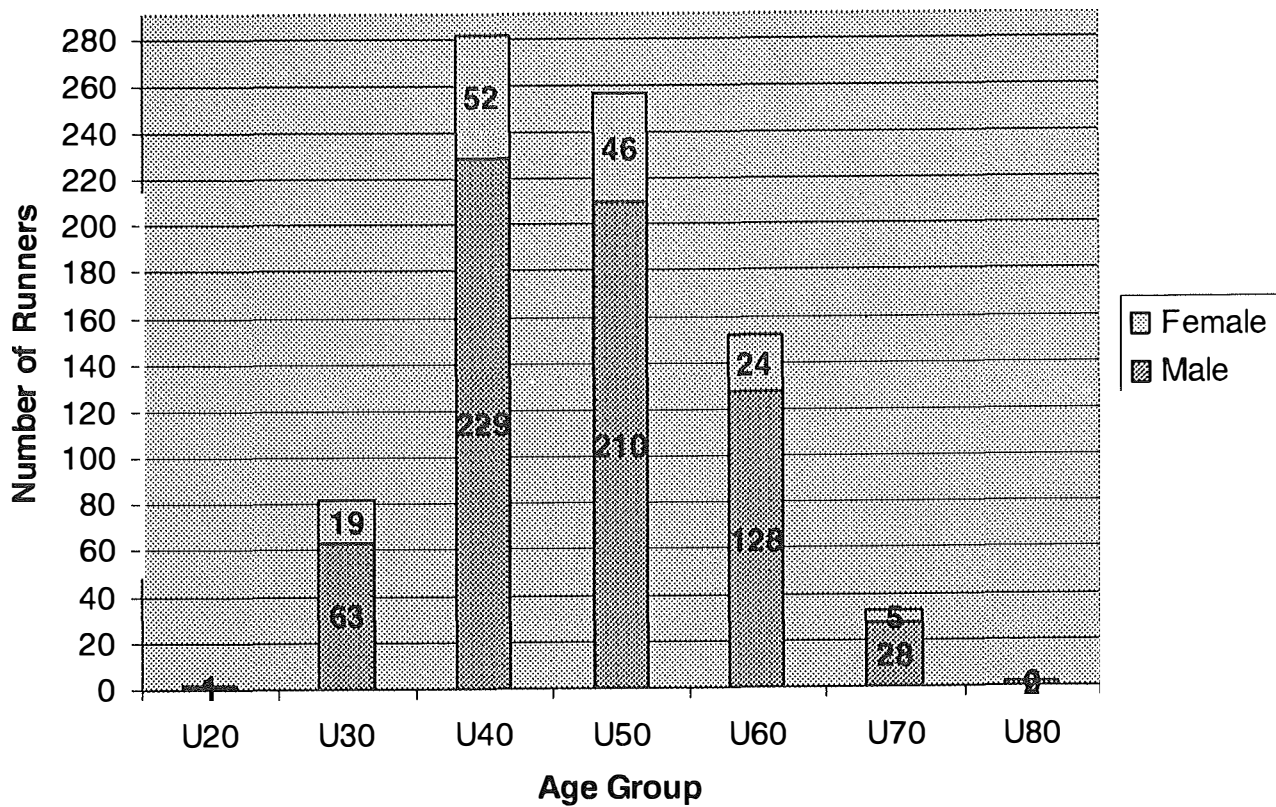
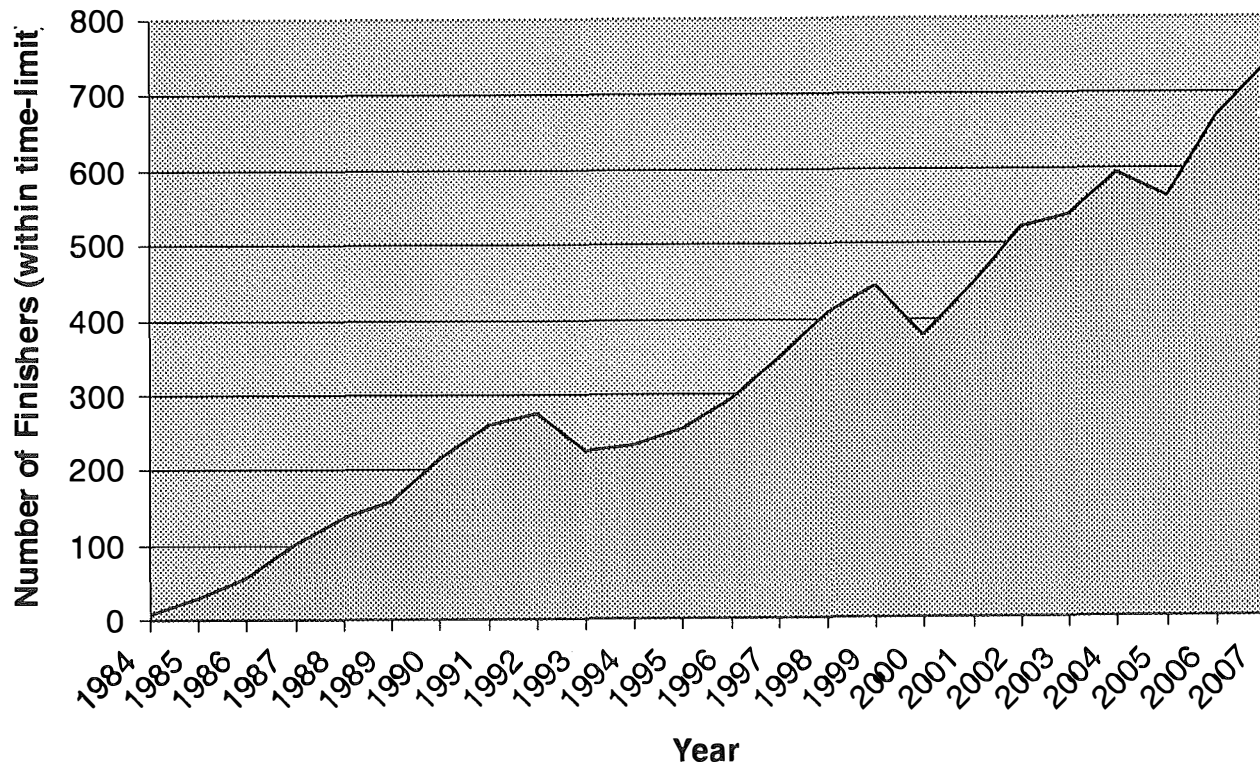
3. Kath Bergkvist
4. Jonathan Blake

Mob Run Results

Every runner who completes the run within the cut-off time will score for their team depending on how far up the field they finish. The first placed runner receives the same number of points as there were entrants. The 2nd placed runner receives 1 point less, and so on. If all runners that entered, had finished the race within the cut-off, the last runner would score 1 point. Runners that drop out or who miss the cut off score zero points.

Pos	Club	Total Points	Scoring runners	Pos	Club	Total Points	Scoring runners
1	Sydney Striders	54328	97	39	Nelspruit Marathon Club South Africa	746	1
2	Koolactrunners (Gramp's Army)	21546	27	40	Rcb (Brussels)	729	1
3	Terrigal Trotters	13912	25	41	Challenger	711	1
4	North Side Running Group	13012	28	42	Women Who Will	694	1
5	Brisbane River City Runners	10456	20	43	Cba Harriers No. 2	688	1
6	Kembla Joggers	7074	12	44	Team Crank	687	1
7	Billys Bushies	5416	12	45	Mona Vale Madness	684	2
8	Westlakes Athletics Club	5255	15	46	Sg Adelsberg	676	1
9	B-Listers	4977	10	47	Run Inn	672	1
10	Ba-Thirst Runners	4473	8	48	Stawell Athletics Club	668	1
11	Vogel's Vixens	3902	7	49	Act Run	660	1
12	Australian Defence Force	3716	7	50	Victory Sports	645	1
13	Sydney Marathon Clinic	3265	7	51	North Sydney Bears	629	1
14	Berowra Bush Runners	3139	5	52	Campbelltown Joggers	619	3
15	Bondi Brats	2745	5	53	Mt Wilson / Mt Irvine	601	1
16	Turrumurra Trotters	2235	5	54	Hhh	576	1
17	Sopac Triathlon Club	2011	4	55	Skandia	553	1
18	Hills District Joggers	1923	7	56	Diy	546	1
19	Wagga Wagga Road Runners	1750	4	57	Darwin Runners And Walkers Club	544	1
20	Fat Ass Racing Team	1712	3	58	Watagan Warriors	525	1
21	Masai Warriors	1617	2	59	Rac (S A Athletics Club)	510	1
22	Orange Runners	1368	2	60	Victorian Road Runners	501	1
23	Knox Roadrunners	1282	1	61	Alice Springs Running & Walking Club	496	1
24	Western Districts Joggers & Harriers	1253	5	62	Women Will Run	426	1
25	Yomping At The Bit	1086	3	63	Kallangur Klappers	399	2
26	Wa Marathon Club	1057	2	64	Notches 07	391	1
27	Coolrunning	996	2	65	Mac Tri	389	1
28	Forster Tri Club	956	2	66	Bankstown Sports	367	1
29	Studio One Newcastle	933	3	67	Toowoomba Road Runners	337	1
30	Panthers Tri Club	806	1	68	Woodstock Runners	330	1
31	Maroochy Athletics Club	805	1	69	Blue Mountains Joggers	270	1
32	Ashgrove Rangers Athletics Club	804	1	70	Townsville Road Runners	238	1
33	Oggs Apsoa	800	1	71	Athletics East	238	1
34	Studio One Newcastle	792	1	72	Brookfield Runners	232	1
35	Auckland Ymca	785	1	73	Lapd Triathlon Club	140	1
36	Fit-For	783	1	74	Randwick Botany Harriers	118	1
37	Central Coast Hash House Harriers	775	1	75	Warringah Triathlon Club	96	1
38	Sydney Pacific	768	1				

Some race statistics



Cradle Mountain 85km trail race [TAS]

	First name	Surname	Age	Pelion	Kiora	Windy	Narcissus	FINISH
1	Paul	MCKENZIE	34	3:24	4:24	5:43	6:43	8:46:38
2	Allan	HOOD	41	3:31	4:31	5:52	6:55	9:07:52
3	Dave	HEATLEY	45	3:27	4:30	5:47	6:55	9:08:34
4	Linton	BURNS	41	3:33	4:35	5:56	7:01	9:20:09
5	John	WILSON	45	3:55	5:02	6:26	7:32	9:49:22
6	Aubrey	HENRICKS	40	3:39	4:44	6:11	7:18	9:49:22
7	Rob	TATCHELL	51	3:29	4:47	6:18	7:30	10:03:48
8	Peter	HOARE	49	3:55	5:10	6:46	8:02	10:50:02
9	Simon	SWEETAPPLE	34	4:09	5:22	6:54	8:14	10:53:11
10	Keith	MEARNS	31	4:07	7:22	6:54	8:14	10:53:47
11	John	MADDEN	53	4:04	5:29	6:56	8:20	11:10:07
12	Malcolm	BRADLEY	42	4:18	5:42	7:22	8:39	11:31:22
13	Michael	SLAGTER	36	4:11	5:42	7:36	8:56	11:47:29
14	Steve	BENTLEY	47	4:34	5:53	7:36	8:59	11:47:58
15	David	ROSS	50	4:14	5:42	7:31	9:00	11:53:32
16	Paul	PACQUE	52	4:11	5:42	7:36	8:11	12:00:34
17	Ted	VAN GELDERMALSEN	52	4:33	6:07	7:52	9:16	12:06:39
18	Andrew	WILLIAMS	42	4:34	5:55	7:42	9:32	12:18:12
19	Paul	O'NEILL	41	4:26	5:52	7:42	9:11	12:22:58
20	Alex	HOVE	56	4:27	5:54	7:44	9:18	12:26:15
21	Marcel	BROWN	33	4:10	5:37	7:29	9:02	12:41:05
22	Ray	CARTER	43	4:45	6:28	8:26	9:55	12:53:17
23	Michael	PICKAVANCE	45	4:43	6:18	8:16	9:51	12:55:24
24	Ally	MARTIN [f]	40	5:03	6:35	8:25	9:53	12:59:42
25	Andy	PARRITT	49	5:03	6:35	8:25	9:53	12:59:42
26	Malcolm	GAMBLE	38	5:11	6:48	8:42	10:09	13:05:07
27	Paul	MONKS	27	5:11	6:48	8:42	10:09	13:05:07
28	Mitchell	STONE	23	5:16	6:53	8:42	10:12	13:05:36
29	Mario	LAROCCA	57	4:53	6:38	8:31	10:01	13:07:55
30	Steve	PROCTOR	52	4:45	6:31	8:31	9:59	13:16:44
31	Andrew	COX	35	4:45	6:31	8:31	9:59	13:16:44
32	Peter	GARDINER	52	5:20	7:00	8:58	10:23	13:31:50
33	Brendan	MASON	44	4:34	6:10	8:34	10:09	13:31:50
34	David	STARY	56	4:47	6:27	8:28	10:07	13:33:29
35	Rob	TAYLOR	66	5:06	6:44	8:40	10:16	13:37:56
36	David	MCKINNON	36	5:23	7:01	9:05	10:36	13:53:34
37	Shaun	BREWSTER	27	5:09	6:59	8:58	10:42	13:58:59
38	Dale	LANCASTER [f]	56	4:58	6:39	8:42	10:24	14:01:35
39	Bret	BUTLER	47	5:21	7:09	9:12	10:45	14:42:23
40	Nick	THOMPSON	44	5:20	7:00	8:59	10:42	14:42:23
	Michael	BOOTH	52	4:53	6:42	8:50	11:15	narc
	David	MACFARLANE	48	4:57	6:42	8:49	10:42	narc
	Doug	STROHFELD	48	4:45	6:35	8:45	10:56	narc
	Paul	ASHTON	50	5:22	7:22	9:47	12:07	narc
	Lachlan	TAYLOR	18	4:10	5:33	7:24	8:55	narc
	Jason	CHESHIRE	32	5:19	7:11	9:21	12:00	narc
	Bryan	ACKERLY	44	4:32	6:01	8:19	10:36	narc

Cradle Mountain 85km Trail Run (Tasmania)

3 February 2007

Report By Dave Heatley

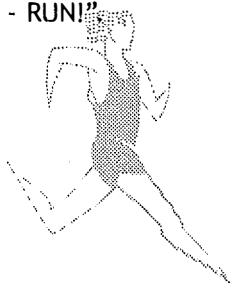
Wow, what a day!

The track was wet underfoot and pretty sloppy at times. This contrasted with a warm weather (getting hot later in the day) and low humidity. The wet track meant that there was no need to carry water, I just scooped it up as needed from creeks and pools beside the track.

This was my third run (I previously ran in 2005 and 2006) and, unlike last year, I got the pacing, nutrition and hydration right this time. (Well the nutrition was mostly right.)

As it was likely to get hot, I thought I'd push it a bit harder during the early part of the run while it was cool (I don't cope with running in warm weather very well). Much to my surprise, I found myself in the lead in the early part of the run (a foreign experience for me) with Paul Mackenzie and Rob Tatchell catching me on the uphill (I walked the uphill to save energy for later) and me pulling away from them on the downhill (I think they were more risk-averse than me). Rob Tatchell's ability to talk while running hard is truly awe-inspiring!

Paul overtook me at Frog Flats and I didn't see him again. A jelly snake from the support crew at Pelion helped the energy levels. I was five minutes ahead of my 2006 time and feeling fresher - so things were going well. I walked much of the uphill to Pelion Gap - at one point some bushwalkers with their cameras out berated me: "Come on, you can do better than that - RUN!"



I upped the pace descending down to Kiora - getting there at 4:30. This is the half-way point so a finish time of 9:00 was not impossible. In 2006 I had run well to this point (4:37) but things had fallen apart later on and I had ended up 25 minutes later than Kiora. I was still fresher than 2006 and feeling very positive. Ducane hut came up pretty quickly and Alan Hood caught up with me near the falls. We ran together for quite a while and then he unexpectedly disappeared. (I later found out that he had thrown up, but recovered quickly.)

Things dragged getting up to Ducane Gap (it's not a big climb, but the legs are getting pretty worn out by that stage) but I managed a quick descent to Windy Ridge hut (with a drink and jelly beans on offer) and I found out that Paul was only four minutes ahead. I was now 10 minutes in front of my 2006 time and still feeling good. The temperature was rising but still manageable. It was a pretty good run through to Narcissus. Alan caught up with me (I heard someone behind me and turned back to look - promptly falling flat on my face!). We ran together for (most) of the rest of the run. It really helps to have company - particularly around the lake.

The temperature dropped a bit near Narcissus (there was a cool southerly breeze). ANZAC Cove was a welcome break - the coke tasted fantastic (normally I hate the stuff) and Sue and Bruce gave us great encouragement. We stayed for around 2-3 minutes - probably a bit long but it was my first stop since Wladheim. We found out that Paul was now 12 minutes ahead (he must have been powering) and so figured we had no hope of catching

him. I was now 15 minutes ahead of my 2006 time and still in better shape.

The lake was hard (as always). The treefalls had been recently cleared which helped a bit. As we got further south the temperature climbed above comfortable levels. One walker reported that Paul was 10 minutes ahead, another said that he had 25 minutes on us! As we got near Watersmeet, Alan started pulling away from me on the uphills and I had to flog myself on the downhill to catch him. Eventually he got a small lead which I wasn't able to close - my legs were trashed by that stage and I guess he had something more in reserve. A great run Alan!

Crossing the line was great. The cold can of Solo was perfect. To be able to sit down and know that I didn't have to run any further was a great relief. I was over the moon with my run (9:08 - 31 minutes better than 2006) and the fact that I had got my first placing in a running race!

I did get a few things wrong. I carried three power bars, which were useless. Too chewy to eat while running, so two of them just ended up as dead weight. And even more silly than that - at the end of the race I found my camera in the bottom of my pack! That was an extra 200g I didn't need or want with me! And my final training for the run was a mountaineering trip at Mt Cook that finished the Wednesday before the run - which cut the recovery too fine.

The event was superbly organised, and everyone was great company. I look forward to seeing you all in future years (I'm not ready to commit to 2008 yet though).

"I heard someone behind me and turned back to look - promptly falling flat on my face!"

Australian National Trail Ultramarathon Championships

10th March 2007

The Australian National Trail Ultramarathon Championships is open to all runners that are members of A.U.R.A. (The Australian Ultrarunners Association).

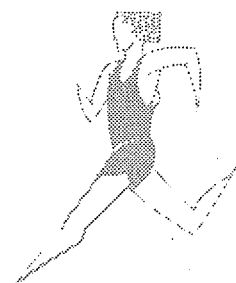
Female			
Pos	First name	Last name	Finish Time
1	Isobel	BESPALOV	04:11:30:100
2	June	PETRIE	04:32:13:000
3	Amanda	UNDERWOOD	05:02:40:800
4	Sharon	HARRISON	05:05:50:800
5	Vivienne	KARTSOUNIS	05:19:30:800
6	Carol	BAIRD	05:37:50:800
7	Ineke	KUIPER	05:41:11:900
8	Angie	GRATTAN	05:44:07:300
9	Karen	KOPPENOL	06:38:18:000

Male			
Pos	Firstname	Lastname	FinishTime
1	Tony	FATTORINI	03:24:11:800
2	Jonathan	BLAKE	03:30:34:800
3	Don	WALLACE	03:37:15:500
4	Trevor	JACOBS	03:41:30:600
5	Tim	SLOAN	03:41:32:700
6	David	HOSKING	03:57:05:900
7	Martin	FRYER	03:57:29:100
8	Chris	GRAHAM	04:04:07:000
9	Greg	LOVE	04:07:42:000
10	Bert	PELGRIM	04:21:56:400
11	Kelvin	MARSHALL	04:24:05:600
12	Ian	WRIGHT	04:25:22:000
13	Stephen	HANLON	04:26:31:800
14	Dan	KEHOE	04:35:50:500
15	Andrew	HEWAT	04:41:23:000

Male continued			
Pos	First name	Last name	Finish Time
16	Philip	MURPHY	04:42:20:000
17	Malcolm	GAMBLE	04:48:53:600
18	Steve	APPLEBY	04:50:00:600
19	Tom	SILK	04:51:23:900
20	Andrew	JOHNSON	04:52:27:300
21	David	CRINITI	04:56:47:600
22	Michael	CORLIS	05:05:36:300
23	Grant	CAMPBELL	05:06:57:700
24	Ian	TWITE	05:08:33:800
25	Chris	DIXON	05:10:03:000
26	Robert	BOYCE	05:22:32:000
27	Daniel	COLE	05:23:29:800
28	Darren	KAEHNE	05:38:40:800
29	Nicholas	THOMPSON	05:45:03:400
30	Lavinia	PETRIE	05:48:45:000
31	Richard	MCCORMICK	05:51:15:400
32	Nick	MANNING	05:52:41:500
33	Stuart	COLE	05:54:44:900
34	Scott	HOLZ	06:00:41:700
35	Colin	NORTH	06:03:32:700
36	Peter	LAHIFF	06:12:00:900
37	Bob	FICKEL	06:20:32:300
38	Louis	COMMINS	06:26:10:700
39	Nick	DRAYTON	06:51:28:500
40	Stephen	JACKSON	06:59:08:500
41	Glenn	LOCKWOOD	07:39:45:800
42	Bill	TOMICZEK	DNF



Photo left from
Six Foot Track



AURA HALL OF FAME

Helen Stanger

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.

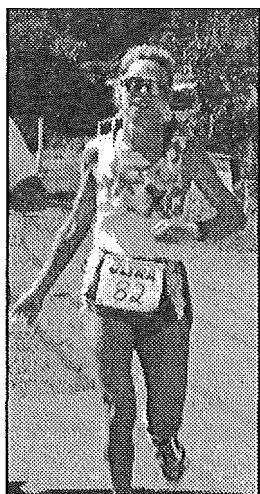
When 1986 produced Australia's first female 200km performance over 24 hours [Cynthia Herbert], no one would have envisaged that the emergence of a talent who would toy with such a distance would be just a few short years away. The arrival of Helen Stanger produced a whole new standard of Australian female ultrarunning.

Photo right:
Helen celebrates her fine career with partner, Bill Hick



Born in 1950, The resident of the Sydney suburb of Loftus spent her pre running years raising two children and renovating a house, a period of her life that saw the nick name of "Six Bricks" bestowed upon her. Carrying six bricks at a time was an obvious sign of her level of toughness, an asset that would carry her to ultra glory in years to come.

Completing a 1986 10km fun run in her first race barely scratched the surface of what was to come. Joining the well known "Billy's Bushies" running club was the precedent to a



Finishing the old Royal National Park 50 Miler

first up 3:45 marathon. In 1988 the unassuming Helen arrived at the start of the Sydney - Wollongong 50 miler having convinced her running mates that she was there for one of the relay legs.

The fact was that she intended to run the entire course solo, which she did in 7:43 to win the women's section. The Helen Stanger juggernaut had begun.

Helen's first 24 hour event in 1989 produced a total of 186km, an effort that put her into the Sutherland Hospital on a drip. Showing her courage, February 1990 saw her first [of what was to be many] 200km performance at Sydney's Hensley Field when she clocked up 200.8km achieving a qualifier for the Westfield Sydney to Melbourne race. Later the same year at the old Campbelltown Six Day Race, Helen debuted at the distance with a creditable 691.58km then followed up soon after with another 24 hour event clocking up 188km.

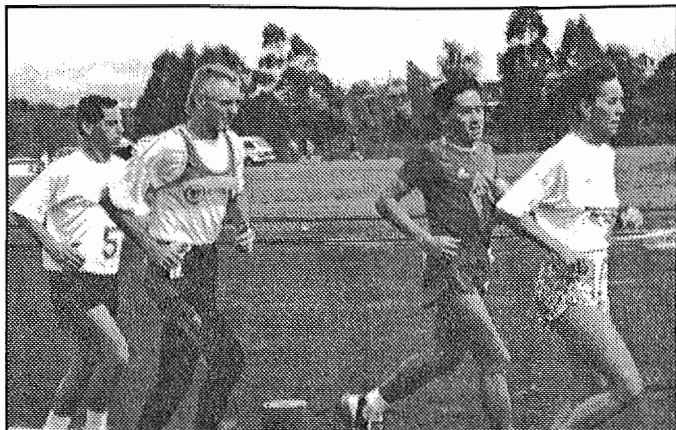
Bill Hick had this to say about Helen's maiden Six Day Race:

"I remember Helen's six day race vividly. She ran well for the first couple of days until she developed painful blisters which severely limited her ability to run. I spent 24 hours with her over the third/fourth days. During the night she made me inject Iodine (or Friars Balsam) through the blister and direct onto

the raw skin. The screams from our tent had everyone wondering what was going on, but she wouldn't let me stop until I had injected every blister. The looks I received from the other runners and their crews when I stepped out of the tent will stay with me forever. After a few hours rest, she made me do it again before she limped back out onto the track and continued running. She had a ton of guts and determination, the likes of which I have never seen in another human being".

Early in 1991, Helen lined up in what was to be the last Sydney to Melbourne race. Ultimately she was the last woman standing, however injuries put paid to her run after 770km. As her coach Billy Collis said at the time "She's not a happy chappie". This was to be her ultimate disappointment. With the demise of the Westfield run, any chance for atonement was dashed. Helen herself felt more disappointment for her crew and supporters. "They worked so hard to get me there", she lamented. "I wanted to finish for them more than myself".

Following her Sydney to Melbourne let down, Helen decided that she



Helen strides ahead during her career best 24 hour run at Coburg in 1997

wanted to improve at 24 hours, an event that was to become her specialty and see her move forward in the most emphatic of fashions.

The Adelaide 24 hour in 1991 produced a new Australian record of 207.96km to finish second outright to the legendary late Bryan Smith. This performance also qualified her for the IAU World 24 Hour Championships in Switzerland, a race in which she clocked up 206km. It was the Adelaide event in which Helen struck up a long and close friendship with Bryan and Jan Smith. Helen described Bryan as her running soulmate, sharing the tough times on the track together and helping motivate each other during those gruelling times in the small hours of the night. At the Swiss 24 Hour, Helen met German runner Horst Hofmeyer and his wife Dore. The friendship remains strong. In fact, Helen and partner, Bill Hick, will be visiting them later this year.

Early in 1992, Helen represented Australia at New Zealand's "That Dam Run 100km" finishing in 8:58. Later in 1992, 196km at Coburg's 24 hour event was the third and last time Helen failed to reach 200km. 1993 at Wollongong saw a new Australian record of 213.49km. Again, second outright to Bryan Smith. By this stage, the sight of Helen, coach Billy Collis and a number of other crew members from "Billy's Bushies" had become a familiar part of the furniture at the ultra venues around Australia.

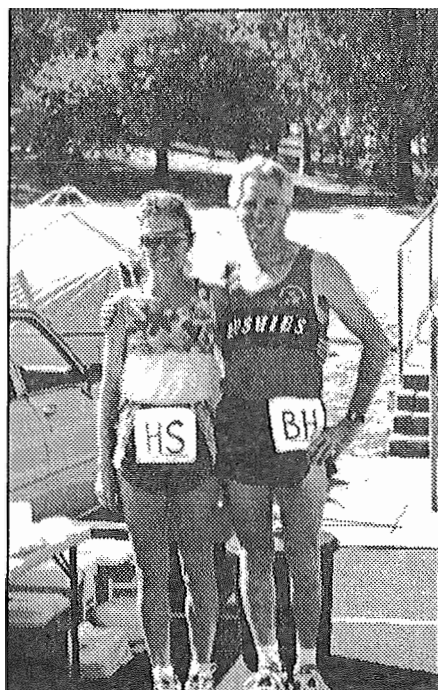
The gruelling one-off Trans Tasmania International Seven Day Race in

1994 in freezing conditions was another highlight. Second female behind the great Eleanor Adams was a superb result.

Returning to the Wollongong event in 1995, Helen extended her national mark to 219.78km. This was also the year she tackled the 48 hour event at Lota, Queensland. 329.256km was a new Australasian record. In September, she knocked out a 9:04 in hot and exposed conditions at a 100km road race in Shepparton [Country Victoria]

When the Coburg events of 1996 and 1997 produced totals of 211km and 206km respectively, Helen lamented that she seemed to be getting slower, however the best was still to come.

The Coburg event of August 1998 was undoubtedly Helen's single best performance. Running a steady and controlled race under the watchful eye of Billy Collis, she defied stomach problems and continual dry reaching to maintain



Preparing for another epic 24 hour run

her pace throughout the night. Despite being unable to keep any food down, she passed runners at a rapid rate and moved into second position outright [behind Yiannis Kourou!!] as the sun rose. Her final distance of 229.08km was well and truly an Australasian record and a performance that put her amongst the world's elite. No other Australian woman had ever come close to such a distance and hasn't since. Helen was never beaten over 24 hours by another woman, a statistic that gives her a "Herb Elliott" like record.

1999 produced a marathon best of 3:04 on route to a 50km time of 3:46

Coupled with her enormous successes on the track and road, she also showed her class with many other creditable performances at the Six Foot Track, the old Royal National Park 50 milers [later to become 50kms], a one-off Brindabella in 1989 and a couple of the old Shoalhaven 46km "King of the Mountains"

Now retired from ultras, Helen recently knocked out a 98 minute half marathon, proving she is far from over the hill.

Helen is the most unassuming of people and reticent to talk of her exploits [although she does have a teddy bear collection, one for each race!]. I was surprised to discover that she never kept a training diary but 130-160km a week appeared to be a figure that sounded familiar to her. Rather than remember her performances, Helen's strongest memories are of the friendships she made during her career and the manner in which runners would help each other. Comparing pain, blister management and balancing food were just a few of the topics of conversation that she enjoyed mid race.

Helen was playing down her obvious guts and tenacity when she nominated her coach, Billy Collis, as her reason for success. "He used to use negative motivation but I was a wake up to him and always stayed one step ahead" she laughed..... "And I still do", she added

Helen Stanger wrote a chapter all her own with a string of performances that I believe will remain unsurpassed for a very long time. She was the ultimate example of what can be achieved with a bucket load of hard work and dedication. Helen's awesome collection of National and Australasian records below make a lengthy list indeed and ensures her position in the AURA Hall of Fame.

Track Personal Bests

50 kms	4hrs 12min 10sec	Wollongong	26/03/1994	44	Australian W40
100 kms	9hrs 6min 40sec	Wollongong	26/03/1994	43	Australian W40
100 kms	9hrs 15min 22sec	Coburg	22/08/1998	48	Australia W45
150 kms	14hrs 59min 16sec	Coburg (Vic)	22/08/1998	48	Australian record
200 kms	21hrs 38min 46sec	Wollongong	02/04/1995	44	Australian W40
200 kms	20hrs 56min 2sec	Coburg (Vic)	22/08/1998	48	World W45
200 kms	20hrs 56min 2sec	Coburg (Vic)	22/08/1998	48	Australian record
200 kms	20hrs 56min 2sec	Coburg (Vic)	22/08/1998	48	Australian W45
50 miles	7hrs 13min 57sec	Wollongong	26/03/1994	43	Australian W40
100 miles	17hrs 00min 54sec	Wollongong	26/03/1994	43	Australian W40
6 hours	69.60 kms	Wollongong	26/03/1994	43	Australian W40
12 hours	125.157 kms	Wollongong	26/03/1994	43	Australian W40
12 hours	125.20 kms	Coburg (Vic)	22/08/1998	48	World W45
12 hours	125.20 kms	Coburg (Vic)	22/08/1998	48	Australian W45
24 hours	229.08 kms	Coburg (Vic)	22/08/1998	48	World W45
24 hours	229.08 kms	Coburg (Vic)	22/08/1998	48	Australasian record
24 hours	229.08 kms	Coburg (Vic)	22/08/1998	48	Australian record
24 hours	219.78 kms	Wollongong	02/04/1995	44	Australian W40
24 hours	229.08 kms	Coburg (Vic)	22/08/1998	48	Australian W45
48 hours	329.256 kms	Lota (Qld)	03/06/1995	44	Australian record
48 hours	329.256 kms	Lota (Qld)	03/06/1995	44	Australasian record
48 hours	329.256 kms	Lota (Qld)	03/06/1995	44	Australian W40
6 days	691.58 kms	Campbelltown	18/11/1990	40	Australian W40

Road Personal Bests

50 kms	3hrs 46min 52sec	Canberra (ACT)	11/04/1999	48	Australian W45
100 kms	8hrs 58min ??sec	Dam Run (NZ)	28/12/1992	42	Australian W40
100 kms	9hrs 4min 47sec	Shepparton (Vic)	17/09/1995	45	Australian W45
150 kms	16hrs 45min 24sec	Basel (Switz)	03/05/1992	41	Australian record
200 kms	23hrs 21min 4sec	Basel (Switz)	03/05/1992	41	Australian record
200 kms	23hrs 21min 4 sec	Basel (Switz)	03/05/1992	41	Australian W40
50 miles	7hrs 43min 36sec	Sydney-Wollongong	??/??/1988	??	Australian ranking
100 miles	18hrs 13min 11sec	Basel (Switz)	03/05/1992	41	Australian record
100 miles	18hrs 13min 11sec	Basel (Switz)	03/05/1992	41	Australian W40
6 hours	63.65 kms	Basel (Switz)	03/05/1992	41	Australian W40
12 hours	112.22 kms	Basel (Switz)	03/05/1992	41	Australian record
12 hours	112.22 kms	Basel (Switz)	03/05/1992	41	Australian W40
24 hours	206.49 kms	Basel (Switz)	03/05/1992	41	Australian record
24 hours	206.49 kms	Basel (Switz)	03/05/1992	41	Australian W40

Compiled by AURA Ultramag Editor Kevin Cassidy from AURA records and from Bill Hick and Billy Collis

The previous inductees into the AURA Hall of Fame are

William F King (The flying Pieman) - extraordinary feats of pedestrianism and other endurance exploits in the 1840's and 1850's - featured in the March 2005 issue of Ultramag.

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

Herb Hedemann - contested the Trans America races of 1928 (38th) and 1929 (8th). Famous at Stawell Athletic Club where the mile race is named after him to this day - featured in the March 2005 issue of Ultramag.

Percy Cerutti - totally focussed and world famous athletics coach (seen at the time as unorthodox and eccentric) renowned for his instigation of long distance training for middle distance athletes - featured in the June 2005 issue of

"A true pioneer who tackled distances no previous Australian women had ever contemplated during 1981-85"

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.

Cliff Young - "Cliffy" achieved folk hero status and nationwide fame with his astonishing win in the inaugural 1983 Sydney to Melbourne run. Running in long rain pants, the 61 year old potato farmer stunned his younger rivals. Far from a "one

hit wonder", Cliff had an illustrious career spanning almost 20 years that encompassed a number of Australian open age records and a veritable smorgasbord of World age group marks.

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.

Politician's 24 hour tower run Tony Abbott and Pat Farmer

\$402,000 raised for cancer research

FEDERAL MP and former endurance runner Pat Farmer fell 10,000 steps short of his own world record but helped raise \$402,000 for cancer research in an exhausting stair-climbing challenge.

Mr Farmer, the member for Macarthur, yesterday began pounding up and down the 1385 steps of Sydney Tower for 24 hours.

He stopped for just 10 minutes

every three hours for food, rest, bathroom breaks and the occasional massage.

Clocking off after 91,207 steps, the former ultra-marathon runner missed out on beating his 1998 record by 10,727 steps.

Mr Farmer was joined by ultra-healthy Health Minister Tony Abbott for 85,667 of the steps, as the pair raised \$402,000 for the Millennium

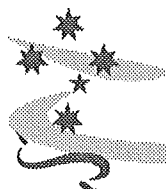
Foundation, based at Westmead in western Sydney.

The foundation funds critical research into the treatment of ovarian cancer, which kills an average of one Australian woman every 10 hours.

Mr Farmer holds two world records and a long list of athletic achievements, once smashing the record for the 10,000km run by 33 days.

"Mr Farmer was joined by ultra-healthy Health Minister Tony Abbott for 85,667 of the steps"





Queensland Ultras in the 80's

Part 2 - by Ian Javes

Part one published in December 2006 issue

PART 2 - OTHER ULTRAS 1987-8

Before discussing the results of other ultras in the eighties I will digress and explain how I became involved in helping to organise them.

After competing in the 50 mile University Road Race in 1986 I was at the next QMRRRC run when Andy Semple approached a group of us and said that a bloke over there (Trevor Harris) wanted him to consider organising a 24 hour run. We all expressed interest much to Andy's surprise. I think the group included Paul Circosta, Stuart Hall, Peter Franks and myself. At the next run Andy said he had been offered sponsorship of \$1500 by Westfield to put on a 24 hour track run in 1987 in order to find potential competitors for the 1988 Westfield Sydney to Melbourne Run. This was to be the Bicentennial year and they wanted a strong field. Since we had expressed interest he said we should form a committee to organise the event. We didn't really know where to start but in the next few weeks I read a Fun Runner magazine and saw an advertisement for a 24 hour track race to be held at Box Hill in Melbourne in late February. Thus I said to the group that I would enter the event, to be directed by Dot Browne, in order to get some information on how such an event should be organised. By this time it was December 1986 and I had only about 6 weeks to get ready for the event.

I decided that because you were running for longer you would have to start at a slower pace and the intake of fluid and food would have to be considered. I knew you would not be able to run the event like a marathon where you could get by (in those days when there were no electrolytes like Powerade and

Gatorade etc) on water alone. So I decided to train for longer periods (3-4 hours instead of 2 hours) and take in fruit juice, fruit etc during the run. At that time I was living at Rochedale in Brisbane's south and the Gateway Arterial and Gateway Bridge were being constructed. A lot of the road was completed but not the bridge so this gave me a good training venue. I also used to run from Rochedale to Mt Petrie and then to the Chandler Sports Centre and return.

On reaching Melbourne a week before the event (I had a utility with a slide on caravan and based myself at Healesville) I met with Dot Browne who gave me a list of things that needed to be done in order to organise such an event. She asked me what distance I expected to do. I said that I felt that I should be able to do 160 km even if I walked a lot so I thought I would aim for 200 km. She looked at me somewhat aghast and said that would be difficult (I didn't know that there were only about a dozen Australians who had achieved that standard at that time.). While I waited for the event at Box Hill during the next week I studied the list of competitors and their profiles and decided that there were about eight who could potentially surpass 200 km, so my plan was to start off following that group and see how I went. I had not organised a crew but was able to park my van trackside and have some foods prepared and thought I would be able to stop to prepare other food if necessary. Dot came to me before the start and offered the assistance of Patricia Carroll during the day and Keith Fisher from Geelong had offered to lap score for me.

The race started with quite heavy rain and I was used to running shirtless. I followed my plan of sitting behind the first eight runners

I thought could perform well. The field included the legendary Cliff Young, Tony Rafferty and another first timer Bryan Smith (later to prove he was Australia's best ultra runner) among others. After an hour the race doctor approached me and advised me to put on a shirt or singlet because he felt I might feel the cold. I obliged although I felt okay. As the race progressed other runners started taking breaks to change shoes and perform other functions. There were no digital clocks or print out stop watches or Champion Chips so a person stood at the start/finish line and called times for the lap scorers as runners went past. As the hours went by I was surprised to see my name climbing higher on the hourly update. I think I was 3rd after 5 hours and leading after 8 hours. The rain ceased after 6 hours and about this time Keith found someone else to lap score for me and decided to become my manager. After completing 100 km in about 9 hours, he asked me when I was going to have a massage. He looked shocked when I said I had never had one. Thus he arranged one, so I stopped and had a quick hot shower and then a massage. This cost me 20-30 minutes and I didn't really feel much better for it but I was well in the lead.

I reached 100 miles (160km) in 16hrs 6 mins and took another shower/massage break but on returning to the track found that Barry Brooks from Ballarat had caught up to me. I took off and regained the lead once more but a few hours later I noticed my urine was a dark brown colour. I had never seen that before and decided to walk and take in plenty of fluid. Patricia Carroll was still there. She was supposed to leave at nightfall but when she saw I was doing so well she contacted her husband who had been playing golf and told him to come

"From then on I forgot all about trying to run sub three hours for a marathon and decided to concentrate on ultras."

to Box Hill. They and Keith Fisher stayed with me throughout the event. After walking for a few hours and taking in much fluid my urine was clear. Barry had established a break of over 10km on me and Bill Beauchamp was closing fast. I felt okay and decided to push on and stay ahead of Bill.

Barry eventually completed 227km; I did 217km; Bill Beauchamp did 213km and Cliff Young and Bryan Smith were just over 200km. After the event I found that the 217km was the 8th ranked performance by an Australian at that stage. The event finished at midday and I drove to Pakenham for a good nights rest and then drove to Canberra the next day (Monday). Amazingly I was able to do a 20km run in Canberra on the Wednesday. How easy is this ultra game I thought. From then on I forgot all about trying to run sub three hours for a marathon and decided to concentrate on ultras.

On returning to Brisbane I met with the rest of the QMMRC committee for organising the 24 hour track run and passed on the information I had gained. We decided we would organise a 50 mile track race in early August (5 weeks before the planned 24 hour run) in order to hone our skills in organising and the University people wanted to see what effect there would be on the grass surface of the Athletic Track during such an event.

I stepped up my training to the order of 200+km per week as I thought I might have a crack at the then Australian 24 hr Track Record of about 242km held by Brian Bloomer from Victoria. In the 50 mile track event in August I wanted to test myself to see if I could run it at an average of 12 km per hr (2 minute laps) with something in reserve. My plan in the later 24 hr track run would be to do 120km in the first 10 hours leaving me 14 hrs to do the remaining 123km.

Here is Andy Semple's Report on the 50 mile track race.

50 MILE TRACK RUN - 1987

'The QMMRC conducted what we believe to be the first 50 mile track run held in Queensland on Sunday, August 2 starting at 4am to avoid much of the heat of the day. It was a reasonably cool morning with ideal conditions to have the event.

There were seven entrants, and in the early stages Ian Javes and Derek Jory ran together to cover the first 10km in 49:23 with Owen Tolliday about 4 minutes behind. In the next 40km Derek ran very well, striding four laps ahead of Ian; he ran in front of Ian until he lapped him, then stayed with him for a while, until he was ready to go off on his own again. Owen Tolliday, however, got moving and ran some very good 10km splits eventually catching Derek and then racing ahead to win with Ian Javes' good steady running enabling him to catch Derek at about the 71km mark. The oldest competitor, John Petersen, 71 yrs, withdrew at 60 km.'

RESULTS

1. Owen Tolliday	6:17:27
2. Ian Javes	6:37:06
3. Derek Jory	6:51:03
4. Terry Pickard	6:59:00
5. John Lanham	8:18:58
6. Stuart Currie	8:40:20

After the event the authorities at the university felt that having more people running around the Athletic Track for 24 hours would do too much damage. Thus Andy and the rest of the committee were forced to measure out a 400 metre track on another oval up near the colleges for the 24 hr run in September. One of my brothers-in-law constructed a scoreboard with name plates that could be moved. It only just arrived in time for the start of the race.

I was very pleased with my performance in the 50 mile track run and felt I was on track for the Australian Record. The week before the 50 miles I had even run the Gold Coast Marathon in order to

help pace an old mate, Dave Sedgeman, the co-founder of the Mackay Road Runners in 1977. I joined that club in 1979. Dave faded just after the half way point and told me to go ahead. I picked up the pace and did a negative split to finish in around 3:03. I could have broken 3hrs that day if I had set that as my goal but I had bigger fish to fry. Unfortunately two weeks before the 24 hr run I came down with a severe virus and was taking antibiotics up until race day. Thus I was in trouble very early in the event with cramps. The first 50 miles took me 9 hrs!!! compared with the 6:37 a month before. Eventually I retired only coming back at the finish in the morning to run a few more laps.

The following is Andy Semple's report on the event. The QMMRC magazine also had reports by runners Alan Peacock and Trevor Harris; crew person Ted Wagner; behind-the-scenes worker Doreen Semple.

24 HOUR TRACK RUN - 1987

'The inaugural 24 hr Track Race in Queensland was conducted by the QMMRC on the 5/6th September, 1987 at Queensland University No 2 Oval. It was sponsored by Westfield as one of the qualifying races for the 1988 Westfield Bi-centennial Sydney to Melbourne Race and proved a great success; out of the 42 original entrants, 33 faced the starter at 9am on the Saturday morning.

Darryl Brown from Adelaide set off fast early, doing 15km in the first hour to be 1.5km ahead of Bruce Donnelly and Graeme Woods with the eventual winner, Owen Tolliday, being content to do only 12km. Darryl's early pace proved to be his undoing in the warm Queensland sun, and as the afternoon progressed, he slowly fell back through the field to withdraw at 2.30pm with 47km completed. With chest pains he was advised not to continue. Graeme Woods took the lead at 24km and as Darryl Brown slowed Bruce Donnelly, Ian Javes, Owen Tolliday, Terry Pickard, Trevor Harris and Graeme

"Tolliday, at 131km, looked safe and the AUSTRALIAN Record of 242km a possibility"

Wilkinson gradually improved their placings that after 3hrs Woods led easily with 40km from Wilkinson, Tolliday, Pickard, Harris, Javes, Donnelly and Brown.

At 65km Woods had a 20 minute break which allowed Owen Tolliday to take the lead; after 6hrs he was leading from Woods 2kms further back with Pickard, Bruce Cook, Wilkinson and Bob Bruner progressing well. At 71km Tolliday had an 8 minute break which allowed Woods to take the lead which he held to the 100km, but a 25 minute rest there allowed Tolliday to pass him, and despite subsequent good running by Woods when he was fresh, he could not catch Tolliday again. At 6pm (after 9hrs) Tolliday had just a short lead from Woods, Pickard, Cook and Bruner and in the next few hours Bruner moved to third place.

By 9pm (halfway) it was thought that the top places would be shared by those presently in the lead group - Tolliday, Woods, Bruner, Peacock, Wilkinson, Cook - provided they kept moving. Tolliday, at 131km, looked safe and the AUSTRALIAN Record of 242km a possibility. Bob Bruner retired at 125km. Tolliday increased his lead over Woods to the end but slowed by ½ km per hour under that necessary for the Australian Record towards the end. At 18hrs Tolliday was at 184km from Woods; Peacock was third now safely clear of Cook and Wilkinson with Dell Grant in 6th place with 147km.

In the early hours of the morning Wilkinson moved into 4th place ahead of Cook, and from there no changes took place in the order of the top four, all of whom bettered 200km to earn Gold QMRRC medals. Owen's final 235.465km took him to 3rd place on the all time Australian rankings list.

Cliff Young had gradually moved through the field to to finish in 6th place and Dell Grant finished 10th with 172.001km to give her 4th place in the Australian Female

Ranking List. Our oldest competitor, John Petersen (71yrs), started off last but with steady running and race walking moved to 15th place and 144.532km.

We thank our supporters, officials and lap-scorers for their help during the run; Westfield for its sponsorship; the University of Queensland for the use of the oval and last but not least, the committee must share in the accolades for their monumental and conscientious efforts in organising this event - hearty thanks to Paul Circosta, Peter Franks, Stuart Hall and Ian Javes.'

RESULTS

GOLD MEDALS: 1. Owen Tolliday (Qld) 235.465km 2. Graeme Woods (Qld) 212.559km 3. Alan Peacock (Qld) 207.410km 4. Graeme Wilkinson (NSW) 202.151km

SILVER MEDALS: 5. Bruce Cook (ACT) 194.258km 6. Cliff Young (VIC) 185.811km 7. Trevor Harris (ACT) 181.390km 8. Terry Pickard (QLD) 181.232km 9. Patrick Farmer (NSW) 177.002km 10. Dell Grant (QLD) 172.001km 11. John Sinclair (QLD) 170.549km 12. Bruce Donnelly (QLD) 161.567km

BRONZE MEDALS: 13. Derek Jory (QLD) 153.298km 14. Stuart Currie (NSW) 148.962km 15. John Petersen (QLD) 144.523km 16. Dallas Earsman (NSW) 138.936km 17. Greg Hillier (VIC) 133.191km 18. Bob Bruner (VIC) 124.800km 19. Paul Circosta (QLD) 118.120km 20. Ian Javes (QLD) 116.195km 21. Graeme Ramsden (QLD) 114.604km 22. Wayne Ward (NSW) 113.820km 23. Doug Quadrio (QLD) 111.971km 24. William Haley (QLD) 111.590km 25. Charlie Wakefield (VIC) 100.814km 26. Stephen Cullen (QLD) 100.000km 27. John Lanham (QLD) 100.000km

(Note that those who achieved less than 100km were not included in the results.)

Although I had not reached the qualifying standard of 180km for Westfield 1988 in the above track run I had already qualified by virtue of my performance earlier in the year at Box Hill. After a few months rest, I stepped up my training to 250-300km per week from December of 1987 to get ready for Westfield Sydney to Melbourne held in March, 1988. I successfully completed the run in 7 days 18 hours 5 minutes and finished 12th out of 43 starters. In fact all three Queensland entrants (Owen Tolliday and Graeme Woods as well as myself) finished. Graeme was 6th (7 days 2 hrs 5 mins) and Owen 8th (7 days 7 hrs 29 mins).

When I returned from the Westfield run I was told that the University would not allow us to use one of their ovals for a track run that year and the committee had decided to call it off. I was not happy with that decision and since no other grass oval seemed to be available, I approached the University about being allowed to use a 1.2km road circuit in the grounds. WE were granted permission and I set about organising a 24 hour road run (probably the first in Australia). The report I wrote for the QMRRC magazine follows.

QMRRC - FM 104 24 HOUR ROAD RACE - 1988

'Because of the difficulty of obtaining a suitable track for its 1988 24 hour run, the QMRRC conducted the event this year on a 1.2 km loop of roadway in the University grounds at St Lucia. The road circuit was measured over the shortest possible route as is done in marathons, and about two thirds of the loop was actually part of the 1982 Commonwealth Games Marathon Course, and was thus marked with blue paint. Although part of the loop did not have street lights the runners seemed to find no difficulty negotiating the area, and the inclement weather with occasional showers during the night was more inconvenient than lack of lighting.

"Keith Fisher had his own private battle to reach the 200km mark before the 24 hours were up"

It was fortunate that the local radio station FM 104 partially sponsored the race, as there was a marked dearth of sponsors; we take this opportunity to them publicly for their timely support.

During the both manual and computer lap-scoring were used which allowed a cross check after the race, revealing a few discrepancies, mainly in the manual lap-scoring. These errors were caused when runners donned rain jackets during the downpours, thus obscuring their numbers and making it difficult for the lap-scorers.

The three Queensland entrants in the Westfield run a few months earlier decided to forego the race; I acted as Race Director; Graeme Woods and his family crewed for three runners - Neil McCabe, Wendy Chrisp, John Petersen; Owen Tolliday carried out official duties in the lap-scoring tent as well as giving encouragement and advice to runners. Ron and Dell Grant donated bread and bread rolls from their bakery and Ron also alternated between lap-scoring and assisting runners. Andy Semple (doctor) and Peter Crome (physio), attended to the medical side of things and managed to piece together a number of runners when they started falling apart. (Perhaps the popularity of the medical tent could be attributed to the red light placed outside of it !!!)

In the early part of the race a battle developed between Neil McCabe, Keith Fisher (my helper at Box Hill in 1987) and Lindsay Phillips, With Neil eventually outstripping the other two, then contentedly taking things a bit easier. After six hours Lindsay eased off the pace and Neil had taken command. One of the female competitors, Robyn Wallace had moved into 5th place and our 71 year old veteran, John Petersen, was happy to plod along at the back of the field.

At the halfway point, Neil McCabe led Graham Medill by about 5km,

followed by Keith Fisher, Robyn Wallace and Ian Henry fighting it out for third place a further 5km back. Ian Henry called it quits a few hours later at 128km. Three quarters of the way through the race, Graham Medill established his superiority with five laps up on Neil who was having problems and was rapidly being overhauled by Keith Fisher. Robyn was 4th, about 10km behind the leaders and John



Petersen had passed the 120 km mark. Meanwhile the lap-scorers were being kept awake by the antics of No 10, Dave Holleran, who did not miss a chance of making fun of his number as he went by.

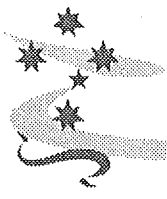
In the final section of the race Graham increased his lead and after passing the 200km mark decided to take a short break, then continued at a slower pace. In the meantime,

Keith Fisher had his own private battle to reach the 200km mark before the 24 hours were up- a patrolling police car almost thwarted his efforts; they seemed somewhat confused by the sight of a runner attired in leopard skin tights, and decided to ask him a few questions! Robyn Wallace was forced to retire after 21 hours with severe blisters and other foot problems and this allowed Stuart Currie, who had been running at a steady pace, to move into 4th place. Amazingly, John Petersen, also passed the magic 160km mark (100 miles) and moved into 5th place just 8km behind Ernie Warwick's world best mark for an over 70 competitor. Back in the field, Charlie Wakefield, from Packenham in Victoria seemed to have so many supporters that Packenham must have been like a ghost town that weekend. All eighteen entrants managed to pass the 100 km mark and thus obtain a bronze medal at least.

The road circuit was an experiment that seemed to please most runners, and the results produced a few incredible performances - Graham Medill's winning effort of 209.604km; Robyn Wallace's 100 miles in 20:13:40 and John Petersen's 163.559km for an over 70 year old - truly a great race!

RESULTS

1. Graham Medill(Qld)	209.604km
2. Keith Fisher (Vic)	200.400km
3. Neil McCabe (Qld)	184.423km
4. Stuart Currie (NSW)	174.908km
5. John Petersen (Qld)	163.559km
6. Robyn Wallace (Qld)	163.334km
7. Maurice Taylor (NSW)	163.122km
8. Lindsay Phillips (Qld)	148.613km
9. David Holleran (Qld)	144.007km
10. Ray Carroll (Vic)	143.707km
11. Graeme Ramsden (Qld)	131.423km
12. Joel Gourlay (Qld)	129.810km
13. Ian Henry (Qld)	128.400km
14. Charlie Wakefield (Vic)	123.694km
15. Wendy Chrisp (Qld)	118.761km
16. Tony Collins (NSW)	112.203km
17. Dave Taylor (NSW)	105.600km
18. Mel Henry (Qld)	103.200km



W. Edwards, the long distance champion walker

The Australasian,

Saturday December 21, 1878

W. EDWARDS, THE LONG DISTANCE
CHAMPION WALKER.

W. Edwards, the champion long-distance walker, yesterday evening commenced his arduous undertaking to walk 110 miles in 24 hours. The place selected for performing the feat is the Melbourne Cricket-ground, an oblong walk having been constructed in front of the grand stand, and slightly encroaching on the green. The walk is composed of ordinary planking, nailed to joists laid on the ground. A canvas covering is stretched on poles overhead,

and one mile in 11 minutes 7 seconds, and was keeping on at that pace. His rule is to walk about 30 miles, and then take a rest for about 20 minutes.

At a meeting held on Thursday night, several gentlemen volunteered to attend at certain times throughout the 24 hours, so that there should always be some one present to attend to the scoring-book. Of the three gentlemen who were to attend for the first three hours, not one was present. Mr. Mount, who was on the ground, acted as starter, and took charge of the scoring-book.

The task will be concluded at 6 o'clock this evening.

time, and took some light food and refreshment. At 21 minutes to 9 a.m. he had completed 70 miles, and he did the next 10 in 2h. 3m. He rested for about 15 minutes at that stage, and then re-commenced walking, and by 11 minutes to 4 p.m. had accomplished 100 miles. There was then over two hours in which to do the last 10 miles, and so he consented to stand for the purpose of being photographed. The remaining 10 miles were travelled at an average of about 12 minutes per mile, the last lap being finished at 5.54 p.m., or 6 minutes before the 24 hours had elapsed.

During the latter portion of the journey, he was frequently cheered

"He is a well-made young man, 26 years of age, 5ft. 7½in. high, and weighs in his walking dress 9st. 8lb. He appears to be in the perfection of condition"

to screen the pedestrian from the sun.

The rink was measured yesterday afternoon by Mr. J. S. Jenkins, town surveyor for Richmond, who certified that it was 117yds. 1ft. 0½in. round, so that it takes 15 laps to make a mile, and Edwards will have to walk round the ring 1650 times before he completes his task.

Shortly before the time for starting Edwards emerged from the tent in the centre of the rink in his walking dress, which is rather a peculiar one, the tights being of black satin, trimmed with delicate white lace. He is a well-made young man, 26 years of age, 5ft. 7½in. high, and weighs in his walking dress 9st. 8lb. He appears to be in the perfection of condition.

Exactly at 6 o'clock he started off with a light springy step, going over the ground at a good pace, and with great ease. He made the first mile in 10 minutes and 10 seconds, and on finding the time he was making he eased a little, and did the sec-

The Australasian,

Saturday December 28, 1878,

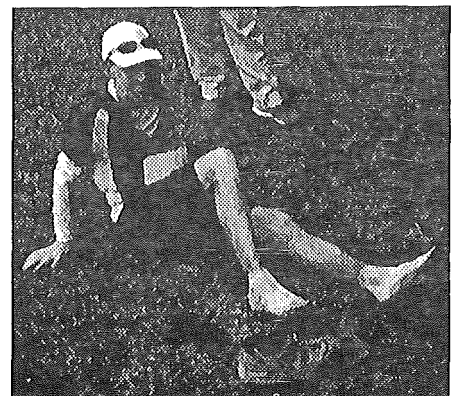
W. EDWARDS, THE LONG DISTANCE
WALKER.

Edwards ... successfully concluded his task on Saturday evening, having six minutes to spare ... Although a heavy shower or two fell after midnight on Friday, the pedestrian had splendid weather on Saturday, but the attendance was meagre in the extreme, not more than 300 persons being present, and most of these were members of the club.


Commencing at 6 p.m. on Friday, he walked the first mile in 10m. 10s.; but easing up a bit in the second, he took 11m. 7s., and kept on at a nice swinging gait. The first 10 miles were done in 1h. 51m., the second in 1h. 52m., the third in 2h., the fourth in 2h. 21m., the fifth in 1h. 59m., and the sixth in 1h. 52½m.

Edwards rested for six minutes at the end of 50 miles, and when 60 were completed he rested for a longer

by the spectators, and when he finished he received an ovation. He was not much fatigued, and after a slight rest walked into town. As a recognition of the pluck he displayed in continuing his task under such dispiriting circumstances, a subscription was started on the ground, and something like £15 was raised for him.



W. Edwards may have been glad to take his shoes off too, like the person in the picture above



Herbert Hedemann - the tough versatile veteran

The story of Herbert Alexander Hedemann as a distance runner is closely bound up with the development in Australia as an enduring professional running scene.

The Stawell Gift started 120 years ago as an athletics competition between miners in the Victorian gold-fields in Australia. Held every Easter in the small town of Stawell, three hours west of Melbourne, the distance race was over one mile, 'The Miners' Handicap', first run in 1880. That first mile in 1880 was won by C. Astall from J. Croughan and T. Bennett (Scratch) in a field of 14. The winner was probably Stawell's first 'dark horse' because back marker Croughan and scratch-man Bennett could not catch him in the final dash. No time was taken.

Right from its earliest years Stawell catered for all distances and athletes; in 1896 it first staged a three mile handicap which was changed to two miles in 1900. Winner of the 1896 three miles was H. Hopper from A. V. Fosse and T. Ballinger. His time was 14.59.6, winning margin was several yards and winner collected £14.

Herbert Hedemann was born on the 10th November 1881 in Sydney. He subsequently moved to Melbourne. When he showed promise as a distance runner, the professional ranks must have attracted him. His close contemporary Arthur Postle, the famous Australian professional sprinter made his impact on the running scene, some five years earlier than Hedemann, and Jack Donaldson, another famous professional sprinter, who was five years younger, also was competing internationally by 1909.

It seems possible that for family reasons Herb Hedemann delayed his move in the professional ranks until he was nearly 30 years old. Perhaps his family insisted that he establish himself in steady employment be-

fore entering the more uncertain world of professional running.

In the Stawell Gift races reasonably close to his Melbourne home, he made his debut. In 1911 he finished second in a close finish in the Federation Handicap one mile, running off a 60 yards handicap - so 1700 yards. The winner ran 4 minutes 16 seconds. He was third in the half mile, running off a 30 yard handicap i.e. 850 yards, with the winner clocking 1:52:8.

The following year he entered both the Federation Mile and the Grampians Two Miles. To make it much tougher these races were held on the same day.

Hedemann won the mile by three yards in 4:22.8 running off a 50 yard handicap, and he also took the two mile in a very close finish, by one yard, in 9:34.4 off a 56 yard handicap. This feat of winning two distance races in one day has never been beaten at Stawell.

The following year, 1913, Hedemann entered the half mile as well. Second, off a handicap of 20 yards, behind a winning time of 1:52.8, he faced a tougher task in the one mile and two mile than in 1912. His handicap was reduced to 20 yards in the one mile, yet he still managed to win by several yards in 4:21 from Charles E. Bergmeier. The longer two mile event was also held on the same day and once again Hedemann's handicap had been reduced to 20 yards. Although his winning time was nearly ten seconds slower than in 1912, he won decisively by 25 yards.

This feat of winning two distance events in one day, which Hedemann achieved in 1912 and in 1913, has never been matched since in the Stawell Easter Gift races. For this reason Hedemann is recognised as one of Australia's great distance runners.

However Herbert Hedemann's success had not come at a good time in Australian professional athletics. Professional sprinter Jack Donaldson described the then desperate situation - 'With matches as scarce as hens' teeth and handicaps almost hopeless'.

After the Stawell race Hedemann and second placer Charles Bergmeier decided to seek their fortunes on the more flourishing and therefore more attractive British professional running circuit.

A golden opportunity presented itself virtually as soon as Hedemann stepped off the boat in Britain. In September 1913 at the Powderhall Grounds, Edinburgh, Canadian Hans Holmer had beaten the then World Mile Champion, Frank Kanaly (USA).

[Frank Kanaly had first become prominent between the years 1899 to 1901 when competing as an amateur, winning the US national five mile championship. In 1902 he had turned professional and in the next five years held US national titles in the half-mile, the mile, the two mile and the five mile events. After his great success in America, Kanaly decided to widen his horizons and competed abroad for several seasons adding the world's championship in the half-mile, the mile and the mile and a half.

Hans Holmer, born of a Danish father and English mother, had emigrated from Britain at the age of four to New York in 1890 but had subsequently had been resident in Halifax, Nova Scotia and from 1907 onwards, when he won first the Mayor's Cup and then the Natal Day 6 Mile road race, was known as the leading runner in the Canadian Atlantic Provinces. He had failed to finish in the Toronto Canadian Olympic trial in June 1908, but that year won the Round the Bay race in 1:51:16

"Hedemann was the undisputed champion of the world"

When the Marathon Craze hit following the Dorando disqualification in the 1908 Olympics, Holmer had quickly turned professional and won six consecutive marathon victories. After losing several races through his excessive initial pace, Holmer had set a world marathon record on the Edinburgh Powderhall track of 2:32:21.8 on the 3rd January 1911. In 1912 he had claimed the world marathon title in Berlin, but lost his world record to the Finn Willie Kolehmainen. Earlier in 1913 he had also won and defended the World 10 mile title.

Hedemann had reached England by the time the World Mile Championships had been won by Hans Holmer and he immediately challenged the Canadian for the title. They were matched at the Snipe Inn ground at Audenshaw, Manchester, for a purse of £100. The Snipe Inn had been a venue for professional footracing since the 1840s. It was selected by the Lancashire Pedestrian Syndicate, who became the promoters of the match. Over two thousand spectators turned up, despite an important football match between Salford and Wigan on a neighbouring ground.

The half a mile track at the Snipe Inn ground was usually used for trotting races by horses. Such a venue, a trotting track attached to an inn had been commonly used when professional distance running had evolved in the 1850s and 1860s. Such enclosed venues could draw large crowds brought by the new railway system. The Snipe Inn trotting track, having been used by horses consequently was rather soft on top, although brushes and heavy roller had been used to make a better surface. Both Holmer and Hedemann were satisfied with the track, knowing a fast time was out of the question. The then professional world mile record was 4:12.75 by Englishman Walter George, set some twenty-seven years earlier, world title matches tended to be tactical affairs, much as they are now.

Holmer was trained for the match by the famous miler, George Blennerhassett Tincler, who himself had held the world title, while Hedemann was prepared by his fellow Australian Charles Bergmeier.

On the day of the race, the 1st November 1913, Holmer won the toss and chose the inside. He stood up in what was called the old style while Hedemann went down into a crouch start. Immediately the gun was fired, Hedemann went to the inside, and was to keep that position throughout the race. With Holmer running at his shoulder Hedemann ran relaxed. At half way, Holmer tried to spurt past him, but Hedemann held his position, and it became clear that Holmer lacked the pace to take the lead.

Some 300 yards from the finish line, Hedemann began to sprint, opening a gap of nearly five yards. Despite Holmer's desperate efforts in the last 100 yards, Hedemann hung on, despite being exhausted. He won by three yards in 4 minutes 34 seconds. Holmer at once congratulated the new world mile champion.

After Hedemann beat Holmer, he heard rumours that Harold Wilson, the 1908 Olympic silver medallist at 1500 metres and current English mile champion, was claiming that he was entitled to the world championship title. This was despite the fact that Wilson had been beaten for the world title by Frank Kanaly in Blackpool, [who subsequently had been beaten by Holmer] Wilson was then currently running in South Africa and defeating all opposition.

On hearing this Hedemann decided to go to South Africa and meet Wilson in a mile race. Once there he engaged the famous South African trainer, Tom Christian, to prepare him. The match was set to take place on the 28th February 1914 at the Lord's ground, Durban. Wilson jumped into the lead at the start and set a fast pace. This suited Hedemann who lengthened his stride and took over the lead. At the half-way point, Hedemann slackened the pace and Wilson re-took the

lead. At the bell, Hedemann took the lead once more, but it was not until halfway around the bend that the little Englishman began to move up. Hedemann responded - three times Wilson tried to take the lead, each time the bigger and stronger Australian (1.72 metres/62 kg) just lengthened his stride, to win by four yards in a time of 4 minutes 39.2 seconds. Hedemann was the undisputed champion of the world. He was never beaten in a match race on even terms.

It is not certain what Hedemann did after this win. Powderhall and Pedestrianism, the book on professional running in Britain states that "a strong endeavour was made to maintain the recreative diversions of the people throughout the years of strife." So the Powderhall meetings went on as usual. The "marathon" was held annually and the entries had a good international spread, including Hedemann's former opponent Hans Holmer. Jack Donaldson, Hedemann's Australian contemporary, sprinted against Applegarth at Salford, England in 1915. I have found no mention of Hedemann defending his world title, or even competing. However elsewhere professional runners in other parts of Britain ran out of competitions, Cumbria being a good example. With so many young fit men conscripted for war service, meetings would lack strength in depth.

It is possible that having got to Durban in 1914, Hedemann was reluctant to risk the periodic unrestricted submarine, highlighted by the sinking of the "Lusitania" in 1915 on a voyage back to England. In any event, Hedemann decided to stay there. Possibly having achieved his ambition of becoming World Champion, he gave up professional athletics and settled down - he would have been 32, well beyond what was considered at the time to be his most competitive years. We do know that after the First World War, Hedemann was in South Africa and apparently still in Durban, the large port on the Indian Ocean. With a pleasant climate and one of the largest open air swimming baths in



"Pushing too hard on one stage could be costly if it had a detrimental effect for several days afterwards"

the world, it was an ideal location for the former professional athlete.

In late 1925 Hedemann decided to immigrate to the United States. Durban seems to have been fairly prosperous at this time, so the reasons for the move are not clear. He travelled by ship first to Britain, where he obtained a visa for the United States in London. On the 4th February 1926 he sailed for New York on the passenger ship SS Olympic from Southampton. The ship, the twin of the ill-fated Titanic, had actually been built before her sister ship, however reassuringly she was known as "Old Reliable".

By 1926 the massive four funnelled SS Olympic had been converted to oil burning and could carry close to two and a half thousand passengers in each trans-Atlantic voyage. It was said that she was the largest British built liner afloat. Sailing at around 22 knots, the SS Olympic would complete the voyage in under six days.

On the list of passengers, Hedemann gave his occupation as 'athlete', so perhaps the now veteran Hedemann hoped to revive his former running career.

Hedemann settled in New York and soon married a widow with children. Now 45 years old, he had decided to put down roots at last. However supporting his new family was not to be easy. There was no professional running scene in the United States at this time.

By early 1928 Herbert Hedemann was broke and he and his wife and five children were reduced to living in one room but possible salvation was at hand. In late 1927 the promoter C.C. Pyle had come up with the idea of an annual Trans-America footrace, using the newly completed Route 66 from Los Angeles to Chicago and then using other highways onward to New York. The entry fee was \$25 with food and lodging provided by Pyle. The 1928 Trans-Continental race offered Herbert Hedemann a lifeline, a chance

to re-join the professional running scene once more, and perhaps even a way out of poverty.

The 1928 race was said by its promoter to be the first of an annual series of races across America, like the famous French Paris-Strasbourg walk and the Tour de France cycle race. Hedemann, out of condition after at least ten years away from the professional circuit, was to use the first race as preparation and experience for the future events. Unlike his fellow Australian, Mike McNamara, Hedemann managed to complete the race, reputedly finishing 38th. The promoter of the race, C C Pyle was not able to come up with the prize money but another promoter, Tex Rickard and the Californian millionaire father of one of the finishers, ensured the money was paid.

Many of the veterans of the 1928 race decided to provide their own handlers for the 1929 race, and invested their prize money in a vehicle for a handler. Hedemann and his fellow countryman, McNamara, pooled their capital and built their own motorised caravan. As Pete Guvuzzi, one of the strongest runners in both races, often remarked, "The first race was an amateur event. The second was professional."

Hedemann was a very different competitor in the 1929 race, placing 6th, 7th, 2nd in the first three stages. Hedemann would have taken the overall lead on the fourth day if he had not been misdirected off course and lost 40 minutes.

On Day 5 in the 37 miles stage from Wilmington to Havre de Grace Hedemann was locked in battle with the much younger Paul Simpson. For 30 miles they matched strides until eventually Simpson was forced to slow to a walk. The bearded Hedemann won in 4:44:45, and moved into the lead on cumulative time. However his early push had been premature, and other more cautious and prudent runners now began to come into their own. On the sixth

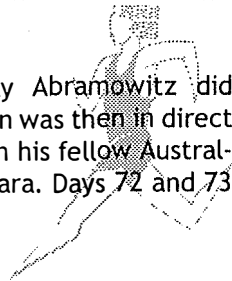
day stage, Hedemann dropped to 18th, and within five days was down to 10th place on the elapsed time.

Hedemann overcame his inclination to push hard at every stage, and soon became established in the 7th to 10th slot in the cumulative elapsed time, alongside McNamara. This was no mean feat, racing experienced ultra veterans over stages that could vary between 30 and 60 miles a day. The trick was to keep a close watch on the runners immediately in front and behind you on the cumulative elapsed time, ensuring that the latter did not eat into your lead over them, and seeing if you could gain on those in front without expending too much energy. Pushing too hard on one stage could be costly if it had a detrimental effect for several days afterwards.

Occasionally, like on the 31st day, Hedemann would finish in the top three, covering the 33 miles from Springfield to Miller in 4:35:05. The shorter distances suited him, as when he won the 32 mile stage from Oakcliff, Dallas to Fort Worth in 4:20:40 on Day 42, but having said that two days later he was second over a 52.2 mile stage, clocking 7:25:50, also finishing second the next day on a rare sub-marathon, 24.7 mile stage, and the next over 37 miles. But the gap between him and Harry Abramowitz, one place ahead of him, was measured in hours; Abramowitz tried never to let Hedemann get too far away from him in a stage, so unless Abramowitz became injured or ill, moving up involved Hedemann taking the risk of over-extending himself and suffering the consequences in the following days.

Hedemann and McNamara were suffering under a major disadvantage. Their motorised caravan had broken down and they were the only leading runners without their own trainer.

When eventually Abramowitz did crack, Hedemann was then in direct competition with his fellow Australian Mike McNamara. Days 72 and 73



were classic examples of race tactics with both men coming in 5th place together. When Abramowitz attempted to regain his place, Hedemann stuck with the younger man no matter what. One knowledgeable spectator described the courage of the old veteran the greatest he had ever witnessed in sport. Although Abramowitz was to win the 70 mile 76th stage by three hours, it was too late, he too far behind to beat the two Australians.

At the end of the epic race of 3,635 miles/5850 km which had lasted 79 days, the two Australians were separated by just three hours, McNamara with a time of 627:45:28 in 7th and Hedemann in 8th with 631:23:48. Many of the runners had lost up to fourteen pounds/6.5kg in weight.

They should have been well rewarded for all their efforts - with McNamara receiving \$2000 and Hedemann \$1750. Instead they were offered worthless cheques. Pyle had run out of money.

Many of the Trans-continental runners returned home from Los Angeles, but some of the elite performers tried to make a living as professional runners. In July 1929 a two man team 6 Day race was arranged at the Ascot Speedway Stadium, Los Angeles. The aim was to surpass the mark made by the French team of Orphee and Cabot set in 1909 at the Madison Square Gardens. Johnny Salo and Sammy Richman emerged as the winners, with 749.5 miles. Hedemann was part of one team that clocked up 424 miles in the 6 days. The runners each received \$5, less than a cent a mile.

Several of the Pyle runners kept in touch, letting each other know of professional racing opportunities, such as 15 mile events and snowshoe races in Canada. Unlike Hedemann, these men appear to have been unattached and did not have his family responsibilities. The two-man 6 day team race in Los Angeles appears to have been his final professional race. Having twice deserted his family in search of elusive success as a professional runner,

Hedemann probably felt it would be irresponsible to do it again, especially as he was now nearing 50 years old. Arthur Newton, his contemporary, could afford to trade on his established reputation in the hope of professional prize and appearance money, but he had no ties or responsibilities.

Subsequent correspondence between the former Pyle runners shows Hedemann was still living in Los Angeles. But he eventually did make his way back to New York to his wife and family.

As the Depression got worse so the few race opportunities for the remaining professional Pyle runners finally disappeared anyway, and the rest of the runners were forced to turn to other occupations.

What actually happened to Herbert Hedemann afterwards is largely un-

"Hedemann's importance in the story of distance running in the twentieth century is that his career linked so many different running traditions and cultures"

known. By the 1940s he was living in East 53rd Street, New York and working for the largest Real Estate broker in Manhattan, Douglas Elliman & Co and worked from the Park Avenue office. (Elliman was a long established company, founded in 1911.) There had obviously been a massive improvement in Hedemann's financial situation.

With the attack on Pearl Harbour, and the threat to his Australian homeland, Hedemann was determined to do his bit, and joined the equivalent of the Home Guard at the age of 60. According to the Stawell Athletic Club, he was a regular visitor to the Stawell Easter gift at least up to the mid sixties, trav-

elling from the USA. At that time, he would have been in his eighties, so he obviously was still active into his old age, with the funds to pay for frequent trans-Pacific trips.

Someone who met him then describes him as a "very fit, lean and obviously dedicated runnerHe was a very well preserved physical figure". At that time he was still living in New York. When he became more frail into his late eighties or early nineties, he seems to have relocated to Los Angeles in California, perhaps for family support.

Herbert Hedemann died on the 22nd September 1976 in Los Angeles, California, in his mid nineties. He was the longest lived of the Pyle runners, although his greatest opponent from the 1929 race, much younger Harry Abramowitz, was still around in 1985.

In 1958 the Stawell Athletic Club named their annual Mile competition, the Herb Hedemann Mile, and the event has been won by several distinguished professional runners since. It is a fitting memorial for one of Australia's great distance runners, but ironically perhaps his greatest performance, racing across America, is largely forgotten.

Hedemann's importance in the story of distance running in the twentieth century is that his career linked so many different running traditions and cultures, from the Stawell events, rooted in the goldfields of Australia, to the challenge matches of British professional track racing and world championships, to the early development of the Comrades, to the professional road racing across America and the brief revival of pedestrianism in North America in the late 20s and early 30s. His varied career showed just how precarious professional running could be, but his frequent visits to the Easter Stawell Gift in later life shows that his connection to his distance running roots remained strong through his life.

SS Olympic



Sometimes the best runs are the ones you never expect.

By Craig Waters



Dropping my son off at Basketball training, I only had an hour to get in a run.

I started down the road not feeling good. After 15 minutes I felt like stopping, I had no energy and the legs were stiff.

Everyone can recall the times they thought, "Just run down to the end of the street and see how I feel".

Well at the end of the street I turned the corner and saw a road running parallel to the one I had just run on, I wondered if I could do a circuit, hoping that it would bring me back to the basketball stadium.

Continuing, I started to feel good, my rhythm improved and my pace picked up. After a half hour of running, it was either turn around or hope the road in front of me would take me back to the start. I watched as a car disappeared in the distance and turned left.

The dense suburban area was full of what we call Queenslander style homes, ie made of timber, on stilts with lots of lattice surrounding the verandah. They were designed this way to encourage air flow and minimise the effect of the humid, hot Queensland summers. It started to rain, nothing is better than running in a summer rain storm.

Passing the local Golf Club, I expected to cut across the grounds to

reach my destination, of course it was night time and the place was all closed up.

I had now been running for 45 minutes and was starting to worry about being late. The road-side houses disappeared and were replaced with derelict garages and working sheds, within 5 minutes the road had ended.

"Where did that car go that I saw turning left?", I thought. I took the road right which took me to a large farm area surrounded with tall wire fences. Ahead of me was the free-way surrounded by barbed-wire fences.

I turned and starting my run back, my time was up and I worried about my son waiting outside the basketball stadium.

As I've said to my wife many times, "I don't get lost, I just get stuck without a way back" Since turning that first corner, I knew where I was and where the basketball stadium was. It had a huge outside light that flooded the outdoor running track. I had not lost sight of this "mini lighthouse".

I looked ahead into the darkness and noticed a trail that looked like it went straight to the lighthouse. I ran for five minutes, listening to all the sounds of the night that give me the cold shivers. The trail started to turn away from the light and I started to worry. Between me and the lighthouse was a canal full of water, black of unknown depth and unknown creatures. I was desperate, having no other choice, I waded into the water and sank to my arm pits, the tune of Jaws getting louder and louder.

I reached the other side finding a very steep bank covered in those plants that stick up like sausages. I kept trying to get my leg up and over the slope, my lungs were busting with the effort.

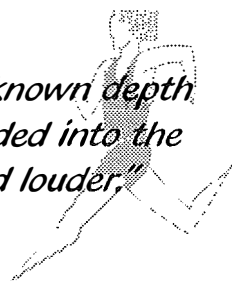
In both my hands and I had my new water bottles (never before sold in Australia), I tossed one up the bank and managed to get my leg over a tree branch. My body was covered in black slime and a worm like creature was sticking out of my chest and through my singlet, I smelt like a broken toilet.

Upset that I couldn't find my discarded water bottle, I headed for the light again. I was now running in a paddock that was full of small ruts like you see at the beach but a lot harder.

I had been running for 90 minutes and tried not to think about what my son was doing. I kept moving forward and eventually found what looked like a sporting field. Knowing I was close to the stadium, I bounded through some school grounds. I could hear the sound of bouncing basketballs, thankfully the place was not deserted. I found my son and his mate still inside shooting hoops, unaware and unworried that I was late. The typical unnecessary worrying of a parent. Their only concern was the pungent smell that they had to suffer in the car on the way home.

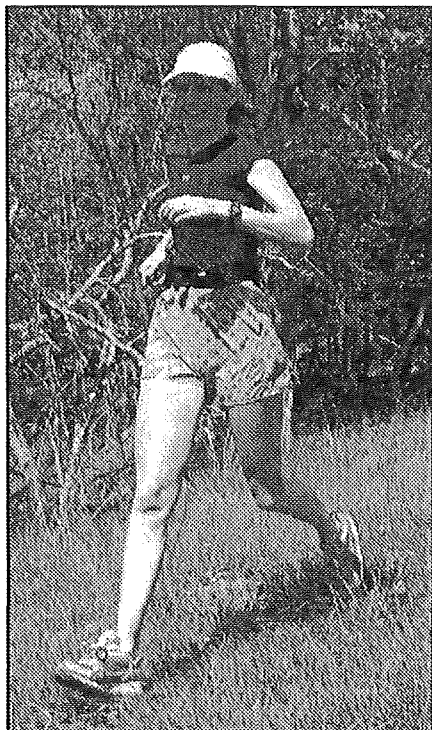
It wasn't a multi-day run, it didn't involve racing against others but to me it was an adventure run because of the unexpected circumstances and the extreme situation I placed myself in.

"Between me and the lighthouse was a canal full of water, black of unknown depth and unknown creatures. I was desperate, having no other choice, I waded into the water and sank to my arm pits, the tune of Jaws getting louder and louder."



Suzie Spangler: A home grown talent making her mark in the U.S.A.

By Kevin Cassidy



All smiles in the early stages of the Capon Valley 50km

As a result of bushfires forcing the cancellation of the prestigious Bogong to Hotham event, a hastily organised "Fat Ass" style alternative took place on the picturesque Two Bays Trail amongst the spectacular scenery of Victoria's Mornington Peninsula.

As a participant, I was privileged to have the opportunity to run a large portion of the way with Suzie Spangler. Her accent was a dead give away. The crisp American drawl interspersed with the deadpan manner in which we Australians pronounce A's and O's was a clear indication that I was in the company of a "Transplanted Aussie". On a holiday visit to see her parents, she grasped the chance for a run.

Born in 1970, Suzie grew up in Melbourne's bayside suburbs of

Sandringham and Beaumaris with netball being her long term sporting passion. Deciding to try some running, 15 minutes proved to be a long distance for a while before the lure of the Melbourne Half Marathon in 1990 had Suzie stepping up her training and recording a fine finish.

With one half marathon under her belt, Suzie departed our shores at 22 years of age to take work as a nanny in Annapolis, Maryland. Not long after her arrival in the US, triathlons became a large part of her life with many Ironman finishes amongst the highlights. Her stint overseas became permanent when she married and took on a career in event planning

Crewing for a friend at the 1997 JFK 50 Miler in Maryland was the catalyst to her entry into the world of ultras. Tiring of the triathlon scene, the attraction of ultras took over, so much so that she ran the JFK 50 herself in 1998 and has not missed one since!

Now a committed ultra runner, a typical year consists of the Seneca Creek Greenway Trail 50K and the HAT Run 50K [both in Maryland] in March, the Bull Run 50 Miler in

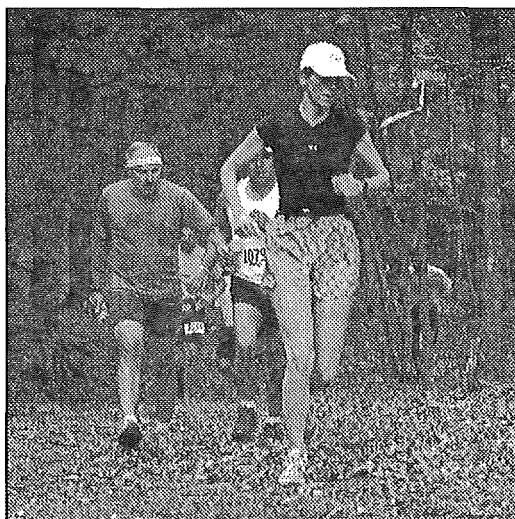
Virginia in April and West Virginia's Capon Valley 50km in May.

Over the famed distance of 100 miles, Suzie has completed the prestigious Vermont 100 Miler on three separate occasions. In 2002, she struggled home under the cut off in 28hrs 8mins. By her own admission, she was under trained and vowed "never again" [Yeah, sure, we've all said that before!!!].

By the following day, plans were already afoot to take several hours off the Vermont course and 2003 produced a much improved time of just over 25 hours. Naturally, a sub 24 hour became the all consuming goal and 2005 produced exactly that when she stopped the clock in 23hr 11min to finish amongst the top 10 women to become a member of the elite group of females who have run sub 24 in a 100 mile trail run.

Suzie was hoping to join the large group of Australians heading to the Western States 100 this year but missed her entry in the lottery. Regardless, she plans to attend to encourage the "Aussie Assault" then run it herself in 2008 in which she has a guaranteed entry. The remainder of 2007 will include the Mohican 100 miler in Ohio, another couple of 50kms in the Autumn and of course the JFK 50 for the 10th consecutive year at the end of November

It's now almost 15 years since Suzie left our shores and it's anyone's guess as to if or when she may return to the Melbourne suburbs. Without doubt, a return to Australia would see the "Suzie Spangler" name take much prominence amongst our ultra results.



Leading several men at the Capon Valley 50km



Ultrarunning in the 1800's

By Phil Essam

As part of my interest in documenting the history of Australian Ultramarathons, I've been delving into the scant information available about the sport in the 1800's. A lot of the information has been placed at <http://www.planetultramarathon.com/australianultrahistory.htm>. There's a lot more to be found and recorded from the 1800's but hopefully this article will give you, the reader, a short idea of what that era was like.

Ultrarunning and Ultrawalking as such did not exist in its present form and name. The 1800's referred to anything athletic as "Pedestrianism" which was basically foot racing [running and/or walking] largely conducted in a carnival atmosphere. Betting was the order of the day with races conducted over 60 yards to 1,000 miles. Pedestrianism started in England before spreading to the colonies of America and Australia.

Much like football and cricket today, pedestrianism was a respite from the day to day drudgery of living in the colonies and the uncertainty of their existence. It was entertainment in its purest form. Track cycling and boxing were also sports of the time.

There are six names that come up in the available information. W Edwards, W Baker, Allen McKean, Clifford, Jassenheim and Daniel O Leary. They raced over a variety of distances from 12 hours to 1,000 miles and the sport seemed to have venues in Melbourne, Sydney, Ballarat, Bathurst and Adelaide. The Melbourne, Adelaide and Sydney venues were listed as being Exhibition Buildings which suggests that the races were part of a bigger event including cycling, boxing and other activities.

From the available information one can see that small cash prizes were

awarded. These included the 30 pounds that Assenheim was awarded for beating Wright in a 12 hour event in 1882 and the 200 pounds that a Miss Philips was awarded for winning a six day race in Sydney. This suggests that most of the pedestrians were semi - professional and were able to eke out a meagre existence from their achievements around the country.

Out of the information that I have been able to piece together, there were two events that really attracted my attention. The first was the achievement of W. Edwards to walk 110 miles in 24hrs at the Melbourne Cricket Ground in 1878. I only have the time and date for this achievement, but thanks to the MCG Trust, I was able to find out extra information on that mark. Please see page 45 for part of an article that was in the The Australasian, Saturday December 21, 1878, p.780.

The second achievement in the archives that really sparked my imagination was Allan McKean completing 1,000 miles in 1,000 hours in Melbourne in 1859. This was made more remarkable by the fact that it was the second time he had completed this feat in the same year. Here is an extract of the newspaper reporting of his achievement.

The Mudgee Newspaper, January 18, 1859

THE GREAT WALKING MATCH AGAINST TIME. - On Monday night the 3rd inst., at 20 minutes past 10 the pedestrian, Allan McKean, accomplished his herculean task of walking 1000 miles in 1000 hours. For the last few days this event has caused great excitement in the sporting world, although there appeared to be only one opinion, namely, that McKean was possessed of sufficient powers of endurance to complete his task. The Olympic Theatre, which has been the arena on which this match was performed, was last evening crammed

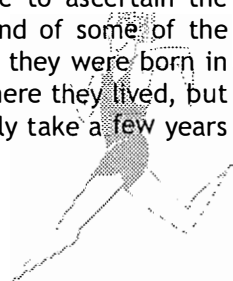
to excess, there being, as near as it is possible to form an opinion, between 500 and 600 persons present, every available corner being taken possession of. Allan McKean, it will be remembered, accomplished the feat of walking 1000 miles in 1000 hours at Ballarat a few weeks only before he commenced his second attempt in Melbourne, on Tuesday, November 23, at a quarter to 8 o'clock a.m., and it was generally thought that he had not allowed himself sufficient rest, but the event has proved that he did not overrate his capabilities.

The shortest time in which he has walked a mile has been 8 min. 40 secs., and the longest time 26 mins. and 44 secs., that being during the period at which he was suffering a very severe sore on the sole of the foot. He completed his thousandth mile in fifteen minutes thirty-nine seconds, and appeared to be as little fatigued as when he had accomplished one-half of his allotted distance. Upon the completion of the 27th round, he was most loudly cheered, and it was some time before sufficient silence could be obtained for the result to be made known. - Argus of Tuesday.

As can be seen, the reporting on both events tells us a lot about the 1800s and provides a valuable insight into the sport of pedestrianism in Australia in the 1800's.

As part of my quest to document the history of the sport in this country, I'll be exploring the archives of the newspapers of the time to try to find out more information on the races that took place and the personalities that were involved. It would be nice to ascertain the family background of some of the names, whether they were born in Australia and where they lived, but that will probably take a few years yet.

Phil Essam



Indian Ultra Pilgrimages

The Ultra Pilgrimages of India in the Hindu religion the River Ganga [or as it is known more widely in the West, the River Ganges], is very holy. Pilgrimage to the River to bathe to wash away one's sins is a lifetime ambition for many Hindus.

Water taken from the River Ganga is used to cleanse any place or object which is going to be used for religious ritual purposes. It is believed that any water mixed with even the smallest amount of Ganga water becomes holy with healing and other properties.

Many people in the Mumbai [formerly Bombay] area run in the Yearly Religious Pilgrimage in which they run to the River Ganga and then on foot carry Ganga water to the temple nearest to where they live.

Some people do this as a relay, making up a team of 6 to 10 runners. They are accompanied by a van, with the non-runners sitting in the following van, waiting their turn in the relay. Often the distance of such relays may be about 200 to 250km and the distance is covered in 18 to 30 hours. Others like the Indian ultra-running pioneer, Arun Bhardwaj, carry the water around 180km to the temple near his home.

This running festival involves many people. Some undertake it as a religious rite, as a form of worship, others for fun and to enjoy the food and fruit juices.

Pilgrimage occurs in numerous cultures around the world. Perhaps the most famous among ultrarunners are the multiday treks of the so-called Marathon Monks of Mount Hiei in Japan. Pilgrimage to Mecca is a pivotal part of Islam.

In Western Christendom such pilgrimages on foot were made to the tombs of saints, date back to at

least the medieval period. One of the most famous of these is to Santiago de Compostela in Spain.

Such religious festivals or rites, involving worshippers covering long distances on foot, have deep historical and cultural roots stretching back to a time when the only way for ordinary people to travel was on foot, and when ultra distance was an everyday necessity, not a sport.

Water from the Ganges is used to cleanse any place or object for ritual purposes. Bathing in the river is believed to wash away one's sins. To bathe in the Ganga is a lifelong ambition for Hindus and they congregate in incredible numbers for the Sangam, Sagar Mela and Kumbh Mela festivals. It is believed that any water that mixes with even the smallest amount of Ganges water becomes holy with healing powers. yielded the waters, but Ganges retained the name "Jahnavi".

Water from the Ganga has the recursive property that any water mixed with even the minutest quantity of Ganga water becomes Ganga water, and inherits its healing and other holy properties. Also, despite its many impurities, Ganga water does not rot or stink if stored for several days.

In the Hindu religion the River Ganga [or as it is known more widely to Western people, the River Ganges], is holy. Pilgrimage to the river to bathe to wash away one's sins is a lifetime ambition for many Hindus. Water taken from the River Ganga is used to cleanse any place or object which is going to be used for religious ritual purposes. It is believed that any water mixed with even the smallest amount of Ganga water becomes holy with healing and other properties.

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then on foot carry Ganga water to the temple nearest to where they live. Some people do this as a relay, making up a team of 6 to 10 runners. They are accompanied by a van, with the non-runners sitting in the following van, waiting their turn in the relay.

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This running festival involves many people. Some undertake it as a religious rite, as a form of worship, others for fun and to enjoy the food and fruit juices.

Such religious festivals or rites, involving worshippers covering long distances on foot, are not uncommon. Perhaps the most famous are the multiday treks of the so-called Marathon Monks of Mount Hiei in Japan. Such rites have deep historical roots going back to when the only way for people to travel was on foot, and when ultra distance was an everyday necessity not a sport.

We have many people here in that area who run in the Yearly Religious Pilgrim in which the devotees take water from the River Ganga and cover all the way on-foot up to the destination (it can be varied because people take the water to their residence-near temples, as I take it to the distance 180 km). Some people do it as a relay, they make a team of 6 to 10 runners. When one runs other sit in the van and rotate one by one. Mostly the distance is about 200 to 250 km and they cover it in 18 to 30 hours. Some run for fun, some for faith and some only just for some juice and food + fun + in bonus, some worship.



women's view: dirt divas and road queens

The Top U.S. Ultrarunners Speak Out

As evidenced by the long list of outstanding performances this past year, women's ultrarunning in North America is as competitive as it has ever been. It seems that in every major event several women turned in national class results, often challenging the men for top 10 placings and even overall victory. UltraRunning recently conducted a discussion with nine of the premier women's ultrarunners in the U.S. A wide variety of topics were addressed and the responses were both interesting and thought-provoking.

Biographies of the panelists:

Anne Lundbald, Asheville, North Carolina: Anne, 39, was named the 2005 women's North American ultrarunner of the year. She won six of the eight ultras she ran, and was second in the other two. One of her two standout performances took place at the World 100 Km, in which she finished second, breaking the eight-hour barrier on a hot day on a difficult course. It was one of the finest 100-km performances turned in by a woman in U.S. history. Later in the year she shattered the course record at the JFK 50 Mile, clocking 6:29:42 and placing seventh overall in a field of nearly 1,000 runners.

Beverley Anderson-Abbs, Red Bluff California: Bev grew up in Calgary, Alberta, where she ran track and cross-country. She switched to bodybuilding while earning a B.Sc. in Zoology and an M.S. in Biology, studying functional morphology of bats. She and husband Alan moved up to northern California about eight years ago where they spent several years traveling as sponsored adventure racers, including a trip to Borneo for the Eco-Challenge in 2000. In 2004 she took up ultrarunning and won all but one of her 12 races. In 2005, at 41, she ran 15 ultras, on top of seven-day Coastal Challenge in Costa Rica, as well as a few marathons and shorter races. In 2006 she will attempt the 100-mile Grand Slam, and with Alan direct a two-day race festival in Oregon and a 24-hour adventure race, also in Oregon.

Ellen McCurtin, Danbury, Connecticut: Ellen, 38, is a four-time member of the U.S. 100-km team and three-time winner of the Vermont 100 Mile. She ran her first ultra in 1992, clocking a 6:29:12 at the Metropolitan 50 Mile in Manhattan's Central Park. A former research editor at *Town and Country*, she is married to distance runner Joe LeMay and lives in Connecticut with their 300-pound pig and six-pound cat. Weekends find her training in Westchester, trying (in vain) to keep up with Bob Sweeney and Hans Put. She has run for the Millrose Athletic Association since 1993.

Kami Semick, Bend, Oregon: At 39, Kami is a relative newcomer to ultrarunning, having excelled for many years in the sport

of mountaineering. In 2005 she won seven of the nine ultras she ran, including the fastest U.S. women's 50-mile time in several years, 6:13:33 at the Helen Klein race in Sacramento. In addition she captured the top women's placing at three tough trail 100-km races: the Kettle Moraine in Wisconsin, Where's Waldo in Oregon, and Miwok in California.

Julie Udchachon, Eagle River, Alaska: In 2005, Julie, 35, finished first in the women's division at the Quicksilver 50 Mile, was third at the White River 50 Mile, won the U.S. 50-km trail championship at Golden Gate Headlands, and was second at the JFK 50 Mile, in the second-fastest time ever. She is currently training in sub zero temperatures with her husky, Buddy.

Anne Heaslett, Madison, Wisconsin: Anne is 42 years old and a four-time member of the U.S. 100-km team. She is a two time national champion (50-mile trail and 24-hour road, both in 2002) and has completed three 100-milers, the fastest in 15:57. She is a psychiatric physician, working full time and married to Tim Yanacheck. Ann is currently focusing on training for Ironman distance triathlons. She likes cats and dogs, and enjoys having one of each. She also enjoys winter sports, currently trying to learn to cross-country skiing and snowshoeing.

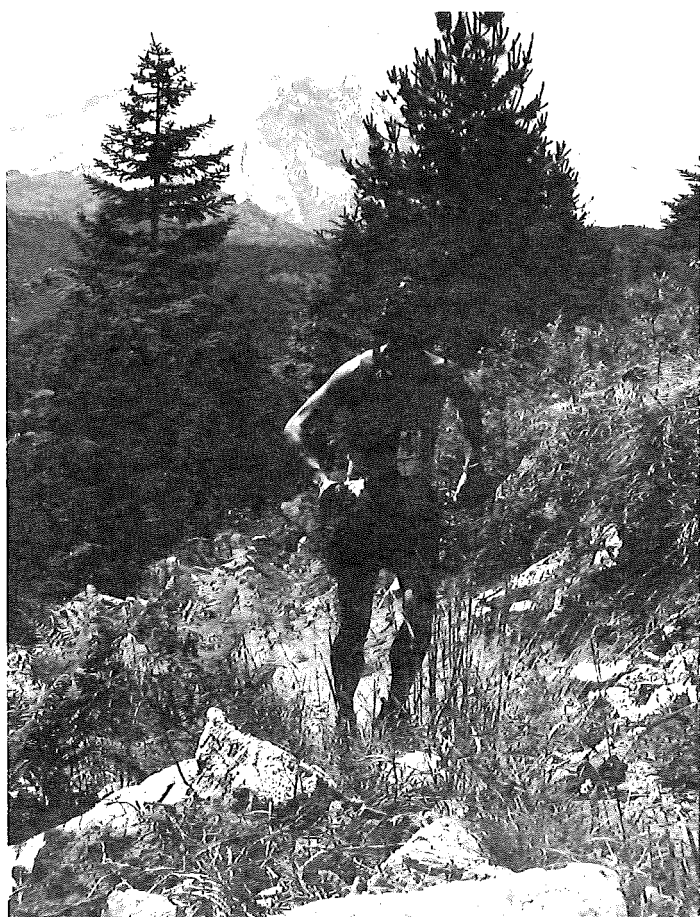
Annette Bednosky, Jefferson, North Carolina: Annette is 39 years old, a high school counselor and has been running ultras for a little over three years. In 2005 she ran 11 races, set three course records, and won the Western States 100 Mile and the Montrail Ultra Cup series. She is currently recovering from a hamstring injury and hopes to be back out on the trails later this year.

Krissy Sybrowsky, Ellensburg, Washington: Krissy, 27, works for Montrail and has been a standout ultrarunner for several years. In 2005, she won the Vermont 100 Mile, part of completing the four race, 100-mile Grand Slam; in which she ran the fastest cumulative time among women.

Nikki Kimball, Bozeman, Montana: Nikki, 34, was the named the North American ultrarunner of the year in both 2003 and 2004, and this year finished second in the voting. She won all but one of the seven ultras she ran in 2005, including the high-altitude Leadville 100 Mile. More often than not, Nikki sets the standard at races for other women to match, excelling at both trail and road races. In addition to ultrarunning, Nikki is also a national class cross country skier.

*.....
Why are women's fields more competitive now than in years past, or does it just seem that way? If so, what factors do you feel have accounted for the improvement and depth of women's fields in ultras?*

Anne: It certainly seems as though women's fields are more competitive now than in years past, although when I read about some of the pioneers of the sport, I'm struck by the level of athleticism and competitiveness those women possessed. Reading the recent announcement of Marcy Schwam's induction into the AUA hall of fame and hearing about her exploits was an eye-



Kami Semick.

opener. In more recent history, Ann Trason's feats have yet to be matched by any of this year's crop of competitive women. So I guess I would say that there have always been incredible women ultrarunners. Maybe fields are deeper now because of the overall growth of the sport. I will say that when I first began running ultras in 2001, there were many local and regional races with very little female competition, whereas now there are always at least three or four with a legitimate shot at winning. Still, we have nowhere near the competition that men face.

Bev: This is a very good question that I wish I knew the answer to. It seems that once Ann Trason stepped aside, the field exploded, an evolutionary bottleneck of sorts. I think there have been quite a few strong women out there, but with Ann's dominance in the women's field, many others were ignored or simply not noticed. I also think a lot of women are just finding this niche. If you talk to many of the women who are standouts, they will tell you they just started running ultras competitively a couple of years ago. It's not a well known area of running; a lot of people who run marathons don't even realize that there is another step beyond that. As a sport, it does take huge numbers of hours and a lot of discipline to train for running these distances. You have to have a lot of support to do ultrarunning, and typically you see women in the supporting role. We're starting to see more women either doing it on their own, or getting a huge amount of family support.

Ellen: I think it has to do with numbers mainly; there are just more women competing in ultras now, so there is more head-to-head competition in the races and the races have deeper fields. As the far

as the influx of faster women, I think some of the sport's growth in this area may be attributable to marathoners who see what other women are doing at the 50-km, and perhaps the 50-mile, and are curious enough to see how they'd measure up that they give it a try. A handful end up doing well and sticking with it.

Kami: I think it would be interesting to track women's times compared with men's times for various ultra distances, to see if more women are placing in the top, say 10 percent. This may tell us if women's fields are actually getting stronger. Or maybe look at the times and track the difference between the top male and top female finishers to determine if the gap is closing.

As far as what accounts for the improvement, it could be that ultra distances are becoming better known in the mainstream. Thus, ultras may attract athletes from various backgrounds who want to test themselves, and have a weekend adventure without leaving family and work for an extended period. I personally am attracted to the ultra distance because I can have an "adventure" in a weekend, as compared with mountaineering, which takes me away for a much longer time period.

Julie: I think it is the natural progression of any successfully developing sport, that competition expands, especially now that ultrarunning is becoming more visible.

Ann: I think that within the last year, women's fields have become more competitive. I think that bringing the fastest women together at Montrail Cup races, U.S. championship races, the IAU World 100 Km and World 24 Hour, and some of the classic ultras such as Western States 100 Mile and JFK 50 Mile, has allowed the fastest women to push each other to even faster times. I think there are some talented female runners who maybe ran in high school or college, then took some time off to start careers and/or families, then began running again and who are looking for something different than just the road racing scene and who have stumbled upon ultras. There also seem to be some runners coming from other backgrounds—such as adventure racing, snowshoeing, and cross-country skiing—who have transitioned into ultrarunning with a high degree of success. I also think that success recruits other women into the sport. They want to be part of something solid and established. I think that the success of the U.S. women in the IAU World 100 Km and World 24 Hour events just makes more women want to strive to make those teams. This level of competition tends to bring out the best performances in all the competitors.

Annette: I think it depends on the course and location—and with the experience that women have running with one another—either directly or following someone's accomplishments from a distance. I wonder if because it is easier to follow race reports and results online, that isn't making it easier to inspire women to seek out races where they think they'll be challenged.

Krissy: It does seem that women's fields are becoming more competitive. It seems to me that this improvement and depth comes from the introduction of this sport to more and more women. A few women that have been running for many years are sharing their experience and advice with others and encouraging their involvement in the sport. Plus, seeing women like Nikki Kimball, Janice Anderson, Stephanie Ehret and Cathy Tibbetts really excel at the sport is very encouraging. I also feel that women are continually looking for a new challenge and those that are looking for something physically challenging are intrigued by

the ultrarunning distances.

Nikki: Basically, I feel women's ultrarunning is quite competitive in the U.S. right now. But I am not ready to conclude that fields are more competitive than ever, or that we will not see much faster women's results at some point in the future. Shifts in level of competition occur continuously in sport, and these shifts are likely magnified in sports with relatively small elite fields.

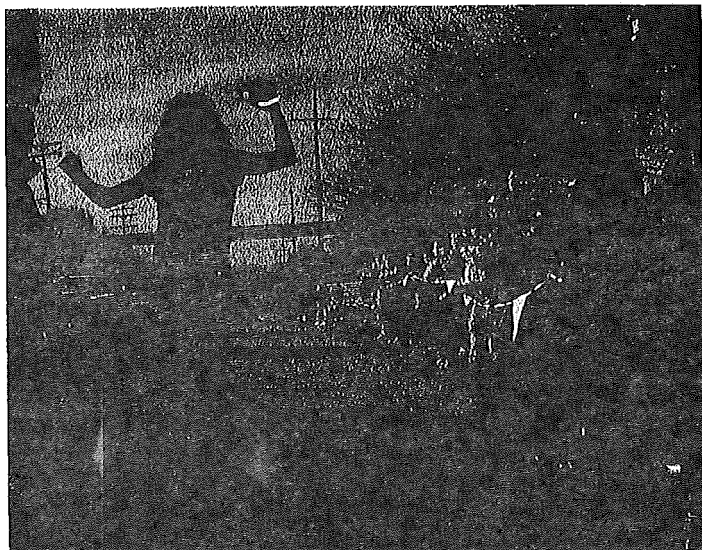
I think that competition usually improves with race visibility, prize money, sponsorships, U.S. team berths, and the like. There is money to be won in individual races and race series, which should increase competition levels. In running in this country, men and women receive equal prize money, and with many companies, equal sponsorship potential. In a land where professional sports opportunities are far from equal (basketball, football, baseball, hockey, soccer provide a vast majority of the professional sports dollars to individual athletes, with vast majority of that money going to male athletes), sexual equality will likely attract more female than male athletes, as top male athletes wanting to earn money are better funded and find more opportunity in other sports.

That said, there are cases where the prize money has *not* attracted huge competition. For instance, only two women completed last year's Montrail Cup. Two women, finishing a series with a \$3,000 first prize! I won Zane Grey 50 Mile (\$500 first prize) by more than two hours last year. The year before, with the prize money the same, I had plenty of female competition. So, please take what I say about prize money attracting competition with the understanding that offering prize money does not guarantee good competition; it just often helps.

Participation in ultrarunning, just as in the marathon, is growing rapidly. However, the elite marathon and ultra population is in some cases, not growing (such as U.S. men's marathon running now versus the 1970s and 80s), and in other cases growing, but not at the same rate as overall participation. The number of U.S. ultrarunners showing performances which are competitive with all-time course records really isn't that large. Thus influx of several (probably less than 10) very good female runners into the ultra scene over the past couple years makes, percentage-wise, a huge impact in the competitiveness of ultra racing.

What factors determine which races you enter in any particular year? Do you choose one or two that will be your primary focus? Are championship events on a local, national or world level, important to you? As an elite female runner, do you feel any sense of obligation to participate in championship events, or not?

Anne: I always choose two to three races that will be my primary focus, and build the rest of my schedule around them. For the last few years, I've been fortunate to represent the U.S. at the World 100 Km, so that has always been my number one goal race of the year. Depending on the timing of the 100-km, I usually choose one other "major" race to key on, usually in the opposite season of the 100-km. I like to run national championship events because I expect the caliber of the competition will be higher, plus there is a level of organization and "perks" that we've come to expect from race directors who organize championship races. However, I think that there will always be those races that, although not championships, have that sort of feel and competition because of history (Western States, JFK, American River, and Sunmart, among others). I do feel some sense of obligation to participate in championship events, mostly coming



Anne Lundbald.

from my sponsor.

Bev: For me personally, races are usually chosen based on whether we can get to them after work on Friday and be back for work Monday morning. This kind of limits us to racing in northern California or Oregon for most part. We decided a while ago that we were going to try to do one warm weather race as a vacation each winter, so a couple years ago we did an adventure race in Maui. In 2005 we did the Coastal Challenge in Costa Rica, and this year it was the HURT 100 Mile in Honolulu. That is our treat to ourselves. Since this whole ultrarunning thing is new to us we haven't really "focused" on certain events. I suppose Western States was a bit of a focus for 2005, but it was really just one of the 15 races we did; we didn't wrap our training around it as many people do. This year we are doing the (four-race, 100-mile) Grand Slam, so we might have to be a little more focused. Other than that we just pick races we think will be fun and that we can get to easily. It is not a very scientific approach. Championship events haven't been a big thing for us, although we did do White River (the 50-mile U.S. championship) and Headlands (the 50-km), but Headlands was the week after the Where's Waldo 100 Km, in which I pulled my quad, so I wasn't really thinking about pushing it to win.

Ellen: With the exception of a couple of annual races I always do, regardless of how my running is going, the main factor in deciding what races to run is my fitness level. If I am running well (for me), I think I'd be inclined to test myself at a national championship or another highly competitive event. Otherwise I wouldn't be interested in racing, or I'd stick to local events. That being said, I do still like to pick one major race and focus on it. I don't feel an obligation to participate in championship events at this point. There are enough other women who are running as well, or better, than I did at say, the road 100-km, that I don't even think of myself as a factor anymore.

Kami: I enter races for either the competition, the sheer beauty of a course, or because of the challenge of a course and distance. Sometimes all three factors are present in one race. This year I am choosing to focus on two races. This is different than my "race every three to five weeks" strategy from last year. I think last year

was a building year. This year I hope to focus more on the two key races with a schedule that will build me up to a 100-miler, and then give me some rest for another good effort in the fall. Regarding championship events, last year I was relatively unaware that “championship” events existed, and stumbled into one: the White River 50 Mile. If a championship event is being held, I think it would help for the race director to make an effort to contact runners with a shot at placing and let them know the details of the race (where and when). I would consider scheduling national and international level championship events if I knew a competitive field were present. Currently, I don’t feel a sense of obligation, per se, to compete in national level events, but if a competitive field were present, I would want to participate. Internationally, I don’t feel an obligation, but I would feel a sense of pride that goes along with representing my country.

Julie: I am drawn to more intense competition. A championship is important because it brings out the best runners, records can be broken, and individuals have an opportunity to challenge themselves and others.

Ann: When unhampered by injuries, I do try to set my sights on one or two races which will be the races I key off of in a given year. I tend to try to choose a World Challenge 100 Km or 24 Hour as one of my key races and then think about a national championship event or a race that I might use a qualifying race to become part of the U.S. team as a lead-up to the world event. I don’t feel obligated to participate in every national championship event, but when healthy, I do feel it is good for me to “race against the best,” even if I am unlikely to win a given event because of the high-level competition at that event. It helps me to perform better.

Annette: I am coming into my fourth year of running ultras and each year it is changing. In my first year racing I tried out as many varied races as I could, within “reasonable” distance. Last year I really wanted to experience the Western States 100 Mile and run better than I had before at the Mountain Masochist 50 Mile, while participating in the Montrail Ultra Cup. I also ran lots of others because I didn’t want to miss out on the grand adventures and experiences. This year my plan is to choose fewer races, but ones that really intrigue me, such as the Zane Grey 50 Mile, which is reported to be really tough, and the Way Too Cool 50 Km, because of its popularity. At this time however, I am injured, so will be at the mercy of my healing body to determine my late 2006 schedule.

Krissy: Each year I end up (somewhat intentionally) having a different focus. Last year completing the challenge of the Grand Slam was my focus. This year I would like to try some races and courses that I have not had the opportunity to run before, and also help others obtain 100-mile finishes. The great thing about ultrarunning is the opportunity to be instrumental in helping someone achieve his or her goal. Last year with the Grand Slam the support I received from family and friends was amazing, a huge part of making the whole experience so enjoyable. I look forward to giving that support this year. I do not feel obligated to compete in championship events, but do enjoy participating in these usually more competitive, more recognized races. The races touting these titles tend to draw more competition, which encourages each athlete to come ready to perform. Sometimes the extra pressure to perform well is a bit stressful, but the opportunity to meet these people that love this

sport as well makes it worthwhile.

Do you use some ultra races as “training” runs without concern for placing, or do you aim for victory in all ultras you enter?

Anne: I definitely run some races as training, but it’s hard not to aim for victory regardless. For several years I was able to enter races as training and still place high; that’s getting harder as competition gets tougher.

Bev: I do runs that I enjoy. I kind of consider them all training runs, but I strive to run the best race I can. I think we all aim for whatever we consider victory in every event, but I feel if I run the best I can in a race I’m happy. Certainly, I’d love to win every race I enter, but I’m not sure that is completely realistic.

Ellen: No, I don’t use races for training. It might look that way in the results sometimes, but at the outset, I’m always aiming to run well.

Kami: Well, I would like to have my cake and eat it too. I plan on using some ultras as training runs. Early season races (February to April) are building blocks for a competitive effort later in the year. I think these early season competitive situations help increase fitness. I’ve never been good at just mailing it in during a race, but I realize that winning every race is probably not realistic.

Julie: In principle yes; in fact, no. I think deep down I aim to win even when I tell myself, “relax, this is just a training run.” There is always the temptation to push hard.

Ann: I would always like to win, but realistically know that I can’t peak every month, and I like to race often so I can’t expect to win on every outing. I really enjoy traveling to different events and participating in different types of events: different distances, different types of terrain. I know that there are some distances and some types of terrain I perform better at than others, but I still like to try a variety of distances and terrains to keep it fun and exciting.

Annette: There are a few events I do as training, and it works as long as I tell the race director and my friends that is my intention. I need their help to encourage me to not push it; otherwise I can easily get sucked into the excitement of the chase.

Krissy: Definitely; the opportunity to use a race as a training run is great. I am able to get a different perspective and enjoy the run on a different level.

Do you find it all difficult to determine where you stand in the women’s field in ultras you run? Do you make it a priority to keep track of this during the race and adjust your strategy accordingly, or do you simply run your own race and let the final placing determine itself?

Anne: I almost always know where I stand in the women’s field (with the exception of this year’s Mountain Masochist 50 Mile when Annette Bednosky took off so quickly that I didn’t even know she was ahead of me until about ten miles into the race!). I’ve taken both approaches, depending on the course and the competition. Sometimes I know a competitor’s strengths and weaknesses, and plan my race accordingly. Sometimes I know

what kind of time I want to run on a particular course, and I know that if I can succeed in my time goal, I will probably come out victorious. The bottom line is that if I've run the best race (time) I can, if I get beat it's because someone ran smarter, is in better shape, or is simply a stronger runner.

Bev: I usually have a pretty good idea where I stand in the women's field. I'm a bit of a rabbit starter, so if anyone is going to beat me, they pretty much do it by passing me at some point. The problem with running at the front for any length of time is that you really have no idea how far back anyone is and whether they are gaining or losing time on you. Usually I try to run my own race. I've seen too many people try to match someone else and not be able to hold on to another runner's pace when they could very well have passed that person had they just run their own race and had something left for later.

Ellen: I always have an idea of what my pace should be, generally speaking, to run whatever goal time I have set for myself, so if the other women are running much faster, or slower, than my pace, but I'm feeling good and my splits are consistent, I don't worry about it. Also, I know after all these years, that one generally doesn't have too much success trying to run someone else's race. It usually doesn't end well.

Kami: To date, I haven't had a problem figuring out what position I'm in during an ultra. What is more elusive is figuring out how far ahead or behind the next female is, from a time perspective. I try to consciously stick with the front runners, or consciously let some one go ahead. I always try to stay within my own capabilities, but I do fine tuning of how hard I push, based upon who is ahead or who is behind.

Julie: I do try to stay focused on my "race plan," but find myself asking, "Where is she? How am I doing? Where am I?" (That last one can take on deeper meaning.) I greatly appreciate bystanders and aid station crews giving me information on the competition.

Ann: No, I don't find it too hard to determine where I stand in the women's field in given ultras. I pay attention to this, and the spectators almost always help me with this, too. I don't pay much attention early in an event. In the middle I tend to run according to how I feel. As an event progresses, if I am close to another woman I do find I will try hard to catch up.

Annette: It depends on the distance. The longer the race, the more I am committed to following my plan and adjusting as needed. If I get worried about other's performances, then I become distracted from my own experience and don't have as much fun and usually don't perform as well. In shorter events I am more aware of the other women around me.

Krissy: When the gun goes off I try to count how many pony-tails take off ahead of me, but that is the last time I give much thought to placing. The best race is when I am able to run based on my own feeling and make the most of the day and what my body is able to do. Any given day can result in a different place; if a runner is able to run his or her own race and feel good about *how* he or she finished, as opposed to *where* he or she finished, then the most is made of that event. Constantly comparing to others doesn't seem healthy to me.

Nikki: Trail ultras in the U.S. have been, in my experience, small

enough so I usually know where I am. Occasionally a woman has gone off the front initially and I miss it. Usually though, one or two spectators will let me know where I am in the women's field. Surprisingly, it is a very small percentage of spectators who give that information. When I am a spectator at races, I usually tell the top ten or so women their places among their sex. In larger races (marathons and the World 100 Km), in which it is impossible to track my place among the women, this is information I really want to know. At the World 100 Km I ask for splits of the women ahead of me, beginning at about 40 miles. I like to play with numbers (time splits, placing, etc) in my head toward the end of a race. It keeps my brain occupied with something other than the pain felt late in the race and fuels my competitive energy, which I believe leads to better results.

Is placing high up in the overall field important to you, or just incidental? If you were to be or have been in a position to go for an overall victory, would you make a concerted effort to achieve that?

Anne: My primary goal is always to come out on top of the women's field. If, during the race, I see that I've got the women's victory, I will start looking at picking off men. I have never entered a race with a goal of an overall win, but if I find myself in the position to go for that, I certainly give it all I had to achieve it.

Bev: Placing high overall is important in some races (in some I know it would be impossible). It's nice to be able to say, "I was second, or even first overall." It gives some extra credibility to what you do "as a woman," as many people still believe women are simply not as strong or fast as men—sort of the same as placing high as a masters runner. There's a bit of a stigma that masters runners just aren't as good. I've won a few races outright and, yes, when I realized that was a possibility there was a concerted effort to achieve it.

Ellen: Placing high up in the overall field is only really exciting if I've run a good time as well. If I've run just an "o.k." time and still managed to win, or place highly, it says the event was probably not very competitive on that day.

Kami: Winning overall is incidental. But when I have been in a position to take the overall lead, I certainly enjoy it. I see us all in a race as individuals trying to run the best race that we can on that day, male or female.

Julie: I would like to place as high as I possibly can, and if that means winning the overall category, yeah!

Ann: Placing high up in the overall field is important to me (although secondary to placing high up in the women's field). If I have been in position to go for an overall victory I have made a concerted effort to achieve that.

Annette: Generally, placing high in the overall field isn't important. At the two races in which I have had an outright win, I worked like heck to be as sure as I could that I wouldn't be passed (by other women). At the Great Eastern 100 Km in 2005, I was excited for the win, but even more psyched that the first three finishers overall were women!

It has been suggested that women are more physiologically suit-

ed to running ultra distances than men. Do you think this is true?

Anne: I think perhaps we're more physiologically suited to ultra distances than shorter distances, but I wouldn't say that we're ever going to reach a point where we are consistently contenders for overall victories. I can't claim to be a scientist, but I do feel that Ann Trason's ability to compete against the best men was an anomaly. Is that woman even mortal?

Bev: I don't think so. Although it is a common thread that women are better endurance athletes and take better care of themselves over the long distances (both of which may be true), you still see the top people in any major event are men. I just returned from doing the HURT 100 Mile in Hawaii and although I won the women's race and broke the course record, Karl (Meltzer) was so far ahead, he could have done another lap. I think since men have been involved in competition, of all sorts, for so much longer than women, they are moving through different phases of ultrarunning faster. People used to say women would eventually catch and pass men in marathons. Well, that hasn't happened; men just started turning them into sprints. The same is almost happening in ultras. Look at the times Scott Jurek has at Western States and Matt Carpenter at Leadville—even 100-milers are becoming sprints to some of these guys. Also, there just aren't as many women involved as men. It may be that the women are out there who would be physiologically more suited to ultrarunning, but they are doing far more difficult things, like having babies.

Kami: I think it may be more psychological than physiological. Of the women and men that I've come across in race situations, I'd say that as a percentage, women are probably better prepared to run the race that they are capable of running, and they are better at pacing themselves to run within their capabilities. There are probably a higher percentage of men that may have overestimated their abilities; thus, they go out too fast, or maybe didn't do the proper preparation. I'm just saying that as a percentage that some men may fall into this trap more often than women. Obviously, a majority of men (and women) do the proper training and pacing, thus they meet with success during a race. I recently saw a cartoon that touched on the same idea: a thin woman looks in the mirror and in the reflection all she sees is her big bottom. A fat man looks in the mirror, and in the reflection all he sees is his bulging biceps. I'd be interested in seeing more statistical research in this area. What percentage of men drop out of a race, versus women? What are the differences in time from the sprint distance all the way up to the 100-mile (or beyond) for men and women? Does the gap between men and women's times grow more narrow the longer the distance?

Julie: That is a hypothesis that would be tough to measure. I'll leave that to research physiologists.

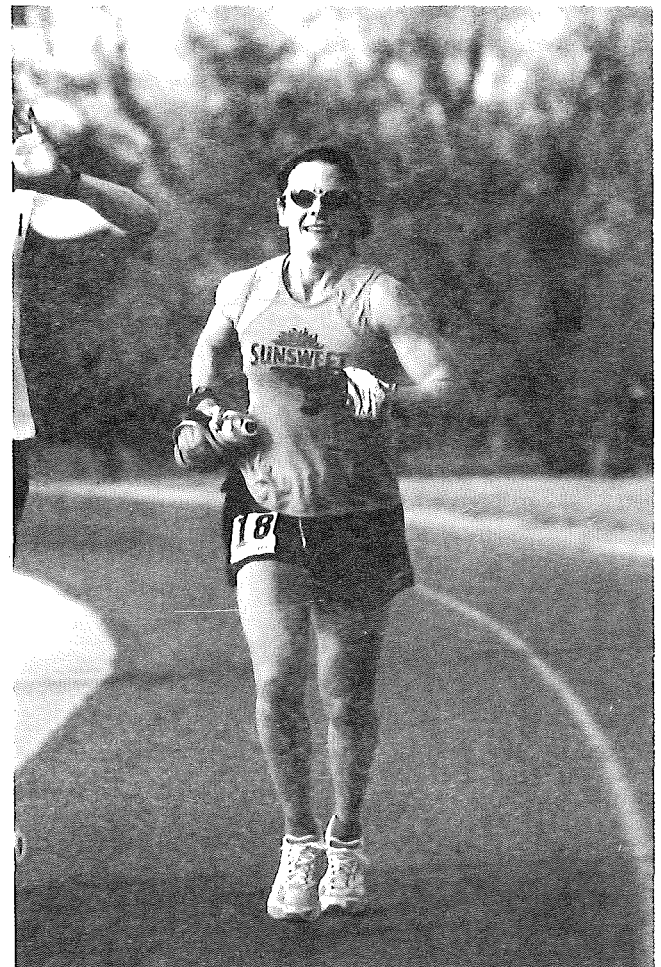
Ann: I think that it may be true in the sense that women have more body fat, so when running at an aerobic pace for long periods of time may have more fuel in reserve than do thin men.

Annette: I am not sure it is possible to generalize this much and be accurate. I think that some men and women do have genetic and social advantages that help them have more physical and psychological endurance, but I really think it's in a particular person's world view and experience, more so than simply gen-

der, that allows them to excel.

Nikki: There is data comparing male and female performance at varying distances. Most of it is simply meta analysis of race results, the solid conclusions from which are very limited. I remember reading an article in which the author compared data in the form of the percentage of women that finished behind men at various distances. He concluded that women actually did better, percentage-wise, at shorter distances. From this he postulated that women are not better suited to ultrarunning. However, I don't think there are enough top male or female distance runners doing ultras to make well-founded conclusions based on meta-analysis. To do so we would need to have more elite runners competing in ultras.

There are many variables that enter into race results; we cannot control for all of them. Thus, we would need huge amounts of raw data regarding elite male and female ultra performance in order to give the statistics any strength. We would also need to have enough of a carrot at the end of the races we're studying to know that we've attracted the best potential performers to these race; otherwise the data means nothing with respect to a comparison of times of the best male and the best female performers. This reflects only results, not physiology. Unfortunately, I haven't seen any solid physiological papers from which the ultra endurance capacity of male and female runners can be extrapolated.



Beverley Anderson-Abbs

That said, I will say that I have a pet theory that generally, trail racing lessens the potential advantages men have over women in racing. Although trail running requires strength, which generally favors men, it also requires technique. I believe women and men have equal potential to excel at picking good lines through curvy sections and negotiating efficient routes through technical sections. On the road, strength and speed generally win the race. On trails, technique adds a crucial third variable to performance. The potential equality of men and women in this area, I believe, decreases the male's overall advantage with respect to finishing times.

Anything else you would like to add?

Bev: I love the fact that I am seeing more and more women at races, and it's a thrill to have someone tell me that they got into running, or exercise of any kind, because of the inspiration I provided. But I have to give recognition to all of the people who are involved in ultrarunning who are not racing. It takes a lot of people to get any runner to the finish line and this is sometimes forgotten, even by the runners. There are hundreds of volunteers, family and friends working as a team to help each athlete finish any race, and it horrifies me when I see an athlete get angry at volunteers, or badmouth race directors. Thanks to all those people for putting on and helping out at races, and of course thanks to Sunsweet Growers Inc. for the huge amount of support they've given to Alan and me over the past few years.

Annette: I have been involved racing for three years now. I am inspired by fast, strong hard-working women and I hope I do that for others. If that is the case and more women are entering the sport of ultrarunning, then together we will inspire and challenge one another to do more than has ever been done before.

Ann: When I started running in high school, there was no girl's cross-country team at my school, only track. I decided to go out for the boy's team because I wanted to get faster and because I could (because of Title IX). I was not welcomed by the coach, but I was welcomed by the boys as a running mate. Eventually the coach seemed to get used to me and figured out I wasn't worried about "breaking my nails." He feared I would use any excuse to get out of practices and meets; I guess he'd had bad experiences with female athletes somewhere along the line. I think I educated the coach a bit, because when his own daughter became a teen (she was a little girl when I was in high school), he coached her basketball team. I do recall wondering what the other girls at school were thinking of me (was I less than feminine?) and what the boys were thinking of me (would they admire my "courage and boldness" or be turned off by my competing with their male friends?). I graduated from high school in 1982. By then, women were already running marathons. My hat is totally off to women such as Katherine Switzer, who ran the Boston Marathon when no women to speak of were running long events. That took *real* courage. I am thankful for the ground that women like her broke for those of us that followed.

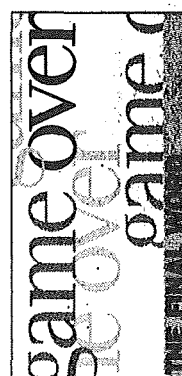
Geezer in a freezer ices his ultra-marathon challenge

By HELENE ELLIOTT
SAN DIEGO

EYES intently focused, a black wool cap pulled down over his head, Mike Pierce jogged in a steady rhythm. His rituals were typical for a distance runner — until he passed pallets of frozen, unbaked pies and sweet red pepper pesto, and a thermometer whose red hand pointed to minus-two degrees.

Pierce is training for the Antarctic Ultra-Marathon, a 100-kilometre race to be run this month in perhaps the world's harshest climate. There being few places in his hometown of Encinitas, California, to simulate the conditions he will face, Pierce trains an average of two days a week in a commercial freezer.

Behind a heavy sliding door and



a fringed plastic curtain designed to keep cold in and balmy air out, Pierce ran from end to end, skirting boxes of pastries and microwaveable dinners on the shelves and floor.

He was training in a larger freezer until its roof caved in, forcing him to move to Freezer Box 10 and wedge his exercise bike in a narrow aisle between pallets of ice cream bars and boxes of seafood.

"Ever since I've been in here, improvise is my middle name," Pierce said cheerfully, oblivious to the snow crystals on his cap. "Stuff

gets shifted around in here. This is somebody's business and I'm not going to disrupt that."

Yes, the 42-year-old motivational speaker said, he is asked nearly every day if he's crazy. He said his wife, Angela, laughed in disbelief when he formulated plans to run in the first Antarctic marathon last January, aware that he had long been fascinated with the region but sure he would never do more than talk about going there.

When he began training in the freezer, she knew he was serious.

"For her it was really difficult at first," he said. "Because to Angela, adventure means disaster because she had a rock-climbing accident in college; a real serious one, and she's disabled permanently. So she thought I was going to die. She was crying."

"But when she got through that

and realised this wasn't going to be life-threatening, she became the biggest supporter of anybody."

Pierce ran in Antarctica in January on a course within the Antarctic Circle, finished last of nine runners with a time of seven hours 10 minutes 50 seconds, or about five hours slower than an elite dry-land marathon runner. Before that he had not run a full marathon on dry land in 21 years.

Only one man, Richard Donovan, of Ireland, tackled the ultra-marathon distance, finishing in 15:43:55. Pierce skipped the ultra-marathon but ran the marathon course again the next day, this time by himself, to drink in the isolation and vastness of his surroundings.

The unpredictable weather stranded him and his group for several days at the foothills of the

Ellsworth Mountains. Winds had to subside below 20 knots before a plane could land and pick them up.

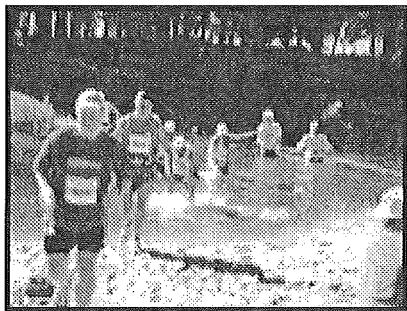
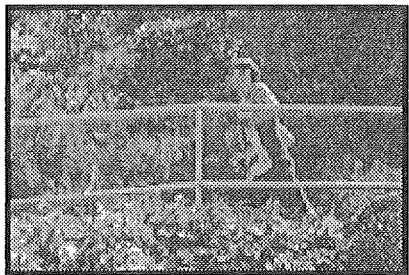
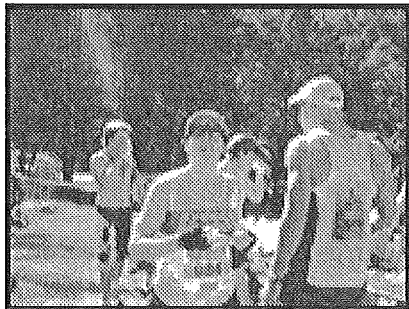
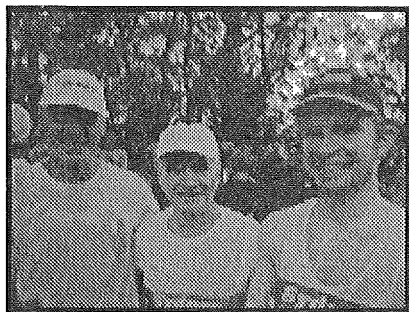
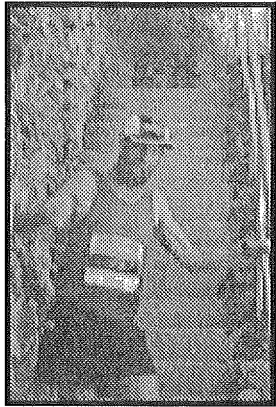
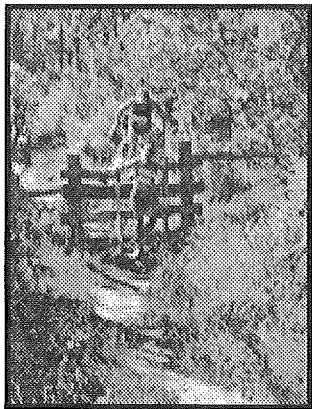
"I loved it so much I didn't want to leave it," Pierce said. "I got back to the base camp and it felt like the ride was ending, like the roller coaster was coming into the station and you had to get off."

Although he has never run an ultra-marathon, he vowed to finish the race "even if I have to crawl", adding: "Most people measure their success in a race by their time ... in this race, it's about finishing, regardless of place."

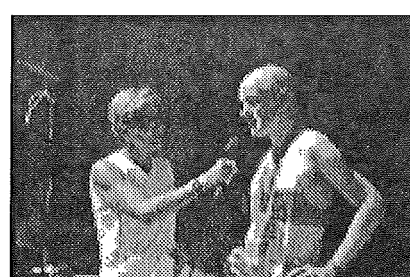
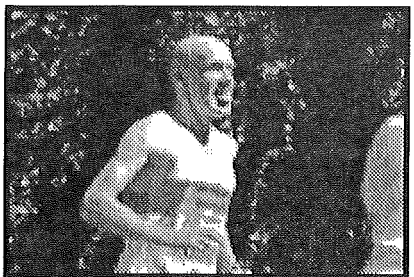
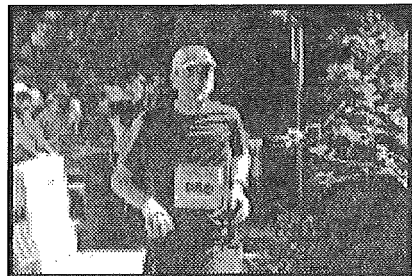
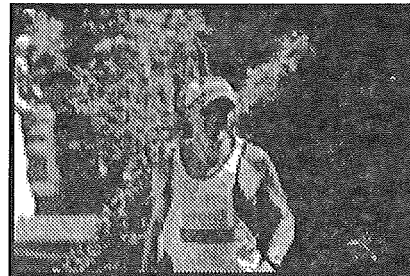
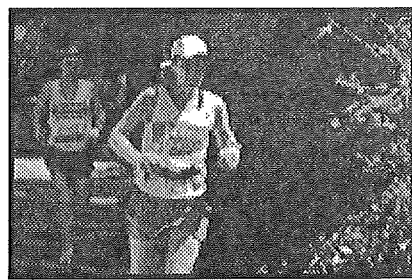
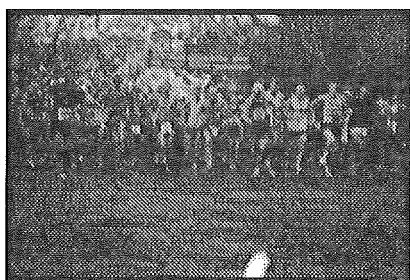
"I don't care if it takes a day. I don't care if it takes two days. If I start and finish, I'm a gold-medal winner."

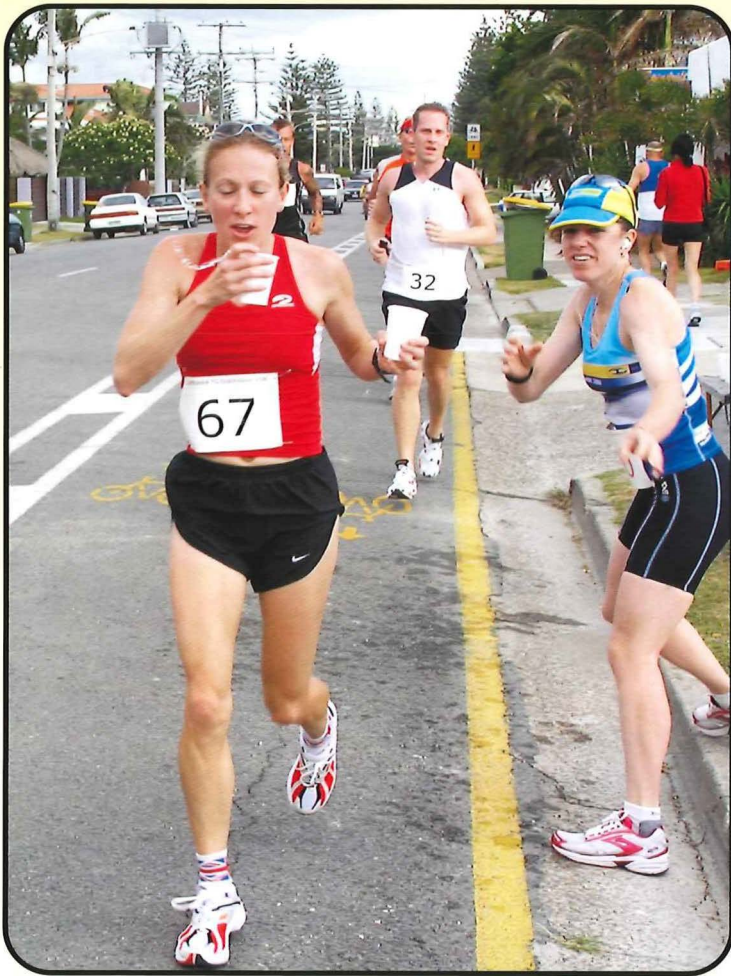
After that, his next aim is to give his supportive wife a holiday. Presumably in some place warm.

LOS ANGELES TIMES

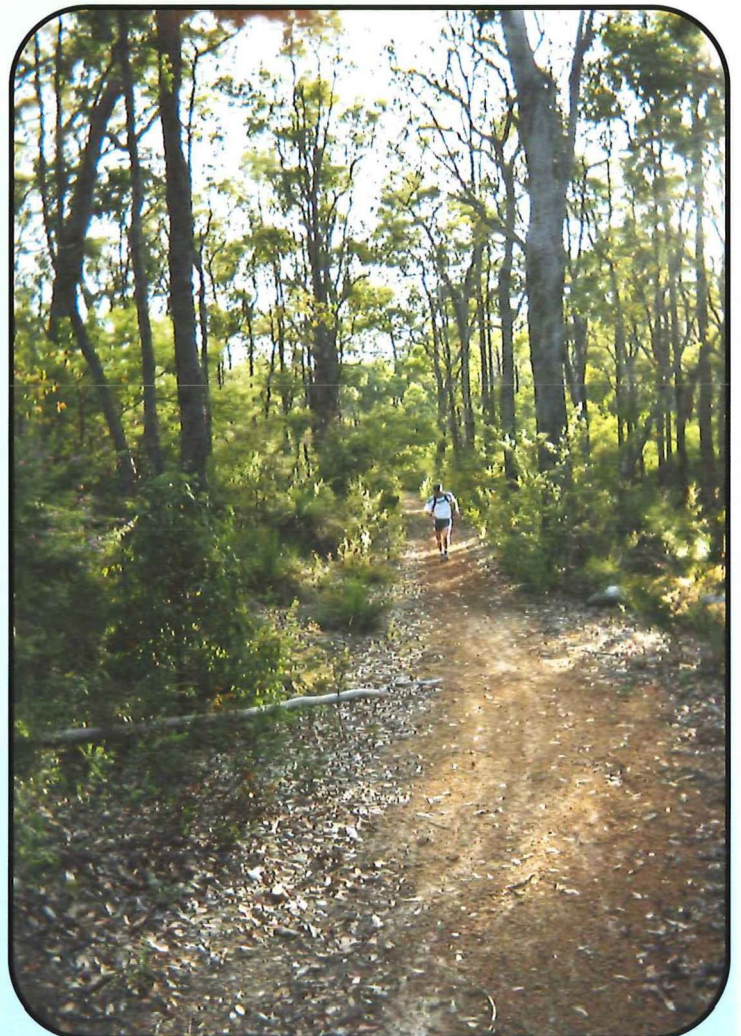


Six Foot track





*Above left Female Ultra Runner of the year Siri Terjesen at Kurrawa
Top right and lower left Kurrawa to Duranbah; lower right - Six Inch Track*





**Australian Male Ultra Runner of the year
Kelvin Marshall in the Kurrawa 50 km race
on the Gold Coast in December 2006,
for his 300th race of a marathon or greater
(131 marathons, 169 ultras)**