

# ULTRAMAG

**AURA MAGAZINE**

June 2007 Volume 22 No. 2



## Inside:

- Gold Coast 100. Full wrap up
- Martin Fryer dominates the Coburg 24 hour
- Dave Criniti takes the Canberra 50km
- Hall of Fame.....Bryan Smith



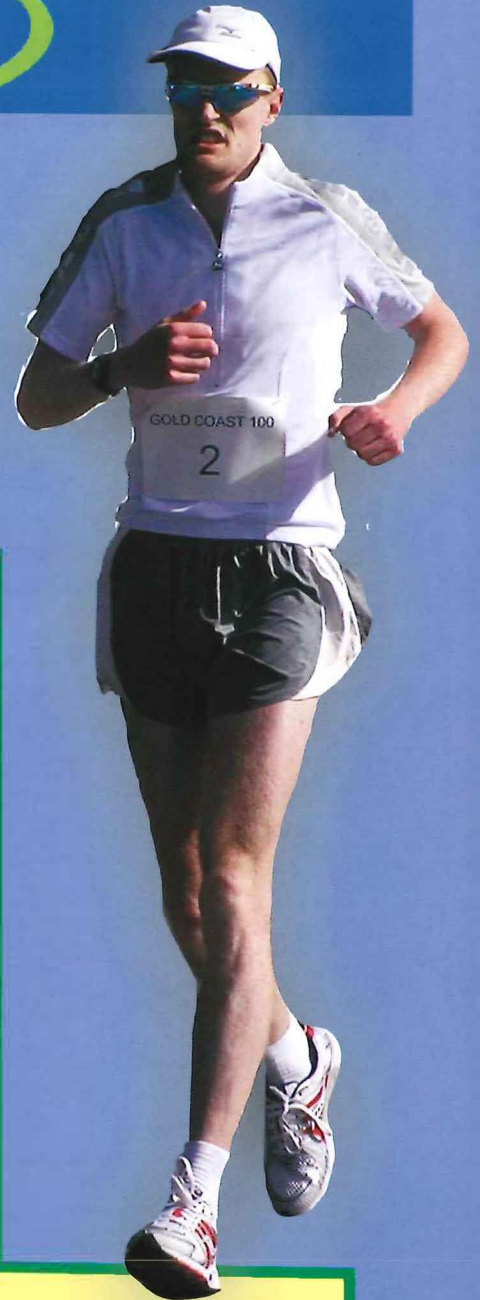
# GOLD COAST 100



Deanne Nobbs (1st F)

*"After 4 years at the Runaway Bay venue ... a move to the scenic beachfront was an attractive option"*

Right: Tim Cochrane (1st)



Dean Cook (2nd)



Mick Francis (3rd)



Erin Kreiss (2nd F)



Tina Fiegel (3rd F)



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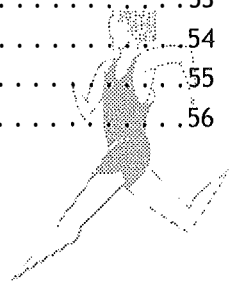
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# Editorial June 2007

by Kevin Cassidy

Firstly, a brief apology for forgetting to acknowledge Andy Milroy in the March issue for his contribution of the "Herb Hedemann" and "Indian Ultra Pilgrimage" articles.

Rapidly approaching are the World Championships for both the 24 Hour [Canada, July] and 100 Kilometres [Netherlands, September]. The Australian team in Canada will comprise of five men. On the back of excellent performances at the Coburg 24 Hour Carnival, Martin Fryer and Paul Every joined W.A.'s Mick Francis as automatic selections with Robert Boyce and Coran Lang being included after a good deal of discussion amongst the selection panel. Both Coran and Robert are first time Australian representatives. Sadly, we don't have a women's team for 2007.

The Australian 100 km team will now be the subject of selection with the recently run National Championships on the Gold Coast being the foremost selection race. Congratulations to Tim Cochrane and Deanne Nobbs on becoming the 2007 Champions. Of note, is the fact that Tim and Deanne both hail from the Central Victorian town of Shepparton in the fruit growing belt! You have to wonder what they fertilise their apple trees with?

Further in the development of ultrarunning is the announcement by the Commonwealth Games Federation of the introduction of Commonwealth Championships over both 100 Kilometres and 24 Hours. The first championships are scheduled to be held on the same weekend sometime in 2009 in Keswick [U.K.]

In the Points Race, Kelvin Marshall has bolted away to an imposing lead. With a trip to next year's Comrades Marathon at stake, the incentive is obviously high.

Overseas, five Australians performed with great aplomb at the Self Tran-

scendence Six and Ten Day Races in New York with the evergreen and consistent Dipali Cunningham again victorious over Six Days. Coming up is the famed Western States 100 Mile Endurance Run where the 21 strong "Aussie Assault" team will tackle the heat and mountains of California in what is one of the World's premier ultras. Also rapidly approaching is New York's incomprehensible 3,100 Mile Self Transcendence race where W.A.'s Grahak Cunningham will be following the footsteps of fellow Aussie, Rathin Boulton.

After a one year hiatus, the Cliff Young Six Day Race is back on in Colac and entries are already open. Meanwhile in Adelaide, the National 24 Hour Championships may possibly be held for the last time in the city of churches. A move to Sydney is being investigated by the Sri Chinmoy Marathon Team.

A couple of solo runs in the last three months warrant a mention. Deborah De Williams and Vlastik Skvaril joined forces [which I guess makes it a "duo run"] for a gruelling 1,270 kilometre circumnavigation of Tasmania raising funds for Camp Quality. In N.S.W., Dean Karnazes from the US negotiated a tough 560 kilometres from the summit of Mount Kosciuszko to Sydney as part of a promotional tour.

Many of you would be familiar with the numerous age group records being broken by 85 year old Ken Matchett. Ken recently collapsed at his home and was diagnosed with a brain tumour. In true style, he has come through the operation well and has no intention of stopping.

The saddest news I have had to report for some time is the sudden passing of Wanda Foley at age 61. Those who were around the ultra scene in the late 80's and early 90's would remember her as a regular and consistent performer over every distance from 50 miles to Six

Days along with one Sydney to Melbourne race. I was privileged to have shared the track with her during her first ultra at the old Sydney 24 Hour run at Hensley Field back in 1987. Who could ever forget those fancy bright tights during the night hours? Phil Essam and Kevin Tiller have put together a brief résumé of her career.

Phil Essam has also done a mountain of research on the career of the late great Bryan Smith. Bryan is inducted into the AURA Hall of Fame.

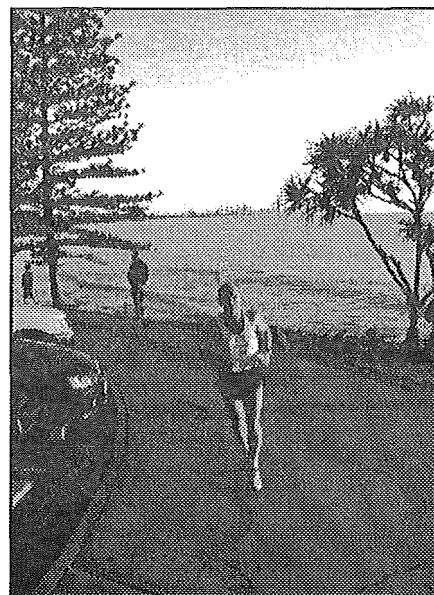
Keeping abreast with ultrarunning worldwide has never been more convenient with the following four websites.

\*AURA now has its own designated website at [www.aura.asn.au](http://www.aura.asn.au)

\*Other Australian ultra information can still be found at [www.ultraoz.com](http://www.ultraoz.com)

\*Phil Essam also provides a mountain of ultra information at [www.planetultramarathon.com](http://www.planetultramarathon.com)

\*World news from the International Association of Ultrarunners [IAU] can be found at [www.iau.org.tw](http://www.iau.org.tw)



*Bruce Renwick at the Gold Coast 100 event*





# Current Australian Ultra Marathon Calendar

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

The events listed below are those sanctioned by AURA

It is expected that they carry all necessary approvals and public liability insurance and are conducted to a reasonable standard.

## July 2007

Saturday 28 July

BUSH CAPITAL MARATHON AND ULTRA 60km (ACT)

John Harding. email: [jgharding@bigpond.com](mailto:jgharding@bigpond.com)

Saturday 28 July

GLASSHOUSE MOUNTAINS TRAIL RUNS - FLINDERS TOUR 50KM (QLD)

Ian Javes at 25 Fortune Esplanade, Caboolture, QLD. Phone (07) 5495-4334. email: [ijaves@caloundra.net](mailto:ijaves@caloundra.net)

## August 2007

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

With 6, 12 & 24 hour options. Ian Cornelius by 0408-527-391 or visit [www.goldcoast100.com](http://www.goldcoast100.com) for more details.

## September 2007

Sat-Sun 1-2 September

GLASSHOUSE MOUNTAINS TRAIL RUNS (QLD)

100miles, 100km, 55km. Ian Javes at 25 Fortune Esplanade, Caboolture, QLD. Phone (07) 5495-4334.

email: [ijaves@caloundra.net](mailto:ijaves@caloundra.net)

Sat-Sun 29-30 September

SRI CHINMOY NATIONAL 24 HOUR CHAMPIONSHIPS (SA): Ph. [08] 8272 5081 or Anubha Baird on 0421 591 695 or

Sri Chinmoy Centre, 1st floor, 131 Carrington St, Adelaide, SA, 5000

## October 2007

Sunday 21 October

BRINDABELLA CLASSIC 55 km (ACT) Mick Corlis. email: [mountainrunning@coolrunning.com.au](mailto:mountainrunning@coolrunning.com.au)

## November 2007

Sunday 4 November

VICTORIAN 6 HOUR AND 50KM TRACK CHAMPIONSHIPS (VIC) Rob Embleton (03) 5133-7568 [www.traralgonharriers.org](http://www.traralgonharriers.org)

Sat-Sun 10-11 November

THE GREAT NORTH WALK 100'S (NSW)

100 Mile and 100 Kilometre. Dave Byrnes. email: [byrnesinoz@yahoo.com](mailto:byrnesinoz@yahoo.com) Race Address: Telephone 0428 880784

Sat 18 - Sun 24 November

CLIFF YOUNG COLAC SIX DAY RACE (VIC)

Six Day Race Committee, PO BOX 163, Colac, Vic, 3250. Visit <http://www.colac.ultraoz.com> for more details.



## December 2007

Saturday 1 December

BRUNY ISLAND JETTY TO LIGHTHOUSE 64 KM (Tas)

Paul Risley on 0438 296 283 or email [riz5@bigpond.com](mailto:riz5@bigpond.com) or visit <http://www.dreamwater.org.au/ultr.html>

Saturday 1 December

MT FEATHERTOP SKYRUN 50 KM (Vic)

Paul Ashton on 03 9885 8415 or mobile 0418 136 070 or email [paul.ashton56@bigpond.com](mailto:paul.ashton56@bigpond.com)

Sat 7 - Sun 9 December

COAST TO KOSCIUSZKO 246KM [NSW]

Paul Every 02 9482 8276 or email [peverydweaver@hotmail.com](mailto:peverydweaver@hotmail.com)

Sunday 9 December

KURRAWA TO DURANBAH & BACK 50 KMS (QLD)

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

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

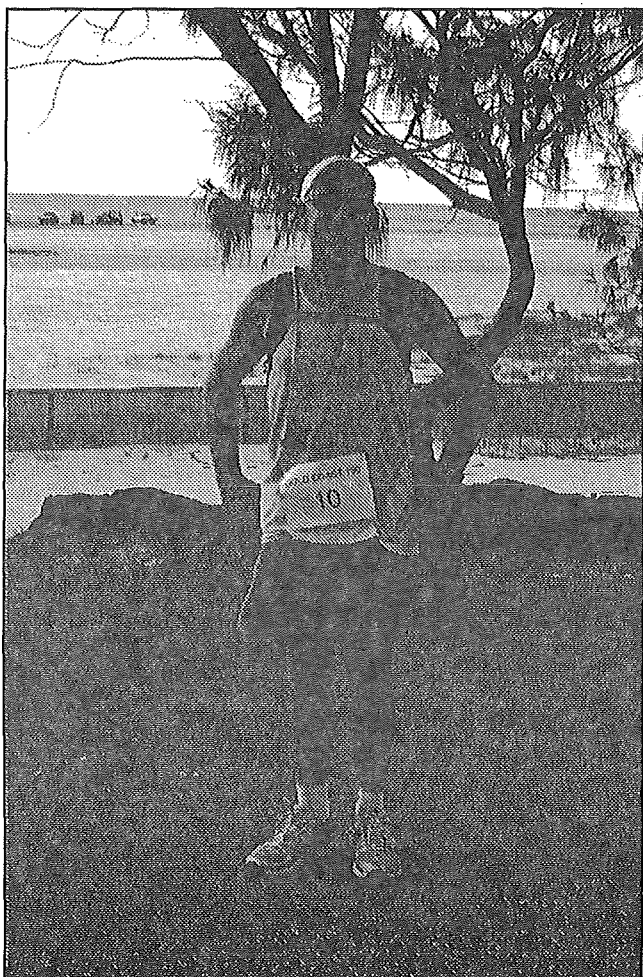
## Other events of interest

Saturday 14 July

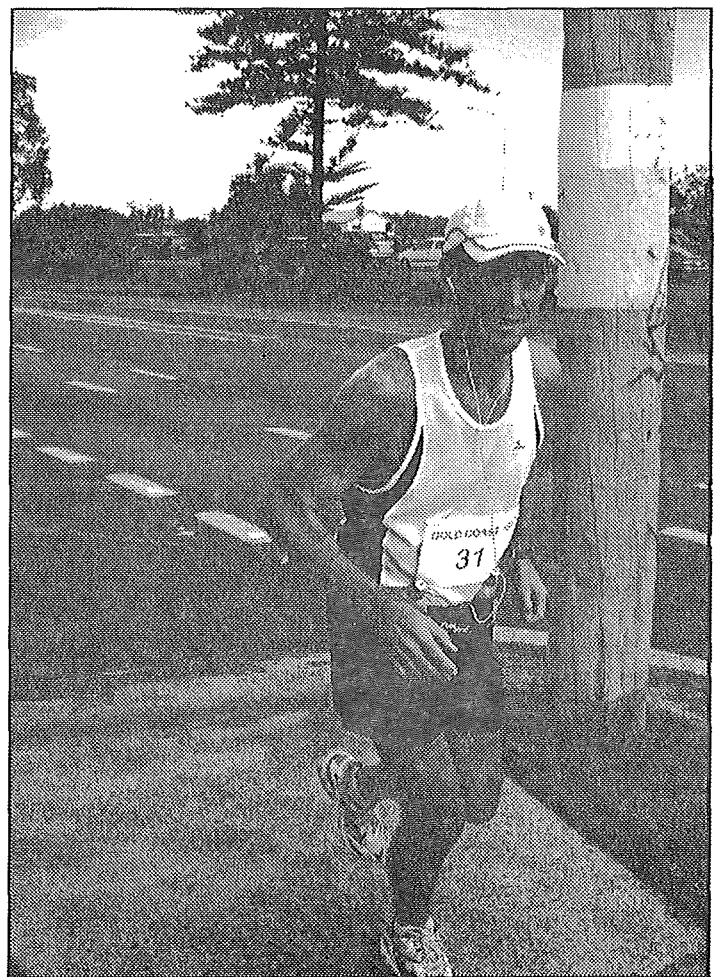
THE KOKODA CHALLENGE 96KM [GOLD COAST, QLD]

Visit [www.kokodachallenge.com](http://www.kokodachallenge.com) or phone 07 5591 3942

If you have a race that you would like included in our race calendar, please contact our race liaison officer Robert Boyce at [rboyce@easterntrees.com](mailto:rboyce@easterntrees.com)



*Peter Gardiner - Gold Coast 100*

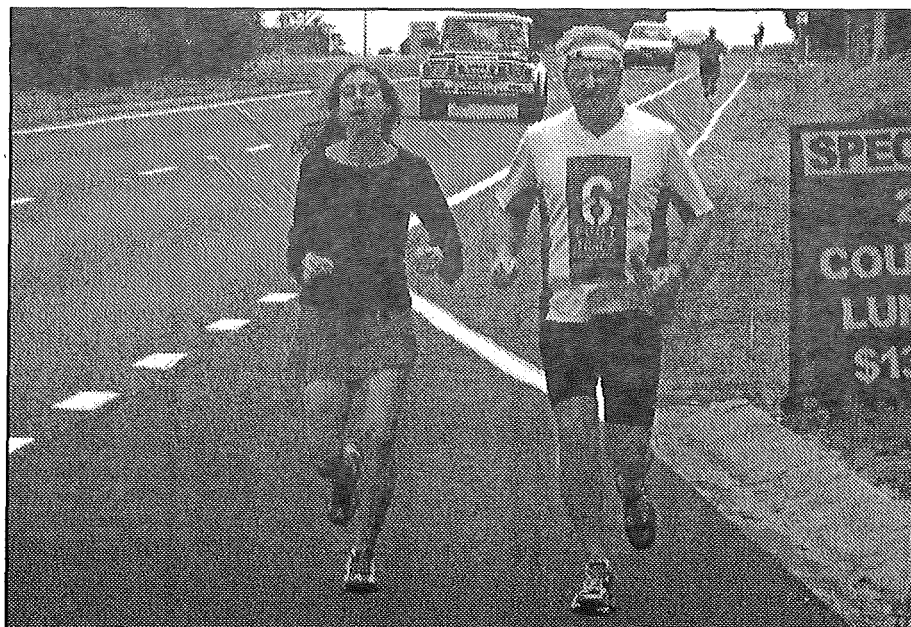


*Dave Sutherland - Gold Coast 100*



# AURA Contacts

Position	Person	email	telephone
membership secretary	David Criniti	dcriniti@bigpond.net.au	0411 438 344
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aura webmaster	Ian Cornelius	icorneli@bigpond.net.au	0408 527 391
ultraoz webmaster	Kevin Tiller	kevin@coolrunning.com.au	0419 244 406
treasurer	Warren Holst	holswj@mornpen.vic.gov.au	0419 988 261
secretary	Jo Blake	jblake@cjeffery.com.au	0414 554 469
president	Ian Cornelius	icorneli@bigpond.net.au	0408 527 391



## Frankston to Portsea

Photo left:

Sarah Drummond and DannyCole



## 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 <sup>st</sup> 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 <sup>nd</sup> place	
	1	3 <sup>rd</sup> place	
	3	Breaking a National Age Record	
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:** 1<sup>st</sup> place – a trip South Africa to a maximum value of \$2000 plus free entry to contest the Comrades marathon. 2<sup>nd</sup> 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; 3<sup>rd</sup> place – 5 days at Runaway Bay Sports Super Centre with access to full facilities (value \$500); 4<sup>th</sup> place – 2 nights for 2 at Seaworld Nara Resort with tickets to Seaworld (value \$300); 5<sup>th</sup> place – free entry to Gold Coast 24 (value \$125); 6<sup>th</sup> place – free entry to Gold Coast 100 (value \$60).

#### Notes:

- 1 There is no distinction between men and women for purposes of this competition, other than for the awarding of points as above. That is, there will be only one overall winner.
- 2 The points score is for the AURA year, which is the calendar year.
- 3 Only financial members are eligible for points. A period of grace is allowed to 31 March for any membership renewals by existing members; otherwise points are accumulated from the date a person becomes a member.
- 4 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.
- 5 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.
- 6 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.
- 7 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.
- 8 Prizes are not transferable and must be used during 2008 failing which they will lapse.



# AURA Points Score Competition

All Events up to 11th June 2007 - Includes all AURA members who joined by 30th May

# Indicates a placing in a National Championship

Surname	First Name	Category 1			Category 2				Category 3			Category 4				Total
		Events	km	Pts	#1st	#2nd	#3rd	Pts	Aust.	World	Pts	L1	L2	Elig.	Pts	
Marshall	Kelvin	10	679.195	32	4	2	1	17	0	0	0	0	0	0	0	49
Cochrane	Tim	3	194.000	8	2#	1#	0	13	0	0	0	0	0	1	10	31
Boyce	Robert	8	576.612	26	0	1	2	4	0	0	0	0	0	0	0	30
Gamble	Malcolm	6	423.053	20	1	1	0	5	0	0	0	0	0	0	0	25
Monks	Paul	6	377.000	18	1	1	1	6	0	0	0	0	0	0	0	24
Petrie [f]	June	2	95.000	4	1#	1#	0	10	0	0	0	0	0	1	10	24
McCormick	Richard	7	434.470	22	0	0	0	0	0	0	0	0	0	0	0	22
Fryer	Martin	2	273.686	8	1	0	0	3	0	0	0	0	1	0	10	21
Nuttall	John	5	318.380	16	1	1	0	5	0	0	0	0	0	0	0	21
Criniti	David	2	95.000	4	1#	0	0	6	0	0	0	0	0	1	10	20
Pelgrim	Bert	2	95.000	4	0	0	1#	2	1	0	3	0	0	1	10	19
Schwebel	Ron	4	322.282	14	0	1	0	2	1	0	3	0	0	0	0	19
Blake	Jonathan	2	95.000	4	0	1#	0	4	0	0	0	0	0	1	10	18
Hewat	Andrew	4	245.000	12	2	0	0	6	0	0	0	0	0	0	0	18
Bell [f]	Tamyka	3	188.162	8	3	0	0	9	0	0	0	0	0	0	0	17
Nobbs [f]	Deanne	2	150.000	6	1#	1#	0	10	0	0	0	0	0	0	0	16
Phillips	Lindsay	4	369.661	14	0	1	0	2	0	0	0	0	0	0	0	16
Cook	Kim	3	332.297	12	0	1	0	2	0	0	0	0	0	0	0	14
Johnson	Andrew	3	216.821	10	1	0	1	4	0	0	0	0	0	0	0	14
Cole	Daniel	4	205.216	12	0	0	1	1	0	0	0	0	0	0	0	13
Francis	Mick	2	164.374	6	1	1#	0	7	0	0	0	0	0	0	0	13
Gardiner	Peter	4	277.000	12	0	0	1	1	0	0	0	0	0	0	0	13
Grattan [f]	Angie	3	143.710	8	1	1	0	5	0	0	0	0	0	0	0	13
Kartsounis [f]	Vivienne	3	195.372	8	1	0	1#	5	0	0	0	0	0	0	0	13
Last	Geoffrey	3	285.139	10	0	1	1	3	0	0	0	0	0	0	0	13
Thompson	Nick	3	207.000	10	1	0	0	3	0	0	0	0	0	0	0	13
Fiegel [f]	Tina	2	161.500	6	0	2#	0	6	0	0	0	0	0	0	0	12
Parsonson	Mark	2	133.000	6	2	0	0	6	0	0	0	0	0	0	0	12
Barron	Adam	2	119.370	6	1	1	0	5	0	0	0	0	0	0	0	11
Lockwood	Glen	3	209.274	10	0	0	1	1	0	0	0	0	0	0	0	11
Terjesen [f]	Siri	2	100.000	6	1	1	0	5	0	0	0	0	0	0	0	11
Commins	Louis	3	255.150	10	0	0	0	0	0	0	0	0	0	0	0	10
Every	Paul	2	250.996	8	0	1	0	2	0	0	0	0	0	0	0	10
Matchett	Ken	1	108.830	4	0	0	0	0	2	0	6	0	0	0	0	10
McKinnon	David	3	232.000	10	0	0	0	0	0	0	0	0	0	0	0	10
Webber	Bruce	3	295.711	10	0	0	0	0	0	0	0	0	0	0	0	10
Bignell	Peter	2	154.700	6	0	1	1	3	0	0	0	0	0	0	0	9
Chesterton [f]	Val	2	124.460	6	1	0	0	3	0	0	0	0	0	0	0	9
Fabian [f]	Theresa	2	110.820	6	1	0	0	3	0	0	0	0	0	0	0	9

Surname	First Name	Category 1			Category 2				Category 3			Category 4				Total
		Events	km	Pts	#1st	#2nd	#3rd	Pts	Aust.	World	Pts	L1	L2	Elig.	Pts	Points
Fawkes	Nathan	2	160.668	6	0	1	1	3	0	0	0	0	0	0	0	9
Hain	Geoff	2	245.444	8	0	0	1	1	0	0	0	0	0	0	0	9
Bespalov [f]	Isobel	1	45.000	2	1#	0	0	6	0	0	0	0	0	0	0	8
Campbell	Grant	3	170.041	8	0	0	0	0	0	0	0	0	0	0	0	8
Drayton	Nick	3	174.757	8	0	0	0	0	0	0	0	0	0	0	0	8
Fattorini	Tony	1	45.000	2	1#	0	0	6	0	0	0	0	0	0	0	8
Glover	Brian	3	149.700	8	0	0	0	0	0	0	0	0	0	0	0	8
Harvey	Francis	2	100.000	6	0	1	0	2	0	0	0	0	0	0	0	8
Healy [f]	Michelle	2	95.000	4	0	2	0	4	0	0	0	0	0	0	0	8
Wise	Garry	3	194.400	8	0	0	0	0	0	0	0	0	0	0	0	8
Bollen [f]	Karyn	1	126.941	4	1	0	0	3	0	0	0	0	0	0	0	7
Brooks	Colin	1	106.071	4	1	0	0	3	0	0	0	0	0	0	0	7
Hartley	Ernest	2	140.044	6	0	0	1	1	0	0	0	0	0	0	0	7
Kennedy	David	1	107.594	4	1	0	0	3	0	0	0	0	0	0	0	7
Schot	Martin	2	95.000	4	1	0	0	3	0	0	0	0	0	0	0	7
Cassidy	Kevin	2	100.000	6	0	0	0	0	0	0	0	0	0	0	0	6
Fickel	Bob	2	130.924	6	0	0	0	0	0	0	0	0	0	0	0	6
Gilanyi	Thomas	1	100.000	4	0	0	1#	2	0	0	0	0	0	0	0	6
Graham	Chris	2	125.246	6	0	0	0	0	0	0	0	0	0	0	0	6
Guard	Roger	2	150.000	6	0	0	0	0	0	0	0	0	0	0	0	6
Jacobs	Trevor	2	95.000	4	0	0	1#	2	0	0	0	0	0	0	0	6
Jones	David	2	134.487	6	0	0	0	0	0	0	0	0	0	0	0	6
Marsh	Trevor	2	175.024	6	0	0	0	0	0	0	0	0	0	0	0	6
Pearson	John	1	120.840	4	0	1	0	2	0	0	0	0	0	0	0	6
Staples	Alan	2	196.242	6	0	0	0	0	0	0	0	0	0	0	0	6
Whyte	Robin	2	118.045	6	0	0	0	0	0	0	0	0	0	0	0	6
Greenwood [f]	Deb	1	54.700	2	1	0	0	3	0	0	0	0	0	0	0	5
Hennessey	Laurie	1	50.000	2	0	0	0	0	1	0	3	0	0	0	0	5
Lang	Coran	1	192.877	4	0	0	1	1	0	0	0	0	0	0	0	5
Moloney	Nic	1	50.000	2	1	0	0	3	0	0	0	0	0	0	0	5
Mullins	Peter	2	94.000	4	0	0	1	1	0	0	0	0	0	0	0	5
Pickavance	Michael	1	82.000	2	1	0	0	3	0	0	0	0	0	0	0	5
Timmer-Arends [f]	Sandra	1	50.000	2	1	0	0	3	0	0	0	0	0	0	0	5
Young [f]	Shirley	1	48.939	2	1	0	0	3	0	0	0	0	0	0	0	5
Appleby	Steven	2	95.000	4	0	0	0	0	0	0	0	0	0	0	0	4
Billett	David	1	165.358	4	0	0	0	0	0	0	0	0	0	0	0	4
Brown	Dominic	1	101.500	4	0	0	0	0	0	0	0	0	0	0	0	4
Carlton	Gary	1	64.374	2	0	1	0	2	0	0	0	0	0	0	0	4
Carson	Max	1	93.895	2	0	1	0	2	0	0	0	0	0	0	0	4
Earle [f]	Lee	1	89.516	2	0	1	0	2	0	0	0	0	0	0	0	4
Gray	Rob	1	50.000	2	0	1	0	2	0	0	0	0	0	0	0	4
Kaehne	Darren	2	95.000	4	0	0	0	0	0	0	0	0	0	0	0	4
Kehoe	Dan	2	95.000	4	0	0	0	0	0	0	0	0	0	0	0	4
Lockwood [f]	Belinda	1	81.608	2	0	1	0	2	0	0	0	0	0	0	0	4
McTaggart	Chris	1	45.000	2	0	1	0	2	0	0	0	0	0	0	0	4
Pirola-Merlo	Andrew	1	100.000	4	0	0	0	0	0	0	0	0	0	0	0	4
Price	Stuart	1	100.000	4	0	0	0	0	0	0	0	0	0	0	0	4
Renwick	Bruce	1	100.000	4	0	0	0	0	0	0	0	0	0	0	0	4



Surname	First Name	Category 1			Category 2				Category 3			Category 4				Total
		Events	km	Pts	#1st	#2nd	#3rd	Pts	Aust.	World	Pts	L1	L2	Elig.	Pts	Points
Skrucany	Rudolf	1	117.447	4	0	0	0	0	0	0	0	0	0	0	0	4
Twite	Ian	2	90.000	4	0	0	0	0	0	0	0	0	0	0	0	4
Underwood [f]	Amanda	1	45.000	2	0	0	1#	2	0	0	0	0	0	0	0	4
Chomyn [f]	Sharon	1	47.702	2	0	0	1	1	0	0	0	0	0	0	0	3
Colquhoun	Colin	1	62.000	2	0	0	1	1	0	0	0	0	0	0	0	3
Hassett	Bernie	1	45.000	2	0	0	1	1	0	0	0	0	0	0	0	3
Oliver [f]	Rebecca	1	76.808	2	0	0	1	1	0	0	0	0	0	0	0	3
Baird [f]	Carol	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Beveridge	Steel	1	69.891	2	0	0	0	0	0	0	0	0	0	0	0	2
Black [f]	Veronica	1	50.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Cohen	Chris	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Cole	Stuart	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Cook	Bruce	1	50.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Cooke	Rick	1	50.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Corlis	Michael	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Crouch-Chivers	Paul	1	50.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Embleton	Robert	1	50.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Firth	Stephen	1	50.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Hanlon	Stephen	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Harrison [f]	Sharon	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Higgins	Barry	1	50.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Holz	Scott	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Hosking	David	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Jackson	Stephen	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
James	Ray	1	99.185	2	0	0	0	0	0	0	0	0	0	0	0	2
Kaehne [f]	Karin	1	50.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Koppenol [f]	Karen	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Kuiper [f]	Ineke	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Lahiff	Peter	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Love	Gregory	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Manning	Nick	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
McPhee	Jevvan	1	50.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Mohr [f]	Monika	1	50.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Murphy	Phillip	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Ngoh Ngoh [f]	Nestor	1	50.000	2	0	0	0	0	0	0	0	0	0	0	0	2
North	Colin	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Pearce	Billy	1	50.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Saxon	Brett	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Silk	Tom	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Skinner	Deryck	1	89.200	2	0	0	0	0	0	0	0	0	0	0	0	2
Sloan	Tim	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Styles	David	1	50.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Tomiczek	Bill	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Ware	Robert	1	50.000	2	0	0	0	0	0	0	0	0	0	0	0	2
Wright	Ian	1	45.000	2	0	0	0	0	0	0	0	0	0	0	0	2

# ULTRA HOSTS' NETWORK

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

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

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

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

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

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

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

## ULTRA HOSTS' NETWORK APPLICATION FORM

### CONTACT DETAILS:

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

### HOSTING INFORMATION:

Maximum guests \_\_\_\_\_ Maximum stay \_\_\_\_\_ Notice required \_\_\_\_\_

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

Shower \_\_\_\_\_

Lawn space (to pitch a tent) \_\_\_\_\_

Floor space \_\_\_\_\_

Bed \_\_\_\_\_

Use of kitchen \_\_\_\_\_

Food \_\_\_\_\_

Laundry \_\_\_\_\_

Directions (via phone) \_\_\_\_\_

Pickup from: \_\_\_\_\_ Airport \_\_\_\_\_ Bus depot \_\_\_\_\_ Train/tram station \_\_\_\_\_





# Water World Great Ocean Run

Red Rock to Coffs Harbour NSW - 25 March 2007

1. Stephen Sayers	3.44.57
2. Jim Bennington	4.01.16
3. Tony Byrne	4.04.32
4. Michael Smart	4.04.58
5. Martin Schot	4.11.22
6. Kelvin Marshall	4.13.12
7. Bomber Hutchinson	4.21.10
8. Peter Gardiner	4.33.27
9. Lindsay Phillips	4.37.40
10. Penny Burgess [f]	4.38.31
11. Wayne Gregory	4.41.34
12. Neil Burgess	4.45.00
13. Bob Beer	4.46.19
14. Tony Keane	4.52.25
14. Angie Grattan [f]	4.52.25
16. Chris Cohen	5.02.09
17. Tina Thompson [f]	5.03.09
18. Terry Cokeley	5.06.02
19. Michelle Henley [f]	5.13.57
20. Julia Thorn [f]	5.16.35
21. Candice Mills [f]	5.21.08
21. Darryl Bancroft	5.21.08
23. Mal Draper	5.22.38
24. Jo Angel [f]	5.37.31
24. Nicola Pearl [f]	5.37.31
24. Paul Chamberlain	5.37.31
24. Peter MacKenzie	5.37.31
28. Di Holt [f]	5.40.46
29. Michael Schultz	5.42.46
30. Geoff Kopittke	5.44.37
31. Bob Jones	6.14.25
32. David Casey	6.26.03
33. Steve Tesic	6.27.35
33. Johanna Knauth [f]	6.27.35
35. Robinn Unwin [f]	6.28.04
36. Kerry Preston [f]	6.38.58
37. Ruth Tutton [f]	6.41.06
38. Suzy Smith [f]	6.43.38
39. Elly Friend [f]	6.49.41
40. Di Kever [f]	6.54.24
41. Coral Asher [f]	6.55.50
42. Peter Gray	6.56.00
43. Kylie Duff [f]	6.56.38
44. Robert Asher	7.03.20
45. Russell Forestall	7.21.14
46. Dennis French	7.41.57

## Report by Race Director, Steel Beveridge

Stephen Sayers battled the elements as well as a quality field to make it two victories from two starts in the annual Poolside Water World Great Ocean Run from Red Rock to Coffs Harbour Jetty on Sunday. Sayers was returning to the 45 kilometres of beaches, creeks and headlands after an eight year gap which had seen him triumph over severe injury to return to the winner's circle. He left no-one wondering about his intentions as he seized the lead from the start, eventually winning by over 16 minutes. Had conditions not been so adverse the long-standing record held by this year's runner-up, Jim Bennington, may well have been in peril. However with the 30 knot southerly setting in early Sayers decided as early as Arrawarra that record-setting would have to wait for more propitious conditions.

Bennington's runner-up position in a touch over 4 hours was a great return to form for the local legend. He exchanged places for much of the journey with Tony Byrne from Tenanbit before surging away at Charlesworth Bay. Former winner, Michael Smart finished strongly to just fail to close the gap to the place-getters.

First lady was event debutant the ebullient Penny Burgess from Grafton whose 4.38.31 stands as one of the fastest times by a woman, an excellent performance given the conditions. Also in great form at the moment was the runner-up Angie Grattan from Browns Plains who claimed her sixth second place to go with her two victories and two thirds. Grattan was backing up after competing successfully in the Blue Mountains 45 kms Six Foot Track event recently. Third woman was another first-timer, Emerald Beach's Tina Thompson whose last outing over a comparable distance was in 1984.

With 46 finishers the event remains one of the Premier Ultramarathons on the Australian distance running calendar. The presence of Victorians as well as Queenslanders is testimony to the respect the event has earned over the years. The sponsors, Poolside Water World, and the organisers from the

Woolgoolga Running And Triathlon Society (WRATS) were really pleased with the positive feedback from all the competitors especially as several locals were amongst the finishers.

## Report by Peter Gardiner

And so after a week of absolutely stunning weather on the Gold Coast, gear bags were packed and checked and 28 of a mixture of Southport, Gold Coast and Tweed Runners Club members piled onto Dennis French's [Frenchies] bus bright and early Saturday morning for the trip down to Red Rock, half way between Grafton and Coffs Harbour.

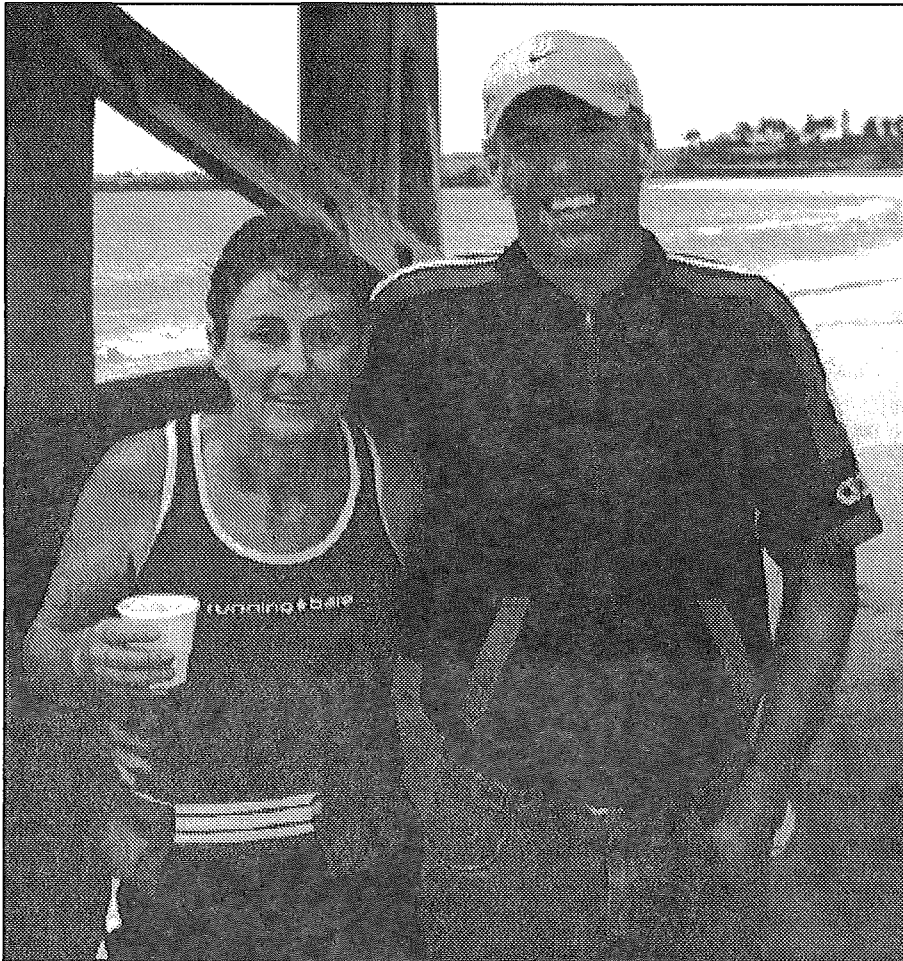
A few stops along the way to pick up regular Red Rockrunners, Bushy, Bobby Beer, The Ashers and Aussie Bob Jones and co. Aussie's usually waiting for us at the Clothiers Creek turn off but he had slept in, the early start having caught him on the hop and so we turned up the narrow country road to find him walking a couple of kms up the road. We then had to do a U turn on the winding narrow road which tested the driving skills of John, Frenchies work mate and designated driver for the weekend.

In the clear and back on track we're off down the highway again when soon the clouds start to lower out of the sky and rain and fog make for a gloomy outlook.

Going over the hill at the back of Byron Bay and towards Bangalow, visibility dropped down to about 50m.

Next stop at Woodburn for morning tea then back on the road to the Ample Inn pub at Corindi where we stop for lunch. Peter MacKenzie, after checking out the menu, orders his usual special pre run T bone steak. The steak arrives and true to form is over spilling the already oversize plate. Pete likes to stoke up on the protein the day before a big run, a routine that has worked extremely well for him over the years.

We leave Bobby Beer and Kerry at the pub and go and check Red Rock out where the event will start at 5:00am Sunday. By this stage, the sky has



*Penny Burgess and Stephen Sayers under the jetty*

cleared up to a lovely blue but the wind is howling from the north east. This is OK as the run heads south along the beach and means the wind is at your back the whole way.

The highlight here was a sprightly little Jack Russell that ran straight past us like a greyhound and shot down this near vertical precipice in a flash and onto Red Rock beach towards his owners and mate, making us wonder how many parts mountain goat and greyhound was in his breeding.

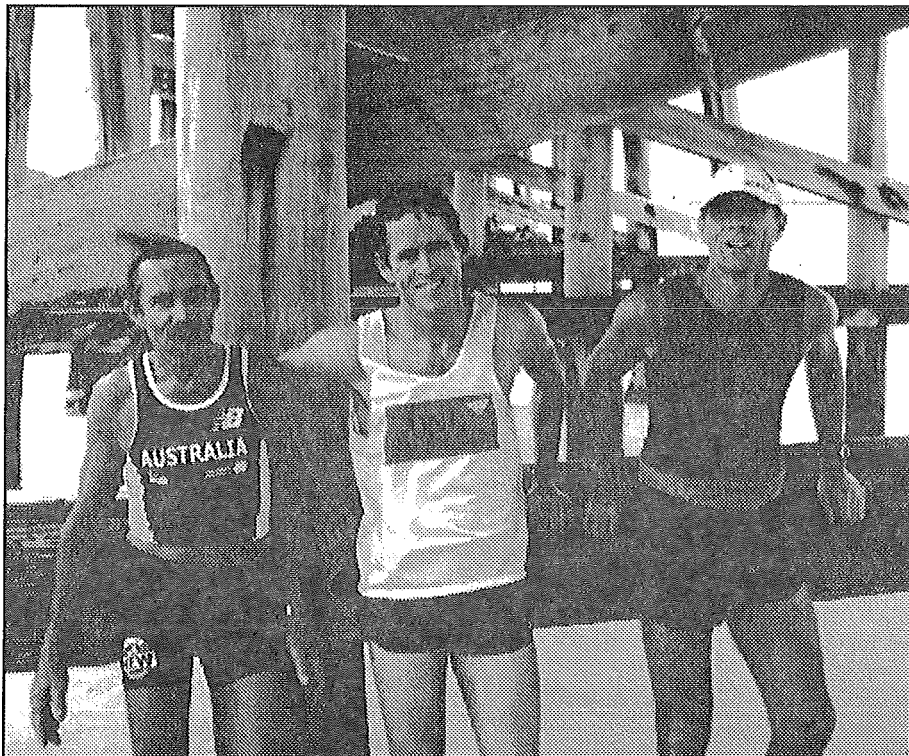
It was then off to check into our accommodation digs via the hotel to pick up the boys. Bobby had had a few looseners and proceeded to entertain the bus with a new joke he had just learnt at the pub. This first joke went down fairly well and without to much prompting Bobby was into his repertoire of politically and culturally incorrect jokes ending off with his hash [hash house harriers] rendition of sweet little sixteen.

After sorting out our lodgings, everyone kicked back for a relaxing afternoon before hitting Woolgoolga for the pre race dinner and registration at the local pizza restaurant.

Kelvin Marshall, who is a well known ultra junkie, [over 300 ultras to his credit and that's not including marathons, rocks up at the pizza place having completed the 100km Melbourne Trailwalker event on the Friday and then driving 1,450 kms stopping for a 3hour sleep at Albury. This was to be his first Red Rock to Coffs run which is unusual considering the amount of runs he has done over the years. I'm pretty sure it is the only ultra in Aus that he hasn't run yet.

Another starter that showed up at the pizza shop was Peter Gray. He also has quite a reputation around the ultra seen having completed around 190 ultras. The owner of the pizza place was now entering a state of shock as Peter proceeded to clean out the rest of the food in the shop on the back of rumours that the worlds food producers had all gone broke and that it was the end of the worlds food supply.

There was much discussion of past runs and stories of getting lost. A study of the mud map and a race briefing by Steele and it was back to Corindi for a restless nights sleep in anticipation of the challenge that was all before us.



*Jim Bennington 2nd, Michael Smart 4th & Tony Byrne 3rd*



Pre dawn Sunday and on the bus we go, heading off to the start at Red Rock. Spots of rain on the windscreen and a stiff breeze as we arrive at the start give indications that the weather has turned and that we are looking at a difficult run right from the start.

It's dark at 5:00am as we head off into a raging SE head wind. The trade off being that the first beach down to Arrawarra, which is usually very soft and difficult to negotiate, is quite firm under foot with the tide already 2/3 rds out. The rain is mildly hitting in the face and after about 20-25 mins it gets light enough to be confident of foot placings.

It doesn't take long before we are all strung out like Browns Cows down the beach as the leaders set off on there own mission. The eventual winner, Steve Sayers, was hoping to have a crack at the record which would have been possible with the ideal beach conditions, but the strong headwind put paid to that idea.

I was hoping to finish in the first half of the field in around 5 hours so was happy to run along with Tony Keane, a Tweed runner who consistently runs 4.5 to 5hrs. Angie Gratten was half a km in front of us and running quite well, hav-

*"Remarkably in the conditions there were no DNF's. The absolute highlight of this event is the presentations where Steel's wife Lyn prepares a stack of food and Steel presents all finishers with a thong"*

ing done 6ft track 2 weeks ago.

Behind us, a pack of 9 had formed an Indian file behind big Paul Chamberlain hoping to save some energy by draughting. This pack was made up of Paul, Macca, Mal Draper, Geoff Kopitke, Bob Asher, Schultzy, Jo Angel, Michelle Heally and Nicola Pearl.

As we approach Arrawarra headland it is nice to have dry feet as the first creek

crossing has filled in with sand. A quick drink stop and onward to Woolgoolga which is about a third of the way at 15k. As we approach each headland, there is slight relief from the relentless wind but from past experience I know that the next 15k is along long flat stretches where the wind will be blowing directly up the beach. The wind has increased even more as I run down to back beach Woolgoolga for the long haul south.

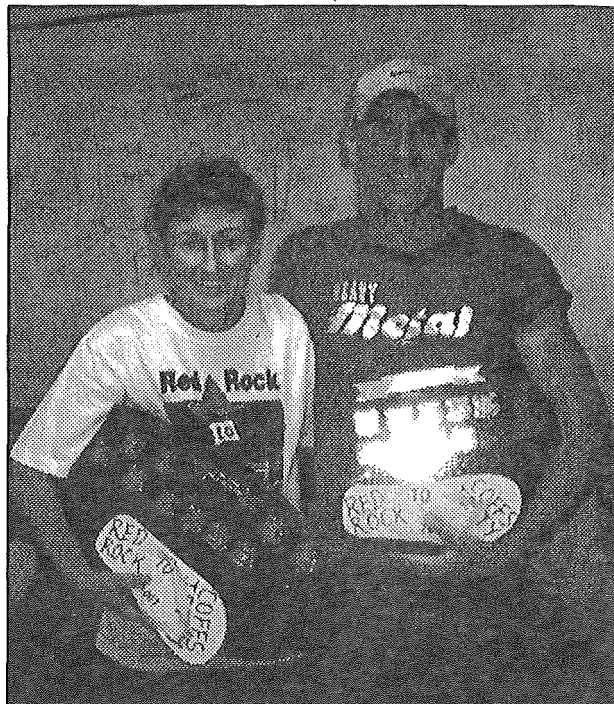
I run with Lindsay Phillips for a while who tells me of his future plans of running to Birdsville later this year. I lose touch with him at the track down to Moonee beach as I stop for a nature call.

I press on down the back beach to Moonee, head down, shuffling into the stiff breeze trying to stay in touch with Lindsay who has got at least a 500m to 750m break on me.

At last I arrive at Moonee and another bonus as the creek is only knee deep and quite manageable unlike most years. 30k down 15 to go.

The next 15 k is a series of shorter softer beaches with several rocky outcrops to negotiate. Once again it is head down and keep going. Lindsay is not to far away and I'm staying in touch with him. As we get about 6k from home and I've just about caught up, Lindsay decides to have a nature call and I yell out to him to come on but I don't stop and take the opportunity to put some distance between us and then it's a case of not letting up until the line.

At the top of the steps from Diggers Beach I look back to see Lindsay half way along but there's another runner in front of him who I haven't seen before. Not long after, this runner surprises me when he runs past fresh as anything saying "come on we're almost there". I comment to him that he looks pretty fresh and ask him if he is running in the event to which he replies yes. Not one to like being passed, I chase after him and he crosses the line about 100m in front of me. Steel writes his name on the



*Penny Burgess and Stephen Sayers with trophies and golden thongs*

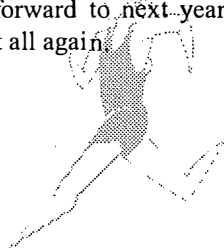
finishers sheet but we later find out that he had missed the start and had decided to join in the run from somewhere down the track.

A refreshing shower and I settle in to watch the other runners come in. From our group, Bommer Hutchinson finished best in 7th spot in 4:21. Angie Gratten claimed 2nd place in the females to give her a tally of 2 wins, 6 seconds and 2 thirds from 10 runs in this event.

Aussie Bob Jones and Paul Chamberlain got hats for completing 5 runs. And Dennis French got his shirt for completing ten runs.

The winners were Steve Sayers in 3:44 and Penny Burgess in 4:38. Remarkably in the conditions there were no DNF's. The absolute highlight of this event is the presentations where Steel's wife Lyn prepares a stack of food and Steel presents all finishers with a thong. For an all time entry fee of \$15, this is one event not to be missed.

And so we all pile onto the bus where after much hydration and a few pit stops along the way we arrive back at the Gold Coast around 7:00pm, all tired out and looking forward to next year when we will do it all again.





# The 35th Percy Cerutti Frankston to Portsea 55km Road Race

Sunday 1st April 2007

1. Brian Trower	4:08:19
2. Tory Trewitt	4:15:12
3. Mal Grimmett	4:18:03
4. Tim Kenington	4:18:28
5. John Nuttall	4:31:59
6. Will Downey	4:38:32
7. Brendan Mason	4:53:54
8. Peter Bignell	4:54:24
9. Michael Lovric	4:58:17
10. Robert Boyce	5:12:54
11. Sarah Drummond [F]	5:22:17
12. Danny Cole	5:26:14
13. Ben Cotter	5:32:26
14. Stephen Van Der Tang	5:34:40
15. Michelle Blake [F]	5:53:27
15. Ben Liuzzi	5:53:27
17. John Dobson	6:24:30
18. Ernie Hartley	6:28:33
19. Brian Glover	6:40:55
20. David Jones	6:57:49
21. Dee Greenwood [F]	7:13:02
22. Peter Gray	9:06:25

DNF

Chantal Keyser [F] 4:46:58 at 42.2km

Andrew Herman 42.2km  
Liam Staines ???

## Report by Race Director, Kevin Cassidy

There could be no more appropriate date than April Fools Day for a 55km jaunt down the Mornington Peninsula. More appropriate, however, was that it was the day our state government enhanced their inability to handle our drought by introducing a new level of water restrictions known as "Stage 3A"! Motoring down the Frankston Freeway, the 6am news featured "Water Minister", John Thwaites. "Without rain, our water storages

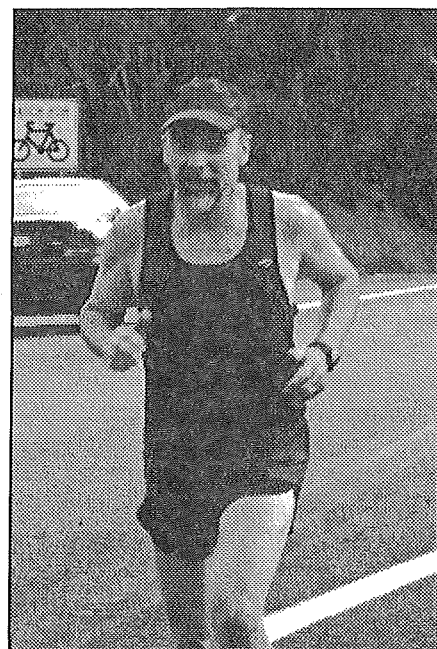
will continue to drop", he said knowingly in one of those dizzy moments of inspired and incisive brilliance.

Make no mistake, I was feeling like the proverbial "Has Been" when half the field who descended upon the car park behind Frankston's "Kitten's Strip Club" were runners I had never met, let alone recognised. The usual suspects turned up, of course, but I was guessing that most of the younger brigade had probably never heard of Percy Cerutti. With this in mind, I felt a bit of a history lesson was in order prior to setting off. The famed athletic coach produced numerous champions at his Portsea camp. The journey from Frankston was a course used by several world beaters as part of Percy's gruelling training schedule in the 50's and early 60's. Deemed eccentric by the establishment of the day, history has proved him to have been 40 years ahead of his time.

With two runners embarking on an early start [Peter Gray and David Jones], the remaining 23 starters hit the road for Portsea some 55km south at the bottom of Victoria's Mornington Peninsula. Thanks to the once unimaginable marvels of the internet, what has been a low key event for a handful of runners for so many years has grown rapidly. 25 runners was a record field. There may have been 26,000 runners at the "Run For The Kids" up in the city but they sure couldn't boast our long history.

In an excellent example of the fellowship that exists amongst the ultra fraternity, Andrew Hewat and Richard McCormick sacrificed their own chances of running to assist on the day by acting as roving aid stations. They both even refused my offer of fuel money!

The first panic of the day occurred only minutes after the start. As



*A determined Peter Bignell*

we watched the departing runners disappear down the Nepean Highway, Andrew's 30 year old Kombi Van which he affectionately refers to as the "Mother Ship" failed to start!! "No Worries" he enthused as my heart started to palpitate, "I've got a second battery and I'll have it going in a tick". Much to my immense relief, he was soon on the road with a stock of drinks and substantial array of various tempting treats to sustain the runners.

John Nuttall and Michael Lovric were visiting from Townsville and Sydney respectively while Chantal Keyser from Hobart joined the field of four women. With female participation being rare here over the years, it was a welcome boost.

In the space of 10 kilometres, Mal Grimmett had shot to a substantial lead and the field had stretched considerably passing the Silver's Circus that had set up for business in front of the local Bunnings hardware store. The thought of voyeuristic people forking out money to see maltreated and humiliated animals perform "tricks" made my stomach



turn.

First timers Brian Trower, Tim Kenington, Stephen van der Tang, Tory Tewitt and Will Downey were all going strong and looking confident. Further back were many seasoned veterans running their own races in the knowledge of what lay ahead. Peter Bignell was powering along in his third appearance here while Brendan Mason, Michael Lovric and Ben Cotter linked up ahead of Robert Boyce. Towards the rear was Ernie Hartley, Andrew Herman and the indefatigable ultra walker, Brian Glover, setting his usual steady and consistent pace.

Amongst the women, Sarah Drummond had bolted away from Michelle Blake, Dee Greenwood and Chantal Keyser. Michelle was running with Ben Luizzi while Dee was enjoying the journey with her numerous supporters. Chantal was moving steadily near the rear in what was an episode all on its own. Chantal had arrived the previous night at the airport forgetting her credit card and unable to hire a car. Adding to this, she had booked a return flight for 4pm the next day unaware that the Airport was 130km from Portsea. A degree of car shuffling on the Saturday night got her to her Frankston motel but returning to the airport on time the next day was simply impossible. Given that her goal was to qualify for the Comrades marathon, all she needed was a 42km marathon time. With a bit of planning, Chantal reached that point at the Rye Pier then jumped into a pre arranged taxi!! By the time the last runner had arrived at Portsea, Chantal was devouring a hearty dinner back home in Hobart with a qualifying run under her belt. She'll be lining up for a 10th Comrades finish in June, a meritorious achievement indeed. As a newly arrived expat South African, we keenly look forward to seeing more of Chantal around the ultra scene

Ignoring conventional running attire, Sarah Drummond was clad in a bright pink skirt and black long sleeved woollen jumper. Looking substantially younger than her 23 years and with a long loping stride, an astute observer would have thought her unlikely to last very

long as she kept pace with the experienced Danny Cole.

With the race having progressed through the undulating first half and onto the beach road at Dromana, runners were treated to the enchanting sight of Port Phillip Bay at its inimitable best. The water was crystal clear and as flat as an ice rink.

Passing through the Dromana shopping strip, Mal Grimmert's big lead was being gobbled up rapidly with Brian Trower surging ahead looking like he had just warmed up for a 12 round bout with Mike Tyson. Brian had been getting advice from Mike Wheatley, a master with several previous sub four hour performances over this course.

With my two able assistants taking care of the middle and rear of the field, I remained near the front runners, therefore missing the bulk of the mid field action in the second half.

Brian and Mal duelled for the lead going through McCrae where a new shopping complex had sprung up in recent months. Mindful of the fact that fools and their money are easily parted, developers had built a stunning array of cheap and nasty retail outlets stocked heavily with products of the "I never knew I needed" variety.

With Brian now a clear leader, I grabbed a couple of red wines for our respective winners from a wine store in Rye staffed by a youngster who had obviously made a recent heavy investment in a large tub of pimple cream.

Brian careered home for a solid win with youngster, Tory Trewitt,



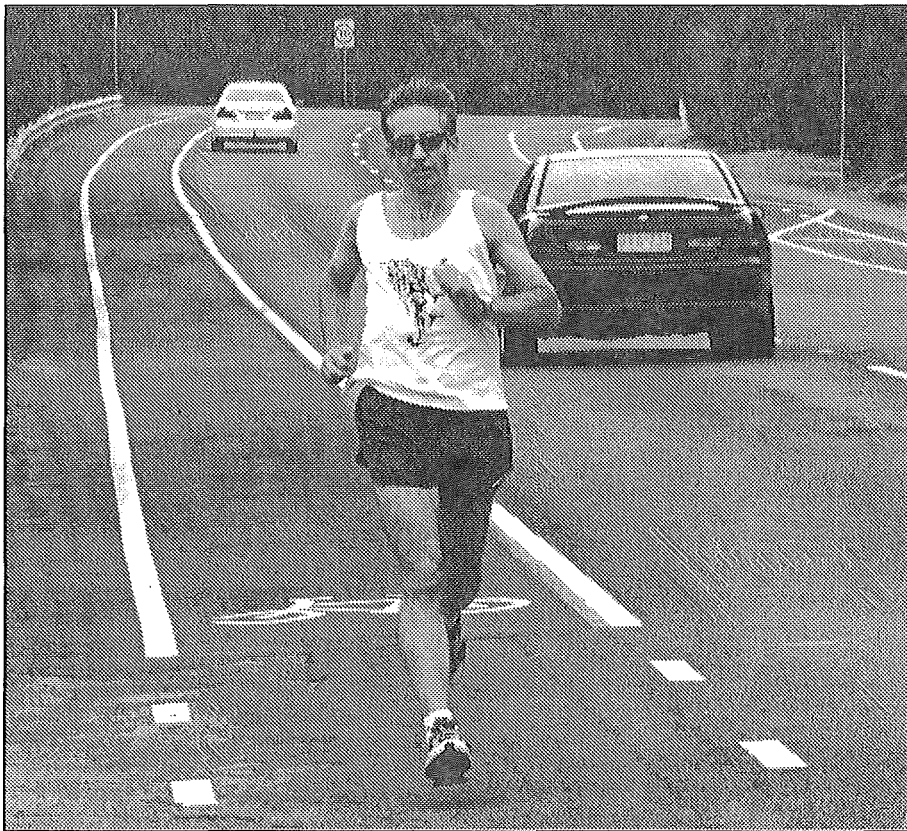
*Ben Cotter, Michael Lovic & Brendan Mason*

working through the field for second. Another first timer, Tim Kenington almost ran down Mal Grimmert for third over the final 200 metres with the dependable Queenslander, John Nuttall, steady in fifth. With sciatic pain raising its ugly head, Mal's pace had diminished somewhat in the later stages.

Will Downey was another to put in an excellent first time performance while the guru himself, Brendan Mason, took over an hour off his 2006 time by ferociously overtaking the tiring Peter Bignell in the most potent of fashions just 400 metres from the line.

Still powering along and leaving Danny Cole in her wake, Sarah Drummond ran into Portsea displaying her distinctive loping style and with her proud parents by her side. Still clad in that long sleeved jumper and looking for all the world as if she had just enjoyed a short jog, her satisfied smile was bigger than the Queen Mary. Sarah's run raised many admiring eyebrows. Word has it that she trains by charging up the hills in the Dandenong Ranges producing more sparks than fireworks at a Mexican fiesta.

Michelle Blake finished strongly for second with the inspired Dee Greenwood third. "Oooh, it's a long way" laughed Dee as she



*Brian Trower nears the finish*

crossed the line to the raucous applause from her large contingent of supporters.

Also arriving at Portsea was John Dobson who courts much fame as a member of the elite 13 who have completed all 29 Melbourne Marathons.

Relaxing at the finish, Robert Boyce, Ben Cotter, Stephen van der Tang and Michael Lovric were all wearing satisfied facial expressions as they sat discussing the days proceedings in the most serious of manners. Ernie Hartley was already looking ahead. In three weeks time, he'll be pursuing a third consecutive 12 hour win at the Coburg 24 Hour Carnival.

With the bulk of the field having completed their days work, the otherwise peaceful ambience of the area surrounding the Portsea finish was split by an overtly enthusiastic individual housed nearby who took it upon himself to practice his drums. Trust me, he was seriously devoid of musical talent. Things deteriorated further when a gaggle of oddly dressed tourists alighted their vehicle puffing on cigarettes, rudely fouling the previously fresh

and charming atmosphere. A mandatory five year gaol term for such offences will be my paramount priority when I become Prime Minister!!

Early starter, Peter Gray was the final finisher in his 199th Ultra!! He'll bring up his 200th at the Coburg 24 Hour Carnival, a race he'll be running for the 20th time!!

In keeping with the long standing tradition, each finisher received a block of chocolate and ceremonial mirror. Purchasing the entire stock of mirrors from my local "Two Dollar Shop" during the week had the young shop assistant advising me not to drop them. "That'll be a lot of bad luck" she laughed, "At seven years per mirror, it'll guarantee several lifetimes of misery".

In total, nine runners finished under five hours with 15 under six hours. The depth being reminiscent of the early 90's.

With only Peter Gray and myself remaining at the finish, we pointed the car towards Frankston with the radio blaring news of a win by one of the AFL football teams. Proving it to be a game of recycled clichés, the

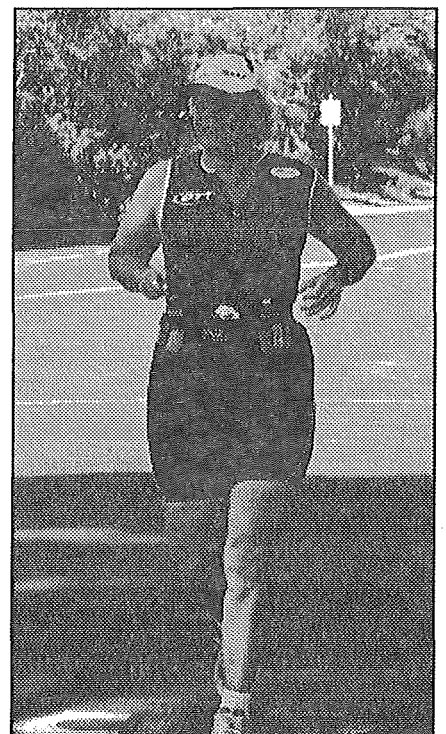
coach was emphatic that they had won by doing the "one percenters", would only take things "one week at a time", hope to maintain their standard "week in, week out" and would be "looking forward to the challenge that lies ahead".

Barring nuclear attack or the onset of the next ice age, the Frankston to Portsea race will be run again on Sunday April 6th 2008

A comprehensive website is at [www.ultraoz.com/frankston](http://www.ultraoz.com/frankston)



*Female winner Sarah Drummond*



*Dee Greenwood crosses the line*





# Mount Helena 40 Miler. W.A.

8th April 2007

PLACE	NAME	5 miles	10 miles	15 miles	20 miles	25 miles	30 miles	35 miles	FINISH
1	Mick Francis	33.00	1.03.28	1.45.43	2.27.21	2.56.46	3.26.51	4.07.28	4.49.20
2	Colin Francis	33.00	1.03.09	1.45.46	2.27.24	2.56.45	3.27.14	4.12.05	5.01.23
3	Jason Berry	33.00	1.03.28	1.45.45	2.27.23	2.57.00	3.29.05	4.27.14	5.29.32
4	Gary Carlton	33.53	1.08.19	1.56.45	2.44.07	3.18.45	3.55.42	4.47.18	5.39.15
5	Nathan Fawkes	33.00	1.04.53	1.15.38	2.38.16	3.15.15	3.54.01	4.54.58	5.50.29
6	Graham Maier	43.00	1.23.49	2.18.25	3.14.04	3.53.35	4.34.00	5.28.58	6.20.02
7	Chris Palmer	37.43	1.18.05	2.14.55	3.09.34	3.47.25	4.29.26	5.28.20	6.27.37
8	Terry Cunningham	37.43	1.18.08	2.13.11	3.04.31	3.42.45	4.23.52	5.25.00	6.31.40
9	Don Pattinson	37.43	1.18.07	2.14.00	3.12.55	3.51.10	4.33.04	5.32.04	6.32.38
10	Christine Pattinson [F]	37.43	1.18.06	2.14.00	3.12.53	3.51.10	4.33.04	5.32.04	6.52.38
11	Neville Scott	37.43	1.18.40	2.14.00	3.11.36	3.52.35	4.40.51	5.47.01	6.52.31
12	David Kennedy	33.00	1.03.27	1.46.12	2.27.34	2.59.10	3.34.35		
13	Mark Bullard	37.43	1.18.40	2.13.11	3.07.23	4.03.35	4.55.14		
14	Timothy Bradley	37.43	1.18.14	2.14.10	3.16.25	4.04.35	5.10.36		
15	Philip Webb	33.50	1.08.18	1.56.40	2.43.26				
16	Jane Elton [F]	43.00	1.29.56	2.32.31	3.32.22				
17	Richard Russell	43.00	1.28.46	2.32.42	3.32.23				
18	Kate Sommerville [F]	43.00	1.28.47	2.32.32	3.35.38				
19	Cheryl van der Spuy [F]	43.00	1.28.50	2.35.23	3.36.47				
20	Shirley Bell [F]	43.00	1.28.51	2.35.25	3.36.47				
21	Talia Raphaely [F]	44.40	1.30.46	2.44.20	4.01.11		5.21.00		

## Report by Nathan Fawkes

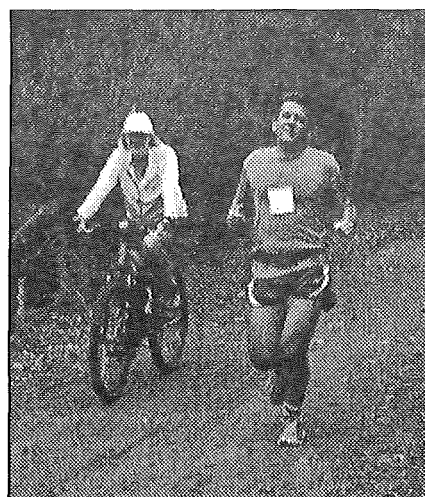
A great run really. I was lucky enough to run the first 4-5km with the lead group probably because they were just warming up, but hey it was fun. The pace slowly picked up and rather than push myself I thought it wise to just take it easy. My goal was to break 6hrs, which may have been a little conservative but the only other 60 odd km race I have run was the Waterous 66km last year where my time was 7:15. Granted, the course was tougher and we had to carry water/supplies, but to basically the same distance over a hour quicker seemed a big effort.

I never really planned on pushing the pace for this race, it was really going to be my last big hit out before the 100km race on 29th April.

My goals were to run strong and more importantly to finish strong. I was running well with Lap 1 (32-33km) completed in 2:38 and I managed to hold the pace well for the next 14km. Heading out on the Ash Rd return leg for the last time the time read 3:51. It's just over 9km to Ash rd so I thought if I could get there in 1 hr the chances of going sub-6hrs were good - even with a late fade. I got to Ash rd in an hour and made it home strongly in about 57min. Kate and Bel dragged me in for the last 2km or so which was nice considering I had been by myself since 5km (approx 57 km solo running is a little boring). I finished well and even managed a surge over the last 500m just to prove to myself that I had more in the tank.

Official time: 5:50.38 to run fifth.

Well done to Mick, Colin, Jason and Gary for putting in great runs. What am I saying, well done to everyone for putting in great runs. Hopefully it won't take too long to recover so I can fine tune the training for the 100km.



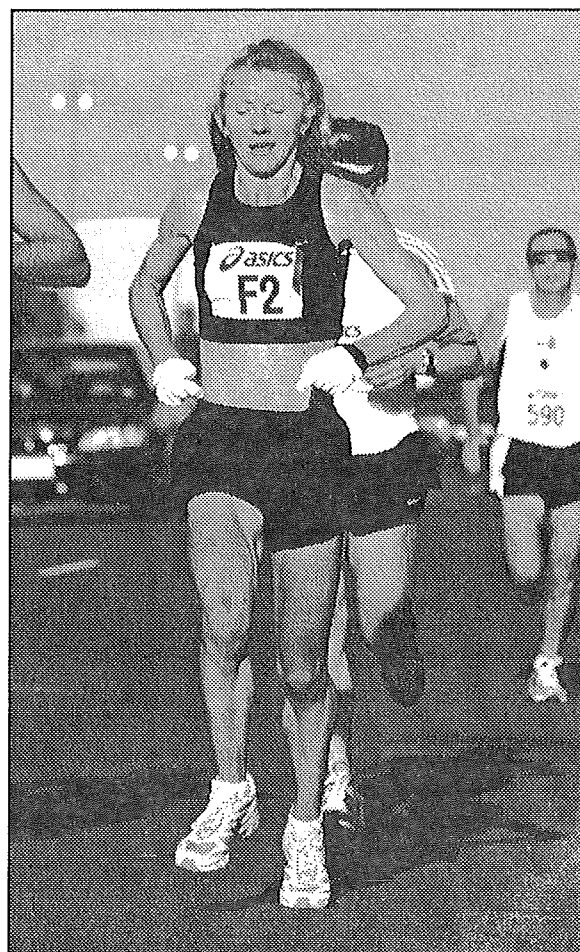


# Canberra 50km Ultra Marathon

Incorporating the Australian & AURA 50km Road Championships

15th April 2007

Place	Name	Marathon	50k Time
1	David Criniti	2:28:38	3:00:12
2	Tim Cochrane	2:33:43	3:05:20
3	Bert Pelgrim	2:42:57	3:15:33
4	Jonathan Blake	2:43:08	3:16:33
5	Shih-Chieh Ko	2:48:16	3:22:46
6	Trevor Jacobs	2:49:48	3:27:04
7	Darryn Flood	2:56:47	3:29:52
8	Andre Hoffman	2:53:13	3:34:19
9	Jeffrey Symmes	3:02:52	3:45:31
10	June Petrie [f]	3:07:16	3:46:13
11	Darren Moyle	2:53:43	3:48:34
12	Dan Kehoe	3:09:33	3:48:44
13	John Hill	3:13:30	3:49:02
14	Paul Bruning	3:03:28	3:51:08
15	Neil Anderson	3:08:51	3:54:46
16	Wayne Gregory	3:14:17	3:56:35
17	John Nuttall	3:12:10	3:56:56
18	James Bradley	3:01:40	3:58:08
19	Adam Carter	3:14:44	3:58:28
20	Peter Blackshaw	3:15:57	3:58:56
21	Chao-Hsuan Chang	3:18:43	4:01:00
22	Deanne Nobbs [f]	3:20:26	4:01:13
23	Bruce Cook	3:07:42	4:04:41
24	Paul Every	3:19:50	4:06:00
25	Edward Dooley	3:26:04	4:08:16
26	David Baldwin	3:23:32	4:10:37
27	Peter Clarke	3:14:22	4:10:53
28	Anne Fleischer [f]	3:44:23	4:11:46
29	Sheng-Chang Chen	3:28:16	4:13:13
30	Tina Torpy [f]	3:30:19	4:13:32
31	Tegwen Howell [f]	3:28:54	4:14:33
32	Garry Wise	3:23:44	4:18:41
33	Vass Vassiliou	3:34:58	4:19:01
34	Laurie Hennessey	3:35:11	4:19:13
35	Kevin Heaton	3:19:50	4:19:31
36	Glenn Lockwood	3:44:32	4:23:38
37	Bridget Hart [f]	3:36:34	4:24:35
38	Gary Pickering	3:28:15	4:25:14
39	Viv Kartsounis [f]	3:41:17	4:25:15
40	Michael Hull	3:36:25	4:25:17
41	Roger Pilkington	3:39:01	4:25:52
42	Theresa Fabian [f]	3:36:48	4:26:43
43	Richard Mallet	3:40:11	4:27:00
44	Matt Hegarty	3:40:12	4:27:00
45	Andrew O'Neill	3:36:37	4:27:04
46	Ngoh Ngoh Nestor [f]	3:41:57	4:27:29



*Female winner June Petrie*

*Photos:  
courtesy of [marathon-photos.com](http://marathon-photos.com)*

## Report by Dave Cundy and Fran Seton

David Criniti had dual goals when he came to Canberra for marathon weekend and it looked as though breaking the 2.30 barrier for the marathon distance for first time was his highest priority. He was never amongst the lead pack, which numbered eight in the early stages, but he doggedly worked through the field to finish the marathon in third place in a personal best time of 2.28.38.

Magnus Michelsson had earlier won the marathon in 2.20.55 and David had assumed that Magnus would have continued after completing the 42.195km marathon journey and set his sights on the Canberra Marathon/Canberra 50km Ultra Marathon double.

No runner had ever won both the marathon and the optional 50km ultra but many thought



*"A record 95 marathon participants opted to continue after the marathon and completed the 50km"*

Magnus might change that this year. But pressure throughout the latter stages of the marathon from debut runner Anthony Haber convinced Magnus that this was not the day to reach for this challenge.

Dave finished the marathon and asked Magnus how he (Magnus) went. Magnus said that he had won in 2:20. David then asked Magnus where he (David) had finished. Magnus replied "third". This was a complete surprise to David and, then realising that Magnus and the second placegetter were not continuing, Dave threw his medal to the ground and stormed off to run the extra distance.

The race incorporates the Australian 50km Road Championships which also added to David's incentive. He successfully completed the final 7.805km to clock 3.00.12 to easily win the Championship from Tim Cochrane (NSW) and Bert Pelgrim (VIC). David's time was amongst the best in Canberra with only two previous winners breaking 3 hours for the 50km distance.

Bert broke the Australian M50 record for 50km, his time of 3.15.33 eclipsing Trevor Jacobs's previous record of 3.18.56.

In a true family affair, Bert Pelgrim's wife, June Petrie joined her mother Lavinia as a winner of the Canberra 50km. Lavinia was successful in the 1994 Canberra 50km in a time of 3.41.57. Her daughter June couldn't match her mother's time but her 3.46.13 finish time gave her a comfortable win, and an Australian 50km Road Championship, over fellow Victorians Deanne Nobbs and Tina Torpy.

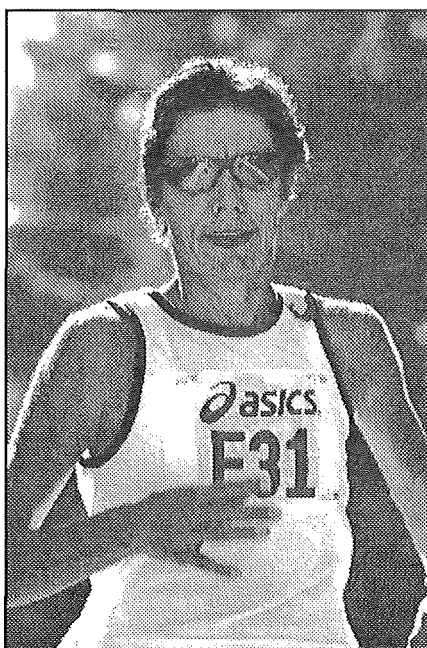
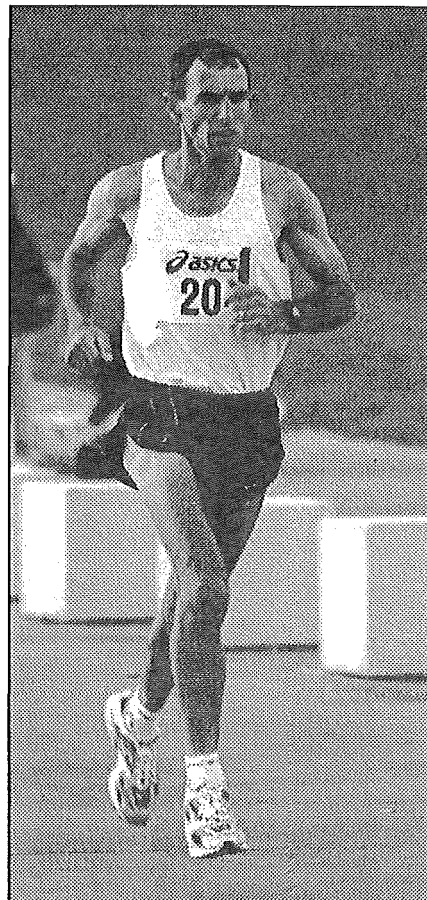
Tina provided some of the highlights of the race. Over the marathon distance she broke the Canberra race record for the W60 division, finishing in 3.30.19 to take nine seconds off the previous record, set back in 1993 by Marie O'Donovan. And over the 50km distance she lowered her own Australian W60 record by eight minutes to leave that mark at 4.13.32.

The latter mark is thought to be a new world W60 record and we are waiting for confirmation from both the IAU (International Association of Ultrarunners) and WMA (World Masters Athletics).

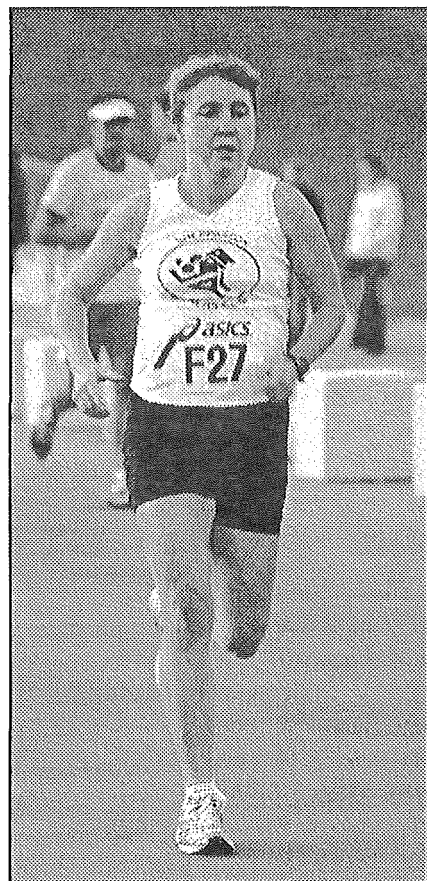
Trevor Jacobs, the founder of the 50km event in Canberra, and Laurie Hennessey, of NSW, were also record breakers. Trevor took 16 minutes off Bruce Renwick's previous Australian record in the M55 division to leave the new mark at 3.27.04. Laurie broke his first Australian record, improving the M65 record to 4.19.13. This time was over 13 minutes faster than Peter Lahiff's record set in Canberra in 2005.

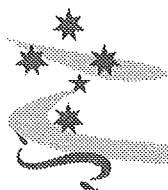
A record 95 marathon participants opted to continue after the marathon and completed the 50km. When this race was inaugurated in 1993, only 17 runners opted to go "beyond the marathon".

Many thanks to Tim Sawkins, the ultra manager, and the many enthusiastic volunteers who helped out on the course and congratulations to all the runners who went 'beyond the marathon'.



*Photos: Above Tina Torpy,  
right: Bert Pelgrim; Deanne Nobbs*





# Coburg 24 Hour Carnival

Incorporating the Victorian 24 Hour Championships and Centurion Walk

## RESULTS

### 24 Hour Run

1. Martin Fryer	228.686km
2. Paul Every	200.996km
3. Coran Lang	192.877km
4. Robert Boyce	186.768km
5. Rudolph Kinshofer	172.055km
6. Kim Cook	166.661km
7. David Billett	165.358km
8. Lindsay Phillips	162.661km
9. Richard McCormick	130.996km
10. Trevor Marsh	125.024km
11. Lawrie Lolait	121.045km
12. Alan Staples	115.040km
13. Peter Gray	113.238km
14. Ken Matchett	108.830km
15. Garry Wise	94.400km
16. Lee Earle [F]	89.516km
17. Jevvan McPhee	41.600km
18. John Timms	41.600km
19. Bruce Ohlenrott	26.000km

### 12 Hour Run

1. Colin Brooks	106.071km
2. Max Carson	93.895km
3. Ernie Hartley	85.344km
4. David Jones	79.787km

### 6 Hour Run

1. Danny Hawksworth	72.146km
2. Kelvin Marshall	66.542km
3. John Nuttall	63.880km
4. Daniel Cole	60.400km
5. Sarah Drummond [F]	57.200km
6. Julia Thorn [F]	56.141km
7. Sue Brown [F]	50.800km
8. Shirley Young [F]	48.939km
9. Andrew Lovell	40.400km
10. Nick Iliopoulos	37.200km
11. Graeme Best	20.400km

### 24 Hour Centurion Walk

1. Terry O'Neill	169.741km
[100 Mile Centurion]	
2. Geoff Hain	162.444km
[100 Mile Centurion]	
3. Louis Commins	160.150km
4. Catherine Cox [F]	149.021km
5. David Attrill	140.950km
6. Karyn Bollen [F]	126.941km
7. Rudolf Skrucany	117.447km
8. Bruce Webber	115.600km
9. Pat Fisher	105.302km
10. Deryck Skinner	89.200km
11. Sharon Chomyn	47.702km

### 12 Hour Walk

1. Clarrie Jack	88.370km
2. Steve Jordan	85.980km
3. Ross Jackson	63.718km
4. Val Chesterton [F]	52.000km
5. Ken Carter	48.052km

### 6 Hour Walk

1. Paul Kennedy	52.8000km
2. Robin Whyte	50.400km
3. Alex Poore	3.600km

**Coburg Harriers Club Inc.  
Australian Centurion Walkers Inc.**

### Report by Tim Erickson

2007 saw the 20th annual edition of the Coburg 24 Hour carnival, held as usual at the Harold Stevens Athletics Track in suburban Melbourne. Once again, the event was a popular choice for many experienced and first time ultra competitors and potential entrants had to be turned away when the event filled with 4 weeks to go. 53 of the 54 entrants made it to the start line and the mix saw 35 runners and 19 walkers spread across the 24 Hour, 12 Hour and 6 Hour categories. Of the 54 entrants, 31 chose the 24 Hour event, a pleasing sign for the future of the sport.

The race started on the Saturday morning at 10AM in warm sunny conditions but in less than 2 hours, rain had set in as Melbourne turned on one of its famous weather changes! The showers did not clear until late afternoon and all were then diving for dry clothes and shoes. From then on, the skies remained overcast and further squalls, some quite heavy, created an ongoing challenge for competitors, support teams and race organizers. The flip side was that night time conditions were relatively mild and competitors were not forced into too many layers of clothing.

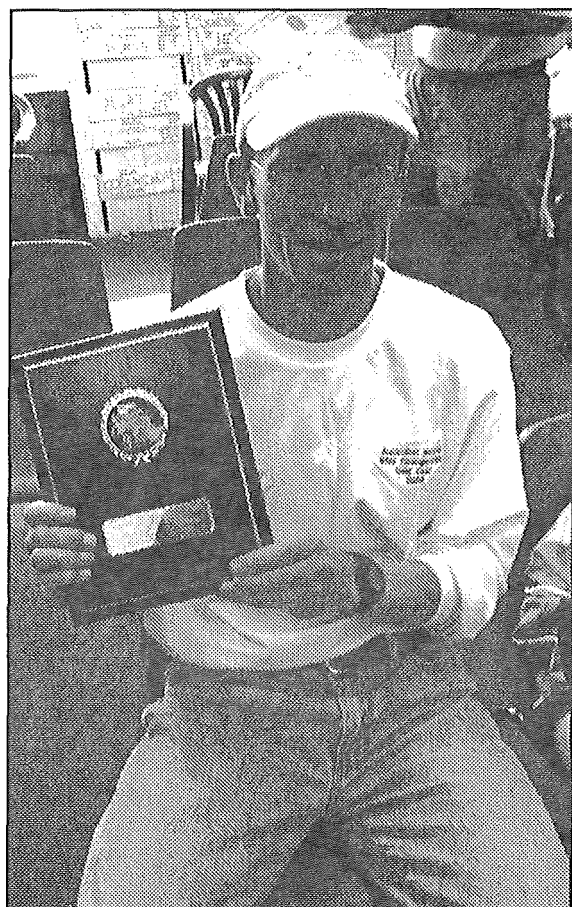
The 24 Hour Run category included some of our top runners and the race lived up to expectations. Current Australian 48 Hour champion Martin Fryer passed the half way mark in around 120km, already well in front of his nearest rivals. His final distance of 228.686 km was not far outside his best and made him a comprehensive and worthy winner. Paul Every ran many laps with Martin as their paths crossed in the race and he also beat the 200 km mark, taking second place with 200.996 km. The big surprise of the race was the performance of Coran Lang. This was Coran's first ultra run, his previous longest race being the 2006 Melbourne Marathon. He started conservatively but really upped his pace in the middle stages, steadily climbing up the placings and eventually taking third with 192.877 km, in what must be one of the best inaugural performances for many years. The first 8 finishers all ran further than 100 miles (160.9 km) in what was a high standard event.

A couple of other competitors deserve special mention for their efforts in this event. Kim Cook, in his first 24 Hour track race, came 6th with a fine distance of 166.661 km. He would in fact have got a lot further but chose to rest after reaching his 100 mile target. Further down in the field, 85 year old Ken Matchett stole the show with his wonderful run of 108.830 km. The television cameras were there to record Ken's achievement in setting a whole swag of new World and AURA M85 records. Ken will claim records for 50 km, 50 miles, 100 km, 6 Hours, 12 Hours and 24 Hours. His performance also won him the Gordon Burrows Award for the gutsiest performance in the carnival.

In other run category events, Lee Earle was the only entrant in the women's 24 Hour Run and she pushed herself all the way to record



*"Danny Hawksworth won the men's 6 Hour Run has a real future in this sport if he decides to move up from his short distance endeavours"*



*Coburg 24 hr champion Martin Fryer*

an inaugural PB of 89.516 km, Colin Brooks easily won the men's 12 Hour Run with a fine 106.071 km, Sarah Drummond headed out hard and then hung on to win the women's 6 Hour Run with 57.200 km and Danny Hawksworth won the men's 6 Hour Run with a very impressive 72.146 km and has a real future in this sport if he decides to move up from his short distance endeavours.

On the walking side, two of the 24 Hour competitors, Terry O'Neill and Geoff Hain, walked in excess of 100 miles to make it 10 in all for the meet. Terry won the walk overall with 169.741 km to add a second centurion badge to his first, achieved way back in 1979! It's been a long wait to see him back in a 24 Hour event. For Geoff, it was his 6th centurion walk finish in less than 3 years, a great effort in consistency and mental toughness. It was nearly a case of triplets but Louis Commins eventually fell 2 laps short of

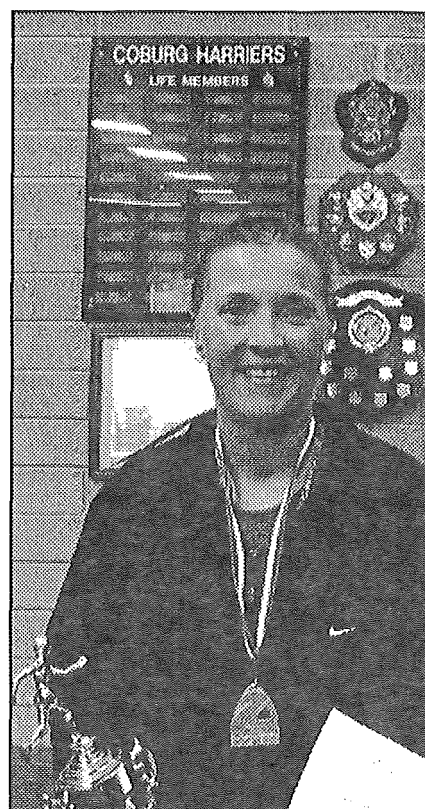
a centurion finish, coming third with 160.150 km.

In the women's 24 Hour Walk, first timer Catherine Cox won with 149.021 km, an excellent debut. She is someone who can challenge the centurion distance of 100 miles with further training. Australian 50 mile walk record holder, Clarrie Jack, was too strong in the men's 12 Hour Walk and won in 88.370 km while last year's winner Steve Jordan did a big PB to take second with 85.980 km. The women's 12 Hour Walk saw Val Chesterton break her own W65 50 km Australian record by over 1 hour. She passed the 50 km mark in just over 7 hours and then called it quits, well satisfied with her day's work. In the men's 6 Hour Walk, first timer Paul Kennedy won with 52.800 km, beating Robin Whyte by just over 2 km. All in all, the carnival

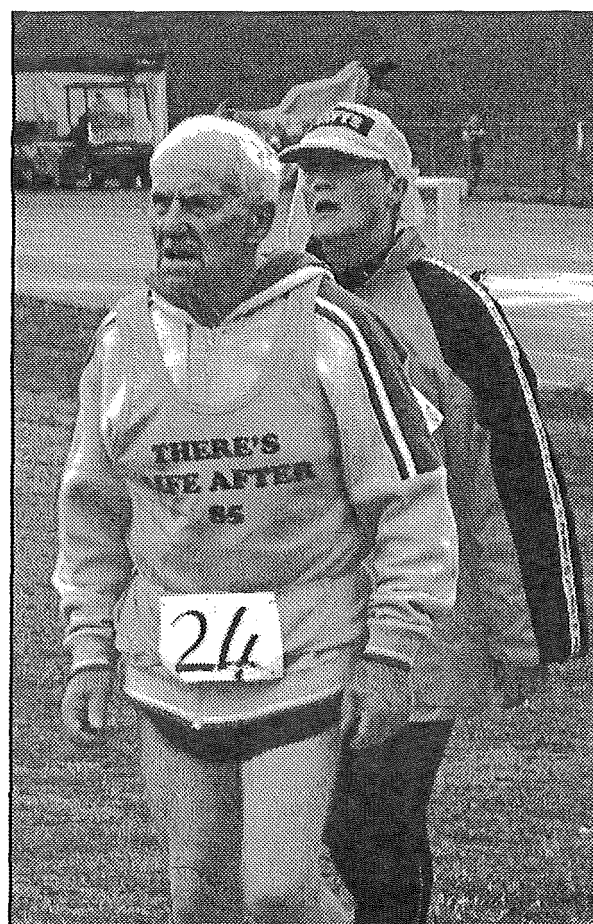
produced a whole swag of top quality performances and lived up to its rating as one of Australia's top ultra events.

As usual, the Coburg Harriers did an outstanding job in hosting and manning this weekend of racing. Special thanks to Michael Gillam (masseur extraordinary) and Les Clark (whatever is required) who turn up year after year and add much to an already great event.

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



*Female 24 hour winner Lee Earle*



*85 year old Ken Matchett set 6 world records*



# The Prom 100 Trail Ultras

Wilsons Promontory. Victoria 28th April 2007

Name	Total Time
<b>100km</b>	
Andrew Hewat	13:57
Paul Monks	14:22
Peter Bignell	14:50
Kelvin Marshall	16:03
Brendan Mason	18:05
David McKinnon	18:16
Amanda Allan	21:01
<b>80km</b>	
Chris Wright	9:58
Nick Thompson	12:27
<b>60km</b>	
Malcolm Gamble	9:29
<b>44km</b>	
Tim Cochrane	5:20 *
Michael Murrell	5:32
Robert Boyce	6:11
Sebastian Dunne	6:14
Robert McNaught	6:44
Peter Mullins	6:46
Richard McCormick	6:54
Peter Gray	11:48

\* Injured during 100km

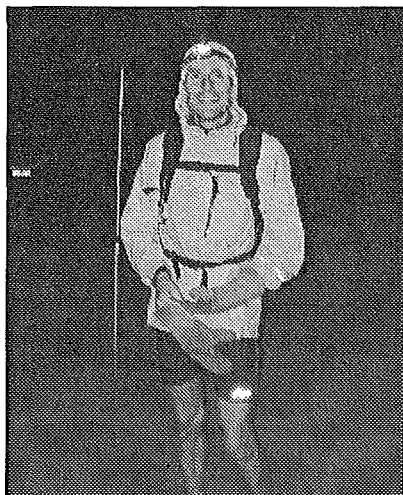


Photo left:  
Kelvin  
Marshall

## Report by Peter Bignell

Thanks to Race Director, Paul Ashton, for another opportunity to explore the Prom, Nick Thompson for the cuppas and the foresight to book a unit for Saturday night and Peter Mullins for the shelter and the toaster!

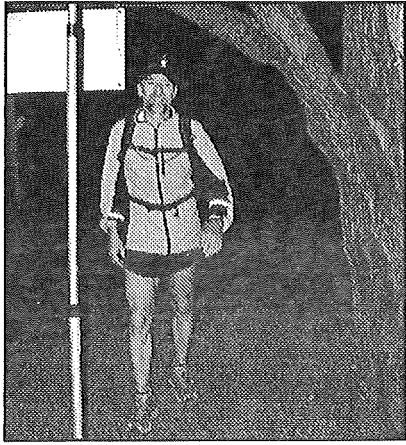
I Drove down Friday afternoon and slept in the car Friday night, woken sometimes by the noise and buffeting of the winds, but otherwise slept fairly well. We were hoping the rain would come overnight and be done with by the time we awoke but instead it started about 5:30am just as we were getting ready to run. The Easterly gales still howling. The run up the road towards Mt Oberon carpark was a challenge, headlong into the wind and rain - in a few sections I had to keep at least one foot on the ground just to keep moving forward! I turned the headlamp off going up the hill and put it away in the backpack at the top - not a smart move because it was quite dark in places on the track to Sealers, but fortunately I was running not far behind either Chris or Michael who both wisely still had their lights on.

Chris and Michael stopped for a water refill at Waterloo camp, so from there to Telegraph Junction I could only see Tim's footprints - I was not bushwise enough to detect that he was unfortunately injured / limping! Stopped a while in the bushes at Telegraph (secret stash), saw Michael turn right for the 43k course, and Chris heading South about 100m ahead. Caught up with Chris nearing the top of the hill that went on forever, both walking most of it, then we ran down through Roaring Megs to South Point. I was beginning to feel it on the

return from South Point and Chris drew away, and by the lighthouse the gap had increased to about 15 minutes - I struggled on the steep hills and the overgrown track just after Roaring Megs. Crossed paths with Paul Monks and Andrew Hewat on the way back from South Point so I knew they would be getting closer too. I traded war stories with Malcolm Gamble, doing the 60k, regarding overgrown tracks. Another long hill after the lighthouse then the track became very overgrown (as you warned me Mal!) and difficult to run or even see - cursed very loudly after stubbing my little toe on a hidden rock or tree stump. I saw Paul behind me at Waterloo beach and expected to be caught by Telegraph or soon after, but was surprised to look back after Oberon Beach and see two dots (Andrew Hewat too) still some distance back.

I finished the 80k with about an hours light left... had run the official course, had a good strong light, and was staying at the Prom vs having to ride out on the motorbike like last year, so no valid excuses for not continuing on... other than the fact that I was pretty stuffed! I decided to go on just for the satisfaction of doing 100k. I stopped soon after to empty all the rubble from my shoes which had finally become unbearable and had to battle with cramps bending the legs to do up the laces again. I could barely walk up Mt Bishop, Paul passed me soon after starting the 2.2km final climb then I crossed with Andrew not long into my still-walking descent as he was going up. By this stage he was probably already "ahead", having run the longer leg of the circuit before the climb. After this I did not see either of them, but saw Kelvin near the start/end of the circuit. I got lost for a short while





*Peter Bignell*

when I missed the Picnic Beach exit (yes, I had the light off), but otherwise had no navigational problems.

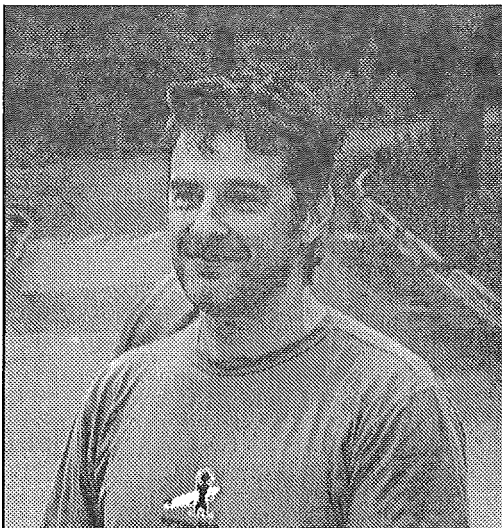
As to the weather, once accustomed to being wet through it did not bother me much until much later into the evening when I was getting slow and cold on Mt. Bishop. I ran with T-shirt and jacket the whole 15 hours. I should probably have changed after 80k (esp. the socks!) but feared I would get too comfy and decide against continuing.

Great effort by Andrew Hewat to do the last 20k including Mt Bishop and some other fairly serious hills in less than 3 hours!! Looking good for Western States.

Tim, I hope you recover quickly - judging by the fact that you ran to the top of Mt Oberon and back on Sunday morning, I guess it won't be keeping you out of action for too long!

### Maroondah Dam Trail 50km 15th April 2007

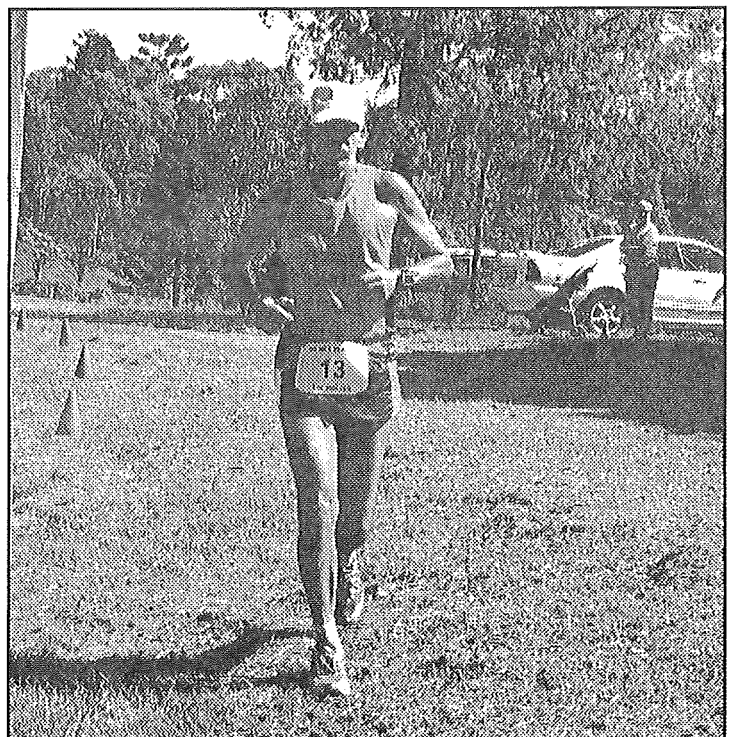
1	David	Eadie	5:06:42
2	Andrew	Hewat	5:18:14
3	Rob	Gray	5:20:23
4	Nadine	Kayler [F]	5:27:41
5	Kelvin	Marshall	5:30:49
6	Paul	Monks	5:31:37
7	Tory	Trewitt	5:35:32
8	Bryan	Ackerly	5:46:20
9	Andrew	Pirola-Merlo	5:59:35
10	Jevvan	McPhee	6:18:29
11	Steve	Hyde	6:23:37
12	Richard	McCormick	6:35:00
13	Kevin	Cassidy	6:51:00
	Mal	Grimmett	DNF
	Richard	Melder	DNF



*Race Director - Mark Mex*

### Mount Mee 50km Qld. 29th April 2007

Mark	Parsonson	4.39.21
Rodney	Ladyman	5.33.08
Paul	Ewing	5.46.44
Peter	Davies	5.46.45
Susannah	Harvey-Jamieson [F]	6.07.44
Francis	Harvey	6.07.45
Ian	Javes	6.41.32
Walter	Kelemer	7.03.04
Geoff	Williams	7.35.04



*Geoff Williams at Mt Mee*



# Munda Biddi 100km Trail W.A.

29th April 2007

## Results

### 100K

Dave Kennedy	14.06
Nathan Fawkes	14.28

### 73K

Steve Mcgrath	11.11
Sally Sanigar	11.11

### 50K

Mark Bullard	5.49
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### 42K

Craig ??	4.26
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## Report by Nathan Fawkes

Well the race (was it really?) is over and I must say that I have learnt a lot about Ultras. Dave and myself did run together so I'll take up the commentary from the Carinya Campsite, which is approx. 42km.

As Dave mentioned, the rain had come and we were basically soaked from head to tail by this time. We stopped for about 15 minutes and set off just before the 5hr mark. Mark had caught up by this stage, so the four of us continued down the trail headed for Brookton hwy at 50km. We kinda ran at our own pace and I reached the hwy first in 5:42, Dave was about 1 min back, then Kate and finally Mark who had completed his goal of 50km's - well done Mark.

After downing half of a sausage roll and sauce, some coke and powerade, we filled up the hydration packs and hit the road again just before 6hrs. The next section was 24km to Gleneagle picnic area at 74km's. It started out OK but Dave started to suffer from some foot and calf troubles and regular breaks were added in. I was feeling brilliant until I started to experience some knee pain at about 60km. I didn't think much of it and decided to just 'Run it out.' It soon became clear however that this theory was going to prove woefully inadequate.

Dave had slowed down a lot and I was keen to push on because apart from my knee I was feeling great.

This was the point when you realize that this is not a race, it's a run and we where going to do it together, so rather than push on we stayed together and got each other through. The extra time this added to this section proved costly as I hit the wall at about 69km, completely running out of calories - my how an Ultra can change so quickly - now Dave was feeling OK and was dragging me through. All I could think about was the Redbull waiting for me at Gleneagle. 45 minutes later we arrived only to find out that Kate (My wife and support crew) had forgotten to buy the redbull - WHAT!! I couldn't believe it, I was shattered and we still had 30 odd km to go. I sat down for about 20 minutes contemplating the situation. This was a real low point in the race for me, I was drinking Coke and had half a Powerbar, but it didn't seem to make much difference. The rain started coming down again and I decided we had to go. I felt terrible, exhausted, but I knew my race was not going to finish there - no way in hell I was stopping.

We ended up at Gleneagle for about half an hour before setting off at a slow pace. For the next 4-5km wasn't much fun to run with, barely saying anything and just staring at the ground in front, I was in desperate need of a kick. Kate was going to get us a redbull and meet us at a road crossing a few kms later, so that was something to look forward to.

We arrived at Wungong campsite and while Dave filled up his pak, I had a coffee gu, they are loaded with caffeine and this proved to be the kick I needed. It was a good thing I knew this section quite well because the re-routing of the course completely confused Dave who started running the wrong way. We were both really tired by this stage and in some pain as well. The Redbull was great and we shared it to give us both some extra energy.

It was getting late (about 11hrs now) and we started looking at about a 13:30 finishing time. This is when a major problem presented itself, we didn't have headlamps, they were in the support car and we had forgotten to pick them up and with the phone battery dead, there was no way of getting them. Things we desperate, there is no-way you can run the Munda Biddi at night with no headlamps so we decided we just had to push as hard as possible before it got dark. We knew that Balmoral picnic site was 12km to go so we focused on getting there. This was going well until we came to the 2km downhill leading into it. The hill wasn't steep but my knee was shot, I had to slow to basically a walk and almost run sideways down the hill to reduce the pain. Every step was greeted with a searing pain that shot both down to my foot and up to my hips - in short things where bad. Dave was feeling OK by this stage (understanding of course that OK is very much a relative term) and he had a toilet stop while I continued walking when he caught up we thought that there was about 30 minutes of light left so we just had to push on as fast as possible, so we did. The pace started slow and then gradually increased as we warmed up a bit - it hurt a lot but it was either this or risk being out there for another 2-3 hrs walking to the finish. We took 10 minutes turns in the lead and the sun disappeared and it became darker and darker. After running solidly for about 40-45minutes it became too dark to run and we walked.

Just as we started, the support convey came rolling down the track in the cars to see where we were, great timing so we got our head lamps and were off to the finish. This sounds great but I had had it, the 40 minutes of hard running (again a relative term) had pushed me into the realm of completely shattered, so after another 15 minutes or so of running with Dave I

*"Training is one thing, but on race days things go wrong and you have to deal with it"*

told him I was done, couldn't run another step and walking wasn't too easy either. Dave ran the final 3km or so by himself while I slowly walked in. The batteries in my head lamp basically rendered it useless by this stage so rather than following the track all the way in I decided to follow the road which, looking at the map is about the same distance but it was a much safer option. I managed to run the final 1.5km to finish in 14.28:44 Dave ran strong to finish in 4.06 and his time for the final 3km was pretty impressive.

I was completely exhausted and once I sat down in the car I was out. Whether I passed out or just fell asleep really quickly I don't know but my body knew what it was doing. The wash up from the race is that I actually feel better than any other race I've done, except of course for my knee. It was quite swollen when we got home and is still a little swollen now (3 days later) although it feels 100% better. I remain convinced that my training was adequate for this race but the knee injury and the addi-

tional time took its toll, but this is the world of Ultras. Training is one thing, but on race days things go wrong and you have to deal with it.

Reflecting on the race, I find that there were so many challenges, so many emotions, victories, defeats and oh so much pain. This is Ultra marathoning - it's tough in every way imaginable, but it's my sport and I love it.

Well done to all who ran on the day, it was awesome.



## Great Ocean Road Marathon.

Lorne to Apollo Bay 45km. Victoria. 20th May 2007

1	David Mutua	2:36:33	38	Stephen Brett	3:25:36	75	Robert Boyce	3:43:54
2	James Kariuki	2:38:27	39	Ryan Wavish	3:25:41	76	Joseph Carmody	3:43:59
3	David Wynn	2:43:21	40	Graeme Allen	3:26:09	77	Joel Barnett	3:44:24
4	Antony Rickards	2:43:52	41	Aaron Fitzpatrick	3:27:14	78	John Dwyer	3:45:05
5	Campbell Maffett	2:47:17	42	Ian Andrew	3:27:23	79	Matthew Hastewell	3:45:09
6	Steve Moneghetti	2:58:04	43	Mark Clarence	3:28:39	80	Campbell Gome	3:45:57
7	Helen Stanton	2:58:12 [f]	44	Barry Rosenberg	3:29:04	81	Paul O'Halloran	3:46:12
8	Charles Kamau	2:58:46	45	Tory Trehwitt	3:29:42	82	Anthony Broderick	3:46:58
9	David Roberts	3:02:08	46	James Paterson	3:31:45	83	Carolyn Scott	3:46:59 [f]
10	Andrew Carey	3:06:55	47	Richard Neale	3:32:10	84	Paul Davies	3:47:03
11	David McCormack	3:07:49	48	Michael Lovric	3:32:27	85	Hugh Palmer	3:47:12
12	Alan Jenkins	3:09:18	49	Jonathan Ennis-King	3:33:22	86	Laura Paterson	3:47:24 [f]
13	Kelvin Marshall	3:09:20	50	Brendan Pelham	3:33:45	87	Patrick O'Sullivan	3:47:41
14	Mark Harrison	3:09:24	51	Greg Morrell	3:35:07	88	Laurent Rossignol	3:47:58
15	Jamie Price	3:10:09	52	Sue Jelley	3:35:37 [f]	89	Ian Slater	3:48:02
16	Craig Bryant	3:11:27	53	Bernie Hassett	3:35:51	90	Darren Chester	3:48:25
17	Nicholas de Young	3:12:48	54	Steve Bentley	3:36:48	91	Doug Hyde	3:48:37
18	Rob Follett	3:12:48	55	Stephen Livesley	3:36:51	92	Denis Martin	3:48:50
19	Gary McAllister	3:13:47	56	Simon Dale	3:37:11	93	Andrew Merchant	3:48:57
20	Tavis Campbell	3:15:35	57	Gavin Green	3:37:22	94	Peter Black	3:49:28
21	Greg Steinberg	3:16:51	58	Gregg Walchli	3:37:24	95	Lachlan Wallace	3:50:02
22	Dirk Kramer	3:17:40	59	Filippo Faralla	3:38:11	96	Andrew Sullivan	3:50:12
23	Chris McTaggart	3:19:28	60	Malcolm Gamble	3:39:11	97	Nick Likane	3:50:30
24	Bill Berry	3:19:35	61	Natalie Wallace	3:39:14 [f]	98	Susan Kobbe	3:50:40 [f]
25	Leigh Murphy	3:20:48	62	Kent Moores	3:39:22	99	Maureen O'Loughlin	3:50:40 [f]
26	Andrew Crouch	3:21:10	63	Christopher Thomas	3:39:43	100	Shannan Stevens	3:51:07
27	Julie McNamara	3:22:22 [f]	64	Delina Rahmate	3:40:09 [f]	101	James Fennell	3:51:10
28	Denise Hearn	3:22:26 [f]	65	Caroline Hodges	3:41:03 [f]	102	Tony Overman	3:51:10
29	Jason McMullen	3:22:36	66	Simon Rodgers	3:41:42	103	Gary Howden	3:51:11
30	Michael Tong	3:22:38	67	Ian Twite	3:41:48	104	Ruth Kimpton	3:51:28 [f]
31	Pete Lockwood	3:23:04	68	Stephen Olifent	3:41:49	105	Ric Maguire	3:51:39
32	Darren Riviere	3:23:12	69	Scott MacDonald	3:41:50	106	Matthew Tilley	3:51:40
33	Peter Fitzgerald	3:24:04	70	Kevin Watson	3:42:02	107	Kym Saunders	3:52:33 [f]
34	Stephen Lee	3:24:35	71	Paul Mullins	3:42:44	108	Helena Bramwell	3:52:48 [f]
35	Graeme Sanderson	3:24:46	72	John Kramer	3:43:01	109	Adrian Woolard	3:53:28
36	Russell Mignot	3:25:21	73	Robert Cameron	3:43:42	110	David Frame	3:53:42
37	Bryan Ackery	3:25:23	74	Andrew Caton	3:43:43	111	Glenn Tobias	3:54:29



# Lorne to Apollo Bay 45km. Victoria. 20th May 2007

112	Anthony Slockwitch	3:54:36	174	Ana Jemec	4:11:42 [f]	236	Ian McCall	4:31:58
113	Nigel Muscroft	3:54:54	175	Lesley Reid	4:12:18 [f]	237	Peter Ryan	4:31:59
114	Paul Harris	3:55:02	176	Jay Fleming	4:12:27	238	Ockie Olivier	4:32:02
115	Mignon Harris	3:55:02 [f]	177	Emily Rose	4:12:40 [f]	239	Trevor Wakely	4:32:35
116	Peter Huf	3:55:09	178	Kendall MacDowell	4:12:41 [f]	240	Michelle Donnelly	4:33:04 [f]
117	Andrew Crump	3:55:49	179	Patricia Griffin	4:13:23 [f]	241	Brandon Bentzley	4:33:21
118	Troy Morrow	3:55:52	180	Peter Trumper	4:14:06	242	Darcy Coligan	4:33:21 [f]
119	Greg McIntosh	3:56:08	181	Jane Trumper	4:14:07 [f]	243	Darren Woods	4:33:36
120	John Liggins	3:56:12	182	Shane Young	4:14:54	244	Kaye Robinson	4:33:41 [f]
121	Philip Lawrence	3:56:18	183	Christina Agiannitopoulos	4:15:03 [f]	245	Britte Ginty	4:33:41 [f]
122	Mark Pumpa	3:56:46	184	Susan Flockhart	4:15:09 [f]	246	Lyn Thompson	4:34:02 [f]
123	Peter Sykes	3:56:51	185	Theo Vlachos	4:15:16	247	Tabatha Delaney	4:34:04 [f]
124	Marc Christian	3:56:52	186	Luke Haines	4:15:22	248	Rachel Howard	4:34:47 [f]
125	Cameron Earl	3:58:10	187	Nolwenn Desmons	4:15:22 [f]	249	John Dean	4:34:55
126	Cameron Whitechurch	3:58:12	188	Kerry Drever	4:15:22 [f]	250	Mark Hester	4:35:36
127	Aaron Rothstein	3:58:21	189	Rohan Creed	4:15:25	251	Sean Major	4:35:49
128	Richard McCormick	3:58:37	190	Michael Collins	4:15:56	252	Seivland Poh	4:36:15 [f]
129	Stephen Roberts	3:59:05	191	Bruno Bressan	4:16:14	253	Catherine McAloon	4:36:27 [f]
130	Kester Baines	3:59:09	192	Brian Spong	4:16:23	254	Donald Griffin	4:36:42
131	Andrew Williams	3:59:15	193	Theo Du Toit	4:16:31	255	Markus Schar	4:36:44
132	Amar Breckenridge	3:59:49	194	Greg Bellew	4:17:03	256	Kevin Stewart	4:37:04
133	Anthony Wiegard	4:00:49	195	Brendan Butland	4:17:11	257	Jan Stewart	4:37:04 [f]
134	Stephen McGibony	4:01:04	196	Sharon Callister	4:17:12 [f]	258	Robyn Whitmore	4:37:09 [f]
135	Luke McManus	4:01:07	197	Luke Grima	4:17:37	259	Geoff Lierse	4:37:45
136	Katherine Davis	4:01:16 [f]	198	Roland Williams	4:17:48	260	Ceridwen Davies	4:37:46 [f]
137	Loretta Robinson	4:01:52 [f]	199	Richard Taylor	4:17:48	261	Kirsten Emes	4:37:52 [f]
138	Dmitry Likane	4:02:04	200	Christelle van Der Merwe	4:17:54	262	Edson Sanches	4:38:00
139	Troy Ludbey	4:02:25	201	Willem van Der Merwe	4:17:54	263	Sean Purcell	4:39:46
140	Alan Gilbert	4:02:52	202	Chantelle Sterland	4:18:06 [f]	264	Heinz Gisel	4:40:33
141	Douglas Stenhouse	4:02:58	203	David Stevens	4:18:10	265	Eamon Sheahan	4:40:33
142	Trevor Cantwell	4:03:07	204	Max Zimmermann	4:18:16	266	Brooke Taylor	4:40:33 [f]
143	Joe Jovic	4:03:41	205	Kathy Bedford	4:18:40 [f]	267	Simon Mathews	4:40:33
144	Barry Warwick	4:03:44	206	John Burt	4:18:40	268	Mary Godinet	4:41:15 [f]
145	Damian Eade	4:03:58	207	Jason Tosch	4:18:50	269	Lie Xin Wong	4:41:37
146	Steve Booth	4:04:19	208	Daniel Cole	4:18:55	270	Paul Austin	4:41:54
147	Jeanette Austin	4:04:49 [f]	209	Keith Lane	4:19:00	271	Merilyn Kelly	4:42:08 [f]
148	Derick Ward	4:05:13	210	Andy Lancaster	4:19:16	272	Robert Fox	4:42:22
149	Susan Garner	4:05:30 [f]	211	Corrie Davel	4:19:29	273	Frankie Sonnenberg	4:42:46 [f]
150	Anna Kelly	4:05:40 [f]	212	William Lawrey	4:20:32	274	Teresa Prewitt	4:43:27 [f]
151	Ian Fedrick	4:05:41	213	Stephen Barker	4:21:21	275	Alycia Lillie	4:43:55 [f]
152	Lesley Likens	4:06:00 [f]	214	Boyd Furmston	4:21:21	276	Ian Price	4:44:53
153	Alec Day	4:06:46	215	Kate MacMunn	4:23:29 [f]	277	Max Loffel	4:45:16
154	Andrew Hopgood	4:07:00	216	Megan Luiz	4:23:29 [f]	278	Adrian Linnane	4:45:28
155	Bradley Fuller	4:07:32	217	Tony Paatsch	4:23:47	279	John Langley	4:46:33
156	Adrian Burt	4:07:34	218	Lee Johnson	4:23:51	280	Sharon Gunton	4:46:59 [f]
157	Daniel Shannon	4:07:49	219	Anja Kueppers	4:24:42 [f]	281	Nigel Allan	4:47:13
158	Tymeka Mibus	4:07:55 [f]	220	Brett Thompson	4:25:14	282	Peter Bassett	4:47:14
159	Mary Lindores	4:08:00 [f]	221	Joseph Thompson	4:25:45	283	Darren Trew	4:47:43
160	Angus Porter	4:08:12	222	Caius Ryan	4:26:33	284	Bobby Soo	4:48:36
161	John Dardis	4:08:40	223	Gavin Le Roux	4:27:46	285	Carl McLellan	4:49:30
162	Zebedee Massey	4:08:48	224	John Davies	4:27:50	286	Nicole McLellan	4:49:30 [f]
163	Janice Marston	4:09:11 [f]	225	Graham Spokes	4:27:55	287	James Conlon	4:49:31
164	Tim Holding	4:09:20	226	Brickley Hepburn	4:28:25	288	Brett Thomas	4:49:33
165	Philip Day	4:09:30	227	Graham James	4:28:25	289	Samantha McIntosh	4:49:50 [f]
166	Jenny Harwood	4:09:32[f]	228	Ralph Howard	4:29:00	290	Neil Robbins	4:49:50
167	Chris Watson	4:09:33	229	Jess Black	4:29:11 [f]	291	Cheri Pompeo	4:50:13 [f]
168	Stephanie Goldner	4:09:47 [f]	230	Rosalind Holcombe	4:29:27 [f]	292	Ken Smith	4:50:38
169	Keith Fagg	4:10:27	231	Marion Roberts	4:29:45 [f]	293	Clinton Kirkcaldy	4:51:04
170	Chris Hare	4:11:05	232	Kevin Chapman	4:30:08	294	Eric Pienaar	4:51:59
171	Justin Cook	4:11:10	233	Anthony Moore	4:31:08	295	Karon Handy	4:52:23 [f]
172	Peter Hogg	4:11:32	234	Patrick Larkins	4:31:21	296	Ryan Moloney	4:52:32
173	Elizabeth Humphries	4:11:42 [f]	235	Kathy Carberry	4:31:36 [f]	297	Jennies Tiu	4:53:50

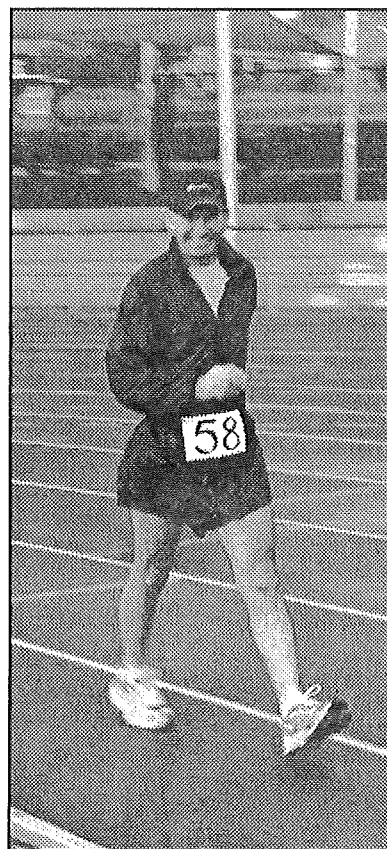
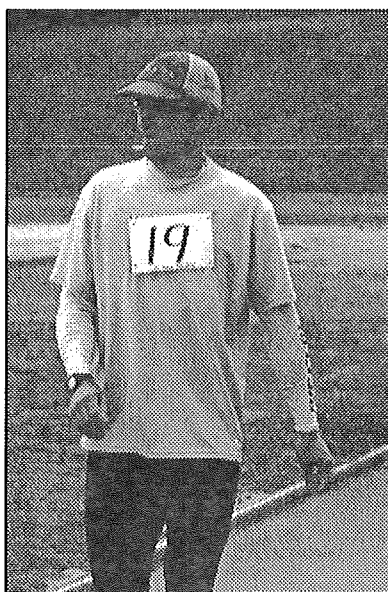
## Lorne to Apollo Bay 45km. Victoria. 20th May 2007

298	James Donnelly	4:54:00	319	Chris Taylor	5:00:37	340	Chau Pham	5:27:32
299	Charles Griffin	4:54:04	320	Tracy van Gemert	5:01:18 [f]	341	Dean Robertson	5:29:14
300	Kevin Wild	4:54:37	321	David Sutton	5:01:19	342	Thong Lim	5:30:16
301	Robert Naumann	4:55:56	322	Callum Gordon	5:01:21	343	Lindy Yap	5:32:24 [f]
302	Damian Foletti	4:56:09	323	Rudi Schaffner	5:01:28	344	Michael Miller	5:32:39
303	Brett Saxon	4:56:20	324	John Doyle	5:02:40	345	Lorraine Allen	5:32:47 [f]
304	Ian Wignall	4:56:30	325	Louise Feery	5:02:40	346	Tommie Conway	5:33:19
305	George Georgievski	4:56:36	326	Rodrigo Martell	5:05:59	347	David Parsons	5:36:46
306	Jayne Marsh	4:56:52 [f]	327	Anne Crawford-Nutt	5:06:30 [f]	348	Roger Bond	5:36:52
307	Rhys Boyar	4:57:35	328	Sabine Spahn	5:07:25	349	Daniel Tan	5:40:47
308	Paul Hulme	4:57:37	329	Andrew Stark	5:10:10	350	Leigh Spokes	5:44:13 [f]
309	Mark Hudson	4:57:56	330	Noelene Mendo	5:10:23 [f]	351	Justin Blood	5:44:57
310	Colleen Bugg	4:58:04 [f]	331	Coral Galea	5:10:24 [f]	352	Matthew Stevens	5:48:39
311	Zed Zlotnick	4:58:12	332	Jeppe Jensen	5:13:58	353	Bruce Young	5:48:39
312	Ghislaine Pirk	4:58:28 [f]	333	Chester Lennon	5:14:05	354	Jenelle Hartman	6:11:20 [f]
313	Cathy Maguire	4:59:13 [f]	334	Barbara Marincic	5:14:39 [f]	355	Robyn Spark	6:11:21 [f]
314	Stefanie Du Toit	4:59:26 [f]	335	Brian Glover	5:15:04	356	Victoria Bamford	6:11:59 [f]
315	Tracey Strain	4:59:58 [f]	336	Lloyd Morgan	5:17:49	357	Susan Southan-Sahin	6:11:59 [f]
316	Pamela Scowcroft	4:59:59 [f]	337	Chris Duffy	5:19:15			
317	Sofie van Gunsteren	5:00:27 [f]	338	Alissa Jones	5:19:36 [f]			
318	Anna Sutton	5:00:28 [f]	339	Peter Smith	5:25:29			

## Coburg 24 hr Ultra Photos

### BUNBURY 50KM ROAD RACE. 20th May 2007 W.A. Results

Pos	Name	Time
1	Colin Francis	3:26:14
2	Mick Francis	3:35:10
3	Gary Carlton	4:02:33
4	Nathan Fawkes	4:09:26
5	Grahak Cunningham	4:11:58
6	John Nuttall	4:15:02
7	Lynne Barnard (f)	4:17:20
8	Graeme Uren	4:27:07
9	Graham Maier	4:28:13
10	Ian Boddy	4:31:59
11	Terry Cunningham	4:32:15
12	Phil Baker	4:32:16
13	Christine Pattinson (f)	4:34:58
14	Don Pattinson	4:34:58
15	Richard Bell	4:38:11
16	Callum John	4:39:29
17	Pauline Ayton (f)	4:40:02
18	Steven Ward	4:41:05
19	John Collins	4:55:01
20	Steve Hince	4:55:01
21	Rich Russell	4:57:38
22	Neville Scott	5:01:47
23	Pamela Williams (f)	5:02:04
24	Brian McCarthy	5:11:32
25	Timothy James	5:12:02
26	Fiona Speechley (f)	5:12:28
27	Jane Elton (f)	5:17:13
28	Shirley Bell (f)	5:25:46
29	Craig Cook	5:31:39

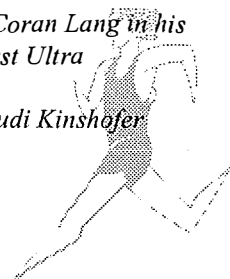


*Above: Terry O'Neill*



*Above left: Coran Lang in his first Ultra*

*Left: Rudi Kinshofer*





# Walhalla Wound Up 50km

May 13th 2007

## RESULTS

1. Travis "Trout" Wayth 4:07:21
2. Siri Terjesen [f] 4:45:14
2. Sandra Timmer-Arends [f] 4:45:14
4. Chris Wight 4:59:04
5. Paul Monks 5:00:19
6. Kelvin Marshall 5:01:54
7. Robert Boyce 5:11:38
8. Steve Hyde 5:30:55
9. Peter Mullins 5:33:22
10. David Styles 5:34:50
11. Matt Franke 5:35:52
12. Rob Embelton 5:46:57
13. Kevin Cassidy 6:06:07
14. Sharon Callister [f] 6:09:46
15. Brian Glover 6:36:19
16. Barry Higgins 6:40:45
17. Trevor Marsh 7:08:00
18. Peter Gray 10:38:12

D.N.F Richard Comber  
Bruce Salisbury

## "THE DREAM" By Race Director, Bruce Salisbury

It started as a dream six years ago to find a 50K course in our own area so that we wouldn't have to travel far to satisfy our desire to run an ultra. Unfortunately it wasn't my dream but I embraced it and spent a few weekends riding, running and walking around Walhalla until I found a course that suited. It had to be challenging but not impossible and have vehicle access so that drink stations could be set up so that I didn't have to carry water (Yeah, I know I'm Lazy).

Having found the course, I excitedly rushed around to the person who's dream it had been originally to impart the good news and leave the rest to him only to be met with "Good job Bruce. When are YOU going to hold it". So I inherited a race and with the support of the business's of Walhalla set about turning

the dream into reality and thus, for me, a nightmare.

I decided that if you ran the 50K five times you would become a Walhalla Wally as I figured I could manage that, but didn't think I could manage ten times, which seems to be the norm. How wrong I was. Six years on and I have still only finished four. The first year I managed to get one person lost. I resolved to mark the course better. This year when I reached the 30K mark and saw Richard sitting there I assumed he had had enough, as it was his first time at 50km. Then he told me he had gone the wrong way and had had enough. The nightmare continued. I listened to his tale of woe and

*"Once again the weather was good, conditions were good and numbers good and Ultra runners being such nice people were very forgiving"*

proceeded to head off for the river crossing, with Richard in tow, and came across Peter Gray coming out of a new side track waving his arms and complaining about wasted time. I pointed him in the right direction and was then appalled to hear Richard say "That way?" This is not the intersection where I told every one to go right! The nightmare just got worse! Back up the hill to the car, tell the three people I pass, "Keep left and jump over the log". Jump in the car and drive like crazy down the track, with Richard gripping the dashboard with such force his finger prints will be there forever, chasing what I believed would be angry, lost, confused and tired runners to who knows where. After about 6k the track stopped, which made me happy, as I thought I was going to end up in Mansfield the way the

track was going, and that is nowhere near where we were.

We saw no runners so breathed a sigh of relief and headed back. I left Margaret with the car and jogged very slowly down to the river, got ferried across and found we had a discrepancy in numbers so decided to get a lift to finish and do a head count. I counted runners still out and came upon Kevin Cassidy on a very narrow part of track and followed him for a bit, much to his annoyance, as I tried to get the driver to give him a nudge with the bull bar (I'm sure he hangs back at the start just so he can pass me every year) but he wouldn't, so we went passed and left Kevin to enjoy the solitude and scenic splendour that nature had provided.

I arrived at the finish and found out that all were accounted for and most, if not all, were not that distressed, well not as much as me, about my lack of professionalism in not checking all the course and assuming that it would be right. Once again the weather was good, conditions were good and numbers good and Ultra runners being such nice people were very forgiving. So the nightmare ends and the dream remains of getting that illusive T-shirt that I will wear proudly, proclaiming me a "WALLY". Maybe next year.

## Report by Kevin Cassidy

It makes absolutely no logical sense whatsoever to tackle an ultra when you are in the poorest state of fitness in your entire life. Logic, however, flies right out the window when it involves the "Walhalla Wound Up" event. In the town that time forgot, history oozes profusely from every building, park and bridge. With no disrespect intended to our Queensland cousins, the Historical Village at Caboolture is but a cheap leggo set by comparison. With barely seven years passing since



*"Unbeknown to our impeccable organisers, these bulldozers had actually created a number of new tracks that were to cause a number of headaches"*

hooking up to the modern marvel that is electricity, the breathtaking township and surrounds of Walhalla engulf you like a vacuum. For the reasons stated, I eagerly made my way to one of the ultra calendars "must do" runs. Journeying down the Gippsland Highway, the noticeable progress being made on the construction of the Pakenham By Pass Road was commendable to say the least. If ever there was a town that I never desire to drive through again, Pakenham would most certainly be it.

A lovely pub dinner on race eve was enhanced by the company of Peter Mullins and a couple of first timers all the way from Bright in "Trout" Wayth and Rosie Spicer, both of whom have the Ironman Triathlon under their respective belts. Highlight of the night was the scrumptious vegetarian lasagne and the fearsome presence of a red headed woman on the adjoining table who would have comfortably won a Pauline Hanson look-a-like contest.

20 ultra runners [and 55 more in the 19k and 37k options] gathered in the shadows of Michael Leaney's Star Hotel as the atmosphere buzzed. All the usual underworld suspects were there of course, along with many new faces, all looking forward to yet another excellent Traralgon Harriers event.

Under the directorship of Bruce Salisbury, the Harrier's members work their proverbial rings off. Call me biased if you wish, but you would travel many continents to find a better athletic club than the black singlets from Central Gippsland.

The traditional firing of a "bon bon" got the race underway and we soon strung out along the old tramway bed. In previous years, I've usually link up with a gaggle of talkative local women in the early stages where topics of conversation have included an eclectic mix from depression and anxiety to favourite ice cream flavours of the 1970's!! In the gaggles' absence this year, I inadvertently hooked up with some

perennial rogues in the form of Rob Embelton, Bruce Salisbury and David Styles. I'm not exactly sure who was Larry, Curly or Moe, but these three bore an uncanny likeness to the Three Stooges.

With the crossing of the Thomson River via the old steel bridge highlighting the first 10km, I rolled on to the railway station as runners in the shorter events peeled off in varying directions. Suddenly, I was alone near the rear of the field and already feeling my lack of fitness. A long day lay ahead.

It was a little after half way that I reeled in Bruce Salisbury. "You do this to me every year, Kevin" he laughed. The sight of the normally exquisite forest after the ravaging bushfires six months ago was both confronting and devastating. The usual meandering trails and thick growth had been transformed into a denuded moonscape littered with wide graded dirt roads courtesy of the earthmoving equipment used in the mopping up process. Unbeknown to our impeccable organisers, these bulldozers had actually created a number of new tracks that were to cause a number of headaches. At approximately 34km on the descent to Brunton's Bridge, many runners took the wrong choice at a newly created fork creating havoc of varying proportions

As a six time runner here, I was familiar enough with the surrounds to take the correct option and struggled on down to Brunton's.

Mortified at the prospect of the next eight kilometres being a continuous climb, I started walking. Having run this section in previous years, I foolishly decided that I should be able to do so again and broke into a trot that lasted no longer than an Ashley and Martin hairpiece in a tsunami. Basically, that summed up the rest of my "run" as I dragged and walked myself all the way to the finish feeling less content than a camel at the North Pole. Many satisfied finishers were celebrating their runs amongst

the excellent hospitality at the Star Hotel as I trundled up the main street. I felt as ancient as a man whose place of birth is recorded as "Atlantis before it was lost".

Ironman triathlete and first time ultra runner, Travis "Trout" Wayth was looking as happy as Kevin Rudd spruiking the latest poll results. A new course record, despite a wrong turn costing him 15 to 20 minutes, was impressive indeed. Sandra Timmer-Arends and Siri Terjesen, national representatives over 100km and 50km respectively, dead heated for the women's trophy with the enigmatic Sandra recording her fifth consecutive win.

Chris Wight and Paul Monks also recorded some swift times while Kelvin Marshall was a shade over five hours. Robert Boyce also clocked up another laudable performance in the build up to the World 24 Hour Championships in July.

Relaxing on the café deck with my fellow runners, we got to cheer Trevor Marsh across the line after he overcame a severe wrong turn in the early stages. Soon after, the early starting Peter Gray came into view for his 202nd ultra finish! Feeling somewhat famished as the day drew to a close, a feast at the Amigo Mexican restaurant in nearby Traralgon agreeably hit the spot. In fact, I haven't enjoyed a meal so much since the days when Jesus Christ played centre half back for Jerusalem.

I most likely sound like a broken record as I expound the abundant attractions of this event each year but you genuinely can't go past a visit to Walhalla. If you can't make it to the run, then call Michael Leaney at the Star Hotel [[www.starhotel.com.au](http://www.starhotel.com.au)] and book a weekend getaway.

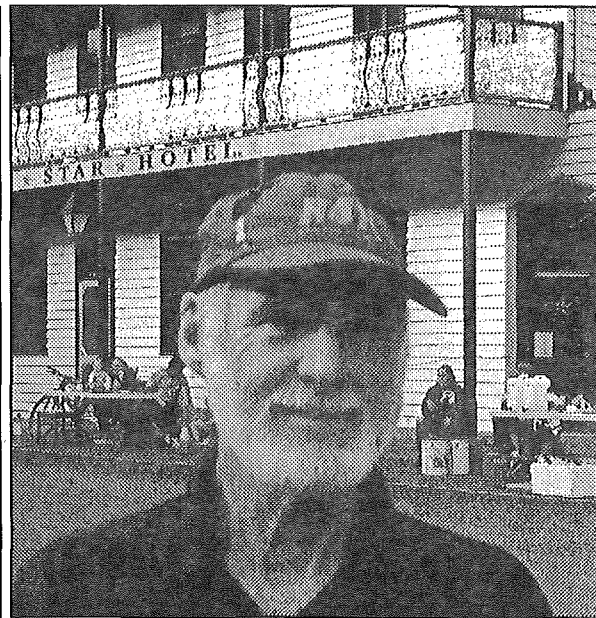
The Walhalla Wound Up trail runs are a must for all our diaries. Stay tuned at [www.traralgonharriers.org](http://www.traralgonharriers.org)



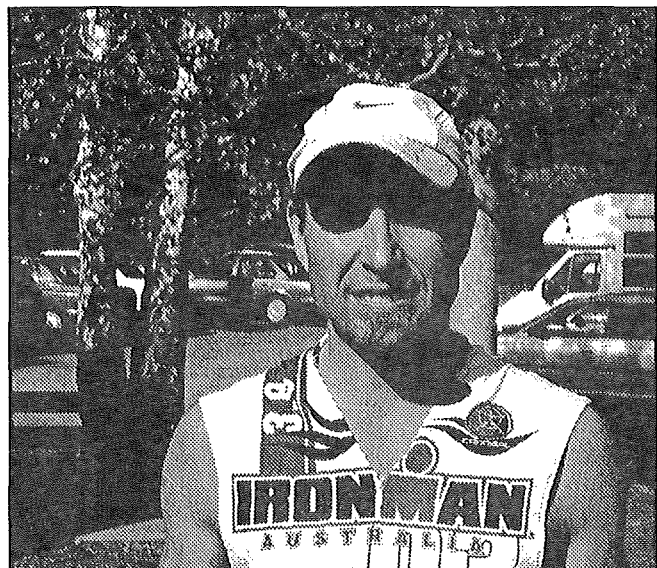


# **WALHALLA WOUND UP 50km TRAIL RACE**

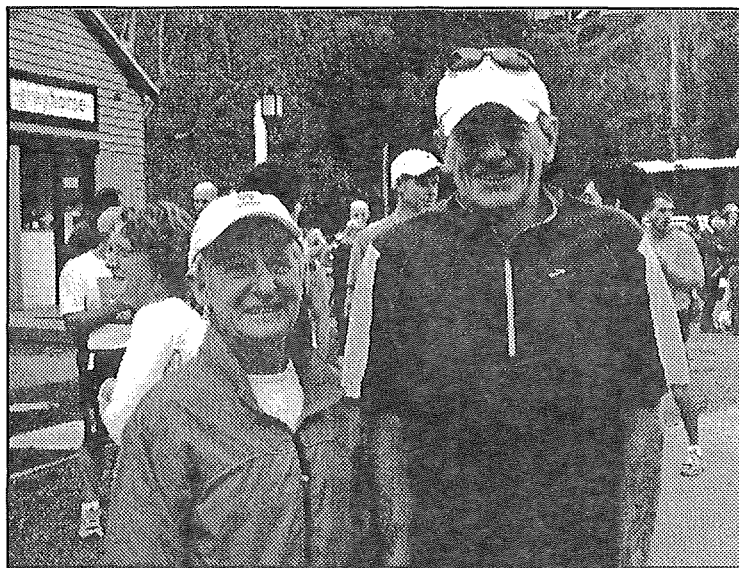
*The start line*



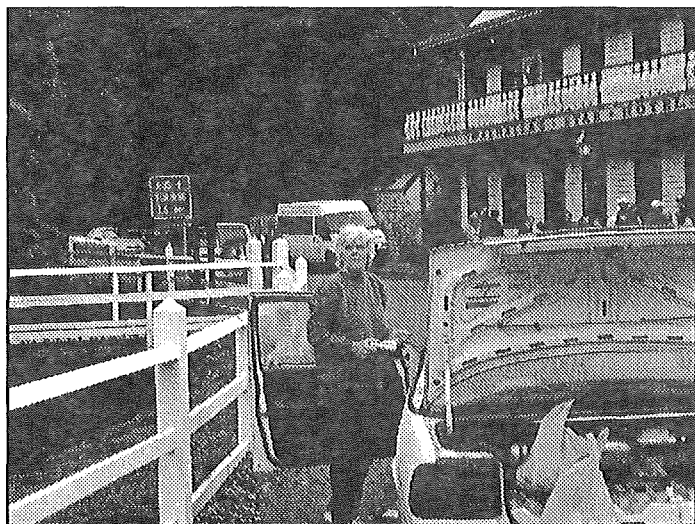
*5 time finisher Barry Higgins*



*50km winner Trout Wayth*



*A couple of legends  
Lavinia Petrie and Ron Embleton*



*Magaret Salisbury mans the  
drink station every year*



*50km trophy winners*



# Glasshouse Mountains 50 / 80 km Trail Runs

(COOK'S TOUR) QUEENSLAND 20th May 2007

	Results 50km	
1	MARK HINDER	04:39:01
2	PATRICK CONWAY	04:46:14
3	DANNY HOOLEY	04:56:51
4	CAMERON MUNRO	04:58:51
5	OLIVER HALFORD	05:16:27
6	SIRI TERJESEN (F)	05:21:29
7	ANDREW COX	05:47:44
8	ALUN DAVIES	06:05:52
9	MICHELLE HEALY (F)	06:11:14
10	GLEN HENDRY	06:21:25
11	DEBBIE WOODHEAD (F)	06:48:38
11	ROBYN MEADOWS (F)	06:48:38
13	ROBERT CROSATO	06:58:35
13	GRAHAM BLISS	06:58:35
15	DON BLAIR	07:14:38
16	KERRIE HALL (F)	09:08:48
17	NAOMI CAREY (F)	09:25:31
17	STEVE GWYNNE	09:25:31
19	ADRIENNE WOODS (F)	09:25:32
19	DON ADAMS	09:25:32
21	JOHANNA FIELD (F)	09:53:25
22	LYNN DAVIES (F)	09:53:26
22	NICOLE JEAVONS (F)	09:53:26
24	ASHLEY PORTER (F)	09:59:52
25	PAUL EVANS	09:59:56
26	TIM STROHFELDT	09:59:57
27	GERARD MAGUIRE	10:27:03
27	STUART SYMES	10:27:03
	Results 80km	
1	NIC MALONEY	07:24:57
2	ADAM BARRON	07:44:43
3	ANDREW JOHNSON	08:10:54
4	MARTIN SCHOT	08:35:51
5	ROGER GUARD	08:47:42
6	ROB WARE	08:59:01
7	RACHEL WAUGH	09:00:26
8	TAMYKA BELL	09:08:52
9	ANDREW HEWAT	09:08:53
10	PETER MCHANNIGAN	09:27:24
11	TAMSIN BARNES	09:36:40
12	RODNEY LADYMAN	09:50:15
13	RON SCHWEBEL	09:52:24
14	STEVE APPLEBY	09:56:03
15	PETER GARDINER	09:59:18
16	DAVID MCKINNON	11:22:14



*Tamsin Barnes*



*Michelle Healy*



*Siri Terjesen*



*Andrew Hewat*



*Rob Ware*



*Mark Hinder*

**traoq**

TRAIL RUNNING  
ASSOCIATION OF  
QUEENSLAND



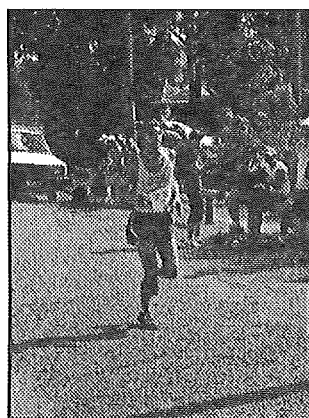




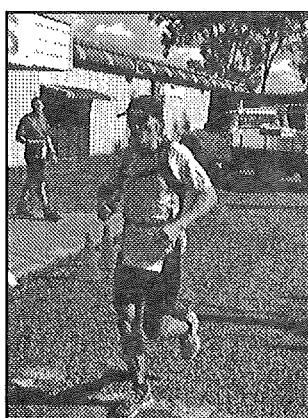
# Tamborine Trek 62km [QLD]

26<sup>th</sup> May 2007

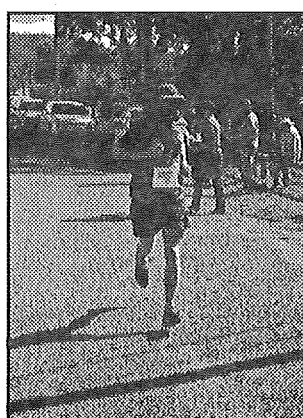
Place	Last name	First name	Leg 1	Leg 2	Leg 3	Total Time
1	Marshall	Kelvin	1:50:08	1:57:04	1:54:37	5:41:49
2	Page	Michael	1:37:01	1:59:19	2:12:21	5:48:41
3	Thomas	Peter	1:47:37	2:05:23	2:01:07	6:04:07
4	Phillips	Lindsay	1:43:17	2:21:31	2:34:47	6:39:35
5	McKay	Keith	1:54:37	2:14:50	2:35:16	6:44:43
6	Bell	Tamyka	2:13:10	2:52:54	2:42:52	7:48:56
=7	Davies	Peter	2:11:55	2:58:50	3:12:20	8:23:05
=7	Ewing	Paul	2:11:52	2:58:53	3:12:20	8:23:05
9	Colquhoun	Col	2:14:44	3:10:18	3:12:54	8:37:56



*Kelvin Marshall*



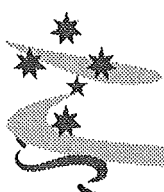
*Michael Page*



*Peter Thomas*



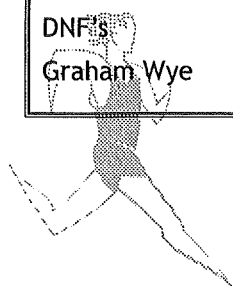
*Tamyka Bell*



# Poor Man's Comrades 96km Fat Ass Run

Gosford to the Sydney Opera House - 16 June 2007 Comrades Marathon 89km

Name	Result	Name	Result (DNF's continued)
1. Michael Lovric	9:32	John Ellis	(80km in 9:20)
2. Kevin Heaton	9:49	Chris Graham	(65km in 7:40)
3. Matt Tumminello	10:50	Peter Thomas	(65km in 6:50)
4. Innes Smith	11:19	Dave Cannings	(57km in 6:00)
		Noel Annett	(48km in 4:50)
		Grant Campbell	(48km)
DNF's			
Graham Wye	(93.7km in 11:40)		



# Bananacoast Ultramarathon Coffs Harbour

NSW 27th May 2007

## Results

83km [Coffs Harbour to Grafton]

1. Mark Parsonson 8:54:08
2. Geoff Last 9:16:20
3. Geoff Hain 11:03:10

58km [Coffs Harbour to Lanitza]

1. Cameron Bartram 5:26:05
2. Geoff Williams 7:06:31

## Report by Steel Beveridge

Five runners gathered in the pre-dawn gloom outside the Coffs Harbour Hotel for the start of this year's edition of the Bananacoast Ultramarathons. Three were to complete the 83 kms journey to Grafton while the other two called a halt after 58 kms at Lanitza.

It proved a 'hard day at the office' for most of the field despite quite friendly weather conditions throughout. The youngster in the field, twenty seven year old Cam-

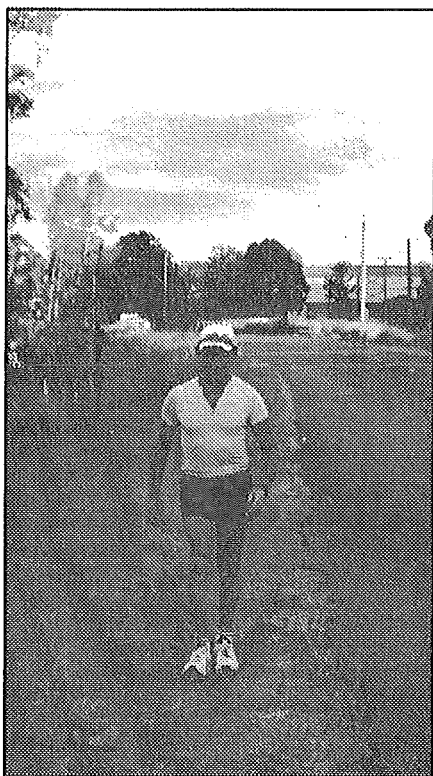
eron Bartram, seemed to make light work of his first Ultra as he cruised to Lanitza in 5.26.05 after a sensibly conservative start which saw him keeping close company with Geoff Williams and Geoff Last. He had completed the Australian Ironman Triathlon earlier in the year and saw the Coffs to Lanitza event as another outlet for the fitness gained preparing for that challenge.

The winner of the 'full' distance was Caboolture Road Running Club's Mark Parsonson which gave him two on the trot after claiming victory in the Grafton to Coffs edition last year. However as comfortable as last year's win looked this year proved a very different story. Setting a pace which saw him lead from the start Parsonson charged through Nana Glen in 2.07.00 and Glenreagh in right on 3 hours before

fatigue slowed his progress dramatically. In contrast to his early pace it took him nearly six hours to cover the 45 kms from Glenreagh to the Crown Hotel in Grafton. His perseverance was rewarded with the win while a more circumspect approach by former winner Geoff Last saw him finish as runner-up feeling much healthier than the winner.

Third spot in the 83 kms went to prolific Centurion Walker (100 miles in 24 hours) Geoff Hain who did a bit of running early on to set him up for his fourteenth finish in the Bananacoast event.

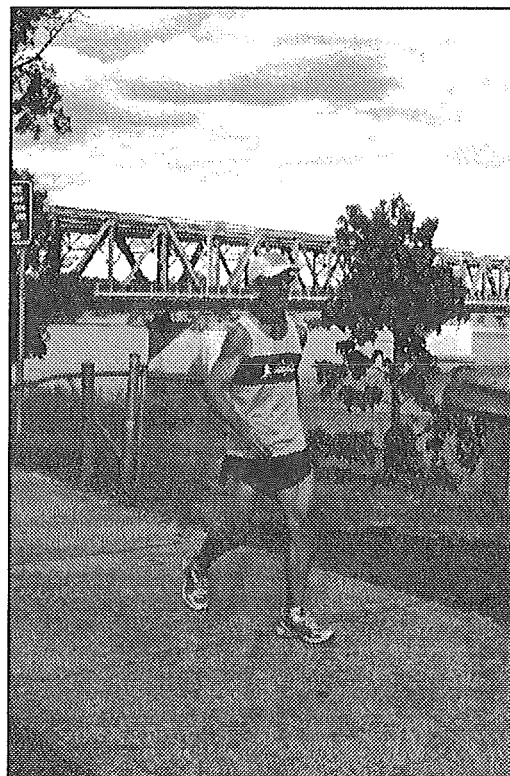
The runner-up position in the 58 kms went to Parsonson's clubmate Geoff Williams who had to nurse tired legs from 30 kms to the finish after a very busy weekend in the Warwick Pentath-run seven days prior.



*Geoff Hain in South Grafton, less than 5kms to go for his 14th finish*



*Geoff Last finishes in Grafton*



*Mark Parsonson with the Clarence river in the background - on the home stretch for his 2nd win*

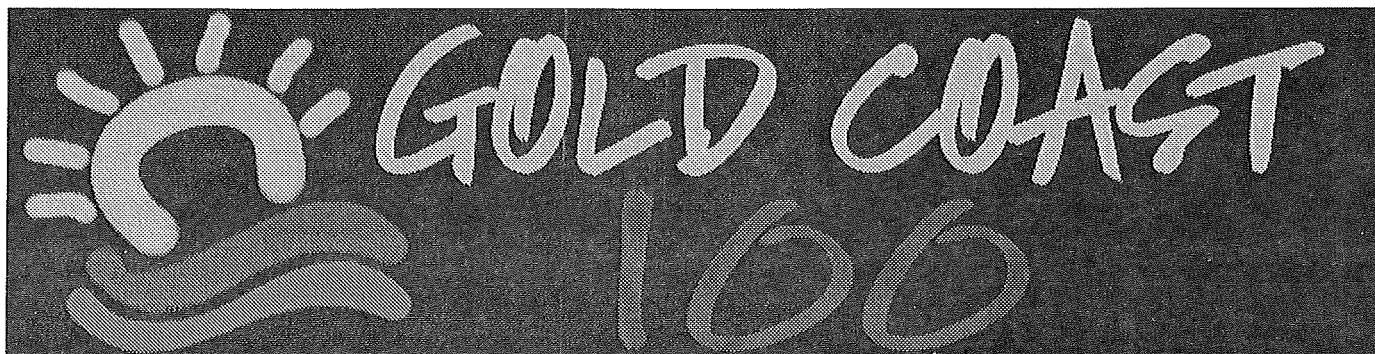
# Gold Coast 100 Super Marathon

Results - 10 June 2007

100 km solo (incorporating Australian championships)							
Place	First name	Last name	Gender	Age	State	50km	100km
1	Tim	Cochrane	M	26	Vic	3:31:48	8:25:58
2	Dean	Cook	M	33	NSW	3:43:51	8:38:04
2	Mick	Francis	M	48	WA	3:51:30	8:55:42
4	Thomas	Gilanyi	M	40	NSW	3:56:23	9:08:48
5	Scott	Orchard	M	34	Vic	4:05:43	9:17:45
6	John	Nuttall	M	55	Qld	3:58:28	9:19:15
7	Andrew	Pirola-Merlo	M	32	Vic	4:15:05	9:38:42
8	Deanne	Nobbs	F	39	Vic	4:22:03	9:55:39
9	Kelvin	Marshall	M	43	Vic	3:51:28	10:04:31
10	Bruce	Renwick	M	59	NSW	4:08:38	10:05:03
11	Dave	Sutherland	M	42	NZ	4:59:28	10:09:02
12	Zavier	Bent	M	28	Qld	4:05:18	10:16:45
13	Roger	Guard	M	60	Qld	4:36:34	10:34:24
14	Geoff	Last	M	56	Qld	5:04:02	10:58:51
15	Lindsay	Phillips	M		Qld	4:31:07	11:15:53
16	Peter	Gardiner	M		Qld	5:10:38	11:35:50
17	Malcolm	Gamble	M	39	Vic	4:59:26	11:51:20
18	Bruce	Webber	M	45	Qld	4:51:27	12:14:46
19	Paul	Monks	M			5:57:36	12:40:52
20	Erin	Kreiss	F	28	NSW	5:56:46	13:38:23
21	Stuart	Price	M	31	NSW	5:56:45	13:38:23
22	Dusan	Hora	M	62	NSW	6:12:07	14:10:41
23	Tina	Fiegel	F	58	Qld	7:55:18	20:25:10
RET	Mark	Hutchinson	M		Qld	3:17:56	DNC
RET	Rick	Cooke	M		Vic	4:04:17	DNC
RET	Richard	McCormick	M		Vic	5:15:02	DNC
RET	Garry	Wise	M		NT	5:33:04	DNC
RET	Paul	Monks	M			5:57:36	DNC
RET	Monika	Mohr	F		NSW	6:10:15	DNC
RET	Andrew	Mitchell	M		Qld	7:44:07	DNC
RET	Adam	Paenga	M		Qld	7:44:07	DNC
RET	Mal	Cole	M		Qld	8:23:09	DNC
RET	Seb	Mitaros	M		Qld	8:23:19	DNC
RET	Jamie	Whitworth	M		Qld	8:23:19	DNC
RET	Jai	Payten	M		Qld	9:33:03	DNC
RET	Vicki	Fielder	F		Qld	9:34:09	DNC

DNC = did not continue





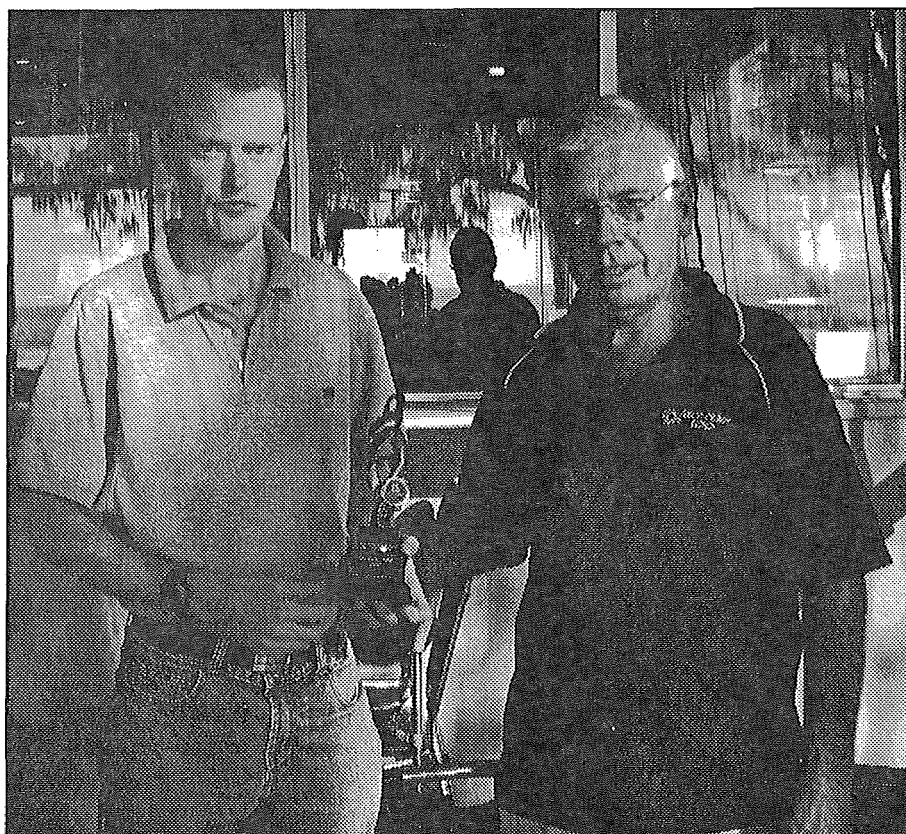
## Report by Ian Cornelius

After four years at the Runaway Bay venue it became obvious that a move to the scenic beachfront was necessary if we are to build numbers in this event. The old course was good in as much as it was flat, runners personal requirements were accessible on each 6.25 km lap and providing and manning three aid stations only was a fairly simple matter. However it was also boring and uninteresting.

The Kurrawa to Duranbah course has such a wow factor that it appeared a very attractive option. We had adjusted the course last December to a measured 50km so it was simply a matter of using the same course times two. The three problems were (1) to gain Police approval (it would have been next to impossible had we been starting afresh), (2) to set out the course on the morning of the event and (3) to provide and man many more aid stations, bearing in mind that many regular volunteers from the Gold Coast were going to be away for the long weekend

The Police permit was eventually forthcoming a few days before the event. The first hurdle had been successfully overcome.

I reasoned that if I started at 3:00 am or so that I could set out the northern end of the course, setting up the southern end after the race started. If I used lots of red witches hats, this would overcome the need to have marshals to point runners in the right direction. I borrowed 150 witches hats from the Gold Coast City Council. These worked reasonably well although when I attempted to recover them after the event,



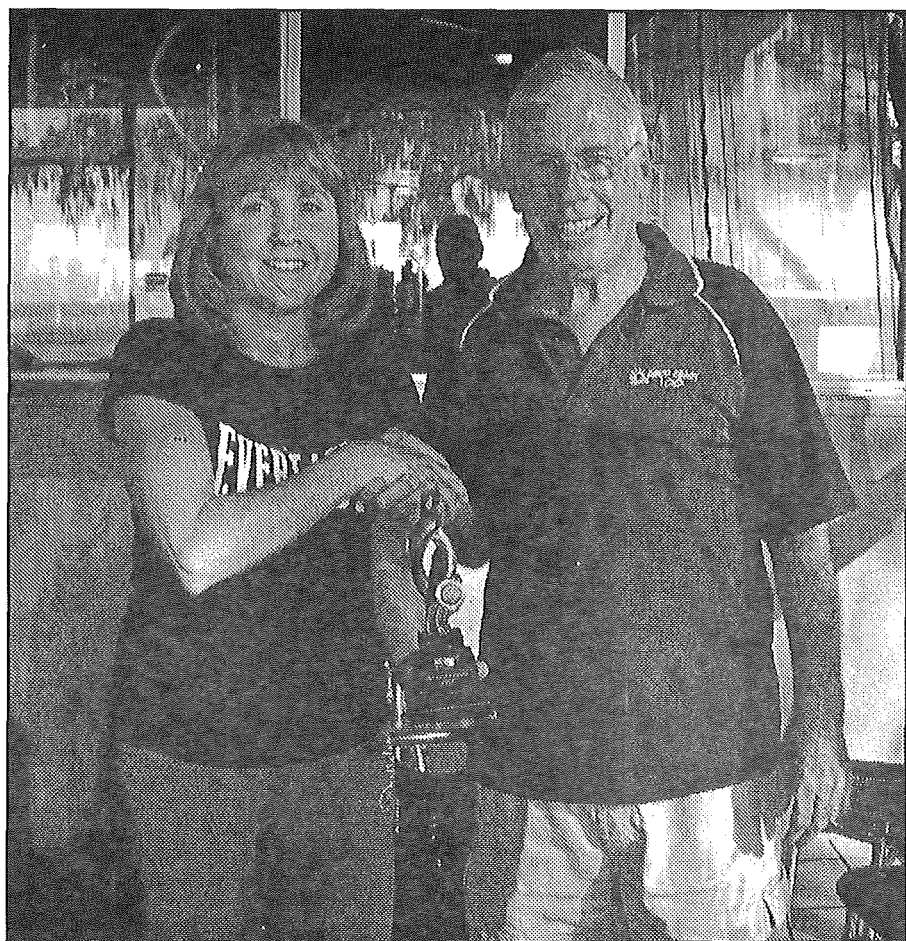
*Tim Cochrane receives the winner's award from Ian Cornelius*

I found, to my dismay, that about 20 of them had disappeared.

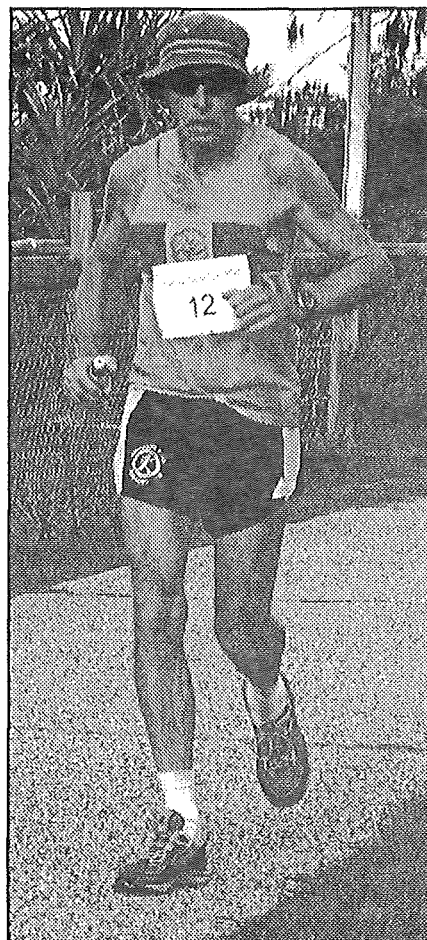
The race got under way a few minutes after 6:00 a.m. and then I realised, to my absolute horror, that many of the runners had left their bags and personal belongings in the area of the race start. Being seriously shorthanded, there was no one available to look after the gear so I had to pack it in the already heavily laden rented vehicle. This, of course, delayed my departure which meant that I had a constant battle to set up the southern end of the course before the lead runners passed through. As it happened, Mark Hutchinson beat me to the turnaround but he already knew the course anyway so it didn't prove fatal.

To overcome the lack of volunteers, I decided to use water pre packed in sachets as is used at the Canberra marathon/50km. This would partially avoid the need for volunteers to fill cups and keep up the supply for the duration of the event. I planned to simply put the opened cartons on unmanned tables and let the runners help themselves. I had bought several card tables and planned to have three unmanned stations with water only. The other five manned stations would carry food, sports drink and water. The only major problem in this area was that the table with water at the 3.5km mark, outside the Nobby's Beach surf club disappeared very early on and had to be replaced. When I picked up the remaining tables at 7:00 pm or

*"Notwithstanding the minor problems, it was a great day. The weather was kind, there were some great performances and we had a good turnout for the event"*



*Deanne Nobbs receives the winning female award*



*Roger Guard*

so, another table had been moved, seemingly also for souveniring.

What I hadn't planned for was the impact of the Wintersun festival in Coolangatta. This not only provided an obstacle for runners to negotiate but the traffic was such that getting cars in and out of the turnaround at Duranbah became a nightmare later in the day.

The course also turned out to be a problem for many crews who had failed to do their homework to familiarise themselves with the area. Some of them couldn't find their runners for prolonged periods and one even turned up without a car or bike (?).

Notwithstanding the minor problems, it was a great day. The weather was kind, there were some great performances and we had a good

turnout for the event especially considering that there were 30 or more prospective runners who had elected to do the Western States 100 or Comrades.

Next year, the course will probably be changed to 12.5 km out and 12.5 km back times four. This will permit the inclusion of 25km and 50km options, make setting out far easier, reduce the numbers of volunteers required, eliminate the problem of congestion caused by the Wintersun festival and make it easier for navigation by runners and crew.

Sincere thanks to those volunteers who gave up 12 hours or so of their day, especially Western States entrants Tamyka Bell and Nic Moloney who traveled from Brisbane and Maroochydhore.



*John Nuttall*

# AURA HALL OF FAME

## *Bryan Smith*

*Australia has produced many great long distance runners in the past and continues to do so. AURA is justifiably proud of their achievements and wishes to perpetuate the memory and feats of these athletes by inducting them into the AURA Hall of Fame.*

### **"The Gentleman of the Turf" 1943-2001**

*Compiled by AURA Historian, Phil Essam*

In a sixteen year ultra-running career, Bryan Smith established himself as the best Australian born ultra runner of the twentieth century. His personal bests ranged from 8 hours and 5 minutes for 100kms, 254kms for 24hrs and 1002kms for six days. He also ran in four Westfield Races finishing with two fourths, a second and a first, which many regard as his finest triumph.

Bryan was a Telecom and Telstra linesman for most of his working life, whose work involved traveling much of Victoria and south-eastern Australia, often for weeks at a time on assignment. It was in the seventies when Bryan decided that he had had enough of the night time socializing at the local hotels with the rest of his workmates and he started to occupy his nights away from home with running. His wife, Janet, told me that this soon progressed into running in Fun Runs and then the Big M Melbourne Marathon between 1978 and 1980.

Good friend and Hall of Fame inductee, George Perdon, commented many years later that it was a shame that Bryan didn't get into ultrarunning much sooner as he would have achieved a lot more in the sport. This is probably true because Bryan didn't run his first ultra event until the mid-80's when he competed at the Ballarat 50 mile CHASE carnival. He certainly caught up for his late start though by running close to seventy ultras over the next fifteen years.

This list of ultra races includes:

- 6 x 50km races
- 1 x Mansfield to Buller Race
- 11 x 100km races
- 17 x 24hr races
- 5 x 12hr races
- 7 x 48hr races
- 4 x Colac six day races
- 4 x Westfield races
- 3 x WA road races
- 1 x Six Day stage race
- 1 x 1,000 mile race
- 1 x Spartathlon

There are five races that defined Bryan Smith's athletic achievements in the sport and elevated him to being one of the best Ultrarunners ever seen in this country. These were the Colac Six Day race in 1989, the one-off International 24hr race at Melbourne's Olympic Park in 1989 when he ran 254kms, the 1,000 mile race at Nanago in 1998, the 1994 Perth to Albany road race and the 1991 Westfield Sydney to Melbourne which he won.

The Colac six race in 1989 is recorded as being run in terrible conditions with the track being reduced to a muddy quagmire for the latter stages of the race, but it was also a race which saw one of the greatest multi-day performances of all time. Bryan ran a total of 1,002 kms and was the third person in history to better the 1000km mark on a track in six days. On his way to completing this great feat he broke thirteen other track records in Australia.

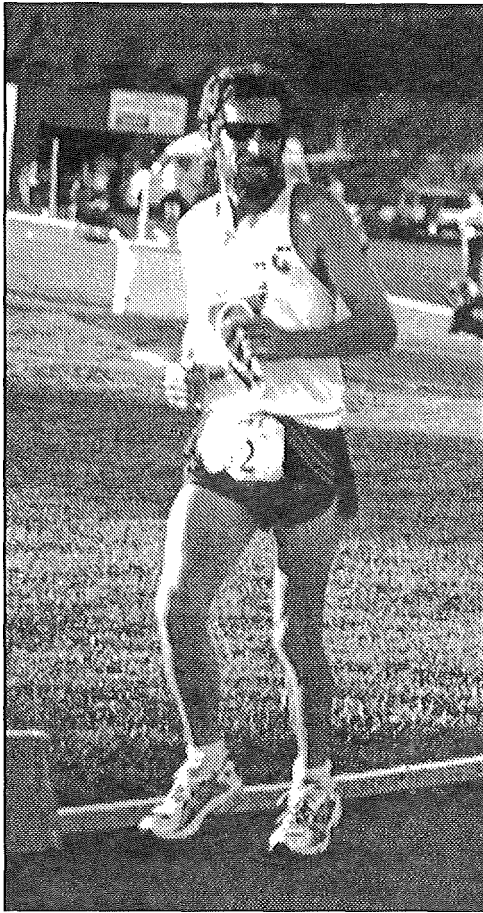
Some of these records have only been beaten since by Greek-Australian runner, Yiannis Kouros.

Bryan's best 24hr distance was in 1989 when he ran 254kms at Olympic Park. This was done in a field of world class runners and helped stamp his class amongst other ultra runners around the world. Bryan also represented Australia in an international 24hr challenge at Milton Keynes (UK) one year and ran over 250k. The course was indoors on a hard marble floor and definitely not



*A picture of concentration*





*Bryan Smith on route to victory in the 2000 Coburg 24 hour*

conducive to good running. Bryan ran over 200km numerous times and would count the 200-210km efforts as being a bad day out. Bryan also won the Victorian 24hr Track championship on three occasions in 1990, 1991 and 2000 (which was his last twenty four hour event). The distances run were 249.881km, 250.729km and 200.703km respectively.

Bryan also entered the record books in 1998 at Nanango when he rewrote the Australian 1,000 mile record with a marvelous performance of 11 days and 23 hours. This was also a new Commonwealth and Australasian record. Nanango was well known for its hot oppressive conditions and 1998 was no exception with temperatures varying between 33 and 38 degrees every day. It seemed to be a trait of Bryan's career that he recorded his best results when the conditions were not exactly favourable! Nanango in 1998 was a remarkable event with Petras Silkinus from Lithuania winning and creating a new world record along with Eleanor Robinson creating a new women's world record.

Bryan continued to write himself into the record books in 1994 when he took part in the Perth to Albany 410km road race and broke eight existing unofficial Australian records on route. These included marks at 300km, 400km, 150 miles, 200 miles. 24hrs, 36hrs, 48hrs and 3 days. An incredible performance indeed.

Perhaps Bryan's greatest triumph was in 1991 when he ran and won the Westfield Sydney to Melbourne Ultramarathon. It was to be the last year that the race was run and some say that the non-appearance of Kouros devalued his win. The truth is that Bryan still won the race in a world class time of Six Days, 12 hours, 50 minutes and 50 seconds. He won the race starting 24 hours behind the rest of the field and collected \$60,000 for his efforts. This was made up of \$30,000 for fastest time and another \$30,000 for being first across the line.

The 1991 race definitely had the toughest climatic conditions experienced during the Westfield history along with one of the toughest courses winding its way through some of the snowfields of inland New South Wales and Victoria. Many of the runners were forced out due to the cold and sheer ferocity of the mountains that they were running up. The run wasn't easy for Bryan as he only grabbed the lead on the last day when he was able to reel in good friend, NSW runner, Tony Collins and claim the first prize.

Dr Joe Graiche, who assisted with providing medical advice and assistance for the Westfield for a number of years, believed Bryan was "genetically superior" to the opposition and described him well when he said "His physical stature, his running technique and his running efficiency are well above anything I have ever seen". I believe that Bryan's penchant for hard work and his ability to not let anything faze him, also contributed to his success.

It was ten years later in 2001, when Bryan entered the Bernie Farmer/Jessie Riley Trans Australia Footrace. It was put on as an event to

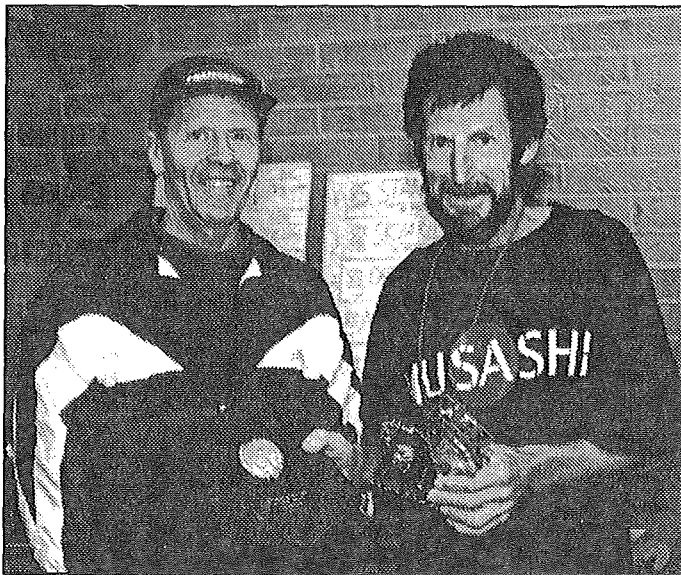
help promote Australia's Federation celebrations and was promised by the organizers that it would bring ultrarunning to the mainstream media and revive the golden "Westfield era". Tragedy hit the race on the second day of February when Bryan died from a suspected brain aneurism just 2.5kms into the morning stage.

It was at 6.20am. He complained of feeling dizzy and then fell to the ground. Fellow runners, Bobby Brown and Paul Every, were twenty metres behind Bryan when he fell and they tried to revive him to no avail. Australia's greatest ultrarunner was deceased aged fifty seven. Bryan's wife, Janet, was there crewing for him at the time. One could reflect in hindsight that Bryan left us doing what he loved best, running on the open road!

Bryan's death certainly brought the ultrarunning community together. Runners from all over Australia flew into Melbourne to attend his funeral at Melton. Most of us still remember what we were doing when news of his death was received. Tony Rafferty had to stop working on his assignment when he was phoned by Shaun Scanlon. Godfrey Pollard from Geelong cancelled his golf appointment. Myself, I had to take the rest of the day off when John Timms phoned me at work. I was in a state of shock, but as the AURA Secretary of the time there was a mountain of phone calls to field.

Tony Collins read the eulogy at Bryan's funeral in Melton in 2001, to which there was not a dry eye in the house. One sentence in Tony's eulogy described him perfectly, "A quiet achiever and a great ambassador to the sport". This summed up Bryan tremendously. In researching and writing the Westfield Book, I prepared a list of the twenty best Westfield runners to add as a chapter at the end. I rated Bryan number two on this list after Yiannis Kouros. This rating was backed up by Tony Rafferty and Ron Grant on different occasions.

Bryan also gave back to the sport that he loved by crewing and mas-saging for different runners at races. He crewed for Tony Collins on a



*Tony Rafferty presents Bryan with the winners trophy for the 2000 Coburg 24 hour event*

couple of occasions during the Sydney to Melbourne and return races, to which Tony described Bryan as a "talented masseur and an excellent crew manager, with a good head for tactics and strategy". I know that Bryan was always willing to lend an ear to any ultra runner that wanted to run something past him and get his advice. He also had a penchant for remembering people's names, even this writer's young daughter. At Colac one year, not having seen her for three years, he remembered her and spent a couple of minutes engaging her in conversation, the mark of a true gentleman.

Whilst researching the Westfield book, Bryan sent me a very comprehensive letter which said in part.

"I was lucky enough to have been able to enter four Westfields before they finished and to have finished all four. I have a lot of good memories, I had some good friends who loved to come and crew and support me. We have also made some great friends in Australia and Overseas through running. Ultrarunners are very nice people and it was terrific being involved in that particular time of ultra running".

This was the spirit of Bryan that led AURA and the Colac Six-Day race naming awards in his honour after his passing. These awards are for contribution to the sport and "fair-play, goodwill and sportsmanship". Both are very apt in remembering Bryan and his contribution to

the ultra world. The awards have seen some well deserved winners over the past five years.

I for one, feel privileged to have known and met Bryan on many occasions. It's been an honour to write this short piece which acts as a brief snapshot of his life and his running career. He is definitely a worthy inductee into the AURA

"Hall of Fame". As I have said with previous inductees, there is much more information about Bryan that could fill and make for a very interesting book, but that's not the purpose of this article.

I know that he'll be up in heaven running around the track, listening to Pink Floyd and Chris Rea and making George Perdon, Cliff Young, Nigel Aylott and other friends work hard for their miles.

#### **Bryan's Personal Best's**

Marathon:	2h 47m
100km:	8h 5m
24hrs:	254km
48hrs:	382kms
Six Days:	1,002km
1,000 miles:	11 Days 23h

Four Westfield Sydney to Melbourne races for two fourths, a second and a first to his credit.

#### **Acknowledgements and References**

*Personal recollections from Bryan's widow, Janet  
Memories from the Author  
Various Ultramags and Westfield reference material  
Bryan Smith Memorial Supplement in AURA Ultramag*

#### **The previous inductees into the AURA Hall of Fame are**

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

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

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

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

George Perdon - one-time holder of numerous World records for distances ranging from 24 hours to 1,000 miles and years ahead of his time - featured in the September 2005 issue of Ultramag.

Tony Rafferty - famous for his widely publicized long distance exploits, his duels with George Perdon and his running of Death Valley in summer. One-time world record holder of 1,000 miles track. Featured in the December 2005 issue of Ultramag.

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

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.

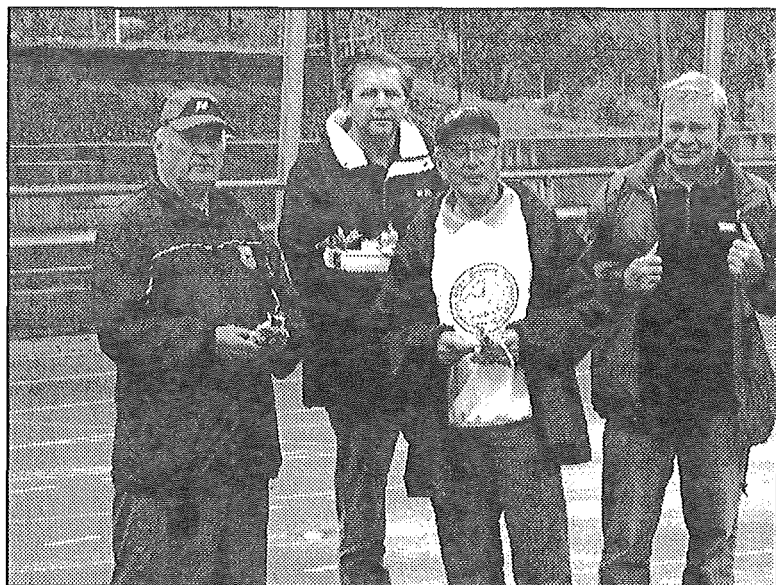
Helen Stanger - In a 12 year career from 1988 to 1999, Helen rose to the top of the tree over a variety of distances from 50km to Six days including the 1991 Westfield Sydney to Melbourne race. Nothing, however, was to compare to her extraordinary success when she decided to specialize in the 24 hour event. A new Australian and Australasian record seemed almost assured each time she stepped onto the track as she continually bettered her previous runs. Undoubtedly, Helen's 24 hour performance of 229.080km in 1998 was her career highlight

stamping her into a class of her own in Australia and amongst the highest echelons of the World's elite.

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

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

## More Coburg 24 hr photos



*Above left: The traditional handing out of sandbags in the final minutes*

*Left: The tiring last few minutes*

*Above right: Trevor Marsh*





# Lizzy Hawker: Britain's World 100km Champion

Hawker Hits The Ground Running But Is Aiming For A Higher Goal

- By David Powell of the British Print Media. April 2007

Being the world's best marathon runner can make you a millionaire, as Paula Radcliffe well knows. Being the world champion of the next title distance up and a rented one bedroom flat can stretch the budget. Two hours in the company of Lizzy Hawker and you get the feeling that she likes it that way.

Perhaps not the economics of her situation, but the freedom of anonymity, certainly.

Hawker is one of only two British senior world champions in athletics at present and, with Radcliffe absent after giving birth to her first child, the only one participating in the Flora London Marathon tomorrow. Yet the full glare of such a high profile event is far removed from Hawker's preferred environment. She is a mountain girl at heart and an oceanographer by profession.

The tenancy agreement on Hawker's flat in Chester prevents her from hanging pictures on the walls. In the one place she is allowed to, on a door, she has suspended a photograph of the Matterhorn. "It is iconic for me, it's the first big mountain I climbed", she said. "It is driving me crazy not having pictures of mountains around me".

Down at street level, Hawker is the World 100 Kilometre champion - two marathons and keep going for another 10 miles - winning gold in Misari, South Korea, last October. Ten days later, she was onboard a ship heading for the Southern Ocean as part of a British Antarctic Survey study of the ocean ecosystem's reaction to climate change. Her luggage included a treadmill.

While road racing is important top Hawker, it isn't her only horizon. The thought of aiming for the marathon at the 2012 London Olympics had not entered her head - at least not until your correspondent mentioned it - but the record time for covering the 188 miles from Everest

base camp to Kathmandu is one of her dreams.

The bookcase in her living room is dominated by works on mountains. I pull out her copy of "Japanese Alpine Centenary" at random. "Good section on unclimbed possibilities in Tibet" she says. Working part time as a scientist at the British Oceanographic Data Centre, she is also training to become an international mountain leader, enabling her to take trekking tours.

But nothing animates Hawker so much as when she talks of the Tour Du Mont Blanc, which she won two years ago. The husband of the woman who was expected to win the 96 mile event was not pleased. "It was as if I did not have any right to be there as I did not live in the mountains", Hawker, who was born and raised in Upminster, East London, and trained on the streets of Southampton, said.

Hawker had not tried anything like the Mont Blanc event and purchased her trail shoes only a week before when a friend mentioned that specialist footwear might help. She was never a member of a club and has had a curiously unstructured climb to the summit of ultramarathon running. "It was not like I set out as a youngster thinking I wanted to be a runner", she said.

Hawker, 31, chuckles at how she came to be the 100 Kilometre World Champion, so much a journey of chance was it. Through friends she had met while mountaineering in Snowdonia, she was persuaded to enter a 40 mile track race. "It was an excuse to go away for the weekend," Hawker said. "I hadn't run on a track since doing the 800 metres at school."

Performing well enough to be noticed by the national selectors, she was soon picked to compete in South Korea. She turned it down because it clashed with the Tour

Du Mont Blanc, but felt obliged to change her mind when told a team would not be sent if she did not go. The relative novice, who lead by six minutes at one point, won by four seconds in a sprint finish.

"It had not even struck me that I would be in with a chance," Hawker said. She is not a contender to win tomorrow's London Marathon, but with a sub 2:50, she should be amongst the leading British women. She could challenge for an Olympic place, either in Beijing or London in 2012, but becoming a specialist marathon runner is not her priority.

"My first love is the mountains, but at the same time, unless you concentrate on one thing for a while you are never going to realise your potential," Hawker said. "Marathon, long distance, mountain running - it is hard to balance it all." Then, thrown into the equation, there is wanting to do ski mountaineering expeditions."

Even defending her World Title, next September, is in doubt. "The Tour Du Mont Blanc is a week or two before it so it is one or the other," Hawker said. The call of the mountains is loud and, if Radcliffe is envied by Britain's other World Champion, it is not just for her wealth and talent. Radcliffe trains in the French Pyrenees. "That would be nice," Hawker says. Beats Southampton.



# "FAT ASS" IN WESTERN AUSTRALIA

By David Kennedy

January 2005

I had just returned from New Zealand after four weeks of mountain climbing and trail running and was back in WA regretting the lack of trail races. Meanwhile, the local road running club, WA Marathon Club, had established an email message board. I threw the idea out there asking who wanted to do some longer trail runs. I racked my brain for a course we could run and settled on the 45K section of Munda Biddi now known to a small few as "Six Inch".

Somewhere along the line, AndrewC offered a link to the "fat-ass" site. Despite a rather crude title, the concept of "free running" appealed. The fact that Six Inch happened to cross the ultra line of 42.2 meant I was now an ultra runner and race director.

After our inaugural run in 2005, I looked into possibly making the race "legit", but everywhere I turned there was a new hurdle. As a poor uni student, I couldn't really take the risk of paying public liability, Conservation and Land Management approval and buying some prizes when I didn't know how many runners would turn up. However, I guess the clincher was reading about an interstate trail ultra and their problems getting approval. I guess it came down to "if you don't ask, they can't say no".

So where does fat-ass come from and where is it going? Ask around or google it (beware) and you'll get slightly different

stories on the same theme, but here is a summary:

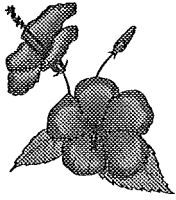
The concept started in the US where local runners would get together shortly after Christmas to run off their "fat asses" after an indulgent festive season. Funnily enough, I only heard this theory recently and I established WA's first fat-ass race more for my own convenience, to be a launching pad for my pre-season training as an Aussie Rules Boundary umpire. The Six-Inch Track 45km is traditionally the last Sunday before Christmas unless that's too close and it will move back a week. Hopefully this gives you a slimmer start heading into the Christmas revelry.

The original fat-ass theory that I heard was that it was invented by a group in the US called the marathon-a-month club. This group of ultra runners wanted to have the option of racing at least a marathon every month so where there wasn't an established race they would simply design their own low-key event. In this way, the fat-ass races would complement the established running scene. Key mainstream races behind the establishment of the Six Inch Track were obviously NSW's Six Foot Track which many of the local runners aspire to run. The other was the Glasshouse 100 Miler. The 19 entrants for this race had managed to fill almost 20 pages on the coolrunning messageboard discussing the 2005 race. We needed a race that would provoke such passion. Since the Six Inch Track, we have added two more fat-ass races

to the calendar, always trying to fit in where the WA Marathon Club has gaps. The Waterous event last year was run over 65K previewing this year's 100 Miler. Whilst a small group of hardy trail runners look to go longer, the WAMC have cancelled their 100K race and, if not for last minute lobbying of the Bunbury Runners club to hold their 12 hour event, the ultra scene in WA would have been limited to 3 races ranging from 50Km to Six Hours. When you consider that it's 3,000Km to the next closest city, filling the market breach with fat-ass is the only way to go.

In Australia, fat-ass is known by the slogan, "No Fees, No Awards, No Aid and Definitely No Wimps". However, despite the hard line agenda, most of these theories get broken. The Frankston to Portsea event in Victoria is essentially a fat-ass race but race director, Kevin Cassidy, charges \$5 which I think almost covers the chocolate and mirrors handed out as prizes to every finisher. At the Six Inch Track, we've been fortunate to be able to provide a drink refill station each year and local running icon, Graham Maier, reckons the more wimps the merrier. Looking into the future, I can only see fat-ass growing. The amount of work needed to establish a "legit" race compared to a "fat-ass event" (it is probably not legally wise to call them races if you wish to establish one) is a huge disincentive. What's more, if you choose to run a professional race the entrants merely end up paying for the public liability insurance.

*"The original fat-ass theory that I heard was that it was invented by a group in the US called the marathon-a-month club. This group of ultra runners wanted to have the option of racing at least a marathon every month so where there wasn't an established race they would simply design their own low-key event"*



# Wanda Foley R.I.P.

By Kevin Tiller and Phil Essam



Wanda Foley passed away suddenly this morning. Her husband Mark has asked that we share this sad news with her fellow runners. Apparently she suffered a brain aneurysm during a yoga session. Mark said she was happy, healthy with no indication of any problems and they were enjoying life. Wanda was 61.

For those who don't know Wanda was a huge and passionate runner with Western Districts Joggers & Harriers. She has a trophy named after her at the Brindabella Classic race and was a completed 702km at the 1990 Westfield Sydney to Melbourne run. She still holds the over-40 female road records for 48hrs (228km) and 6 days (619km).

Wanda began running in 1984, joining Western District joggers and her ABC Radio work jogging team. She ran four Marathons between 84 and 85 ranging from 3hrs 52 minutes and 4 hrs 13 minutes. By 1987, she had run 11 marathons in places as varied as Melbourne, Sydney, Hobart, Townsville and Honolulu. A fellow ABC radio team runner, big Chris Stephenson, had talked her into running the 1986 Bathurst 50mile ultra Marathon - a race she enjoyed immensely and finished in 9hrs 15 mins. ...and in 1987 she entered the Sydney Striders 24 hour, which she finished managing 157.5km at her first attempt. In 1988 she ran three marathons, the Six Foot

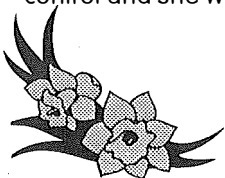
Track Trail race, three 24 hour races breaking 100 miles twice (Coburg and Campbelltown and finally entered the Campbelltown 6 Day Race. This was the first of these events and was held next to Bradbury Oval, organised by John Shaw and Dave Taylor. This was the first of these events and was held next to Bradbury Oval, organised by John Shaw and Dave Taylor. Due to the Fishers Ghost Festival, the oval was being used by a carnival so the 6 Day race was staged on the access road to the ovals and incorporated footpath and a nasty downhill section. This race has since been classified as a 'road race'. Kevin Mansell ran 161km on day one and struggled with a painful knee which he eventually overcame and finished first with 902.5km Wanda was seventh, first lady, with 619km. In the 1989 6 day race at Campbelltown, Wanda was armed with more knowledge and determination. She finished forth behind Dave Taylor, Pat Farmer and Ralph Bristow with 659.5km and was first female beating Georgina McConnell, Val Warren and Lucille Gladwell.

So Wanda was primed and ready for her 1990 Sydney to Melbourne attempt. Her good friend, Keith O'Connell, was Crew Manager. One of Wanda's weekly training runs was an overnight effort starting at the Ampol Crossroads at Liverpool. Many of the crew would take turns running with Wanda as we headed through Liverpool, down Woodville Road to Parramatta, into the City via Parramatta Road and back to Ampol Crossroads via Canterbury Road. These overnights became very popular and were usually held Friday night, and many of us would then head to western Districts for the Saturday morning run afterwards. Others to run with us included Dave Taylor, Bob Fickel, Shaun Scanlon and Keith O'Connell - all Westfield competitors. When Wanda Foley looked liked pulling out after two days of the race, Cliff was to reassure her with a few kind words. "The conditions are terrible this year. There was rain and hailstones and all sorts of things. I really felt for them last night when I curled up in my nice warm bed." Said Cliff whilst talking about his new found job on the race. Wanda Foley ended up pulling out of the race at the 702km. It was a truly remarkable effort.

## **This is her race story:**

Right from the start, the weather turned nasty with consistent rain right through the first day. Wanda covered 147km on day one, and had minor stomach problems. On day two she reached Canberra and finished the day with 127km. From here the weather got worse. Rain now turned to sleet as we headed for the high country. Approaching Cooma, the air temperature was -5 Celsius but the wind chill factor was much colder. Wanda began to be blown off the road by the fierce cross winds and we had a crew member on the side of the road to catch her and prevent her falling each time this happened. This continued for hours until we reached Cooma, and by now we were having trouble keeping Wanda's energy levels up. She was wearing: long tights, long sleeved silk shirt, long sleeved T-shirt, sloppy joe, silk balaclava, gloves, beanie and a gore tex running suit - and still felt the cold. Some of the road sections between Bombala and Cann River had black ice which was an added hazard for runners and crew. By now Wanda had developed shin splints as a result of the long sections of walking (unexpectedly) - these shin splints were obviously

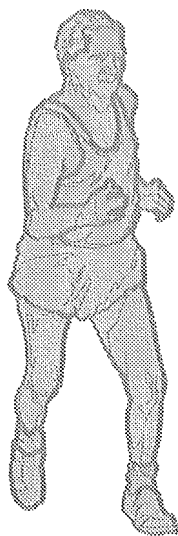
painful, swelling like tennis balls on the front of Wanda's shins. We iced these regularly, including making Wanda sit with her legs in an esky of ice during her rest breaks in the van, a particularly cruel thing to do given the severe cold weather but it was necessary and it relieved the swelling enough to be able to then strap the shins. We kept this up and actually began to get the injury under control as we did with the blisters and swollen toe problems. Unfortunately this stress was having an effect on Wanda's stomach and she became regularly ill. No amount of re-hydration or food was enough to get this under control and she was reduced to mainly walking, eventually leading to the race doctor convincing her to withdraw from the race, citing exhaustion, south of Lakes Entrance, completing 702km.





# Australian Ultramarathons - 1860 to 1900

By Phil Essam - May 2007



In the second half of the 1800's, Australia was starting to develop as a nation. The gold rush was in full swing, the population was growing and Australia was sprinting towards nationhood! Being a land of sunshine, it was only natural that its people gravitated towards outdoor sports. These sports included horse racing, foot-

ball, cricket, cycling, pedestrianism (athletics) and boxing to name a few! Many of these sports originated in England and Australia was the ideal location. If the population weren't taking part in these new found pursuits, they were watching and betting on them! Australia became a nation of gamblers from an early age!

Pedestrianism was one of the popular sports from the later half of the 1800's. It covered running and walking events from sprinting through to six day races and above. Betting was the order of the day at all pedestrian events which are recorded as being held in Adelaide, Geelong, Melbourne, Sydney and various NSW country centres. History records the ultra events in that period varying in distance from 30 miles to 1,000 miles. Not much has changed in one hundred and forty plus years.

Perusing the results that we are lucky to have available to us, there are several names that keep coming up. These names include William Edwards, Clifford, W Baker, J Assenheim, J C Williams and Raynor.

There also appeared to be a thriving group of female ultra pedestrians during this period. These ladies weren't able to compete on the same track as the men but some of their performances were quite impressive. Some of the names recorded in the history books include Miss Phillips, Mrs Wallace and Miss Goodwin. They were even fortunate to have female competitors from France come out one year and compete against the local girls. For the record, it appears as though a French girl won the race.

Perhaps the best known of the male ultra pedestrians of the time was William Edwards. He competed all over Australia over all distances and was rarely out of the placings. Some of his performances include 111 miles in 24hrs at Bathurst in 1878, 432 miles in six days in Melbourne in 1882, a six day win in 1883 in Sydney, a win and two seconds in three different events in New Zealand in 1883, another 100 mile victory in NZ in 1877 but lost to a fourteen year old by the name of Scott over three smaller ultra distances, a 100 mile effort in 24hrs in 1878 in Sydney ( this was done on a 74 yard indoor course), a second place in a six day race in Sydney in 1881, a 24hr attempt at the MCG in 1878 and possibly his last race was another six day race in Melbourne in 1886. Edwards was possibly the only ultra athlete that has completed an ultra performance at the Melbourne Cricket Ground. This was in 1878 when he completed a hundred miles in under 24hrs to a small but appreciative crowd.

When you consider that these are only the races that we know about, William Edwards was quite a prolific performer and deserves his place in Australian ultra folklore. It appears as though Edwards may have been

one of the first professionals at the sport as there is reference to him picking up several small purses for his victories in Australia and New Zealand.

The second very competitive ultra performer from the late 1800's was Clifford. There aren't as many results known about him, but he had some good performances which included 120 miles in 24hrs at Adelaide in 1881 and 500 miles in a six day race at Geelong in 1882. It is a pity that not more is known about these two performances as they were both the best known marks for those distances in that era! It would also be nice to know for historical purposes if Clifford was to achieve other notable ultra achievements during his pedestrian days!

The third ultra performer from this era was W. Baker. He also had results that would rank him highly amongst today's top ultra competitors in today's era. He was to walk over 100 miles twice in 1880.

Recorded history pays scant reference to a few ultra races involving females during that time. They competed amongst themselves and were probably treated as more of a freak show than what the men were subject to. Even so, there were a few notable performances amongst the women. These included Miss Phillips who took part in two six day races in 1882 and completed 282 miles and 321 miles respectively. There was also a Ladies 24hr race in 1879 where the winner completed over 75 miles.

The longest ultra performance of the late 1800's has to be awarded to C Williams. He walked 1,500 miles in 1,060 hours. The scene at the track was described as " under most disadvantageous circumstances, flood-

*"History records the ultra events in that period varying in distance from 30 miles to 1,000 miles. Not much has changed in one hundred and forty plus years"*

*"under most disadvantageous circumstances, flooded out of his tent three times and walking for days on a sloppy track, 42 laps to a mile"*

ed out of his tent three times, and walking for days on a sloppy track, 42 laps to a mile. Some times taking as much as six quarts of ale per day and latterly one bottle of rum per day". 42 laps per mile! That works out at a lap of 40 metres! Interesting! One could also observe from the amount of alcohol consumed that it helped him put up with the terrible conditions for close to two months.

Researching the ultra history is an ongoing process which is continually finding new names and performances. I was fortunate the other week to read about one William Miller. He was English by birth, moved to Melbourne when he was four years old and then achieved a myriad of athletic achievements in various sports in Australia and America. He is recorded as having won a 64km

match race and walking 164km in twenty four hours. Discovering new names and performances makes the research worthwhile.

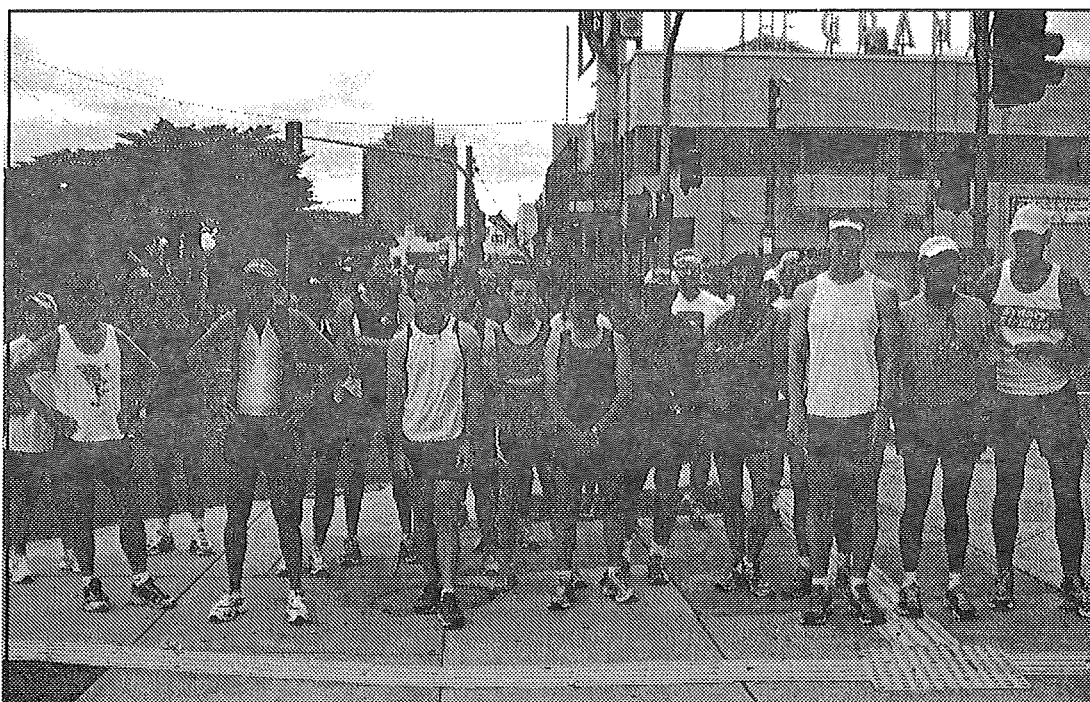
One can read more about Australian Ultra history from this period at: <http://www.planetultrarathon.com/australianultrahistory.htm>



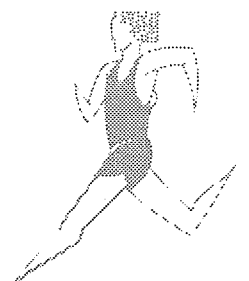
*Jackets are presented to 18 time finishers for the Six Foot track event*



*The 18 time finishers surround Max Bogenhuber with the 24 time finishers*



*Awaiting the start of the Frankston to Portsea event*



# Queensland Ultra History

## PART 3 - ULTRAS in 1989 - by Ian Javes

After the shift to West End in 1989, the University grounds were no longer available for Ultra events. I was now living in Caboolture and was a committee member for QMRRC. Ron and Dell Grant also lived in Caboolture, so I combined with them to form an Ultra Division of the QMRRC and we set up a series of Ultra events for the year. The events were:

1) 50 mile track run 2) Dusk to Dawn (12 hr) Road Run 3) 100 km Run (1km Track) 4) 24/48 hr Track Run 5) 50 Mile and 8 hr Road Run 6) Rainbow Beach Trail Run.

Personally I managed to fit in a trip to New York in September to compete in the Sri Chinmoy 1300 Mile Road Run at Corona Pk near Flushing Meadow Tennis Centre. The following are reports written on the events by myself or Dell and Ron Grant.

### 50 Mile Track Run - Caboolture Sports Centre

'This race was the first in a series of seven to be conducted by the QMRRC Ultra Division during the year and it started at 4pm on Saturday, February 11 with a nine hour limit imposed. Lane 8, measuring 453.8 metres was used by all competitors except for The blind runner, Gerard Gossens, who was in lane 4. Weather conditions were adverse with a temperature of over 25 degrees, high humidity and a soft track due to the rain in the previous week.

Sixteen competitors started the event, with Graeme Woods being the pre race favourite. On paper the field looked impressive with three of the runners having previously run sub six hours, and at least six others capable of sub seven hours. A relatively unknown runner from Toowoomba, Peter Sullivan, surprised by leading the field out at a pace designed to break the Australian Record, and a number of other

runners, perhaps foolishly, tried to match this pace; the speed and weather conditions led to many of the runners developing symptoms of dehydration and heat stress. Eventually ten of the runners withdrew from the race rather than pushing themselves further in the adverse conditions. Five completed the 50 miles in under the 9hr limit, with 72 year old, John Petersen, still running at the end of nine hours.

The early leader, Peter Sullivan, although struggling in the latter part of the race, managed to win comfortably. Frank Heath from Caboolture, did well for a first timer and Dave Holleran just snuck in under the nine hours, but amazingly it was a PB for him by about 40 minutes. Ron Grant called by the track now and again during his runs in his 1000 hour record attempt and could only shake his head in amazement at the pace set by the runners in the prevailing weather conditions.'

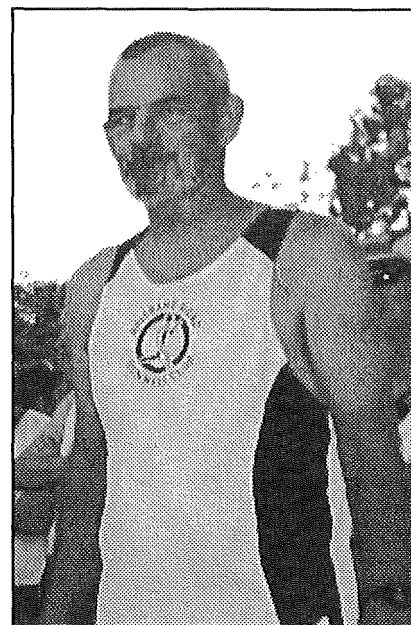
### RESULTS

- 1) Peter Sullivan (-) 6:19:51
- 2) Graham Medill (40) 7:13:58
- 3) Bob Burns (45) 8:13:52
- 4) Frank Heath (41) 8:26:09
- 5) Dave Holleran (32) 8:57:39
- 6) John Petersen 62.624km in 9 hrs

Non Finishers :- Dave Sommers - 51.733k ; Gary Parsons - 49.010k; Mel Henry - 45.380k Gerrard Gossens - 42.622k ; Ian Henry - 38.119k; Sandy Buchan - 35.850k Bob Hunter - 32.220k ; Walter Sorgel - 28.135k; Ken Parrott - 25.867k Graeme Woods - 20.421k

### 12 HOUR ROAD RUN (Dusk to Dawn) by Ian Javes

'The QMRRC Ultra Division held its 12 hour run at the Caboolture Sports Centre on April 15 (dusk to dawn). The run was originally planned for the athletic track, but two weeks prior to the event this track was covered with two metres



*Ian Javes*

of water when the Caboolture River flooded, so a one kilometre course was marked out on the roads in the sports centre to allow the event to continue.

Twenty-one competitors entered the event, although one competitor did start to run just over half an hour after the start. Graeme Woods and Neil McCabe set a fast pace early, trailed by Peter Sullivan and Bob Hunter. Graeme went through the marathon mark in just over 3 hours, but succumbed to stomach problems not long afterwards; he did return later to do another 20 km. Neil held the lead for a short while until Peter passed him in the 48th lap and maintained the lead for the rest of the race. His performance of just under 140 km shows that he has the potential to be one of Australia's top ultra runners. Bob Hunter moved into second place when Neil took a break after 50 miles and Ian Javes also passed Neil later in the race, but Graham Medill just failed in his attempt to catch Neil.

Dell Grant paced herself well to be best of the three women who entered. John Petersen race walked 50 miles (80 km) and Ron Grant who



*"His total requirements were on a small table placed trackside and consisted of a jug of water, a cup and four bananas . . . . perhaps the lesson to be learned is that most of us are too well cared for"*

had recently broken William Gale's 100 hour record ran at a comfortable pace to achieve just over 100 km.

Many thanks to Dave and Corinne Summers, Sandy Buchan and Barbara Williams who competently took over official duties to allow the Race Director to run.'

## RESULTS

1) Peter Sullivan (33)	138.562 km
2) Bob Hunter (54)	127.665 km
3) Ian Javes (46)	120 km
4) Neil McCabe ( - )	117.921 km
5) Graham Medill (41)	117.836 km
6) Julius Keller (57)	111.161 km
7) Gary Parsons (39)	106.539 km
8) Bob Burns (45)	104.271 km
9) Ron Grant (46)	103.530 km
10) Frank Heath (42)	103.404 km
11) Greg Hillier (34)	102.173 km
12) Mel Henry (31)	100.836 km
13) Lindsay Phillips (23)	100 km
14) Dell Grant (35)	88.002 km
15) John Petersen (72)	82.504 km
16) Wendy Chrisp (25)	82.014 km
17) Graeme Woods (42)	67.000 km
18) Graham Black ( - )	62.921 km
19) Arthur Cox ( - )	60.000 km
20) Brenda Fogarty( - )	33.000 km
21) Charlie Wakefield(35)	26.000 km

## 100 km ROAD RACE

This event was conducted on 20th May. Once more the weather intervened, forcing our original 100 km track race to be shifted to an out and back section of roadway in the Caboolture Showgrounds. Intermittent showers dogged the runners throughout the race. Only seven runners were willing to brave the conditions and the change of venue. Dell Grant, Bob Hunter and Bob Burns withdrew at 35, 43 and 63 kilometres respectively and John Petersen covered 86 km in twelve hours.

## RESULTS

1) Ian Javes	8:58:53	2) Graham Medill	9:54:23	3) Dave Holleran	13:53:44
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## 24 and 48 HOUR TRACK RACE by Dell Grant

This event was conducted from the 30th June to 2nd July on the Athletic Oval in the Caboolture Sports centre. The 24 hour was to be the Queensland Championship and the 48 Hour the Australian Championship as well.

'Courageous running in wet and muddy conditions was displayed many competitors during the events.

Having had over a week of fine weather leading up to the event we were greatly disappointed when it started raining again on the morning the 48 run started. Many competitors felt that the scenic surrounds and quiet atmosphere more than made up for the wet conditions.

Not to be deterred nine faced the starters gun in the 48 hr - five from southern states and four from Queensland. The youngest was Victorian, Peter Gray (24 yrs) who finished third and took out the graveyard trophy for most kilometres in six hour period from midnight to 6am on the second day. The oldest competitor was John Petersen (71 yrs) who set a new world record by completing 211km in the 48 hours. The winner was local Caboolture runner, Ian Javes, who used the event as a warm up for a 2000 km event to be held in New York in September. Ian took the luxury of a four hour sleep on the first night and in the finishing stages, with his win guaranteed, had a shower and rest, then strolled around the track chatting to other runners and giving cheek to crews. As Race Director, he then assisted with presentations and packing up before going home to have a good feed of bacon and eggs followed by a decent sleep. The next day he was ready to go again. Second was Graham Medill from Toowoomba, who never lost his smile and cheery calls to his ever attentive wife, Philippa, children and crew. Those to fall by the wayside were Nick Read from Sydney, who plugged away with

a groin injury for 46 hours before coming good in the last few hours. Keith Fisher from Geelong withdrew because of injury as did Mel Henry and Tony Rafferty.

At 8am on the Saturday, the 24 hour runners started, twelve in all, including our one and only woman, Sandra Barwick, World Record holder and Australasian Record holder for many multi day distances. She had flown over from New Zealand. Sandra had intentions of attempting to set a new 24 hour track record but her intentions and stomach both became upset after 30km. This resulted in her spending some time walking and eventually retiring at 144km. Completely overshadowing all other competitors was Brisbane's Bob Hunter with a final 213 km. This was Bob's second attempt at 24 hours, the previous being 20 years prior in Sydney (? Melbourne) where he also won beating George Perdon. Since the Bob has run a number of 50 milers in Brisbane, winning a number of these and until recently held the Queensland record. To say the least Bob is a laid back character. He told me afterwards that some days he managed to run ten miles - but not always, and guesses his success is due to the many accumulated years of running. Bob brings no crew or comforts to the event. His one companion (? George Young) lap-scored for the entire time and would occasionally stroll over to the track to ask if he needed anything. Bob brought no tent, no bed nor chair. His total requirements were on a small table placed trackside and consisted of a jug of water, a cup and four bananas. He spent 15 minutes off the track during the event changing his shoes. A few days later he told me that he had a slightly sore knee for a few days but otherwise no ill effects. Perhaps the lesson to be learned is that most of us are too well cared for.

The second placed competitor was Bob Burns also the second oldest behind Bob Hunter. Was there an-

*"The The trails in the park consisted of loose sandy hills, then into thick palm forest on a narrow winding track which opened out onto a 4WD track with the turnaround at the foot of a rather long steep hill"*

other lesson to be learned there? Bob Burns is relatively new to ultra running. Our youngest competitor in the 24 hr, Lindsay Phillips, entertained us all during the event with his varied methods of running according to the type of music on his headphones. Dave Holleran also kept his reputation as an entertainer intact with his many hat changes at regular intervals just to see if his lap-scorers were attentive. Unfortunately we weren't privileged to see his regular handstands as he had recently sustained a wrist injury. In fact spectators and lap-scorers in the 'peanut gallery' had quite a few laughs at competitor expense, some failing to see the funny side of it when the event was over. Sandy Buchan wasn't smiling when his back went out on him, and took on a strong resemblance to Tin Man in Wizard of Oz, with his shuffling action.'

## RESULTS

### 48 HR

- 1) Ian Javes (Qld) 327.640km
- 2) Graham Medill (Qld) 312.629km
- 3) Peter Gray (Vic) 303.401km
- 4) Tony Collins (NSW) 262.578km
- 5) Nick Read (NSW) 213.642km
- 6) John Petersen (Qld) 211.227km
- 7) Keith Fisher (Vic) 179.648km
- 8) Mel Henry (Qld) 125.832km
- 9) Tony Rafferty (Vic) 82.305km

### 24 HR

- 1) Bob Hunter (Qld) 213.455km
- 2) Bob Burns (Qld) 188.415km
- 3) Geoff Boase (Qld) 167.239km
- 4) Stephen Lewis (Qld/NZ) 164.712km
- 5) Lindsay Phillips (Qld) 154.630km
- 6) Sandy Buchan (Qld) 151.157km
- 7) Sandra Barwic (NZ) 144.826km
- 8) Jeff Christoffel (Qld) 137.355km
- 9) Graeme Ramsden (Qld) 113.709km
- 10) David Holleran (Qld) 104.465km
- 11) Peter Whiteman (Qld) 71.226km
- 12) Charlie Wakefield (Qld) 38.622km

### QLD 50 MILE CHAMPIONSHIP and 8 HOUR RUN by Dell Grant

'On Saturday 2nd September, at the Caboolture Showgrounds, two events were held in conjunction an 8 Hour 'FUN' Run and the Queensland 50 Mile Road Champi-

onship. The 8 Hour Fun Run must have had a special attraction to the insane sense of humour, with 27 entrants, including some who had never gone further than a half marathon before.

The 50 miler attracted some slightly more serious runners, totally 8 in number. Thus quite a good number assembled for the 7am start. Race Director, Ian Javes, had measured out a one kilometre course. Ian ran comfortably for 64 km as a training run for a race in New York in mid September where he hopes to compete in the Sri Chinmoy 1300 mile event and finish within the 18 day time limit.

For the first time this year the sun shone all day during the event.

## RESULTS

### 50 Mile Road Championship

- 1) Geoff Boase 6:12:52
  - 2) Roger Guard 6:31:58
  - 3) Dell Grant 7:21:01
  - 4) Frank Heath 7:38:34
- Non Finishers - Philip Hungerford 72.244 km ; Peter Sullivan 60 km; Gary Parsons 43 km ; Noel Kreutzmann 42.195km

### 8 Hour Fun Run

- 1) Graham Medill 95.753 km ;
- 2) Bob Henricks 89.620 km ;
- 3) Neil McCabe 87.083 km
- 4) Lindsay Phillips 87 km
- 5) Stephen Lewis 82.107 km
- 6) Jeff Christoffel 81.035 km
- 7) Sandy Buchan 81 km
- 8) Errol Maskey 76.448 km
- 9) Gary Pattrick 75.045 km
- 10) Danny Cocks 73 km
- 11) Glenys Wright 72.084
- 12) Bob Sylvester 72.084 km
- 13) Ron Grant 71km
- 14) Graeme Ramsden 69.248 km
- 15) Dennis Connolly 66.178 km
- 16) Rene Loeken 64.918 km
- 17) Ian Javes 64 km
- 18) Kevin Dellow 64 km
- 19) Lorna Rudolph 61.568 km
- 20) John Petersen 61.075 km
- 21) Bruce Chalmers 56.109
- 22) Phillipa Bolt 55 km
- 23) Barry Stewart 50.236 km
- 24) Alan Bolt 50 km

- 25) Bob Hunter 50 km
- 26) Cheryl Dellow 50 km
- 27) Jeanette Whiteman 48.598 km

I had run well in the races so far during the year and felt well prepared for the 1300 mile run in New York although I did have a nagging back problem. I finished the 1300 mile event just two hours under the 18 day limit even though we experienced a hurricane during the first six days and my back problem meant I was listing to one side in the last part of the run. On return I set about organising the last event for the year and my first trail event. I had spent some time training at Rainbow Beach because Ron Grant had said that he had trained there for his Simpson Desert run. While there I met up with Dennis Parton who was a member of the lifesavers club and worked occasionally for the National Parks people in the area. Actually I had met Dennis many years before since as a young primary school teacher I had taught at Upper Mt Gravatt with his older brother, Norm, in 1963-4.

At that time there used to be a fun run held at Rainbow Beach on the Saturday afternoon in early November.

### RAINBOW BEACH TRAIL RUN by Ian Javes

'The last ultra distance race for the year was held on Saturday, 4th November on the beach and forest trails of Rainbow Beach, about 2-3 hours drive north of Brisbane. The 55km trail run commenced at first light in an attempt to avoid the worst heat of the day, but our last competitor home, 73 year old John Petersen, took over 8 hours to complete the course.

The race commenced with a 5 kilometre run up the beach and then back again before runners went to the Old Telegraph Track in the National Park and had to complete two loops of about 22.5 km. The trails in the park consisted of loose sandy hills, then into thick

palm forest on a narrow winding track which opened out onto a 4WD track with the turnaround at the foot of a rather long steep hill. Water stations were set up at about 5 km intervals and crews could get to the turnaround because it was close to the bitumen road leading to Rainbow Beach from Gympie.

First to finish was Don Wallace in the outstanding time of 4:10:25 after an early tussle with Dave Sommers and Sandy Buchan from Caboolture. Sandy eventually was forced to walk due to fatigue and dropped back to 5th. Glenys Wright and Sandra Dunglison had a close tussle for much of the way with Glenys winning out in the end. Two runners failed to finish the course.

Seven lined up to take part in the 10 km fun run along the beach in the afternoon to vie for the Macadamia (Queensland Nut) Trophy - awarded to the person who received the highest placings in both events. Graham Medill and Neil McCabe could only be separated by adding up their times. Neil was the eventual winner.'

#### RESULTS

1) Don Wallace 4:10:25 2) David Sommers 4:22:07 3) Neil McCabe 4:29:51 4) Graham Medill 4:31:59 5) Sandy Buchan 5:02:07 6) Ron Grant 5:38:24 7) Glenys Wright 5:52:53 8) Graeme Ramsden 5:56:50 9) Sandra Dunglison 5:59:38 10) David Holleran 6:22:31 11) Kevin Del-

low 6:33:22 12) Dennis Connolly 6:34:48 12) Arthur Cox 6:34:48 14) Bob Sylvester 6:46:49 15) Geoffrey Williams 6:50:25 16) John Petersen 8:14:25 DNF Noel Kreutzmann, Lindsay Phillips

In the next year I started organising trail runs in the Glasshouse Mountains and eventually decided to concentrate my efforts on organising trail runs because I could see no future in Track and circuit runs because of limited numbers that could participate. Road runs over longer distance were difficult to organise, requiring police permits and possible road closures especially once Public Liability Insurance became necessary.

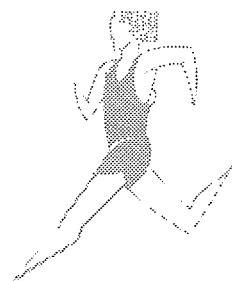
## Five Australians shine at the Sri Chinmoy Six and Ten Day Races in New York

Ten Day Women	1	2	3	4	5	6	7	8	9	10
7 <sup>th</sup> Karina Ward	66.00	109.00	156.00	202.00	245.00	286.00	325.00	368.00	411.00	454.00

Ten Day Men	1	2	3	4	5	6	7	8	9	10
10 <sup>th</sup> Garry Wise	100.00	160.00	218.00	273.00	315.00	359.00	411.00	456.00	495.00	531.00

Six Day Women	1	2	3	4	5	6
1 <sup>st</sup> Dipali Cunningham	104.00	177.00	249.00	315.00	376.00	443.00

Six Day Men	1	2	3	4	5	6
16 <sup>th</sup> Peter Elliott	66.00	121.00	169.00	218.00	265.00	313.00
21 <sup>st</sup> David Rogan	56.00	95.00	128.00	159.00	188.00	220.00



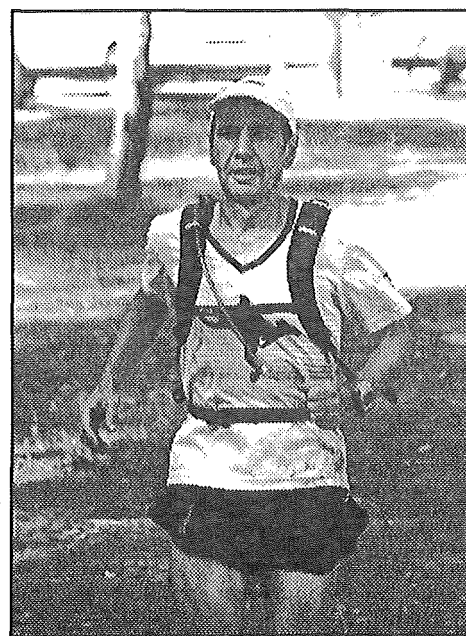
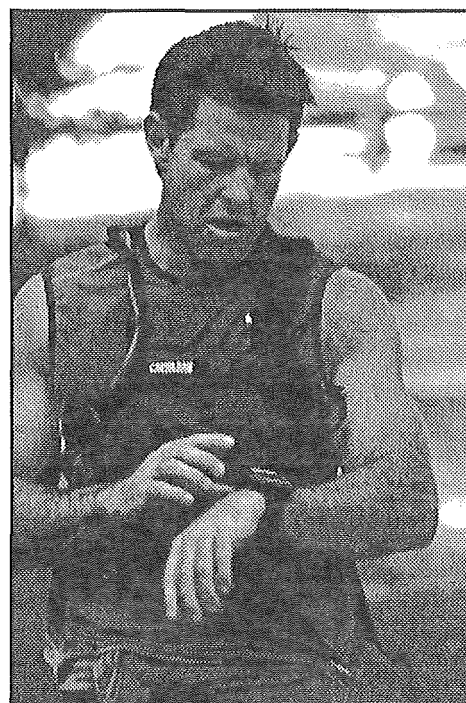
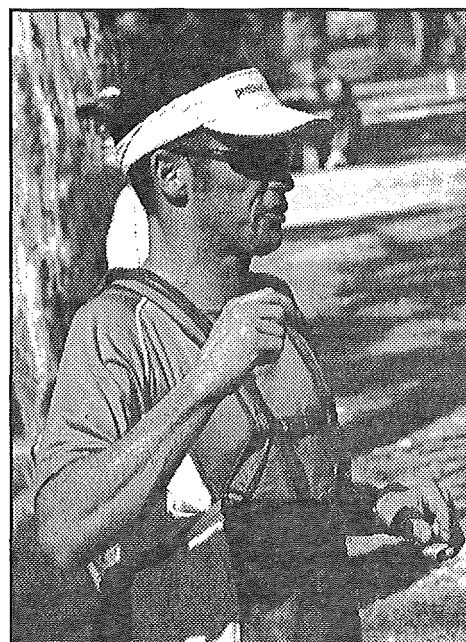


# Comrades Marathon 89km

South Africa, 16th June 2007

position	given name	surname	time
441	Magnus	Michelsson	07:21:29
586	Colin	Francis	07:30:41
664	John	Hill	07:38:55
790	Gary	Carlton	07:48:53
900	Andrew	Thompson	07:55:48
960	Peter	Blackshaw	07:59:06
1179	Stan	Fetting	08:12:00
1623	Tory	Trewhitt	08:33:02
2021	Neil	Labinsky	08:47:38
2083	Darryn	Flood	08:49:34
2109	Tina	Torpy [f]	08:50:03
2391	Chris	Dixon	08:56:56
2537	Phillip	Baker	08:59:29
2773	Alan	Peacock	09:09:55
2986	Christine	Pattinson [f]	09:20:24
3173	Daniel	Cole	09:26:46
3245	Roger	Black	09:29:14
3393	Anna	Henson [f]	09:34:32
3580	Michael	Booth	09:41:01
3973	Don	Pattinson	09:51:08
3985	Andrew	Wood	09:51:18
4602	Peter	Knott	10:06:33
4702	Sharon	Callister [f]	10:09:47
5290	Chris	Palmer	10:25:39
6322	Joseph	Thompson	10:46:36
6797	Stephen	Obrien	10:54:13
6981	Christopher	Heathcock	10:56:24
7001	John	Smith	10:56:34
7313	John	Frame	11:01:24
7591	Richard	Russell	11:13:42
7592	Jane	Elton [f]	11:13:42
8050	Steve	Schallt	11:26:36
8133	Shirley	Bell [f]	11:28:38
8162	Damian	Stephensen	11:29:01
8350	Anne	Crawford-Nutt [f]	11:33:35
8899	Timothy	Bradley	11:44:05
9455	Doug	Mcmahon	11:52:21
?	Neville	Scott	
?	Talia	Raphaely [f]	
?	Roger	Wright	
?	Andrew	Herman	
?	Viv	Kartsounis [f]	
?	Nick	Drayton	

## MARATHON PHOTOS



Photos:

Top:  
Winner - David  
Eadie

Middle:  
Tory Trewitt

Lower right:  
Bryan Ackerley

# The Self-Transcendence 3,100 Mile Race

New York. June - August 2007: By Grahak Cunningham

I turned 30 in May. I have set myself for a pretty big challenge in 2007 to compete in the worlds longest certified race, the Sri Chinmoy Self Transcendence 3,100 mile race. I was fortunate to gain entry in 2007. I applied to enter last year but no new runners were allowed. This year, as the only Australian, I join one other new runner (a six day champ from the Czech Republic I believe) to race together with 13 other internationals from countries such as the Ukraine, America, Serbia, Finland, Austria, Slovakia and Wales. My resume is very sparse compared to the elite company I am joining, 14 marathons and 2 ultras (75k). Rathin Boulton from Canberra was the pioneer Australian at this distance. He was the first Australian to compete in the event in 2003. In 2004 he become the first to complete it and finished it two more times in 2005 and 2006.

As runners, when we tell people we are doing any kind of race or fun run, a typical response we will get is, "Why would you do something like that?"

It usually means, on the other persons behalf, that they think you are wasting your time and effort, or worse, that they may never challenge themselves or set themselves a seemingly difficult goal. Setting out to complete any distance with some kind of training, fitness and effort is certainly something anyone can do if they try. Coming back to that question, (which would perhaps be somewhat justified if it was in regard to the 3100 mile race) the answer for me is 'progress'.

The 3,100 mile race's founder, international humanitarian, philosopher and runner Sri Chinmoy, who I have been a meditation student of for over 10 years, sums this up with his feelings on the joys of running.

"Spiritual people often like running because it reminds them of their in-

ner journey. The outer running reminds them that a higher, deeper, more illumining and more fulfilling goal is ahead of them in the inner world, and for that reason running gives them real joy."

I have seen this after watching a couple of days of racing on the 3,100 mile course. The runners are covering a seemingly impossible distance, are physically tired and in pain but they soldier on, drawing on a deeper capacity from within. They manage to stay happy during the race and at the end of it, despite going through many ups and downs,

*"Asprihanal Alto, a multiple winner of the 3,100 races and one of the current greats in the ultra world, works as a postman in Finland. Unlike Aussie postmen, they are not given a motorbike as part of the job and they have to walk! That sounds like good training"*

they come out of the race a better person. During the race they learn to shut off the discouragement or doubts of their own mind, running with all their heart, they strive for their goals whether they be hourly or daily, and everything going well, they reach their ultimate goal of finishing.

Running also brings people together and this is evident again at the 3,100 mile course. Fifteen people from around the globe come together in the spirit of friendly competition working together to reach the finish. Some of the runners are from Eastern block countries affected by cross border rivalries or even wars

of the past, but all this is forgotten on the course. Everyone works in unison, challenging the distance in front of them in a show of oneness, whilst maintaining the atmosphere of friendly rivalry. If it is possible to have peace in such a grueling event, it should be easy enough on a global scale!

Anyway, more about the logistics of the race. It commences on June 17th in the heat of the humid New York summer. During the event, the international field of runners complete 5649 laps around the 883 metre loop from 6am to 12 midnight each day for the 51 day duration. Most runners find their feet swell two extra shoe sizes. The run is held on a cement footpath and its sand paper like surface means I will wear through 10 pairs of shoes during the race. If you miss a day or your average mileage falls below 50 (81k) per day for a few days you're out of the race. There is a cooking crew working to help the runners replenish the approximate 7,500 calories they are burning up each day. I have to average 97.8 kilometres a day for 51 days to finish the race, so from day one I will be self transcending which is what the race is about, going beyond your self imposed limited capacities. Says Sri Chinmoy "There is only one dream that will always be perfect in your lifetime and that is the dream of self-transcendence"

As far as training goes, there aren't enough hours in the day to train for the 3,100 race. Some runners do it by pulling 14-hour shifts in their job. I know Asprihanal Alto, a multiple winner of the 3,100 races and one of the current greats in the ultra world, works as a postman in Finland. Unlike Aussie postmen, they are not given a motorbike as part of the job and they have to walk! That sounds like good training.

*"A great champion is he who remains happy even when he cannot maintain his standard"*

As for myself, I started training in March. As a multi day novice, I wasn't sure where to start. I began running the 25km return journey to work and back and then adding on a 5 or 10 k later in the evening. On the weekends I would do something longer. This was getting me anywhere between 160 to 210 kilometres in a week. Now as the race gets closer, I am going out for time rather than distance, doing a six to ten hour run on Sunday, a five hour on Wednesday and a three hour run on Friday with 5 or 10k runs in between. It's hard getting out there some days but I know it's a small taste of what's to come. I still can't wait to start tapering.

Reebok have helped me out with some gear and shoes. Apparently most of the runners cut out the toe box in their shoes to keep their feet cooler and prevent toe damage. I tried it last week. It was sobering taking to a brand new pair of Reebok's with a Stanley knife. I don't

think I will get a job in shoe design but it seemed to help and is more comfortable for the longer runs.

It's kind of nerve racking thinking about the race so I try not to, too much. Also, I don't know if anyone has ever taken the time to read a waiver form before a race or a marathon. A word of warning, don't read the fine print! Just sign it. Some of the things that are listed there aren't exactly confidence boosters, especially on the 3,100 mile waiver form.

To fill the time running, I will load up my mp3 player with music and talking books, learning plenty of songs and memorising plenty of aphorisms like the ones below by Sri Chinmoy. Happy running and try to do some self-transcendence!

*A great champion is he who wins all the races.*

*A great champion is he who participates in all the races.*



*A great champion is he who does not care for the results of the races - whether he is first or last or in between. He races just to get joy and give joy to the observers.*

*A great champion is he who transcends his own previous records.*

*A great champion is he who maintains his standard.*

*A great champion is he who remains happy even when he cannot maintain his standard.*

*A great champion is he who has established his inseparable oneness with the winner and the loser alike.*

*A great champion is he who, owing to the advancement of years, retires from racing or terminates his career happily and cheerfully.*

*A great champion is he who longs to see the fulfillment of his dreams - if not through himself, then in and through others. It does not even have to be in and through his own dear ones; it can be in and through any human being on earth. If someone who could not manifest his own dreams is extremely happy when he sees his vision being manifested into reality through somebody else, then he is a really great champion.*

*A great champion is he who sees and feels that he is a mere instrument of his Inner Pilot and that his Inner Pilot is racing in and through him, according to his own capacity of receptivity.*



*Grahak Cunningham in training*



# Paul Fahey completes the Massanutten Mountains 100 miler in the USA

Massanutten Mt. Trails 100 Miler U.S.A. May 19-20, 2007 George Washington National Forest, Virginia

Place	Name	Sex	State	Time
1	Meltzer, Karl	M	UT	20:11:09
2	Walker, Todd	M	MA	21:11:43
3	Knipling, Keith	M	DC	21:18:41
4	Andrish, Sean	M	VA	21:46:58
5	Padfield, Don	M	VA	
6	Henry, Ryan	M	VA	23:50:01
7	Richardson, Robert	M	VA	23:50:02
8	Groff, Jamey	M	VA	24:35:50
9	Wysong, Brennen	M	NY	24:37:31
10	Mason, Mike	M	VA	24:45:30
11	Goodman, Russ	M	IN	25:29:07
12	Corris, Tom	M	VA	26:00:52
13	Blagg, C.J.	M	VA	26:09:54
14	Korevec, Kelly	M	WI	26:11:50
15	Raymond, Mario	M	MD	26:37:23
16	Spurlock, Dan	M	ID	26:43:09
17	Peterman, David	M	OH	27:12:15
18	Harris, Jim	M	OH	27:49:50
19	Trenden, Dan	M	AZ	28:15:48
20	Kovener, Marti	F	MD	28:18:57
21	Broderick, Mike	M	MD	28:23:14
22	McDonald, Matt	M	VA	28:25:17
23	Blandford, James	M	PA	28:26:37
24	Kershner, Al	M	PA	28:28:12
25	Brown, Rande	M	PA	28:36:40
26	Monyak, Michael	M	PA	28:43:33
<b>27</b>	<b>Fahey, Paul</b>	<b>M</b>	<b>Australia</b>	<b>28:55:20</b>
28	Lechner, Philip	M	PA	29:10:23
29	Townsend, Kevin	M	VA	29:30:13
30	Dove, John	M	GA	29:33:04
31	Yoder, Michael	M	PA	29:44:48
32	Radan, Jeff	M	MD	29:54:40
33	Gordon, Assaf	M	NY	29:55:28
34	Hawn, Kev	M	PA	30:11:55
35	Schaeffer, Daniel	M	PA	30:25:00
36	Radan, Mark	M	MD	30:32:00
37	Casarez, Ernesto	M	MD	30:38:47
38	Brown, Kari	F	PA	30:38:47
39	Eason, Scott	M	AR	30:47:08
40	Backer, Byron	M	SC	30:48:56
41	Lapkoff, Sharon	F	MD	31:21:44
42	Priddy, Mike	M	MD	31:36:11
43	Beduhn, Brian	M	NC	31:49:57
44	Yeakel Jr, Dave	M	VA	31:53:26
45	O'Connor, Chris	M	CA	31:56:45
46	O'Connor, Brian	M	MD	31:56:45
47	Nelson, John	M	VA	31:57:50

48	Shaffer, Debbie	F	VA	32:02:25
49	Holtz, Allan	M	MN	32:09:02
50	Combs, Bob	M	OH	32:15:10
51	Trapp, Greg	M	OH	32:29:56
52	Anderson, Bob	M	VA	32:31:08
53	Lipton, Mike	M	VA	32:41:20
54	Gowen, Alan	M	MD	32:59:10
55	Zucker, Zeke	M	VT	32:59:50
56	Lukacs, Gary	M	PA	33:17:34
57	Prohira, John	M	NY	33:28:06
58	Knipling, Gary	M	VA	33:28:58
59	Sprouse, Tom	M	NC	33:28:58
60	Fenton, Wesley	M	OH	33:41:00
61	Donnelly, Susan	F	TN	33:41:00
62	Braun, Paul	M	WI	33:42:49
63	Rapp, Kimberly	F	NY	33:47:40
64	Mercer, Charlie	M	VA	33:49:10
65	Peters, Thomas	M	NV	33:52:18
66	Snipes, David	M	VA	33:56:58
67	Collins, Jeff	M	CA	33:58:30
68	Gibbins, Josh	M	Canada	34:00:28
69	Heger, Roy	M	OH	34:05:23
70	Ortiz, Fabian	M	FL	34:14:28
71	Raines, Joseph	M	MD	34:14:28
72	Bartine, Hunt	M	PA	34:25:08
73	Natraj, Nattu	M	CO	34:27:25
74	Taylor, John W.	M	MN	34:35:23
75	Sauld, Alfred	M	WI	34:39:16
76	Sherlock, Paul	M	VA	34:40:12
77	Vrboncic, Richard	M	PA	34:57:42
78	Mitchell, Rick	M	MD	34:57:42
79	Mulch, Christopher	M	NC	34:57:42
80	Bovaird, Ray	M	OH	34:58:00
81	Teed, John	M	NC	35:02:12
82	Boyce, Bedford	M	NC	35:02:12
83	Turrentine, Bill	M	VA	35:12:06
84	Pampo, Ricky	M	LA	35:19:45
85	Fendley, Joyce	F	VA	35:21:17
86	Shamma, Shihab	M	DC	35:22:07
87	Whatley, Prince	M	AL	35:24:51
88	Fox, Daniel	M	OH	35:38:53
89	Renninger, Warren	M	PA	35:44:33
90	Jacobs, Jen	F	DC	35:45:30
91	Weisshaar, Hans-Dieter	M	Germany	35:49:35
92	Swendsen, Vincent	M	NJ	35:49:35
93	Rochelle, James	M	TN	35:49:35
94	Martin, Leonard	M	TN	35:49:35

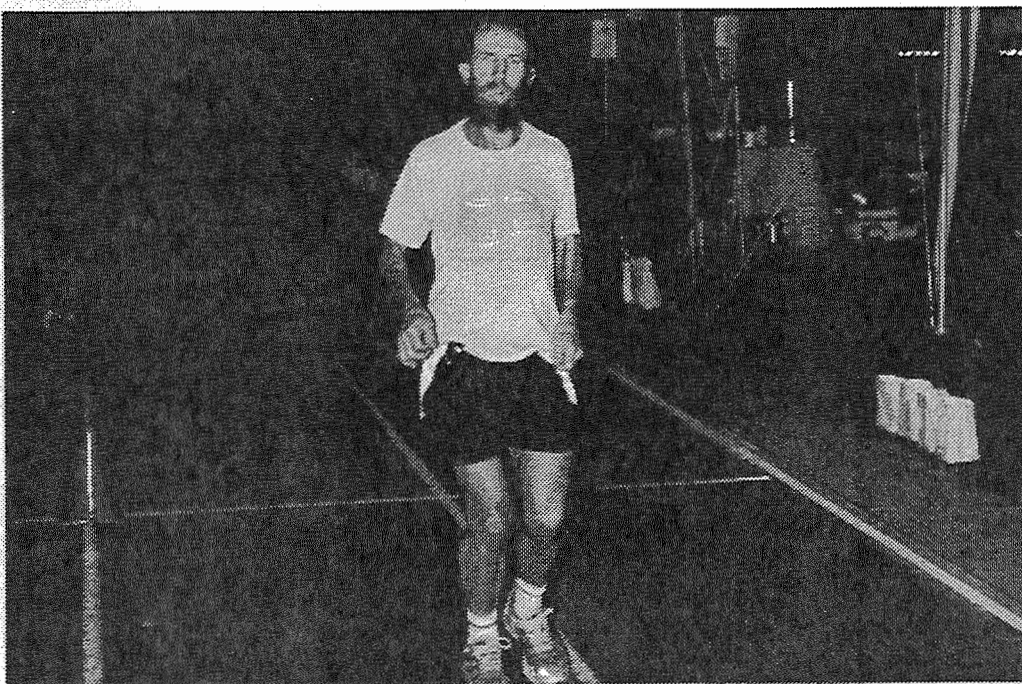
# Bob Fickel runs to raise money for the Cancer Council

## Bob Fickel runs to raise money for the Cancer Council

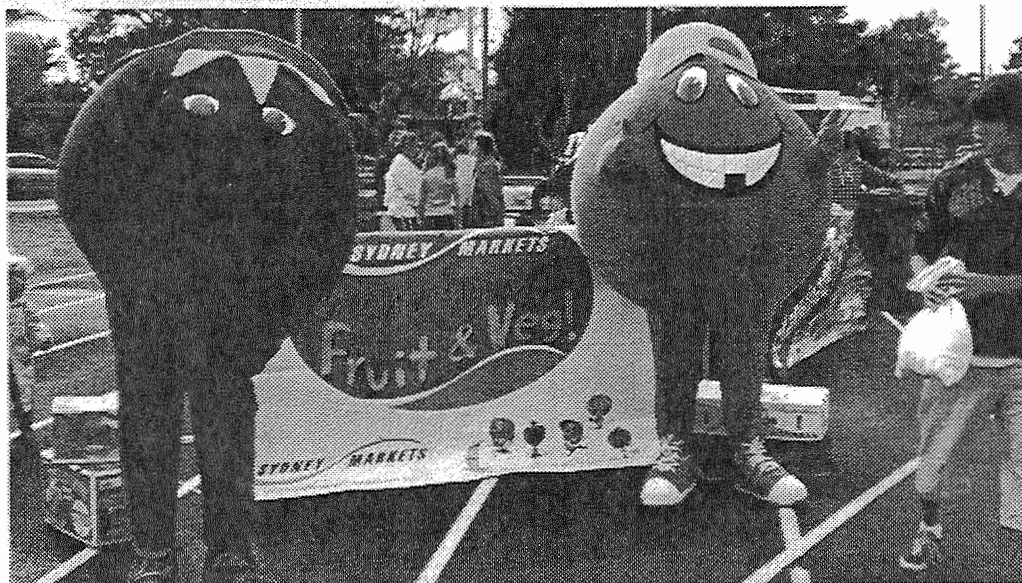
Bob Fickel of Pony Express ran a whopping 87kms to raise money for the Cancer Council at their recent 'Relay for Life' event held at the Sylvania Athletic Track on the weekend of 28th & 29th April. The Markets helped to fuel more than 2,000 runners, cancer survivors and volunteers by donating fresh fruit. Bob would like to thank Sydney Markets, Coolibah Salad, Advance Produce, Cremona Bros for donating fruit and the many wholesalers, growers and service providers in the Market that sponsored his run. This event now in its 6th year raised a record \$200,000 and had over 114 teams participating.

If you, or someone you know from the markets has leant a hand to help charity, get on the phone and let Retina Hong know, and we will endeavour to publish it in the Leader

Retina's number is 9325 6201 or email [retina.hong@sydneymarkets.com.au](mailto:retina.hong@sydneymarkets.com.au).



*Bob running in the early hours of Sunday morning.*



*Oscar orange and Summa Strawberry enjoying the Relay for Life.*



# Peter Gray's 200th Ultramarathon

## Sport



Always on the run: Peter Gray with his medal from the Coburg 24-hour ultra-marathon. Picture: Mark Farrugia

## Runner pounds path past 200th ultra-marathon

BY JANE EMERICK

GEE LONG endurance athlete Peter Gray has become the first Australian to complete 200 ultra-marathons.

Gray finished his 200th race last weekend when he completed a Coburg 24-hour ultra-marathon, an event he has entered for 20 years.

Gray said achieving the 200 milestone at Coburg was particularly significant to him because it was where he began running ultra-marathons.

"When I first ran it in 1988 I decided I would keep backing it up every year," he said. "Now I'm the first person to do the race 20 years in a row."

The 42-year-old reached the 100 mark just over a decade ago.

At 31 he became the youngest person in the world to reach a century of ultra-marathons.

Gray was also the youngest runner to complete the Westfield Sydney to Melbourne Ultra Marathon in 1990 at the age of 25.

He aimed to reach the 300 mark in the next decade.

"I'm hoping to do 10 a year," Gray said.

"I like the challenge but I don't push it too hard now."

Gray said training comprised "keeping on the move" and "walking and running around". However, the social aspect of ultra-marathons was one of his main motivations.

"I get to meet up with a lot of people and make new friends," he said.



## IAU News International Update

President. Dick Strumane

## Diary 2007

28/29 July 2007

IAU 24 Hour World Challenge. Drummondville, Canada

8th September 2007

World/Euro 100km World Cup. Winshoten, Netherlands

## New Domain name

The new domain name of the IAU's official website is now [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org) The old domain name [www.iau.org.tw](http://www.iau.org.tw) still functions

## IAU 50KM TROPHY

The final leg of the IAU 50km trophy 2007 will be staged in Palermo, as it was in its inaugural year, 2005. All the best 50km runners of 2007 will be invited to compete in the final race of the IAU 50km trophy in the Sicilian capital on Sunday October 14th.

## Selection races are:

27th January 2007	50km of Rodgau	Ger
11th March 2007	50km of Madrid	E s p
[CANCELLED]		
15th April 2007	50km of Canberra	Aus
25th April 2007	50km of Di Romagna	Ita
1st May 2007	50km of Flanders	Bel
23rd June 2007	50km of Mank	Aut
24th June 2007	50km of Saroma	Jap
1st August 2007	50km of Bodington	Gbr
8th September 2007	50km of Winshoten	Ned
9th September 2007	50km of Glenrothes	Gbr
<b>FINAL RACE</b>		
14th October 2007	50km of Palermo	Ita

The Madrid race scheduled for March 11th has been cancelled. A new date is expected in early October.

## IAU 24 Hour Track Championship

The IAU Individual 24 Hour European Championships will be staged in Madrid, Spain on the 5th and 6th of May 2007. Entries will be limited to 65 and there will be no team competition this year. IAU members may select a maximum of 9 athletes in total and a maximum of either 6 males or 6 females.

## POSSIBLE NEW MELBOURNE - SYDNEY - BRISBANE RACE

The Australian Ultra Runners Association [AURA] has announced plans for a major intra city race to be held in the second half of 2009 writes Ian Cornelius, president of the Australian Ultra Runners Association. For both commercial and safety reasons, it will be a stage race rather than continuous. A pre determined distance will be run each day and the expected 15 strong field, split between domestic and overseas competitors, will rest in motor home accommodation on route, provided by the organisers. Times will be aggregated over the projected 44 day duration of the event.

School participation is sought to help project the message that running promotes a healthy lifestyle. Runners will qualify during another multi day race. Major sponsors will be matched with the advertising opportunities available. Race highlights will be televised each day on the model of the Tour de France and the Dakar Rally. This will facilitate payment of significant prize money.

The website will carry real time updates and will showcase the athletes and towns along the route. The race will provide major tourism advertising opportunities. Staging the event is dependant on gaining the support and necessary approvals from State and Federal Governments.





24 hour champion Martin Fryer



24 hour finishers

# Coburg



A tightly packed field

# 24 hour



Paul Every



Peter Gray strides out



John Nuttall and David Jones  
after the race



**Coburg 24 hr - Paul Every 2nd (left) and Martin Fryer 1st (right)**

