

ULTRAMAG

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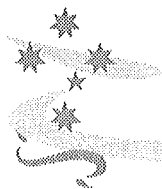
Australian Ultra Runners
Association Inc

- Aussies finish eighth at the World 24 Hour Challenge
- Hall of Fame....Brian Bloomer
- Gold Coast 48/24/12/6 Hour wrap up
- Australians make their mark at California's famed Western States 100

*Tony Collins
goes one better than
last year to win 48 hr*

Australian Team for the World 24 Hour Challenge





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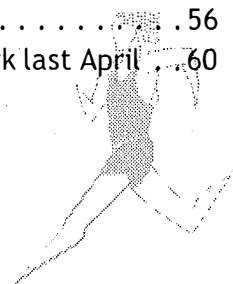
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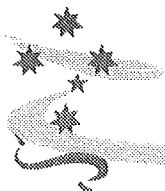
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Editorial Sept 2007

by Kevin Cassidy

Following suit with the June edition, I have to start with another apology. After going to press, it was pointed out to me that only the first half of the Canberra 50km results appeared with those finishing 48th to 95th not included. As volunteer labour, sometimes we may slip up a little. The remaining results appear this time around. I guess we could blame the good old "computer glitch" as the most feasible explanation.

Aussies overseas have really been making their marks in recent months. During the 80's and 90's a small smattering of Australian made the pilgrimage to the Western States 100 Mile Endurance Run in the USA. In 2007, one can only imagine what the Americans were thinking when the large contingent known as the "Aussie Assault" graced the event. 16 of our countrymen [and woman] crossed the finish line in what was undoubtedly the most prominent "foreign" contingent. Just as Max Bogenhuber pioneered the Aussie men in 1986, Tamyka Bell wrote herself into the history books as the first Australian woman to become the proud owner of the coveted finishers buckle.

Still overseas, our team at the World 24 Hour Challenge in Drummondville, Canada performed with aplomb to take eighth place outright. Seasoned campaigners in Martin Fryer, Mick Francis and Paul Every were joined by first time Australian representatives, Coran Lang and Robert Boyce in what was an excellent overall result.

Still in the US, one of the true nice guys of our sport in Jan Herrmann completed the Badwater 135 mile race through Death Valley while on the other side of the country in New York, Perth's Grahak Cunningham averaged 60 miles a day to take sixth place in the Sri Chinmoy 3,100 Mile Road Race. For someone who had never previously raced beyond 47 miles, Grahak's achievement was

mind boggling to say the least as he collected a bag of national records on route.

Courtesy of the US magazine "Ultra-running", Mark Dorian provides an insight into the New York 6 and 10 day races. This event was featured in the June issue in which four Australians were prominent amongst the results.

Locally, Tony Collins took out the National 48 Hour title for the sixth time. News from Gosford is a bit on the unfortunate side in that the extremely popular Coastal Classic 12 Hour event has gone into an indefinite recess. Plans for its reinvention at a different venue are afoot and optimism remains high. The cloud that hung over the future of the Cliff Young Six Day Race in Colac appears to have vanished in the most dramatic and exciting of fashions. While no race will take place this year, the event has been taken over by Australian Olympic Marathon representative, Lee Troop. Lee has branched out into the field of event management and has already staged the successful "Ron Clarke Classic" track meeting in Geelong on two occasions. Lee's involvement with the Colac event has the ultra world buzzing. To be known as the "Cliff Young Festival of Sport Week", the most notable change for 2008 will be a new venue with Memorial Square giving way to the South Colac Football Ground.

More excitement is the fact that the gruelling 246km Coast to Kosciusko event that has existed in a "fat ass" format for three years is well on the way to becoming an official race with Ian Cornelius and Paul Every doing a lot of work in gaining the necessary approvals etc etc. The concept of running from the Sea to the Summit has the potential to become a signature race on the calendar.

Something else worth looking at is Brett Saxon's planned 162km charity run. With an interesting and scenic course from Melbourne's north western suburb of Keilor to

the Bellarine Peninsula, it looks like taking on somewhat of a fat ass format as other runners have expressed an interest in joining Brett on route. More information is at www.brettsrunfor-canteen.org

News just to hand from the 100km World Cup in Winshoten, Netherlands is that our men's team have finished seventh with excellent runs from Tim Cochrane, Darren Benson and Dean Cook. Jo Blake didn't have the best of days but finished. Our two women performed with aplomb. First time representative, Deanne Nobbs, ran an excellent P.B. while Viv Kartounis finished in a tad over 11 hours. With only two women, we didn't feature amongst the team results. More news will be published in the December issue. Meanwhile, our best wishes are extended to our team at the IAU 50km Trophy Race in Palermo, Italy on October 14th. Good luck to David Criniti, Bert Pelgrim, Jonathan Blake and June Petrie.

Further on the international scene is the announcement of the inaugural IAU World Ultra Trail Challenge. The 2007 event will be held in conjunction with the Sunmart Texas Trail 50 Miles in the USA on December 8th. Selection and subsidies are currently being discussed so keep a check on any breaking news at www.aura.asn.au

In the Points Score, Kelvin Marshall had bolted away to a healthy lead only to have Tim Cochrane now snapping at his heels after a superb run at the World 100 km. With Kelvin heading to Germany for a stage race, the points score race is wide open.

With four key websites available, no one need go without their "ultra fix". Keep a check upon...
www.aura.asn.au
www.ultraoz.com
www.iau-ultramathon.org
www.planetultramathon.com



WHEN I
GROW UP I
WANT TO
RUN FAST



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CHC50102-08/07

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Current Australian Ultra Marathon Calendar

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

This calendar contains races provisionally sanctioned by AURA for 2008. Those races so sanctioned will be eligible for the AURA aggregate points competition for 2008. It is anticipated that further information concerning AURA please visit www.aura.asn.au or call AURA on 0408 527 391.

October 2007

Sunday 21 October BRINDABELLA CLASSIC 55 km (ACT)

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

November 2007

Sa t–Sun 10–11 November THE GREAT NORTH WALK 100S (NSW)

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

Sunday 18 November VICTORIAN 6 HOUR AND 50KM TRACK CHAMPIONSHIPS (VIC)

The races will be held at the Moe Athletic Track at Newborough (near Moe) approximately 138 km east of Melbourne. The track has a synthetic surface. Changing rooms, showers and toilets are close to the track. Both Championship races will be held together with a single entry fee covering entry to both races. Refreshments will be provided at the end. A 6-hour relay race will be held simultaneously as well as a section for 6-hour walkers. The races are conducted by Traralgon Harriers Athletic Club Inc. The entry fee is \$30 to covers entry into both Championship races. Relay team entry is \$50. All entries close on 16th November 2007. All runners and walkers will need to should supply their own lap counter. Times: Start at 8:00am. Runners and relay captains to report in by 7:30 am. Presentations approximately 2: 15 pm. There will be a 6-hour time limit on the 50-km race. For more info Contact: Carol Summersgill 0356352293 Or E-mail Harriers@net-tech.com.au Website: www.traralgonharriers.org

December 2007

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

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

Saturday 1 December MT FEATHERTOP SKYRUN 50 KM (Vic)

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

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

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

Sunday 16 December SIX INCH MARATHON 45KM (WA)

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

January 2008

Sunday 6 Jan AURA BOGONG TO MT HOTHAM (VIC)

64km tough mountain trail run, with 3,000m of climb. 42 km, 35 km and 25 km options also available. 6:15am start at Mountain Creek Picnic Ground near Mt Beauty. Discount for Aura members. Contact: Race Director Michael Grayling, phone 0433 420 530, or John Lindsay, phone 0419 103 928. email: jlindsa1@bigpond.net.au.

Sunday 27 Jan EASTERN TREE SERVICE MANSFIELD TO MOUNT BULLER 50KM ROAD RACE (VIC)

6am Start. Cheap Accommodation available at Mt Buller. Discount for Aura members.

Race Director is Robert Boyce contact: Robert 0417 557 902 . email: rboyce@easterntrees.com

February 2008

Saturday 2 Feb CRADLE MOUNTAIN ULTRA (TAS)

6am start at Waldheim, Cradle Valley at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthia Bay at southern end of the park. approx. 82km of tough mountain trail running with lots of bog! Discount for Aura members. contact: Sue Drake. 03 6231468 email: sue.drake@trump.net.au.

Saturday 9 Feb CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN 6 HR & 12 HR EVENT (QLD)

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

TBA AURA DAM TRAIL RUN30/50

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

Email mark_mex@bigpond.com

March 2008

Saturday 1 March BUNBURY RUNNERS CLUB TRACK CHALLENGE (WA)

12 Hour, 6 Hour, 6 Hour Relay, State 50km Track Championship. Start time for all events is 5pm. Location of race: 500 metre grass track at the Bunbury Runners Club rooms, Ocean Drive, Bunbury, WA. Runners will need to provide their own lapscorers Entries close on 3rd February. NO late entries. contact: Shane Walker or Pierre Nebbe 0438-922- 711. email: swalker@aapt.net.au.

Saturday 8 March SIX FOOT TRACK MARATHON (NSW)

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

Mon 23 March WAMC JOHN FORREST 40 MILER [WA]

Contact Race Director is John Pettersson. Telephone 0408924555

Sat 29m to Sun 30 March AUSTRALIAN ALPINE 100 MILE (VIC)

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

Sunday 30 March WATER WORLD GREAT OCEAN RUN (NSW)

Red Rock to Coff's Jetty Beach and Headland. 45km. 6.30am dst start at northern end of Red Rock Beach. Finish at Coff's Harbour Jetty. Course survey from 2.00p.m. dst at Arrawarra Headland on Saturday 29th March followed by carbo load at Pizza Place Woolgoolga at 7.00pm. dst. Entry fee (payable to Woolgoolga Fun Run) \$10.00 (or \$15.00 on the day). Contact Steel Beveridge 3 B Surf St, Emerald Beach, 2456 or phone 02 6656 2735 or email steelyn@hotmail.net.au

April 2008

Sun 6 April FRANKSTON TO PORTSEA ROAD RACE (VIC)

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

15 April CANBERRA MARATHON AND ULTRA (ACT)

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

Sat-Sun 19-20 April COBURG 24 HOUR CARNIVAL (VIC)

Offering 24 Hour walk and run, 12 Hour walk and run, 6 Hour run and walk and 12 Hour Relay categories. Includes the Victorian 24 Hour Track Championship and the Australian Centurions 24 Hour Walk. Held at the Harold Stevens Athletics Track in Coburg. Starts 10am on Saturday. Entry forms may be downloaded from the website. contact: Tim Erickson by phone 0412-257-496. email: terick@melbpc.org.au. For more details, visit <http://www.coburgharriers.org.au/joomla1/content/view/55/39>

Sat 26 April WILSON'S PROM 100KM ULTRAMARATHON (VIC)

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

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

May 2008

Sunday 11 May WALHALLA WOUND UP TRAIL RUNS (VIC)

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

Sunday 18 May GLASSHOUSE MOUNTAINS TRAIL RUNS - COOKS TOUR (QLD)

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

Sunday 18 May BUNBURY MARATHON & 50km (WA)

Marathon and 21.1km and 50km email: swalker@aapt.net.au.

May BANANA COAST ULTRA MARATHON 85 km (NSW)

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

June 2008

Sunday 8 June Gold Coast 100 Supermarathon. Incorporating the National 100km championships with 50 km and 25km option. Tel 0408 527 391 or visit www.goldcoast100.com

July 2008

Saturday 26 July BUSH CAPITAL MARATHON AND ULTRA (ACT)

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

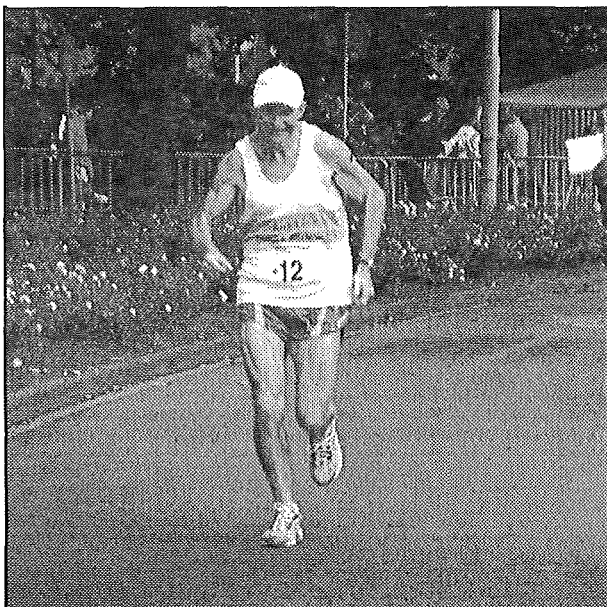
Saturday 26 July GLASSHOUSE MOUNTAINS TRAIL RUNS - FLINDERS TOUR (QLD)

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

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

AURA Contacts

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membership secretary	David Criniti	dcriniti@bigpond.net.au	0411 438 344
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secretary	Jo Blake	jblake@cjeffery.com.au	0414 554 469
president	Ian Cornelius	icorneli@bigpond.net.au	0408 527 391



Photos from Winschoten, World Cup 100km

2007 AURA Points Score Competition

Win prizes to a value of \$3500

HOW THE POINTS SYSTEM WORKS

CATEGORY	NO. OF POINTS	AWARDED FOR	EXPLANATION
Category 1 Ultra Points	2	Starting	Each competitor receives two points for each ultra in which they start provided the 42.2km distance is passed
	2	Each 100km	Distances achieved in eligible events may be accumulated. Two points shall be earned for each 100km completed within the calendar year. Performances of less than 42.2 km will be ignored.
Category 2 – bonus points for placings	3	1 st place	To be eligible the race must be an ultra race sanctioned by AURA as shown in the AURA race calendar. These points are awarded for men's placings and for women's placings. If a National championship then these points are doubled (see note 6).
	2	2 nd place	
	1	3 rd place	
	3	Breaking a National Age Record	Breaking a National Age Record entitles a person to 3 points in addition to any points earned in Categories 1 & 2. For purposes of this competition, age group records start at 40 and Over.
Category 3 - bonus points for records (see note 7)	10	Breaking a National Open Record	Breaking a National Open Record entitles a person to 10 points in addition to any points earned in Categories 1 & 2.
	5	Breaking a World Age Record	Breaking a World Age Record entitles a person to 5 points in addition to any points earned in Categories 1 and 2.
	20	Breaking a World Open Record	Breaking a World Open Record entitles a person to 20 points in addition to any points earned in Categories 1 and 2.
Category 4 – bonus points for IAU benchmarks	20	Achieving IAU Level 1 benchmark	(a) 100km road - sub 7 hrs for men; sub 8:30 for women (b) 24 hr track - 240km+ for men; 220km+ for women
	10	Achieving IAU Level 2 benchmark	(a) 100km road - sub 7:30 for men; sub 9:00 for women (b) 24 hr track - 220+ for men; 200+ for women
	10	Achieving IAU eligibility	50 km road - men 3:20 women 3:50

Prizes: 1st place – a trip South Africa to a maximum value of \$2000 plus free entry to contest the Comrades marathon. 2nd place - a trip to New Zealand to a maximum value of \$500 plus free entry to either Auckland 24 hr, Taupo 100km or Kepler Track; 3rd place – 5 days at Runaway Bay Sports Super Centre with access to full facilities (value \$500); 4th place – 2 nights for 2 at Seaworld Nara Resort with tickets to Seaworld (value \$300); 5th place – free entry to Gold Coast 24 (value \$125); 6th place – free entry to Gold Coast 100 (value \$60).

Notes:

- There is no distinction between men and women for purposes of this competition, other than for the awarding of points as above. That is, there will be only one overall winner.
- The points score is for the AURA year, which is the calendar year.
- Only financial members are eligible for points. A period of grace is allowed to 31 March for any membership renewals by existing members; otherwise points are accumulated from the date a person becomes a member.
- Points can only be scored from Ultramarathon races within Australia as are listed as sanctioned events in the AURA race calendar. Races contested overseas are not eligible except for the IAU 50km trophy race and the IAU 100km and 24 hour World Challenges.
- For races to be eligible it is necessary for Race Directors to furnish final (not provisional) results to AURA no later than 7 days from the date of the race. Should this not occur then the performance for that race will be ignored.
- National championships for 2007 (Category 2 points) comprise: Six Foot track, Canberra 50km, Gold Coast 100, Gold Coast 48, Adelaide 24 and the Cliff Young Colac 6 day should it be held.
- Points (Category 3) for only two records (one for distance and one for time) will be awarded in each event. For example if an athlete in the 48 hour track race breaks the record in his/her age group for 6 hr, 12 hr, 24 hr, 48 hr, 50 km, 100 km and 500 km they receive two lots of Category 3 bonus points only, for purposes of this competition.
- Prizes are not transferable and must be used during 2008 failing which they will lapse.



AURA Points Score Competition

BY POINTS (DESCENDING) - All Events up to 13th September

Includes all AURA members who joined by 10th August

- indicates a placing in a national championship

Surname	First Name	Category 1			Category 2				Category 3			Category 4				Total Points
		km	Pts	#1st					Aust.							
Marshall	Kelvin	12	886.395	40	4	2	1	17	0	0	0	0	0	0	0	57
Cochrane	Tim	5	354.000	16	4#	1#	0	19	0	0	0	0	1	1	20	55
Boyce	Robert	9	739.312	32	0	1	2	4	0	0	0	0	0	0	0	36
Gamble	Malcolm	8	583.053	26	1	0	2	5	0	0	0	0	0	0	0	31
Monks	Paul	8	587.000	26	1	1	0	5	0	0	0	0	0	0	0	31
McCormick	Richard	9	648.924	30	0	0	0	0	0	0	0	0	0	0	0	30
Fryer	Martin	3	488.986	14	1	1	0	5	0	0	0	0	1	0	10	29
Commins	Louis	6	646.042	24	0	1#	0	4	0	0	0	0	0	0	0	28
Francis	Mick	4	431.174	16	3	0	1#	11	0	0	0	0	0	0	0	27
Nuttall	John	7	463.180	22	1	1	0	5	0	0	0	0	0	0	0	27
Bell [f]	Tamyka	4	318.162	14	4	0	0	12	0	0	0	0	0	0	0	26
Hewat	Andrew	5	435.934	18	2	0	0	6	0	0	0	0	0	0	0	24
Johnson	Andrew	5	467.755	18	1	0	2#	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
Phillips	Lindsay	6	552.681	22	0	1	0	2	0	0	0	0	0	0	0	24
Blake	Jonathan	3	195.000	8	0	1#	1	5	0	0	0	0	0	1	10	23
Last	Geoffrey	5	551.363	20	0	1	1	3	0	0	0	0	0	0	0	23
Nobbs [f]	Deanne	3	250.000	10	2#	1#	0	13	0	0	0	0	0	0	0	23
Cook	Dean	3	374.651	12	0	3#	0	8	0	0	0	0	0	0	0	20
Criniti	David	2	95.000	4	1#	0	0	6	0	0	0	0	0	1	10	20
Guard	Roger	4	390.934	14	0	2#	0	6	0	0	0	0	0	0	0	20
Fiegel [f]	Tina	3	272.218	10	1	2#	0	9	0	0	0	0	0	0	0	19
Gardiner	Peter	5	407.000	18	0	0	1	1	0	0	0	0	0	0	0	19
Kartsounis [f]	Vivienne	4	295.372	12	1	1	1#	7	0	0	0	0	0	0	0	19
Pelgrim	Bert	2	95.000	4	0	0	1#	2	1	0	3	0	0	1	10	19
Schwebel	Ron	4	352.282	14	0	1	0	2	1	0	3	0	0	0	0	19
Parsonson	Mark	3	233.000	10	2	1	0	8	0	0	0	0	0	0	0	18
Cook	Kim	4	392.297	14	0	1	0	2	0	0	0	0	0	0	0	16
Every	Paul	3	422.496	14	0	1	0	2	0	0	0	0	0	0	0	16
McKinnon	David	4	422.934	16	0	0	0	0	0	0	0	0	0	0	0	16
Moloney	Nic	3	249.600	10	2	0	0	6	0	0	0	0	0	0	0	16
Staples	Alan	3	411.152	14	0	0	1#	2	0	0	0	0	0	0	0	16
Webber	Bruce	4	448.998	16	0	0	0	0	0	0	0	0	0	0	0	16
Barron	Adam	3	246.570	10	1	1	0	5	0	0	0	0	0	0	0	15
Healy [f]	Michelle	3	152.000	8	1	2	0	7	0	0	0	0	0	0	0	15
Fawkes	Nathan	3	210.668	10	0	1	2	4	0	0	0	0	0	0	0	14
Murphy	Phillip	2	205.934	8	1#	0	0	6	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
Grattan [f]	Angie	3	143.710	8	1	1	0	5	0	0	0	0	0	0	0	13
Hain	Geoff	3	329.444	12	0	0	1	1	0	0	0	0	0	0	0	13
Lockwood	Glen	4	269.274	12	0	0	1	1	0	0	0	0	0	0	0	13
Pearson	John	2	220.840	8	1	1	0	5	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

Campbell	Grant	4	230.041	12	0	0	0	0	0	0	0	0	0	0	0	12
Collins	Tony	1	272.441	6	1#	0	0	6	0	0	0	0	0	0	0	12
Lang	Coran	2	383.277	10	0	0	2	2	0	0	0	0	0	0	0	12
Schot	Martin	3	175.000	8	1	0	1	4	0	0	0	0	0	0	0	12
Terjesen [f]	Siri	2	100.000	6	2	0	0	6	0	0	0	0	0	0	0	12
Hennessey	Laurie	2	143.638	6	0	1	0	2	1	0	3	0	0	0	0	11
Pearce	Adrian	2	115.647	6	1	1	0	5	0	0	0	0	0	0	0	11
Ware	Robert	2	203.900	8	1	0	0	3	0	0	0	0	0	0	0	11
Whyte	Robin	3	206.346	10	0	0	1	1	0	0	0	0	0	0	0	11
Wright	Ian	3	265.934	10	0	0	1	1	0	0	0	0	0	0	0	11
Carlton	Gary	2	114.374	6	0	2	0	4	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
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
Bespalov [f]	Isobel	1	45.000	2	1#	0	0	6	0	0	0	0	0	0	0	8
Black [f]	Veronica	2	110.000	6	0	1	0	2	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
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
Hooley	Danny	1	189.687	4	1	0	0	3	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
Appleby	Steven	2	125.000	6	0	0	0	0	0	0	0	0	0	0	0	6
Cassidy	Kevin	2	100.000	6	0	0	0	0	0	0	0	0	0	0	0	6
Corlis	Michael	2	105.000	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
Graham	Chris	2	125.246	6	0	0	0	0	0	0	0	0	0	0	0	6
Hall [f]	Kerrie	1	100.000	4	0	1	0	2	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
James	Ray	2	199.185	6	0	0	0	0	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
Pearce	Billy	2	110.000	6	0	0	0	0	0	0	0	0	0	0	0	6
Saxon	Brett	2	105.000	6	0	0	0	0	0	0	0	0	0	0	0	6
Fairweather [f]	Jackie	1	60.000	2	1	0	0	3	0	0	0	0	0	0	0	5
Greenwood [f]	Deb	1	54.700	2	1	0	0	3	0	0	0	0	0	0	0	5
Hood	Allan	1	82.000	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
Watts	Graeme	1	168.224	4	0	0	1	1	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
Barclay	Nick	1	140.571	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
Bryson	Richard	1	100.000	4	0	0	0	0	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
Cox [f]	Robyn	1	74.800	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
Fairweather	Simon	1	60.000	2	0	1	0	2	0	0	0	0	0	0	0	4

Gilanyi	Thomas	1	100.000	4	0	0	0	0	0	0	0	0	0	0	4
Gray	Rob	1	50.000	2	0	1	0	2	0	0	0	0	0	0	4
Kaehne	Darren	2	95.000	4	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	4
Lockwood [f]	Belinda	1	81.608	2	0	1	0	2	0	0	0	0	0	0	4
Ludwig	Andrew	1	116.400	4	0	0	0	0	0	0	0	0	0	0	4
McTaggart	Chris	1	45.000	2	0	1	0	2	0	0	0	0	0	0	4
Pickavance	Michael	1	82.000	2	0	1	0	2	0	0	0	0	0	0	4
Pirola-Merlo	Andrew	1	100.000	4	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	4
Renwick	Bruce	1	100.000	4	0	0	0	0	0	0	0	0	0	0	4
Skrucany	Rudolf	1	117.447	4	0	0	0	0	0	0	0	0	0	0	4
Thompson	Bill	1	160.934	4	0	0	0	0	0	0	0	0	0	0	4
Timmer-Arends [f]	Sandra	1	50.000	2	0	1	0	2	0	0	0	0	0	0	4
Twite	Ian	2	90.000	4	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	4
Chomyn [f]	Sharon	1	47.702	2	0	0	1	1	0	0	0	0	0	0	3
Colquhoun	Colin	1	62.000	2	0	0	1	1	0	0	0	0	0	0	3
Hassett	Bernie	1	45.000	2	0	0	1	1	0	0	0	0	0	0	3
McGowan	Mark	1	60.447	2	0	0	1	1	0	0	0	0	0	0	3
Oliver [f]	Rebecca	1	76.808	2	0	0	1	1	0	0	0	0	0	0	3
Baird [f]	Carol	1	45.000	2	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	2
Cohen	Chris	1	45.000	2	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	2
Cook	Bruce	1	50.000	2	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	2
Crouch-Chivers	Paul	1	50.000	2	0	0	0	0	0	0	0	0	0	0	2
Cutler	Rodney	1	60.000	2	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	2
Firth	Stephen	1	50.000	2	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	2
Harrison [f]	Sharon	1	45.000	2	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	2
Hinds	Tom	1	46.506	2	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	2
Hosking	David	1	45.000	2	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	2
Kaehne [f]	Karin	1	50.000	2	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	2
Kuiper [f]	Ineke	1	45.000	2	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	2
Love	Gregory	1	45.000	2	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	2
McPhee	Jevvan	1	50.000	2	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	2
Ngoh Ngoh [f]	Nestor	1	50.000	2	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	2
Silk	Tom	1	45.000	2	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	2
Sloan	Tim	1	45.000	2	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	2
Tomiczek	Bill	1	45.000	2	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
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 _____

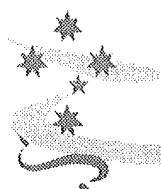
Directions (via phone) _____

Pickup from: _____

Airport _____

Bus depot _____

Train/tram station _____

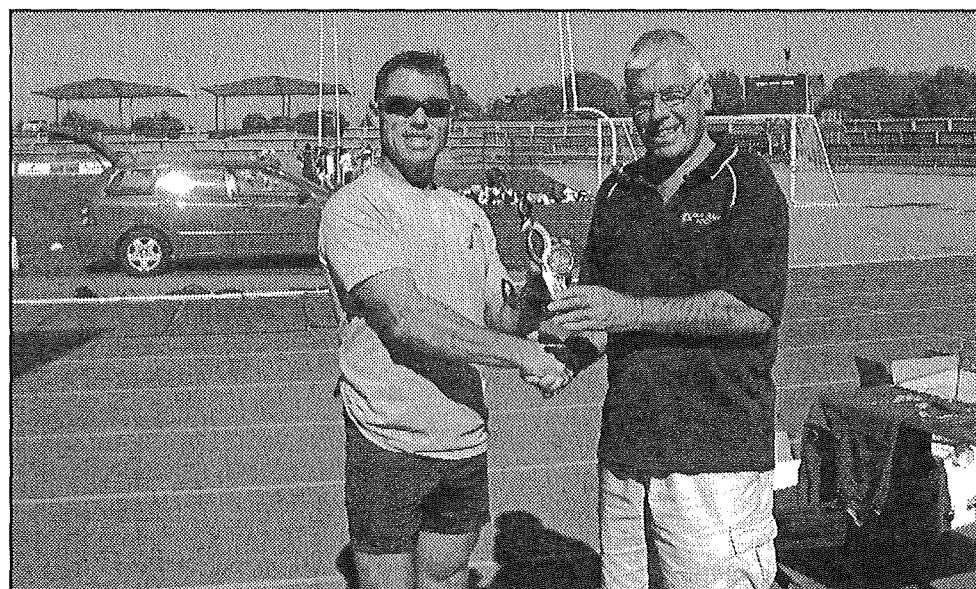


Canberra 50km Ultra Marathon

Incorporating the Australian & AURA 50km Road Championships - 15th April 2007

Continued from June issue . . .

Place	Name	Marathon	50 km	Place	Name	Marathon	50 km
47	Terry Coleman	3:42:16	4:28:39	72	Sebastian Warmedr	4:17:58	5:19:59
48	Lisa Carroli [f]	3:41:39	4:29:04	73	Verne Towgood	4:20:24	5:21:38
49	Robert Lutz	3:35:45	4:30:16	74	Joseph Lee	4:17:35	5:23:38
50	Grant Campbell	3:43:57	4:34:34	75	Pang-Chien Chen	4:25:47	5:23:42
51	Peter Knott	3:40:23	4:34:39	76	John Waddell	4:07:52	5:24:57
52	Zsombor Nemeth	3:37:16	4:34:45	77	Warren Dick	4:29:22	5:25:37
53	Stephen Firth	4:01:41	4:37:05	78	Andrew Reenies	4:24:15	5:26:16
54	Billy Pearce	3:42:04	4:37:29	79	Yeung-Ho Chen	4:27:01	5:28:19
55	Mark Dakin	3:52:20	4:40:34	80	Darrin Ball	4:18:48	5:31:34
56	Monika Schulze [f]	3:51:32	4:43:23	81	Cathy Maguire [f]	4:30:00	5:31:44
57	Tom Leyman	3:56:28	4:47:07	82	Nick Drayton	4:36:54	5:34:21
58	Helmut Roesner	3:42:30	4:49:50	83	Allison Lilley [f]	4:34:12	5:35:53
59	Richard Hillman	4:03:57	4:50:38	84	Jeff Morunga	4:35:55	5:38:40
60	Joseph Thompson	3:47:31	4:53:46	85	Veronica Black [f]	4:36:33	5:41:50
61	Amanda Dunn [f]	4:02:07	4:57:21	86	Peter Wilson	4:38:36	5:45:18
62	Susan Login [f]	3:59:26	4:58:16	87	Ken Smith	4:42:31	5:50:54
63	Robert Boyce	4:08:34	4:58:30	88	Louis Commins	4:54:51	5:55:05
64	Chun-Tsai Chan	4:08:06	5:01:04	89	Elizabeth Armer [f]	4:51:51	5:55:14
65	Yun-Chung Lee	4:13:07	5:01:28	90	Geoff Kopittke	4:45:14	5:56:29
66	Francis Harvey	4:09:39	5:03:18	91	Yang-I Lien	4:53:57	6:09:31
67	Paul Crouch-Chivers	4:08:04	5:05:13	92	Julie Colbran [f]	5:12:30	6:28:38
68	Ming-An Kao	4:12:10	5:08:57	93	Man Wong	5:14:07	6:38:18
69	Karin Kaehne [f]	4:17:09	5:11:58	94	Chris Hockman	5:36:22	6:54:36
70	Darren Kaehne	4:17:10	5:11:58	95	Lachlan Lewis	5:41:14	7:22:08
71	Liz Urquhart [f]	4:20:56	5:18:36				



Dean Cook is awarded 2nd place in the 24 hr by Ian Cornelius at the Gold Coast 24/48 hour track event.





The Kokoda Challenge

96km Team Race. Qld. 14th/15th July 2007



*Team Nike Hammer. Peter Hall,
Nicky Carroll, Don Wallace and Mike Page*

Report by Mike Page

There's a lot to be said for that old saying "Ignorance is Bliss".

Last year we'd come into this race ignorant. Oh, we'd trained over each section of the course, and each of us had done the hard yards in training in lead up to the event. But over a course like this, you never really know how it feels until you've raced it.

So lets just say that it was with a bit of apprehension about what lay ahead that we all signed up for this years edition of the Kokoda Challenge.

This year saw us with a team change. Greg Barton was living it up in Canada, so Donnie roped in someone more than capable of filling his shoes. Nicky Carroll is a former Australian Marathon Representative, and would undoubtedly be the strongest member of the team.

Unlike the previous year we didn't really train on the course all that much. Having meticulously planned it last year we felt fairly confident in our schedule and decided to go about our training as normal in the lead up to the race.

Race morning arrived in a rather chilly fashion, with temperatures at the Mudgereeba being a heart-starting 2 degrees! We lined up

just in time for the last minute speeches and ten minutes later we were off.

Our plan was simple. Go out at the same pace we had last year and see what happened as we warmed up.

The race itself had received a lot of attention this year and as a result the number of teams had more than doubled to 165 confirmed starters. Amongst those teams were a few that presented a threat. KTL trekking who conduct treks over the actual Kokoda Trail had sent 3 teams of their trekking guides over to contest the race. There had been talk leading up to the event that these boys were going for 10 hours. There were also a couple of teams from Southern Cross University and also a couple of the guys from last years runners up, Bicycle Riders Morning-side - back this year under a different name - The Mizuno Rebels.

The first leg to checkpoint 1 was a bit shorter than last year, at only 3.5km. Being worried that there may be a rush to get there first and onto the Leisure trail which is a little wider than a single trail, we kept fairly steady pace and made sure we were at the front.

Due to the number of teams and the hype surrounding the number of contenders, we'd assumed we'd be running with a few teams for quite some time. So it was quite suprising that by the time we'd reached checkpoint 2 (the first major support checkpoint) we were quite alone, with only the guys from the 2nd place team from the previous year about a minute or two behind. Leaving checkpoint 2 saw us with a couple of minutes lead over second place and quite a few minutes over third. At this point we were ahead of our own schedule by 10 minutes and moving well.

Straight out of Checkpoint 2 and down a couple of kilometres of

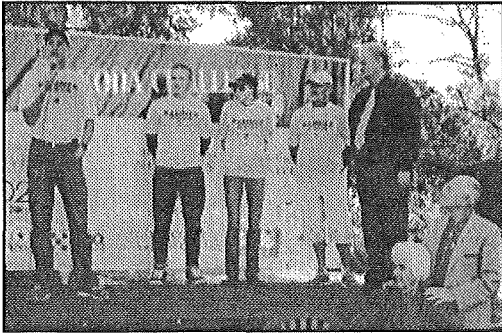
sealed road came the first big climb of the day - Mt. Fairview. This is probably the worst climb of the day, very steep and very rocky with unstable footholds making it tough going. I was glad to see the downhill on this one as I'd suffered on this climb and was hoping to come good on the long descent down Nimmel Road. I recovered well and we cruised into our next major support checkpoint - Polly's Kitchen at Springbrook.

Leaving Polly's kitchen saw Pete hit a bad patch, seeing stars while ascending Springbrook. At 487 metres in elevation it's not a small climb and coming down the long descent and into the Environmental centre saw him flatten out. We got our support crew to take a split on the second place team as we set out on the 11km loop. Thankfully Pete came good during this section after downing a couple of Hammergels and we completed it in good time.

Leaving the Environmental centre saw us with a handy 35 minute lead over second place, and a whopping 1.5 hours back to third and fourth. Heading toward Syd Duncan Park, we were 20 minutes up on our schedule and we were all fairing well. A hard left turn off Nerang/Murwillumbah Road and up Black Shoot Pass - onto Beechmont Plateau and Synd Duncan Park.

The climb up Black Shoot Pass isn't too bad. The track is quite well graded making it easier under foot. Syd Duncan Park was a welcome sight. Not only did it represent the end of last really major climb of the day, but it was also the 66km mark, signifying that only 30km lay between us and the finish..!

Still well up on our schedule we pressed on to the highest point of the course (just under 600 metres elevation) before probably the worst descent of the day - Hellfire Pass. The course profile tells the story about this descent. It's the steepest, and it's the longest. And



First place and new course record

after 70km of ups and downs, it definitely feels like it too. It's a welcome relief to get that sucker out the way.

Mt. Nathan - the last big climb of the day. But at 280 metres of elevation, and after the big climbs of earlier in the day, it seems like a bit of an anti-climax. The legs however felt every step - let me tell you... ;)

Coming down off Mt. Nathan saw us pull into the last major checkpoint of the day. Only 17.5km to go. The sun was still up and as a group, we were holding together. We donned our lights on here and headed out for the final leg of our adventure. Leaving this checkpoint saw us an

hour in front of second place and over 2 hours ahead of third. As long as we kept moving forward, we had it in the bag.

If there's one place you don't want a bad patch to happen, it's through Nerang Forest with only 15 clicks to go. Unfortunately for Nicky, she hit her bad patch of the day as the sun went down. With Donny by her side, she gutted out the last 10km at a solid pace.

Not really what you want at the end of 96km of hard trail running, but to get in under the 12 hour mark we had to sprint to the line. Thankfully it was worth it as we crossed in 11 hours and 59 minutes - Knocking a whopping 2 minutes off our previous course record. Pretty funny really - after almost 12 hours of fantastic trail running, we come in only 2 minutes quicker...

A big thanks to Dave and Hammer for providing us with the best fuel on the market. It kept us going the whole day and helped pull us out of a couple of dark places along the way.

More thanks to Pete Hall and Victory Sports of Robina Town Centre for providing us with Nike's for the event.

And a HUGE thanks to our support team. Pete's wife and daughter - Leanne and Bronte - and my partner, Mandy, for giving up their Saturday to come support a bunch of grumpy-ass tired runners. They did a stellar job and seeing their faces at the support stops kept us going.

Also, the volunteers out on the course were sensational. These are people who have given up their entire weekend to come and stand out in cold weather waiting for us to mosey on through. The cheering and support we got from these people was fantastic and much appreciated.

Hats off to Doug and the Team from Kokoda Challenge. They've created a great ultra distance event that seems to have captured the imagination of not only nutbag runners like ourselves, but also the general public looking for a challenge. Congrats to all who took part and we'll see you again next year (did I just say that...?!?!).



The Kokoda Challenge 96km Team Event

July 14th, 2007 By Christine McDougall

Last year, at about this time, I made the decision to enter a team in the 2007 Kokoda Challenge.

I am an endurance kind of girl. I like the hard, long and obscure sports. I am not frightened by extremes of distance, altitude or event. Quite the contrary, I relish them. So this little event was right up my alley.

I started running in 1994 and haven't stopped. In 1995 I ran my first marathon. I have now run 13. In 1995, three weeks after my first marathon I ran 70 kms in an ultra marathon. I came in the first placed female and 6th over all.

I am not a fast runner. However, I am consistent, and I do understand, for some strange reason, pacing. (Strange because in other areas of my life, I have little patience. I am literally like a bull at a gate.) Ultra marathon running is about pacing. You need to be able to go the distance. And finish.

I have only ever quit one run in my life. I will not do it again, unless my life is at threat. I start to finish. That for me is the point. I do have trouble understanding people who start where finishing is not the objective. Committed is a word you could use for me. And reliable, particularly when it comes to running.

There was very little strategy in the choice of my team members. Few people would willingly throw their hands up to participate in a 96k run over one day. I asked a few people and they said yes.

Donna, my personal trainer and friend. Donna loves a challenge and is tenacious and definitely not a quitter.

Byron, long term training buddy, strong runner. A boy at heart. Again, not a quitter.

Alicia put up her hand. Alicia was never really committed. I think she doubted herself. I was always aware that we might have to find a substitute.

"The information he gave me was spot on and meant that I was energetically and physically healthy and hydrated throughout the event"

We first got together in November, and started building to a two hour running base before Christmas.

I was the only member of the team who had run a marathon or any distance over a half marathon.

In the beginning Byron and I were the strength. However, as we started doing the longer runs, Donna started to get really strong and by May it was apparent that she was a lot stronger than me. My strength also diminished. I was doing long hours at work and had been under quite a lot of stress. I have since recognised that this is largely due to accumulated fatigue.

My strength was the downhill. I was not as strong on the uphill. I felt Ok with this though as I could catch everyone on the downs. Alicia continued to be on and off. I started asking other people if they would stand in.

At the end of April I ran the Big Sur Marathon while I was in the USA. I felt really good. It was a hilly course and I ran a good time.

When I got back, Byron and I ran the mini Kokoda through the Nerang State Forest. Donna had a bad back so couldn't run. It was a race...we came third across the line. It nearly killed me. One of the hardest races I have done. So many hills. Byron didn't think I was running at my best. I don't think I ever ran at my best from that day. However, it was a huge wake up call of what we faced in the actual event, as this was the last 17 kms and the easiest part of the course.

The next day, we registered for the event so we could access the course maps and get out onto the course for training.

Next year I will make sure we are on the course a lot earlier and that we alternate on course, off course weekends so we don't lose so much speed. Running off road terrain is very different to road run-

ning. It requires a huge amount of mental concentration as it is so rugged. It is also extremely hilly with many of the hills so steep walking is the only option. Constant off road running results in a loss of speed in the legs. It is also a very different biophysical effect. Road running is harder on the body from a pounding point of view.

However, the countryside was beautiful and we all really enjoyed the Sunday runs. Often I wouldn't get home until 11 am.

I put together the race plan based on running 10 minute kilometres and very short crew stops. We worked this race plan for all of our training and for the event. It was conservative and realistic. I considered the potential troubles that could arise like injuries, blisters and illness.

We had to buy gear, water packs, headlamps, torches. The right gear is of extreme importance to the success of the run. We did two Saturday night runs to get familiar with night running and we trained in our gear for at least five runs.

We had to raise money for the charity. One email to my clients and this was done. Easy. (Thanks)

We also had to get a crew. Donna recruited some of her friends. I got one of my clients, Simon, whom I knew would like this kind of thing. Natalie and her friend Lorna were part of the team.

Three weeks out, Alicia did pull out. I had been chatting to Jane Rundel about this possibility and she had said yes. Her number one priority was the Gold Coast marathon. Fair enough, she had been focused on it for six months. It was to be her first marathon.

However, she said yes to joining us which shows enormous courage. She only knew me, and not well.

Two weeks out and we all lined up for the GC marathon, including Ali-

cia and Ken, who had done many training runs with us and who was flying to Papua New Guinea right after the marathon to walk the real Kokoda track. This was not a good day for me. I didn't feel well or strong the whole day. It was my worst marathon. However, I finished. Byron and Donna came in under 4 hours. Jane ran a 3.34 in her first which was great.

During the last two weeks the event began to take more and more of my focus. In the week before, everything I did was around the event. My sleeping, eating, massage, chiropractic. Lots of rest. Lots of carbs. I got some really great nutritional advice from a sports nutritionist to support my fluid and carb intake during the run. That gave me a huge boost in confidence. The information he gave me was spot on and meant that I was energetically and physically healthy and hydrated throughout the event.

Race day. Freezing. Driving through Carrara my car thermometer registered 3 degree's. This is really cold for our part of the world.

167 teams lined up for the start, over 700 people. Too many speeches and not enough clothing. Just let us go!

The start, hands and feet like ice. I took at least 20 minutes to feel my feet. We were in the top 15 teams to leave. Steady, steady. By the first check point at about 3 kms we passed a team or two. Between that check point and the next, we passed a few more. Steady. Consistent. Called Alicia in the support crew as we were coming into the first major check point. All feeling good. In and out. Lots of excitement.

Some big hills in front of us. Passed another team on the hill. Had the three guys and one girl team with us on the downhill before Mt Fairview. The girl fell down. I knew she was in trouble. It was too early in the race. We passed another team on the way



More photos from Kokoda Challenge

up Mt Fairview. Byron worked with me, behind me, pushing me. It was tough. We did it two minutes faster than in training. Maybe not wise as we were only in the early stages of the event.

Jane's knees were too bad to run the downhills hard. We had to take them really slowly which meant that I lost all of my advantage on the downhills and became the weakest link. Byron, Donna and I had to get over that little psychological hurdle in our own way. In training we had been strong on the downhills.

I was aware that I was thinking strategy all the time. It was great we knew the course and I knew what was in front of us.

As we ran across the ridge of Mt Fairview, we passed another team, one of the three Fuzzy Wuzzy Angels teams. On the descent to the last part of the run before Polly's kitchen we ran passed another team of guys. At the checkpoint before Polly's Kitchen there was an all male team who had lost one of its members. They had become separated and the guy had gone the wrong way. The team had to find him before they could go through the checkpoint. Yeh!! We were thrilled as they were a pretty crack team and they were furious. Our competitive juices started to kick in.

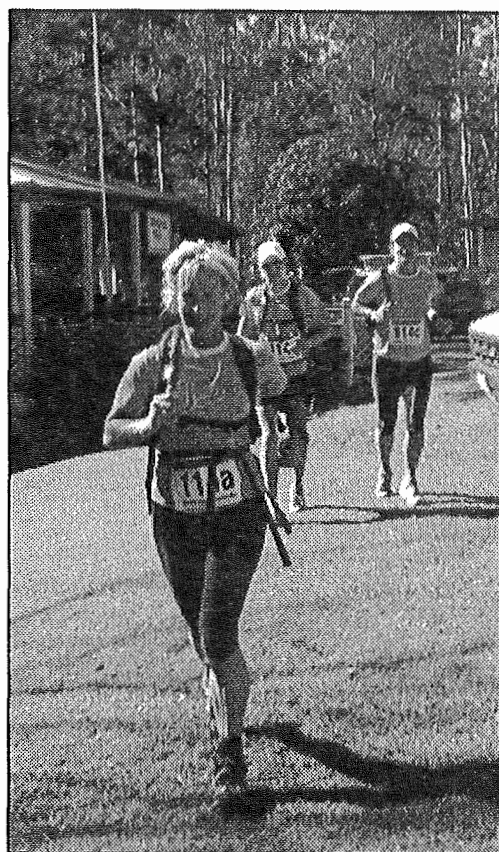
We ran into Polly's Kitchen in 4th place. It was about 12.30, we were on time and we were pumped.

It was great to see the look of shock as we ran in from many of the team's support crews and the spectators. I do not think they expected to see three girls and a guy in 4th place.

Back out of Polly's kitchen and the hardest climb on the course. This climb really got me. I could literally feel the energy go out of my legs with every step. I was sucking in poweraide at one end and could feel it dissipate at the other. I knew I was starting to lose it, my legs were wobbly. Byron waited for me at the top and I ate twice or three times the allocated carb requirement for the hour at that point, knowing it was vital for me to do so. (White bread sandwiches with jam or honey-no fibre and maximum sugar).

The downhill was slower as it was so hard on Jane's knees. It was hard to run slowly downhill. It was even worse because it was my one opportunity to let loose.

We came into the next major checkpoint, the Environment Centre still in 4th place. The crack team of Fuzzy Wuzzy Angels were only just



in front of us by about five minutes.

On the way out of the Enviro Centre we passed Peter Hall's team coming back in two hours ahead of us. They were surprised to see us. They later commented that they thought we looked really fresh and strong. Peter is a training buddy of mine and his team won last year and were definitely the team to beat this year. (Peter is a 53 year old 2 hour 45 marathon runner)

The loop back to the environment centre we had not completed before, so it was somewhat of a surprise when we found a very steep little hill in the middle. We had not been counting on that one.

Jane, at this stage, was really struggling with her knee and her confidence. Byron ran quite a way with her on the way back to the Environment Centre. She phoned her husband and support, Graeme, ahead and asked him to prepare to strap her knee. She said later that this was her lowest point.

During this loop we caught the Fuzzy Wuzzy Angels and then they passed us again on the downhill. Even with me on board, we were stronger than them on the uphills.

At this point Simon and Alicia changed over to Donna's friends. Graeme, Natalie and Lorna remained constant. I was working with Natalie. I don't think Donna's friends liked me. I think they thought I was bossy, which I was. I was very focused on getting in and out of the checkpoints as fast as possible. In retrospect, having a united support crew is critical to the event. This is a team of four runners supported by a group of equally crazy and dedicated people who spend long hours waiting for a few minutes of rush.

For the next stage we had to wear safety vests which were a nuisance. This was the hard part of the course for me because there were not many downhills, a lot of uphills and I was struggling to keep up on the flat.

I got Byron to run with me and I hung onto his backpack. It was mainly for psychological reasons. I was concerned I was letting the team down.

On the uphill section of the Beechmont hill, we passed the Fuzzy Wuzzy Angels Crack team. We were now in third spot. Even with my slowness on the hills, we passed them. Actually we passed many teams on the uphills.

We came into Syd Duncan park checkpoint on dusk in third place. The people at this checkpoint were not expecting this. We were thrilled and very focused.

From now on it was headlights and caution. We had to navigate the extreme downhill off Beechmount in the dark. This piece of the course is known as Hellfire pass and it is about 30 minutes of downhill running. It was great to reach the bottom and even greater to get to the next minor check point where people really cheered us in. The black jelly beans were also a bonus.

The final big hill, Mt Nathan, and some sparks flew between Donna and I. Donna wanted the team to all stay together. I wanted us to leverage strengths, me to catch up on the downhills. Donna was adamant. I had words with her.



We came off Mt Nathan to the last big check point excited to have the last stage of the race in front of us.

We entered Nerang State forest knowing that the end was near and that the next time we saw our crew we would be done.

This was a challenging part of the course. We were all tired. Donna and Byron were strong, Jane and I flagging. Donna and Byron kept on getting 200 or so metres in front of us.

In hindsight, I wasn't showing very good leadership at this time. What I should have done was to have Jane and I run in front with Byron and Donna behind providing physical and mental support. We had talked about doing this during training. From the perspective of our results, it would not have made much difference. We were two hours behind second, and we knew that fourth was an hour behind us. However, it would have created a stronger team. Given that we faced little to no real adversity during the event, the team was not tested to any degree. I would like to take the TEAM part of this event to another level of team next year. Were we to run, act, focus and think as a team. Plus create this kind of experience between the support crew and us.

This was my learning from being the leader of this event.

One kilometre to go. Downhill. Slow. Byron had a party whistle. He blew it when we were within hearing range. They went crazy. We crossed the finish holding hands. We had done it. 15 hours, 12 minutes. 20 minutes under our estimated race plan. 3rd place over all.

The crew had brought us beer, which we had asked for...somewhere out there it felt like a good idea.

Channel Nine interviewed me. (It didn't make it to air!). He asked me if I was surprised that a team of mostly women did so well. I was pleased that I had enough wits about me to reply~ women wouldn't be surprised!~.

Donna has some massive blisters. Jane her sore knee. Byron and I pulled up without too much to complain about.

I had never thought about getting a place. I had, from the beginning, three objectives in very certain order.

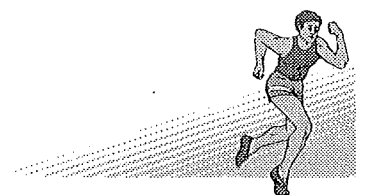
1. Get the team to the start line. This is a major hurdle, people break down, injury happens, people lose the heart.
2. Get the entire team to the finish line. Avoid accidents, injury, illness. A very unpredictable part of these kinds of events.
3. Do #2 as quickly as possible.

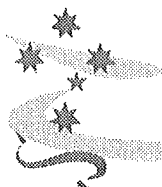
It was an excellent plan. We had done the training, we had run the course. We stayed steady. We had a bit of luck on our side.

Next year, it will be a team of all girls, and if we can hold together #2, we will be able to come in under 15 hours.

It was without doubt, a highlight of my sporting life and my 2007 year.

I went home, cleaned my teeth (I had been fantasising about doing this...all of the sugar made my mouth really fuzzy), had a hot shower, took two pain killers which is something I never do and slept about five hours. (You would think I would sleep 10 hours but there is too much adrenalin and other chemicals running through my veins. The 10 hours came the next night and the next night and the next night.) Warm in bed, I thought about all of those people still out there...out there all night. I sent them a prayer and went to sleep.



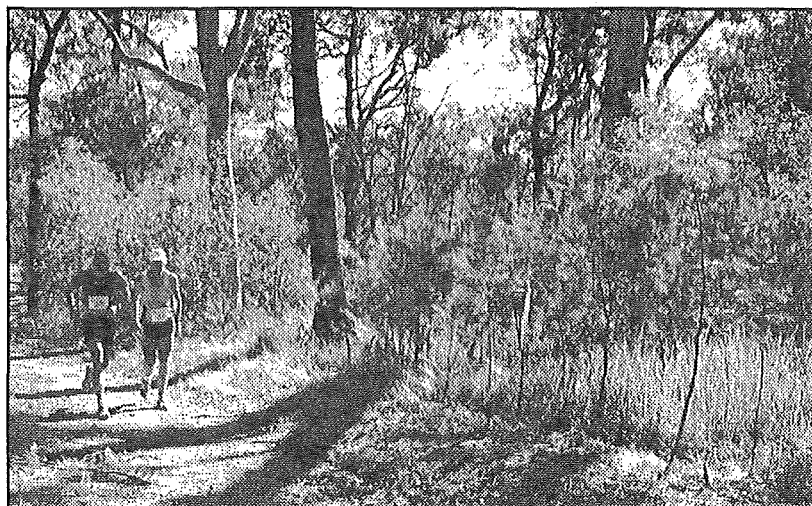
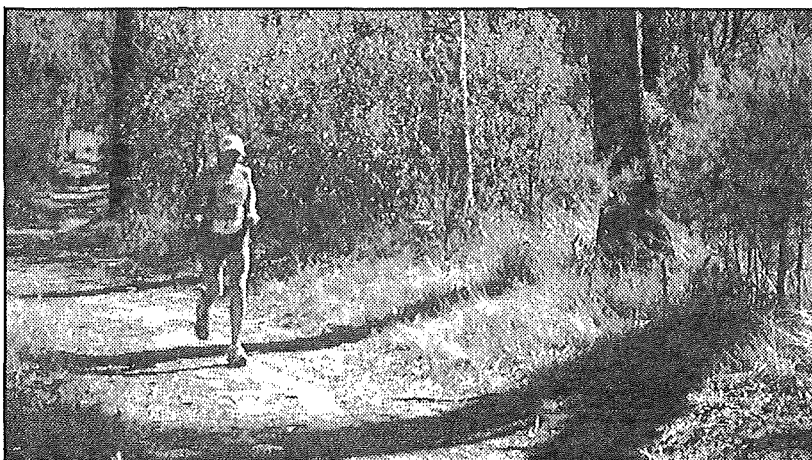


Glasshouse Trail - Flinders Tour 50km

28th July 2007

Results

1 JUSTIN HUNTER	4:13:54
2 ADRIAN PEARCE	4:30:11
3 ROGER GUARD	4:34:39
4 MARTIN SCHOT	4:49:41
5 LINDSAY PHILLIPS	4:56:36
6 MARK BRISTOW	4:57:03
7 MAREK BLAHA	5:01:05
8 ANDREW COX	5:05:18
9 GRANT COOPER	5:30:45
10 KEN ADRIAANSEN	5:32:27
10 GLEN HENDRY	5:32:27
12 DAMIAN SEERY	5:44:28
13 RODNEY LADYMAN	5:48:35
14 JOHN SELLARS	5:48:57
15 SUSANNAH HARVEY-JAMIESON [f]	5:49:56
16 ANDREW BURKE	5:59:00
17 GEOFF WILLIAMS	6:10:32
18 KELVIN MARSHALL	6:24:23
19 RICK WEBB	7:08:05
19 PETER WILSON	7:08:05
21 TOM DIXON	7:21:00
21 SARAH WHITE [f]	7:21:00
23 PETA MCINTYRE [f]	7:25:09
24 AARON WALKER	8:08:05
24 JACKIE BRIGGS [f]	8:08:05



Report by Adrian Pearce

The second Glasshouse Trail event for 2007 was held recently and this was organised once again by Ian Javes with the assistance of the Trail Running Association of Qld (TRAQ) of which Ian is the Vice President.

The number of entrants has been steadily increasing over the years and this event was no exception with 135 in the 3 distances. This is largely due to the spectacular scenery in the Glasshouse area and also because of the friendly atmosphere and organisational skills of Ian and his helpers. Ian had recently returned from the Western States run with quite a few other Aussies.

The day started as the sun began to rise when the 24 competitors in the

only ultra event being contested (50km) set off from the Beerburum School start/finish area. (CP2)

A relaxed pace was set as the group began the journey towards the dirt road that leads up to Mount Beerburum, after approximately 1km the road ends and a concrete path continues to the mountain top, 278 metres in elevation.

Just prior to reaching the summit I was met by the leading runners heading back down as the field began to spread out. Early leaders were Justin Hunter and well known AURA member, Lindsay Phillips. My calves were already complaining about the severity of the incline as I tried to stay in contact with Martin Schot who was backing up after his WS100 run. The view from the top was breathtaking in what had to be described as a perfect running

morning, with cool, clear weather. I'm sure the ultra runners who plan to do the September 100 mile/km would relish these conditions.

On the way down I was promptly passed by the 2006 "ultra runner of the year" Kelvin Marshall who is once again amassing an incredible amount of ultra events in 2007. His ability to back-up from each run is astonishing although he was coming into this event trying to recover from a virus.

Back on the flat section heading to CP3 and everyone settled into their own pace knowing they had 47km to go. Shortly after I was running alongside Roger Guard who has taken a liking to the ultra events, having participated in several this year including the May GH trail 80k and GC100.

The leading two runners had well and truly disappeared into the distance along the section past Tunbubudla "the twins" to CP4 but I still had some company having caught up with Martin. By now we were approaching ¼ distance but the temperature was still cool. The next section to CP4A involves a few uphill and downhill parts and I soon found myself on my own in the seclusion of the Beerburum forest. The tracks were all very dry and generally in good condition having not had any rain in the area for some time.

After going through CP4A we proceeded up the hill near Tibberoowuccum and eventually came along to Caves Rd the welcome sight of Bill Thompson at CP1A. Bill also had recently come back from completing the WS100. From here it was a short section back towards CP2 and at the nut trees I came across the leaders Justin & Lindsay who had back-tracked a few hundred metres after missing the turn. We ran together back to the school, stopping briefly before heading off for our second lap of the course.

It was pleasing knowing that we didn't have to run up Mt Beerburum again, actually it surprised Justin and as we headed out to CP3 again he picked up the pace with Lindsay dropping back. At CP3 I decided to also ease back and let Justin go, that was the last I saw of him as he increased his lead to over 15 mins by the finish.

I was on my own again and knew it was still about 18km to go, so I settled into a steady pace and headed around the twins again towards CP4. This checkpoint was manned by the Treasurer of TRAQ, Greg Waite and his wife, and each checkpoint was becoming more welcome as the legs started to tire. A quick drink and I was away, happy that approx. ¾ race distance was now completed. On the climb out of CP4 I caught Susannah Harvey-Jamieson who had started the run an hour early and was still moving quite well.

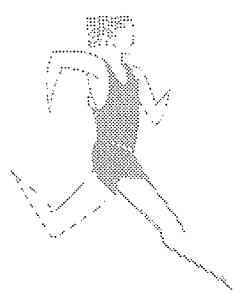
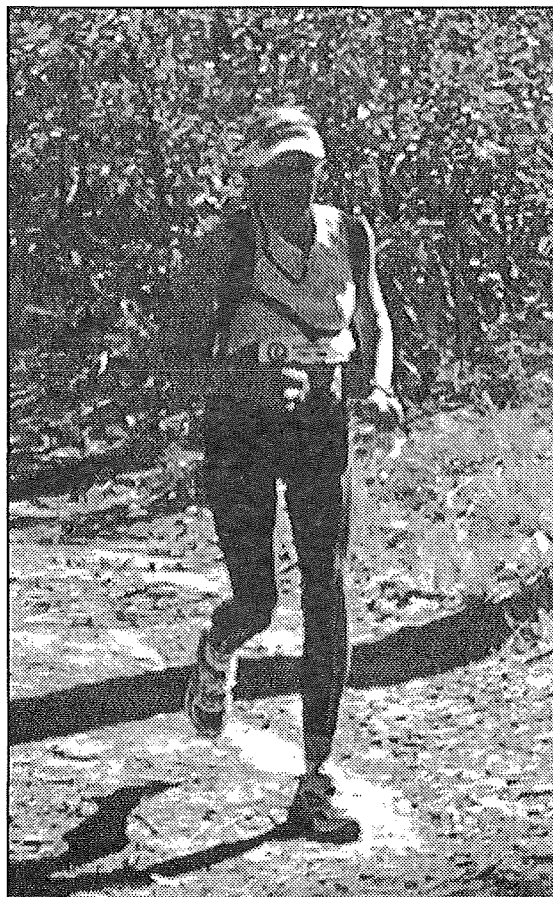
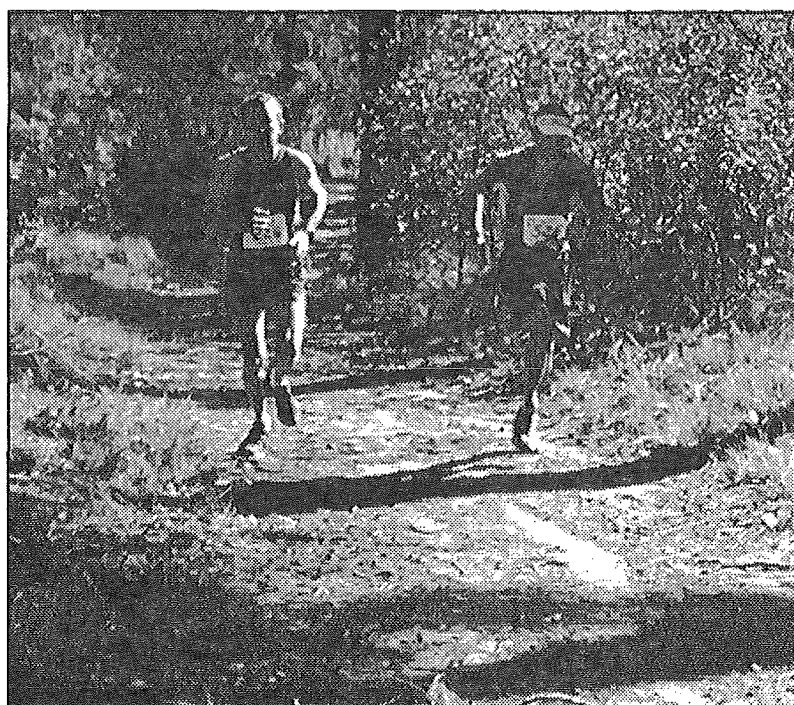
Through the next section to 4A I made the most of the shaded areas and the changes in terrain and scenery made the run interesting. It wasn't long before I was back to 1A

and a quick word with Bill and his wife before heading off on the last section towards the school. Now it was only about 4km to the finish involving one last trip over the rocky "hamburger hill".

The cars and the school were a welcome sight as I crossed the line in 2nd place, well behind the winner Justin but only a few minutes ahead of the consistent Roger Guard in 3rd with 4th place going to Martin Schot and 5th Lindsay Phillips. I am led to believe this was Justin Hunter's first ultra trail run so that makes it a great result for him. The first woman was Susannah Harvey-Jamieson.

A special mention must go to Kelvin Marshall who not only completed the run with the effects of an illness but managed to make an error in judgement and ascended Mt Beerburum again on the 2nd loop to make his run about 52km total.

No doubt some of the AURA members will be gathering at the Glasshouse area on September 8th for the 100mile, 100km or one of the shorter runs - see you there.





Bush Capital Ultra 60km A.C.T.

28th July 2007

Results

1.	Tim Cochrane	4:44:12
2.	Jackie Fairweather [f]	4:47:13
3.	Simon Fairweather	4:55:38
4.	Peter Thomas	5:21:42
5.	Ian Wright	5:22:07
6.	Andrew Johnson	5:27:10
7.	Branden Haywood	5:36:54
8.	Paul Monks	5:37:38
9.	Kim Cook	5:44:17
10.	Michael Lovric	5:51:11
11.	Michael Corlis	5:54:10
12.	Rodney Cutler	5:57:19
13.	Kerrie Bremner [f]	5:57:56
14.	Malcolm Gamble	6:00:35
15.	Glenn Lockwood	6:27:53
16.	Terry Coleman	6:32:20
17.	Craig George	6:32:36
18.	Grant Campbell	6:33:00
19.	Simon Curry	6:54:27
20.	Billy Pearce	6:54:56
21.	Brett Saxon	7:05:30
22.	Alexander Wilkinson	7:15:37
23.	Ludwig Herpich	7:17:01
24.	Louis Commis	7:27:29
25.	Peter Grace	7:47:14
26.	John Lawson	7:47:14
27.	Anthony Li Chiang	7:47:14
28.	Veronica Black [f]	8:05:05
29.	Wayne Gregory	dnf

Report by John Harding

A stunning record breaking performance by Jackie Fairweather was the highlight of the 2007 Bush Capital Bush Marathon Festival. Fairweather, the former world triathlon and duathlon champion, ran 4hrs 47mins 13secs for the 60km ultra run to slash 32 minutes off the course record set by world rogaining champion Julie Quinn. She was second outright, only 3 minutes behind Australian 100km representative Tim Cochrane who ran 4:44:12, and showed she can be a medal contender in the World Long Distance Mountain Running Championship in Switzerland in 6 week's time. Simon Fairweather, the former Olympic archery gold medallist, now an accomplished long distance runner, was second male in 4:55:38 and Peter Thomas third in 5:21:42, while Kerrie Bremner was runner up in the women in 5:57:56 and Veronica Black third in 8:05:05.

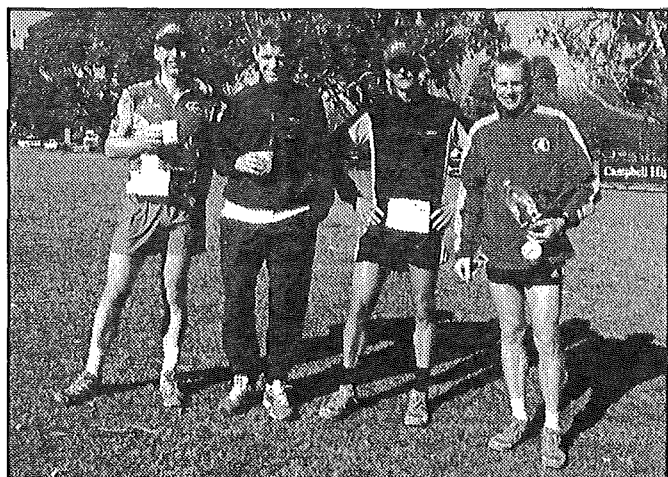
Report by Jackie Fairweather

My old triathlon coach described me as having an aerobic body with an anaerobic head! I still love to go hard but I am mellowing in my old age! After many years of hard work, culminating in three marathons (all under 2:36) and an Ultra in 2005, my old Achilles decided it needed a rest. I was unable to run for the majority of 2006. When I started running again speed work was out of the question, at least for the first part of 2007. It was time for a new challenge. I was not getting any faster so it was time to try going longer!

Having never enjoyed long slow training (the anaerobic head!), making the step from marathons to Ultras was always going to be a significant challenge for me. At least I had my husband Simon for company. But having won a gold medal for standing still (Sydney Olympic archery gold) he is way ahead of me in the patients stakes! The first couple of 3, 4 and 5 hour runs were both an exciting challenge and bloody tough. But by the time the Bush Capital Marathon 60 km event came along I was excited to see what I could do.

Unfortunately a week of the flu before the race had me questioning whether running 60 km was a good idea... We started conservatively with the aim to go out at five minute per kilometre pace for at least the first half. Simon seemed to be feeling full of beans - I was not. I was trying to conserve energy, relax, and enjoy the course. I really loved this course. Canberra is such an awesome city for running and the trails for this course are some of the best around. Race organiser John Harding always knows where to find the best race courses - he must know Canberra bushland better than anybody in the world!

At around 20 km we came to my favourite part of the course and I started to feel good. Up until that point we had been running with some of the competitors in the shorter distance events. From 20 km it was just the 60 km and marathon competitors. Just ahead of us was Liz Bennett who went on to win the marathon and break the women's course record. It was also around this point that we had temporary company from Vince Craig and Paul Veldkamp on their mtn bikes. It was good to see them and get their encouragement at different points on the course throughout the day. Some of our other running friends were



Lots of post-race smiles

"it was good to get that one under my belt and exciting to consider the challenges, and hopefully improvement, ahead"

at aid stations, so again it was really good to have their support.

After the marathon turnaround (about 26 km) there is an 18 km out and back section with some tough little rolling hills and rough ground in parts. We knew this would be the hardest section of the course but I was feeling quite good and excited that we were halfway through. It was also through this section that we realised there was only one competitor in front in the 60 km. At the turnaround (33.5 km) Tim Cochrane was about 2 km in front. Through this section we caught up to a lot of the competitors who had chosen the early start, one hour earlier. It was good to be able to cheer each other on.

After the 35 km mark I started to get impatient. Simon was feeling a little bit on the hills, so I left him behind. It was good to stretch out - I was on my own and felt free and relaxed. I was starting to feel a little bit tired but I felt better running at a faster pace. I also tried to keep eating at regular intervals. It was rolling hills through to just before 50 km, where we hit a long steady

hill. I could finally see Tim at this point - and also Kerry Bremner who had started an hour ahead, but took me a while to catch. Tim was now only three minutes in front. I had run around 45 minutes for that 10 km section.

Coming off the long hill and down the other side I started to really feel it. I knew I had made up ground on Tim, but I didn't know how much I had left. I really started grovelling running the hills along the base of Mt Majura. The last 10 k was a slog and felt really slow. The 10k split was about 50 minutes - my slowest for the day. With about 5 km to go Vince and Paul were at an aid station. They said I was looking great and could catch Tim. I knew I was feeling crap and there was no way I would catch him! It was frustrating that I was fading as I thought I had fuelled well enough. Maybe the flu took a bit out of me. I was certainly counting down those last few kilometres and the finish line was a welcome sight! Eight minutes later Simon came across the line in third place. I was very happy that he

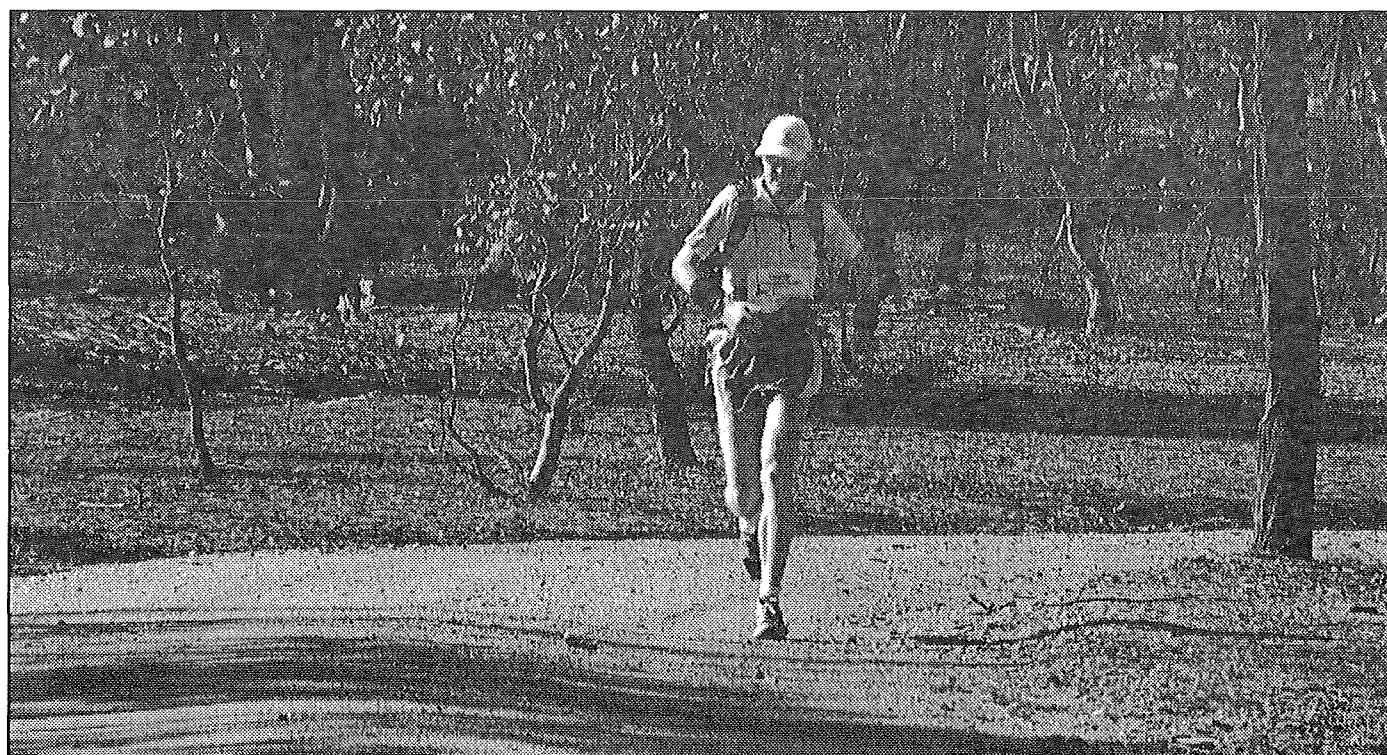
had held on and run strongly. He's pretty tough for an archer!

It was a fantastic event. Full credit to John Harding and his team of helpers and volunteers. It was a very satisfying race for Simon and I - our longest race yet. I think I still have a lot to learn about pacing and nutrition, but it was good to get that one under my belt and exciting to consider the challenges, and hopefully improvement, ahead!

Splits according to my Garmin (John says it is actually 60.8km, but mine got 60.26k):

Dist	time	5k split	10k split
5k	23.35	23.35	
10	48.22	24.47	48.22
15	1.12.22	24.00	
20	1.35.54	23.32	47.32
25	1.59.09	23.15	
30	2.23.11	24.02	47.17
35	2.46.38	23.27	
40	3.10.32	23.54	47.21
45	3.33.06	22.34	
50	3.56.06	23.00	45.34
55	4.21.46	25.40	
60	4.46.10	24.24	50.04
end (60.26)	4.47.13		

Photo below: Tim Cochrane





World 24 Hour Challenge

Drummondville, Canada July 28th/29th 2007

Team Results

1	JPN	761.842
2	FRA	742.206
3	GER	673.092
4	USA	669.324
5	ESP	651.464
6	GBR	648.643
7	BEL	632.480
8	AUS	622.555
9	POL	606.684
10	RUS	594.588
11	CAN	591.641
12	ITA	577.651
13	DEN	574.392
14	IRE	544.598
15	HUN	527.331
16	KOR	521.208
17	SWE	331.539



Individual Results

Team Australia

PL	NAME	CNT	PLC	CAT	KM								
1	Ryoichi SEKIA	JPN	1	M	263.6	26	Kimie NOTO	JPN	6	W	215.3		
2	Mohamed MAGROUN	FRA	2	M	257	27	Motohisa TADOKORO	JPN	21	M	214.8		
3	Masayuki OTAKI	JPN	3	M	253.8	28	Enrico BARTOLINI	ITA	22	M	213.1		
4	Phil MCCARTHY	USA	4	M	248.6	29	Monika BELAU	GER	7	W	213.4		
5	Fabien HOBLEA	FRA	5	M	248.5	30	Laurie MCGRATH	CAN	8	W	211.2		
6	Makoto SUZUKI	JPN	6	M	244.5	31	John PARES	GBR	23	M	210.9		
7	Jose Luis POSADO PEREZ	ESP	7	M	238.5	32	Jose Manso CRESPO	ESP	24	M	210.9		
8	Lyudmila KALININA	RUS	1	W	236.8	33	Chris FINILL	GBR	25	M	211.3		
9	Patrice BRUNETEAU	FRA	8	M	236.7	34	Gerard DUDACY	GER	26	M	209.8		
10	Andreas BAIER	GER	9	M	234.6	35	Jesper Kenn OLSEN	DEN	27	M	209.1		
11	Jean-Pierre GYOMARCH	FRA	10	M	233.1	36	Geert STYNEN	BEL	28	M	206.4		
12	Brigitte BEC	FRA	2	W	233.1	37	Nobumi IWAMOTO	JPN	29	M	206.5		
13	Joesef CSERPAK	HUN	11	M	230.9	38	Irina KOVAL	RUS	9	W	204.2		
14	Semen DEDYKIN	RUS	12	M	230.1	39	Peter ZUIDEMA	NDL	30	M	205.4		
15	Galina EREMINA	RUS	3	W	230.3	40	Takao FURUYAMA	JPN	10	W	204.6		
16	Ralf STEIBLINGER	GER	13	M	228.7	41	Didier DAVID	FRA	31	M	204.3		
17	Jim ROGER	GBR	14	M	226.5	42	Patrick LEYSEN	BEL	32	M	202		
18	Philippe Michel PANZA	BEL	15	M	224.1	43	Miguel CAMOS HERNANDEZ	ESP	33	M	202.1		
19	Waldemar PEDZICH	POL	16	M	224	44	Alfons VEKEMANS	BEL	34	M	202		
20	Yasuke KANCHIRA	JPN	4	W	221.4	45	Dara O'KEARNEY	IRE	35	M	202		
21	Scott EPELMAN	USA	17	M	220.9	46	Angel DEL LA MATA GARCIA	ESP	36	M	202.1		
22	Monique MUHLEN	LUX	5	W	217.8	47	Alex SWENSON	USA	37	M	199.8		
23	Andrew MCLEAN	CAN	18	M	217.7	48	Valerie MUSKETT	NZL	11	W	200.5		
24	Mick FRANCIS	AUS	19	M	216.8	49	Czeslaw MACHERZYN SKI	POL	38	M	198.8		
25	Martin FRYER	AUS	20	M	215.3	50	Marika HEINLEIN	GER	12	W	197.7		
						51	andrei LAZANCHEV	RUS	39	M	195.4		

52	Jenni DE GROOT	NDL	13	W	196
53	Carolyn SMITH	USA	14	W	195.7
54	Georges BIONDIC	CAN	40	M	195.2
55	Mario PIROTTA	ITA	41	M	193.2
56	Karen Marie BROGGER	DEN	15	W	194.2
57	Eusebio BOCHONS	SWI	42	M	193.5
58	Sandra BROWN	GBR	16	W	192.7
59	Rebecca JOHNSON	USA	17	W	191.4
60	Chantal PAIN	FRA	18	W	191.7
61	Lars SKYTTE CHRISTOFERSE	DEN	43	M	191.4
62	Coran LANG	AUS	44	M	190.4
63	Martine GUILHEMBET	FRA	19	W	189.6
64	Byoungwhan JIN	KOR	45	M	188.9
65	Lorena DI VITO	ITA	20	W	186.7
66	Eddie GALLAN	IRE	46	M	186.7
67	Anne Marie ROSEN	DEN	21	W	185.1
68	Deb HORN	USA	22	W	184.9
69	Torill FON HARTIKAINEN	SWE	23	W	182.2
70	Lilac FLAY	NZL	24	W	184
71	August JAKUBIK	POL	47	M	184
72	Veronique JEHANNO	FRA	25	W	182.6
73	Monika MOLING	ITA	26	W	180.1
74	John GEESLER	USA	48	M	181.3
75	Sabine STOTKAMP	GER	27	W	180.4
76	Bruno OULLET	CAN	49	M	178.8
77	Laura NELSON	USA	28	W	177.3
78	Virgina OLIVERI	ITA	29	W	176.3
79	Nadeem KHAN	CAN	50	M	176.5
80	Sumie INAGAKI	JPN	30	W	173.5
81	Taekhong LIM	KOR	51	M	173.8
82	Sue ARMSTRONG	CAN	31	W	174.8
83	Jan ANDERSEN	DEN	52	M	173.9
84	Masae KAMURA	JPN	32	W	171.3
85	Luca SALA	ITA	53	M	171.4
86	Paul EVERY	AUS	54	M	171.5
87	Vladimir TIVIKOV	RUS	55	M	169.1
88	Andrea GAL	HUN	33	W	169.1
89	Walter LOPEZ	ARG	56	M	169.1
90	Hermenegildo SABIDO GALERA	ESP	57	M	171.1
91	Vladimir BYCHKOV	RUS	58	M	166.9
92	Dominique PROVOST	FRA	59	M	168.1
93	Antonio MAZZEO	ITA	60	M	167
94	Charlotte VASAHEKYI	CAN	34	W	167.6
95	Alex HENRUKEN	DEN	61	M	165.1
96	Robert BOYCE	AUS	62	M	162.7
97	Sylvain BERNIER	CAN	63	M	162.6
98	Mette PILGAAR	DEN	35	W	160.3
99	Manon JACOB	CAN	36	W	160.6
100	Pauline WALKER	GBR	37	W	160.8
101	Sergio ORSI	ITA	64	M	158.1
102	Yongkyoo KWON	KOR	65	M	158.5
103	Eoin KEITH	IRE	66	M	155.9

104	Janos BOGAR	HUN	67	M	153.7
105	Stephania TONINI	ITA	38	W	153.8
106	Nunzia PATRUNO	ITA	39	W	151.6
107	Stipe LEKO	CRO	68	M	152
108	Caroline AISTRUP	DEN	40	W	144.9
109	Levente KALOTAI	HUN	69	M	142.7
110	Christian RITELLA	SWE	70	M	140.5
111	Tony MANGAN	IRE	71	M	141
112	Heroi FUNG	BRA	72	M	140.8
113	Roy PIRRUNG	USA	73	M	136.1
114	Sandi STIEL	CAN	41	W	133.9
115	Per Gunnar ALHEIM	NOR	74	M	133.4
116	Carmen RIQUELME DEL BLANCO	ESP	42	W	129.7
117	Martine BERTIN	FRA	43	W	125.2
118	Amelia GARCIA PORTILLO	ESP	44	W	125.2
119	Rosario MUNOZ OLIVARES	ESP	45	W	118.6
120	Monica CASIRAGHI	ITA	46	W	114.2
121	Connie GARDNER	USA	47	W	114.2
122	Richard DONOVAN	IRE	75	M	114.2
123	Kenji OKIYAMA	JPN	76	M	112
124	Alexei BARSCOV	RUS	77	M	112
125	Endre ELEK	HUN	78	M	105.4
126	Emmanuelle DUDON	CAN	48	W	105.4
127	Slavomir LINDVAI	SLK	79	M	107.3
128	Peter SEMAN	SLK	80	M	107.3
129	Francisco SANCHEZ RICO	ESP	81	M	105.4
130	Reima HARTIKAINEN	SWE	82	M	103.2
131	Orsolya ORAVECZ	HUN	49	W	103.2
132	Luciano DO PRADO DOS SANTOS	BRA	83	M	103.2
133	Feike VAN DRIESUM	NDL	84	M	96.6
134	Marek GILBIERZ	POL	85	M	94.4
135	Sharon GAYTER	GBR	50	W	92.2
136	Gastone BARICHELLO	ITA	86	M	90
137	Stefan LINDVALL	SWE	87	M	87.8
138	Anatoly KRUGLICOV	RUS	88	M	81.2
139	Paul BECKERS	BEL	89	M	70.3
140	Bryan MASON	CAN	90	M	59.3
141	Nathalie FRIMIN	FRA	51	W	52.7
142	Pam REED	USA	52	W	43.9
143	Chunhee KWON	KOR	53	W	43.9
144	Rimma PALCZEVA	RUS	54	W	26.3
145	Kim RASMUSSEN	DEN	91	M	



Dealing with pre-race nerves

IAU 24 HOUR WORLD CHALLENGE DRUMMONDVILLE QUEBEC, CANADA

Report by Paul Every

While not possessing the prowess of the traditionally dominant Japanese and Russian teams, the Australian team appeared solid. With the results of the leading three runners from each country comprising the team result, we were hopeful that a trio of strong performances could improve on our 9th placing in Taiwan last year and, with the stochastic nature of 24 Hour results, possibly earn us a podium finish.

The backbone of our team was provided by the vastly experienced Australian 24 Hour Champion Mick Francis from WA, and the ACT's Martin Fryer, probably the most consistent of Australian ultra runners over recent years. Martin's 11th place 234 km at Taiwan had been followed by dominant wins at the Gold Coast 48 Hour and Coburg 24 Hour before leading the Aussie Assault contingent home in this year's Western States 100 Miler.

I was coming off a 200 km Coburg performance, and was eager to atone for disappointing performances at Taipei and Western States. Victorians Coran Lang, who exhibited much promise with his 193 km debut at Coburg, and the steadily improving Robert Boyce both held a desire for the coveted 200 km.

Team Australia's support crew consisted of my partner Diane, Mick's partner Valerie, Rob's partner Pistamai and their teenage children Robert Jnr and Michelle. Diane and Valerie had crewed together with remarkable efficiency on several occasions, and between them had witnessed and dealt with all aspects of Ugly Runner Syndrome and its manifestly broad array of symptoms. We couldn't have wished for a more experienced and proficient crew.

With the race start not scheduled until 2 pm on the Saturday, the standard preparation of early nights was relatively unnecessary. Unusually, race morning demanded a long sleep-in rather than the traditional early rise, allowing for a leisurely brunch three to four hours before hitting the start line. My final race preparations were simple; assemble whatever clothes, food and other paraphernalia I might need throughout the race, then give it all to Diane. She could then organise it all as she deemed logical and appropriate. After all, during the race it was Diane who would need to locate and supply things in response to my whims. Her job was considerably more complex having to acquaint herself with Martin and Coran's supplies as well. I, however, only had to get out there and run for a day.

At noon we boarded the bus to the race course in downtown Drummondville. The course was a roughly rectangular 2km circuit, twice crossing over the Riviere Saint Francois. A row of open sided marquees set in a stretch of parkland was provided for the support crews of the runners from the 27 competing countries. Our long tent housed the host country and Brazil, with Team Aus sandwiched between the amiable Belgians and the French, who appeared to have little understanding of courtesy, the alphabet or the concept that if five teams are allocated a row of tent space, they are not entitled to 40% of it. After firing up our competitive juices by evicting the truculent Gauls, we set up what would become the support crew's home and our take-away restaurant/out-patient clinic for the next 24 hours. Following the ritual applications of adhesive tape and assorted lubricants to a variety of body parts to appease the chafing gods, we were ready to race.

My immediate objective was to run through the remainder of the day's heat with relative ease. I sat on a fairly comfortable 11km/hr pace with Martin and Mick leading the Aussie charge, and Robert and Coran behind me. We didn't have to wait for dusk to subdue the sun. Late afternoon brought thick cloud cover, forcing the humidity to a level just shy of a palpable viscosity. Views

from the bridge at the western end of the course revealed foreboding purple-grey clouds brewing menacingly. A forceful wind brought the clouds to unburden their promise. For a time the heat, humidity and rain was eerily reminiscent of Taiwan.

The 2 km circuit afforded little insight into how runners of similar speed to oneself were faring. Martin was running 600 - 700 metres/hour faster than me and, having missed him overtake me while I admired the cultural splendour of a Canadian port-a-loo at the 3 hour mark, I didn't see him until almost one quarter of the race had elapsed. Feedback from the crew indicated we were all slowing leading towards midnight. I reassessed my 115 - 118 km 12 hour split, and my hope of a 210 - 215 km total. By 2 am I had run only 108 km and had descended to a mire of discomfort and fatigue. Reaching 200 km was now my amended goal, but that was to require greater consistency. It was time to take stock. While I ran another lap, Diane organised the requirements of a major pit stop; a good dose of food, fluids and caffeine, the tending of a minor blister and re-lubing the feet along with a change of shorts, socks and orthotics. I departed Camp Aussie feeling invigorated and focussed.

Completing a lap, I ran past the crew tents and my rejuvenation was greeted with shouts of approval and encouragement from the New Zealand support crew. "Kiwifruit enema! Works wonders!" I quipped in return. In a buoyant mood, I took my MP3 player from Diane and fiddled with the controls in search of some raucous stimulation. Volume. "Oooooooooo needs lots of that". The opening riff of Hendrix's Purple Haze smacked my eardrums, the guitar yelping, whining and skulking like a kicked dog. Running with a fluidity not experienced since the afternoon, at 3 am I needed to average just under 8 km/hr to crack 200. Grafting away through the pre-dawn glow, it seemed plausible. I greeted each completed lap as a gift pilfered before the return of the sun's harsh scrutiny. As the hours passed I relished the embrace of the darkness and its cool stillness.

As the skies lightened I was experiencing great difficulty taking in food. I was still eating, but ingesting smaller quantities with less frequency. Nothing appeared palatable or settled comfortably in my stomach, and my intake clearly wasn't compensating for my energy expenditure. Within a lap I could feel my race again unravelling as the effects of the caffeine were ebbing. My muscles were tightening and my thoughts and vision were becoming fuzzy. Still over a kilometre from the crew tents I began walking intermittently, alternating with a stiff shuffle. In a grey haze of incoherence I eventually staggered down the slope toward the row of tents. Diane, who was clued to my suffering by my extraordinarily slow lap and New Zealand team manager Sandy Barwick grabbed me before leading me hanging limply to the Aussie tent. I flopped on the ground while my surroundings blurred and warped. Martin and Mick, battling their own ultra beasts, momentarily succumbed to the tent. The crew frenetically attended our woes, promptly returning us all to the road in as runnable a condition as possible.

Meanwhile, Rob's race was descending into purgatory, projectile vomiting before slumping into unconsciousness, only to wake to a stern lecture on the etiquette of not chundering in the crew tent. Except on the French. Ultra running; glamorous, the sport is not.

By 19 hours, Robert's condition had improved. Diane noted with encouragement that he "looked a remarkably better shade of green", however as with myself, his opportunity to post a significant total had evaporated as Sunday warmed.

With the day simmering into a blur of nausea and pain, each circuit represented a succession of minor landmarks; the tirelessly enthusiastic lap scorers, the corridor of main street shops providing creeping shade, the road bridge spanning the broad, glistening and rocky Saint Francois, the undulating back straight with the neutral aid station, the dilapidated bridge adjacent to the hydro-electric station, the rise and downhill into the row of tents alive with the bustle of

frenetic crews servicing tiring runners. Completing yet another lap, Diane sent me on my way with the instructions "Just get out there and hurt as comfortably as you can." That would be my mantra for the remainder of the race.

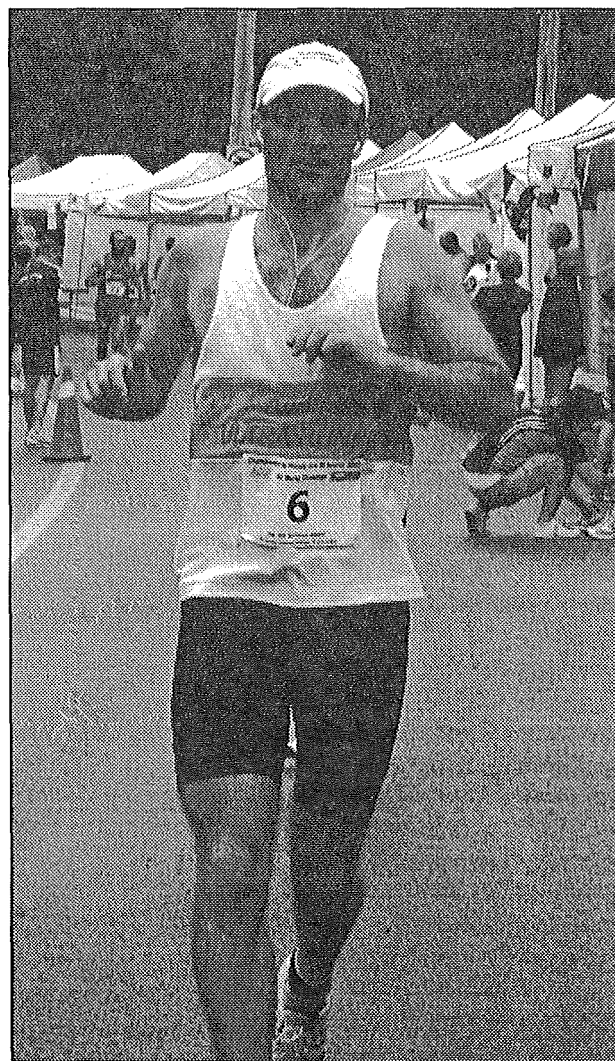
It appeared a large proportion of the surviving competitors were following Diane's sagacious advice. With 4 hours remaining, the lap scorers' tables were staffed by fewer than half the original number, reflecting the carnage and attrition that had characterised the race. The straight sections of the course revealed a parade of spent athletes trudging in a death march toward the closing hours. Only a few runners had the fight to defend their position in the field or chase their fellow competitors. In two decades of ultramarathon and ironman triathlon, I had not witnessed an event exacting such an overtly heavy toll on its competitors. For this to happen to a field of such depth and quality was astounding.

I walked on through the morning with even the meagrest attempt to run, drink or eat, inducing convulsive hiccuping and powerful urge to regurgitate the little fuel I was able to retain. After Diane sympathetically implored "How are you feeling now?" "Better." I responded gesturing toward an athlete walking 15 metres ahead, "See that Russian woman up there?" Diane nodded. "I reckon I could just about vomit on her back from here." Diane, ever encouraging, answered "It's important to have something to aim for late in the race."

Conversely, following a horror night, Mick's appetite was return-

ing. Having rejected all his food supply and not found my menu to his liking, he began to pillage the crew's food, chowing down on a diverse diet of gruyere & garlic and gruyere & olive bread sticks and not much else. While it was perplexing that a runner as experienced as Mick would neglect to provide himself with such basic provisions as these, it was evident that Mick, Martin and a solidly finishing Coran would now provide the Australian team's total.

Of the Aussie contingent, Coran's performance was most meritorious. Having persevered through an uncomfortable period involving a peculiarly elevated pulse rate in the opening hours, he amended his race strategy accordingly, displaying a control and maturity belying his rookie status. To finish only 3km short of his PB in arduous conditions indicates a considerable potential for improvement.



Coran Lang

Gold Coast 48hr – 24hr – 12hr – 6hr Track races

Incorporating the National 48 Hour Championship - 10/12-8-2007

FINAL RESULTS 48 HOURS (ALSO AUSTRALIAN CHAMPIONSHIPS)

	Name		Age	12hr	24hr	48hr	100km	100mi	200km	250km
1	Tony Collins	NSW	60	86.0	158.8	272.441	14:18:53	24:31:16	31:31:31	44:16:42
2	Lou Commins (W)	NSW	58	73.2	141.2	230.892	16:31:05	28:28:25	37:05:27	
3	Alan Staples	NSW	58	79.2	125.2	214.910	15:14:36	34:51:49	46:21:40	
4	Craig Welsh (W)	NZ	44	67.6	103.2	202.418	23:23:22	40:04:54	47:36:46	
5	Shaun Scanlon	NSW	62	70.4	109.2	172.300	21:38:08	45:00:08		
6	Nick Barclay (W)	Qld	32	70.0	97.2	140.571	25:36:58			
R	Andrew Ludwig (W)	Qld	41	89.6		116.400	13:25:34			
R	John Nuttall	Qld	55	93.2		94.800				

FINAL RESULTS - 24 HOURS

	Name		Age	6 hr	12 hr	24 hr	100 km	100m	200km	
1	Danny Hooley	Qld	35	55.6	104.0	189.687	11:29:07	19:43:03		
2	Dean Cook	NSW	33	65.6	114.8	174.651	10:04:25	20:41:37		
3	Graeme Watts	Qld	53	47.6	90.8	168.224	13:03:22	22:53:21		
4	Geoff Last	Qld	56	54.4	99.6	166.224	12:03:39	23:16:05		
5	Kelvin Marshall	Qld	43	55.6	100.4	157.200	11:57:12			
6	Bruce Webber	Qld	45	50.0	88.8	153.287	13:50:14			
7	Lindsay Phillips	Qld	41	49.2	88.8	133.02	14:09:40			
8	Tina Fiegel (F)	Qld	58	38.0	65.6	110.718	21:36:05			
R	Adam Barron	Qld	32	59.2	93.2	97.200				
R	Geoff Hain (W)	Qld	60	43.6	82.4	84.000				
R	Robyn Cox (FW)	Qld	54	39.2	71.2	74.800				
R	Val Chesterton (FW)	ACT	66	33.6		37.600				

FINAL RESULTS - 12 HOURS

	Name		Age		6 hr	12 hr	50 km	100 km		
1	Robert Ware	Qld	34		64.0	123.900	4:38:13	9:37:45		
2	Laurie Hennessey	NSW	66		50.8	93.638	5:52:07			
3	Robin Whyte (W)	ACT	65		45.2	88.301	6:39:10			

FINAL RESULTS - 6 HOURS

	Name		Age			6 hr	50 km			
1	Nic Moloney (r)	Qld	29			69.600	4:09:37			
2	Adrian Pearce	Qld	40			65.647	4:16:24			
3	Mark McGowan	Qld	46			60.447	4:50:13			
4	Richard McCormick	Vic	40			53.520	5:36:14			
5	Marcel van Kampen	Qld	44			48.800				
6	Tom Hinds	Qld	33			46.506				
7	Bert Janes (W)	NSW	74			43.088				
8	Gerry Riley	NSW	76			41.647				

NOTES

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

AURA 100 Club performances (100 miles in 24 hrs) Danny Hooley, Dean Cook, Graeme Watts & Geoff Last (24)

Records (subject to ratification): Nic Moloney M25 (6 hours)

"There was a huge temperature change from 27 degrees in the early afternoon to around 10 degrees by 9 pm"

Report by Race Director, Ian Cornelius

48 Hours

There were 8 starters in this event, down from 13 the previous year. The race was won by veteran Tony Collins, notching up his 6th National 48 hours championship. His distance was 272.441 kms, almost identical with his 270.561 km achieved last year when he finished second to Martin Fryer.

John Nuttall led the race for the first 12 hours but succumbed to a hamstring strain and retired soon afterwards. The lead was then taken by racewalker Andrew Ludwig. Andrew led until the time of his retirement at the 16 hour mark. He was attempting to achieve Centurion status (100 miles in 24 hours) but it became apparent around that time that his pace was fading and he withdrew from the race.

Tony then became the race leader and was never headed from that point. Walker Louis Commins finished second with 230.892 km and Alan Staples third with 214.910 km.

Tony Collins and Alan Staples have contested all five Gold Coast 48 hour races.

24 hours

There were 12 starters in this race, with the possibility of 200 km plus performances from several athletes.

Ironman triathlete and Australian 100 km representative Dean Cook set a cracking pace and led the way through the first 6 hours with 65.6 km followed by Adam Barron 59.2km with Danny Hooley and Kelvin Marshall both on 55.6km and Geoff Last just 3 laps adrift with 54.4km. The day was extremely hot (27 degrees) and some of the athletes were obviously dehydrated and suffering mild sunstroke. At the 12 hour mark, Dean led the way with 114.8 km and Danny moving into second with 104km and Kelvin 100.4. Adam had slipped back into fifth place behind Geoff Last and persevered until almost 13 hours into the race when he retired with 97.200 km.

There was a huge temperature change from 27 degrees in the early afternoon to around 10 degrees by 9 pm. The thing I've noticed about a large temperature change is that the athletes' core temperature remains elevated and they don't feel the cold but, nonetheless, it does affect muscles unless extra clothing is donned early on.

Dean found it necessary to leave the track for 80 minutes around 10 pm. Danny then took the lead and was never headed. Kelvin tired towards the end of the race and was overtaken by multi day specialist Graeme Watts who was returning after a lengthy layoff.

12 hours

There were just the three entrants, Robert Ware (2006 National 100km road champion), 66 year old 50 km age group record holder Laurie Hennessey and experienced racewalker Robyn Whyte. All athletes acquitted themselves well. Rob won the race with 123.900 km. Laurie was second with a solid 93.638 km and Robyn third with 88.301, breaking the National 50 mile walk record along the way.

6 hours

The 6 hour race attracted eight starters.

Nic Moloney won the race with 69.600km which (subject to ratification) would appear to be a M25 age group record. Adrian Pearce was second with a solid 65.647 km and debutante Mark McGowan third with 60.447 km.

Golden Boot Award

Special awards were made to Tony

Collins to commemorate him winning his sixth National 48 hour title, Dean Cook for his special effort in the 24 hour and to Bert Janes, a veteran walker in the 6 hour. Bert suffered a nasty fall and was bleeding freely from facial abrasions but demanded that he be patched up quickly so he could return to the track without delay. Priceless!

Electronic timing

This system of timing is normally used for marathons, fun runs and triathlons. It has been used in this event since its inception in 2003 and this race is the only track race in Australia which relies totally on automated timing. We experienced some minor glitches on 2 - 3 occasions with processing but these problems seem to now have been resolved and the system should run flawlessly from now on. Downloads can be done almost instantly and there is no reason why hourly updates can not now be done within five minutes of the hour.

This new system eliminates the possibility of human error and also eliminates the need to find volunteers to lap score. It is far more reliable than manual scoring and should prove a boon for ultra track races. Thanks to the competitors for their patience during this developmental period.

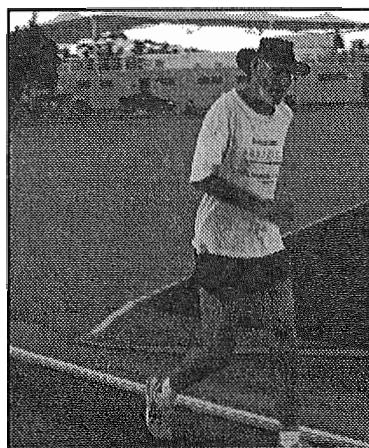
Subject only to financial constraints, there is no reason why electronic scoring should not now be adopted for all track races.

Provision of hot food

Hot high energy type food is provided for all entrants at 12 noon (3 hours after race start) and then each 6 hours thereafter right through the entire race. This system proves to be both convenient for contestants and highly successful in ensuring a constant supply of highly nutritious energy replacement food.

The date for the Gold Coast 24-48 hours track race in 2008 is tentatively set for 9 -11 August but please check nearer the date of the event.

Congratulations to all competitors on their respective achievements.



Robyn Whyte



12 Foot Track 90km Fat Ass Run [NSW]

11th August 2007

Results

1	Phil Murphy	10:52
2	Michel	13:08
3	Kim Cook	13:10
4	Michael Lovric	13:38
5	Lawrence Mead	13:57
6	Sean Williams	14:00
7	Terry Meehan	14:00
8	Graham Wye	14:53
9	Innis Smith	14:53

Report by Becky Oliver

I was up at 4.30 am yesterday morning to head up to Katoomba to do a fatass version of the 6 foot track. I picked up Sean on the way as he was attempting the full 12 foot. I was a little nervous as the last time I ran on the 6 foot track at the Megalong Mega it was a little bit of a disaster. It was extremely windy when we arrived at Explorers Tree and there were quite a few trees and branches down so I knew it was going to be a bit of a challenging day. I had a few wardrobe malfunctions at the start, discovering that my Camelback was leaking (all through my car) and the zipper on my wind jacket bust open after we started, so I spent the first few minutes of the race trying to sort myself out.

Pretty much everyone pulled away from me right from the start and I was in no hurry to rush anything going down the steps at the start as I had not been through this section before. It wasn't long before I started up a conversation with Ken, who I ended up running the rest of the way with. Ken was great company on the run. He chatted the whole way and kept my mind off the fact that I would be running my second longest distance ever. He even took me off track a couple of times to show me certain parts of the course which made me feel like I was more on an adventure than a race. We took it nice and easy down to the Cox's river, which is where I had my

first little dilemma. I remembered that I had rock hopped last time I crossed Cox, however, it was a lot higher this time and I kept going further and further up stream to see if it was possible to get across and I couldn't find anywhere to cross. After Ken had a change of clothes he said the only way to get across was to go straight through and get wet. Mistake number one - I decided to take my shoes and socks off to try and avoid getting blisters by having squelching feet. The problem was the rocks were bloody tough and sharp on my feet and the river was running a little too hard for me to stand up and I fell in with my shoes and socks getting absolutely drenched anyway. I also dropped one of my shoes which started floating downstream but luckily got wedged between some rocks so I had to crawl on hands and knees (yes, because I had no balance at all) to go and get it. I sat on a rock in the middle of the river and put my shoes and socks back on and crossed it like I should have done in the first place.....lesson learnt.

We then regrouped by filling up our packs (mine which was empty from leaking rather than drinking) and had a bit to eat. We then started our climb up Mini Mini. I handled the climb up Mini much better than I did last time. All the work I have been doing on my glutes definitely come in handy. We had two more creeks to cross before we started the climb up pluvi, and yes, I managed to fall in one of the creeks as well slipping on a rock. The climb up pluvi was tough, but again I handled it much better than last time. It is really quite cruel as you keep thinking you're at the top because you can see the top of the tree line but it just keeps going and going. When we reached the top of pluvi the wind was howling again and it was absolutely freezing. We hid behind a tree (which didn't do much) and had a 10 min break, something to eat and I had some more succeed caps. When we headed off for the black range it was exciting for me

as we were again covering territory that I hadn't seen before. I was still feeling great after pluvi, however, we were walking some of the parts I thought I might have been able to run as Ken was in a bit of a bad way as he was a bit dehydrated after Pluvi. He managed to fix himself up and after half an hour of walking we were able to start taking advantage of the downhill again. I was lucky I was running with Ken as he was able to give me some water as my bladder had completely leaked and I run out of fluid.

Just before we come into deviation we saw Philip Murphy coming through and he was looking really strong. We come into deviation and saw Kevin's car and a whole load of people there. It was good to have a chat and find out how everyone else was going. I filled up my pack with the powerade I had dropped off there and had some more to eat and Wayne Gregory informed us that the rest of the course was mainly runnable, so that's exactly what we did. Besides a few up hills we ran the rest of the way down to the Caves. We passed a lot of the runners doing 12 foot and they were all looking great, even Sean who managed to do an extra 5km. The only part of the course that hurt me was the last 1km which was quite steep and very rocky and I was unconfident on the terrain so I noticed I was jolting quite a bit to stop myself from slipping. Ken pointed out to me what points you could hear the crowd screaming and I pictured it in my head. It was a great feeling running down the steps at the finish and running to the pothole which was the official finish line. So there it is, my second ultra distance under my belt. I'm not sure of the time we spent out there but Ken said it was something like just over 8 hours.

Kevin and some of the others come to the caves and we all sat around swapping stories over a coffee or soft drink. By the time we got back, Philip was coming through in a great time and looking really strong.

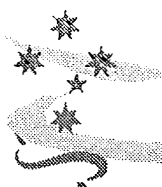


The motley crew assemble at the start

Brendan Mason and I headed down to Megalong so he could pick up his gear and we were lucky enough to catch a lot of the runners while they were coming through. Back at Explorers Tree we got to see many of the other runners coming through, all putting in a gutsy effort it was really great to watch.

This morning I took a nice 6km walk down to Bondi Beach to be part of the Coolrunning cheer squad at the City to Surf. It was great watching everyone coming in and having a few drinks with them afterwards.

I have pulled up pretty well after the run yesterday. Nothing was really that sore. I have just started to notice that my back is a little sore, but its only when I have been stationary for a long time, so I think I need to keep moving.



IAU World Cup 100km.

Winschoten, Netherlands 8th September 2007

Individual results

Men

1	Watanabe, Shinichi	JPN	6:23:21
2	Nakanishi, Kenji	JPN	6:30:21
3	Kharitonov, Oleg	RUS	6:30:22
4	Tyazhkorob, Igor	RUS	6:42:30
5	Izmaylov, Alexey	RUS	6:45:10
6	Lukes, Martin	NZL	6:46:50
7	Fetizon, Pascal	FRA	6:47:10
8	Nippert, Howard	USA	6:49:31
9	Boffo, Marco	ITA	6:51:36
10	Zabari, János	HUN	6:52:31
20	Cochrane, Tim	AUS	7:08:19
34	Benson, Darren	AUS	7:27:44
41	Cook, Dean	AUS	7:38:31
84	Blake, Jonathan	AUS	9:40:02

Women

1	Sakurai, Norimi	JPN	7:00:27
2	Fricotteaux, Laurence	FRA	7:26:44
3	Sho, Hiroko	JPN	7:27:12
4	Myshlyanova, Marina	RUS	7:39:18
5	Carlin, Monica	ITA	7:40:36
6	Reymonenq, Magali	FRA	7:42:51
7	Schönherr-Hölscher, Birgit	GER	7:47:02
8	Gross, Martina	GER	7:50:5
9	Semick, Kami	USA	7:51:54
10	Crossan, Helena	IRL	7:52:45
43	Nobbs, Deanne	AUS	9:38:40
53	Kartsounis, Vivienne	AUS	11:02:28

Team Results

Men

1 Japan	19:48:14
Watanabe, Shinichi	6:23:21
Nakanishi, Kenji	6:30:21
Shinohara, Mitsuru	6:54:32
2 Russia	19:58:02
Kharitonov, Oleg	6:30:22
Tyazhkorob, Igor	6:42:30
Izmaylov, Alexey	6:45:10
3 America	20:43:33
Nippert, Howard	6:49:31
Crowther, Greg	6:52:52
Ricklefs, Chad	7:01:10
7 Australia	22:14:34
Cochrane, Tim	7:08:19
Benson, Darren	7:27:44
Cook, Dean	7:38:31

Women

1 Japan 22:25:11	
Sakurai, Norimi	7:00:27
Sho, Hiroko	7:27:12
Izutsu, Kazuho	7:57:32
2 France 23:12:23	
Fricotteaux, Laurence	7:26:44
Reymonenq, Magali	7:42:51
Signorio-Badacchino, Patricia	8:02:48
3 Germany 23:52:44	
Schönherr-Hölscher, Birgit	7:47:02
Gross, Martina	7:50:56
Braun, Marion	8:14:46



Race Report By Darren Benson

I think most of the 100k crowd are still travelling.

I ducked across to Barcelona to get some warm weather as Holland was not exactly optimal. Race day was cold, wet and windy.

Links below to all the info and results on the race.

www.runwinschoten.nl
www.iau.org.tw

Both Jo and Viv were not feeling too good but to their credit battled on to the finish.

Tim did a super job. When I passed him around 60 odd KM's he looked in all sorts but then when he passed me back at 80km the roles had been reversed, unfortunately I did not find a 2nd wind! Dean also did a great PB. To finish 7th team out of 17 was a pretty decent result.

Deanne also showed impressive stamina to come in 43rd in the ladies in quite a respectable time of 9hrs 38 mins,

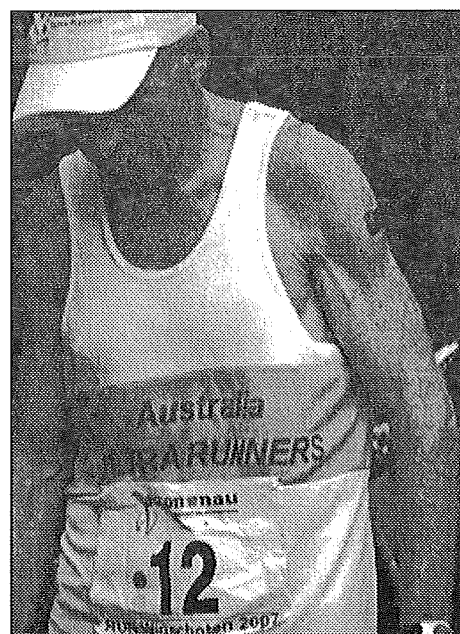
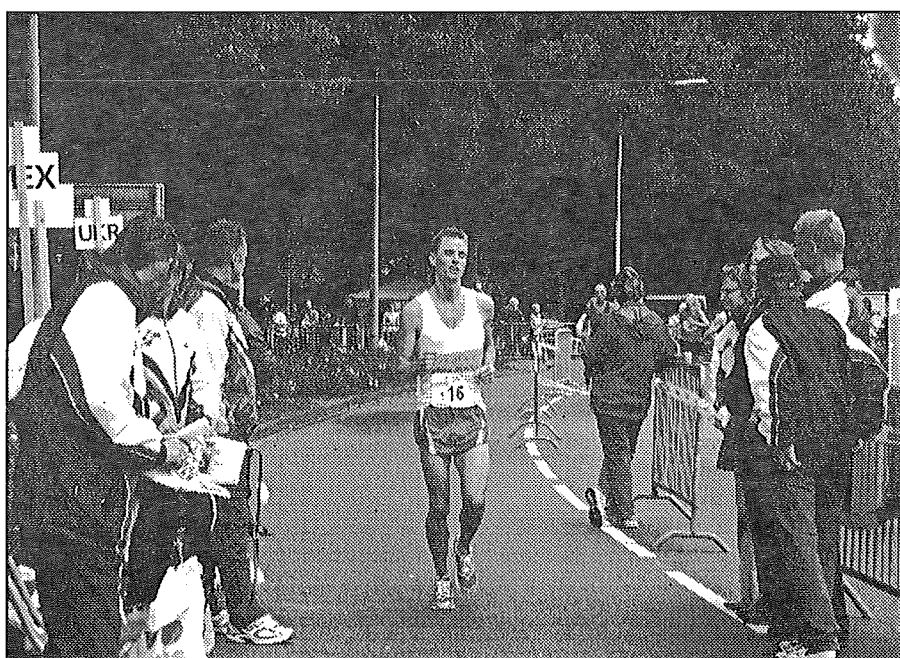
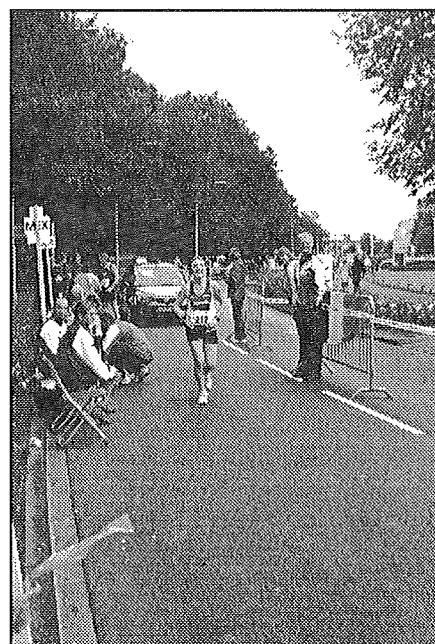
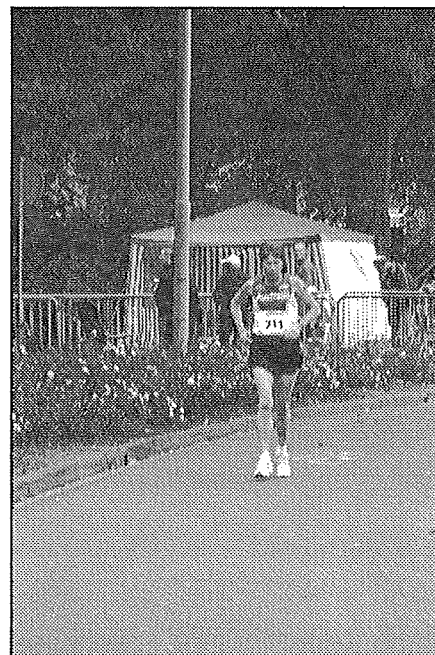
Big Thanks to Nick for organising and managing the team and the rest of the support crew.

Cheers, Darren

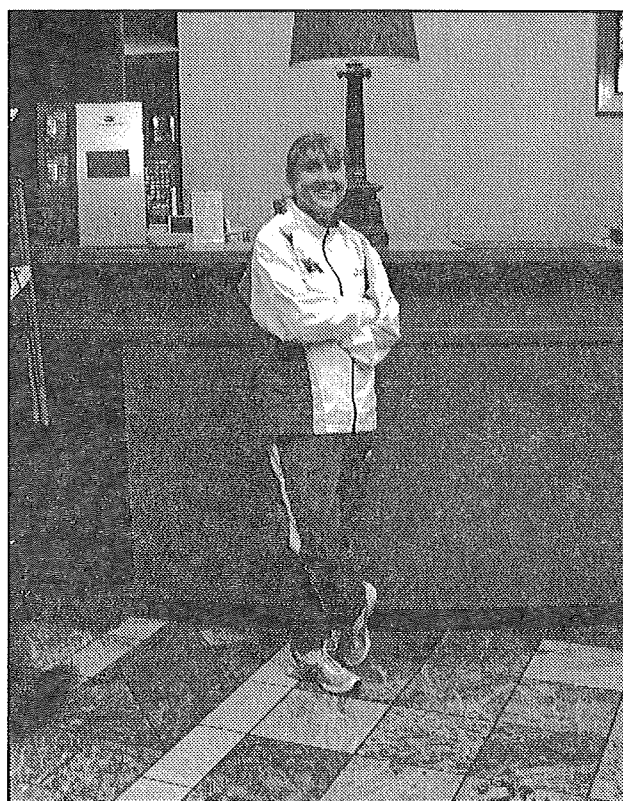
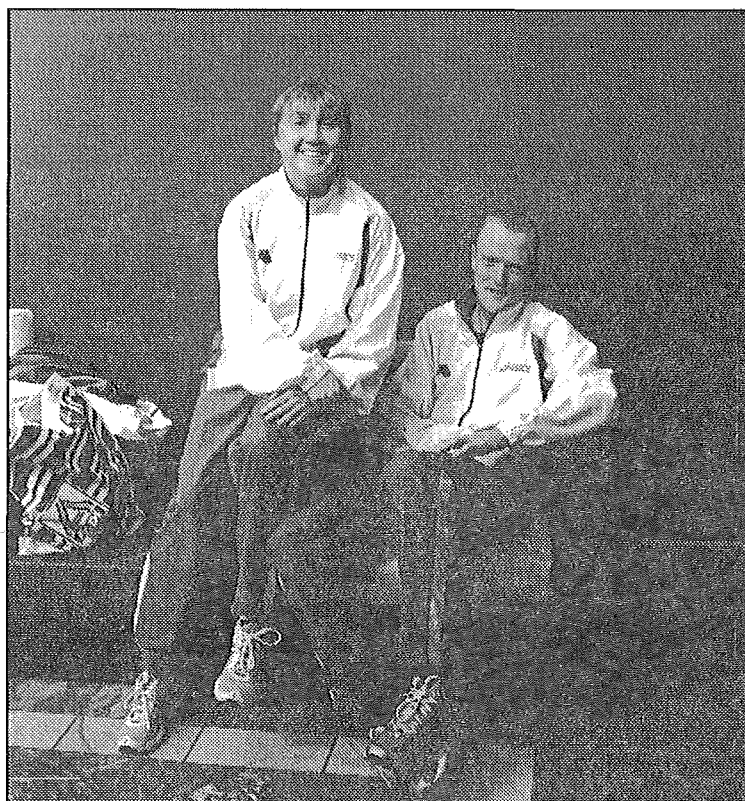
Darren Benson



More photos below from IAU 100km, Winschoten . . .



More photos below from IAU 100km, Winschoten



Glasshouse Mountains Trail 100 mile

8th/9th September 2007

Photos courtesy of Ann Raftery

100 miles

1 DAVID WAUGH	16:37:12
2 PHILIP MURPHY	19:39:20
3 RACHEL WAUGH [F]	20:38:24
4 ROGER GUARD	21:24:45
5 ANDREW JOHNSON	22:15:18
5 IAN WRIGHT	22:15:18
7 MICHAEL LOVRIC	22:48:28
8 RODNEY LADYMAN	22:55:16
9 PAUL HEWITSON	23:07:56
10 TAMSIN BARNES [F]	23:20:20
11 TERRY COLEMAN	23:51:32
12 ANDREW HEWAT	26:22:29
13 TIM TURNER	26:32:38
14 SUSANNAH HARVEY-JAMIESON[F]	27:23:20
14 DAVID MCKINNON	27:23:20
16 RICHARD MCCORMICK	28:44:43
17 BILL THOMPSON	29:28:02
DNF PAUL MONKS	14:25:35
DNF LOUIS COMMINS	18:41:00
DNF RAY JAMES	14:31:33
DNF NIC MALONEY	12:17:00
DNF WILL KALESS	17:35:05



100 kilometres

1 JOHN PEARSON	11:42:27
2 MARK PARSONSON	12:39:37
3 MALCOLM GAMBLE	13:12:43
4 RICHARD BRYSON	13:35:59
5 KEITH MCKAY	13:45:52
6 MARKUS SCHAR	14:08:17
7 PETER GARDINER	14:59:26
8 TAMYKA BELL [F]	15:47:13
9 GEOFF LAST	16:31:20
9 RICK WEBB	16:31:20
11 KERRIE HALL [F]	19:43:28
12 ROD JENKINS	19:48:40
12 JOHN HARRIS	19:48:40

57 kilometres

1 JOHN SELLARS	6:42:58
2 MICHELLE HEALY [F]	6:49:39
3 GLEN HENDRY	6:50:26
4 ALUN DAVIES	8:08:29

Revenge sums up my Glasshouse 100 mile finish

Report by Richard McCormick

After last years DNF at 128km and missing the 50 mile cut off in the Western States 100 miler in June, sheer determination got me through this one. I think my time was around 28:44 which was similar to the time I did back in 2005, although the course and conditions were different.

I flew up to Queensland just before the medical check on the Friday night and settled into the meet and greet pasta meal with all the other regular trail junkies. After hearing that the area had copped over 100ml of rain in the past three days, some swimming was bound to be had through some sections of the course.

I awoke at 4am, ready to take on this beast of a 100 miler again and by 5.30am we were off. Nice to



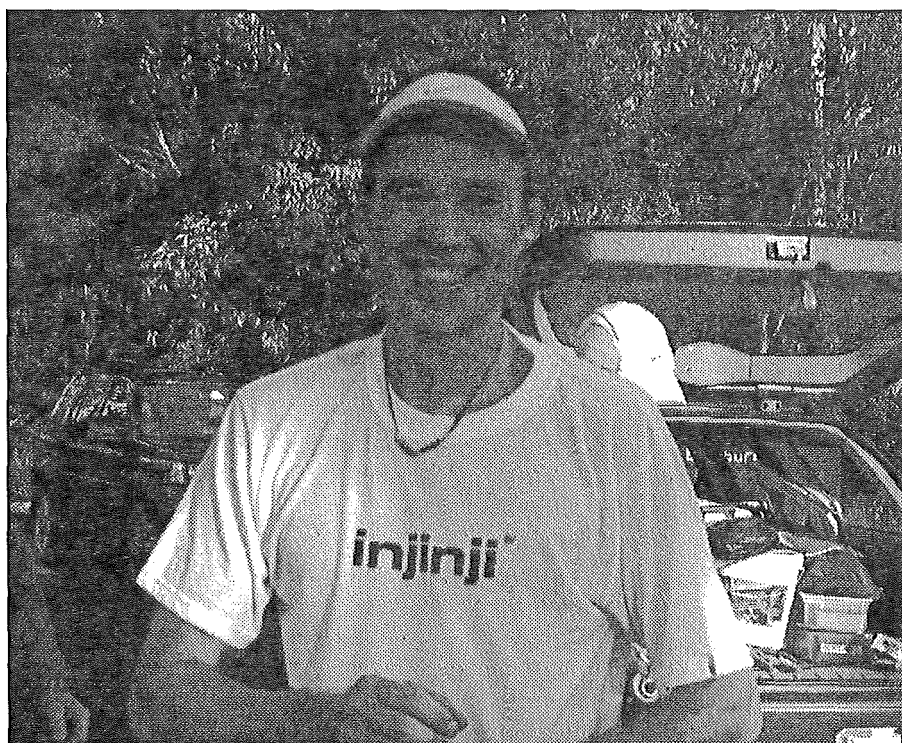
Richard McCormick finishes the 100 mile

see three women toe the line this year along with lots of new faces.

The first section was interesting. The question was, should I try to avoid the water this early or say bugger it and just get the feet use to the conditions? It seemed impossible to avoid the water so I just bounded through. 155k to go and the feet

were nice and wet. The weather this year was actually perfect (low 20's), not much cloud cover and the rain of the previous three days had gone.

I ran the first 45k just in front of Tim and Whippet who I was surprised to see going out much slower than last year. I was around 10 or 15 mins quicker this year heading into



100 mile winner David Waugh

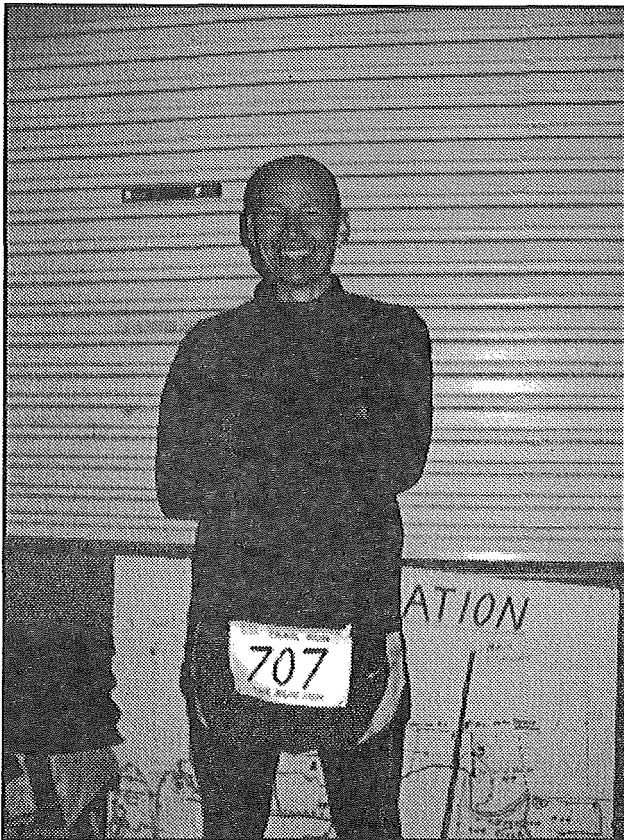
the powerlines. One day I reckon someone will break an arm or leg going down that first steep drop into the "powerlines". This section was as nasty as ever and about as muddy as the previous year, at least no swimming was required!

I arrived into cp8 with a familiar face in Wayne Gregory helping out from the sidelines. These two loops at cp8 always seem to get me (45-64k). I've never run either loop well. Toward the end of the first loop Tamsin Barnes, Ron Peters and Tamyka Bell caught me as I was doing it tough. Like all ultra's, keeping that mantra of "the pain will pass" seemed to do the trick. I walked a fair bit in the next hour and by the time I was on my way to cp7 and 72k I picked it up a bit. I caught up to and had a good chat with Tamyka and paced nicely to cp6 which I got to with the sun still up (45 mins quicker than last year).

The run back into base at 102k was uneventful and I don't know why, but pulling out at this point entered my head. It's so easy to think of all the reasons to pull out 15 hours into an ultra. My feet were like white prunes, four blisters had appeared out of nowhere, it was dark, the temperature was dropping and I still had another 60k to go through mud and pools of water. The only reason for going on mmm still thinking about that one and won't tell anyone until they have done 100 miles on trail.

I finally made it out of the base checkpoint some 16 hours in and back through the pools of water. Not long after, a mountain goat appeared strolling up and over hamburger hill, I think he called himself Dave Waugh, he was having another beauty of a race, congratulations Dave on another win.

The section to cp9 is one which needs to be run. It's flat, it has a bike path for some of the way and as I've run it a couple of times in previous years as opposed to walking, it just seems a good part of the course for me. Just before heading into the forest, Wayne blinded me with his car headlights asking "have you seen Ray". I had to think



100km winner John Pearson

for awhile before understanding who it was. Not an easy question at the 115k mark. I left Wayne's car and continued on knowing there was a couple of swimming pools to plough though going under the Bruce Hwy. It was actually quite refreshing and numbed the feet beautifully. Phillip Murphy passed me here going the other way as I strolled into cp9 feeling happy at that point. I made my way up and down Wildhorse Mountain in 17 minutes. Surprisingly, I still felt good.

The journey out to cp10 was one I dreaded as it was here the wheels fell off last year leading to my DNY. I caught up to Ray just before cp10 and funnily enough, I was still feeling ok,. What? No blow up at 120km? I left Ray and worked my way around the first of the 10km loops.

It was about half way around the loop where I stopped and felt that evil monster. It came out of nowhere, it was black, it was ugly and I didn't want to be there. Where is the aid station? Where am I? What time is it? I feel like a milkshake? All of the silly questions at 3am. I staggered into cp10. 132k down and I was feeling cold.

The open fire at cp10 was sheer bliss, I sat down with a blanket around me and nodded off. When I awoke soon after, the thought of heading back out for the last 30k was not on my "things to do" list. I had now spent an hour at the checkpoint, it seemed like 15 minutes! It was 5am and cold. For some reason I got up and started walking back into the pools of water, one of which came up to my knees and was at least 20 metres in length!

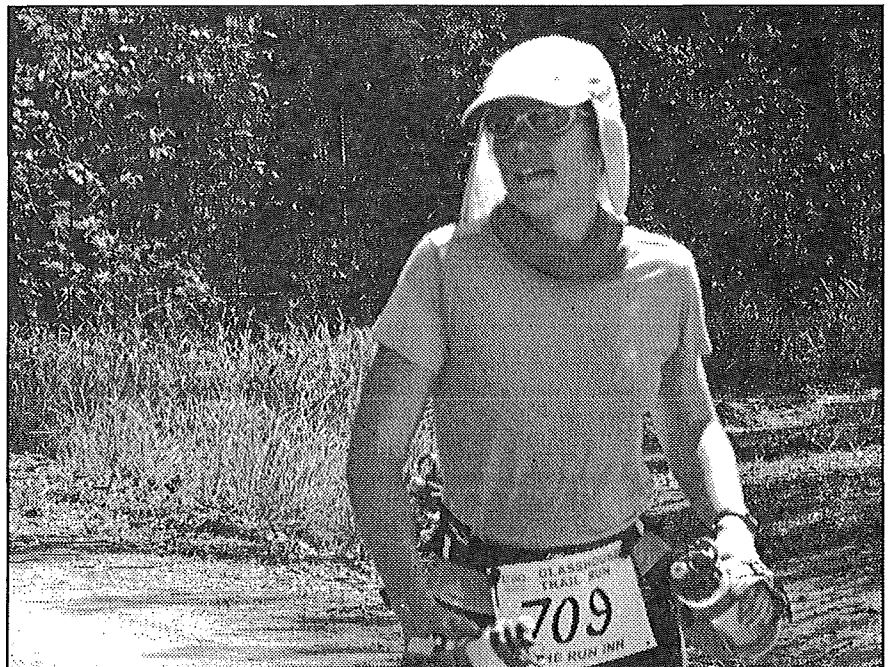
A strange sound appeared in the bushes which made me jump, thoughts of the bears and cougars at Western States came flooding back, but it

was only a bird, then all of the birds started, a quick check of the watch and yep, 5.30am, the sun's com-

back to Bill Thompson's wife and briskly headed back to Wildhorse Mountain and the 145km point. Up and down the mountain and I worked out that I had 3 hrs 45 mins to do the last 15k to get in under the 30 hour cut off. Knowing Bill was still behind somewhere made me think I was still on track.

I quite enjoyed the last two hours of the race, putting in a good jog now and again and more aware of what was going on. Joe came out of a car with about 6km to go to pace me home and we walked/jogged our way to the finish in 28.44 (thanks Joe). Coming across the finish line was great. Lots of familiar faces and I'm always amazed at the support and friendliness of the people at these ultra trail races, quite different to standard marathon events.

Well that's two finishes for me at the Glasshouse 100 miler. I'm not sure where to next? Maybe another crack at Coast to Kosciuszko or maybe another dip at Western States ? At least I can feel comfortable in knowing I knocked off this beast of an ultra again.



100km female winner Tamyka Bell

ing up. The black evil monster had gone and it was time to get going.

The second of the loops at cp10 was done with ease, I ran most of it. I gave the poncho I borrowed

Thanks to Ian Javes, Charlie Hall and crew for setting up the race. The amount of course marking and aid station food was great.

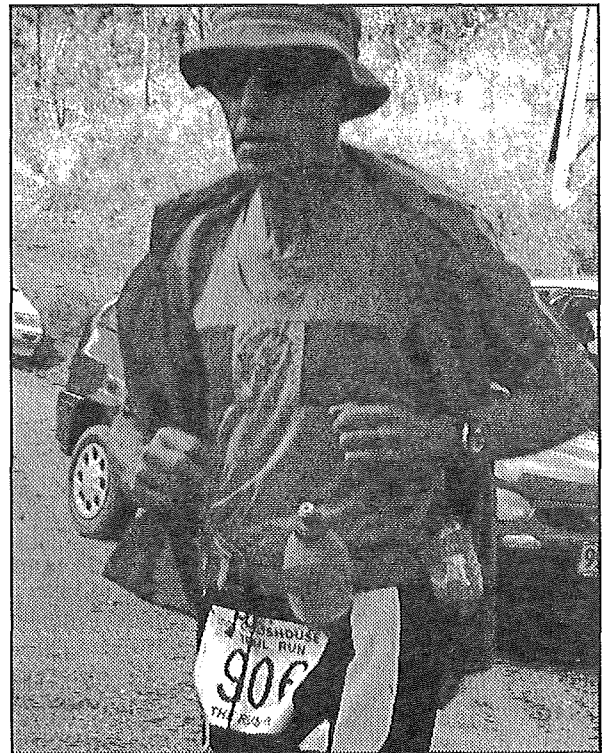
*More
Glasshouse trail
photos . . .*



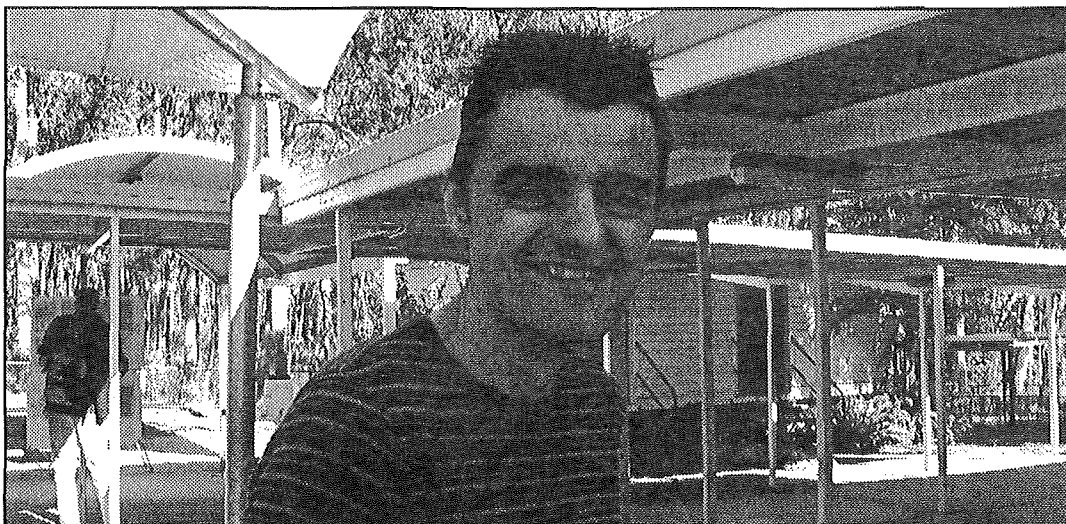
Glasshouse Mountains 100 mile finishers



100 mile winners Rachel Waugh and David Waugh



*Above:
Roger Guard
3rd in Men's 100
mile*



*left :
Phillip Murphy
2nd place 100 mile*

AURA HALL OF FAME

Brian Bloomer

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.

Compiled by Ultramag Editor, Kevin Cassidy and Ultra Historian, Phil Essam

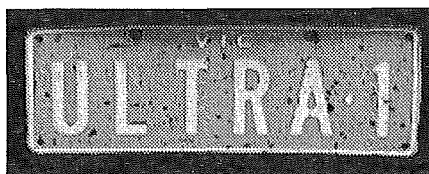
Born in the inner Melbourne suburb of East Brunswick, Brian was nine years of age when his family moved out to West Heidelberg where he spent his formative years. "You had to be tough to survive out there", was Brian's blunt assessment.

Not surprisingly, his initial foray into competitive sport was as a feather-weight boxer, an era that saw him earn the nickname of "Punchy". "I won more than I lost", he reminisced, "One night I shared top billing on TV Ringside" [A live local boxing program in the late 60's]

Marathon running came later in life with 13 marathons producing times in the 2:40 to 2:50 bracket. Brian's best time was the 2:42 he recorded at Canberra in 1984 in the most atrocious of conditions. Only when he equaled this performance two weeks later at the old Halls Gap event, did he start pointing his attention to the ultra scene.

As a celebration of the state of Victoria's 150th anniversary, a "one off" 150 kilometre track race was organised by Geoff Hook, a prime mover amongst the ultra fraternity at the time. Taking place on March 10th 1985 at the Aberfeldie Athletic Track, a star studded field of seasoned and experienced runners ensured a quality event.

With temperatures reaching the high 30's, little regard was afforded to the virtual unknown runner who led the experienced field in the early stages. With a creditable 6:07 performance in the 1984 Victorian 50 Mile Track Race where he ran solidly to lead for 38 miles then "died" over the last 12 [A valuable learning experience, in Brian's words], Brian was hardly a complete novice but



Brian has proudly owned this car registration plate for over 20 years

his lack of experience over a longer distance had wise observers expecting him to fade as he extended his lead during the first half of the race. To cut to the chase, many a face was covered in egg as Brian charged on to victory with a well judged performance that left many of the nation's best in his wake. "I can't recall my time" mused Brian, "But I think I was under 14 hours". A chapter of Australian ultra history had begun.

Brian added this about his "break-through" ultra.....

"I was out on the grog until 1am, then I had to make sandwiches and prepare drinks etc which took until 4am before I had to pick up a mate of mine who was crewing for me. I never thought we would get there on time but luckily the race started late and I managed to have a 10 minute nap."

"After the Aberfeldie event, I contacted Mike Agostini the next day about getting an entry into the Westfield Sydney to Melbourne race.

"All you've done is beat a woman. You'll need more than that" was Mike Agostini's rather sexist reply in reference to the great Margaret Smith". [Margaret Smith finished second outright in the 150km race]

Undeterred, Brian sought the personal references of 1984 Westfield winner, Geoff Molloy and the legendary George Perdon.

To quote Brian again, "George told me he was pulling out and that a position would be available, he told the organisers that he thought I would win it. On that note, I was accepted"

When the Westfield Sydney to Melbourne race got under way in April 1985, the 44 year old was indeed amongst the starters. While many of the overseas stars had large entourage, Brian had moved heaven and earth to be there on a shoe string budget. At one stage, Brian was going to run with just a one man crew. A mate was a long distance truckie who reckoned he could go six days without sleep and Brian was confident he could run the distance in the same time!!! Ultimately, it didn't quite come to that when some local fundraising around his home suburb of Springvale in Melbourne's south-east managed to get a support crew together.

The tough, tattooed and nuggetty marine steward had an unshakable belief that he could take things up to the world's best multi day runners.

With little experience himself, a small crew with even less experience and virtually no money, Brian ran all the way to Melbourne in 6 Days 17 Hours and 20 Minutes to take third position ahead of many of the world's best. Only Kiwi champion, Siggy Bauer and the unbeatable Yiannis Kouros were ahead of him. Being presented with the "Outstanding Achievement Award",



Brian on the left with another Ultra Legend, Stan Miskin

Brian won a brand new red Mitsubishi Colt which he adorned with the distinctive registration plates of "ULTRA - 1", a car he still drives today. He may have been unknown a few months earlier, but Brian was sure making headlines now. Showing no ill effects, he then knocked out a 2:45 marathon at a low key event in suburban Melbourne just four weeks after his epic run.

Brian's work as a marine steward had him crossing Bass Strait between Melbourne and Devonport several times a week. Most of his training consisted of running laps of the ship's deck, often for 10 hours or more!

The Brian Bloomer star rose further in 1986 with a new Australian 24 hour record in February. In torrid heat at Melbourne's Box Hill Athletic track, Brian arrived late, missed the first 10 minutes of the race, hit the track, took the lead after six hours and flew through the night hours fuelled on water and cold tinned spaghetti all the way to a total of 242.648km in a performance that rendered all those present spellbound. Australian ultrarunning had not seen anything like it before. It was also the first time that a home grown talent had surpassed the imperial mark of 150 miles in 24 hours.

If such a performance was not spec-

tacular enough on its own, Brian's unconventional approach in the days leading up to his historic run beggars belief.

"I'd missed three weeks of training with a knee injury", he expanded, "So I ran for four hours around the local track during the midday heat on the Thursday, then did another six hours on the Friday to see if I was up to it. I got through that OK so fronted up to Box Hill on Saturday planning a crack at Yiannis Kouros's world record".

"When I realised that I had the national record sewn up but wasn't going to reach Yiannis's record, I slowed for a walk break. My son Dean really ripped into me. "I didn't spend all night looking after you just to watch you have a bludge, now get moving", he yelled. "So get moving I did".

With a new national record under his belt, one would expect that some down time might be of the essence but the Colac Six day Race was only a week away and Brian was keen to use it as a training run to fine tune his routine prior to his second attempt at the Sydney to Melbourne event some two months away. Paying little attention to his final tally [training/practice was his only purpose at Colac], his 763.6km was still good enough to have him amongst the leaders in the best six

day field assembled in the world to that date.

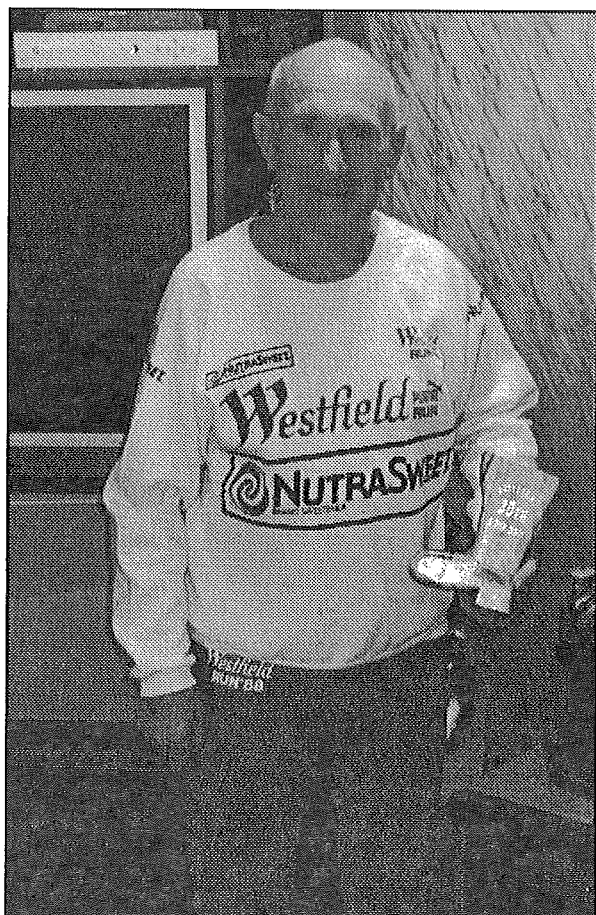
In the first week of May in 1986, Brian was amongst the favourites as the annual race between the nations two largest cities got underway. In the most dramatic of circumstances, Brian took the lead while still in NSW and spent two days in a cat and mouse battle with Yugoslavian champion, Dusan Mravlje. It was about 20km north of Albury where Brian suffered a torn calf. Most of us would not have been able to walk with such an injury but the tough resident of working class Springvale fought his way to Melbourne to snare second position ahead of the accomplished Englishman, Patrick Macke.

With the press playing the "Aussie battler makes good" card, he celebrated his performance with a cold beer.

12 months later, the 1987 Westfield Run was run over a new course. Instead of heading straight down the Hume Highway, the race had been re routed through Canberra and into Eastern Victoria with the approach to Melbourne via the Gippsland Highway. The distance exceeded 1,000km for the first time.

With second and third positions in his previous two attempts, Brian had focused his entire year on preparing for a shot at victory. He had trained heavily around the Otway Ranges and was as fit as he had ever been but, once again, he was going to have to contend with a strong field of international runners. 1987 produced heatwave conditions and Brian came home strongly for fourth position and first Australian for the third consecutive year. Over the new course, a time of 7 Days 19 Hours and 22 Minutes was arguably his best Sydney to Melbourne performance to date.

With his passion still burning, Brian returned for a fourth crack at the "big one". Sadly, the 1988 Westfield Run ended abruptly for Australia's premier multi day exponent when a bad knee injury forced him out after only 202km. In what appeared to be his swan song, we didn't hear much from Brian as he slipped into



Brian in his 1988 Westfield's track suit holds the golden gum boot award

retirement in the knowledge that he had created a whole new chapter of multi day running that the nation had not seen the likes of before.

In 1991, Brian re emerged and was regularly seen around the circuit of Sunday morning fun runs. In November of the same year, he returned to Colac and clocked up a creditable 704.4kms over the six days.

Almost 20 years after he set the ultra world alight, Brian again returned to the Colac Six Day Race in 2004. Aged in his mid 60's and enjoying retirement, a leisurely 522.2kms resulted.

"My Colac runs in 1991 and 2004 were just fun things. Something to do and to enjoy the company", Brian elaborated.

Interesting, likeable, an engaging personality and never short of a yarn, a true measure of the man is the fact that during his heyday, Brian could also be found at many of the "short' ultras on the calendar, assisting and encouraging others in any way possible. Another fact

that most would be unaware of is that he often made generous donations of many hundreds of dollars to AURA and ultrarunning in general from his Westfield prize money each year.

These days, Brian has retired from the workforce and resides in the Melbourne bayside suburb of Seaford. Describing himself as a sports nut, he is a regular live spectator at almost every sport on the calendar. AFL football, Australian Open Tennis, motorbike racing, surf carnivals and more are all his agenda.

Brian maintains his fitness via his old boxing routine of the heavy bag and speed ball while keeping his legs ticking over at the Victorian Road Runners monthly 8km fun runs around the famed "Tan Track".

Just look for the red Mitsubishi with the "ULTRA - 1" number plates, you can't miss him!

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. - Featured in the December 2006 Issue of Ultramag.

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. - Featured in the March issue of Ultramag.

Bryan Smith - Undoubtedly Australia's greatest ultra runner. From 1987 to 2001, Bryan established himself amongst the elite handful of multi day runners in the world. From 254kms over 24 hours to a Six Day best of 1,002kms and 1,000 mile PB of 11D 23hr. Bryan ran over 50 multi day events against the world's best and stood tall amongst them on each and every occasion. One of the true gentlemen of the sport, Bryan was in a league of his own in Australia. His sudden and

tragic loss in 2001 has left a massive hole that will never heal.

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

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

Badwater Ultramarathon



**Jan Herrmann tackles Death Valley USA. 135 Miles
Temps of 115 Degrees Fahrenheit - July 23rd/25th 2007**

Place	Last Name	First Name	Time				
1	Nunes	Valmir	22:51:29	26	Millar	Anton	38:27:00
2	Konya	Akos	23:47:47	27	D'Andria	Henri Alain	38:37:34
3	Goggins	David	25:49:40	28	Triumph	Tom	38:57:49
4	Pacheco	Jorge	26:41:52	29	Neckar	Tim	39:08:40
5	Engle	Charlie	27:42:32	30	Vondruska	Jerry C.	39:27:58
6	Fatton	Christian	28:29:07	31	Lint	Adam	39:45:40
7	Vallee	Albert	30:26:48	32	Busch	Bonnie [f]	40:29:16
8	Benke	Blake	30:56:59	33	Baum	Todd	40:54:07
9	Jones	David	31:12:32	34	Natraj	Nattu	41:00:54
10	Karnazes	Dean	31:31:34	35	Donaldson	Jamie [f]	41:00:57
11	Mendoza	Adalberto	32:02:23	36	Ostor	Pierre	41:21:16
12	Westergaard	Danny	32:22:58	37	Huneycutt	Jamie [f]	41:24:10
13	Pressler	Greg	32:51:20	38	Franklin	Martin	41:29:24
14	Heukemes	Achim	33:02:42	39	Neumann	Klaus	41:38:21
15	Radich	John	33:08:58	40	Monot	Annie [f]	41:42:10
16	Bliss	Lisa [f]	34:33:40	41	Hilliard	Gary	41:43:57
17	Frixe	Eberhard	35:09:58	42	Ulrich	Marshall	41:44:23
18	Alidina	Noora [f]	35:12:13	43	Smith-Batchen	Lisa [f]	41:54:17
19	Lusskandl	Gerhard	36:52:56	44	Gunderson	Jonathan	42:08:51
20	Runions	Neil	37:24:01	45	McFadden	Linda [f]	42:30:13
21	Kuhn	Brian	37:25:52	46	Fromm	Anita Marie [f]	42:53:08
22	Thomas	Tracy [f]	37:26:44	47	Grossheim	Dagmar [f]	42:56:03
23	Rennison	John	37:30:49	48	Sublett	Brett	43:33:32
24	Webb	Arthur	37:48:35	49	Frost	Chris	43:41:23
25	Rasmussen	Kim	38:01:01	50	Teal	Steve	44:16:27
				51	McKinney	Frank	44:31:35

52	Elias	Barbara [f]	44:40:15	65	Kjenstad	Tim	47:54:56
53	Chorgnon	Ludovic	44:54:09	66	Smith	James	48:18:28
54	Pollard	Fred	44:56:15	67	Mendes	Manoel de Jesus	48:30:48
				68	Herrmann	Jan [Aus]	50:09:23
55	Meyer	Peter	45:01:46	69	Marinsik	Dan	50:45:45
56	Cockbain	Mark	46:12:14	70	Langstaff	Anne [f]	51:05:30
57	Harper	David	46:13:35	71	Jacaway	Scott	51:33:11
58	Blangy	Marianne [f]	46:15:23	72	Matukaitis	Kira [f]	52:58:05
59	Grizard	Philippe	46:15:23	73	Weiss	Erhard	53:23:46
60	Humphrey	Jack	46:18:12	74	Parker	Ian	53:26:44
61	Kozinc	Gabor	46:50:15	75	Otero	Monica [f]	54:16:26
62	Ingalls	Frank (Jim)	46:54:57	76	Seeger	Nikki [f]	54:20:30
63	Moeller	Kent	47:05:57	77	Smit	Robin	55:52:24
64	Remington	Dave	47:12:30	78	Hudgens	Stephen	56:31:35

The Western States 100 Mile Endurance Run

"The Aussie Assault" California, USA 23rd/24th June 2007

Results

Place	Name	State	Age	Time	Place	Name	State	Age	Time
1	Hal Koerner	OR	31	16:12:16	27	Alan Abbs	CA	37	21:09:28
2	Erik Skaden	CA	35	16:36:49	28	Annette Bednosky	NC	40	21:15:22
3	Graham Cooper	CA	37	17:11:41	29	Brian Robinson	CA	45	21:20:27
4	Andy Jones-Wilkins	ID	39	17:20:29	30	Ken Gregorich	CA	48	21:22:10
5	Phil Kochik	WA	29	17:26:59	31	David Eadie	AUS	36	21:27:28
6	Glen Redpath	NY	41	18:05:32	32	Whit Rambach	CA	40	21:31:17
7	Tracy Vincent Moore	CA	46	18:09:05	33	Suzie Lister	CA	42	21:35:32
8	Nikki Kimball	MT	36	18:12:37	34	Kevin Sawchuk	CA	41	21:35:32
9	Hiroki Ishikawa	JPN	32	18:14:16	35	Kami Semick	OR	40	21:40:49
10	Jeff Riley	OR	38	18:22:12	36	Carson Teasley	CA	27	21:46:18
11	Jae-Duk Sim	KOR	38	18:44:54	37	Anne Lundblad	NC	41	21:46:21
12	Rod Bien	OR	34	19:20:00	38	Matthew Simms	WA	38	21:48:45
13	Beverley Anderson-Abbs	CA	43	19:31:18	39	Mark Cosmas	AZ	39	21:53:44
14	James Bonnett	AZ	20	19:41:51	40	Paul Brunner	CA	45	21:58:04
15	Craig Thornley	OR	43	19:56:25	41	Sean Andrish	VA	37	22:07:43
16	Guillermo Medina	CA	32	20:08:09	42	Kimberly Jo Holak	MN	37	22:07:56
17	Karine Herry	FRA	39	20:12:39	43	Roch Horton	UT	49	22:08:21
18	Jean Pommier	CA	43	20:24:47	44	Tom Griffen	CA	35	22:09:08
19	Jonathan Olsen	CA	32	20:26:41	45	Herman Richards	NJ	53	22:13:50
20	David Terry	OR	45	20:30:01	46	Eric Grossman	VA	38	22:17:27
21	Martin Fryer	AUS	45	20:30:03	47	Martin Schot	AUS	50	22:22:07
22	Caren Spore	CA	39	20:36:09	48	John A Zerbe	CA	39	22:22:09
23	Simon Mtuy	TZA	35	20:36:09	49	Andrew Schooley	CA	47	22:24:13
24	John Nichols	CA	42	20:46:33	50	Matt Anderson	CA	48	22:26:31
25	Meghan Arbogast	OR	46	20:50:06	51	Suzanna Bon	CA	42	22:30:38
26	David Goggins	CA	32	20:52:50	52	Dan Moores	CA	43	22:34:25

Place	Name	State	Age	Time	Place	Name	State	Age	Time
53	Erich Peitzsch	MT	28	22:36:58	102	Patrick Morin	CA	44	24:16:10
54	Lewis Taylor	OR	34	22:37:48	103	Brian J Martin	CA	29	24:16:58
55	Erik Dube	CA	33	22:42:21	104	Perry Edinger	NC	46	24:27:18
56	Jeffrey M Welsh	NC	52	22:42:43	105	Derek Semanski	CA	35	24:32:12
57	Jim Scott	CA	47	22:46:38	106	Chris Wedge	FL	36	24:51:54
58	Helen Cospolich	CO	30	22:47:19	107	Jeffery Rogers	CA	45	24:56:51
59	Ron Rogowski	CA	35	22:47:57	108	William Cook	CA	38	25:04:03
60	Randy Rankin	CAN	42	22:49:52	109	Bill (charles) Thomas	WA	50	25:09:14
61	Mike Burke	OR	56	22:58:18	110	Tina Ure	CA	47	25:10:45
62	Mark Reudink	CA	40	23:00:23	111	Andrew Klapperich	WI	47	25:18:05
63	Edwin Heller	NM	45	23:04:29	112	David Kamp	OR	59	25:18:43
64	Philip Murphy	AUS	39	23:05:36	113	Ric Hatch	AZ	52	25:23:01
65	Dawn Infurna-Bean	CA	39	23:09:18	114	Scott Glogovac	NV	53	25:28:59
66	Marty Hoffman	CA	51	23:10:09	115	Anthony Brantley	CA	36	25:30:02
67	Mark Lantz	CA	41	23:12:03	116	Steven Douglas	CA	42	25:31:35
68	Marty Fagan	WA	44	23:13:11	117	Mark Godale	OH	37	25:31:47
69	Ronda Sundermeier	OR	40	23:14:00	118	Cath Worth	UK	49	25:31:52
70	Klas Eklof	CA	36	23:14:37	119	Chris Garcia	CA	44	25:32:26
71	Matt Lambert	CA	39	23:21:59	120	Ty Russell	CA	57	25:39:41
72	David Ruvalcaba	CA	52	23:22:25	121	Tony Covarrubias	WA	46	25:43:54
73	Micheal McCarthy	OR	43	23:24:20	122	Elizabeth Carrion	NY	31	25:44:04
74	John Liebeskind	OR	46	23:27:34	123	Clark Whitten	CA	43	25:46:26
75	Dan Boyle	CA	43	23:28:05	124	Lauren Adams	UT	28	25:46:46
76	Rob Byrne	CA	49	23:29:28	125	Chris Fagan	WA	42	25:48:52
77	Adelaido Solis	CA	38	23:29:49	126	David W Forshey	NV	36	25:52:50
78	Nic Moloney	AUS	29	23:32:28	127	Joseph McDonald	CA	53	25:53:22
79	Brian Kuhn	IL	33	23:33:05	128	Alarik Rosenlund	WI	50	25:54:35
80	Andy Salinger	CA	38	23:33:41	129	Wayne Gregory	AUS	48	25:55:04
81	Dan Brenden	AZ	56	23:34:02	130	Erik Kaitala	MN	35	26:05:15
82	Julie Fingar	CA	31	23:34:05	131	Christopher Seiler	CA	36	26:09:30
83	Gary Wang	CA	39	23:35:02	132	Craig Slagel	CA	34	26:13:46
84	Jason Dunn	AUS	43	23:38:26	133	Jarett Tighe	VA	39	26:15:42
85	Pat Scott	NM	54	23:38:50	134	Kelly Cronin	CA	30	26:16:36
86	Andrew Davis	MN	38	23:39:35	135	John Turner	CAN	48	26:18:56
87	John Teeples	GA	43	23:41:12	136	William Ramsey	CA	54	26:23:55
88	Ken Ward	OR	50	23:41:36	137	Jack Jewell	CO	53	26:27:04
89	Jim Rudig	OR	38	23:41:44	138	Nick Bassett	AZ	62	26:27:04
90	Andrew MacGinnitie	PA	41	23:42:05	139	Jerry Lile	CA	48	26:28:50
91	Kelly Ridgway	CA	49	23:42:19	140	Stephen Dewald	HI	39	26:35:35
92	Keith Straw	PA	52	23:44:34	141	Geoff Scott	NC	58	26:37:39
93	Greg Nacco	CA	47	23:46:05	142	Matt Sessions	CAN	42	26:37:43
94	Charles Stevens	CA	51	23:48:43	143	Jeffrey S Barbier	CA	42	26:38:43
95	Matthew Keyes	CA	33	23:50:19	144	Jim Campiformio	CT	57	26:39:40
96	Keith Blom	CA	50	23:51:57	145	David Yeakel Jr.	VA	42	26:41:51
97	Mike Pelechaty	OH	52	23:53:25	146	Neil Ambrose	CAN	43	26:42:03
98	<u>Florencia Gascon-Amyx</u>	CA	42	23:54:16	147	Richard Knapp	NM	55	26:45:04
99	<u>Euihwa Lee</u>	PA	47	23:54:45	148	Steven Clegg	CA	26	26:46:40
100	Michael W Allen	AL	49	23:58:54	149	Jonathan Zeif	CO	53	26:47:07
101	Joseph E Holland	VT	45	24:13:50	150	George Raynsford	CA	55	26:48:23

Place	Name	State	Age	Time	Place	Name	State	Age	Time
151	Patrick Perry	MO	42	26:51:50	200	Charles W Savage	CA	59	28:38:38
152	Donn Zea	CA	49	26:58:35	201	George Ruiz	NV	50	28:40:31
153	David Bursler	DE	42	27:00:16	202	Peggy Alfred	CA	48	28:40:56
154	John F Peterson	CA	57	27:03:14	203	Eric Vaughan	CA	47	28:41:47
155	Jose Suarez	CT	44	27:04:09	204	Lisa Huerta	CA	45	28:43:17
156	Anna Bates	WA	45	27:07:02	205	Yuki Negoro	CA	46	28:43:34
157	Mark K Olson	CA	60	27:07:24	206	Grant Swanson	CA	55	28:45:59
158	Jimmy Fullerton	CA	52	27:13:30	207	Tim Dalbec	CA	34	28:47:25
159	Lon Monroe	NV	60	27:16:57	208	Phil Rosenstein	WI	36	28:47:57
160	Marc Dube	CA	33	27:17:02	209	Kevin R King	MA	30	28:48:28
161	Michael Hernandez	CA	54	27:17:46	210	Michele Santilhana	CA	37	28:48:57
162	Nick Ham	UK	43	27:18:06	211	Marie Bartoletti	PA	49	28:49:17
163	Christopher Mortensen	PA	26	27:19:36	212	Eva Lobsitz	CA	46	28:52:02
164	Denis Trafecanty	CA	64	27:25:28	213	Wayne Coates	AZ	59	28:52:35
165	Jim Jones	CAN	37	27:27:27	214	Bill Kerth	CA	54	28:52:37
166	Ken Farley	CA	42	27:35:35	215	Brendan Mason	AUS	45	28:55:22
167	Andrew Hewat	AUS	43	27:45:19	216	Steve Kanters	WA	55	28:56:53
168	Steven E Harrold	CA	60	27:47:49	217	Ron Schwebel	AUS	55	28:56:56
169	Gregory C Trapp	OH	44	27:49:32	218	Brien Crothers	CA	48	28:57:59
170	Paul Every	AUS	43	27:53:02	219	Mark Wieneke	CA	55	28:59:12
171	Jack S Meyer	CA	43	27:53:32	220	Bob Dickinson	CA	52	29:02:01
172	Michael Siltman	IL	38	27:53:57	221	Charles Murdach	NH	38	29:06:01
173	Andy Kumeda	CA	39	27:53:57	222	Donald J Halke II	PA	48	29:07:22
174	Robert Kronkhyte	CA	51	28:02:08	223	Jeff Schmidt	OH	31	29:08:08
175	Laurel Valley	ME	44	28:02:32	224	Mike Daku	AK	48	29:08:40
176	Benjamin Muradyan	CA	19	28:04:33	225	Susan Lance	GA	47	29:11:41
177	Michael Peoples	CA	44	28:04:34	226	Leslie Lindquist	CA	33	29:13:22
178	Wayne S Whiting	VA	58	28:05:26	227	Ryan Yates	ID	25	29:14:31
179	James Barstad	CA	42	28:05:37	228	Larry L Kuhn	IL	53	29:14:45
180	Joe Schlereth	NC	57	28:10:11	229	Becky Morris	CA	61	29:14:54
181	Trish Godtfredsen	CA	34	28:10:49	230	Barbara Mack	NC	51	29:15:06
182	Mark Metcalfe	CA	38	28:15:04	231	Brian Tsuyuki	CA	55	29:15:20
183	Richard Desimone	MT	55	28:17:46	232	Jennifer Ray	CA	38	29:17:09
184	Kevin Neadeau	CO	36	28:18:02	233	Larry R Morrison	CA	59	29:17:47
185	Joseph Laskey	CT	42	28:18:04	234	Jim Sullivan	FL	55	29:21:46
186	Kirk McCarville	AZ	53	28:18:21	235	Tamyka Bell [F]	AUS	26	29:23:43
187	Jim Brown	WI	49	28:19:54	236	Wade Blomgren	CA	46	29:26:55
188	A Mattson Davis	CA	43	28:21:25	237	Cory T Johnson	UT	42	29:28:03
189	David E Westlake	WY	60	28:22:31	238	Judy Carluccio	NM	40	29:28:53
190	William G Bennett	CA	56	28:23:13	239	Jay Finkle	VA	44	29:29:50
191	Jeremy Boyd	CA	30	28:25:05	240	Anita Finkle	VA	41	29:29:50
192	Pat Benner	CO	42	28:26:11	241	Gordy Ainsleigh	CA	60	29:30:00
193	Dutch Widler	CA	49	28:27:16	242	Peggy Davidson	CA	51	29:30:42
194	Todd Cedarholm	WY	49	28:29:11	243	Chris Batteate	CA	55	29:32:08
195	Tim Turner	AUS	44	28:30:37	244	Grant Carboni	CA	36	29:32:19
196	Michelle Schwartz	CO	39	28:31:38	245	Robert Boyce	AUS	45	29:35:28
197	Jamshid Khajavi	WA	54	28:35:29	246	Cheryl Loomis	HI	59	29:35:33
198	John Degregory	CA	38	28:37:37	247	Anne Langstaff	CA	46	29:36:51
199	Chris Marolf	CA	43	28:37:40	248	Julie Treder	WI	31	29:37:23

Place	Name	State	Age	Time					
249	Ralph E Graf	WI	58	29:37:23	260	Glenn Lockwood	AUS	44	29:44:25
250	Christine Flaherty	CA	54	29:37:45	261	Carl F Hunt	CT	56	29:45:06
251	Jan Soderkvist	SWE	47	29:38:43	262	Robert Mann	CA	35	29:45:16
252	Kathy Martin	CA	57	29:38:59	263	Marie Boyd	CA	58	29:47:05
253	Tim Looney	MI	45	29:39:09	264	William Thompson	AUS	63	29:49:25
254	Xy Weiss	CA	46	29:39:53	265	Rachel Landon	OR	39	29:50:10
255	Alisa Farrington	PA	32	29:40:55	266	Elizabeth Key	CA	44	29:51:09
256	C Michael Dupriest	AR	51	29:42:23	267	Bogdan Ambrozewicz	CA	53	29:55:11
257	Joan Scannell	CA	61	29:43:25	268	Donald Mukai	WA	58	29:55:24
258	Leigh Corbin	CA	45	29:43:38	269	Soon Gaal	CA	59	29:56:35
259	George Velasco	CA	53	<u>29:43:38</u>	270	Karsten Solheim	AZ	70	29:57:38



Photo left:

Aussie assault team

- Western States 100



Paul Every will represent Australia at the 24-hour World Challenge in Canada in July.

The long run

104 HORNSBY ADVOCATE, Thursday, May 3, 2007

BRETT COX

AFTER a record findings in England, one newspaper wrote of The Don: "Bradman bats and bats and bats".

Of Hornsby's Paul Every who more can be said other than he runs and runs and runs.

The 42-year-old is one of the country's great ultra-marathon runners, and will represent Australia at the 24 Hour World Challenge in Canada in July.

He qualified for the event by running an extraordinary 200km in 24 hours at the recent Cebu 24 Hour Carnival in Melbourne, finishing second to current 40-hour Australian Champion Martin Fryer. Every completed 502 laps of a 400m track in a day.

A marathon runner at 19, Every began running the ultra races in 1967, and hasn't looked back. He also competes in triathlon.

He runs 150 km a week, "sometimes more, sometimes less" in training, including at least one session of more than 60 km in one go.

He is a zookeeper at Taronga Zoo.

In a 200 km race you can even make friends

"You might start the race not knowing anyone and walk away at the end with a solid friendship"

- Paul Every

What does he think about when he's running?

"Anything. Airbough in the race you're thinking bout strategy and pacing, food and drinking.

"In training it might be unwinding from work.

"I get great support from my partner, Diane, as I'm self-trained.

"I'm 42 and I still think my best running is ahead of me."

Every believes developing the

mental and physical strength to run for so long means that athletes over 30 are generally more race hardened.

"I find the longer races more enjoyable - they challenge me."

Every says competitors in ultra-marathon running often pace each other and talk throughout a race.

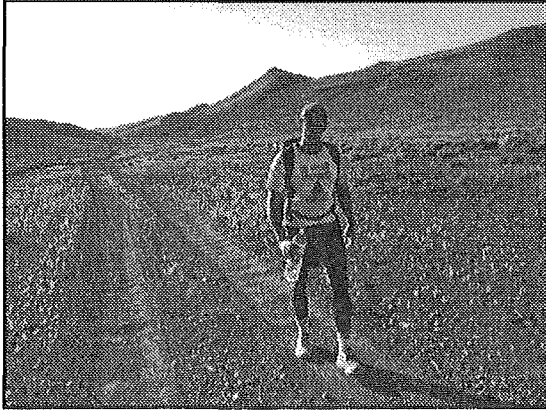
"You might start the race not knowing anyone and walk away at the end with a solid friendship," he said. "Or if you're running through the bush you might not see another human being for six or 12 hours."

"I really like the solitude of running."

Although Australia was at its peak in ultra-marathon in the 1980s and 90s, Every believes the Aussie team can go well at the World Challenge.

"If everybody on the team runs well in Canada we can maybe finish top five," he said.

Ken Carter tackles Mongolia's Gobi Desert



Day 1: Ice gorge 26km.

The buzz in the cold gobi air was electric at the 6am start. We all lined up and took off. A few guys a bit quicker than others

The ice gorge was absolutely unbelievable. Especially for an Aussie who has never seen ice in the wild before let alone in the desert. Placings 1st- Gordon Adam, 2nd Simon Johnson. 3rd Yorro Yerbish (a young Mongolian runner)

Ken placed 9th.

90% of the competitors got their first taste of gobi feet - Blisters

Day 2: More Ice Gorge and the start of the dreaded desert plain. 35 km More picturesque scenes for the first 20 km. Lots and lots of up hill going though. The last 15km was the first exposure to the torture that is the gobi plains. Loooooong with countless false horizons and deceptive distances and blistering heat and wind.

The blisters have set into to be quite painful for nearly all the competitors.

Day 3: Marathon Day 43km along a rocky uneven desert plain. OMG. Today was the closest to death I think I have ever been. I stuffed up my tactics and set out walking. I ended up crossing the finish line in about 9 hours. Delirious and kebab like feet (blisters) and the ligaments in my left ankle strained quite badly. The top four competitors Gordon, Matt Morris, Max and Simon were in a league of their own, smashing the course with relative ease. For the rest of us it

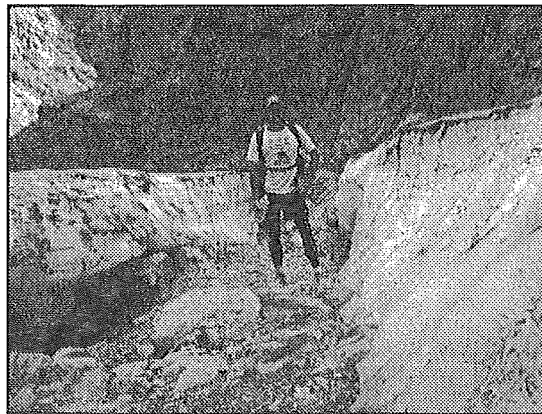
was a nightmarish battle.

Day 4: Second marathon day
38km with about 12km up
hill.

After the 9 hrs of sun exposure from day 3, I set out to finish today as fast as I could. I ran most of the way and finished 5th across the line in just under 6 hrs. I felt so much better today and it has put me in a much better mind set for the remainder of the race. The

blisters have gone down a little although the ankle is still playing up. But at least I didn't get smashed by the Mongolian sun. We camped in a magnificent gorge.

As the last competitors came through the gorge, our youngest competitor, Jonothan Graham played the bag pipes with absolute perfection. It was amazing to see a group of adults all teary eyed and hugging in the middle of one of the world's great wilderness.



Day 5: 40 km and our first sand dune.

I started in the 5am start group this morning and after yesterday's success, set out from the start running. Unlike other days where the leaders (6am start) would overtake by about the 11 or 12 km mark, I was all alone right up to the 20km mark. I had all the thoughts in my head of ringing Erin and telling her that her dad had won the stage. Wasn't to be. I was so much in the zone that I missed a marker and headed off course, only to have to back track

about 5km to the checkpoint, running past the leaders in the opposite direction. 5 other competitors missed the same marker that day mmmmmmmmmmmmmmm????? I ran back and on to the 25km mark before my ankle gave way and I had to walk the rest of the way.

Day 6: 25 km sand dunes and plains. Due to the unusual Gobi weather (ie, electrical storm followed by sand storm, followed by rain), the dunes were cancelled today, as they are the highest thing for miles around. The day was shortened to 22km which after the previous three days was a walk in the park. I crossed the line in 11th place.

Day 7: the final count down. Kyhoghah Els (please check spelling for me) The highest sand dunes in Asia.

The course today was only 8km which sounded so easy, but when you have to climb a 400m high sand dune it makes the task just a slight bit harder. It took about

45 mins for us to get to the top, then we trekked 3 km along the ridge to the very highest point. Absolutely stunning footage and just an amazing sense of accomplishment to have completed this hell on earth challenge. As we hit the last checkpoint at the highest point I took off my back pack and did a back flip off the highest sand dune in Asia. (Hopefully, I am the first person to have ever done that- who knows)

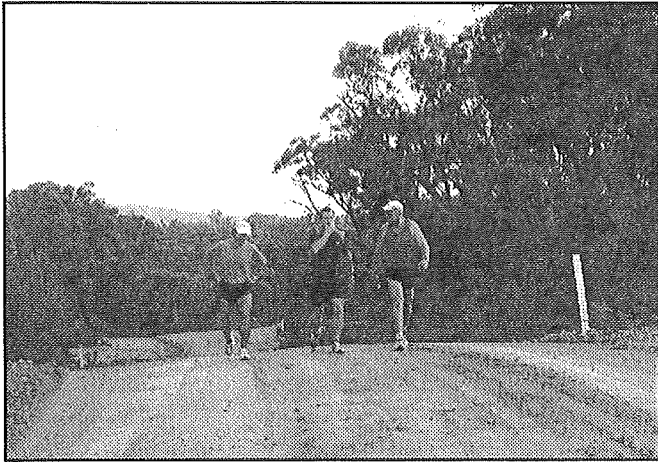
The road back to the finish line was the most enjoyable part of the event. Once again the bag pipes were waiting to greet us as Jono had finished the stage in first.

Overall placing were 1st Gordon Adam, 2nd Matt Morris, 3rd Max Tate. Ken placed 12th- wooahoo.

Other than my baby Erin being born, this would have to be the most amazing thing in my life. I would recommend anyone give it a go, but as for me I think my Ultra days are numbered.

RUNNING WITH DEAN KARNAZES

By Viv Kartsounis



Dean Karnazes has some company on route

It all started when my running partner Nick Drayton gave me the book 'Ultra Marathon Man - Confessions of an all-night runner' by Dean Karnazes a week before the Six Foot Track. It was an easy read and I picked a few nutrition tips for my next race, but little did we know where it would lead.

As Dean is a man who professes to love a challenge, I found his email address on the internet, wrote to him challenging him to visit Australia to run the 6FT. To my surprise he replied and mentioned that he would be visiting Australia in May 2007, to run a course that would promote the opening of a new store in Sydney, 'The North Face'.

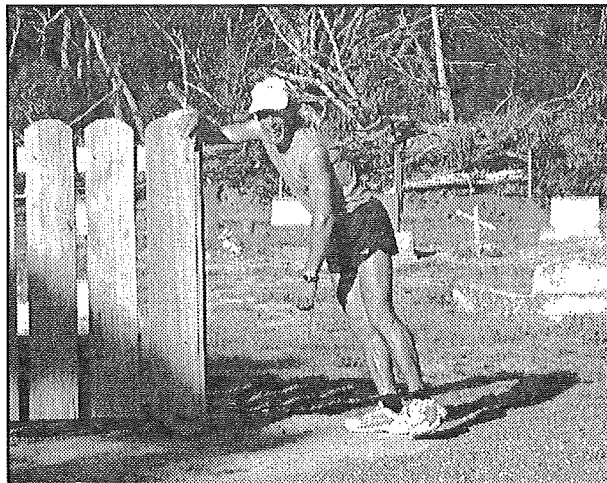
After a few emails between us it was publicly announced that he would be running from Mt Kosciuszko to Sydney, another one of his challenges. Having my foot in the door and not wanting to miss any running opportunity I wrote to him and offered our assistance with mapping the course, crewing and/or pacing him on a portion of a very long run.

The North Face had the course mapping and crewing organised, so Nick and I chose one day of his 7 day run and agreed to be there to run with him as he wished. We offered to be there on Monday 14th May, Day 4, to assist him in completing a 125km day. This was to start at

Braidwood and follow the back-roads to Nowra.

Nick and I left Sydney on Sunday afternoon and headed south-west to Braidwood, arriving there just after 5pm. Dean was nowhere in sight so we headed out from Braidwood along Captain Flats Road to find the running contingent. By now it

was dark and we found Dean running along the road about 30 min-



Dean Karnazes having a stretch

utes out of Braidwood, travelling at a very steady pace but tired after having crossed the Snowy Mountains twice in the last 3 days.

Nick jumped out of the car and ran with Dean in the dark for about 8kms. It was cold and dark and the sky was as clear as can be, and it was magical to be out there in the middle of nowhere being a part of something running. Dean then called it a night with about 15kms still to go to reach Braidwood, having had enough for one day.

We joined the group at 8am the next morning at the bakery in Braid-

wood, with Dean having started his run at 5:45am. He was now in town for breakfast. After some food we set off down the road towards Nowra, some 125kms away. It was 4 degrees in the early mist and a most beautiful way to start the day. Just outside Braidwood we were joined by Billy Pearce, a Canberra resident, who had come down to run with him for a couple of hours before heading off to work.

Dean is not a tall man and he seems even smaller as he carries only 4% body fat. Besides being a very strong runner he is a super guy, a humble celebrity and a real gentleman. He never complained about a thing even though he was tired and

the course was a lot more challenging than he suspected. He just pushed on with a job to do, believing in himself and his ability to achieve, with never a doubt but an occasional change of plan to ensure he did what was best for his body and head.

During the run we discussed our lives, ambitions, books we had read, races he had run, the Australian countryside, and Dean passed on some ultra running nutrition tips.

Talking was comfortable as was the silence - there's something about runners...

The day went very quickly, hopping in and out of the car, supplying food and liquids and running with Dean, and it all seemed to be over far too soon. Nick and I headed back to Sydney at 4pm on Monday afternoon after a busy and very exciting and rewarding day. Just before we left Dean and his team, and with about 30 more kilometres of running still to do, Dean was joined by another endurance runner, so we were happy to drive back to Sydney



Dean Karnazes with some Aussie friends

knowing he would have company for the rest of the day with a long way still to go.

Life is full of surprises: you have to follow your intuition and take chances and you will be amazed where they will lead. We learnt a very important thing about life - how good it felt to give something back to running. We didn't do it for ourselves - it was not about personal gain - it was to help a fellow

runner make his journey a little easier and nicer while achieving his own personal challenge. For me it was also about my love for running, and until this run I didn't realise how strong a passion it was for me, nor how important it is in my life. I no longer take my ability to run nor my love for running for granted.

So take chances, challenge yourself and others and live your life to the full. You never know where it may take you and what joy you can receive by giving.

Eight year old Olympic hopeful's 2,600 mile running regime outrages China

**By Clifford Coonan in Beijing
10 August 2007**

With her proud, ambitious father urging her on, eight-year-old Zhang Huimin is running from Sanya on Hainan island in southern China, to the capital, Beijing, in the north, a journey of 2,600 miles.

The sight of her pounding the tarmac has stirred hearts and prompted outrage in a country feverish with Olympic spirit, with less than a year to go to the Beijing Games.

"We've arrived in Que county in Henan province now and we have 70 per cent of the project behind us," said her father, Zhang Jianmin, a farmer from Linggao, near Sanya.

The ultra-marathon has exercised Chinese commentators. Is this an admirable form of Olympic spirit, or is this patriotism and parental ambition gone mad?

Huimin, who stands just over 4ft (122cm) tall and weighs just 46lbs (21kg), looks like she might blow away in the wind, but her endurance is astonishing. The images are startling, clad in her pink Disney tracksuit as she accompanies a group of adult runners in a quick photo opportunity in a southern village, or wearing her singlet as she runs... and runs.

She causes quite a stir wherever

she goes, with a mixed response - some onlookers praise her national fervour, while others think her too young. Her daily training starts with a 40-kilometre run at 3am, then school, then more running.

Mr Zhang has come in for a lot of criticism since the run started on 3 July. There were reports Huimin had a bad cough after reaching Guangzhou, capital of Guangdong province, 15 days into her journey. One critic described Mr Zhang as a selfish father behaving like someone trying to make a plant grow faster by pulling it. "He should at least heed the doctors' advice that such excessive exercise can have adverse effects," Wu Jiayin wrote in the Shanghai Daily, echoing hundreds of of blog comments.

Next stop is Langfang in Hebei province on 15 August, where she will run an international marathon, then on to Tianjin and finally Tiananmen Square in Beijing, which they expect to reach on 28 August.

A director of a sports school in Hainan told local media that he advised Mr Zhang to withdraw his daughter from her training "because it would affect her heart, nerves and hormones". Health experts have said

that training too much at such a young age can wear down barely formed cartilage, delay menstruation, reduce bone density and stunt growth.

She has kept going by drinking a mixture of honey, milk and raw eggs concocted by her father, which experts have also criticised. He is unconcerned. "She's been training for four years and it's natural for her to run these distances," he said. "She sometimes runs 80 kilometres a day when training. This is less than usual."

Although Huimin is too young to compete in the Beijing Games, Mr Zhang believes she can compete in the 2016 Games, when she will be 17. "She's in school now, but if she wants to and is interested then we can focus exclusively on running," he said.

Mr Zhang is depicted as an avid sports fan who failed to attain his own dreams and is living vicariously through his daughter. There have been reports that he signed a 20,000-yuan (£1,300) contract with a sports shoe company, but he denied money had changed hands. He said the company was paying for his hotel rooms.

Genghis Kahn Mountain Bike Festival

Australian 100km representative, Darren Benson was tracked down in Mongolia.
By Darren Benson



Each of the 3 days was about 50km on mostly flat tracks. Fairly smooth ride so helped us non-technically minded bikers although some sandy sections provided a few heart in mouth moments. In fact the last day with a huge tailwind we averaged 37km/h !

95% of the race there was no civilisation to be seen but on the last stage we finished into the local vil-

lage of Xi Wu Qi and were greeted by about thousands of cheering locals.

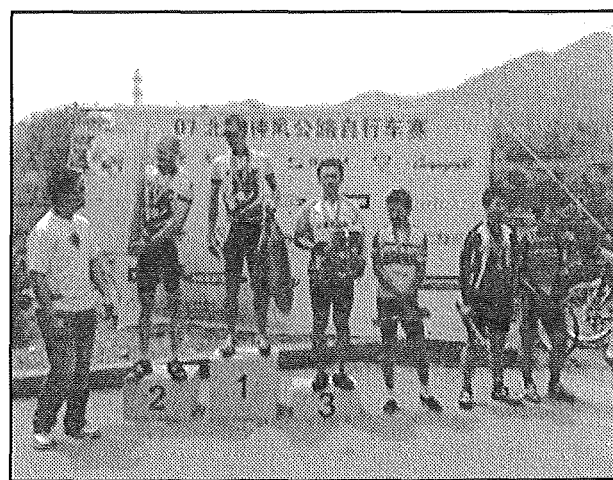
Me and my team mate were mobbed by locals wanting photographs and signatures - it was classic stuff and the podium presentation was very impressive.

The two of us finished about 30 minutes ahead of our nearest rivals overall which was helped by

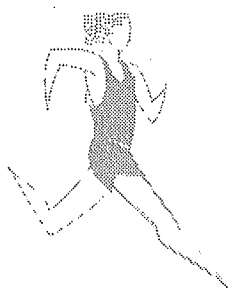
a bunch of them taking the wrong turn on the first day.

After suffering endless smoggy days in Beijing it was brilliant to be out in the open fields with blue skies and sunshine.

Also got in some Mongolian culture with a wrestling demonstration, horse herding (and riding) and one night we stayed in the Mongolian yurts (like igloos) which were actually quite comfortable.



*"one night we stayed in the Mongolian yurts
(like igloos - photo top left)
which were actually quite comfortable"*



Russel Coight the Ultra runner

By Craig Waters

It all started with that craving that we all get, to find a new trail, to explore uncharted territory, to find out what's around the next bend.

I was in Townsville for work and had gotten use to running in a reserve at Parendra. It followed what was called a traditional aboriginal path. I had run the trail many times but was never fit enough to see where it went to. Today was the day. Luckily it wasn't the middle of summer because the temperatures and humidity can be extreme. The trail really goes through what is called a Wetland. I would call it a swamp. I was getting covered in mossies and the run had just begun, normally I wouldn't worry about this but the local river is famous for the dreaded Ross River Fever.

The trail is quite flat and followed the base of a mountain with a strange-looking tower on top, like a huge sphere being held up to the sky. The surface changed from dirt to rocks and sand and then overgrown grass. I spent my time dodging the huge ant hills that reached up to waist height. I was also used to the feeling of not being alone; kangaroos and wallabies are the common inhabitants of this territory.

I had been running for at least half an hour and was just getting into uncharted territory. Up ahead I came across a shelter hidden in the bushes, it was for people to hide away and watch the local birds. In front of the shelter was a fenced area of 2 metres in diameter which was filled with rotting fruit and vegetables. For the next few kilometres I tried to fathom what the fenced area was for, it reminded me of the movie *Gladiator*, in the Colosseum for some reason. Watching my footing closely as we runners do, I didn't see the large wire fence in front of me and had to stop to take it all in. A large sign confronted me with the words "AUCHTUNG", "Warning proceed with caution, you are entering

crocodile territory, stay away from the waters edge". For a second I thought about turning back but no, there was no water in the swamp so I shouldn't have to worry about Crocs should I??

I kept one eye on the trail in front of me and the other on the swamp edge, I should be able to see a Croc coming after me, unfortunately I hadn't worked out what I was going to do if one did attack.

The terrain began to change and I knew I was getting close to the ocean. I was now on the other side of the mountain and was sure that this was part of a big looped trail that would bring me back to my car. I had been running for an hour and could see the ocean past the dense vegetation of the swamp, when the trail suddenly ended.

As all trail runners do, I didn't want to have to turn around and retrace my steps back to the start, I saw a very narrow trail that looked like it would take me right around the mountain and back to the start. It was a funny track, it stayed at the swamps edge and looked like something had been dragged along the ground. It's only in hindsight that I think I know that I was following, Croc tracks.

The trail ended at the swamp after about five more minutes of running. I noticed a trail sign hidden in the bushes pointing up over the mountain. You beauty, I thought, this will be a short cut. The trail started climbing with major swings to the left and then the right and then no trail. I kept making my own path up the mountain reaching the summit an hour later to see the sun set. Not worried yet, the other side of the mountain should be much better. On the summit I found the trail again, it travelled not down but the length of the summit. I finally started running again until I reached a sign giving me two options, a trail heading east to some forgotten lookout and one heading west in

the opposite direction. I knew that home was east so off I went.

By now I could barely see the ground, there was no moonlight to guide me in this adventure. Eventually the trail started heading down and I was a happy chappy. Down, down, down and then nothing. I was climbing through vines on the side of a mountain with a surface covered in football sized boulders. The trail was nowhere to be seen. I would have turned back, but now I couldn't see where I had come from.

I had a great view of the surrounding country side and the lights of the city below. Tonight was a very special night for New South Welshmen and Queenslanders, it was "State of Origin" night. It is the night when both states are glued to the TV with a firm grasp of their favourite ale. I started to laugh thinking about the difference between what I was doing and the rest of the people down in the city.

My next brain wave was that this mountain couldn't be all that steep, I'll just lie down on my back and I should be able to slide down. I slid about half a metre before I was entangled in vines and had a large boulder slammed on my foot. My mood abruptly changed, I was no longer laughing, I started to panic and thought this is it. I am going to have to try to survive the night lying right here.

After about five minutes, a full moon showed itself and my vision improved, I re-traced my steps and eventually made it back up to the summit and the sign for the lookouts. I had no other choice, I would have to take the West trail which will take me away from my car but hopefully get me off this mountain. If I could get off the mountain, then I knew that I could get home. As I have always told my wife, I don't get lost when I run, I just lose sight of the way home.

"You should never have gone up that mountain, there hasn't been a trail there in years"

The trail was good, it had the football sized boulders but in the moonlight they appeared to glow white and made the trail easy to follow. Most of the time I was cursing the trail maker. Why put steps along a trail where each step is more than a foot deep? With my right foot hurting from the boulder incident, I spent my time falling down each step.

You might be wondering how long this had been going on. I was now into my fourth hour of this experience, I had run out of water when I climbed the mountain. All I had left was a few gu packs. I got to the bottom of the mountain after four hours and realised I was right back at the Crocodile fence. I started the dreaded march back to the car. After an hour, I reached the entrance to the Wildlife Reserve and saw my lovely car waiting for me. Upon reaching my car I heard the scariest sound I have ever heard, it put a cold shiver up my spine. It was the sound that I had been dreading for five hours. I knew there were dingoes in the Wildlife Reserve and my greatest fear when stuck on the

summit was that I was going to be eaten by a pack of them. Admittedly it would have to have been a large pack, but it was a fear never the less.

Dingoes don't bark, they howl. This dingo had been stalking me probably for hours, just waiting for me to fall into a heap and provide a good meal or two. It was the only sound to be heard.

I got in my car and drove to the nearest pizza joint. I didn't understand the strange looks I got when I ordered my pizza until I saw my reflection in the window. My eyes were totally blood shot from sweat and my nice white singlet was now red from my bleeding nipples and moles. It dawned on me that the pizza boy probably thought that I had just finished celebrating the "State of Origin" and had had a few too many drinks. He couldn't be further from the truth.

I knew my wife would be worried because I was late calling her. I made the big mistake of telling her what had happened, her response

was emphatic "Your not going to run anymore are you", I didn't reply.

You know the part of Dean Karnazes's book where he finishes his first 50 miler and becomes totally rigid in his car and vomits everywhere? That scene had been playing on my mind for sometime. I couldn't believe that could happen, well it did to me that night when I finally got to bed, what a scary experience.

The next day I was telling my story to a Doctor I see in my job as a Medical Rep, he kept telling me "You should never have gone up that mountain, there hasn't been a trail there in years".

The doctor said the funniest thing to me then which has given me a bit of a reputation in Townsville to this day. He said that my new name is now "Russel Coight".

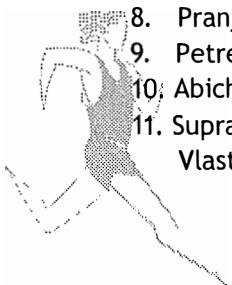
Just to answer my wife's question. I've been back to these trails many times since but have kept away from the mountain and haven't seen a dingo.... or a crocodile.

Self Transcendence 3,100 miles

New York, USA
June - August 2007

883 metre road loop Results

- | | |
|---|---------------------------|
| 1. Asprihanal Aalto [Finland] | 43 Days + 04:26:32 |
| 2. Ayojan Stojanovich [Serbia] | 46 Days + 02:46:35 |
| 3. Pranab Vladovic [Slovakia] | 46 Days + 14:02:54 |
| 4. Smarana Puntigam [Austria] | 48 Days + 04:13:54 |
| 5. Ananda Lahari Zuscin [Slovakia] | 49 Days + 16:58:56 |
| 6. Grahak Cunningham [Australia] | 50 Days + 03:02:26 |
| [New Australian record by 108 hours!!!!] | |
| 7. Stutisheel Lebedev [Ukraine] | 50 Days + 19:05:31 |
| 8. Pranjal Milovnik [Slovakia] | 52 Days + 07:01:32 |
| 9. Petre Spacil [Czechoslovakia] | 52 Days + 12:54:08 |
| 10. Abichal Watkins [Britain] | 55 Days + 03:47:10 |
| 11. Suprabha Beckjord [USA] [F] | 58 Days + 07:54:27 |
| Vlastimil Dvoracek [Czechoslovakia] | DNF. 719 Miles |



Events and performances that have shaped Ultrarunning

By Andy Milroy

Ultrarunning has been shaped by a whole series of events and performances over the years, some of which when they were run did not seem that significant or important. With the benefit of hindsight such marks can be seen to have pioneered new areas of the sport, or to have delineated how the sport was viewed by outsiders, or to have determined how it was to develop subsequently.

The earliest beginnings of the sport are not clear. The transitional period between covering great distances on foot as a normal part of everyday life, and the challenge of covering a specific distance in a specific time was long and blurred.

THE FIRST 100 MILES IN 24 HOURS

The first time that 100 miles/160km was covered in 24 hours in competition seems to have been in 1762 when Briton John Hague did so in 23 hours 15 minutes, although obviously other individuals achieved such a feat in undertaking the delivery of messages and the like earlier.

FOSTER POWELL - THE FIRST ULTRA STAR

However, the first of the ultra stars was the Briton Foster Powell. He gained fame when he walked from London to York and back in 1773, some 396 miles/637km in 6 days. This feat was undertaken for a wager of one hundred guineas. He had great success as a professional ultra performer or pedestrian, improving on the London to York feat on a number of occasions, as well as tackling point to point challenges of 100 miles or more. Although Powell was primarily a walker, it was allowed in those days to run to ease stiffness etc so his progress can best be described as go-as-you-please.

THE INFLUENCE OF CAPTAIN BARCLAY

The next significant performance was Captain Robert Barclay Allardice's 1,000 miles in 1,000 hours (a

single mile completed in each of 1000 consecutive hours) in 1808 at Newmarket in England. This performance was to make a profound impact on the sport, and variations on the "Barclay Match" were to be attempted throughout the century, one of the greatest exponents being William Gale in 1880. It was attempting variations on Barclay's feat that brought Ada Anderson, one of the great women pedestrians of the late nineteenth century, to the public's attention. Barclay had a profound impact on athletics generally and his training methods, involving purging and sweating, and the eating of meat, were widely used throughout much of the century.

EDWARD PAYSON WESTON OPENS THE DOOR TO THE 6 DAY CRAZE

The sport was to be re-invented by the next feat to capture the public attention. American Edward Payson Weston succeeded in covering 500 miles in 6 days in 1874, an accomplishment which had previously eluded the great ultra performers of the nineteenth century. Weston's competitions with Daniel O'Leary to cover 500 miles or better in 6 days were to develop into the era of professional pedestrianism across the English speaking world and beyond, with serious international competition for substantial prize money attracting top athletes into the sport. Amateurs were also inspired to set up their own ultra competitions, though these only went as far as 24 hours.

CHARLIE ROWELL AND THE 24 HOURS

One of the great figures to emerge in this 6 day era was the Briton, Charlie Rowell. Rowell would run hard for the first three days of such an event and thus dominate the race from thereon. In February 1882 he set out to produce the definitive 6 day performance. He went through 100 miles in 13:26, covered 150 miles/241km in 24 hours, and

258 miles/ 415km in 48 hours. In the coming years of the new century, it was his performances at 100 miles and 24 hours which were to be targeted, though both marks were to last close to fifty years.

THE FIRST AMATEUR LONDON TO BRIGHTON RUNNING RACE

Frank Randall's win in the first London to Brighton running race in 1899 provided a vital link between the pedestrianism of the Victorian Era and the developments that were to come in the 1920s. It was his performance in that race, and that of Len Hurst's run of 1904 that was to be later targeted by Arthur Newton and subsequently Hardy Ballington.

THE COMRADES AND ARTHUR NEWTON

The 6 day craze did not last long and by the early years of the twentieth century the event had ceased to exist. The sport was to re-invent itself, as it had before. Memories of covering great distances on foot once more inspired competition. South African Vic Clapham recalled the forced marches of the First World War and thought it feasible that runners could cover the 50 mile plus distance from Pietermaritzburg to Durban. In 1921 the first Comrades Marathon race was held, but it was to be the second race, held the following year, that was to have a real impact.

Arthur Newton came onto the scene and won the race by over twenty minutes. It has been said that the Comrades made Newton, and Newton made the Comrades. His commonsense training, compelling motivation and the fact he took time to specialise in Ultrarunning meant that he swiftly became regarded as "the athletic wonder of his age". His success in setting world road bests at 50 and 100 miles in Africa, led to him traveling to Britain to set new marks there. His success, and his subsequent professional career resulting from

"This event created a nucleus of highly trained ultrarunners who, were to inspire and coach the leading endurance runners in the middle years of the 20th century"

the American Transcontinental races, gave him the authority to ensure the wide dissemination of his ideas on covering great distances on foot. Subsequently, after the Second World War he was to be one of the major driving forces behind the birth of the Road Runners Club in Britain, which did much to develop the sport, particularly through the organisation of the London to Brighton from 1952 onwards.

THE IMPACT OF THE "TRANS-AMERICA" RACE VETERANS

1928 saw the first professional Trans-America race organised by C.C. Pyle. This event and the subsequent race in 1929 created a nucleus of highly trained ultrarunners who, despite the fact that their own impact on the sport was to be dissipated by the Depression, were to inspire and coach the leading endurance runners in the middle years of the 20th century.

THE PIONEERS OF MODERN WOMEN'S ULTRARUNNING

It is hard to pin down the next crucial performance. Over the years from 1912 to 1934 there were a whole series of ultra performances by women which probably inspired one another. In 1912 Eleanora Sears covered 110 miles in 39 hours in California. Sears came from an affluent family and was a great sporting pioneer across a whole range of sports, from tennis to horse riding. In 1920 a British woman, Miss W. Green, complete with coat and cloche hat, walked the 50 miles of the Manchester to Blackpool event in Britain. In 1923 a South African typist, Frances Hayward, ran the Comrades in 11:35.

In 1926 Eleanora Sears walked from Providence to Boston in just over eleven hours, a feat she was to improve on several times. In 1928 she walked the 74 miles from Newport to Boston in 17:15. In 1932 and 1933 Geraldine Watson ran the Comrades and in 1934 she covered 100 miles in 22:22. These early performances were well reported in the newspapers of the time, and almost certainly Sears and Hay-

ward were the inspiration behind Watson's feats.

These pioneering performances made it clear that the ultras were an area of human activity which women could successfully contest. This was in contrast to track and field competition, where the longest women's running event was the 100 metres until 1948. It was not until 1960 that the 800 metres was open to women in the Olympics, the 1500 metres had to wait until 1972, and the women's marathon appeared only as recently as 1984.

THE FIRST ULTRA OF THE MODERN ERA

After the Second World War, in September 1946, Canadian Norman Dack won a 50 mile race in Finchley, North London, England. This race was significant in that it was the beginning of a whole series of British ultra races over the next thirty years, usually held in London, which were to revolutionise the sport. Many amateur track marks, dating back to the heyday of the 6 day races in the nineteenth century, were modernised.

The Finchley race was also significant in that it was held on a loop course. This was a major change from the earlier point to point events and was an indicator of the future development of the sport.

THE IMPACT OF THE FIRST MODERN LONDON TO BRIGHTON RACE

The next significant performance was the win by Lewis Piper of Britain in the 1951 London to Brighton. Intrinsically Piper's performance was not noteworthy, but by establishing that British runners could successfully contest the Brighton distance, his win ensured the race would be put on again the following year. To do that, the Road Runners Club [RRC] was formed, and a great force for the future development of Ultrarunning was created.

THE FIRST MODERN 24 HOUR RACE

In 1953 Wally Hayward, the great South African ultrarunner, came over to Britain. His main aim was to break the London to Brighton record, which he did. After breaking the Bath Road 100 mile best, he was then persuaded to stay on to contest the Motspur Park 24 Hours. The previous 24 hour race of note had been held indoors in Hamilton, Canada in 1931 to enable Arthur Newton to surpass Charlie Rowell's 150 miles of 1882. Thus it can be seen that the 24 hours had a very brief history. Despite inexperience in the event, Hayward managed to grind out 159 miles/ 256km. His mark was to be the start of the 24 hour event in its modern form.

THE BIRTH OF EUROPEAN 100KM RUNNING

100km walking races had been held for many years and the inaugural Biel 100km race in 1959 in Switzerland was just another such race. However in 1960 it was changed to a go as you please race, and the first of the European 100km running races came into being. These races were to develop the 100km as an event, though it was not until the mid 1980s that accurate measurement of such course became the norm. From these events the World 100km Challenge was to emerge. The fact that such races often had generous time limits, some as great as 24 hours, opened up the sport to a much wider spectrum of competitors.

WOMEN CAN RACE ULTRAS!

American Natalie Cullimore's 50 mile run in a world best time in California in October 1970 did much to change the perceptions of both men and women as to the capabilities of latter in ultradistance events. This was reinforced the following year when Cullimore ran a world best 16:11 for 100 miles at the same venue.

THE BEGINNING OF THE WESTERN STATES AND TRAILRUNNING

In 1974 Gordie Ainsleigh found himself without a steed in the annual horse race from Lake Tahoe to

"With this single, dazzling performance, he opened up a whole new way of looking at the longer ultras"

Auburn in California so he decided to run the course on foot. From this run developed the Western States trail 100 miler, which has done much to develop to the sport of Trailrunning in the United States, which in turn has created interest in the trail events elsewhere in the world.

MODERN MULTIDAY BEGINS

In April 1975 Siegfried Bauer of New Zealand and John Ball of South Africa took part in a 1000 mile race from Pretoria to Cape Town. Bauer won a close race in 12d 21:46:30 and thus began the history of standard multiday races in the twentieth century.

WOODWARD & RITCHIE: THE 100KM BECOMES A MAJOR EVENT

The 100km track record was 6:59, the actual distance covered in the European 100km races was unknown. At Tipton, England in 1975 in a track 100 mile race Cavin Woodward went through 50 miles in 4:58:53, becoming the first person to break 5 hours for the distance. He then clocked 6:25:28 for 100km, taking half an hour off the previous best. He then hung on for a further 38 miles to set a new 100 mile best of 11:38:54. With this single, dazzling performance, he opened up a whole new way of looking at the longer ultras, and he also revolutionised the status of the 100km. It was now a serious footrace. This fact was underlined three years later when Don Ritchie broke Woodward's record with 6:10:20. That mark still stands as the absolute best for the event.

- AND FOR WOMEN TOO!

In 1976 Christa Vahlensieck of Germany, former holder of the fastest time for the marathon, ran 7:50 for 100km. In the early '80s another former marathon record holder, Chantal Langlace of France, ran under 7:30 twice on uncertified courses. These performances by world-renowned marathon runners again added to the stature of the 100km as an event for both men and women.

MASS PARTICIPATION IN ULTRAS

The growth of distance running in the 1970s was to be echoed in the ultras. In 1976 the JFK 50 mile, with over 1,700 entrants, had a larger field than any American marathon. In 1978 the Comrades had over 2000 runners for the first time [2,721 finishers], however such mass participation was to develop slowly elsewhere in the world.

THE REVIVAL OF THE 48 HOURS AND 6 DAYS

Chinese-American Don Choi's pioneering work in multiday races in 1979 and 1980 in California opened up a whole new branch of the sport. Without his organisational and athletic efforts, there would probably be no present day 48 hour or 6 Day races. He was also to win the first 1000 mile road race on a loop course held later that decade.

THE 24 HOURS COMES OF AGE

The 24 hours came of age as a competitive event in 1981. Perhaps the event which crystallised this was the international track race held at Lausanne in Switzerland where Jean Gilles Boussiquet of France covered 169 miles/272km to set a new world best, becoming the first human to sustain a consistent running pace through the entire 24 hours.

THE MODERNISATION OF THE 48 HOUR AND 6 DAY

The former glories of the 6 day event began to emerge when Briton Mike Newton became the first man to cover 500 miles /800km in a modern 6 day race at Nottingham in November 1981. Five months later he took the modern 48 hour race best to 227 miles/365km. This marked the start of rapid development in the 'new' events - the following year Tom O'Reilly took the 6 day total to 576 miles/927km, and Jean Gilles Boussiquet the 48 hour to 235 miles/379km.

MAJOR PRIZE MONEY ENTERS THE MODERN SPORT

1983 saw a major injection of prize money into the sport when the

first Sydney to Melbourne race took place. The race saw an unexpected win for 61 year potato farmer, Cliff Young, with a 58 year old in second place, George Perdon. The performances of Young and Perdon showed that older runners could be very effective in multiday races.

THE SPARTATHLON AND YIANNIS KOUROS

Also in 1983 the first Spartathlon from Athens to Sparta in Greece was held. The experienced ultrarunners agreed to allow the entry of a late entrant, a local Greek. He won the race so decisively that questions were raised as to the legitimacy of his run. These questions were later answered emphatically. The runner's name was Yiannis Kourou.

THE 19TH CENTURY PEDESTRIAN RECORDS ARE SURPASSED AT LAST

1984 saw Charlie Rowell's 48 hour mark surpassed after 102 years by Ramon Zabalo of France, [260 miles/420km] and then George Littlewood's 6 day mark was finally beaten by Yiannis Kourou. [635 mile/1022km]

THE BIRTH OF THE WORLD 100KM CHAMPIONSHIPS

In 1987 the first World 100km was won by Domingo Catalan of Spain. The venue was one of the major European 100km, Torhout in Belgium. From this beginning, year upon year would develop the World 100km Challenge, around which the world ultra calendar is now built.

THE START OF INTERNATIONAL 24 HOUR CHAMPIONSHIPS

In 1990 the first 24 hour international championships was held at Milton Keynes, in Britain, thus establishing the global championship status of the second of the two standard ultra events.

THE WORLD 100KM COMES TO NORTH AMERICA

In 1990 the World 100km left Europe for the first time and came to North America. The race was held in Duluth, at the Edmund Fitzgerald

"Moore's performances have subsequently shown that ultrarunners could produce international class performances consistently when over 50"

100km, and was to mark the first national team competition in the World 100km.

AGE IS NO BARRIER

In 1993 51 year old Sigrid Lomsky of Germany ran 151 miles/243km to set a new absolute world record in winning the European 24 Hour Challenge. Her performance had a huge impact on older runners. It changed the way that people approaching the age of 50 viewed their potential. American Sue Ellen Trapp, already a world-record setter in her prime, was inspired to set new world bests at 48 hours while over the age of 50, and Frenchman Roland Vuillenot ran 6:43 for 100km as a 50-year old. Briton

Stephen Moore's performances have subsequently shown that ultrarunners could produce international class performances consistently when over 50.

A WOMAN CLOSES IN ON SEVEN HOURS FOR THE 100KM

Later that year American Ann Trason set a new world 100km best of 7:09:44, ushering in the possibility of a woman running under seven hours for the event. She came very close to making this a reality two years later at Winschoten when she recorded 7:00:48 in winning the World 100km Challenge by over a half hour.

WORLD 100KM TRAVELS TO ASIA

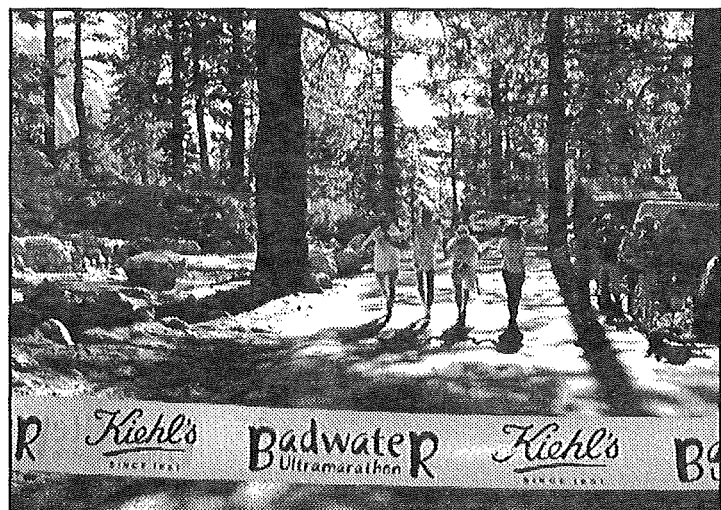
1994 saw the World 100km event

travel to Asia for the first time when the race was held at Lake Saroma in Hokkaido, Japan. Almost overnight, Japan blossomed as a new force in the sport.

KOUROS EXTENDS THE LIMITS OF HUMAN ENDURANCE

1997 saw the culmination of a series of successful attempts by Yiannis Kouros to extend the limits of human endurance at 24 and 48 hours. He ran an inconceivable 188 miles 1038 yards/ 303.506km more than 7 consecutive marathons at an average pace of 3:21 per marathon. A year earlier he had set the current 48 hour best of 473.797km/294.4 miles.

*Photos below from Badwater 135 miles (USA). See story page 34
"Jan Herrmann tackles Feath Valley"*



*Above left: A happy Jan Herrmann
Right: Battling the searing heat
left lower left: The thrill of the finish*



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DIARY
2007

28/29 July

IAU 24hr World
Challenge

Drummondville (CAN)

8 September

IAU World/Euro
100km Challenge (NED)

FREE! – Bronze labels

The new IAU labelling system attempts to ensure that performances are achieved on accurately measured courses, and in races which are sanctioned by the national governing body. Only performances produced in 'labelled' races are taken into account in the annual ranking lists. These lists govern the allocation of travel grants for participation in major IAU competitions. Athletes should be aware that any performances in non-labelled events will not be recorded in the annual rankings. Organisers should be aware of the importance of applying for a label. To encourage them to do this the IAU will waive the fee for a bronze label application. The IAU label should assure athletes that they are competing in a correctly organised event, and guarantees that their performances will be recognised.

World record
for 48 hours

Wolfgang Schwert (GER) broke the 48-hour road record in the first 48 hours of the Athens 7 day race. His performance of 420km and has been approved by race officials but will await ratification by the IAU record committee. The previous record stood at 413.5km to Yiannis Kouros (GRE), which he set during the 72-hour race in Arizona from 29 December 2005 to 1 January 2006. Schwert, who is his early 50s, ran 231km on the first day. The course was a 1km loop in the old Athens airfield (see results below).

New ultra championship

The IAU and the World Mountain Running Association (WMRA) have announced that the first-ever Commonwealth Championships for ultradistance and mountain running will take place in Cumbria (GBR) in 2009.

Their joint proposal, which has been accepted by the Commonwealth Games Federation, is for two ultra distance events, a 100km road race probably involving scenic laps around Derwentwater in the English Lake District and a 24-hour event to be held in the nearby town centre of Keswick, the mountain running events will include both an uphill-only and an up/down race.

The four events will be open to all 71 nations and territories of the Commonwealth. If they are successful the disciplines could be added to the main Games from 2014.

Results

31 March 2007-6 April
Athens Int'l Ultramarathon Festival,
Greece

MEN:

1	Wolfgang SCHWERT	GER	1011km
2	Katsuhiro TANAKA	JPN	885km
3	Eric WRIGHT	USA	862km
4	Rene HEINTZ	FRA	842km
5	Seppo LEINONEN	FIN	830km

WOMEN:

1	Cornelia BULLIG	GER	811km
2	Martina HAUSSMAN	GER	800km
3	Hiroko OKIYAMA	JPN	752km

4 April 2007

6 hours of Stein, Netherlands

MEN:

1	Marc PAPANIKITAS	BEL	84270m
2	Ivan HOSTENS	BEL	81729m
3	Lucien Taelman	BEL	80741m
4	Jan-Albert LANTINK	NED	79982m
5	Gino CASIER	BEL	77161m

WOMEN:

1	Birgit SCHONHERR-HOLSCHEGER		73555m
2	Manon WENMEKERS	NED	72827m
3	Marion BRAUN	GER	70689m

18 April 2007

50km of Canberra, Australia

MEN:

1	David CRINITI	AUS	3:00:12
2	Tim COCHRANE	AUS	3:05:20
3	Bert PELGRIM	AUS	3:15:33
4	Jonathan BLAKE	AUS	3:16:33
5	Shih-Chieh KO	AUS	3:22:46

21 April 2007

24 hours of Coburg, Australia

1	Martin FRYER	AUS	228,686m
2	Paul EVERY	AUS	200,996m
3	Coran LANG	AUS	192,877m

25 April 2007

50km di Romagna, Italy

MEN:

1	Roberto BARBI	ITA	2:53:40
2	Pietro COLNAGHI	ITA	3:04:29
3	Ferenc BIRI	HUN	3:06:56
4	Mario ARDEMAGNE	ITA	3:15:06
5	Constantino SIMONETTA	ITA	3:16:11

WOMEN:

1	Paola SANNA	ITA	3:42:06
2	Giovanna CAVALLI	ITA	3:51:53
3	Alessandra PREZZI	ITA	3:52:59

28 April 2007

12 hours of Vargar, Hungary

MEN:

1	Zoltan OSSO	HUN	136,116m
2	Levente KALOTAI	HUN	129,389m
3	Adam ZAHORAN	HUN	128,144m
4	Istvan PETO	HUN	125,768m
5	Janos ZAHORAN	HUN	123,516m

WOMEN:

1	Silvia LUBICS	HUN	109,563m
2	Monika HORVATH	HUN	107,295m
3	Brigitta WERDERITS	HUN	99,183m

24 hours of Sarvar, Hungary

MEN:

1	Jozsef CSERPAK	HUN	225,022
2	Endre ELEK	HUN	212,360m

3	Gusztav LELKES	HUN	200,487m
4	Csaba MARO	HUN	193,729m
5	Sandor SZABO	HUN	191,793m

WOMEN:

1	Edit BERCES	HUN	177,380m
2	Zsoltanne NAGY	HUN	165,150m
3	Claudia ILLETSCHKO	AUT	158,176m

1 May 2007

50km of Flanders, Belgium

MEN:

1	Marc PAPANIKITAS	BEL	3:10:47
2	Tadevush ZHAUTOK	BLR	3:25:17
3	Gino CASIER	BEL	3:26:05
4	Kristof RUL	BEL	3:31:54
5	Allaksandr RYMASHEUSKI	BLR	3:32:53

WOMEN:

1	Anke MOREEL	BEL	4:24:53
2	Chris FOSTER	GBR	4:34:34
3	Inge PETTERSSON	SWE	4:34:55

5 May 2007

Russian National 24 hour
Championships

MEN:

1	Aleksey AREFIEV	RUS	251,602m
2	Semen DEDYUKIN	RUS	239,260m
3	Aleksey BARSKOV	RUS	233,823m
4	Vladimir TIVIKOV	RUS	231,423m
5	Viktor VYKOSTKOV	RUS	222,634m

WOMEN:

1	Evgenia MUKKOVA	RUS	194,916m
2	Galina GODEEVA	RUS	191,463m
3	Raisa BERDNIKOVA	RUS	173,865m



Altitude Training and Acclimatization

by Shawn McDonald

Introduction

Running at altitude is hard work, primarily due to the lower air pressure as you increase in elevation. At elevations of 2,500 meters and higher, each breath of air contains fewer oxygen molecules, compared with sea level. You have probably noticed that your breathing rate increases as you go higher and higher and that you walk more and run less at 3,000 meters than at 1,500 meters elevation. There are a few steps you can take that will make your training and racing at altitude more enhanced and enjoyable. In the column this month, we will review the effects of moderate to high altitude on aerobic performance, how to carry out a full acclimatization, the physiological changes that occur during adaptation, and some recent research on aerobic performance after acclimatization. We'll also review a sample training plan lasting three weeks, one that combines acclimatization and tapering. We will also discuss a few tips to keep in mind for race day.

Performance effects and measurement

Running performance (and endurance capability in general) decreases with increasing altitude above 1,000 meters (3,300 feet) for all races longer than a half-mile. The percentage of slowing for a given duration of exercise does not increase linearly with increased altitude. For example, there seems to be a greater difference between 1,500 meters and 2,000 meters than between 2,000 meters and 2,500 meters. The effect in a standard marathon at moderate altitude (2,000 meters) can amount to six to seven percent, depending on the speed of the runner. Performance does plateau at longer durations (distances) at a given altitude, and the decrement can be nearly ten percent in an ultra at 3,000 meters elevation, even for an acclimatized athlete.

Measurement of running performance at various altitudes can be accomplished by a few methods. The athlete can run short time trials (one to three miles) as part of a workout, doing the trial segments at the same percent of maximum heart rate as for sea level time trials. In a lab at altitude, the runner's maximal oxygen consumption (VO_2max , ml/kg/minute) can be measured while running on a treadmill and then compared with a similar measurement taken at or near sea level. Other research measures of acclimatization include blood hemoglobin content, total red blood cell volume, and lactate turning point running velocity. Altitude can also be simulated at low elevations when running on a treadmill while breathing via a respirator (so called normobaric hypoxic conditions) that contains the same oxygen content as at 2,500 meters elevation, for example. Alternatively, the athlete can run in a hypobaric chamber, a depressurized compartment simulating a particular altitude (usually adjustable between 2,000 and 6,000 meters).

How high to acclimatize

The top elevation at which to acclimate prior to a race will depend on how well you acclimatize, how sensitive you are to altitude, and the details of the race route. Consider details of the

race such as the highest elevation, the amount of time (or miles) you plan to spend above a given altitude, and the number of climbs to a given height. For example, if the upcoming race has an elevation range of 9,500 to 13,000 feet, you will want to acclimate at an elevation of 10,000 to 11,000 feet. You would spend most of your time each day during the acclimatization period eating, walking, sleeping, and doing other living activities, as well as completing a few runs and hikes up to the top race elevation, or perhaps a bit higher.

Certain individuals will not respond at all to elevations of 2,500 meters (8,200 feet) in preparing for an ultra at moderate altitude. These runners will need to progressively work up to (live at) 3,000 to 3,500 meters for full acclimatization to occur. Other athletes will be sensitive to altitude (see below for symptoms for acute mountain sickness) and should complete a number of elevation increments starting at 1,800 meters (6,000 feet) elevation and working up by 300 to 400 meters every two or three days, with the goal of reaching an average race elevation the last several days of their acclimatization period. These altitude-sensitive runners should also avoid exceeding their living elevation by more than 1,000 to 2,000 feet in any workouts. Particular care should be taken in the first several days of acclimatization to not gain too much altitude, so as to avoid any of the three primary altitude diseases (see below for symptoms and cures).

How long to acclimatize

The timetable for acclimatization varies from individual to individual. Some runners require just two weeks for full acclimatization, while other runners need four or even six weeks (Chapman et al. 1998). Most runners can expect some recovery of performance loss after three or four days at moderate altitude. For example, five men tested after exposure to 3,200 meters elevation showed 50 percent recovery of initial performance loss in aerobic capacity when tested on a cycle ergometer (Burtscher et al. 2006). If you have never been at altitude before, you may want to do an altitude trial for a week. Conduct this trial several weeks before you plan to start your altitude acclimatization for the race. You would live at an elevation of 8,000 or 9,000 feet for the trial week for example, and note any signs of acute mountain sickness (AMS), such as headache, dizziness, nausea, and getting out of breath when walking on flat ground. If these symptoms disappear in a few days, you can probably acclimatize for the race in two to three weeks. If the symptoms take all week to abate, you will want to plan an extra few days to a week beyond the three-week duration for your acclimatization. If the symptoms persist all week and get more severe, you may be particularly sensitive to altitude and will want to plan on an easy first week at 7,000 feet to start an acclimatization lasting three to four weeks, and then work your way up in a stepwise fashion to an elevation near the low to middle of the race elevation range.

Extent of acclimatization to altitude can be gauged without the need to have blood work done or VO_2max measured in

the lab. Use of short time trials (such as two miles or five km) completed every few days during acclimatization can be used to track the progress of adaptation. The time trial workout should include a warm-up run of three to four miles to prepare the body for hard running (the time trial) and a cool down run of two or three miles, to help the body flush away waste products. The time trial segment should be run either at the same heart rate (such as 170 beats per minute plus or minus two beats per minute) each time, or run at an all-out effort, and should be completed on the same route each time. Consistency in the conditions for each time trial workout allows for effective comparison between the pace at which you complete each time trial.

Another way to gauge adaptation is to measure recovery time in both heart and breathing rates during and after an “easy” aerobic run. For example, measure the amount of time it takes for your heart rate to drop from 140 to 90 beats per minute and your respiration rate (breaths per minute) to return within 30 percent of your resting rate as you stop a few times during a five to six-mile long run. You would measure your recovery times as well, immediately after completing the run. You should see both recovery times decrease as you acclimatize, but that the times will not approach your recovery times at sea level.

A third workout type to use to judge altitude adaptation is a hill workout. Complete warm-up and cool down runs as detailed above for the time trial workout, sandwiched around runs up a quarter to half-mile hill, either at a constant top heart rate or at an all out effort. Note the total time it takes you to run up the hill from top to bottom, and complete three to five repeats of the hill. During the workout, note on your wristwatch (or write down on paper) minimum, average, and maximum uphill times. As you acclimatize, the average hill climb time should decrease, as should as the minimum time. Run the same hill for each hill repeat workout over the course of your acclimatization period to allow for a valid comparison of repeat times.

Physiological adaptations

There are a number of changes your body makes over time (days to weeks) when it is exposed to moderate to high altitude. There are fewer oxygen molecules in each breath of air at altitude compared with at sea level. Since a given intensity of running requires a set processing rate of oxygen for a particular runner, the athlete’s breathing rate for a given running pace will be higher at altitude. The adaptations involve changes in the lungs and blood, primarily. The depth of respiration increases and pressure in the pulmonary arteries increases at altitude (Kronenberg et al. 1971). In fact, there is a correlation between the amount of increase in pulmonary artery pressure (PAP) and susceptibility to high altitude pulmonary edema (HAPE). Some drugs (nifedipine, nitric oxide) have been shown to treat the increase in PAP in those experiencing HAPE or as a preventative measure (Bartsch et al. 1991). The increase in PAP forces blood into sections of the lung that are not normally used at lower elevations (see the Outdoor action guide).

Changes in the blood due to altitude exposure involve a process called erythropoiesis (blood cell generation). Circulating levels of erythropoietin (EPO) increase quickly (within the first day or two) after moving from sea level to 2,500 meters elevation, causing the generation of red blood cells (RBCs) and hemoglobin in subsequent days. For example, elite biathletes had increases in total hemoglobin mass (tHb) and red blood cell volume (RCV) of ten percent after 20 days of training at 2,050 meters elevation (Heinicke et al. 2005). These two blood measures of erythropoietic activity returned to normal within 16 days after returning to sea level for these biathletes. A similar study of elite runners living at 2,500 meters and training at 1,250 meters showed similar

increases in tHb and RCV over a 27-day period (Stray-Gundersen et al. 2001).

Changes occur in muscle cells during altitude adaptation that counteract the enhancements in tHb and VO₂max. In particular, the process of cation cycling seems to be slowed upon altitude acclimatization (Green 2000). You may remember from your biology classes that red blood cells and hemoglobin act in concert to transport oxygen from your lungs to various tissues (muscle cells included) in the body. Higher amounts of these two components lead to improved oxygen processing. The body will also create more of the enzyme 2,3-bisphosphoglycerate synthase (2,3-BPGS) when it is exposed to altitude for a number of days (Gonzalez-Cinca et al. 2004). 2,3-BPGS takes part in the process of releasing oxygen from hemoglobin, to which it is bound for transport. Thus, the body adapts to altitude by enhancing the loading (in the lungs), transport (more red blood cells and hemoglobin), and unloading (by 2,3-BPGS) of oxygen to help muscles work by burning fuel.

Training regimens

The two main training regimens involving altitude are called “live high, train high” (HiHi) and “live high, train low” (HiLo). Elevations involved in research studies of these regimens have been in the range of 2,000 to 2,500 meters for high and 1,000 to 1,250 meters for low. For short distance races run at or near sea level, it is clear that HiLo training for four weeks is best, in that it provides an improvement in five-km race times, unlike HiHi training (Levin and Stray-Gundersen 1997). Both groups of runners showed improvements in VO₂max (by five percent) and red blood cell volume (by nine percent), unlike athletes who completed LoLo training (at 150 meters elevation). Two other measures of running efficiency also improved (velocity at VO₂max and maximal steady state ventilation), but only for the HiLo runners. It is likely that training at lower elevations is needed to stimulate neurological and physiological systems used in shorter distance races. It is difficult or impossible for even acclimatized runners to get the needed stimulations and oxygen flux required for top performances in short distance races (10 km and under) if they live and train at moderate to high altitude. These faster running paces and quick neurological muscle firings are not needed for ultras (especially at altitude). Thus, HiHi training may be the best preparation for ultras at moderate to high elevations, although studies have not been done to examine this hypothesis.

There is some variation in individual response to altitude training. For example, about half of a group of 39 collegiate runners who underwent 28 days of HiLo training had an improvement in sea level five-km run times, when tested right after the HiLo training (Chapman et al. 1998). These responders had larger increases in EPO concentration after 30 hours at altitude and EPO was still elevated after 14 days at altitude. Non-responders showed no change in either red blood cell volume or VO₂ max after the altitude exposure.

The recent development and use of hypobaric (low pressure rooms) and hypoxic (low oxygen content) breathing devices has led to their testing in the lab. Intermittent hypoxic training (IHT) involves use of a respirator device, in which an athlete at rest breathes in low oxygen air (volume fraction 0.12) for five minutes, followed by breathing in normal air (volume fraction of oxygen is 0.21) for five minutes. This alternating process is repeated for one hour or so. These breathing sessions are performed five times a week for a four-week period. The hypothesis is that this regimen provides sufficient stimulus to bring about changes in physiology and performance similar to three to four weeks of HiLo training. A study of 14 national-class distance runners concluded that a four-week IHT training regimen does not improve VO₂max, 3,000-

meter time trial performance, or blood measures of erythropoiesis, compared with a control group that completed the breathing regimen using an oxygen volume fraction of 0.21 (Julian et al. 2004).

A review study (Rusko et al. 2004) concluded that the minimum “dose” for acclimatization to occur is at least three weeks of exposure (more than 12 hours per day) at an altitude of 2,100 to 2,500 meters. Such altitudes can be simulated using hypobaric chambers, and use of these devices has recently shown to cause changes in muscle performance similar to three weeks residing at moderate altitude (Beidleman et al. 2003). The key to use of such hypobaric hypoxia is to be exposed to “altitude” for several hours each day and to keep in mind that the response of some runners to altitude is minimal even after three or four weeks at 2,500 meters elevation (Levine and Stray-Gundersen 2006).

Altitude diseases

There are a few diseases caused by altitude exposure that you should keep in mind as you acclimatize and subsequently race an ultra at altitude (see the Outdoor Action Guide to High Altitude to details of these diseases). Acute mountain sickness (AMS) is a common malady at high altitudes. About three of four individuals will experience mild symptoms of AMS at elevations above 10,000 feet. Mild symptoms include headache, dizziness, nausea, low and uneven sleep, lack of appetite, and fatigue. AMS enters the moderate category when headaches become severe and are not relieved by medication, fatigue mounts, vomiting and nausea become continuous, and coordination is lost (a condition called ataxia). A severe case of AMS involves symptoms such as shortness of breath at rest, lowered ability to think and make decisions, an inability to walk, and fluid buildup in the lungs.

Mild AMS can be treated using pain medications for headaches and Diamox to help you breathe more easily. The latter medication is particularly useful at night when the drive to breathe is lower and symptoms of AMS are worse. Treatment for moderate or severe AMS involves descent to lower altitudes (1,000 to 2,000 feet lower for moderate; 2,000 to 4,000 feet lower for severe) and treatment by a physician in a medical facility. Consider that severe AMS may develop into two related altitude illnesses (see HAPE and HACE below), and that all three illnesses can be life threatening. Mild AMS symptoms should disappear or subside substantially within two to four days after arriving at altitude, as you acclimatize.

High altitude pulmonary edema (HAPE) is a disease in which fluid builds up in the lungs due to capillary leakage. This fluid impedes proper oxygen exchange in the lungs. Over time, the oxygen level in the bloodstream decreases, which can lead to impaired cerebral function, and even death. HAPE symptoms are tightness in the chest, extreme fatigue, and overall body weakness, a feeling of suffocation at night, and a continual, productive cough that brings up white, frothy fluid.

High altitude cerebral edema (HACE) results from swelling of the brain caused by fluid leakage from capillaries. HACE will usually occur after living for a week or more at high altitude. Symptoms include severe headaches, loss of coordination, loss of consciousness, loss of memory, and even hallucinations. Consider that susceptibility to any of the three altitude illnesses does not correlate with age, sex, race, or fitness category. Both severe HAPE and severe HACE can result in death if not treated immediately (Ward et al. 2000). Treatment for HAPE and HACE is immediate descent by 2,000 to 4,000 feet and evacuation to a medical facility for a thorough follow-up on treatment and complications.

Major causes of all three types of altitude illness include going to too high an altitude too fast, overexerting yourself when first arriving at altitude, failing to heed the symptoms of the illness, and

not using preventative medications if you know you are sensitive to altitude. Early in your acclimatization period you should take it easy and do little exercise for the first few days. Avoid the temptation to climb more than 1,000 to 2,000 feet above your living elevation in these initial days. If possible, hike in gradually to your eventual “living” elevation, rather than driving or flying. Allow a day or rest for every 3,000 feet in elevation gain and only increase your sleeping elevation by 1,000 feet per day. Also keep in mind that certain substances (tobacco, alcohol, and sleeping pills) will cause the symptoms of altitude illnesses to worsen, since they depress breathing. If you note moderate symptoms of any altitude illness, don’t climb or live any higher until the symptoms decrease. If the symptoms do not subside, descend by 1,000 feet or more. Keep these guidelines in mind as you plan your acclimatization program (see below for a sample program).

Environmental considerations

Living and exercising at moderate to high altitudes involves coping with a few environmental differences, compared with sea level. The air at altitude is drier on average, so you will need to be aware of dehydration during and after a training run or race. Staying well hydrated aids acclimatization, so aim to increase your daily fluid intake by a quart or more compared with sea level, and increase your fluid intake rate by several ounces per hour compared with low elevations. Sunshine can be very intense at altitude, so be sure to wear a good sunscreen (SPF 30 or higher), reapplying a few times during a long run or race, and wear a brimmed hat to shade your face and neck.

Weather conditions can change rapidly at elevation, due to mountain air currents and weather fronts. At certain times of the year you can expect thunderstorms to pop up in the afternoon, so timing your training runs for earlier in the day is a good idea. Always carry a rain jacket, gloves, a stocking hat, and an extra capilene or wool shirt (all in your hydration sack or fanny pack) to cope with wind, rain, and cold. Keep in mind that the air temperature will drop as you go up in elevation (by about three or four degrees F per 1000-foot increase). Thus, on a day when the temperature is 70 degrees F at the base of a mountain (7,000 feet), the summit (11,000 feet) may have temperatures in the 40s with a strong wind above tree line.

Frostbite and hypothermia are the two main cold illnesses experienced the mountains. Frostbite is most prevalent in very cold temperatures (five degrees F and below) or if cold temperatures are combined with strong winds. Prevent frostbite by covering all areas of your body (the hands, face, and ears in particular) with one or more layers of clothing and by wearing appropriate footwear and socks that will stay warm even when wet (wool or synthetic fabrics). Try to limit your time outdoors if the temperature or wind chill are under zero degrees F. Hypothermia is a lowering of body temperature to below 95 degrees F due to cold exposure. Hypothermia can occur at any time of the year in the mountains and can be more common in cool, rainy conditions than on a cold, calm, dry day. Hypothermia can be prevented with adequate fluid and fuel (caloric) intake, by dressing in layers of clothing and adjusting layers to match the weather, and by carrying extra clothing in case of injury, getting lost, or a change in the weather.

Sample acclimatization program

The sample program below is really a three-part plan based on the focus for each of the weeks. Week one involves travel to the race site and initial adaptation to altitude. The activity level is light and ascents during exercise are minimal. Week two is a training period with moderate activity, two time trials to measure acclimatization, and a few climbs up to top race elevation. The final week is a taper period with a final time trial early in the

week, and light activity and lots of rest later in the week. Be sure to carry extra food, water, and clothing on any runs or hikes you undertake and let others know your planned route and expected return time. Try to get extra sleep during the second week to help you recover from the two time trials and to allow your body to repair after the longer training run.

The acclimatization program given here is for a race having an elevation range between 10,000 and 13,000 feet, with the bulk of the course having elevations nearer the low end of this range. Adjust the training and living elevations and number of increments for the living elevation to match the specifics of your particular race. Stay on the conservative side in activity level and elevations if you have been sensitive to elevation in the past. Note that the

time trials can either be run at the same heart rate (for example, 165 beats per minute, plus or minus two beats per minute) or at an all-out effort. Do each time trial the same way, either by heart rate or by effort, so you can gauge your acclimatization and compare workouts.

Race day tips

Nausea can be more prevalent for some runners at higher elevations. Stomach problems can be treated with over-the-counter remedies (tablets or antacid liquids). For some, relief from nausea can be obtained by drinking milk or similar fluids. The protein, fats, and basic pH of milk can help offset acid created by

Week One

Monday: Travel to near the race site (or a short drive away); stay at an elevation of 8,000 feet, rest and hydrate all day, do a two-mile walk on flat ground later in the day.

Tuesday: A short, easy run of four miles on flat ground.

Wednesday: Move to a new campground or motel at 9,000 feet; rest, hydrate, do a two to four-mile hike on rolling terrain later in the day, (at a top elevation 10,000 feet).

Thursday: A short, easy run, six miles on flat ground.

Friday: Move to the race site; sleep at 10,000 to 10,500 feet for the remainder of the program; do a short easy run of five to seven miles on rolling terrain.

Saturday: Rest day; hydrate, eat high carbohydrate meals, get extra sleep, do a short hike (three to five miles total) up to 11,000 to 11,500 feet.

Sunday: Time trail; three-mile warm-up at 130 beats per minute, two-mile time trial segment at a heart rate of 165 on flat or rolling route (measured if possible), three-mile cool down run at heart rate of 120 to 130; hydrate well the rest of the day.

Week Two

Monday: A short, easy run on flat ground of five to six miles.

Tuesday: Time trial; use the same warm-up, with the time trial segment and cool down, as on Sunday, on the same route; get extra sleep and refuel well with carbohydrate in the few hours after the workout.

Wednesday: Rest day; eat lots of carbohydrates, get extra sleep, and do a short hike (five miles or less) at a top elevation of 12,000 feet; hydrate and eat well during the hike and afterward.

Thursday: A long run and hike, three to six hours duration; climb up to 12,000 to 13,500 feet two to three times; mix walking and running on the uphill as you plan to in the race;

run the downhill with control and don't pound your quads; eat and drink similar amounts and types of foods as you will in the race; refuel well with carbohydrates and a sports drink for the rest of the day; do a short two-mile walk later in the day on flat ground and take a short afternoon nap to aid in recovery.

Friday: A short, easy run on flat ground of four miles; get extra sleep and keep hydrating.

Saturday: Time trial; same warm-up, time trial segment, and cool down as in the previous two time trials and on the same route; get extra sleep and refuel after the workout with lots of carbohydrates.

Sunday: A three-hour hike on hilly terrain of six to eight miles; eat lots of carbohydrate and drink lots of fluids all day; elevation range for hike of 10,500 to 12,500 feet; power walk all uphill.

Week Three

Monday: Rest day; take a nap in the afternoon, hydrate a lot all day, refuel with carbohydrate-rich meals.

Tuesday: Time trial; same distances and route as previous time trials; hydrate well the rest of the day and get a light massage to aid recovery.

Wednesday: A short, easy run of five miles on rolling terrain.

Thursday: A short, easy run of four miles on flat terrain; do a final review of your race plan and pack drop bags.

Friday: Rest day; hydrate well all day, do race check-in, stay off your feet, and eat a high-carbohydrate lunch to fuel for the race.

Saturday: The race; start easy and stay well-hydrated and fueled.

Sunday: Finish the race or take a rest day; hydrate a lot all day, including a sports drink; refuel with carbohydrates and some protein for muscle repair.

digesting mainly carbohydrates all day during the race. Keeping well fueled and hydrated is very important during an ultra at altitude. If you bonk or become dehydrated, your pace will slow, you will probably get cold, and you are more likely to get lost or have an injury due to a fall. Low fuel and fluid levels impair your ability to think clearly.

Set goals for fluid and caloric intake rates for the race (such as 24 ounces of fluids per hour and 250 to 300 calories per hour). Stick to these goals unless you become nauseous. Start out at an easy pace (slower than you hope to average) in the first hour or two of the race to save energy and strength for later climbs and

running up at higher elevations. Be particularly cautious of your early effort if the race starts with an uphill, as is often the case. Your pace will vary with altitude even when you are acclimatized, so plan for extra time to complete segments of the race near 12,000 feet, compared with 10,000 feet. Use a step-rest method when going up a steep hill or at top elevations in the race. In this situation, take a step (or a few steps), then rest for a count of three to five and repeat. You can practice this step/rest routine on any hikes and long training runs in your acclimatization plan.

Multi-Day Racing Under The New York City Sun, Moon And Stars: The 2007 Self-Transcendence Six and Ten-Day Races

by Mark Dorion

When a Two-Mile Fun Run Is Harder Than a 397-Mile Six-Day

My legs are heavy, the balls of my feet are on fire, and—most painful of all—my swollen, chapped, and ulcerated lips, mouth and throat feel as if someone is dragging a sharp rake over them. My daughter Amalia surges ahead on the path, only to stop repeatedly and look back to see what is wrong with Poppa. A fast phys-ed teacher hollers good-naturedly at

back out onto the course, day after day, when you are so weary and hurting, physically and mentally?" First, as in any ultra race, if one has prepared well, any physical or mental problems are more manageable. I believe in my case (and in those of many other runners with whom I chatted), some of our training days and weeks were more difficult than this multi-day race. This does not mean we ran upwards of 120 miles per week or

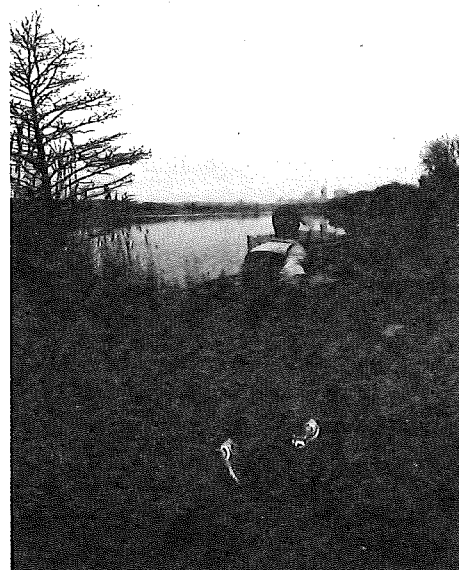
of the first seven days, but then put the ball down and shifted into overdrive for the stretch run.

Speaking Of "Hard," The Roadway Must Beat You Up, Right?

One of the most prolific American ultrarunners in history, Brooklyn's Luis Rios (who at age 59 covered 525 miles in this year's 10-day), once observed



Glen Turner, Trishul Cherns, and Sergey Sydenko lead the pack at the start of the 10-day



The author, enjoying a New York sunset

me, "What's wrong Pops? Is she too fast for you, old man?!"

It is Wednesday, May 9. I am attempting to jog a mile or so at the Polk Elementary School Health Run with my kindergarten daughter, and just three days earlier finished the New York Self-Transcendence Six Day. It is difficult to explain even to fit school phys-ed teachers and coaches the nature of a long multi-day race.

How Hard Is A Six Or Ten-Day Race?

One common question I am asked by American ultrarunners goes along the lines of, "How do you keep forcing yourself

back-to-back 50 miles runs (in my case I rarely if ever run over 25 miles in one day or run in training).

Second, the same things that motivate me mentally to keep plugging along in a hard marathon or 100-km work in a multi-day. If you have completed a 24-hour, the jump to a six-day should not be overly difficult. In addition to pleasant and motivational thoughts to consider, little things such as a fresh pair of shoes, or favorite shirt or a tasty drink or food, can make all the difference in the world.

Some like to listen to music or talk radio (I prefer singing songs to myself). The top runner in the 10-day this year, Petr Spacil, bounced a handball during much

before a multi-day, "My greatest concern about the race? That nobody gets hurt." Unfortunately, in a race of this magnitude, no matter the surface, there will be injuries and illnesses.

All runners have their own "achilles heels." For me, there has not been a multi-day event in which my mouth, lips and throat did not become infected, dried out and sore. Women's' world road record holder Dipali Cunningham theorizes that in pushing hard day after day one breaks down the immune system, and she has certainly battled her own problems in her many multi-day races (she has won the six-day event in Flushing Meadows for ten consecutive years).

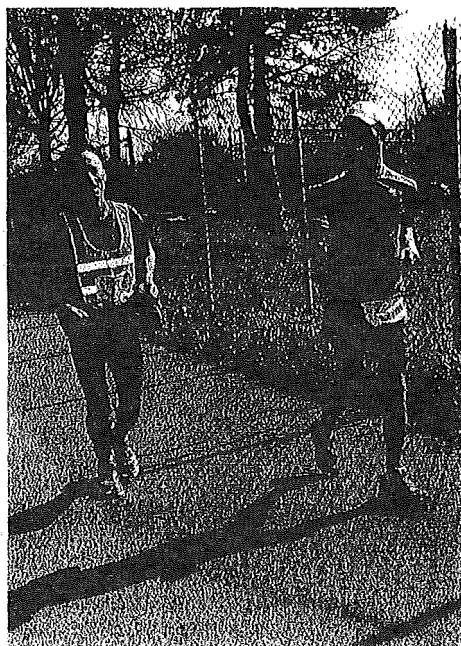
By far the most common injury in the three New York Six Day events I have contested has been in the shins. Some medical staff believe as much as 95-percent of the injuries at this year's races were in runners' shins. In collecting data from various kinesiologists, massage therapists, chiropractors, physical therapists, nurses and the like, all of whom have worked with serious, world class runners, I found some general agreement as to causes (please keep in mind that I have absolutely no medical background myself).

In an event like this there is extreme repetitive motion; this weakens muscle and connective tissue fibers. Inflammation and poor circulation exacerbates the problem. Many runners, pre-race, may have weak calf and ankle muscles. Olympian Ted Corbitt, himself a physical therapist who helped out at the race, suggests that "shin-splints" is not just one condition: "The muscle along the shin bone may be sore and inflamed. Or the sheath for the muscle tendon may be inflamed and swollen, so that as it rubs hard, you can feel it lumpy or may even hear a noise as it moves; or the 'keeper bands' for the muscle may be inflamed."

Heat helps the circulation and ice reduces it; hence at the New York races, various combinations of moist and dry heat and even warm cabbage leaves were used to alleviate shin pain. That is also why some runners who did self-taping jobs had trouble: tight tape further constricts circulation. Once circulation is improved, tissue should become more elastic and some of the cellular damage should be repaired. Professional New York chiropractor Mitch made some adjustments to my hips and legs, which seemed to help dissipate my shin and ankle pain tremendously.

Many heavy, modern-day running shoes (a.k.a. "walking casts") are part of the problem. I noted that six-day winner Pekka Asprihanal Aalto wore light Nike racing flats much of the time, and my own shin pain dissipated when I switched exclusively to lightweight Spira flats. I also ran a mile in socks only, and the shin and ankle pain was much less than when wearing heavy training shoes!

About the "hard" road surface: personally, I felt the loop we ran was acceptable, but then I prefer running on smooth pavement to rough, bumpy gravel or dirt. I do think a rubberized track or path is more forgiving and faster. I have run on faster, flatter paved loops, but with some minor patching up or rerouting, the Flushing Meadows route (a one-mile



The author, and 10-day winner Peter Spacil

modified lollipop shape) could be just about perfect. I never had a blister, and was less sore in my legs post-race than after some 50-km trail races with steep, rocky downhills.

Another frequently-asked question is "Don't you get sick of a one-mile loop?" (And the corollary: what do you think about while going 'round and 'round?) I recall the words of all-time U.S. marathon great and Comrades Marathon winner, Alberto Salazar, who did much of his ultra training on a treadmill and the one-mile Amazon loop in Eugene. He explained that after running for many years one knows what to think about and how to stay motivated. He simply suggested the things you think about in long races and workouts are the same kinds of things you think about in day-to-day life.

Remember, while in the U.S. 50 and 100-mile trail races dominate the calendar, in the rest of the world (as in the U.S. 20 years ago) shorter road and bike path loops are the most popular ultra venues. But even then, in a 'round-the clock road race I generally see more wildlife than I do in a trail race going all night. I believe that any American ultrarunner who truly wants to run a long road ultra can, and as has been shown in various scholarly articles over the years, the surface probably won't "beat you up" as much as many steep or rocky trails will.

A Big Race in a Big Park

While Dipali was cruising to a strong and steady (if a bit less than her usual) 443 miles in the six-day, several men were making

dramatic statements. Asprihanal Pekka Aalto, a mail carrier from Finland, began the six-day modestly, behind several fast-starting American runners, then made a decisive move as he went on to win with 505 miles. Veteran observers noted that Aalto and Dipali were probably the two most efficient, smooth-striding runners in the races. This race was just a "warm-up" for Aalto, as he is entered in the 3,100-mile (held a few miles south on a shorter and shadier loop around Edison High School) that starts on June 18.

Meanwhile, in the concurrent 10-day event, five men (including U.S. runners Glen Turner and Bob Oberkehr) exceeded the 1,000-km (622-mile) mark, led by Petr Spacil of the Czech Republic with 670 miles. Petr seemingly took it easy the first six days, always smiling and chatting with other runners fast and slow, all the while bouncing a handball along the bike path. Petr's warm-up for the 10-day was a 131-mile 24-hour effort a month earlier. Pushing all these world class athletes was a record field of 82 starters (41 in each race), including representatives of 22 countries and 12 U.S. states.

The largest-ever New York multi-day field meant many logistical adjustments for the race directors, cooks, handlers and medical staff. The park is sprawling (eight miles around, including the Mets' old and "new" Shea Stadiums, the U.S. Tennis Center, an ice rink, a zoo, an old-fashioned carousel, museums, ball fields, even ponds and swamps, as well as our one-mile bike path loop), surrounded by the Long Island, Van Wyck and Grand Central Park-Expressways. The running loop also saw a lot of foot traffic, as two major rainstorms during the races completely flooded parts of the pathway and forced runners to bunch up as they sought out the highest and driest route. This is a good, historic course, but desperately needs some resurfacing and/or relocating. (Queens Borough officials, take note!)

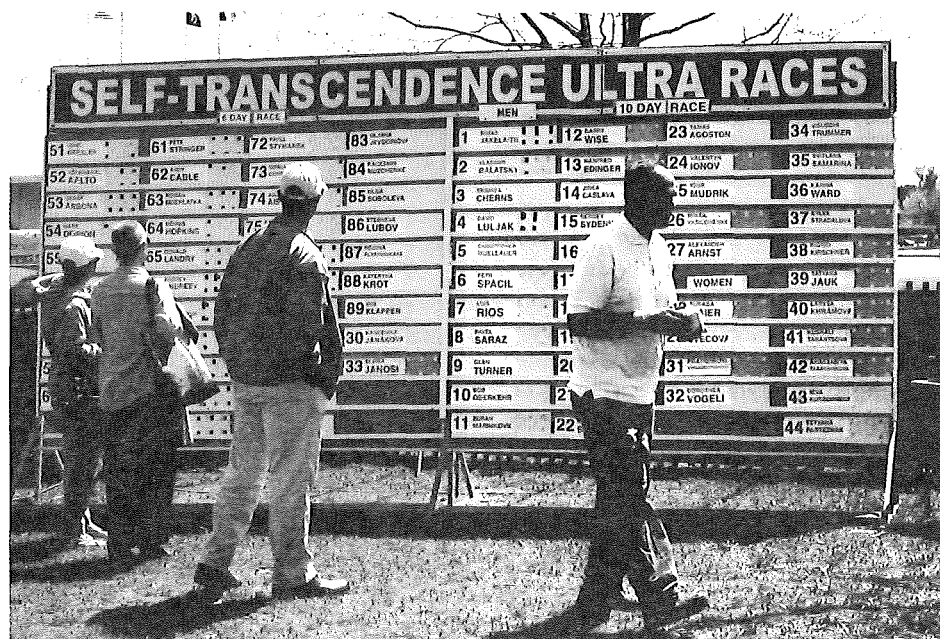
A variation on an old adage observes that "the way to ultrarunners' hearts is through their stomachs," and at these multi-day races the green wooden kitchen building is truly the heart of the race. Head chef Sushovita Taylor and experienced assistants Danko, Plobita and company turned out one great meal and snack after another, around the clock. Sushovita's background as a professional baker is obvious to runners and helpers alike, as her gourmet treats (such as blueberry cobbler, apple crisp, rice and bread puddings, and all manner

of cakes and pies often served a *lá mode*) were quickly devoured. Serge Arbona stated simply, "This was the best food I have ever had in any race." Chef Taylor and crew's contagious smiles and "Keep up the great work!" cheers were typical of the caring, loving nature of all race workers.

Even when it was cool and wet I enjoyed running at night and felt a special bond with the nighttime crew. On one especially stormy, rainy night nearly all of the runners sought cover while Trishul and I walked for hours with umbrellas over our heads. Bundled-up graveyard shift leader Medur Wilson and race director Rupantar cheered us on enthusiastically. To show you the type of thing that can prey on the tired mind of a multi-day runner, I noted that one of Rupantar's running shoes was unraveling and dragging at the heel. Each day the shoe seemed to fall apart a bit more. Later in the week I discovered we wore the same shoe size, so I vowed to send him a new pair!

Yes, We Have Dinosaurs And Skunks, Ducks, Geese, Muskrats

The realistic-looking dinosaurs that are part of the playground at the south end of the loop are made of concrete and wire, remnants of the 1964-65 World's Fair's "Dinoland," a Disneyland-like area that at that time featured nine full-size dinosaurs. Other "critters" along the course were living, breathing, and at times chasing us. Since it was migration season and the



SELF-TRANSCENDENCE ULTRA RACES									
5 DAY RACE					10 DAY RACE				
MEN					WOMEN				
51 GIESLER	61 STRINGER	72 STEPHAN	83 JANKO	1 BUN	12 WISE	23 AGOSTON	34 THOMAS	35 BELL	36 WARD
52 ALITO	62 CABLE	73	84	2	13	24	35	36	37
53	63	74	85	3	14	25	36	37	38
54	64	75	86	4	15	26	37	38	39
55	65	76	87	5	16	27	38	39	40
			88	6	17	28	39	40	41
			89	7	18	29	40	41	42
			90	8	19	30	41	42	43
			91	9	20	31	42	43	44
			92	10	21	32	43	44	
			93	11	22	33	44		

Scoreboard watching, as race director Rupantar LaRusso walks away.

park is situated in the middle of the Atlantic flyway, ultrarunner John Geesler identified various birds and animals. What I was convinced was an otter turned out to be a muskrat, but the skunk I saw and carefully ran wide of was definitely a skunk. Trust me—do not get between a skunk and an overflowing trash can.

Fan support for the runners came in all shapes and sizes. CNN filmed segments of the race daily for a health special with Dr. Sunjay Gupta. In addition, filmmaker Utpal jogged alongside runners with a boom mike and camera. One warm

afternoon as we shuffled around the flowered rotary that is part of the park's "Sri Chinmoy Drive," we noticed what we thought was some poor soul whose car had apparently stalled, pushing the vehicle. When this same tall, muscular man was still pushing the car in circles next to our course several hours later, a helpful race musician explained that this was *Guinness Book of World Records* celebrity Ashrita Furman, practicing for yet another world record car-pushing attempt. My kids and I have seen Ashrita on a Fox kids' show, the Disney Channel, and CNN during the past year, each time trying for different unique records, including but not limited to pogo sticking, balancing a tall pole on his head, running with a real Bengal tiger, hopping on one leg, and catching grapes in his mouth. While Ashrita inspired us with his own self-transcendence, the above-mentioned musician (a former national class marathoner), Virendra, jammed on the drums and sang for hours on most days. He and guitarist/ keyboardist Kodanda would smile, wink and adjust the tempo as runners approached.

Smile of the Beyond

Just as the musicians would grin and nod positively at the runners as they passed by, so I tried to take time to smile and thank the lap counters and race workers on each lap. While I had no personal handler, I had different friends and well-wishers come out daily. Several friends and spectators observed that it looked like I was never really pushing, never in any distress, as I



10-day winner Surasa Maier (28) trails Slovenia's Tatyana Jauk



Race winners with Sri Chinmoy.

was generally smiling and often waving at other runners or race workers. Petr and I bounced his handball back and forth on several days, Luis and Roman and I tried to stump each other with sports trivia questions, I stopped to hang upside down from a large tree branch at times, and I even chatted by cell phone with my wife and children on some loops.

Of course, it was a race, and I wanted to do my best. Even if it appeared otherwise, I was trying my hardest. While this was my third year here, it is such a long, almost unimaginable distance that I simply could not be strictly business-like from the start. Connecticut's Andy Cable said, "The Sri Chinmoy races are more like a 'Runners Retreat' or 'Runners Fantasy Camp' than a race."

Everyone is different, but I have to have a little fun along the way. Some runners like to say "what if" and "I would have-could have" and suggest that had I not pulled off the course and reminisced with Ted Corbitt I might have added an extra easy mile. Or if I had not stopped several times late at night to sing a few original verses of *Breakfast in America* (both the original Supertramp version as well as the current hit re-mix by the Gym Class Heroes that seemed to be on everyone's radios) for the lap counters, perhaps I could have gone faster. I counter that if I had not stayed fresh mentally I would have lost the inner desire and physical ability to keep circling the path.

Several ultrarunners have asked how a six or ten-day mileage compares with a 100-mile time or 24-hour. There are many factors involved in such a comparison, although both the six and ten-day winners had run more than 130 miles in recent 24-hour races. I felt that going into this six-day that I was in perhaps 118-mile, 24-hour shape, and I know I was in 3:15 marathon shape. Plenty of experienced multi-day runners concur that a 400-mile six-day is a national class effort, while 500 miles is world class, and anyone reaching 600 miles ranks as one of the top dozen or so runners of all time. Certainly, the five men that topped 1,000 km in the 10-day are all

top national class ultrarunners.

There is much agreement that Dipali Cunningham's domination of multi-day racing and this six-day event in particular are on a par with Ann Trason's Western States 100 Mile winning streak (this is not to say that Ann and other women are not more accomplished overall runners). In addition, six-day winner Aalto's easy win here on a loop, which while scenic is not the fastest road course, coupled with his many other multi-day wins and high placings, makes him (Kouros and Schwerk aside) one of the greatest multi-day runners of recent years.

My final total may not have been 400 miles or many other things, but the self-transcendent (somehow I persevered to a personal best in a race in which I never felt good for any length of time until day six) inner experience and "international gathering of friends" outer experience have made me a richer person. As handler, race photographer and runner cheerleader Jurgen Ankenbrand opined, "It is just too bad that countries can't get along as well as well as individuals in sporting events." Jurgen also recommends that we "try the unknown challenges of ultrarunning." For American runners who have run trail races exclusively, I suggest giving a road event or multi-day a try. The excitement of running next to a lake, under a full moon and bright stars, in the middle of the USA's biggest and most romantic city at night, should not be underestimated.

Always Young (but not always a quick recovery)

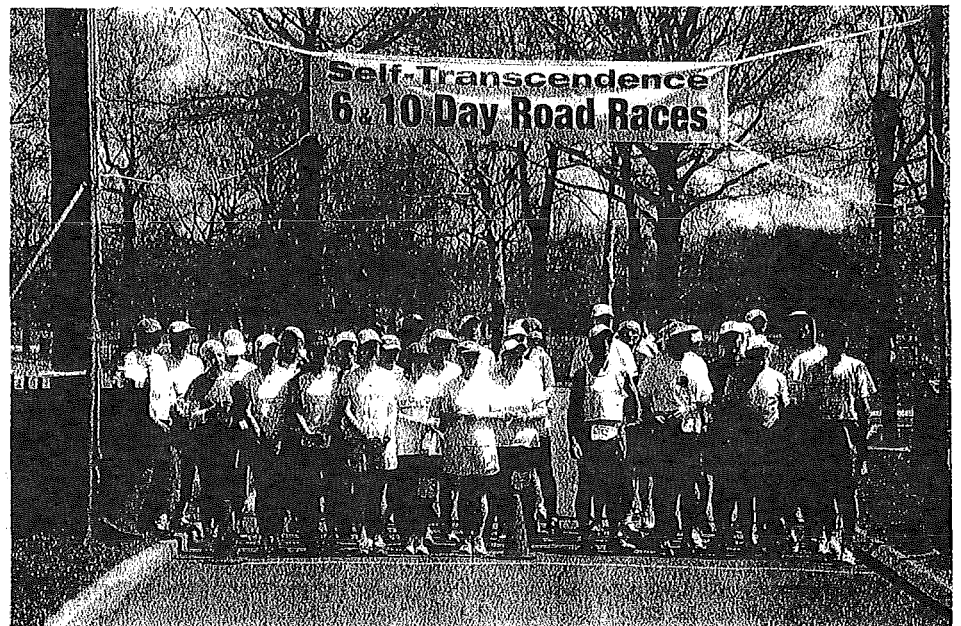
Always Young is the name of a book

about four-time U.S. track Olympian (at four different distances) and steeplechase medalist George Young. That phrase also describes how I still feel physically and mentally, much of the time, during and after an ultramarathon. As Swiss multi-day standout Martin Wagen has philosophized, "We are so lucky to be out here running."

While running hard with Dipali and the always-smiling Harita Davies of New Zealand on the final morning, I expressed some dismay and sadness that I "had nothing left in the tank" and was going to come up just short of 400 miles. Dipali reminded me to think of my children, to feel the child in my heart, and to run from the heart. There could not have been more positive, motivating advice. I think all ultrarunners can benefit from running with the playfulness and heart of a child. So as the clock wound down and the huge post-race picnic and awards ceremony got set up, I took off as hard as I could, smiling and trying to finish on a high note.

Why Would You Want To Do This Race Again?

Minutes after finishing, while getting a paradoxically painful yet relaxing massage from Praduit on top of a picnic table, some runners and passersby asked, "Will you be back next year?" As with any ultra in which one has had overall good experiences, even the most tired runner will feel drawn back to the event. The Sri Chinmoy Marathon Team (SCMT) and race supporters have gone out of their way to make me feel like part of their



Ready for 240 hours on the course



The runners' dugouts provided refuge from the rain

family. All runners are treated equally. Of course, this event is longer than most ultras, but even in shorter SCMT races there is a wonderful sense that everyone is part of a big family. Longtime race director Szczesiul observes, "This was such a team effort that I feel truly blessed to have been able to watch and absorb everyone's experiences in some way."

Self Transcendence Ten and Six Day

New York, New York

April 25

One-mile road loop

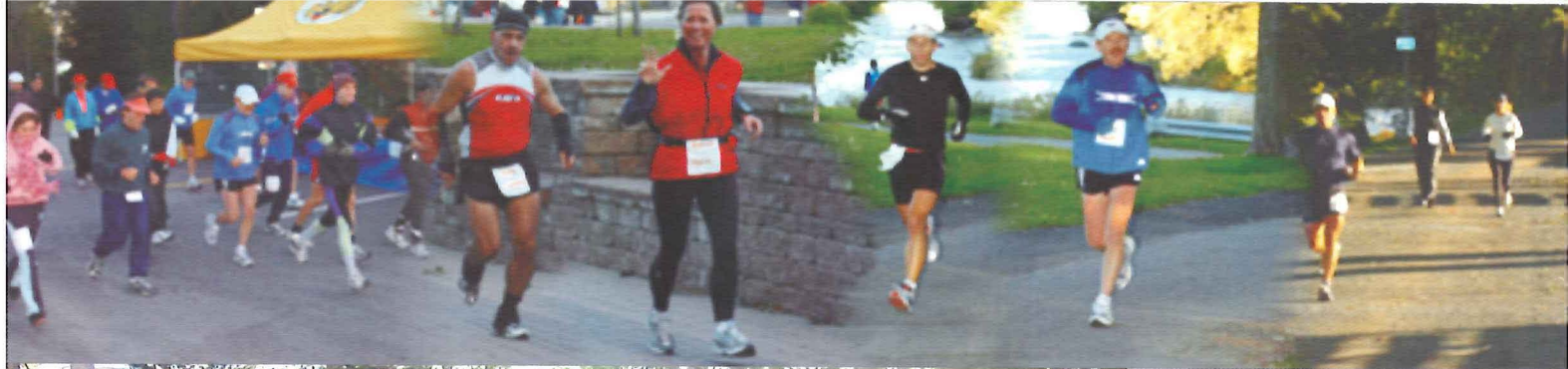
Ten Day

1. Petr Spacil, 29, TCH	670
(80,150,217,273,339,400,460,529,598)	
2. Glen Turner, 47, CO	654
(105,164,225,292,354,407,465,531,587)	
3. Pavel Saraz, 31, SLK	636
(72,136,202,265,326,388,445,509,569)	
4. Trishul Cherns, 50, ON	625
(90,146,212,263,321,379,428,480,535)	
5. Bob Oberkehr, 52, NJ	624
(89,151,217,265,336,401,444,508,565)	
6. Suresh Majer, 48, AUT	595
(90,146,212,263,321,379,428,480,535)	
7. Vladimir Balatsky, 35, UKR	566
(91,142,202,227,265,323,372,442,505)	
8. Manfred Edinger, 45, AUT	542
(81,128,188,246,302,350,390,434,482)	
9. Igor Mudrik, 33, UKR	533
(85,140,202,251,317,377,432,465,504)	
10. Garry Wise, 60, AUS	531
(100,160,218,273,315,359,411,456,495)	
11. Sergey Sydenko, 34, UKR	531
(77,118,170,221,271,318,365,417,470)	
12. Luis Rios, 59, NY	525
(71,120,172,221,277,329,375,426,475)	
13. Tatyana Jauk, 36, AUT	523
(81,131,190,240,286,331,379,429,474)	
14. Christopher Muellauer, 34, SUI	518
(82,151,223,263,300,338,392,433,474)	
15. David Luljak, 51, MD	517

(75,149,201,288,318,350,380,428,465)	
16. Pratih, Khisamoutdinova, 63, RUS	507
(75,120,179,234,292,342,383,430,467)	
17. Ingrid Kirschner, 41, GER	503
(63,107,157,203,253,301,349,398,447)	
18. Frederick Davis III, 59, OH	500
(84,135,175,230,280,324,371,380,450)	
19. Zoran Marinkovic, 43, SRB	493
(70,120,161,210,255,300,344,390,435)	
20. Svillana Samarina, 32, UKR	486
(70,120,169,219,253,320,362,403,447)	
21. Rastislav Ulicny, 26, SLK	481
(80,133,197,236,275,310,337,372,409)	
22. Dorothea Yageli, 43, SUI	478
(83,139,199,230,264,297,338,372,419)	
23. Valentyn Ionov, 36, UKR	472
(55,103,153,195,245,278,320,374,416)	
24. Uwe Postler, 43, AUT	462
(69,111,161,206,251,294,330,370,413)	
25. Karina Ward, 31, AUS	454
(66,109,156,202,245,286,325,368,411)	
26. Jade Lynn, 31, NZL	442
(64,121,176,238,265,301,328,363,400)	
27. Jirka Caslava, 32, TCH	440
(72,121,168,206,241,273,310,350,392)	
28. Yisuddhi Trummer, 43, AUT	436
(61,103,138,181,223,264,308,350,393)	
29. Klaus Schultz, 66, GER	427
(65,115,164,206,241,273,303,339,378)	
30. Lenka Syecova, 32, TCH	427
(73,123,171,205,244,280,316,353,387)	
31. Ieva Kurzempiece, 42, LAT	427
(66,104,142,187,234,277,315,353,387)	
32. Tamas Agoston, 42, HUN	420
(56,100,141,180,219,260,300,338,375)	
33. Sylva Sirgadalova, 28, TCH	417
(64,114,164,195,230,265,305,342,377)	
34. Tom Kline, 62, FL	409
(65,96,144,184,221,260,296,336,377)	
35. Kushali Taransova, 40, UKR	400
(56,96,137,178,219,256,294,330,368)	
36. Alexander Arnst, 52, RUS	384
(55,99,144,181,212,244,270,310,344)	
37. Anastasiya Tabachnikova, 25, RUS	330
(47,84,117,177,178,211,238,268,298)	
38. Larysa Khramova, 43, UKR	301
(45,81,109,144,175,202,226,253,278)	
39. Tatyana Pasternak, 44, UKR	229
(38,63,84,109,129,148,170,191,210)	
41 starters	

Six Day

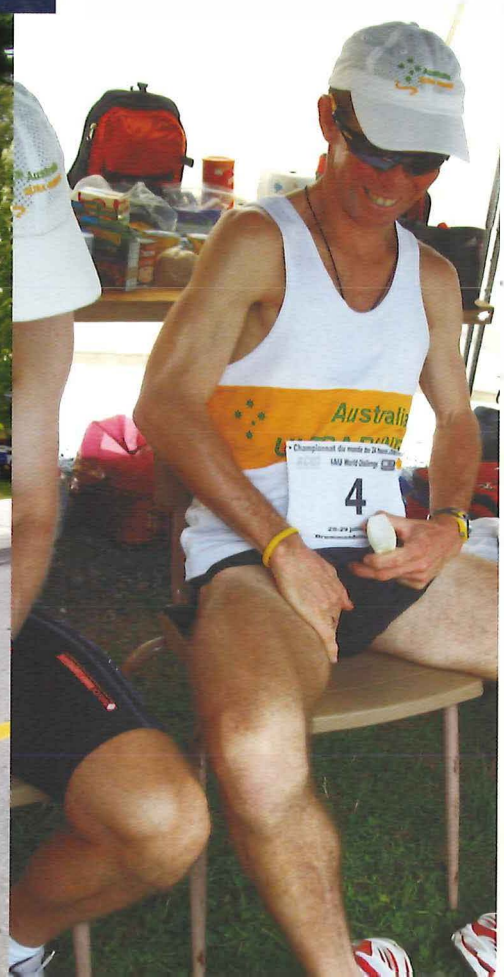
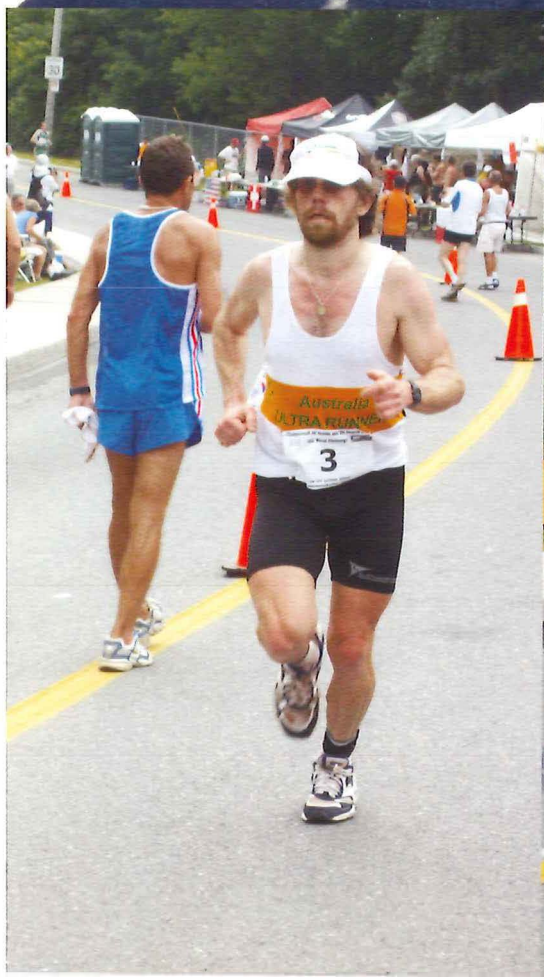
1. Asprihanal PekkaAalto, 35, FIN	505
(101,183,254,335,413)	
2. Serge Arbona, 42, MD	450
(132,213,273,299,370)	
3. Dipali Cunningham, 48, AUT	443
(104,177,249,315,376)	
4. John Geesler, 48, NY	412
(113,172,225,286,365)	
5. Mark Dorion, 47, TX	397
(101,150,208,269,329)	
6. Juli Aistars, 48, IL	387
(92,160,211,275,333)	
7. Harita Davies, 32, NZL	380
(82,142,203,260,320)	
8. Petra Missbregner, 37, AUT	367
(75,136,192,247,305)	
9. Donald Landry, 61, ON	361
(85,145,202,259,318)	
10. Andrey Andreev, 41, RUS	344
(69,122,173,226,280)	
11. Christopher Rana, 30, AUT	342
(75,150,191,231,265)	
12. Shishaldin Hanlen, 26, NY	338
(76,132,183,239,291)	
13. Yuriy Trostenyuk, 43, RUS	337
(72,131,189,239,288)	
14. Pete Stringer, 65, MA	332
(88,143,201,235,290)	
15. Marion Landry, 62, ON	330
(73,125,171,222,280)	
16. Mihail Vasilchenko, 41, RUS	324
(61,123,184,240,281)	
17. Horst Sykora, 46, AUT	324
(80,143,190,240,280)	
18. Hubert Muckenheimer, 39, AUT	319
(88,137,180,222,267)	
19. Mark Hoogakker, 28, NTH	314
(75,123,169,209,262)	
20. Mario Komak, 32, SLK	314
(60,110,157,174,255)	
21. Peter Elliot, 41, AUS	313
(66,121,169,218,265)	
22. Nifili File, 61, NZ	30
(66,116,167,213,255)	
23. Kateryna Krot, 31, UKR	300
(57,97,142,192,250)	
24. Kate Condon, 51, UK	300
(77,120,158,199,243)	
25. Olga Soboleva, 44, BEL	292
(50,100,149,196,240)	
26. Abhaya Field, 63, NZ	283
(57,100,144,190,237)	
27. Gary Cross, 47, AZ	272
(65,121,166,222,262)	
28. Michal Petricek, 42, TCH	270
(62,108,146,187,227)	
29. Stebneva Lubov, 50, RUS	258
(56,95,131,169,210)	
30. Elvira Janosi, 51, SRB	254
(66,112,148,180,222)	
31. Iris Klapper, 32, NZL	248
(60,101,135,193,204)	
32. Pavel Szymanski, 35, TCH	242
(58,99,138,179,212)	
33. Andy Cable, 41, CT	235
(78,103,125,160,185)	
34. Rageshri Muzychenko, 37, UKR	230
(52,94,130,172,201)	
35. David Rogan, 40, ITA	220
(56,95,128,159,188)	
36. (Roman Dzierlatka, 55, CT	217
(55, 89,121,155,189)	
37. Gael Balantyne, 43, NZL	204
(47,82,109,139,169)	
41 starters	



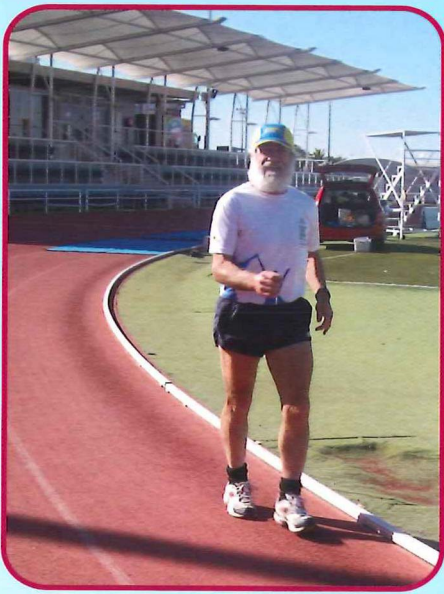
AussieAssault team
at Western States



World 24 Hour Challenge Drummondville Canada July 28 & 29 2007



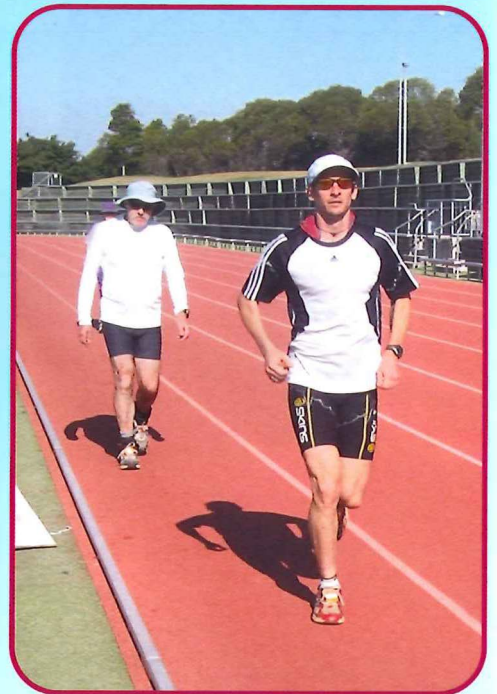
GOLD COAST 48 24 and 12 Hour



Lou Commins



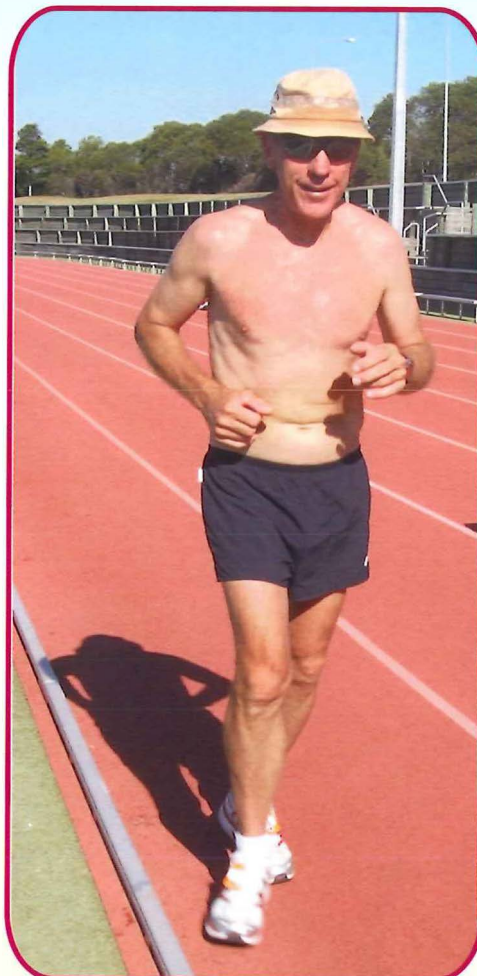
Laurie Hennessy



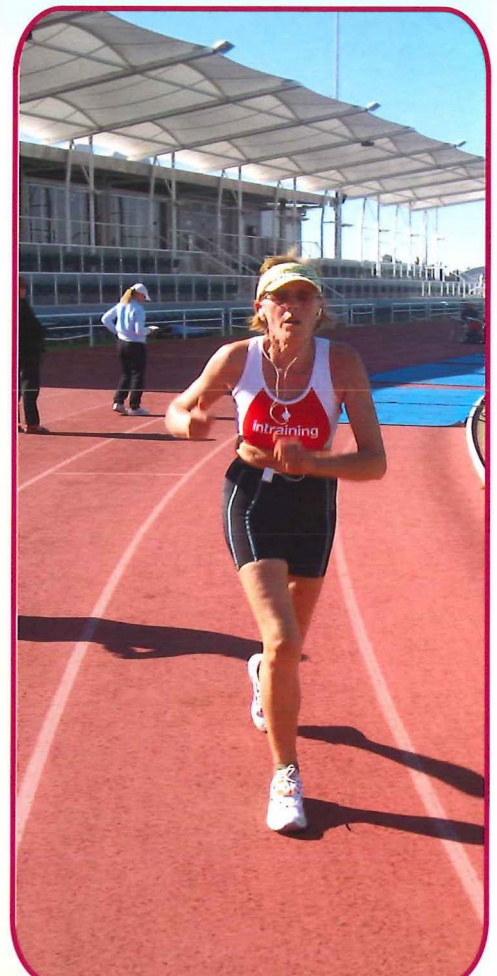
Adam Barron



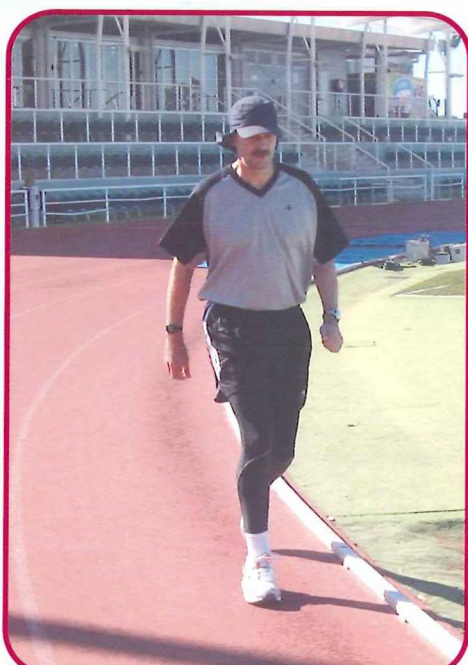
Alan Staples



Geoff Last



Tina Fiegel



Craig Welsh