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**AURA MAGAZINE**

June 2008 Volume 23 No.2



**Aust. 100k Champ's**

**Cliff "25 years on"**

**Coburg 24hr**

**Record fields at  
Great Ocean Run  
and Frankston to  
Portsea**



Australian  
Ultra  
Runners  
Association Inc

*Jackie Fairweather  
en route to a  
W40 World Age  
Record at Canberra*





*Kerrie Bremner - female winner of the Gold Coast 100km Championship*





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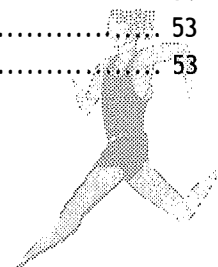
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# Editorial June 2008

By Kevin Cassidy

I guess it's a fair indication of the affordability of air travel that so many Australians are journeying to ultra events overseas. 21 Aussies headed to Morocco for the grueling 245 kilometre Marathon Des Sables. Run in March/April over six days, this iconic event dishes up the worst desert conditions imaginable. Damon Goerke, Jim Villiers, Andrew Cohen and Michael Le Roux all finished admirably in the top 100 with the three females in Fleur Grosse, Michelle Phillips and Becky Oliver flying the flag proudly for the fairer sex.

As I write, The Comrades Marathon in South Africa is about to get underway. I lost count of the number of Australians making the trip across the Indian Ocean but it is reasonable to imagine the usual abundant contingent will be in action. Magnus Michelsson is undoubtedly the most favoured of our runners with a top ten placing being a very real chance.

In the USA, three of our more outstanding runners in Wayne Gregory, Chris Wight and Nic Moloney will be returning to the Western States 100 Miler while Andrew Hewat will be the sole Aussie entrant in the brutally tough Hardrock 100 Miler. Another four Aussies will be lining up for the Badwater 135 mile race across Death Valley. Good luck to Brendan Mason, Kelvin Marshall, Jan Herrman and Bjarte Furnes

Still overseas, one of our premier multi day runners, Sarah Barnett, will be joining Jesper Olsen on his "World Run 2". It's only been a few years since Jesper completed his 40,000 kilometre World Run, a journey that took almost three years. If that wasn't enough, he's saddling up to do it all again!

The "Hall of Fame" articles have been given a bit of a breather for this issue. It was felt that it had probably run its course for the time

being and some dialogue will now take place regarding the criteria for future inductees.

The boom in numbers continues with record fields at both the Great Ocean Run and Frankston to Portsea. Continuing the boom, Nick Thompson has put in a lot of footwork [excuse the pun!] establishing the new "Tan Ultras". Run around Melbourne's landmark Tan Track, the 100km and 52km events are listed on the calendar for Sunday August 24th.

The recently staged Gold Coast 100 Kilometre National Championship fashioned some exceptional results at the front of the large field. The race proved to be the finest quality 100km event in Australia for several years. As a result, several new faces charged into contention for the Australian team for the IAU Championships in Italy on November 8th. Along with the IAU 24

Hour Championships in October and December's Trail Championships in Texas, opportunities abound. Information reading team selection can be accessed via AURA's website at [www.aura.asn.au](http://www.aura.asn.au) This site is updated regularly with information.

In the points score competition, the irrepressible Robert Boyce continues to lead from Kelvin Marshall and Tim Cochrane. Thanks to David Billett who puts in a copious amount of hours keeping things up to date.

Major events approaching include the National 48 Hour Titles at Caboolture, the 24 Hour Championships in Adelaide and the revamped Australian Six Day Race in Colac.

As always, news on the international scene is readily available at [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org) while other sites worth visiting are [www.plan-etultramarathon.com](http://www.plan-etultramarathon.com) and [www.ultraoz.com](http://www.ultraoz.com)



Photo from Coburg 24 hour - Hugh Hunter and Richard McCormick





# 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](http://www.aura.asn.au) or call AURA on 0408 527 391.

## 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 0400 720 502. email: [john@john-olga.com](mailto:john@john-olga.com) For more information go to [www.aura.asn.au/BogongtoHotham.html](http://www.aura.asn.au/BogongtoHotham.html)

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@eastern-trees.com](mailto:rboyce@eastern-trees.com) For more information go to [www.aura.asn.au/MansfieldtoBuller.html](http://www.aura.asn.au/MansfieldtoBuller.html)

## 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](mailto:sue.drake@trump.net.au).

For more information go to [www.aura.asn.au/CradleMtnToLakeStClair.html](http://www.aura.asn.au/CradleMtnToLakeStClair.html)

Sat-Sun 9-10 Feb. CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN 12/6 HOUR (QLD)

Run on the 500 metre gravel track at the Caboolture Historical Village, this unusual event starts at Dusk on the Saturday and finishes at Dawn on the Sunday. Relays and solo events for both the six and twelve hour durations take place. Contact: Geoff Williams, email: [gjcarpet@caboolture.net.au](mailto:gjcarpet@caboolture.net.au) Website <http://www.aura.asn.au/Caboolture-HV.html>

Sunday 17 Feb. AURA DAM TRAIL RUN 30/50

50 km race around the Maroondah Dam, Healesville, Vic with 30km option.

Contact Robert Boyce on 0417 557 902

Email [rboyce@eastertrees.com](mailto:rboyce@eastertrees.com) For more information go to [www.aura.asn.au/AURADamTrailRun.html](http://www.aura.asn.au/AURADamTrailRun.html)

## March 2008

Saturday 8 March. SIX FOOT TRACK MARATHON [NSW]

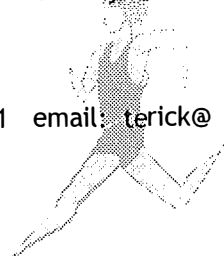
45KM MOUNTAIN RUN. 8am start. Katoomba to Jenolan Caves. Approx. 800 runners. Incorporating the AURA National Trail Championships. [www.sixfoot.com](http://www.sixfoot.com) or Kevin Tiller [raceorganiser@sixfoot.com](mailto:raceorganiser@sixfoot.com)

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 Coffs 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.com](mailto:steelyn@hotmail.com) For more information go to [www.aura.asn.au/WaterWorld\\_RR2CH.html](http://www.aura.asn.au/WaterWorld_RR2CH.html)

Sunday 30 March COBURG SIX HOUR TRACK RUN/WALK [VIC]

Held at the Harold Stevens Athletic Track. Contact Tim Erickson on 0412 257 496 or 03 9012 5431 email: [terick@melbpc.org.au](mailto:terick@melbpc.org.au) More information at [www.coburgharriers.org.au](http://www.coburgharriers.org.au)





## April 2008

Sat 5 April to Sun 6 April 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](mailto:paul.ashton56@tpg.com.au) For more information go to [www.aura.asn.au/AustralianAlpine100miler.html](http://www.aura.asn.au/AustralianAlpine100miler.html)

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](mailto:kc130860@hotmail.com) Visit [www.ultraoz.com/frankston](http://www.ultraoz.com/frankston)

Sun April 13 ASICS CANBERRA MARATHON AND ULTRA (ACT)

42.2km & 50km, 7am, Telopea Park High School, Canberra contact: Dave Cundy. email: [cundysm@ozemail.com.au](mailto:cundysm@ozemail.com.au). Visit [www.canberramarathon.com.au](http://www.canberramarathon.com.au) for more details.

Sat - Sun April 19 - 20 COBURG 24 HOUR CARNIVAL [VIC]

Held at the Harold Stevens Athletic Track. Offering a 24 hour run and walk, 12 hour run and walk and various relay categories. Includes the Victorian 24 Hour Track Championships and the Australian Centurion Walk. Contact Tim Erickson on 0412 257 496 or 03 9012 5431 email: [terick@melbpc.org.au](mailto:terick@melbpc.org.au) More information at [www.coburgharriers.org.au](http://www.coburgharriers.org.au)

## May 2008

Sat 3 May WILSONS 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](mailto:paul.ashton56@tpg.com.au) For more information go to [www.aura.asn.au/WilsonsProm100.html](http://www.aura.asn.au/WilsonsProm100.html)

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](http://www.traralgonharriers.org)

Sunday 11 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](mailto:steelyn@hotmail.net.au). For more information go to [www.aura.asn.au/CoffsToGrafton.html](http://www.aura.asn.au/CoffsToGrafton.html)

Saturday 17 May to Sunday 18 May THE NORTH FACE 100 (NSW)

A 100km trail running event in the World Heritage listed Blue Mountains open to individuals and teams of 2 (50km each). This is one spectacular course that allows any runner whatever his/her level to push their own limits and achieve something to be proud of! And you only need a pair of trainers to do it! contact: Diane Chanut email: [diane@arcsport.com.au](mailto:diane@arcsport.com.au). Ph. 0406 659 971

## June 2008

Sunday 8 June Gold Coast 100 Supermarathon. Incorporating the National 100km championships. 50 km option. Tel 0408 527 391 or visit [www.goldcoast100.com](http://www.goldcoast100.com)

Sunday 22 June MOUNT MEE [QLD]

50km Road Race. Contact Bruce Cook on 07 5496 4171 or email [theprintrun@bigpond.net.au](mailto:theprintrun@bigpond.net.au) More information at [www.aura.asn.au/MtMee.html](http://www.aura.asn.au/MtMee.html)

## August 2008

Sunday 24 August. TAN ULTRA RUN 100km and 52km

Run around the Melbourne's famous Tan Track at the Kings Domain. Start time is 7am.

Start-Finish at the "Pillars of Wisdom" adjacent to Alexander Avenue. Contact: Nick Thompson, ph 03 9889 7463, mob 0400 332 155 Email: [nickthompson@optusnet.com.au](mailto:nickthompson@optusnet.com.au)





Fri 29 to Sun 31 August NATIONAL 48HR CHAMPS + 24HR QLD CHAMPIONSHIPS

With 6, 12 & 24 hour options. Starts 0900 Friday & finishes 0900 Sunday. Caboolture Historical Village, Caboolture, Qld. IAU labeling, selection race for IAU 24 hr World Challenge. Contact: Geoff Williams, ph 0412 789741 or email [gjcarpet@caboolture.net.au](mailto:gjcarpet@caboolture.net.au)

## October 2008

Sat–Sun 4–5 October SRI CHINMOY NATIONAL 24 HOUR CHAMPIONSHIPS (SA)

Starts 8am at Santos Stadium, Mile End, Adelaide. 6 and 12 hour options. Entries close 27th September 2008 with no entries on the day. Contact: Ph. [08] 8272 5081 or Anubha Baird on 0421 591 695 or Sri Chinmoy Centre, 1st floor, 131 Carrington St, Adelaide, SA, 5000 For more information go to [www.aura.asn.au/Adelaide\\_6-12-24.html](http://www.aura.asn.au/Adelaide_6-12-24.html)

Sunday 12 October TAMBORINE TREK, GOLD COAST 62 km (QLD)

From the Girl Guides Hall in Ferry Street, Nerang to the top of Mt Tamborine and back. Half forest trails, half bitumen. Starts at 0600. BBQ at finish. contact: Paul Chamberlain email: [elly.paul@hotmail.com](mailto:elly.paul@hotmail.com). Phone: 0407 755 478

## November 2008

Mon - Sun 3 - 9 November CLIFF YOUNG AUSTRALIAN SIX DAY RACE [VIC]

South Colac football ground. 550 metre bitumen circuit. Carries AURA and IAU approval and labelling. Contact Lee Troop on 0412 218 780 or email [lee@troopevents.com.au](mailto:lee@troopevents.com.au)  
More info at [www.aura.asn.au/Colac6Day.html](http://www.aura.asn.au/Colac6Day.html)

Sat–Sun 8–9 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](mailto:byrnesinoz@yahoo.com)  
Telephone 0428 880784 For more information go to [www.aura.asn.au/GNW100.html](http://www.aura.asn.au/GNW100.html)

Saturday 29 November BRUNY ISLAND JETTY TO LIGHTHOUSE 64 KM (Tas)

Ferry to the start and then run the length of the Island with stunning ocean scenery. Contact Paul Risley on 0427 517 737 or email [riz5@netspace.net.au](mailto:riz5@netspace.net.au) or visit [www.dreamwater.org.au/ultr.html](http://www.dreamwater.org.au/ultr.html)

## December 2008

Saturday 6 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](mailto:paul.ashton56@tpg.com.au) For more information go to [www.aura.asn.au/MtFeathertopSkyrun.html](http://www.aura.asn.au/MtFeathertopSkyrun.html)

Sunday 14 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](mailto:icorneli@bigpond.net.au). Visit [www.goldcoast100.com](http://www.goldcoast100.com) for more details.

Fri - Sun 12 - 14 December COAST TO KOSCIUSKO [NSW]

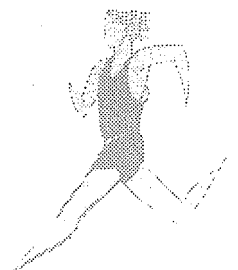
246 kilometres from sea level to the highest point in Australia.

Contact Paul Every on 02 9482 8276 or email [peverydweaver@hotmail.com](mailto:peverydweaver@hotmail.com)  
More information at [www.aura.asn.au/c2k.html](http://www.aura.asn.au/c2k.html)

Sunday 21 December SIX INCH MARATHON 45KM (WA)

45 km trail run at North Dandalup WA. Starts at 0430 hrs. Contact Dave Kennedy 08 9885 7025 [davidk1998@hotmail.com](mailto:davidk1998@hotmail.com) For more information go to [www.aura.asn.au/SixInchTrack.html](http://www.aura.asn.au/SixInchTrack.html)

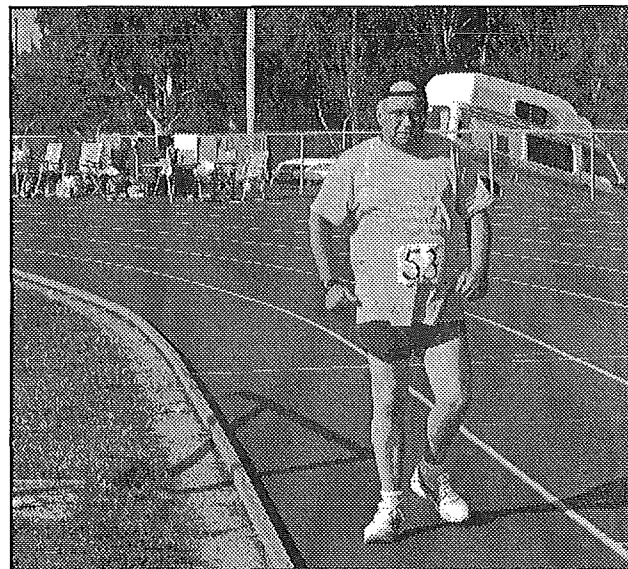
AURA reserves to right to modify this calendar at its sole discretion





# AURA Contacts

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ultraoz webmaster	Kevin Tiller	<a href="mailto:kevin@coolrunning.com.au">kevin@coolrunning.com.au</a>	0419 244 406
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president	Ian Cornelius	<a href="mailto:icorneli@bigpond.net.au">icorneli@bigpond.net.au</a>	0408 527 391



*Photos from Coburg 24 hr - Tim Cochrane left and Phil Essam right*



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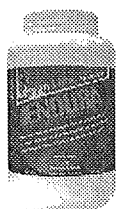
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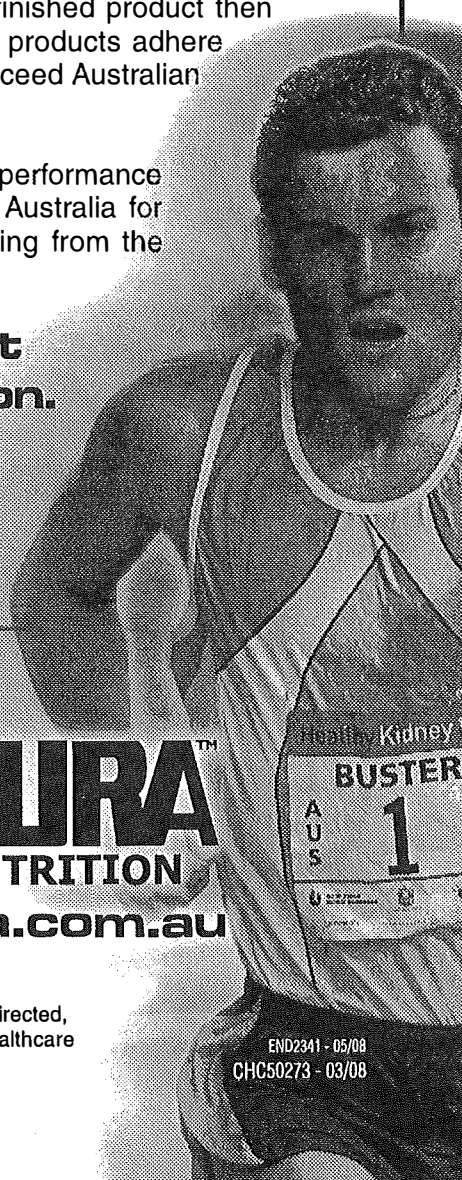
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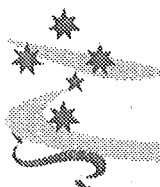
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if symptoms persist, consult your Healthcare  
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END2341 - 05/08  
CHC50273 - 03/08





# AURA Points Score Competition

BY POINTS (DESCENDING) - All Events up to 16th March

Includes all AURA members who joined by 15th March

# - indicates a placing in a national championship

## Win prizes to a value of \$8,000

### HOW THE POINTS SYSTEM WORKS

CATEGORY	NO. OF POINTS	AWARDED FOR	EXPLANATION
Category 1 Ultra Points	1	Event between 42.2km and 60km	Each competitor receives one point for each ultra in which they start where they travel between 42.2km and 60km
	2	Event between 61km and 120km	Each competitor receives two points for each ultra in which they start where they travel between 61km and 120km
	3	Events 121km and above	Each competitor receives three points for each ultra in which they start where they travel 121km and above
	2	Each 100km	Distances achieved in eligible events may be accumulated. Two points shall be earned for each 100km completed within the calendar year. Performances of less than 42.2 km will be ignored.
Category 2 – bonus points for placings	3	1 <sup>st</sup> place	To be eligible the race must be an ultra race sanctioned by AURA as shown in the AURA race calendar. These points are awarded for men's placings and for women's placings. If a National championship then these points are doubled (note 6).
	2	2 <sup>nd</sup> place	
	1	3 <sup>rd</sup> place	
Category 3 – bonus points for records (see note 7)	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.
	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.
	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
Category 4 – bonus points for IAU benchmarks	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
	10	Race Director	Organising and directing an ultramarathon race. Points awarded for up to 2 races per year. If competing as well, points will not be awarded for competing.
Category 5 – bonus points for race organisation and support	5	Assistant Race Director	Assisting in organising and directing an ultramarathon race. Points awarded for up to 2 races per year. If competing as well, points will not be awarded for competing.
	3	Volunteer	Volunteer assistance at an ultramarathon race on race day. Assistance must be to the race in general, not to a specific runner(s).

**Prizes:** 1<sup>st</sup> to 10<sup>th</sup> place....yet to be determined but of no less value than 2007





# AURA Points Score Competition

## BY POINTS (DESCENDING)

All Events up to 13th June *Includes all AURA members who joined by 10th June*

# - indicates a placing in a national championship

+ - indicates an Open record, otherwise Age Group.

Surname	First Name	Category 1						Category 2				Category 3			Category 4				Category 5				Total
		120+	60+	<60	Ev'ts	km	Pts	#1st	#2nd	#3rd	Pts	Aust	World	Pts	L1	L2	Elig.	Pts	RD	AR	V	Pts	Pts
Boyce	Robert	1	3	4	10	597.447	23	2	0	1	7	0	0	0	0	0	0	0	2	0	0	20	50
Marshall	Kelvin	1	4	5	10	793.040	30	2	1	2#	11	0	0	0	0	0	0	0	0	0	0	0	41
Cochrane	Tim	1	1	3	5	431.800	16	2	2##	0	14	0	0	0	0	0	1	10	0	0	0	0	40
Cook	Kim	0	4	4	8	516.000	22	1	2	1	8	0	0	0	0	0	0	0	0	0	0	0	30
Gamble	Malcolm	0	6	2	8	566.302	24	1	1	1	6	0	0	0	0	0	0	0	0	0	0	0	30
Fairweather [f]	Jackie	0	0	1	1	50.000	1	1#	0	0	6	1+	0	10	0	0	1	10	0	0	0	0	27
Monks	Paul	1	2	3	7	436.004	18	2	0	0	6	0	0	0	0	0	0	0	0	0	1	3	27
Eadie	David	1	2	1	4	383.810	14	2#	1	0	11	0	0	0	0	0	0	0	0	0	0	0	25
Crinli	David	0	0	2	2	100.000	4	2#	0	0	0	0	0	0	0	0	1	10	0	0	0	0	23
McCormick	Richard	1	3	2	6	501.980	21	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	21
Francis	Mick	1	0	0	1	231.260	7	1	0	0	3	0	0	0	0	1	0	10	0	0	0	0	20
Scholz [f]	Sharon	1	0	2	3	278.520	9	3	0	0	9	0	0	0	0	0	0	0	0	0	0	0	18
Hewat	Andrew	0	3	2	5	359.000	14	0	1	1	3	0	0	0	0	0	0	0	0	0	0	0	17
Lockwood	Glenn	0	3	2	5	341.500	14	0	1	1	3	0	0	0	0	0	0	0	0	0	0	0	17
Pearson	John	2	0	0	2	325.611	12	1	1	0	5	0	0	0	0	0	0	0	0	0	0	0	17
Bremner [f]	Kerrie	0	1	1	2	150.000	5	1#	1#	0	10	0	0	0	0	0	0	0	0	0	0	0	15
Nobbs [f]	Deanne	0	1	2	3	200.000	8	1	1#	0	7	0	0	0	0	0	0	0	0	0	0	0	15
Orchard	Scott	1	1	2	4	344.270	13	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	15
Wise	Garry	1	1	3	5	336.933	14	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	15
Last	Geoffrey	1	2	0	3	389.930	13	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	14
Grattan [f]	Angie	0	0	4	4	190.000	6	2	0	0	6	0	0	0	0	0	0	0	0	0	0	0	12
Ludwig	Andrew	1	1	0	2	254.626	9	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	12
Thompson	Nick	0	2	1	4	227.000	9	0	0	0	0	0	0	0	0	0	0	0	0	0	1	3	12
Brooks	Colin	1	1	0	2	209.978	9	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	11
Fraser	Lachlan	0	2	1	3	254.700	9	0	0	2	2	0	0	0	0	0	0	0	0	0	0	0	11
Rosevear [f]	Eleena	0	1	1	2	110.000	5	2	0	0	6	0	0	0	0	0	0	0	0	0	0	0	11
Waugh [f]	Rachel	0	2	0	2	182.000	6	1	1	0	5	0	0	0	0	0	0	0	0	0	0	0	11
Wight	Chris	0	2	0	2	200.000	8	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	11
Erickson	Tim	0	0	0	1	0.000	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	10	10
Goggin	Bernie	0	0	0	1	0.000	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	10	10
Hooley	Danny	1	1	0	2	289.490	9	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	10
Murphy	Phillip	0	2	2	4	259.000	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10
Salisbury	Bruce	0	0	0	1	0.000	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	10	10
Wright	Ian	0	2	1	3	209.000	9	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	10
Gregory	Wayne	0	2	1	3	209.000	9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	9
Guard	Roger	0	2	0	2	141.000	6	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	9
Guy [f]	Jacuelyn	0	1	1	2	127.000	5	0	1	1#	4	0	0	0	0	0	0	0	0	0	0	0	9
Pearce	Billy	0	2	1	3	239.000	9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	9
Saxon	Brett	0	2	1	3	250.000	9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	9
Schwebel	Ron	0	1	0	1	111.500	4	0	1	0	2	1	0	3	0	0	0	0	0	0	0	0	9
Cook	Dean	0	1	0	1	100.000	4	0	1#	0	4	0	0	0	0	0	0	0	0	0	0	0	8
Love	Gregory	0	0	3	3	145.000	5	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	8

		Category 1						Category 2				Category 3			Category 4				Category 5				Total
Marsh	Ken	0	1	1	2	165.485	5	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	8
Solomon	Colin	0	2	0	2	166.500	6	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	8
Bignell	Peter	0	1	1	2	105.000	5	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	7
Ervin [f]	Kaye	0	0	2	2	104.200	4	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	7
Every	Paul	0	1	1	2	150.000	5	0	0	1#	2	0	0	0	0	0	0	0	0	0	0	0	7
Fiegel [f]	Tina	0	0	2	2	97.500	2	1	1	0	5	0	0	0	0	0	0	0	0	0	0	0	7
Fulcher [f]	Dearne	0	1	0	1	100.000	4	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	7
Gray	Rob	0	0	2	2	100.000	4	0	1	1	3	0	0	0	0	0	0	0	0	0	0	0	7
Kelly [f]	Suzanne	0	0	1	1	45.000	1	1#	0	0	6	0	0	0	0	0	0	0	0	0	0	0	7
Labinsky	Neil	0	0	1	1	45.000	1	1#	0	0	6	0	0	0	0	0	0	0	0	0	0	0	7
Worswick	Jonathan	0	1	1	2	145.000	5	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	7
Brelsford	Dave	0	1	1	2	143.798	5	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	6
Carson	Max	0	1	0	1	101.440	4	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	6
Cole	Stuart	0	1	2	3	195.000	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6
Kartsounis [f]	Vivienne	0	0	2	2	95.000	2	0	1#	0	4	0	0	0	0	0	0	0	0	0	0	0	6
Lapsys [f]	Carrol	0	1	1	2	150.000	5	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	6
Mullins	Peter	0	0	1	2	44.000	1	0	1	0	2	0	0	0	0	0	0	0	0	0	1	3	6
Price	Stuart	0	1	2	3	181.000	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6
Webber	Bruce	0	2	0	2	176.500	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6
Anderson	Peter	0	1	0	1	100.000	4	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	5
Collins	Tony	1	0	0	1	145.280	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Corlis	Michael	0	0	3	3	145.000	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Fattorini	Tony	0	1	0	1	64.000	2	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	5
Howorth [f]	Sandra	0	1	0	1	64.000	2	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	5
Lockwood [f]	Belinda	0	1	1	2	145.000	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Marsh	Trevor	0	1	1	2	137.972	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
McKinnon	David	0	1	1	2	109.000	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Skrucany	Rudolf	0	0	2	2	86.976	2	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	5
Van Dyk [f]	Lynda	0	1	1	2	145.000	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Waugh	David	0	1	0	1	82.000	2	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	5
Whyte	Robin	0	1	0	1	85.780	2	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	5
Bent	Xavier	0	1	0	1	100.000	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4
Blake	Jonathan	0	1	0	1	100.000	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4
Fawkes	Nathan	0	0	1	1	50.000	1	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	4
Glover	Brian	0	0	2	2	104.700	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4
Phillips	Lindsay	0	1	0	1	100.000	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4
Renwick	Bruce	0	0	1	1	50.000	1	0	0	0	0	1	0	3	0	0	0	0	0	0	0	0	4
Ware	Robert	0	1	0	1	100.000	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4
Billett	David	0	0	0	1	0.000	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	3	3
Carey [f]	Lisa-Anne	0	0	1	1	50.000	1	0	0	1#	2	0	0	0	0	0	0	0	0	0	0	0	3
Carlton	Gary	0	0	1	1	50.000	1	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	3
Duck	John	0	0	1	1	50.000	1	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	3
Jacobs	Trevor	0	0	1	1	45.000	1	0	0	1#	2	0	0	0	0	0	0	0	0	0	0	0	3
McTaggart	Chris	0	0	1	1	50.000	1	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	3
Appleby	Steven	0	0	2	2	95.000	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Devine	Allan	0	1	0	1	61.227	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Dunn	Jason	0	1	0	1	75.000	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Gardiner	Peter	0	0	1	1	45.000	1	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	2



		Category 1						Category 2					Category 3				Category 4				Category 5				Total
Gilanyi	Thomas	0	0	2	2	95.000	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Mackey	Colin	0	1	0	1	92.500	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Scholz	Justin	0	0	1	1	44.000	1	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Staples	Alan	0	1	0	1	95.110	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Twite	Ian	0	0	2	2	95.000	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Baird [f]	Carol	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Callister [f]	Sharon	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Clear	David	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Cohen	Chris	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Drayton	Nick	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Graham	Chris	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Gregory [f]	Bernie	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Healy [f]	Michelle	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Higgins	Barry	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Horwood	Chris	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Hosking	David	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Kaehne	Darren	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Kennedy	David	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Kibble	Stephen	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Koppenol [f]	Karen	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Lahiff	Peter	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
McKenzie	Paul	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Mohr [f]	Monika	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Ngoh Ngoh [f]	Nestor	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Nuttall	John	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Silk	Tom	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Styles	David	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Thomas	Peter	0	0	1	1	52.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Thompson	Joseph	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Williams	Sean	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1



Photo left from  
The North Face  
100km trail  
race

# ULTRA HOSTS' NETWORK

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

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

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

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

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

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

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

## ULTRA HOSTS' NETWORK APPLICATION FORM

### CONTACT DETAILS:

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

### HOSTING INFORMATION:

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

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

Shower \_\_\_\_\_

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

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

Bed \_\_\_\_\_

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

Food \_\_\_\_\_

Laundry \_\_\_\_\_

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

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





# Coburg 24 Hour Carnival and Centurion Walk

19th - 20th April 2008

## Results

### 12 Hour Run

1 Caroline Pivetta [f]	111.40km
2 Michelle Thompson [f]	105.97km
3 Ken Marsh	104.94km
4 Max Carson	101.44km
5 David Brelsford	90.79km
6 Trevor Marsh	80.84km
7 Nicholas Gleeson [blind runner]	72.53km

### 12 Hour Walk

1 Robin Whyte	84.98km
2 Dawn Parris [f]	78.08km
3 David Attrill	71.49km
4 Gary Turner	63.88km
5 Leah Stringer [f]	56.81km
6 Ken Carter	52.59km
7 Clarrie Jack	20.00km

### 24 Hour Run

1 Mick Francis	231.26km
2 John Pearson	203.34km
3 Geoff Last	187.93km
4 Tim Cochrane	186.00km
5 Sharon Scholz [f]	184.12km
6 Kelvin Marshall	181.64km
7 Dave Sutherland	178.71km
8 Danny Hooley	178.09km
9 Scott Orchard	174.37km
10 David Eadie	165.11km
11 Robert Boyce	153.04km
12 Arun Bhardwaj	153.03km
13 Tony Collins	145.28km
14 Garry Wise	127.28km
15 Richard McCormick	126.98km
16 John Timms	120.77km
17 Peter Gray	111.92km
18 Robert Ware	110.64km
19 Hugh Hunter	104.40km
20 Alan Staples	94.71km
21 Rudi Kinshofer	86.80km
22 Lawrie Lolait	44.00km

### 24 Hour Walk

1 Andrew Ludwig	161.60km
[100 mile centurion]	
2 Catherine Cox [f]	161.17km
[100 mile centurion]	
3 Colin Brooks	148.23km
4 Pat Fisher	145.24km
5 Karyn O'Neill [f]	129.04km
6 Craig Welsh	110.12km
7 Steve Jordan	109.73km
8 Phil Essam	87.73km
9 Terry O'Neill	80.00km
10 Sandra Howorth	64.00km
11 Laurie Tinson	52.40km

## Report by Race Director, Tim Erickson

This year, the Coburg 24 Hour carnival was expanded in concept and spread over 2 weekends, with the 6 Hour events being held on Sunday 30th March and the 24 Hour and the 12 Hour events being held on the weekend of 19th - 20th April.

A total of 48 walkers and runners contested the longer events this weekend. The starter's gun was fired at 10AM on Saturday morning in warm and sunny conditions. The clear blue skies continued throughout the day as temperatures quickly rose to the expected 25°C and competitors struggled to stay hydrated and cool through the long first day. Melbourne then showcased its contrasting weather patterns with overnight temperatures plummeting. Finally another warm morning allowed competitors to throw off the layers of clothing and finish in beautiful autumnal conditions.

### Running Events

In the Men's 24 Hour run, Tim Cochrane build up what looked like an insurmountable lead, only to retire in the early hours of the morning. Mick Francis had been content to run his own measured race and his patience paid off. Within 2 hours of Tim's retirement, he had erased the deficit and subsequently surged home to record his biggest 24 Hour distance on Australian soil - 231.258 km. John Pearson and Geoff Last also passed Tim's overall distance to take second and third places with 203.338 km and 187.925 km respectively. In a race of great depth, the first 9 runners recorded in excess of 100 miles.

By way of contrast, the Women's 24 Hour Run saw only one competitor but what a performance. Sharon Scholz had set herself the target of reaching 100 km inside 12 hours, easily beat that mark and then continued on to a final 24 Hour distance



Catherine Cox

of 184.117 km. This was the first 24 Hour run for Sharon, a relative newcomer to the sport and her race was indeed impressive.

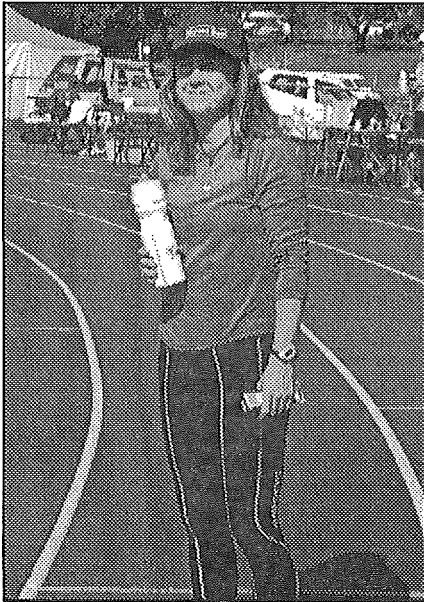
In the Men's 12 Hour run, local Melbourne runner Ken Marsh prevailed with 104.800 km ahead of Max Carson and David Brelsford. Vision impaired runner Nick Gleeson, running in lane 3, completed 72.530 km for fifth place. In the Women's 12 Hour run, Caroline Pivetta, contesting her first long track ultra, impressed with 111.400 km while Michelle Thompson took second with a PB distance of 105.974 km.

### Walking Events

The walks also saw strong fields and the Centurions Club was pleased to see two walkers reach in excess of 100 miles. In the Men's 24 Hour walk, Australian Centurion Andrew Ludwig led from the gun and walked without any significant breaks until he reached the 100 mile mark in around 22 hours 30 minutes. This was Andrew's second centurion qualifier, following on from his initial one in 1994. Behind him, ultra runner Colin Brooks added another string to his bow with a strong second place walk of 148.226 km, ahead of Centurion Pat Fisher with 145.240 km.

The Women's 24 Hour walk was an exciting affair with Catherine Cox having to dig deep in the final

*eventually reaching the 100 mile mark with less than 1 minute to spare*

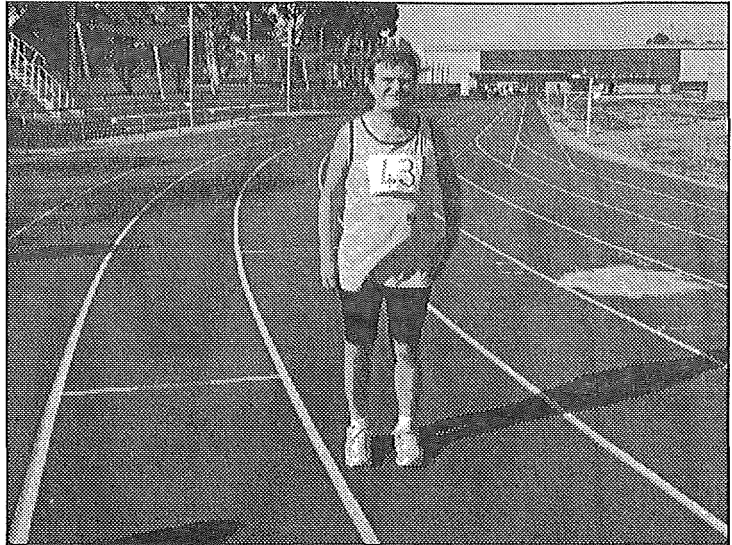


*National 100km champion Deanne Nobbs helps out from the side lines*

6 Hours of the event, eventually reaching the 100 mile mark with less than 1 minute to spare. Her 100 mile time of around 23:59 was reminiscent of the 2004 walk of Graham Watt who reached the target in 23:59:23 on this same track. Graham was on hand to acknowledge the gutsy performance and to welcome Cathy to the Centurion Club as Australian Centurion Number 54. Behind her, Karyn O'Neill and Sandra Howorth took the minor medals with 129.044 and 64.000 km respectively.

The Men's 12 Hour walk saw Australian M65 walk record holder Robin Whyte win with a very impressive 84.975 km, ahead of David Attrill and Gary Turner.

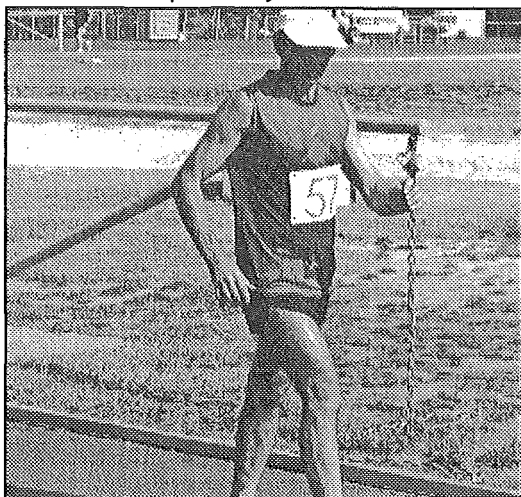
In the Women's 12 Hour walk, the mother and daughter combination of Dawn Parris and Leah Stringer took the honours with 78.079 and 56.811 km respectively.



*Nicholas Gleeson*



*Dawn Parris*



*left: Terry O'Neill; above Ken Carter*





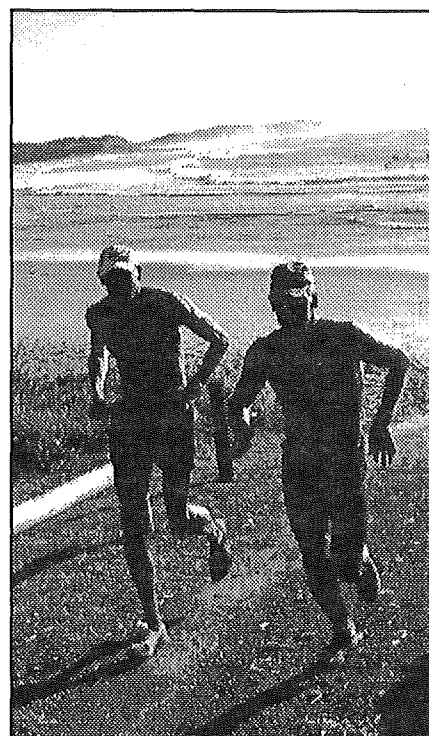
# "Water World" Great Ocean Run

## Red Rock to Coffs Harbour 45km beach run

March 30th 2008

### Results

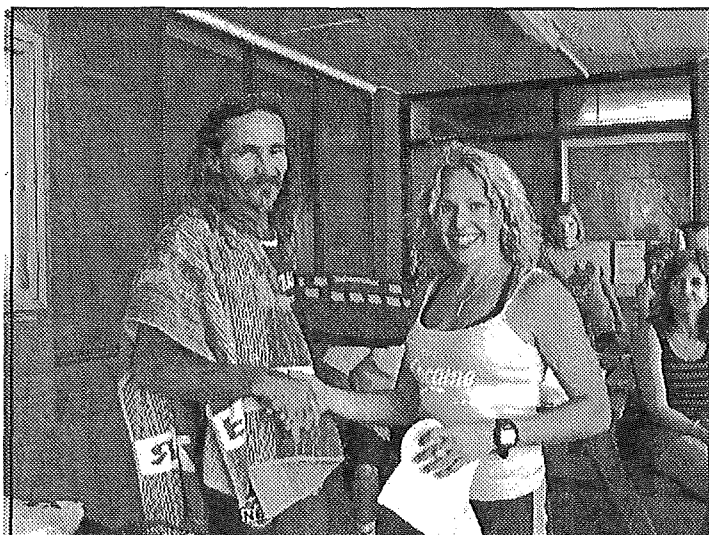
1. Sean Williams	3.26.21	33. Christine Griffin [f]	5.56.08
2. Stephen Sayers	3.27.46	35. Jo Knauth [f]	5.56.18
3. Michael Smart	3.36.49	36. Aaron Dial	6.01.38
4. Andi Aman	3.50.08	37. Carolyn Carrigan [f]	6.02.00
5. Jim Bennington	3.52.27	38. Sandra Brett [f]	6.05.00
6. Kelvin Marshall	3.53.02	39. Gary Barton	6.08.07
7. Steve Tremont	3.58.48	40. Mal Draper	6.08.27
8. Kim Cook	4.01.09	41. Daryl Bancroft	6.14.56
9. Peter O'Sullivan	4:21:47	42. Geoff Kopittke	6.18.34
9. Mark Kerslake	4.21.47	43. Damon Palliser	6.19.18
11. Cory Newman [f]	4.23.42	44. Robina Unwin [f]	6.19.23
12. Paul Cooper	4.23.44	45. Bob Miller	6.24.17
13. Bomber Hutchinson	4.26.13	46. John Walker	6.31.29
14. Matthew Nolan	4.40.25	47. Lizzy Moxey [f]	6.33.04
15. Bob Beer	4.50.41	48. Rhonda McNaught [f]	6.37.33
16. Angie Grattan [f]	4.52.59	49. Elly Friend [f]	6.43.55
17. Peter Gardiner	4.56.41	50. Diana Miller [f]	6.54.00
18. Candice Mills [f]	5.03.19	51. Peter Gray	6.59.02
18. Michael Buckley	5.03.19	52. Coral Asher [f]	7.32.29
20. Tony Kean	5.15.54	53. Klaus Maurer	7.33.58
21. Peter McKenzie	5.16.23	54. Diana Kever [f]	7.44.56
22. Jilly Martino [f]	5.17.12	54. Chris Mills	7.44.56
23. Chris Cohen	5.22.30	56. Ruben Hillier	8.48.21
24. Peter Large	5.26.12	57. Marion Wollin [f]	9.09.47
25. Jo Angel [f]	5.26.15	57. Amanda Mugridge [f]	9.09.47
26. Russ Smith	5.30.41	57. Alan Cossey	9.09.47
27. Michael Schultz	5.35.58	57. Paul Mugridge	9.09.47
28. Paul Chamberlain	5.36.28	57. Bill Wollin	9.09.47
28. Bob Jones	5.36.28	62. Robin Barker [f]	9.17.29
30. Tony Lower	5.42.33	63. Carolyn Parfitt [f]	9.17.34
31. Lee Burgess [f]	5.47.47	64. Beryl Kemp [f]	9.30.04
32. Di Holt [f]	5.52.13	65. Jacqui Barrett [f]	9.52.50
33. Michelle Lake [f]	5.56.08		



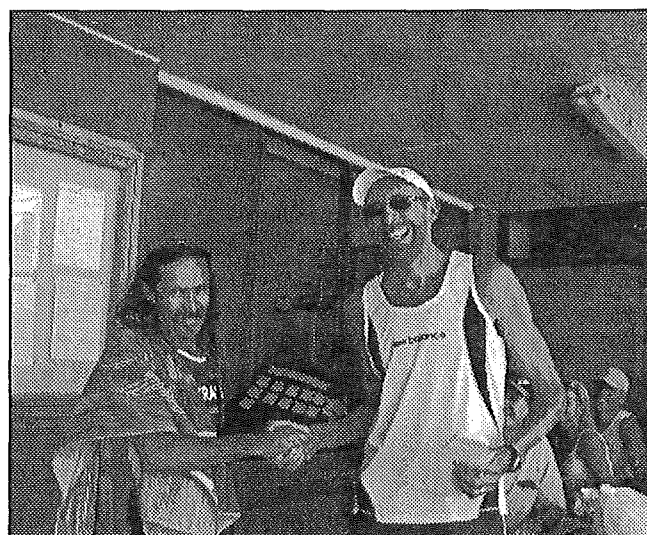
Sean Williams and Steve Sayers  
shoulder to shoulder at Emerald Beach



The tail enders enjoyed the aid stations



Female winner Cory Newman



Male winner Sean Williams



# 36th Annual Percy Cerutti

## Frankston to Portsea

55 Kilometre Road Race, Victoria

### Results

1	Antony Rickards	3:30:49 [Course Record]
2	David Eadie	3:53:54
3	Mike Wheatley	4:07:24
4	Mal Grimmett	4:25:52
5	Scott Orchard	4:28:26
6	Tory Trehitt	4:31:07
7	Drew Arthurson	4:31:49
8	Kelly Duhig	4:51:13
9	Lachlan Fraser	4:51:14
10	Peter Appelman	4:52:20
11	Robert Boyce	4:54:47
12	Chavaporn Theppadungporn	4:58:17
13	Maureen Wilson[f]	4:58:33
14	Stephen van der Tang	5:06:15
15	Kevin Smart	5:06:50
16	John Dobson	5:25:04
17	Christian Johnson	5:27:09
18	Sharon Scholz [f]	5:27:32
19	George Thomas	5:31:23
20	Melinda Christensen [f]	5:36:24
21	David Spencer	5:39:07
22	Matt McNamara	5:41:01
22	Geoff Carroll	5:41:01
24	Jane Adlam [f]	5:42:09
25	Paul Ban	5:42:32
26	Michelle Thompson [f]	5:53:55
27	Phil Crawford	5:54:09
28	David Stevens	5:56:45
29	Sue Smart [f]	6:03:00
30	Meredith Hill [f]	6:04:31
31	Michelle King [f]	6:04:49
32	Andy Spalding	6:32:25
33	Brian Glover	6:47:32
34	Stella Ashton [f]	6:54:56
35	Peter Gray	8:34:45

Scott Cunningham	DNF	50km
Michelle Blake [f]	DNF	50km
Joseph Thompson	DNF	45km
Andrew Herman	DNF	42km 4:59:09
Nita-Kay Le May [f] [USA]	DNF	42km 6:15:00
Peter Bignell	DNF	40km
Megan Szilom [f]	DNF	35km
Rob Saunders	DNF	25km
Penny Meeking [f] [ENG]	DNF	25km
Leesa Huguenin [f]	DNF	22km

### Report by Kevin Cassidy, Race Director

The pungent aromatic assault emitting from the Carrum sewer farm was difficult to ignore in the morning darkness on route to Frankston. Twirling the radio dial, I stumbled across that ridiculous "Buy, Swap and Sell" program. This is where complete morons try to offload their junk to other brain dead morons. Bent up laughing at an old biddy enthusing about a second hand pair of shoelaces for 85 cents, I turned my car into our "official" meeting point in the car park behind the infamous Kittens strip club. Already, those wishing to avail themselves of the early start option were milling about in preparation. With Kittens having just closed for the night, we had the joyous company of several alcohol fuelled patrons. You'd make a lengthy journey indeed to see a sleazier more lecherous gaggle of losers.

Having sent our four early starters on their way at varying intervals, I sat at my little card table in a rather flabbergasted state of mind as people arrived from all directions filling the car park and surrounds quicker than cricket players send lurid text messages.

By the time we had everything sorted, the field had reached an unprecedented 45 starters, indicative of the ultra world's explosion in interest. Amongst the field were visitors from the USA and UK and one from Tasmania. One notable absentee was the incomparable Max Gibbs who had forsaken his 11th run here in favour of the Australian Ironman in Port Macquarie. A number of years ago, Max innocently paid his five dollar entry fee with a few gold coins. Now we all love Max for the fact that he prints the excellent certificates for this event, however, I grasped the opportunity [not letting the truth ruin a good story!!] to bag him mercilessly in print claiming with much exaggeration that he had handed me a bag full of five cent coins. His revenge has been to pay in that very manner ever since. Thinking his absence this year would allow me a reprieve; imagine my astonishment when Maureen Wilson laughingly plonked a bag of silver coins in front of me smugly declaring "That's from Max Gibbs".

Numerous new faces, a large female contingent and several regulars crowded onto the

## *David Eadie had caught Antony Rickards to share the lead*

footpath beside the Davey Street pedestrian lights and the largest ever charge down the peninsula was underway with a succession of crew vehicles in tow. With ferocious storms having desecrated Melbourne a few days prior, debris on the course was a genuine concern. A fear, however, that never eventuated.

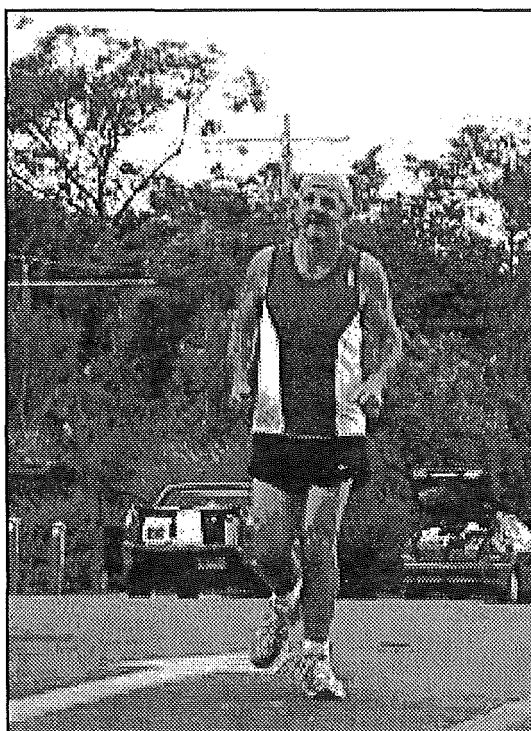
Having packed up my table and with 20 minutes on the race clock, I was keen to link up with proceedings down the highway. Getting breath tested by the highway patrol was the last thing I expected as I drove out of the car park but to quote the tattoo on a notorious footballer's stomach, "Such is Life"

The large field had spread expansively over the first five kilometres. Antony Rickards, who boasts a 2:21 marathon and is still improving, had shot off like a rocket with Drew Arthurson in second. David Eadie and Scott Orchard ran together in third place with four time winner, Mike Wheatley in the unfamiliar position of fifth.

Amongst the women, national class race walker, Megan Szirom was flying like a startled gazelle and duelling with the accomplished Mal Grimmett. Further back through the field, most were finding their rhythm and settling into the pace that would convey them to Portsea.

Passing through 20 kilometres, David Eadie had caught Antony Rickards to share the lead as they ran through Moats Corner where a local resident in brightly coloured gum boots appeared oblivious to our water restrictions as he furiously washed his broom with a large hose that had water flooding most of the roadway in the most wasteful of fashions. Scott and Drew remained close in third and fourth with the master of pace, Mike Wheatley, closing in. Further back, Robert Boyce, Michelle Thompson, Tory Trewitt and Maureen Wilson were

just a few of those in the main pack proceeding well. Soon after, Andy Spalding and the group of women I'd cheekily named "The Mothers Club" came smiling by in high spirits as they careered along at a decent old clip towards the halfway point in Dromana where the course links up with the Port Phillip Bay shoreline. The most pertinent observation at this point was the spirit of mutual co operation that exists amongst the ultra community. Many crews were not only looking after their own runners, but doing anything re-



*John Dobson was a satisfied finisher*

quired to see that every competitor was kept well fed and watered. It's difficult to remember everyone but particular mention should be made of the sterling support offered by David and Berny Hughes, Pisamai Boyce and Justin Scholz. At their own expense, these selfless individuals had stocked their vehicles with a variety of energy inducing goodies and acted commendably as mobile aid stations for whoever wished to avail themselves to the treats on offer.

Bringing up the rear of the field was the bubbly Stella Ashton enjoying the day, I didn't actually realise she was at the rear as I wandered

further back down the course leaping out of my car with my camera at the ready and offering water to a rather bemused young girl jogging along the road. With an instinct that all was not as it seemed, I asked if she was in the race.

"No, I always run along here on a Sunday" she mumbled in a confused tone of voice.

Realising my utter stupidity, I apologised profusely for my interruption, promising not to inconvenience her again. A pert but unconvincing smile was her only reaction.

With most of the field having gone through half way, some mental arithmetic had me realising that Antony was well in advance of record pace and if I didn't hightail it down to Portsea, I'd miss his finish; an unforgivable and deplorable situation should it occur. Further, I still had to make the purchase of 45 blocks of the traditional Cadbury chocolate for each finisher, an episode that took on a hefty degree of panic with time now being of the essence.

I urgently sped down the highway passing runners, quickly throwing a drink in the direction of Mal Grimmett, before arriving in a cloud of dust at the front door of the Rye Safeway. I leapt from the car, shirt fronted an amply proportioned slow moving individual attempting to exit the main door and urgently threw numerous armfuls of chocolate into the basket. Barging past a group of teenagers to avail the checkout ahead of them, they gave me the most bemused of expressions, suggesting perhaps that they thought I had some serious addiction. The check out girl was remarkably efficient despite her revolting array of body piercings, however I could've happily shot the craggy faced and somewhat plumpish women in the next aisle who wanted to bail me up with photos of her newly born grand child!! Obviously, the addition to her family was a joyous occasion. But why, God help me, she expected me to



*she had undergone a massive weight loss totalling 55 kilograms*

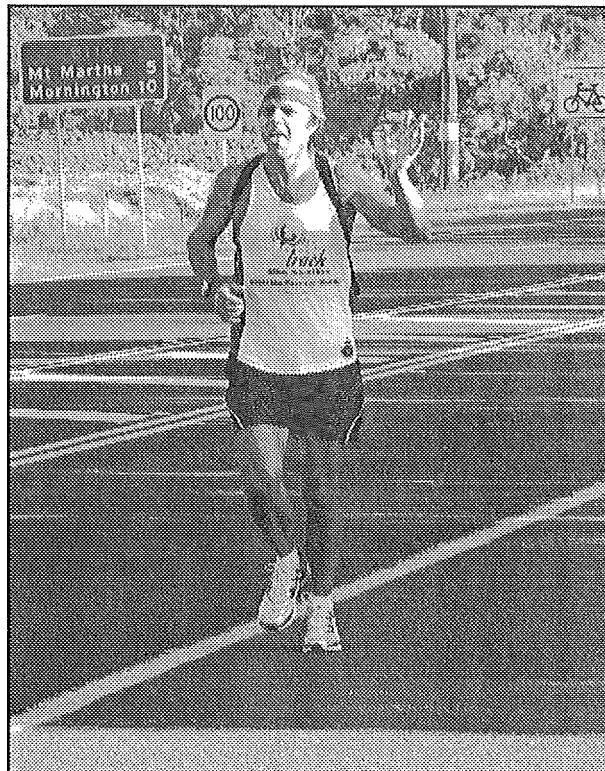
match her enthusiasm for the little tyke beggars belief.

Quickly running back through the car park and affording a cursory glance at a shabbily dressed and heavily tattooed man inquiring if I could "lend him a smoke", I "road raged" my way through the otherwise sleepy beachside towns of Blairgowrie and Sorrento acutely aware of the very real probability that a speed camera operator may be mailing me a less than cheery letter in the near future. At the 50 kilometre mark, I'd accounted for all competitors including David Eadie who had, by this time, dropped off Antony's unrelenting pace. I was genuinely in panic mode with Antony still out of sight. Imagine my untold relief when I finally found him formidably bounding over the undulations into Portsea still some two kilometres from the finish. Breathing a massive sigh, I mentioned that a new course record was looking good. "He's gunna smash it", boomed his bike riding associates as Antony himself gave a knowing and contented smile.

Hastily setting up the finish at the gates to Portsea's Point Nepean National Park, Antony hammered up the final ascent to smash the 18 year old course record by a whopping 12 minutes. Looking relaxed, he jogged off down the road for a cool down run! Next up on Antony's agenda is the Great Ocean Road Marathon. Surely, he wouldn't be looking at anything less than first place

Reminiscent of the charge of the light brigade, the flood of runners started arriving amongst the surrounds of Victoria's most desirable and expensive real estate. The accomplished David Eadie was next with an admirable sub four hour performance relegating Mike Wheatley to third. Mike's previous four runs here have all produced wins. Although missing a PB, Mal Grimmatt came through the field to

mow down the tiring Scott Orchard and Drew Arthurson while Tory Trehwitt was delighted with his form leading up to the Comrades marathon. Crews congregating at the finish were treated to the spectacle of Kelly Duhig's ferocious final 200 metres in which he managed to pip Lachlan Fraser by a margin smaller than Brendan Nelson's approval rating.



*Lachlan Fraser*

In rapid succession, the bulk of the field rolled in. Peter Appelman, Robert Boyce, Chavaporn Theppadungporn and Maureen Wilson all snuck under five hours. Maureen snared the women's prize with Megan Sziron having called it a day back in Rosebud. Kevin Smart and Stephen van der Tang crossed the line in sight of each other by which stage several finishers were relaxing and enthusing over their PB's, of which there were many in the marvellous conditions. Others were comparing their Garmins. Call me a tiresome old fogey, but I find it arduous coping with these new fangled whatcha-ma-call-its.

The procession continued in the

five hour bracket with thirteen runners reaching Portsea along with the early starting Peter Gray and Brian Glover in highly respectable showings. Amongst these were second and third women, Sharon Scholz and Melinda Christensen, along with Matt McNamara and Geoff Carroll who ran the entire distance together decked out in their distinctive and eye catching "Six Foot Track" attire.

Hectic was a description that barely afforded justice to the finish area as six hours ticked over. Soon after, we were welcoming Michelle King and Meredith Hill as news of the various DNF's filtered through. Andrew Herman was looking for a marathon time to qualify for the Comrades Marathon and stopped upon achieving his goal while our American visitor's ambitions were also attained at the marathon point in Rye. Nita-Kay Le May has knocked out 50 marathons in 50 US states and was now collecting an Aussie version of the same. This was her Victorian marathon with Canberra scheduled for the following week.

A slow trickle of runners and crews began leaving with two competitors yet to make an appearance. Andy Spalding arrived to the raucous cheers of a sizable and enthusiastic band of female fans. Evidently, Andy had pulled off something special but it was only upon inquiry that I was able to elicit the complete and inspiring Andy Spalding story. After lap band surgery in August 2005, Andy dropped a staggering 53 kilograms in weight and now works as a personal trainer. His satisfied feeling of accomplishment was impossible to hide as he beamed proudly.

Pumping her fists in the air, Stella Ashton's finish in a tad under seven hours was an episode all on its own. Like Andy, she had undergone a massive weight loss totalling 55 kilograms. Add to that her vision impairment, and you soon get

*you'd negotiate the length and breadth of Australia to find bigger winners*

a comprehension of her dramatic life changing journey. Further still was her achilles tendon injury that grew to a greater magnitude than "Jana's knee". Stella was bubbling with a bucket load of euphoria as she crossed the line to the applause of her crew [David and Berny Hughes].

"Now I'm an Ultrarunner" she blurted with more excitement than a five year old on Christmas morning.

Stella and David were never going to threaten the leaders but you'd negotiate the length and breadth of Australia to find bigger winners. Literally, both are half the people they used to be!

Alone now as the last of our runners departed, I was listlessly enjoying the peaceful and solitary ambience as I packed up when a Volvo with Queensland number plates [a very scary double if ever there's one!] sidled up beside me.

"Scuse me mate, are you wiff da protest?", Inquired the wild haired driver in reference to the very public quest to stop the dredging in the bay that was underway a short distance off the Portsea beach.

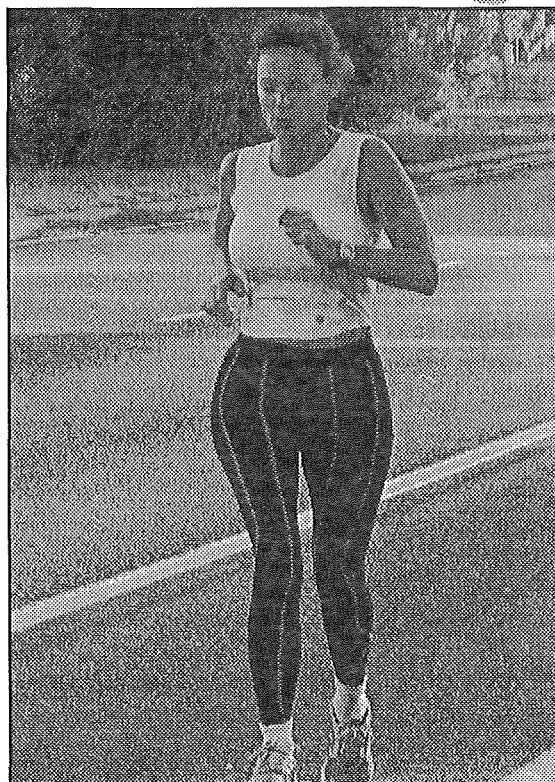
"No", I snapped in a tone that I very much hoped would extinguish any chance of further conversation

"You'se dunno where it is, do ya?" He continued.

"No", I again insisted emphatically as he departed dejectedly to my immense relief.

A somewhat odd looking life form that resembled a genetic experiment gone horribly wrong, he really did give me a mighty case of the spooks with his unusual crinkly squint. I can put it no other way.

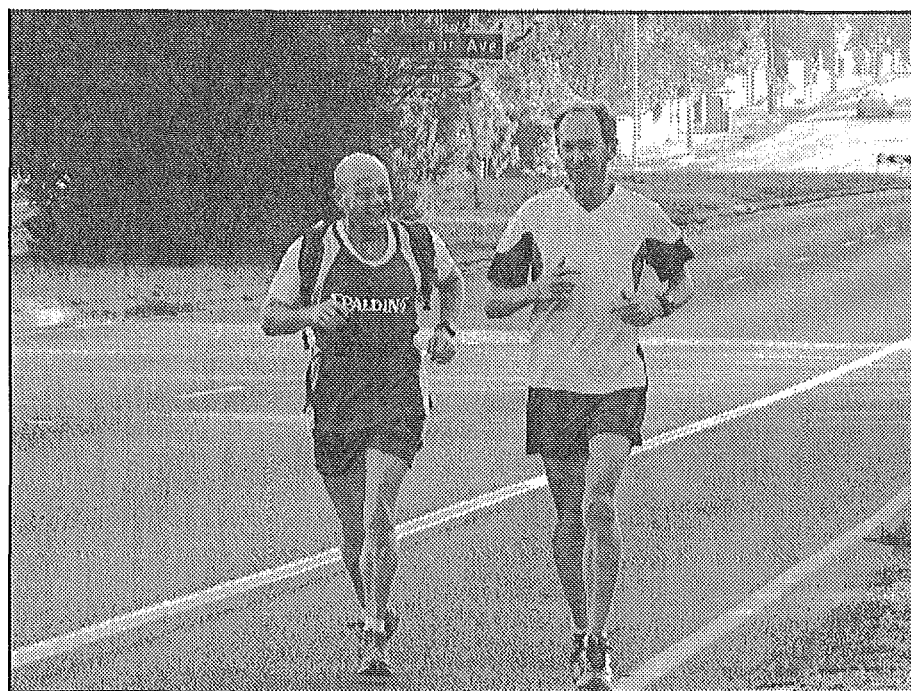
Pointing the car in the direction of home, I picked up on a football broadcast where some AFL players had generously taken time out from their busy schedules of urinating in public and drunkenly beating up night club patrons to participate in a football game. A few more twirls of the dial and I was blissfully listening to a David Bowie feature for the remainder of the drive.



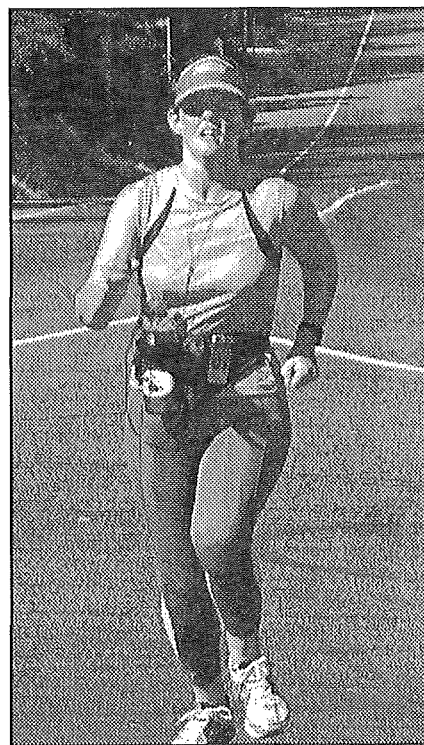
*Michelle Thompson*

The 37th Percy Cerutti Frankston to Portsea event is scheduled for April 5th, 2009.

Take a peek at [www.ultraoz.com/frankston](http://www.ultraoz.com/frankston) for all relevant information.



• *Christian Johnson and Kevin Smart*



*Stella Ashton*

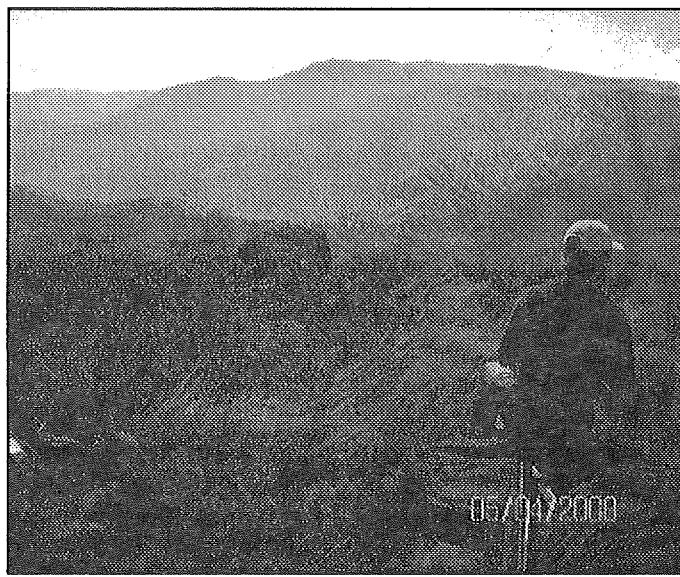
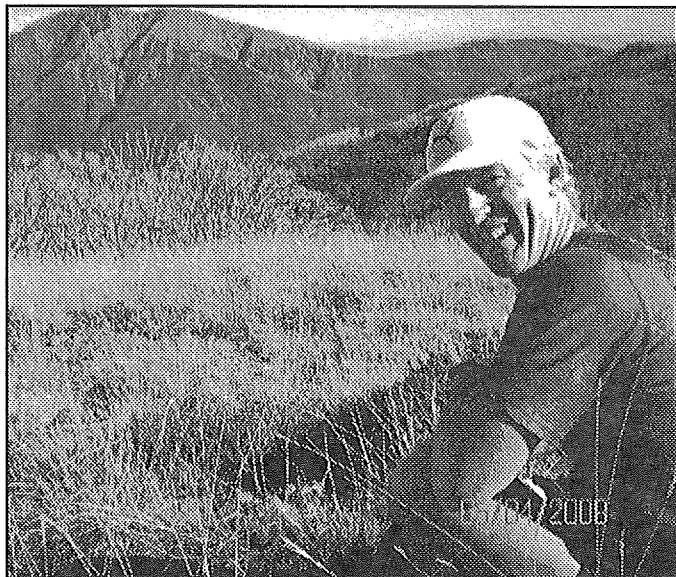


# Australian Alpine Ultra 100 Miles.

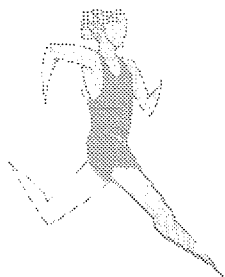
Victorian Alpine Country - 5th/6th April 2008

## Results

1. Innes Smith	42.00 hours - via Bon Accord Spur
1. Lawrence Mead	42.00 hours - Via Bon Accord Spur
3. Paul Ashton	40.00 hours - Via Hotham Rd
DNF Paul Monks	145km
DNF David McKinnon	28km



*Photos from the Australian Alpine Ultra 100 miles:  
above from left: Lawrence Mead; the final push; the  
break of dawn and right - the Bogong summit*







# Canberra 50km Ultra Marathon

Incorporating the AURA 50km Road Championships

**Report by Dave Cundy and  
Fran Seton**  
**Sunday 13 April 2008**

It has taken 15 years but 2008 marks the first year where a marathon winner has continued past the finish line and gone on to win the Canberra 50km Ultra Marathon. And it not only happened in the men's category but also in the women's category.

Mark Tucker can claim to be the first to achieve the double but Jackie Fairweather matched his effort just over 25 minutes later.

Mark's time of 2.53.47 broke the Australian record, which had been set in Canberra in 2001 by fellow Victorian Michael McIntyre, who ran 2.54.57. A great effort by Mark who was making both his marathon and 50km debut.

Jackie also broke the Australian record but went one better when she also broke the World W40 record. Jackie's time was 3.19.12, which was over four minutes under Sandra Timmer-Arends's Australian record

set in Canberra in 1999. The previous World W40 record was 3.30.36, set in Great Britain in 2006.

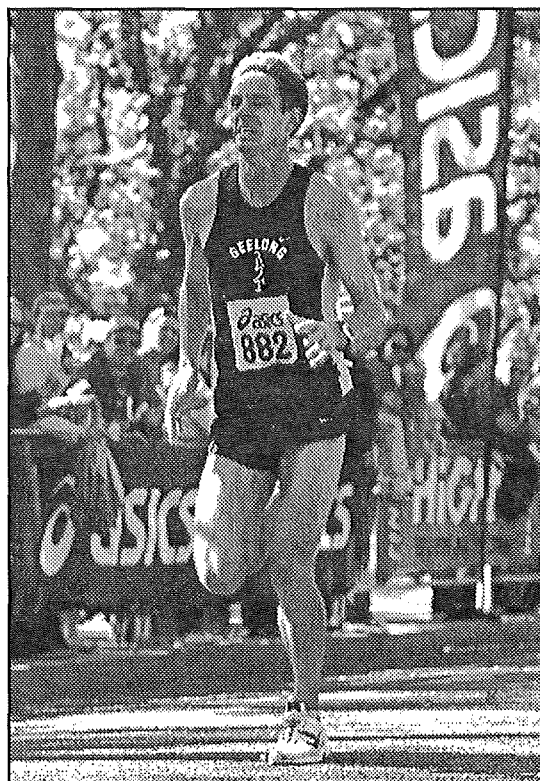
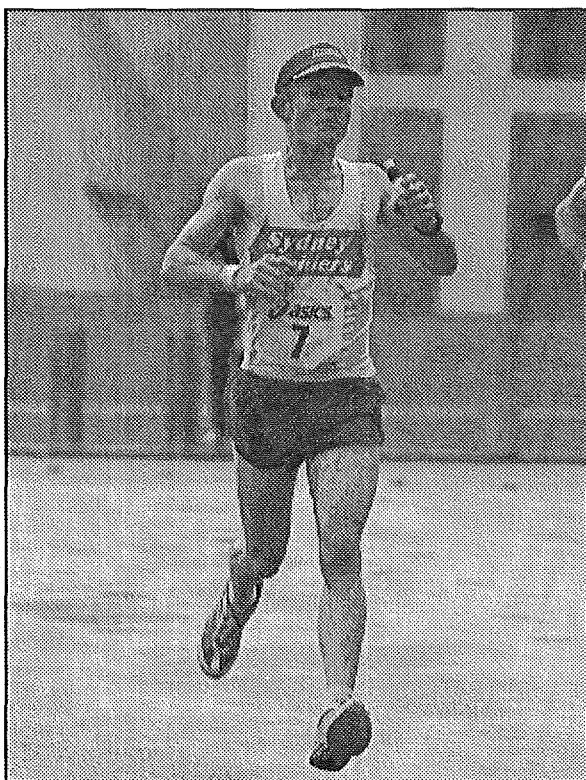
There was only one other record breaker this year and that was Bruce Renwick, who claimed the M60 Australian and race record. The race record had been held by Alistair Wallace, with a time of 4.06.11 in 2005. Bruce took the time under four hours, completing the distance in 3.56.41. Bruce had held the M55 Australian record until last year, when it was broken by race founder Trevor Jacobs, so it is good to have Bruce, a long time supporter of the Canberra event, back in the record books.

Caroline Campbell was the first woman in the W65 category to complete the event and, as such, establishes a new W65 record of 5.52.17. Caroline was also a previous record holder in the event. She held the W60 record until Tina Torpy broke that record in 2006. Not only did Tina break the race record on that occasion but she also broke the World W60 record, which she lowered again in 2007.

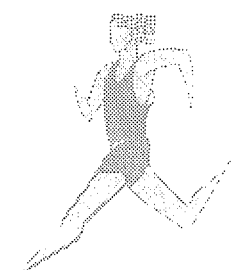
We did mention in our race program that Lachlan Lewis was about to become the only person to complete all 15 Canberra 50km races but he rightly corrected me on race weekend. Lachlan missed one race a couple of years ago when he travelled overseas to participate in the World Triathlon Championships and then the Great Wall Marathon. They seem reasonable excuses for missing one Canberra 50km! Anyway, congratulations Lachlan on finishing the 2008 event, and to make it special in any case, you were our oldest finisher.

A record 114 marathon participants opted to continue after the marathon and completed the 50km. When this race was inaugurated in 1993, only 17 runners opted to go "beyond the marathon".

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



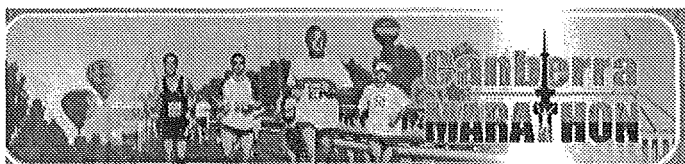
Photos left:  
David Criniti  
and Mark  
Tucker



# AURA 50km Road Championships

Canberra

RESULTS:



Men	1	2:58:21	David Criniti	NSW
	2	3:13:16	Tim Cochrane	NSW
	3	3:42:47	Kelvin Marshall	QLD

Women	1	3:19:12	Jackie Fairweather	ACT
	2	4:01:16	Kerrie Bremner	ACT
	3	4:02:36	Lisa-Anne Carey	NSW

## Results - Canberra 50km Ultra Marathon

Place	50k	Marathon	Name	Age	State	Place	50k	Marathon	Name	Age	State
1	2:53:47	2:24:13	Mark Tucker	28	VIC	41	4:13:35	3:29:57	Carrol Lapsys	30	F NSW
2	2:58:21	2:27:34	David Criniti	29	NSW	42	4:13:40	3:33:05	Sanjay Deva	32	QLD
3	3:13:16	2:38:50	Tim Cochrane	27	NSW	43	4:13:47	3:32:03	Elizabeth Metcalfe	26	F NSW
4	3:18:59	2:43:23	Darren Moyle	35	NSW	44	4:13:49	3:32:19	Ian Boddy	52	NSW
5	3:19:12	2:46:01	Jackie Fairweather	40	F ACT	45	4:14:58	3:15:27	Andrew Howes	40	VIC
6	3:32:42	2:59:55	Ewan Horsburgh	30	NSW	46	4:15:18	3:30:42	Victoria Blades	29	F NSW
7	3:34:25	2:59:54	Steven Barker	49	VIC	47	4:15:47	3:30:42	Sean Muller	29	NSW
8	3:39:36	2:59:06	James Bradley	32	NSW	48	4:15:53	3:32:36	Vivienne Kartsounis	43	F NSW
9	3:41:54	3:05:54	Piotr Uciechowski		POL	49	4:15:55	3:32:39	John Hill	50	NSW
10	3:42:34	3:08:02	Jasper Vallance	30	NSW	50	4:17:20	3:25:39	Mark Oh	32	NSW
11	3:42:34	3:08:02	Paul O'Connor	33	NSW	51	4:18:08	3:28:29	Barry Rutter	56	NSW
12	3:42:47	3:00:31	Kelvin Marshall	43	QLD	52	4:18:23	3:34:09	Lisa Carroli	42	F NSW
13	3:42:54	3:09:13	Chris Graham	36	NSW	53	4:21:05	3:37:04	Wayne Moffitt	51	ACT
14	3:47:07	3:00:00	Thomas Gilanyi	41	NSW	54	4:21:53	3:27:46	Garry Wise	61	NT
15	3:50:59	3:10:57	Darren McClellan	35	NSW	55	4:22:42	3:29:56	Peter Field	50	VIC
16	3:51:45	3:13:19	Greg Love	53	NSW	56	4:22:43	3:31:25	Bernie Norris	35	QLD
17	3:52:21	3:13:43	Trevor Fairhurst	37	ACT	57	4:23:28	3:37:12	Paul Every	43	NSW
18	3:53:41	3:10:31	Dean Dyer	37	VIC	58	4:23:40	3:43:53	Graham Robertson	53	QLD
19	3:53:54	3:11:02	Andrew Tracey	47	ACT	59	4:24:26	3:41:23	Chris Yates	32	NSW
20	3:56:41	3:16:32	Bruce Renwick	60	NSW	60	4:24:31	3:34:34	Kim Cook	52	NSW
21	3:58:19	3:13:29	Neil Anderson	43	NSW	61	4:26:14	3:38:09	Edward Wilkinson	30	ACT
22	3:58:57	3:14:37	Mick Corlis	49	ACT	62	4:29:24	3:46:34	Jiri Janicek	57	NSW
23	3:58:58	3:13:36	Stephane Airiau	31	VIC	63	4:29:53	3:48:28	Duane Rek	44	VIC
24	4:00:46	3:13:11	Adam Carter	35	NSW	64	4:33:21	3:47:57	Graham Ridley	46	NSW
25	4:01:16	3:22:49	Kerrie Bremner	42	F ACT	65	4:34:32	3:41:17	John Borg	59	QLD
26	4:02:36	3:22:15	Lisa-Anne Carey	32	F NSW	66	4:36:47	3:51:04	Emily Novak	26	F NSW
27	4:03:06	3:13:59	Gary Pickering	52	NSW	67	4:36:57	3:48:14	Sven Rees	27	NSW
28	4:03:46	3:25:26	Matt Hegarty	38	NSW	68	4:37:30	3:43:18	Sebastian Warmerdam	47	NSW
29	4:04:10	3:18:15	Glenn Lockwood	44	NSW	69	4:37:47	3:59:59	Philip Murphy	39	NSW
30	4:04:18	3:23:41	Grant Czartowski	22	NSW	70	4:39:39	3:54:48	Caroline Jones	30	F NSW
31	4:05:18	3:27:51	Michael Kerr	43	NSW	71	4:39:39	3:54:48	Barry Golding	55	NSW
32	4:06:25	3:26:18	Joanne Barton	41	F NSW	72	4:42:05	3:57:13	Luke Crozier	30	VIC
33	4:08:15	3:28:23	Otto Ruettinger	33	NSW	73	4:42:57	3:55:52	Sharon Callister	47	F NSW
34	4:09:15	3:19:31	Matthew Robbie	23	NSW	74	4:43:44	3:44:03	Chris Huet	38	ACT
35	4:10:43	3:13:39	Peter Clarke	57	ACT	75	4:47:34	3:47:02	Shane Rickerby	31	VIC
36	4:10:43	3:29:03	Ngoh Ngoh Nestor	44	F VIC	76	4:48:46	4:02:44	Dean Harris	30	NSW
37	4:12:15	3:26:43	Jennifer White	35	F NSW	77	4:49:41	3:58:33	Doug Stokes	55	VIC
38	4:12:22	3:30:43	Vass Vassiliou	51	NSW	78	4:50:43	3:57:49	Scott Williams	34	NSW
39	4:13:01	3:30:25	Aaron James	27	NSW	79	4:50:46	3:58:33	Robert Boyce	46	VIC
40	4:13:11	3:30:37	Deanne Nobbs	39	F VIC	80	4:50:57	3:58:33	Paul Ban	53	VIC

Place	50k	Marathon	Name	Age	State	Place	50k	Marathon	Name	Age	State
81	4:54:49	4:08:25	Marlon De Silva	35	NSW	99	5:30:16	4:21:11	Terry Maidment	57	ACT
82	4:56:36	4:00:53	Laura Marshall	31	F ACT	100	5:34:21	4:23:31	Graham Osborn	61	NSW
83	4:56:42	4:03:35	Dee Duncan	53	F NSW						
84	4:57:05	4:05:56	Tony Shaw	37	NSW	101	5:40:18	4:44:26	Stephen Reynolds	55	NSW
85	4:58:43	4:07:58	Steve Kibble	44	NSW	102	5:41:02	4:31:33	Glen Giddings	38	NSW
86	5:00:22	4:11:21	John Dean	63	VIC	103	5:46:23	4:41:31	Trent Direen	45	NSW
87	5:03:22	3:58:24	Olivia Collier	32	F NSW	104	5:47:23	4:45:11	Ken Smith	48	VIC
88	5:07:11	4:04:09	Richard Hillman	50	NSW	105	5:50:31	4:48:40	Michael Turnbull	57	HKG
89	5:09:37	4:06:58	Colin O'Donnell	37	NSW	106	5:52:17	4:32:32	Caroline Campbell	65	F ACT
90	5:10:03	4:31:09	Keith Hong	31	NSW	107	5:53:47	4:59:52	Nick Drayton	51	NSW
91	5:12:23	4:01:32	Matthew Toohey	32	ACT	108	5:59:09	4:54:56	James Doyle	63	VIC
92	5:13:49	4:15:12	Billy Pearce	43	NSW	109	6:07:06	4:40:46	Lourdes Kellam	40	F USA
93	5:15:38	4:15:22	Kaye Ervin	45	F VIC	110	6:13:39	5:04:41	Julie Cole	38	F NSW
94	5:16:19	4:16:36	John Fairhurst	65	UK	111	6:13:40	5:04:41	Stuart Cole	41	NSW
95	5:16:29	4:23:59	Angela Grattan	59	F QLD	112	6:19:22	5:08:45	Sharene Hurnen	38	F NSW
96	5:19:19	4:00:58	Stuart Price	32	NSW	113	6:20:13	5:12:11	Geoff Russell	56	NSW
97	5:19:19	4:01:47	Erin Kreiss	29	F NSW	114	6:52:42	5:27:38	Lachlan Lewis	70	ACT
98	5:27:11	4:20:42	Pria Crofskey	28	F NSW						



## Coburg Six Hour Championships

Sunday 30 March 2008

Harold Stephens Athletics Track, Coburg, Victoria

### Results

#### Run Women

1. Jane Sturzaker 58.430km
2. Michelle Thompson 57.596km
3. Kaye Ervin 54.200km

#### Run Men

1. Danny Hawksworth 77.802km
2. Robert Boyce 66.907km
3. Malcolm Gamble 65.302km
4. Garry Wise 64.253km
5. Colin Brooks 61.748km
6. Allan Devine 61.227km
7. Ken Marsh 59.745km
8. Lawrie Lolait 58.106km
9. Trevor Marsh 57.132km
10. David Brelsford 53.008km
11. Paul Monks 48.504km
12. John Timms 23.600km

#### Walk Women

1. Karyn Bollen 46.182km
2. Dawn Parris 43.737km
3. Sandra Howorth 38.491km

#### Walk Men

1. Terry O'Neill 52.983km
2. Clarrie Jack 47.046km
3. Steve Jordan 45.043km
4. Alex Poore 44.165km
5. Rudolf Skrucany 42.976km
6. Ken Carter 28.913km

### Report by Race Director, Tim Erickson

This year, responding to the increasing popularity of our event, we split the Coburg 6 Hour Championships off to a separate date - Sunday 30 March.

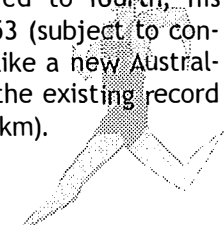
The day was perfect for ultra running with cool overcast conditions for the 9AM start and temperatures that stayed in the mid teens for the duration of the event. Conditions threatened to worsen at various times during the 6 hours but any rain and wind seemed to bypass us.

Of the 31 entries (21 in the runs and 10 in the walks), 24 made it to the start line and 23 finished the event.

Essendon Harriers runner Danny Hawksworth made his intentions clear from the start, heading out briskly and maintaining his form superbly through the early hours. He passed the marathon mark in just

under 3 hours and looked set for a distance well in excess of 80 km. Unfortunately, he slowed in the second half but still won convincingly in the wonderful time of 77.802 for a new Championship record.

Last year Danny won our 6 Hour event with 72.146 km so this year's winning distance was an improvement of over 5 km and pushes him right up in the all-time 6 Hour run rankings. Behind him, Garry Wise held second place ahead of Robert Boyce with lots of runners close on their heels. Eventually Garry slowed and that left Robert to come through and take second with 66.907 km. Third place went to Malcolm Gamble who had been back in 8th place at the 3 hour mark before storming home with a negative split second half to record 65.302 km. Although Garry Wise slowed to fourth, his distance of 64.253 (subject to confirmation) looks like a new Australian M60 record (the existing record stands at 63.600 km).







## *it was Jane who eventually forged the winning break and took the the honours*



In the women's run, little more than 1 lap separated Jane Sturzaker and Michelle Thompson throughout the event but it was Jane who eventually forged the winning break and took the the honours with 58.4300 km as against Michelle's distance of 57.596 km. Kaye Ervin, running her first track ultra, took third in 54.200 km.

In the men's walk, Terry O'Neill and Clarrie Jack battled it out for the first 3 hours before Terry eventually broke free. From then on, it was plain sailing for Terry as he powered home with 52.983 km for a new Coburg Championship record and a new Australian M50 walk record. Clarrie hung on for second with 47.046 km ahead of Steve Jordan who walked a big PB with 45.043 km

In the women's walk, Karyn O'Neill (used to be Karyn Bollen until she married Terry just two months ago) was another competitor to do a big PB with her winning distance of 46.182 km. That made a walking double for the two newly weds. Dawn Parris walked fantastically to take second place with 43.737 km ahead of AURA committee person Sandra Howorth with 38.491 km.

### **Report by Kevin Cassidy**

Indicative of the current ultra boom was the necessity for the Coburg club to stage the six hour option of their successful 24 hour carnival as a separate event. Such was the influx of entries, the six hour option was staged three weeks prior to the main race. Several of the more committed ultra nuts seized the opportunity to enter both. One suspects that they should BE committed!

24 runners and walkers assembled at the start with Danny Hawksworth rocketing off faster than a parking officer issuing fines. Powering through the marathon point in less than three hours, Danny showed no signs of fatigue as he fed constantly on a kaleidoscope of energy

inducing beverages being studiously prepared by his father, Trevor. An obvious cricket fan, he celebrated his 100th lap in the tradition of Don Bradman by waving a cricket bat and cap. All we needed was the presence of 50,000 drunken morons along with a poker faced Richie Benaud and the replication of the MCG would have been complete.

In the walk, it was long time legend, Clarrie Jack and Terry O'Neill who went toe to toe for the first half. Also setting a cracking pace was Karyn Bollen.

Amongst the more auspicious occurrences was the "odour problem" that emanated from the sewer main at the far end of the track. To borrow a line from the movie "Kenny", it was a smell to outlast religion. In a decision that could hardly be described as astute, one crew set up camp less than five metres away. How their lungs and nasal passages survived the aroma assault remains a mystery!

Approaching the three hour mark, a nearby neighbour felt it to be an opportune moment to remove several trees from his property. The ensuing roar of machinery was louder than a John McEnroe tirade. Even the residents of the local cemetery are believed to have complained.

As expected, the second half was where the moves and drama unfolded. With Danny having cleared out in front, the campaign for second to sixth places was very close. Robert Boyce and Malcolm Gamble had barely a whisker between them while Garry Wise, Colin Brooks and Alan Devine all remained close and finished solidly.

As far as contests go, the duel amongst the women was beyond comparison as Jane Sturzaker and the tenacious Michelle Thompson wrestled for the lead over the final hour. Jane hung on by a mere two laps.

The walkers also dished out an abundance of action with Terry pulling away from Clarrie to win by a substantial margin and exceed 50 kilometres in a performance that had him passing several runners in the final 30 minutes. Terry's new bride, Karyn Bollen, made it a husband and wife double with a solid win amongst the women. Terry and Karyn first met on this track two years ago. It was somewhat symbolic that their first event as a married couple occurred at the same venue. Watch for the name "Karyn O'Neill" at future ultras. Second in the walk was long time ultrarunning legend, Dawn Parris.

"I can't run anymore, my knees are gone", Dawn lamented as she dropped her finishers sand bag.

"I'd forgotten what it was like", moaned a weary Sandra Howorth after her first ultra in two years.

Garry Wise always performs with consistency and seemed unruffled with his thoughts the he had "faded a bit".


Paul Monks gave a laconic smile and affirmed his run as being "a bit of fun".

Despite his huge win, Danny Hawksworth pondered thoughtfully before declaring that he was "reasonably happy" in a tone of voice that suggested he had planned to go a little further.


Kaye Ervin was under no illusion. "I'm gunna have nightmares about this frickin' red track", she laughed.

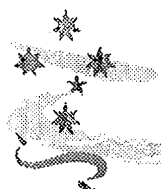
"Always the bridesmaid", was Michelle Thompson's philosophical observation of her third consecutive second placing in six hour events.

In the final wash up, and yet to be ratified, it appears that a couple of national age group records have fallen at the hands of Garry Wise and Terry O'Neill.



*Jane hung on by a mere two laps*





# The Prom 100

Wilsons Promontory National Park, Victoria - Saturday 3rd May 2008

## Results

### 100km

1. Chris Wight	11:18
2. Andrew Hewat	12:52
3. Lachlan Fraser	13:30
4. Michael Lovic	14:35
5. Nick Thompson	15:52
6. Brett Saxon	17:56
7. Amanda Allan [f]	22:12

### 80km

1. Paul Monks	9:11
2. Kelvin Marshall	11:21
3. Kim Cook	11:32
4. Richard McCormick	12:39

### 60km

1. Malcolm Gamble	8:08
2. Peter Bignell	8:56

### 44km

1. Robert Boyce	5:17
2. Peter Mullins	6:40
2. Graeme Kirkpatrick	6:40
4. Paul Ashton	6:51
5. Kate Sanderson [f]	7:13
6. Justin Sholtz	8:45
6. Sharon Sholtz [f]	8:45
8. Rudolf Skrucany	11:02
9. Peter Gray	11:04

## Report by Richard McCormick

I keep forgetting how great (but tough) the Prom run is. I did the 80km in 12.39 and was blown away by the scenery. I had a couple of bad patches around 40km but picked it up nicely after 60km to finish strongly some 40 minutes after dark. I think I counted 9 sandy beaches I ran onto for the 80km course. Weather was good, cloudy cool with some showers, maximum was 15c according to weatherzone.

After a slow start up to the Mt Oberon carpark I made up some good ground to Sealers Cove (7.45am) and ploughed straight through the creek. I didn't worry about wet feet on this one as I was keen to get back before dark. Passed Paul Ashton, Peter Mullins and Brett Saxon coming out of Sealers and didn't see anyone else until coming into Roaring Meg some 26km later.

Every beach was like being in heaven although the weather could have been a few degrees warmer. The water and unspoiled beaches (except for a few runners footprints ahead) was like being on a remote island in the Pacific.

I had a bad patch around telegraph track junction (10.40am) and slowly made my way to Roaring Meg. I didn't get any extra water at half-way hut as I knew there were places to refill due to the rain later on.

Kim Cook was running toward me near Roaring Meg (39km) and I'm sure he was going the wrong way as he was supposed to be doing the 80/100km, not the 60. He re-joined me on the way to South Point when Amanda Allan (who started early), Michael Lovic and Kelvin Marshall passed me on their return about an hour ahead. After having not seen anyone for hours Nick Thompson also passed coming back out of South Point. Such remoteness but so many runners.

It was great to get to South Point. It was the first time I'd ever been there and funnily I always thought you could touch the water at the southern most tip of mainland Australia but the sign is actually higher up on a rock and I wasn't game enough to get off it down to the waters edge. Now the slog back to Roaring Meg and the Lighthouse. Passed Brett who was about 20 minutes behind on his way to South Point and he looked pretty happy with camera in hand.

Had a reasonable run to the Lighthouse just after 2pm and it was quite amusing to see a guy mowing the grass in a remote part of Aust. Nick passed me going the other way coming out the Lighthouse and mentioned he saw a tiger snake, hard to believe I thought given the weather, but I was on the lookout just in case. Nice water refill there but couldn't stop too long as it was quite cool with some wind. I was keen to get back to Tidal River by

6pm to avoid negotiating that famous Oberon beach exit before dark.

I did a lot of power walking up that nasty climb back to Waterloo Bay and refilled my bottles at a small waterfall just before getting onto the beach. No sight of Brett behind but caught up to Amanda here on the beach who said that she started the night before.

The last 20km of this course was great for me, no wind, no rain and I could jog nicely. The only trouble I had was a stiff neck probably from carrying the pack. Brett was somewhere behind maybe 10 to 15 minutes as I left Waterloo Bay but had no idea where the other runners were in front.

The sun was setting as I got out of the scrub onto Oberon beach and it was nice to find the beach exit across the creek in daylight, although more wet feet. Rounded the next corner and I could just see the Little Oberon Bay beach exit. This was where other runners in the past had trouble at night. I must have had a good run as I was going to do it without a headlight. I scrambled off the beach in fast fading light at 6pm and turned on the headlight. Just a few kilometres to go now in the dark, no worries. I had to walk the last few kms as the rocks on the track made it tough going at night and I certainly didn't want to trip some 78km in. I rounded the final corner before Tidal River had a look back to see if Brett was in sight. No light, so I kept moving on, heading up Norman Bay beach following the other footprints and came into the finish at the carpark just as Nick was heading out for his final 20km of the 100.

I was pretty happy with the run in 12hrs 39min. Next time I'll make it back in daylight! A hot shower and barbecue finished the day off nicely. Thanks to all the other runners for making the prom weekend such a good one.

## Report by Brett Saxon

As a Kid growing up in the country (Euroa) I wasn't fortunate like many Melbourne Kids to do the family holiday at Wilsons Promontory.

So the trip down on Friday was to be my first chance to experience this wonderland I have heard so much about. I had seen the mountain ranges from a distance from trips through East Gippsland, but that's as close as I have got to experiencing it.

Granted, the normal average person goes to the Prom for a relaxing holiday not to circumnavigate the southern section of it in as few hours as possible.

As a relatively new Ultra Runner and despite having run a few challenging runs over the past 6 months, I was rather nervous about the challenge of taking on the mighty Prom.

Perhaps the two greatest fears were the predicted violent weather conditions that Whippet had seemingly been wishing upon all who ventured to these hallowed mountains, beaches and valleys and the thought of going down a wrong trail and turning a 100Km event into something greater along with some challenging night time navigation all built up the anxiety levels.

So to counter Andrew Hewat's continual reminders of pending doom on the weather front, I approached the big guy up stairs to see if he could deliver something a little more conducive for a runner about to do his "Prom". And for those who doubt I would have to say my request was granted and considering the past events at the Prom, a near perfect autumn day was duly delivered.

Friday arvo saw us arrive later than planned, my wife Robyn and I quickly setup the tent after a brief greeting from Peter Mullins while Sarah, Tom and Matt climbed trees and played with the wildlife. Runners started arriving around dusk and by night fall there was a good gathering, it was great to meet some of the people you chat to on the forums. Finally putting faces and real names to their on-



*Above Refuge Cove*

line names was great. It's sometime hard to know if you are conversing with a Dog, Vegetable or a Grub, so it was great to meet the humans behind such names.

After much chatting about running in general it was time to get to bed early, well 11pm is early for me. My very supportive wife Robyn attended to my feet that still had several layers of Skin missing from my 100 miler and Oxfam in the previous 6 weeks. Finally in bed after midnight. I was woken about 4am, probably by some wildlife considering an assault on our tent. I couldn't get back to sleep so started getting ready.

Others started surfacing and cars arrived with those who stayed out of the Prom in more luxurious accommodation. Before long the RD calls 5 minutes till race briefing. The weather was very cool but dry as we were given last minute notes from the RD. With all lined up at the start we had our night vision removed by the flash of the cameras and smack on 6am, we were away. For the first 20 metres, I led the whole field, that was never going to last. I settled in to a comfortable groove as we wound our way out of the Tidal River camp ground and up to telegraph saddle while spending some time chatting with my fellow runners. The rain began to fall and the temperature dropped a little as we gained altitude.

We reached the telegraph saddle car park and those of us bunched up started to spread out, Andrew Hewat took off like, well a whippet and that was the last I saw of him. With some pre race discussion about getting the track wrong here I was very determined to follow the instructions carefully. As it turned out there was no need, it was really obvious which way to go. What happened Kelvin? The sign clearly states Sealers Cove this way?

We headed out the sealers cove track and continued winding our way around Mt McAlister. Over the following 10Km, the track varied from your typical bush packed sand trail to the lush moist rain forest track covered in various debris. Whilst the track was undulating it was more down than up and a real pleasure to run on. Head torches were still required as the morning light was unable to filter through the thick over head forest.

Having run for a while chatting, I decided to take up the offer to pass and stretch it out a little. The scenery beckoned for a photo so I stopped and snapped a couple of pictures. I could hear the others coming so had the camera at the ready, as they appeared out of the lowly lit trails from behind some ferns I let fire with the camera flash, momentarily blinding them and almost bringing them crashing down the trail. Sorry guys, I promise it was not a tactic to gain an advantage. Continuing



on, I thoroughly enjoyed the slightly down hill winding section and on the boardwalk. This is where I met up with Nick. I ran ahead for a while to get a picture of Nick coming down the track. Despite the chicken wire on the timber boards it was quite slippery under foot and hard to apply power for fear of spinning out. Eventually the boards finished and we were delivered from the rain forest like canopy on to the open beach of sealers Cove.

Nic was disappearing off in the distance, I grabbed some more pictures of the tranquil bay, it was so peaceful. No waves washing ashore, you could hear your heart beat. Running the beach soon brought sealers creek into view, it was wider and deeper than I had hoped but I wanted dry feet, so I dragged out a couple of garbage bags, one for each leg. I climbed in and waded out; the water was knee deep but not too deep to spill over the bag. A successful crossing was made, very

down the mountain behind. At the southern end we took a break to fuel up on some food and water at the same time waiting for Paul to complete the beach section having now appeared in the distance.

I was invited to run on ahead given there were no real navigational issues from here, but I was quite happy with the pace and the company and stayed with the guys, I don't think I could have gone much quicker anyway. We left North Waterloo and headed inland. The trail was narrow and winding. After the initial ascent it was a fast descent that brought us out onto little Waterloo Bay. After negotiating a small stream it was on the sandy beaches again. A quick stop for a photo then off onto the trail above the sand line. We were now on the Waterloo Bay Boulder Walking track that cuts right across the lower section of the Prom. The trail is a mixture of narrow rutted sections and soft sandy sections with the occasional board

junction where I was due to leave the main track for the old walking trail that followed the old telegraph poles. I expected the remainder of the run would be a peaceful lonely trek as it was unlikely I would see any of the lead runners ahead, perhaps with the exception of crossing paths with any of the 60K runners who would eventually be coming up the track in the opposite direction. The telegraph trail was fantastic to run on, plenty wide enough and quite smooth. The devastation of recent bush fires meant that many young trees were now just ghostly sticks on the landscape. But as nature does its thing, the new growth was really taking off and made for a very interesting landscape of lush green and dead grey timbers. After several kilometres I crossed paths with Malcolm Gamble, a brief chat and we continued our separate ways.

After negotiating the telegraph track

### *The track was suitable for vehicles now and made for some easier running*

happy as were my feet, unlike Paul Ashton who kamikaze like took on the deepest point almost requiring a few freestyle strokes to make it across. Peter Mullins followed but in a more controlled fashion. Graeme arrived having made a slightly later start and did the next best thing, removing shoes and socks.

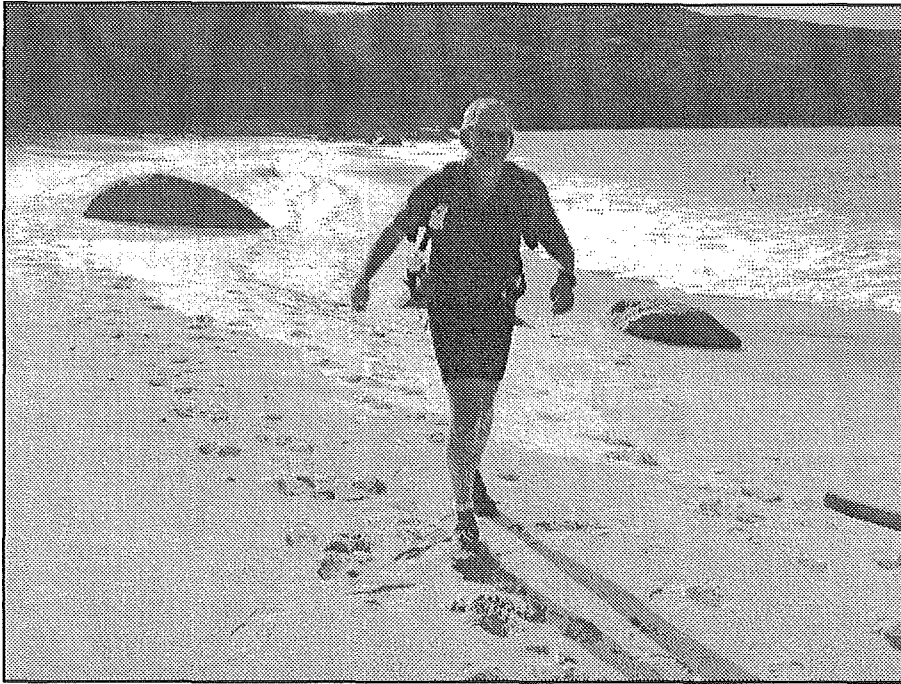
From here on we hooked up as a group and enjoyed each other's company. It was great to be a small group and share the views and experiences. We continued on the trails and beaches taking turns at leading the way. The trail and beaches continued to be a magical place to run. Although the early pace was not that hard it just didn't feel like I was out running a 100K event. After many climbs and descents along the trail and the rather steep climb over Kersop Peak we were able to enjoy a lengthy downhill winding section that eventually brought us onto North Waterloo Bay beach. Yet another beautiful but different to the previous with finer sand and more compact making it easy to run on. Peter and Graeme were up ahead while Paul was still making his way

walk built through the low lying wetlands. So far I was on schedule with my estimated times and if all went well Robyn and the Kids would meet me at telegraph track junction. Finally arriving at 11:05 Peter, Graeme and I signed the checkpoint book. I gave Robyn a call to see if they were coming, but they decided to turn back as they didn't think they would have made the junction in time, as it turned out they would have but it would have been a tough walk for the kids. We topped up our fuel and headed our separate ways as Paul and Graeme continued on the 44K loop while I headed south for the 100K.

The track was suitable for vehicles now and made for some easier running. Knowing there was a toilet available at Half Way Hut I ran until it came into view. The hut itself is really just a shelter that I am sure is put to good use by many a bush walker. A new toilet facility recently built was found further south and was put to good use. Joining back with Telegraph track it proved to be a real slog as it was all uphill until the

through semi open landscape I eventually arrived at Roaring Meg junction in the heavily forested woods of the south of the Prom. Bursting out of the bush I was surprised to see Kelvin, Peter Bignell and Michael Lovric fuelling up. Roaring Meg is the junction that takes you to the southernmost point of the Australian Mainland. After receiving some directions from the others, I headed south for the out and back journey of approximately 8Km. The path was narrow and undulating and at times wet. The southern ocean was in view for much of the trip. The elevated sections revealed the rugged south coast with views to the East and West. Several islands came into view also. I passed Nick, Kim and Richard McCormick on their return leg to Roaring Meg. I didn't realise I would be so close. I pushed on to the southernmost point only pausing for the occasional photo. A quick photo at the most southern point and I began the return journey to Roaring Meg.

Having made some good time and now aware that others were not all



*Paul Ashton*

that far ahead I kept a steady pace on the return to the junction arriving only 22 minutes behind schedule. I had noted the time when Richard passed me and was only 20 minutes behind him. This spurred me on as I was sure I would be well behind the rest of the field. A short break to take on some more food and I set out for the light house. I remembered Whippet had described this part of the course as relentlessly undulating, so prepared myself for a hard slog. I was running low on water and was reluctant to take from the creeks. I rationed my intake planning to fill at the light house. After several climbs and descents on a firm trail I found myself at the junction of the main telegraph track 4 wheel drive road. This brought to an end a tough section and provided for some flatter running where the pace could be increased.

It wasn't long before the 4 wheel drive track ended and I found myself back on a narrow trail running through the bush. The southern coast was now back in view along with the light house that was the next port of call. The trail was fast and generally downhill making it very enjoyable. I was feeling really strong having now passed the half-way mark. Again, only a brief stop for a photo or two and I pushed on. Coming to the junction, I took a right turn to the light house and was

expecting to see Richard coming toward me anytime soon. I could see from an earlier section that there was a steep climb to be negotiated to reach the light house and man was it steep. About half way up I met Richard coming down. A brief chat and Richard was feeling the cold and needed to keep moving. I pushed on now in need of water and a visit to the men's room. Arriving at the lighthouse and the customary hand on the door was quite a relief as now the journey was all in the direction toward base camp with every step getting me that much closer. A check on the clock indicated I had made 10 minutes up on Richard, but a toilet break and water refill would prove to cost me the time I had made up.

Arriving 21 minutes behind my estimated schedule I had now dropped back to 30 minutes which would indicate my goal to get back to base camp in daylight was slipping away. With back pack on, I tackled the steep descent from the lighthouse at a slow pace as any faster would prove disastrous if one was to fall. On reaching the bottom at the helipad I pressed on up the trail, knowing it was unlikely I would see anyone again until I made it back to base camp at the 80K stage.

The South East Coast of the prom is very rugged, the trail is narrow and very wet as at this time of year

it see's very little sunshine. The views as you climb and descend of the various bays are magnificent. Although rugged there was still a variety of scenery to admire from the lower lying rain forest type areas to the high plains with rocky outcrops. This area had also seen bush fires in recent years and the scars remained. The new undergrowth was thick and lush proving nature's amazing powers of recovery. About 5Km in to this leg I was somewhat startled to run into a young female hiker coming the other way. She seemed ill prepared to be out there but assured me she would be fine as she was returning to the lighthouse after a day trip to Waterloo Bay. She mentioned she had seen most of the 100K runners before me and that the nearest was about 30 minutes ahead. I informed her I was the last of the runners and pushed ahead. After a long hard slog I took a short break and ate a peanut butter sandwich and some fruit mix nuts along with some sports drink. Now almost at the top part of the trail around Mt Boulder, I was able to put some good speed together. The trail offered a clear and smooth surface of hard sand along with some rocky outcrops adding some technical challenges to safely negotiating the upcoming descent. Finally Waterloo Bay came into view and the long expanse of the white sand that runs between the two mountain ranges was a fantastic sight. This view also provided me with a boost as I was able to see two figures making their way along the sandy beach. I figured it had to be Richard and Amanda. Amanda had left the night before and did the last 20K first as she needed to test her recovery from a recent operation. So her 100K would finish at my 80K point. With this added spur I picked up the pace and almost recklessly began the chase downhill. If Richard was aware I might be coming I figured I would be well hidden by the trees and rocks. With the sun now in full view as the flat land provided an uninterrupted view to the West I was feeling warmer and revitalised. Ever more conscious that it was setting quickly I was determined to make the west coast in daylight. Having now put the descent behind me, I charged through the narrow track that lead to the sandy beach.

## *The western sky was filled with orange and red*

Bursting on to the soft sand I made my way to the water's edge where firm footing could be gained. Several footprints were present and by the stride pattern they had to be runners. I picked up on what I thought was Richard's prints and kept them in view thinking they would help me find the exit point from the beach. However, I followed the wrong tracks and found myself attempting to exit the beach via the scrub. Worst was to come as I lifted myself up a sandy embankment, my groin was to feel a sharp pain in both sides. I have experienced this before and had to tread carefully as any effort to lift myself up by my legs would be very painful. Very short steps were the order of the day for any inclines ahead of me.

I headed back down to the water's edge and continued along the beach eventually finding the very obvious exit point. Now back on the trail I had already travelled earlier, I set about catching Richard and Amanda. This would be difficult with my groin problems but so long as I kept moving it was Ok. Not sure if Richard would stay with Amanda, I gave whatever I had left in my tank to try and run him down. After negotiating the board walks and sandy trails the junction came into view. I caught the flash of a red figure heading off from the junction to find it was Amanda. I called out to see if I was definitely the last to sign off. I was, so I collected the sheet and set out in pursuit of Amanda. Much to my surprise she was setting a cracking pace and it took me a Km or two to catch her. The light was fading and I was in some doubt about the creek crossings and finding the paths. I was in two minds as to whether I stay with Amanda who knew the way having done several Prom runs before or head on and hopefully not get lost. Amanda assured me she was fine albeit feeling pretty crap and gave me some hints as to what to look out for. So I took off in pursuit of Richard who she indicated was running well now and was well ahead. After a few Ks of soft 4 wheel drive trail running I came onto Oberon Bay. The sun was well on the way to disappearing over the horizon and light was fading fast. Knowing there was

another water crossing at the end of the beach I put the foot down and made reasonable time. The tide was out but the crossing was wide albeit it shallow. Still I wanted dry feet for the remainder of the challenge. I dropped the back pack removed the plastic bags, stepped into them and waded across, yet another dry successful crossing and in reality very little time lost. I took on some more food in the form of a GU gel and some water. The western sky was filled with orange and red dispersed among the distant cloud formation so I grabbed a quick photo then placed the head torch on, grabbed a hand held torch and quickly found the trail exit from the beach now in darkness.

The clock having now clicked past 6pm, I was now about an hour behind schedule with two more mountain trails and two beaches to negotiate. The new target was to arrive back at base camp by 7pm. I started the journey climbing around the base of Mt Oberon, constantly looking for a light on the beach below to see if Amanda was in view behind me. There was no light to be seen, later I found she took a break for a while delaying her entry onto the beach. I focused on the trail as it climbed around to little Oberon bay. The sounds of waves crashing could be heard below but in the darkness there was no way of knowing how far below they were. Now running in the void of my head lamp it took all my concentration to not trip over the smallest of rock or root. My perception and depth of field were letting me down also which slowed progress a little. Eventually, the trail brought me to a soft sandy beach with waves seemingly roaring in, I'm sure it was quite calm really but the still night seemed to amplify the sounds of nature. Picking up on more shoe prints, I made my way along the beach mindful of the need to find a reflective arrow on a large rock to show the way off the beach. Approaching the western end, my torch light caught the arrow, much to my relief. I scampered between two rocks and made my way to the exit and picked up the trail. Now with only little Oberon to navigate, I was on the home stretch

to base camp. Realising I was unlikely to catch Richard, I focused on my footing and charged on. Mindful that at some point I needed to take the beach exit and not the trail into Tidal River camp ground. The weather continued clear but cool and the rain had been absent for many Km's. As I round Little Oberon, I glimpsed the occasional light from the camp ground. The trail continued mostly downhill and with many rocks and turns to manoeuvre around. Finally, I came to a beach exit point with the obvious trail heading right, unsure if this was the point to head for Norman beach or if a little further down there was a beach entry point, I headed right with some doubt and after 300M back tracked and connected with the beach. With my dull torches, it was hard to work out just how far the beach went for and where the exit points were. I had planned on running to the very end and at worst could back track a little to the last pathway to the camp ground. After what seemed an eternity I picked up exit No 2 and was relieved to be on the roads of the camp ground. I rounded the corner and had the HQ tent in sight. The other runners caught site of my light and applauded me in. 80K down and 13 hours 5minutes on the clock, I was relieved to be back in civilisation.

I took the chance to take another toilet break and change some clothes before taking on the final 20K. I was amazed at how well my feet had survived given the two runs recently of 100K and 100 miles. My wife had done a fantastic job the night before taping my feet. She also cooked up some warm soup and repacked my back pack before heading out again. I got some useful hints from Andrew Hewat on how to access the various parts of the remaining section including beach exists. All of which proved very useful while my brain was still working. After about 40 minutes spent changing and refuelling, I headed out into the cool dark night. I had a pretty clear picture of where the course went from here but that didn't mean I wouldn't get it wrong at some point. I ran out of the camp ground along the shore of Tidal River and over the bridge. Taking a right turn over the bridge, I



set out for Lilly Pilly car park. It was to be an adventure in total solitude given all before me were either finished or well on their way. My only encounters were likely to be with wildlife and sure enough, just down the trail, I needed to give way to rather large lumbering wombat as it traversed the trail totally oblivious to my presence.

Arriving at Lilly Pilly car park I took the right path which I checked the day before when we arrived. The trail from here was very wide and runnable. Running off into the dark woods was a strange eerie sensation. My legs were very tired but in general I was feeling good. I ran for several Km's on a very flat trail then gradually, as it turned left, it started to rise. Keeping ever vigilant to ensure I stayed on track, my torch flicked from side to side looking for any alternative paths, fortunately there were none to have to decide on so I continued on. The climbing kept getting ever steeper and finally a sign to Mt Bishop came in to view. The trail narrowed and took on another level of grade. It was pretty much a walk from here to the top. After many twists, turns, rocks and roots to negotiate, I came upon the large granite rock that at first glimpse appears to be the top. Having been pre warned, I knew to cross the rock to the right side and continue on up the trail. A few more minutes and the trail ended at a large rock. In the black of night you could see the lights of the camp ground way down below. I removed my pack and took on some food then prepared for the descent. With tired legs and a torch light that was not overly bright, it would prove to be a very cautious return to the bottom of Mt Bishop. A few half trips later and another work out for the quads and I arrived safely at the junction of the trail that would see a right hand turn deliver me back to Lilly Pilly carpark. The trail was now wide and all downhill allowing me to maintain a steady pace. It was a relief to be back at the car park after the punishing climb and descent of Mt Bishop.

I ran straight through the car park to the main road, turned right and headed off for a 2K leg on bitumen before heading for Picnic Bay. The road started fairly flat then took a

downhill trend before a long uphill climb of moderate grade. Knowing I was approaching the point to exit the road, I was continually searching for the Wombat and Kangaroo sign that would signify the exit was near. A timber sign on the side of road would direct me to Picnic Bay car park that would lead me onto Picnic Bay beach. Andrew had pre warned me on what to look out for and I had checked the car park out the day before so I had a pretty clear picture in my mind of what was required but after 90Ks, that all seemed to go out the door. I found the sign that pointed me to picnic bay, but I took it literally and headed bush right where the sign was. I soon realised that there was no track then started getting confused. Taking the easy option I called Andrew for a recap. Then it all made sense, don't take the sign so literally. I continued on the road for a hundred metres and found the car park entry. I ran through the car park and on the track that lead to the beach.

Arriving on the beach I made my way to the water's edge and ran as best as I could with a plan to get to the end of the beach then back track to find the exit gate. Once the end of the beach came into view in my ever fading torch light I headed up the soft sand and found the exit point just as Andrew had described. The path was clear and well defined from here. Growing ever conscious of the time and my desire to complete the event in less than 18 hours, I pushed on as hard as I could. The climb out was fairly moderate and allowed for me to run all the way to Squeaky Beach. I came to a junction sign posted, took a right turn and arrived on Squeaky Beach. Strangely, I found it didn't squeak at all. I negotiated a very shallow stream that lead toward the water line and headed down the sand for the last time. It was amazing how the still night made the crashing waves sound ferocious when they were merely just rolling in with the tide. I continued on to the large rocks at the end, climbed over them and headed out the trail that leads off the beach. With just one more ridge to negotiate, the finish line was within reach but time was running out to achieve 18 hours. I dug deeper and picked up the pace. I had neglected to keep up my food and water over the past

hour but figured being so close I would be Ok. I eventually came to the junction leading to Pillar Point, took a right turn and charged off. Conscious of Andrew's warning not to attempt to go right to the end in darkness or I might disappear over the edge, I crossed the first group of boulders and continued a little then turned for home.

It sure was nice to now be heading in the direction of base camp. A quick check of my watch revealed I needed to get my pace under 6 minutes per Km to beat the midnight deadline I set myself. After an initial uphill, I found myself descending toward the bridge. It seemed to take an eternity to get there and when I did I almost ran by the turn. Once on the bridge, another time check revealed I had 6 minutes to cover the last few hundred metres. I ran along Tidal River then took the exit to the road. Ran the road to the car park, made a left and the base camp came into view. Much to my relief, several people had stayed up to greet me in. They spotted my lights and let out some cheers and offered congratulations as I arrived totally spent but extremely happy to have achieved 100K at the Prom. With Pack removed and a seat offered, I took in some more food and my favourite after run fuel sliced oranges. It was great that the guys waited up for me after their long days on the trail, we chatted briefly before retiring to bed. I took a long hot shower and actually felt quite unwell half an hour after the finish. Eventually getting my head on the pillow sorted that out and good night sleep had me waking in the morning ready to take it on again next year.

The Prom is an amazing place to hold an ultra event and with so many distances on offer, I highly recommend this run go on everyone's calendar for next year.

A huge thank you to Paul Ashton and Peter Mullins for all the effort put into running this event. congratulations to Chris on a great win and to everyone who achieved so much on the day. Merely finishing these events is a testament to the commitment and courage of all athletes. Thanks to all for their friendship, support and encouragement as I continue to learn so much from you about Ultra Running.

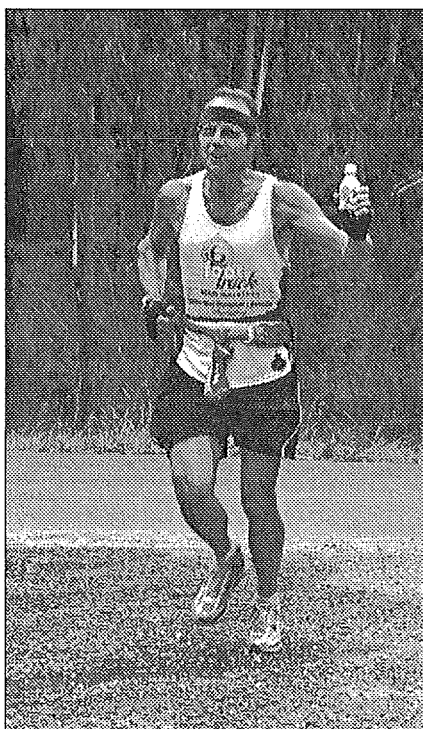


# Seventh Annual Walhalla Wound Up 50 KM

Central Gippsland, Victoria - 11th May 2008

1	Travis "Trout" Wayth [course record]	3:57:07
2	Julian Callahan	4:07:27
3	Stephen Callahan	4:09:28
3	Greg Love	4:09:28
5	John Duck	4:17:47
6	Rob Gray	4:17:56
7	Paul Monks	4:22:40
8	Sean Williams	4:25:20
9	Lachlan Fraser	4:44:02
10	IanTwite	4:46:02
11	Ian Clarke	4:46:51
12	Richard Comber	5:06:13
13	Kelly Duhig	5:06:40
14	Maureen Wilson [F]	5:06:15
15	Kevin Smart	5:07:37
16	Sharon Scholtz [F]	5:21:22
17	Bruce Salisbury	5:22:35
18	David Styles	5:31:49
19	Mark Peek	5:51:12
20	Barry Higgins	6:04:34
21	Ken Lancaster	6:06:40
22	Sue Smart [F]	6:22:56
23	Brian Glover	6:41:24
24	Peter Gray	9:54:26

*Lachlan Fraser*



## Report by Ian Twite

In perfect weather conditions a field of over 71 runners turned out to contest the three events on offer. Although the weather was perfect, runners had to contend with many trees across the walking track early in the race but this did not perturb the runners from producing first class times. In the 19km and 50km events the times of the first 10 runners in each of these events were a lot faster than the top 10 in previous years. The main highlight being the return of Bright's Trout Wayth who broke his course record set last year in the 50km event by 10 minutes. Another highlight was race director's Bruce Salisbury's effort to finally become a Walhalla Wally. A Walhalla Wally is someone who has completed five 50km Walhalla Wound-

Ups. Bruce has started in all seven but due to some stressful moments as race director failed to complete two of them. Mike Leaney, the proprietor of the Star Hotel did a great job starting the event and looking after the runners needs such as hot showers etc. He also provided accommodation packages for the 6 winners across the 3 events. For those who have never been to Walhalla there is no prettier or more peaceful place in Victoria. Its beauty is highlighted this time of year by its valley being in the full colours of autumn. The valley is narrow and is surrounded by steep hills and mountain sides with a small creek running down the centre. It has one main road that follows the creek with all the houses and businesses' hugging its edge. It is the perfect setting for three great events that take you on a challenging trek through its wilderness areas. Thank you Bruce for having the dream and Mike Leaney for helping him make it

happen and to all the friendly people of Walhalla.

The 50km event had its largest field of starters with 24 runners toeing the line. As mentioned, Trout Wayth set a new course record in achieving back to back victories. Second placegetter, Julian Callahan (1st vet male) was also close to the old record with his run and when



*Maureen Wilson and Sharon Scholtz*

Stephen Callahan and Greg Love finished, it was four runners under 4:10. Up until last year when Trout Wayth broke the 4:10 mark, no runner had broken that mark on this course previously. Now in one race, we had four runners under 4:10. The quality kept coming with eight placegetter Sean Williams running a respectable 4:25:20. Three female runners completed the course with Maureen Wilson winning from Sharon Scholtz and Sue Smart. Of the harriers, Ian Twite, Richard Comber, Bruce Salisbury, Barry Higgins, Mark Peek and Ken Lancaster all finished with regulars Brian Glover and Peter Gray putting in great efforts. With the absence of Rob Embelton, Kevin Cassidy and Kelvin Marshall, the streak of runners who had completed all Walhalla 50km runs came to abrupt halt. It was good to see David Styles back in their absence and hopefully next year all the Wally's can get together for another great Walhalla experience.



# BANANACOAST ULTRAMARATHON

## Grafton to Coffs Harbour [NSW].

83 Kilometres 11th May 2008

### Results

1. Kelvin Marshall 7:14:09
2. Glenn Lockwood 8:17:18
3. Robert Boyce 8:44:55
4. Bruce Webber 9:54:36
5. Meredith Quinlan [F] 10:12:50

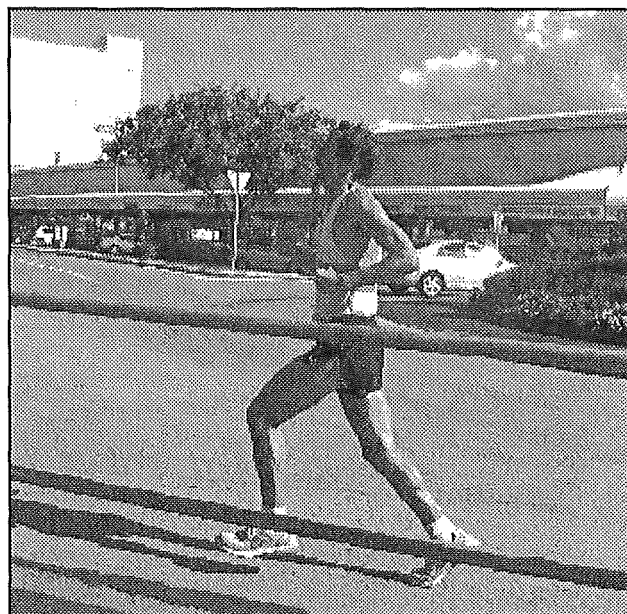
### Report by Steel Beveridge

Kelvin Marshall became the only man to post four wins in the history of the event with his victory in this year's edition of the Bananacoast Ultramarathon. He covered the 83 kilometres in 7 hours 14 minutes and nine seconds to add 2008 to his wins in 1996, 1998 and 1999. Arguably Australia's most prolific Ultramarathoner this event marked his 199th Ultramarathon. He intends to post number 200 next week with a 'little' 50 kilometres in the Glasshouse Mountains. The week before his run down the back road from Grafton to Coffs Harbour Marshall had competed in another 80km event in Victoria.

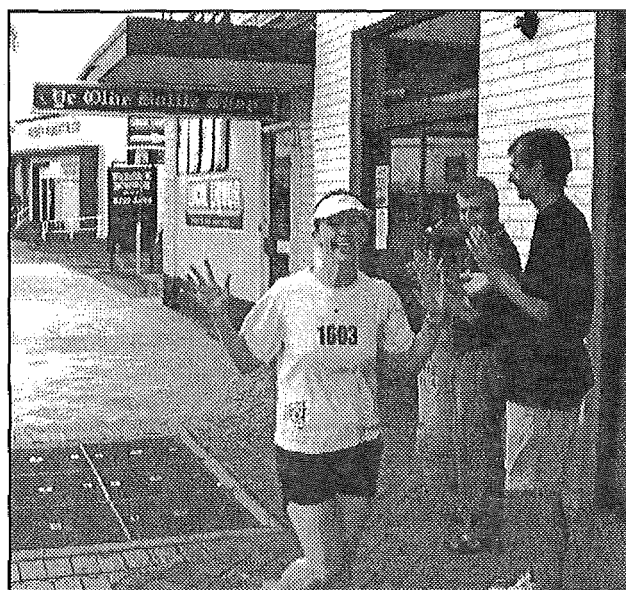
All of the above could also be said to be something of a 'warm-up' for the next couple of months when he will run an 1,100 kilometres stage race in France and a 135 mile race across Death Valley in the U.S.A. Marshall was not alone in making history in this year's Bananacoast event as Meredith Quinlan re-es-

tablished a female presence in the race after an eight year hiatus. She came to the run from a totally different perspective to all the men running especially Marshall. Firstly it was her first attempt at a distance longer than 45 kilometres and secondly she was the youngest in the field of six that set out from Grafton Post office at 6.00a.m. She began with the intent of keeping as close to seven minute kilometres as she could and her finish time of 10.12.50 showed that she dropped very little time in the later stages. She becomes only the sixth female to complete the full Bananacoast event.

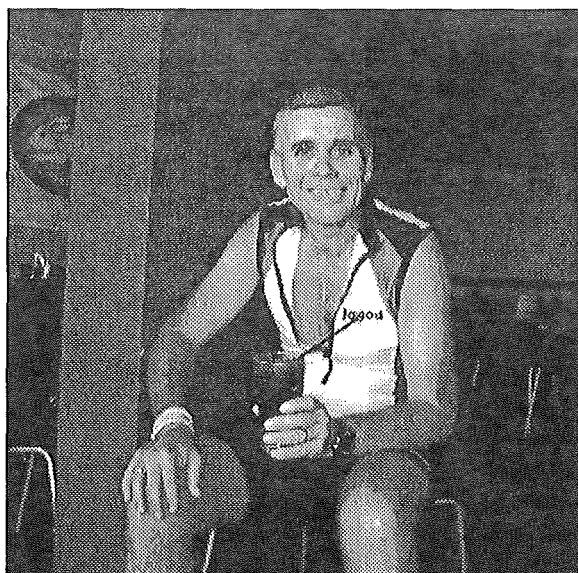
Second spot across the finish at the Coffs Harbour Hotel went to Glenn Lockwood whose time of 8.17.18



*Kelvin Marshall strides to the finish*



*Meredith Quinlan reaches the finish*



*Glenn Lockwood*

represented a massive personal best of one hour and 26 minutes. Third placed Robert Boyce, although an experienced Ultrarunner, was having his first attempt at the Grafton-Coffs run. He was a bit disappointed with his time of 8.44.55 but the time

on his legs should stand him in good stead for another tilt at the famous Comrades event in South Africa.

The final male finisher was Bruce Webber, another first-timer on the course, who finished his journey in 9.54.36.

It is worth noting that the times posted by all the men could have won the race on some other occasions.



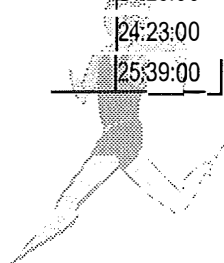


# The North Face 100km. Blue Mountains, NSW

17th May 2008

Results

1	Andrew Kromar	10:22:00	45	David Richardson	15:24:00	89	Wayne Davis	18:10:00
2	Tim Sloan	10:48:00	46	Craig Curtis	15:29:00	90	Matt Glen	18:11:00
3	Tim Cochrane	10:55:00	47	Dean Rivelli	15:29:00	91	Elliott Wise	18:11:00
4	Morgan Garandel	11:31:00	48	Beth Cardelli [f]	15:30:00	92	Dion Reeve	18:19:00
5	Mike snell	11:53:00	49	Geoff Evison	15:32:00	93	Jan Herrmann	18:29:00
6	Damon Goerke	11:57:00	50	Terry Coleman	15:39:00	94	Zachary Stone	18:36:00
7	Jono O'Loughlin	12:07:00	51	Gareth Thomas	15:39:00	95	Cory (Corinna) Newman [f]	18:36:00
8	John Mergler	12:23:00	52	Gus Olivera	15:41:00	96	Elizabeth Woodgate [f]	18:37:00
9	Mike Le Roux	12:37:00	53	Carrol Lapsys [f]	15:51:00	97	Laima Wayne [f]	18:37:00
10	Heather Logie [f]	12:45:00	54	Terry Meehan	15:52:00	98	Stephen Parry	19:02:00
11	Jonathan Worswick	12:45:05	55	Neil Hawthorne	15:52:00	99	Alistair Prebble	19:07:00
12	Dom Smith	12:45:05	56	Damian Wade	15:58:00	100	Richard McCormick	19:11:00
13	Peter Anderson	12:51:00	57	Nadine Mckinnon [f]	16:01:00	101	Christopher Dey	19:36:00
14	John Glen	12:52:00	58	Craig Sheffield	16:02:00	102	Ray James	19:37:00
15	Craig Glazier	12:56:00	59	Andrew Vize	16:14:00	103	John Nelson	19:41:00
16	Alistair graham	12:57:00	60	Steve TrÃ©mont	16:18:00	104	Guillaume Vautier	19:41:00
17	Chris Wight	13:04:00	61	Michael Hull	16:21:00	105	Alan Gibbons	19:42:00
18	Dearne Fulcher [f]	13:08:00	62	Peter Wilson	16:21:00	106	Stuart Cole	19:43:00
19	Jonathan Blake	13:25:00	63	Marcus Warner	16:32:00	107	Karen Cole [f]	19:47:00
20	Peter Young	13:47:00	64	Russell Trotter	16:32:00	108	Karen Pedley [f]	19:47:00
21	Philip Murphy	13:48:00	65	Keith Hong	16:37:00	109	Glen Cullen	19:52:00
22	Noel Annett	13:53:00	66	Darrel Robins	16:43:00	110	Rob Capewell	19:52:00
23	Sean Clauson	13:55:00	67	David Austin	16:48:00	111	Jane Wilson [f]	19:54:00
24	Mark Tucker	13:56:00	68	Peter Edney	16:59:00	112	Bethany Hall [f]	20:03:00
25	Michael Taylor	14:06:00	69	Gary Burgess	17:02:00	113	Gerry Quinn	20:31:00
26	Ian Wright	14:12:00	70	Rodrigo de Souza	17:04:00	114	Louis Commins	21:25:00
27	Wayne Gregory	14:17:00	71	Peter Wark	17:06:00	115	Emerson Hay	21:38:00
28	Brent Rayner	14:34:00	72	Lindsay Hart	17:06:04	116	Dominic Cadden	21:58:00
29	Kevin Heaton	14:54:00	73	Ivan Rea	17:12:00	117	Sharene Hurnen [f]	22:57:00
30	Andrew Hewat	14:54:00	74	Brian Cardelli	17:18:00	118	Craig Hughes	22:57:00
31	Justin Taylor	14:56:00	75	Rob Phillipott	17:18:00	119	Martin Dugdale	23:13:00
32	Rod Cutler	14:56:00	76	Raz Szpalinski	17:19:00	120	Danny Taylor	23:30:00
33	Malcolm Gamble	14:58:00	77	Dominic Sullivan	17:19:00	121	David Wynn	23:30:00
34	Rachel Waugh [f]	14:59:00	78	Gareth Parker	17:20:00	122	Peter Lockwood	23:30:00
35	Kim Cook	15:02:00	79	Natalie Jennings [f]	17:26:00	123	Stephen Lee	23:30:00
36	Lisa Nicholl [f]	15:03:00	80	Grant Bowers	17:32:00	124	Jon Gooding	23:36:00
37	Phillip Gatt	15:05:00	81	Benjamin Allen	17:34:00	125	Vic Anderson	23:44:00
38	Lachlan Dansie	15:09:00	82	Adam Carter	17:36:00	126	Belinda Lockwood [f]	23:44:00
39	Fleur Grose [f]	15:09:00	83	Bart Cupitt	17:48:00	127	Lynda Van Dyk [f]	23:44:00
40	Michael Handley	15:11:00	84	Paul Tinkler	17:48:00	128	Neil Walsh	24:23:00
41	David Cole	15:12:00	85	Daniel Wojciechowski	17:48:00	129	Mark Causer	24:23:00
42	Paul Fahey	15:13:00	86	Brent Harris	17:51:00	130	Garth Harkins	25:39:00
43	Shannon Foy	15:14:00	87	David Little	17:53:00			
44	Matt Eakin	15:20:00	88	Chris Geelan	18:04:00			



Results cont.	
Withdrawn	Eleanor Moulden [f]
Withdrawn	Steve Hince
Withdrawn	Stuart Price
Withdrawn	Erin Kreiss [f]
Withdrawn	Simon Weidenhofer
Withdrawn	Robert Mc Quaid
Withdrawn	Christopher White
Withdrawn	Aaron Richardson
Withdrawn	Robin Cameron [f]
Withdrawn	Graham Penter
Withdrawn	Ian Rank
Withdrawn	David Crossley
Withdrawn	Grant Campbell
Withdrawn	Ken Smith
Withdrawn	Matt Acheson
Withdrawn	Peter Thomas
Withdrawn	Stephen Allport
Withdrawn	Michael Smart
Withdrawn	Alex Sumpter
Withdrawn	Brenden Savage
Withdrawn	Tim Kirke
Withdrawn	Scott Eagleton
Withdrawn	Deb Wilson [f]
Withdrawn	Marcus Smith
Withdrawn	Harriette Carr [f]
Withdrawn	Sean Greenhill
Withdrawn	Dale Thompson [f]

## The North Face 100 inaugural champion sets benchmark for ultra runners in Australia!

*Report by Maria-Theresa Clarke*

Blowing competitors', race organisers' and on-lookers' expectations to smithereens, Andrew Kromar completed the inaugural North Face 100 in 10 hours and 22 minutes!

The Victorian Alps father and current record holder of Tasmania's 82km Cradle Mountain Run proved he was both a product of cold weather and extreme trail runs. Outside the odd ache or slight cramp in his leg, Kromar finished this ultra-marathon in a sturdy, strong and relaxed frame, as if it was just another day. However, when asked what type of person one has to be to complete a race like this, Kromar said: "obsessive-compulsive with running"!

Despite Kromar's intense training for the 6 months leading up to the race including participating in numerous ultra-marathons around the world and between 2 and 3.5 hours of running a day, he never once trialed the course like many of his competitors - some two and three times. Instead, he got his first taste of some of Australia's most iconic scenery in World Heritage listed Blue Mountains over the race weekend on 17-18 May 2008.

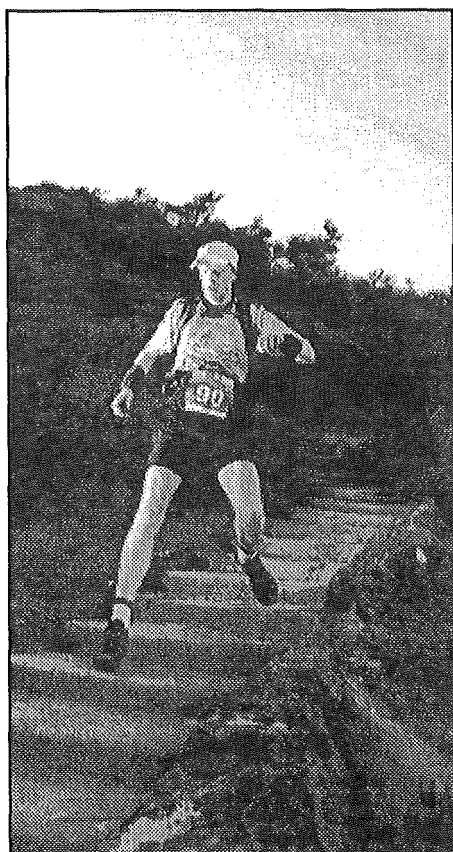
An astounding 157 people took the start of the full 100km course, while 15 teams of 2 chose to complete the Marathon Pairs option (about 50km each). At 7AM sharp on the morning of Saturday 17 May, participants left the York Fairmont Resort in Leura - the start for some of a life-long goal. They went on to complete the six legs of an extremely varied course that included fire trails, single tracks, stairs (yes, lots of stairs!), with fantastic views all through the course of the Jamison, Kedumba and Megalong Valleys. The course took in Narrowneck, the iconic Three Sisters rock formation, the famous yet dreaded Golden Staircase, the beautiful Leura Forest and Federal Pass Walking Track, the Six Foot Track ascent to Nellies Glen, Wentworth Falls and more.

Following Andy Kromar in second position was current Australian Champion in the 100km ultra-marathon Tim Sloan in 10hrs 48min, happy with his race which saw him get

as close to the winner as 7 minutes at the final checkpoint, before being overpowered in the last leg by a seemingly unstoppable Kromar. Close third was CoolRunning's own Tim Cochrane just 7 minutes after that, in a time of 10hrs 55min. All three runners, along with Morgan Garandel, Mike Snell and Damon Goerke, crossed the finish line before sunset on Saturday, less than 12 hours from when they started the race. Heather Logie in her first ever 100km trail run event pulled out a superb performance to take first place in an awesome time of 12hrs 45min. A regular of adventure racing podiums, it seems that Heather is destined to make her mark in all endurance events. Second place was Dearne Fulcher in 13hrs 8min and Rachel Waugh in third with a time of 14hrs and 59min.

The rest of the pack crossed the finish line all through the night with the last ones coming in with tired and broken bodies by 8.30am on Sunday 18 May. And despite enduring icy winds, unforgiving sleet and excruciating pain for longer than most thought possible, competitors still managed a smile once they realized they HAD what it took, and were ultimately tough enough to conquer The North Face 100! Many runners commented on the stunning beauty of the course and expressed their satisfaction at completing an event of that magnitude: 100km and 4,500m of elevation. Amazingly for such a tough event, only 3 teams and 27 individuals retired before the end, which is a proof of the serious training that all participants subjected themselves to prior to the event.

Thank you to The North Face for coming behind this new classic of Australian ultra-trail running with cash prizes (\$1,000 each for the first male and female runner) and product prizes for place getters, as well as to Petzl for the many headlamps that will keep runners going at night for the next race, Therm-A-Rest for the travel pillows that the winners are sure to enjoy after the race, Euro Optics sun glasses and Little Creatures beer,



*"A huge thank you goes out to all the organisations who made this event possible"*

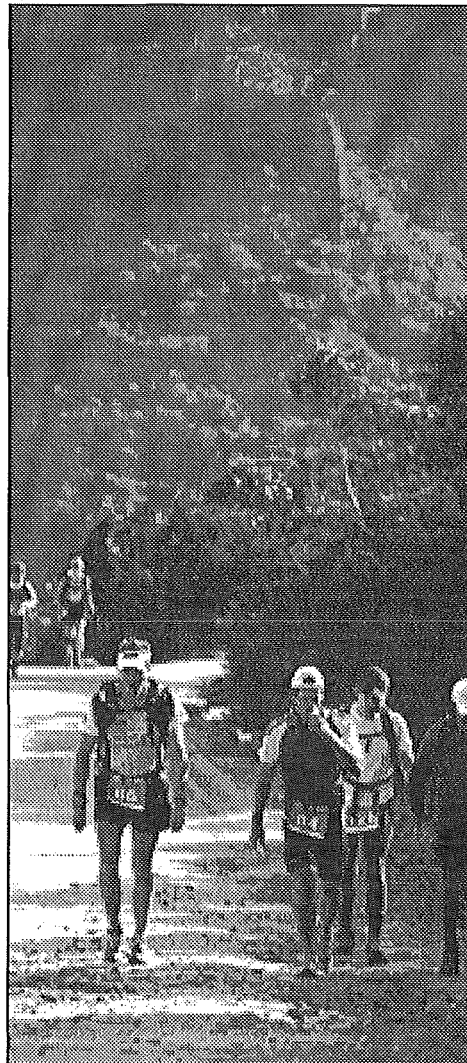
a much-appreciated treat for the winners after their performance! The York Fairmont Resort was the event hub, registration area, start and finish, and were a fantastic host as they treated all participants with tender loving care after their personal exploits from providing tea and coffee to blankets, showers and more. Runner's World Australia & New Zealand was the event's media partner and provided each participant with some training advice through their magazine and website. Thanks to the event partners who kept participants hydrated and fed at each checkpoints, especially the non-supported runners: Endura Sport Nutrition, CarboShotz gels, Bounce Balls, Ducks Nuts, Nice & Natural cereal bars and Fantastic

instant soups and cup noodles. Tod Clarke from Marathon-Photos took pictures of competitors that can be viewed and purchased online, while Mark Watson from Incite Images captured the race for The North Face with his unique eye.

A huge thank you goes out to all the organisations who made this event possible, from the Blue Mountains National Parks and Wildlife Service, Blue Mountains City Council, Six Foot Track Heritage Trust, Sydney Catchment Authority, Scenic World, for allowing such an event to take place, to the private land owners - Michael Mallin at the York Fairmont Resort, the Carlon Family and the Galong Property - who allowed the course to go through their property; Blue Mountains Tourism, Blue Moun-

tains Police Rescue, the Katoomba Police, the NSW Ambulance Service, the Katoomba Hospital, Lucas Trihey and his team who rigged up the Tarros ladders. And last but not least, to the almost 50 volunteers from the Blue Mountains State Emergency Service Unit led by Costa Zakis who took care of timing and first aid on the course. Thanks also to the Rural Fire Service for assisting the SES with emergency vehicles. And also, to the other volunteers, brought by AROC Sport and The North Face who gave a hand (or two!) before, during and after the event.

Thank you to all, this event could not have been run without your support.



*Photos above from The North Face 100km trail race, NSW*

## **Bunbury 50 Kilometre Road Race. [W.A.]**

**Sunday 18th May 2008**

1	Patrick	Willcock	3:35:12
2	Kevin	Matthews	3:58:28
3	Natalie	Wallace [f]	4:00:18
4	Nathan	Fawkes	4:02:10
5	Philip	Webb	4:07:20
6	Philip	Selfe	4:08:03
7	Joseph	Clark-Murphy	4:08:52
8	Graham	Maier	4:18:19
9	Grahak	Cunningham	4:19:48
10	Ken	Dacre	4:24:38
11	Chris	Watson	4:26:14
12	Chris	Kowalski	4:26:56
13	Dawn	Synnott [f]	4:28:05
14	Christine	Pattinson [f]	4:28:17
15	Gary	Carlton	4:30:25
16	Don	Pattinson	4:30:53
17	Kevin	Johnson	4:31:28
18	Allison	Tratcliffe [f]	4:39:29
19	Ian	Thornsett	4:44:47
20	Pauline	Ayton [f]	4:56:03
21	Jason	Anderson	4:57:33
22	Callum	Law	5:03:37
23	Geraldine	Carlton [f]	5:12:34
24	Bev	Heesters [f]	5:18:51





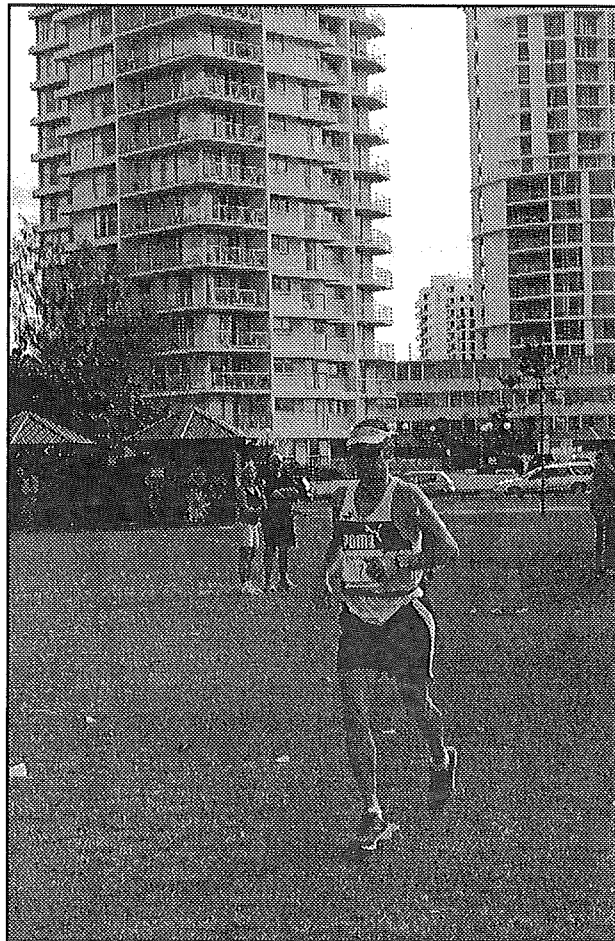
## GOLD COAST 100 RESULTS 8 JUNE 2008

Place	Gender Pl.	Bib No	First	Last	25km	50km	75km	100km
1	1	7	David	Eadie	1:57:15	3:51:58	5:49:02	7:40:18
2	2	4	Dean	Cook	1:44:00	3:33:55	5:46:40	8:06:38
3	3	8	Paul	Every	1:58:00 (approx)	4:00:45	6:06:21	8:27:01
4	4	36	Travis	Wayth	1:58:00 (approx)	4:01:30	6:13:45	8:44:38
5	5	3	Michael	Clarke	1:59:00 (approx)	4:01:25	6:20:10	8:54:00
6	6	1	Zavler	Bent	1:44:50	3:55:16	6:22:47	9:11:37
7	1	2	Kerrie	Bremner	2:08:30	4:21:40	6:42:35	9:14:50
8	7	19	Kelvin	Marshall	2:01:10	4:11:53	6:38:27	9:17:40
9	8	9	Lachlan	Fraser	1:55:11	4:01:08	6:45:25	9:32:13
10	9	35	Robert	Ware		4:10:30	6:52:26	9:34:36
11	2	24	Deanne	Nobbs	2:00:08	4:16:25	6:55:10	9:35:44
12	10	10	Malcolm	Gamble	2:15:35	4:38:32	7:08:01	9:46:10
13	3	12	Susannah	Harvey-Jamieson	2:23:15	4:45:35	7:18:02	9:55:44
14	11	17	Glenn	Lockwood	2:13:10	4:35:06	7:24:17	10:41:06
15	12	33	Colin	Solomon	1:55:10	4:04:25	7:14:28	10:47:42
16	13	37	Terry	Coleman	2:22:25	4:56:15	7:43:01	10:55:53
17	14	23	Brendan	Myors	2:10:20	4:38:41	7:59:57	11:22:15
18	15	15	Geoff	Last	2:31:06	5:24:46	8:25:50	11:39:51
19	16	32	Luke	Scaddan	2:11:33	4:47:39	8:06:38	11:41:34
20	4	16	Allison	Lilley	2:27:55	5:23:23	8:41:42	12:03:20
21	5	29	Marion	Roberts	2:26:40	5:06:22	8:09:40	12:05:08
22	6	18	Mandy	Lord	2:25:40	5:07:29	8:34:22	12:24:47
23	17	31	Brett	Saxon	2:21:14	5:21:11	9:01:06	12:29:53
24	18	28	Lindsay	Phillips	2:10:40	4:39:20	8:32:53	12:31:08
25	19	13	Andrew	Hinder	2:46:18	5:54:19	9:17:05	12:45:08
26	20	27	Billy	Pearce	2:27:00	5:39:55	9:08:38	12:58:19
27	21	108	Graeme	Kirkpatrick	2:31:32	5:40:33	9:07:24	13:03:30
28	22	20	Richard	McCormick	2:26:00	5:28:50	9:20:11	13:12:51
RET		6	Jason	Dunn	1:57:25	3:59:45	6:17:37	
RET		11	Roger	Guard	2:21:48	4:50:44	7:49:12	
RET		14	Brian	Jones	2:00:28	4:28:03	7:39:30	
RET		21	Paul	McKenzie	1:50:20	3:45:27		
RET		22	John	Mergler	1:52:12	4:42:00		
RET		25	Scott	Orchard	1:59:00 (approx)	4:03:59	6:32:56	
RET		38	Jason	Sewell	1:49:30	3:57:14		
RET		39	Paul	Monks	1:57:20	4:20:43	62.5 km	

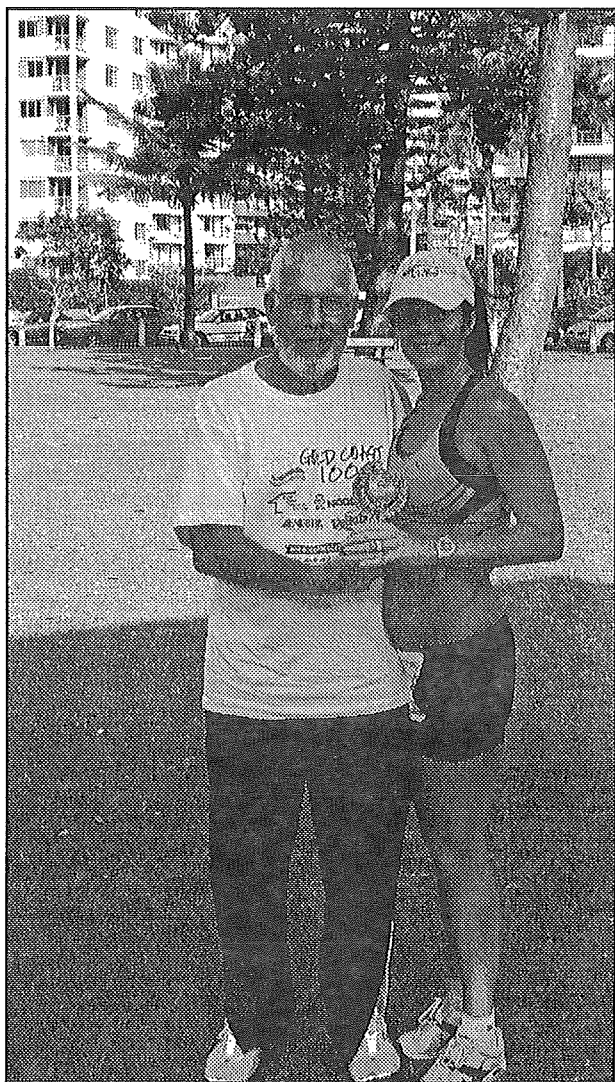
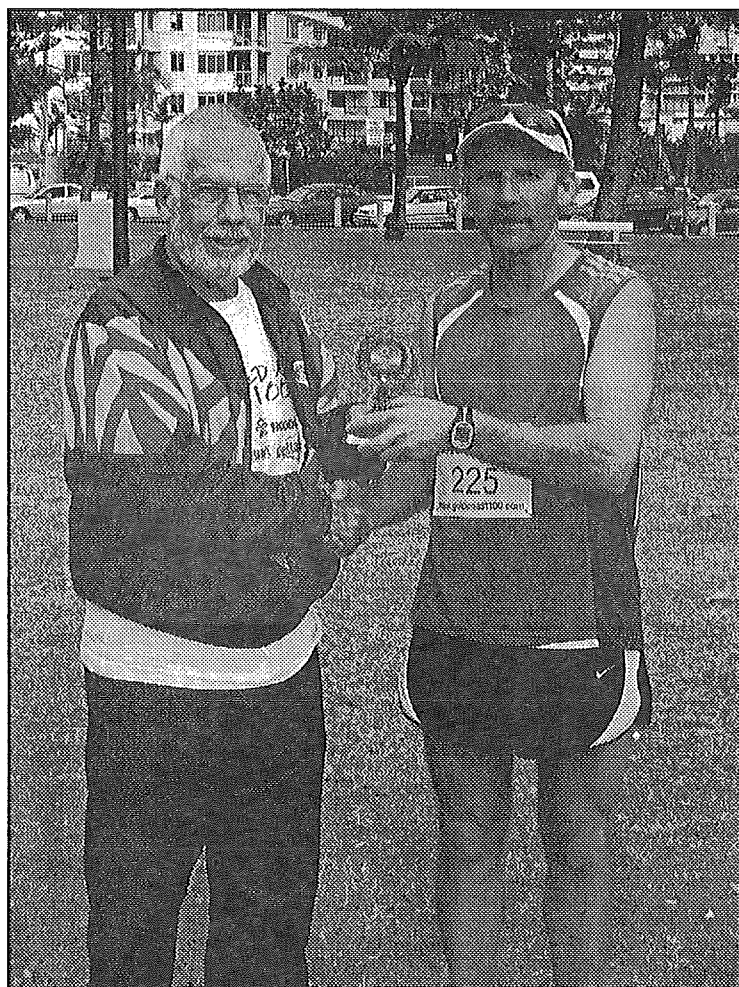


## GOLD COAST 100 - 50 KM RESULTS - 2008

Position	First name	Surname	25km	50km
1	Kim	Cook	2:01:07	4:17:11
2	Eleena	Roseveer	2:04:32	4:17:12
3	Mark	Barrett	2:07:25	4:29:24
4	Caroline	Novakay	2:10:40	4:30:31
5	Sarah	Gordon	2:15:11	4:57:17
5	Colin	Jones	2:15:17	4:57:17
7	Kinso	Takahishi	3:05:50	5:13:50
8	Ying	Gu	2:17:05	5:34:19
9	Michael	Schultz	2:49:55	5:40:20
10	Peter	Gray	3:06:25	6:57:07
11	Tina	Fiegel	3:33:44	7:46:04



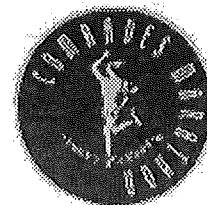
*Photos: above right: 100km winner David Eadie;  
Below left: Race Director Ian Cornelius with Greg Smith and  
right with Tressa Lindenberg*





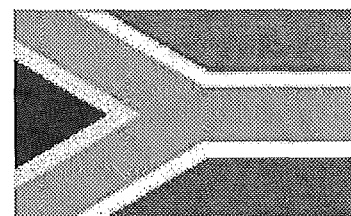
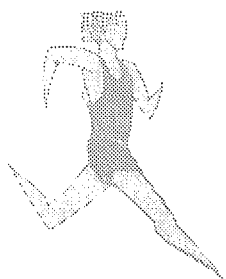
Stop Press:

# Australian Results from the 87km Comrades Marathon, South Africa



Pos	First Name	Surname	Time
85	Magnus	Michelson	6:43:46
90	Timothy	Cochrane	6:44:35
896	Steven	Barker	8:12:18
1098	Kevin	Matthews	8:25:05
1225	David	Vlotman	8:31:05
1289	Stan	Fetting	8:34:16
1330	Tory	Trewhitt	8:36:37
1395	Ian	Boddy	8:39:57
1551	Peter	Black	8:47:15
1700	Justin	Gallagher	8:52:42
1804	Glenn	Turnbull	8:55:21
1913	Joseph	Clark-Murphy	8:57:52
2010	Michael	Kerr	9:01:36
2024	Chris	Watson	9:02:13
2205	Philip	Selfe	9:13:12
2218	Peter	Schulenkowski	9:13:36
2230	Maureen	Wilson [f]	9:14:14
2320	Philip	Webb	9:19:37
2321	Christine	Pattinson [f]	9:19:37
2347	Jennifer	White [f]	9:21:43
2362	Shaye	Hatty [f]	9:22:25
2412	Andrew	Howes	9:24:34
2733	Kevin	Smart	9:36:19
2747	Daniel	Smith	9:36:51
3117	Don	Pattinson	9:50:33
3447	Chris	Kowalski	9:59:31
3448	Allison	Ratcliffe [f]	9:59:31
3470	Andrew	O'Brien	10:00:20
3471	Susan	O'Brien [f]	10:00:20
3561	Mari-mar	Walton [f]	10:03:38
3565	Robert	Boyce	10:03:45

Pos	First Name	Surname	Time
3592	Paul	Ban	10:04:09
3953	Graham	Maier	10:16:18
4019	Douglas	Stokes	10:18:44
4069	Peter	Field	10:20:31
4145	Kevin	Johnson	10:22:02
4222	David	Walker	10:23:33
4639	Garry	Wise	10:35:03
4705	Sharon	Callister [f]	10:36:43
4711	Michal	Malinowski	10:36:54
4869	Mark	Teale	10:40:16
4903	Alec	Hill	10:41:08
4916	Deirdre	Duncan [f]	10:41:26
5103	Jane	Elton [f]	10:45:11
5105	Richard	Russell	10:45:12
5111	Gary	Carlton	10:45:19
5112	Geraldine	Carlton [f]	10:45:19
5157	Daniel	Claughton	10:46:20
5480	Arnold	Cohen	10:52:37
5556	Jane	Sturzaker [f]	10:53:59
6120	Neville	Scott	11:09:11
6165	Sue	Smart [f]	11:11:28
6392	Keith	Bowling	11:18:08
6393	John	Dean	11:18:08
6815	Anne	Crawford-Nutt [f]	11:28:10
6816	Anthony	Bremner	11:28:10
7024	Kaye	Ervin [f]	11:33:53
7091	Pamela	Williams [f]	11:35:04
7341	Craig	Forrest	11:40:40
7417	Steve	Schalit	11:42:33
8388	Kate	Sommerville [f]	11:55:54
8499	Theuns	Burger	11:57:48





# FOREWORD

**TIME CAPSULE** MAY 3, 1983

## CLIFF YOUNG, 61, WINS INAUGURAL SYDNEY-TO-MELBOURNE ULTRAMARATHON

It was bitterly cold, raining and approaching midnight but tens of thousands of Melburnians lined the streets to cheer on a potato farmer who, only days earlier, they had never heard of.

When Cliff Young, 61, shuffled across the finish line of the inaugural Sydney-to-Melbourne ultramarathon 25 years ago today, it was obvious he was special. He was portrayed as the bushie who came out of nowhere to beat the professionals. He trained by chasing cows in gumboots. He drank from Vegemite jars and, unmarried, he lived with his mum on a property at Beech Forest in the Otway Ranges southwest of Melbourne.

And the best part was that it was all true, according to Mike Tonkin, who organised Young's road crew for the 1983 race.

But Young hadn't quite come out of nowhere. While he'd taken up running only four years earlier, he had already attempted the world 1000km record. "He ran about five or six days and bugged up," recalls Tonkin. "It's a big thing to fail in front of your family and friends."

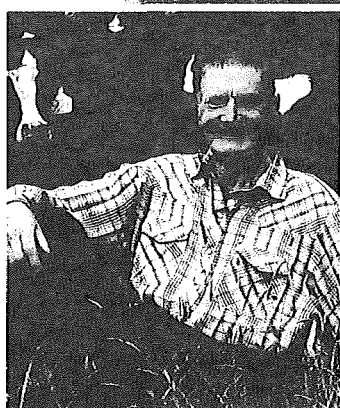
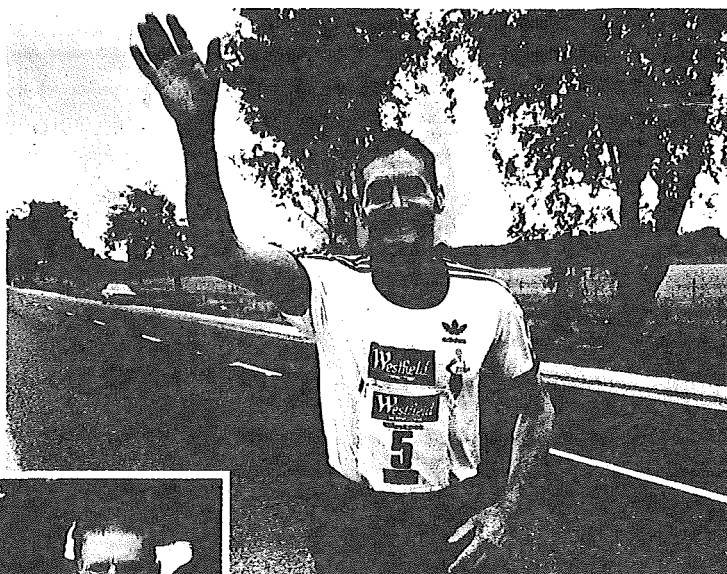
He would run 40km into town for a haircut, "but Cliff was basically lazy", says Tonkin. "Sounds a funny thing to say, but Cliff didn't really like farm work so he'd go for a run."

Tonkin never thought of him as a chance to win the Sydney-to-Melbourne race, more that he was giving a friend a chance of running with his idols, George Perdon and Tony Rafferty.

On the first day, Young fell in behind the leaders but as others turned in for the night, he kept shuffling until he was in the lead around midnight. He planned to sleep for five hours.

His masseur, "bush chiropractor" Wally Zunneberg, roused the crew while it was still dark and Cliff hit the road again, but as the highway continued to unfold in darkness, Zunneberg looked at the clock in the van and realised he'd misread his watch. Young had slept only two hours. By the time the rest of the field stirred, he was 40km in front.

"From there on he was like the little scared rabbit," recalls Tonkin. "He was the boy from the bush, way out in front, too scared to stop ... Wally had Cliff shit-scared. Cliff would come into the caravan, say 'I'm bugged' and Wally would look at him and



**"For seven hours I'd gone non-stop save for trips to the loo. No food, no drink, no sleep. I just wanted it to end," wrote Cliff Young (top, during the race; above, in 1999) of his amazing feat.**

reply, 'Your eyeballs aren't bleeding yet, Cliff. You're all right. Do another 10 and we'll have another look at you then.'"

Suffering badly from an injured shoulder and blisters, Young was offered painkillers outside Albury. "I'm not letting nobody stick no needles in me," he said. In Victoria, wind and driving rain set in, battering the already miserable runners. But Young kept chugging on, wearing down 10 pairs of \$20 runners and devouring his vegetarian diet of soup, ice cream, cold potatoes, oatmeal, pears, honey and pumpkin.

He hit Melbourne around midnight on the sixth day. "For seven hours I'd gone non-stop save for trips to the loo. No food, no drink, no sleep. I just wanted it to end," he wrote in his autobiography, *Cliffy's Book*. "The momentum of all those people just kept pushing me along; I was caught in a wave pressing me towards a shore."

In the media whirlwind that followed, Young – a virgin – married a 23-year-old, Mary Howell; they separated five years later. He gave up farming a few years after that, saying he didn't like all the killing – sending calves off to the saleyards knowing what fate awaited them. He kept competing but never recaptured the success of his first Sydney-to-Melbourne run. The race itself continued with ever-diminishing interest until folding in 1991.

In 2000, Young completed 921km of a 1600km race, but collapsed a week later at his Sunshine Coast home. His running days were over. He died in 2003, aged 81.

Mark Whittaker



# Australian Aboriginal Ultra Runners and Walkers - By Andy Milroy

In the introduction to The Long Distance Record Book twenty years ago I wrote, "For most of the last three and a half million years human beings and their predecessors have been nomads, moving at frequent intervals to new sources of food. Such a wandering life puts a premium on the ability to endure."

"Man's ability to cover long distances on foot became less crucial as he gradually developed the alternative strategies of animal domestication and growing crops. However, probably at this point his ability to run long distances became important for another reason."

There emerged the cultural role of runners whose primary task was that of messenger, acting as the means of fast communication between dispersed groups, who enabled co-ordinated action between sub-tribes, clans and villages. It seems to be an inevitable stage in the development of human societies that such messengers develop as a major force of social and probably ceremonial cohesion.

This cultural pattern reoccurs across the world. Such messengers played a crucial role in Australian Aboriginal society, often covering hundreds of kilometres. These messengers probably pre-date the more famous Hemerodromoi (or day runners) of Ancient Greece and almost certainly the Running Footmen of Europe of the 15th-19th centuries.

Aboriginal tribes were widely scattered - in Tasmania for example each band had had a territory of some 500 to 750 square kilometres. In the Northern Territories they lived in an area four and a half times the size of Great Britain.

There were over 200 different Aboriginal languages and 600 dialects throughout Australia, but no written language. A form of communication traditionally used by them was the message stick carried by

a messenger. Usually a solid piece of wood, it was around 20-30cm in length, cut or etched with angular dots and lines.

Message sticks were traditionally passed between different bands, clans and language groups to transmit messages or convey information. They were often used to invite neighbouring groups to corroborees or ceremonies, set-fights to resolve conflicts, feasts when a particular food was especially plentiful or ball games.

Each stick was carved in a way that would help the carrier remember the verbal message he was to convey. Message sticks enabled a complex or very long message to be sent by messenger "carried in his mouth". The stick also proved to the person receiving the message that it was genuine.

The use of message sticks was not universal in Australia, sometimes other symbols were carried - a man's kilt carried on the point of a spear was the call for assembling a war band.

When important ceremonies were about to take place messengers were always sent out, often to distant tribes. An important member or recognised leader of the group provided a messenger and sent him out with an object. Possession of this object showed all he met that he was a messenger. In the south of the Northern Territory, this was often a sacred stick called a churinga, or more commonly a bull-roarer. This object provided safe conduct to its holder anywhere.

Usually the messenger would be a relative of the person who sent the message, if possible some one who had a relative in the tribe to whom the message was being sent. Sometimes such messengers were multilingual and were used as translators.

However Edward Micklethwaite Curr, writing in 1886, gave more detailed information about these messengers (1)

"Alone on foot, between tribes 30 to 130 miles apart, often across country where both water and game are scarce, and without pay or reward of any sort."

"The messengers I have known personally have all been among the oldish men, spare in person, under the medium height, rather silent and generally widowers." The carved stick "he often carries whilst travelling, stuck into the netted head band "which he wore around his head.

When the messenger came to a camp, he would sit down and wait until the local band chose to acknowledge him. Then one or more of the older men would approach him, and he would show them the object and deliver his message. Then he was brought into the camp and provided with hospitality. This process was followed at every camp he visited.

Such message carrying also performed part of the initiation ceremonies for young boys, who were sent on journeys which could last for months to distant and unknown tribes. Each carried a small wand or stick which guaranteed his protection.

This custom of granting protection to messengers seems to have varied according to the area. Baldwin Spencer, writing in 1914 about the Northern Territories, says that such protection was universal (2), whereas Alfred Howitt, writing in 1889 about Eastern Australia, particularly Victoria, New South Wales and Queensland, says that a messenger was chosen who had relatives in the tribe to be contacted to ensure his safety. (3).

The protection of messengers was

*they found such a short run confusing as they  
were used to running for hours on end*

later extended to aborigines who were carrying messages for white settlers. Such a letter was always called a "paper yabber" and carried in a cleft stick so that it could be easily seen. Around 1913 an aboriginal carried a "paper yabber" for Baldwin Spencer, the Special Commissioner for Aborigines in the Northern Territory (2) over 90 miles in this fashion, and Spencer commented that "they not infrequently traverse longer distances than this, the cleft stick acting as a safe passport."

White settlers themselves also employed message sticks when sending messages using Aboriginal messengers, using the notches to signify specific numbers as a reminder to the bearer of the message.

The message stick would be prepared with notches and cuts, each one signifying who was sending the message, which tribal group was being invited, and is then checked and possibly amended by an older man. This is done in the presence of the messenger so he would know the meaning of each mark. Other symbols might be carried, depending on the nature of the message - a shield for a set fight, a bull roarer for initiation ceremonies etc. The messenger would carry a verbal message and the message stick would be a reminder

However the notches and cuts on their own had a specific purpose which could be read by people from other tribes. A W Howitt made a sketch of local message sticks and sent them to a correspondent who was able to confirm the meaning of specific cuts after consulting with his local tribe. The marks on the stick had a meaning independent of the verbal message. However according to Howitt, this was not always true (3)

Such messengers and message sticks could have wider, more flexible uses. Aboriginal oral history reports how the Ngarrindjeri tribe observed Charles Sturt's expedition exploring the Murray and Darling Rivers in the

mid-nineteenth century to discover more of the European military capabilities. This information was disseminated along the Murray River among other Aboriginal tribes using message stick carriers and signal fires. (4)

After the Aboriginal /White conflict in the 1930s - the Caledon Bay Crisis - Donald Thomson, recorded that one of the key figures Wonggu, then in prison, sent a message stick to his sons to indicate that a truce should be called. It showed in scratched angles, people sitting down together, with Wonggu in the middle, making the peace. (5)

Aboriginal endurance capabilities were not just revealed by their use of messengers. The high-grade red ochre from the north of South Australia has been traded for thousands of years to most parts of Australia. The ochre is still used today for traditional ceremonies. "To the Aborigines, certain pigments have spiritual powers. Ritually Red Ochre is associated with the blood of humans and the Ancestors, being a symbol of fertility, regret and power" (6)

The later Overland Telegraph route was one of the routes used earlier for the ochre trade - both relied on the available water in the creeks and mound springs, (natural outlet for Australian artesian water) essential in this arid land.

Ochre was traded widely from the main ochre quarries. Aborigines travelled from Cloncurry in Queensland to an ochre mine in the Flinders Ranges in South Australia to exchange shields for specialised ochre. Others came from Alice Springs in the Northern Territory, and on the return journey carried 25kg blocks of the Yarrakina ochre from Parachilna in the Flinders Ranges over a distance of 1000km. (7)

Such trading was also tied in with messengers and message sticks. Before they arrived Aboriginal traders coming to the mines at Pukardu or Parachilna in the Flinders Ranges

were expected to alert the custodians of the mines with messengers and message sticks offering the exchange of ochre for other goods.

So when the white settlers introduced distance running and even 6-Day events into Australia in the 1880s, the Aboriginal endurance background was there. It is unlikely Aborigines were interested in competing. To judge from the reactions of the Tarahumara Indians of Mexico and other Native American runners, they would not appreciate or understand these strange new 'rituals'. Such events did not appear to have any use, any point. Running as part of a hunt, to deliver a message or as part of a traditional game was understood, running in small circles or loops over what appeared arbitrary distances or time spans, had little appeal. When the Tarahumara and other tribes were persuaded to run in marathons, they sometimes had to be stopped at the finish; they found such a short run confusing as they were used to running for hours on end.

Having said that, Native American runners like Louis Bennett (Deerfoot), Louis Tewanima and Tom Longboat did make the transition to compete in competitive distance running. So why did this not happen with Indigenous Australians?

This may be because competitive distance footraces do not seem to have been part of Australian Aboriginal culture in the way that they were among Native American Indian tribes for example.

The professional pedestrian athletics with its background of gambling and quick money was not totally ignored by the Aborigines. Young men did tackle early professional sprint footraces in South Australia and elsewhere. They often became itinerant sprinters who contested footraces at the various country shows or promotions sponsored by local publicans.

There were several outstanding Aboriginal sprinters during this period.



Charlie Samuels who was acclaimed officially as Champion of Australia, running 100 yards in 9.10 in 1888. In the 1890s Bobby McDonald invented the crouched start which is now the standard technique for sprinters.

The success of Aboriginal sprinters does suggest other factors may also explain why the Aborigines did not contest professional distance running and walking. Studies of the Mexican Tarahumara Indians, famed for their ultra long distance running, has shown that sedentary Tarahumaras are little different from the average person in terms of their endurance capabilities. It is the long term conditioning from an early age which develops the endurance, it is not innate.

Sprinting capability does appear to be innate, and the distinct differences between Africans originating

on foot to Christchurch from 140km away in the same day in the hours of light.(8)

Another more recent documented distance feat took place in the Northern Territories during WWII Aborigines walked 190km/ 119 miles to rescue an American pilot, Lieutenant J. Martin, who had been shot down in flames. (9)

Despite this endurance background, examples of documented Aboriginal distance running feats appear to be few and far between. The concept of running specific distances on a track or road loop for instance do not chime well with covering great distances across the open outback.

One example occurred in the associated sport of endurance cycling - Brian Mansell of Tasmania in the late 1960s was a top-class road and

Young Australian 6-day race at Colac, Victoria and covered 344.8km. (Clarke had a background as a cyclist and had previously made a 3000 kilometre bicycle journey)

Not content with that, in November 2007 Alby Clarke subsequently ran the 300 kilometres from Melbourne Parliament House to the Framlingham Aboriginal Community to help raise awareness of the life expectancy gap between Aboriginal & Torres Strait Islanders and other Australians. (11)

The study of Australian Aboriginal use of message sticks and messengers, and of their trade routes, provides crucial insights into the cultural development of early societies and how they communicated. Aboriginal Australians possess the most continuous culture in the world, one that evolved apart from any other.

### *In the late 1970s and early 1980s a young Aboriginal woman made a promising impact on Australian distance running*

from East and West Africa show this clearly.

When a sport had a resonance from within their own culture, then there is a marked difference in interest and involvement. Reportedly one in ten professional Australian Rules Footballers are of Aborigine descent. It has often been said that Thomas Wills, when devising Australian Rules Football, was inspired in part by the ball games of the local Aboriginal people in western Victoria. Marn Grook was a popular game using a ball made out of possum hide, involving jumping to catch the ball for the equivalent of a free kick. This appears to have resembled the high marking in Australian Rules football.

Aboriginal endurance also did fit into the white settlers' world. The use of the "paper yabber" and a cleft stick to enable the white settlers for long distance communication has already been mentioned. In New Zealand it was formalised when Andy Bittern, an Aboriginal black tracker and early Canterbury rural mailman in the pioneering days of probably the 1850s and 60s, was said to have often brought mail

track rider, Tasmanian champion, with two silver and two bronze medals in sprint and road events in the 1967, 1968, and 1969 national cycling championships.(10)

In the late 1970s and early 1980s a young Aboriginal woman made a promising impact on Australian distance running. Margaret Reddish (later Pettit) won the Australian Junior 3km Cross Country title in 1979 and the national junior titles at 1500 and 3000 metres on the track the following year. That year she also took the national senior title at 1500 metres in 4:19:97 at the age of just 17! She won the Australian junior title at 800 metres and 3000 metres the following year and finished second over 1500 metres, but does not appear to have not made the difficult transition from the junior ranks to become a major Australian distance runner in senior competition.

One of the few documented examples of longer distance running by an Indigenous Australian took place in November 2005 seventy year old, Albert (Jack) Clarke, an Elder from the Gunditjmarra Tribe in Warrnambool competed in the Cliff

Therefore the use of message sticks and messengers evolved independently. For the use of such messengers to develop independently in different centres across the globe indicates that it is almost certainly an inevitable stage in the evolution of human society.

Perhaps more interesting in some ways to the present readership is the insights it gives into the way that the sport of distance running emerged. As the role of running messenger became more specialised, competitions were held to determine who should undertake this important task. From this, competitive athletics eventually emerged.

Study of what could well be the oldest endurance culture in the world gives unique understanding of both the sport of distance running and of the emergence of wider human culture.

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Note: Alfred Howitt wrote of the Wurundjeri people of the Melbourne area:

The principal man among them prepares a message stick by making certain notches upon it with a knife. The man who is to be charged with the message looks on while the headman makes the message stick and thus he learns the connections between the marks upon the stick and the message. A notch is made at one end to indicate the sender, and probably notches also for those who join him in sending the message.

The oldest man (Headman) having made such a message stick hands it to the old man nearest to him, who inspects it and, if necessary, adds further marks and gives corresponding instructions. Finally, the stick having passed from one to the other of the old men present is handed to the messenger, who has received his verbal message in connection with it

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## Brett's Run For CanTeen

29th - 30th March 2008. By Brett Saxon



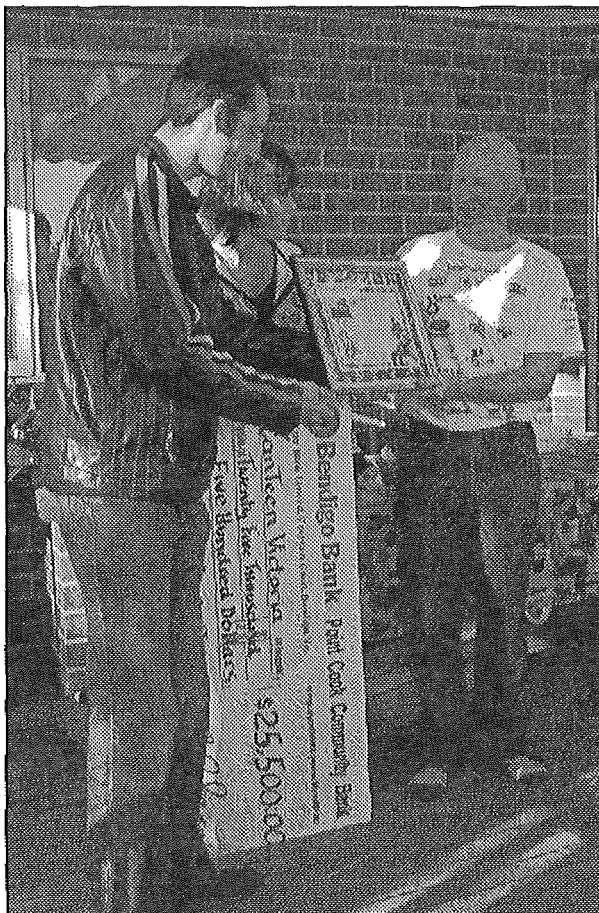
After 3 years of training and 18 months dedicated to raising awareness and funds for CanTeen, the organisation for young people living with cancer the big day was almost upon me. With over 4000km of running, to build strength and endurance, including climbing and descending some of the highest and toughest trails Australia has to offer, while wearing through 8 pairs of running shoes and overcoming only two injuries including a serious back injury within two months of the event I found myself at the

start line of Brett's run surrounded by family friends and supportive locals. Two weeks earlier it looked like I would be battling heatwave conditions and starting the event injured, fortunately for me the weather presented on the day was cool and wet, perfect for running, not quite so comfortable for the spectators. With local dignitaries performing the official duties of speeches and counting down to the start the Melbourne Fire Brigade truck prepared to escort us down the road. 3...2....1.. we were on our way. A group of around 30 runners including the Mayor and little

athletics members joined me as we ventured down the highway. During the first 12K some runners dropped off while others joined to support me, my support crew on bikes kept my food and drink supply up to me and the weather was perfect for my running engine.

Approaching the first support station we were joined by some very excited African peoples for a brief moment. At the first support station I took in some more food and fluids and promptly moved on. Joined by Australian ultra runners Dave Eadie and Scotty Orchard was a real boost, Dave is a mobile talking machine and his stories entertaining. The time flew by and before long we had passed our next support station in Essendon where the kids joined in on their bikes and were cruising to the Flemington race course support station marking the 21K point. With our support cars keeping ahead of us they were well set up and had all the provisions we needed. I still had the company of four other runners which continued to help the journey pass by with little effort. Continuing along the Maribyrnong River and through the industrial section of Footscray we passed under the west gate bridge then hugging the foreshore around to Williamstown where another milestone was ticked. The sky continued to

threaten with black rain clouds hovering to the West. Taking another short break and grabbing a massage from James my masseur while the other support runners availed themselves of the abundant supplies set out by the support crew. My support crew manager continued to spruik for support over the megaphone while advertising the cause I was running for. Many bystanders offered words of encouragement and made some donations toward CanTeen. He also barked out instructions for me to be on the way keeping me as close as possible to the time schedule. Barry dropped out at Williamstown after running from the start, a distance of 34Km a fantastic effort for a 71 year old. Dave Scotty Brendan and I continued on, we were joined by Damien on his bike, a CanTeen member who had half his leg replaced through cancer. It's the courage and determination these guys show that drive me through any pain barriers. After all I can stop and the pain of running will go away, these young people living with cancer don't have the option to make the pain go away. For what little breeze there was it was now head on coming straight off the water which only added to cool things down. The route was picturesque through these parts as we wound away through the wet lands and bird sanctuary along the Williamstown front beach. It was here that Dave and Scotty left the convoy, they were fantastic support and really helped the distance tick over. They also put my mental state of mind in the right place to ensure it was a successful event. After several Kilometres the tranquil setting changed as we passed through the industrial section of Altona before arriving on the beach alongside the Altona Jetty. This was also another milestone clocking over the first of the four marathon legs. It was also another place to connect back with my support crew and have a quick stretch and restock my fuel. The stop was brief as the next section was going to bring night fall and even cooler temperatures. By now it was just Brendan and I with my cycling support crew. We weaved our way



around the swampy bird sanctuary along Skeleton Creek fighting off mosquito's trying to carry us away. There was not a breath of wind which was great for running but didn't help blow the insects away. Crossing the bridge over Skeleton creek brought us into the Sanctuary lakes estate and a major milestone was in reach. Rounding the corner onto Greg Norman drive brought the club house into view and the travelling party that was my support crew cheered our arrival.

The time was 7:40pm as I was greeted to the 1/3 distance, with hugs and handshakes. I made a dash for the men's room, then took a 30 second shower and quick massage while polishing off a bowl of spaghetti. With my crew outside being well fed by a delivery of pizza and pasta it was time to keep this show on the road. I was due to go solo for several kilometres but received a surprise visit from Macca, who was planning to run the rest of the way with me, a mere 107 kilometres. This gave me a great boost; We donned our hi visibility vests, thanked the support crew and hit the road again.

The next 45K would present the greatest challenge both physically

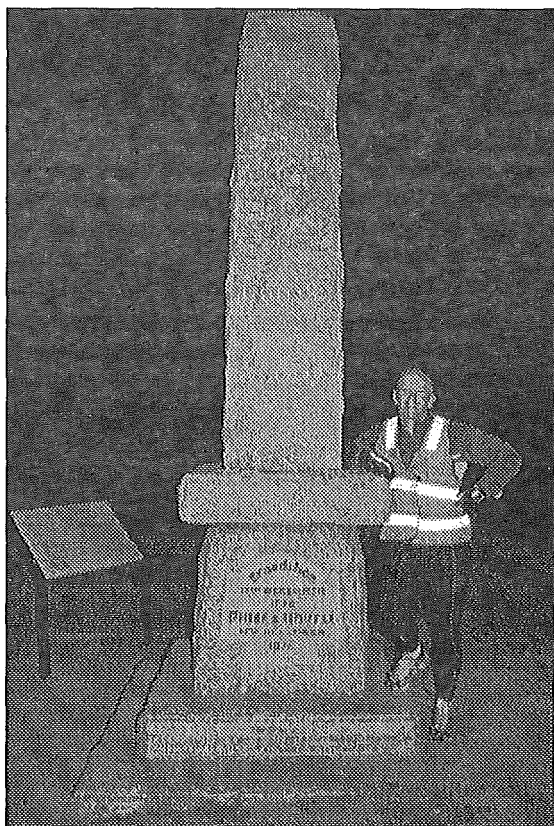
and from a safety point as we were pretty much running down the road, it was a slow start and our bike support crew suffered a second flat tyre in the space of an hour. The night was incredibly still and clear with a half moon to light the way. We looked like Martians on parade as reflective vests light the back roads of Wyndham shire, our orange flashing lights radiating across the market gardens bringing life to the scarecrow like figures. Our greatest hazard turned out to be the mud dragged on to the roads by the farm machinery. Making our way into Werribee as we crossed the freeway we seemed to startle some late night owls doing some kind of deal from their car windows, strangely this phenomenon continued for several kilometres through Werribee. Macca was a great asset, nice and fresh in the legs and continued to keep me on track while the support

guys went about providing all my needs.

Reaching the 70K mark at the Werribee racecourse bought about a slow walk session. Now 10:30pm I found myself in the first of slog fest having to dig deep to keep moving forward. As we left the lights of the built up area and made our way through the back roads upsetting the local dog boarding kennels with our bright light and heavy footed slapping on the pavement. I finally found a suitable place to visit the men's room. Not your tiled floor and walls and warm plastic seat but the location did the job and I felt like a new man and hit the bitumen with new vigour. This lasted a little while then the relentless roller coasting profile of the road brought about more walk sessions than planned causing lost time to the schedule. Not that time was a priority but it was good to stay with the clock as best I could.

Finally reaching the 80K turn point on the dirt back roads provided great relief and an opportunity for some warm soup and a quick leg rub. Lying on the mattress in the van was not a smart move as it felt real comfortable while James released the tension in my calves. Kevin Cassidy reporter and photog-





Brett reaches 100km

rapher tracked us down like a detective in search of a crucial clue to solve the case. The blackness of the night was interrupted by the flash from his trusty digital camera as he captured suspect pieces of evidence then like a ghost in the night he was gone. With soup boiled on the stove and blanket wrapped around the body we were greeted by some of my female running mates who came out to see me through to day break. Cathy injured, brought the bike and Veronica was ready to hit the road running. With another longer than planned stop it was time to get the show back on the road. It was a relief to be on the dirt which was

on the CanTeen members and the courage they show when times are tough. Along with the constant support of my crew and some texts and phone calls from interstate and overseas I was able to bring myself out of the low spots and push forward, the lights of Little River were also a welcome sight. Approaching the 90K distance and again a visit to the men's room set the scene for the next 10Km.

The walk session through Little River was a good tonic as the stretch ahead was straight and long. With difficulty setting landmarks along the way to tick off the 10K stretch in my mind was going to be the toughest yet. Amazingly it felt like the quickest section of the whole run, Harald arriving in the wee hours of the morning to help out and the extra activity added to the momentum of the hour. With more camera flashes than the paparazzi my night vision was taking a beating. Fortunately the road was flat and without hazard under foot. I looked to the heavens on several occasions, the stars were plentiful and a regular word of thanks was delivered for the conditions that prevailed and the strength my body was exhibiting. In what seemed like no time at all we were on the outskirts of Lara, with only a couple of streets to negotiate before the 100K point would be reached. The stone monument erected here to commemorate the expeditions

tended to and a warm cup of soup. The stop was very busy as Robyn tended by blister and Steve warmed the soup, we were a few hours behind schedule so there was a bit of panic in the camp to keep us moving forward. Not that time was critical but it would be nice to keep close to the anticipated 24 hours finish time. The early morning air was very cold and blankets were required to keep our stationary bodies warm. Keen to keep moving I tossed the blanket and headed off under the freeway into the darkness. For the first time torches were going to be needed as there was no vehicle access for the next few Kilometres. The trail ahead was undulating and added an extra challenge. It was another time to really dig deep as fatigue was setting in and the presence of every step reminded me of the blister under foot. Only a minor thing and short term I kept telling myself. The trail eventually rounded the hill and brought the lights of Geelong into view and our next check point where we would reconnect with the support vehicles, it wasn't another planned stop but the option to visit the men's room was utilised, after all the support cyclists had been feeding me constantly for the past 16 hours and I wasn't burning all the fuel.

A message came that my cousin would soon be joining me and any fresh minds and legs were a good thing. The roadside trail was surrounded by water on one side and an oil refinery on the other; I was keen to get out of the industrial area as quickly as possible. The pace was hard to maintain and more than planned walk sessions were

*a regular word of thanks was delivered for the conditions that prevailed and the strength my body was exhibiting*

considerably softer than bitumen. The next 10K was a mixed bag with some great pace and real slow walk sessions. The local farmer ploughing his field at 2am must have been perplexed to see such a light show and the skeleton like movements created by the safety vests intruding on his peaceful landscape. Conscious of keeping constant forward motion even while finding myself in a deep low spot I focused my mind

of explorers Hume and Hovel also marked the point I would reach my greatest running milestone. Much to my dismay the road to this point was horrendously corrugated creating extreme conditions to run in. The criss crossing and slipping and sliding on the corrugations brought about my first blister in 100 Km. After a quick photo at the Monument and 100Km mark it was down to the support crew to get the blister at-

creeping in. The terrain was also uphill and I was pleased to peak the top and basically have a downhill run to the next major stop. This stop would also bring daylight and new life. Wayne and Russell were also about to rejoin the support crew after taking a break during the night. Local internet TV [www.GOTV.net.au](http://www.GOTV.net.au) would also join the support team filming various sections through to the finish. It was



*CanTeen members at the finish*

great to shed the reflective vest we had to wear for safety through the night as the morning sun crested the horizon across Corio Bay. Arriving at the second last major stop had the usual routine of toilet, massage and more food, as if I hadn't eaten enough already.

This break also meant James my masseur would leave us along with two of my running mates Cathy and Veronica. Harald and Nathan would also use the opportunity to get a lift back to town. We headed off again into a magnificent golden sunrise over the calm waters of Corio Bay. The weather through the night was perfectly still and it continued that way as the sun rose. Andrew who had been by my side since the 55Km

join me in her motorised wheel chair, despite dealing with her leukaemia she is a bubbly young girl and very inspiring. We continued for several kilometres before her battery started to run down, but along the way we chatted and her friends followed us cheering us along which really help the distance go by. I was also joined by some friends through my work connections that came out to run and ride with us. Although the general trail is uphill we kept a fair pace and were making up some lost time from over night. With continued support from Wayne my chief crew member at road crossings and on the trail from Chris and

rail trail and the opportunity to get some dirt under foot rather than the harder concrete and bitumen surfaces I had to contend with for many Kilometres.

The rail trail also marked the spot where local CanTeen member Idonette would

but it has a couple of steep drops that you need to climb out of. This offered an additional challenge to the already tiring legs. Part way along the trail Darren Duff another cousin joined in and brought a real vibrancy to the group. If Andrew or I dropped off a little he would stay with us and keep us focused and moving forward. Andrew was a real inspiration to me, it's one thing to be doing your own event, but to commit yourself to support someone else's was inspiring and I was honoured to have him by my side. It wasn't long before we were due to leave the trail and make our way via some back roads. The spectator contingency was growing at every corner. More family and friends had come out to cheer us on and support us to the finish. The roads ahead offered some very challenging rolling hills and more than ample corrugations to challenge our feet some more, as if they weren't doing it hard enough. We were also joined by Brendan who ran the first 55Km then headed home to rest before running the city link run for the kids early Sunday Morning. Not content with that he jumped straight in the car with his family and joined me for the last 20Km. This was a huge commitment to supporting a friend of which I was most grateful. As the

*The wind had come up and was head on to add a little extra challenge*

mark was looking strong, my cousin Craig Duff was a great support having spent the last 6Km peppering us up. We continued around the Geelong Foreshore constantly being chased down by the TV camera crew looking for that magic shot with the boats and water in the background. Scheduled to stop at Eastern beach but given the slow session over night we ran straight through making our way to the Bellarine Rail Trail. Before getting there we were joined by local runner Brett Coleman and City of Greater Geelong Councillors Tom O'Connor and Steve Bentley on their bikes, these guys have been instrumental in gaining support and promoting the event in the Geelong region. I felt a new lease of life and the pace picked up slightly. Before long I found myself approaching the

Kylie on bikes it wasn't long before I was approaching Drysdale rail station. Another huge milestone and where Mum and Aunty Val and Uncle Ken would be waiting for me. It had been amazing how this section had gone by so quickly, sure the legs were sore and the feet were suffering but arriving at this point meant only 25Km remained. As always the support crew were setup and ready to attend my every need. Robyn filled in and gave me a quick leg rub, while I took in some more soup and a Nurafen to dull the pain in the feet. It was great to see lots of family here and the kids would join in on their bikes and ride to the finish.

As quickly as possible I checked in and out and hit the trail for the final leg. The trail is mostly downhill

numbers grew we clocked off the Kilometres. The TV crew kept following us and local newspaper photographers were snapping away. For the first time the sun was breaking through and the day was warming. The water supply was being kept up to all of us along with freshly cut oranges, my favourite choice of food for the last 50Km. The road surface was smoothing out and the bitumen ahead was to mark the 8km run home.

Much to my surprise we were greeted here by the local country fire brigade who were going to escort us to the finish line. This was also a huge relief as the road here becomes quite busy and the fire truck provided us protection. My Uncle Tom Watson also joined here and has been a huge inspiration to me



*The Finish*

all my life. There wasn't a whole lot said over the following distance as both Andrew and I were focusing our energies on getting to the finish. The mood in the group was fantastic and to my surprise I was still very much aware of everything and in total control albeit tired and sore. The fire truck was announcing to the locals and holidaymakers that we had run for nearly 160Km and had been on the road for 24 hours, many responded with cheers and clapping which added to the atmosphere. Passing through St Leonard's

we broke through the finishing ribbon made from CanTeen Bandanas to the applause of all our supporters. What a relief to cross the line and the emotions flowed freely, there where loads of hugs and congratulatory handshakes. It was an amazing journey that proved the human body is capable of so much, so long as the mind is strong and willing. The finish line was a buzz as I chatted to people and did a TV interview. After the formalities I just wanted to thank the people who helped me get here. I took a

aid quietly went about doing the jobs seeing everyone was safe, a fantastic effort. My Running mates Andrew (107Km), Brendan (75), Barry, Dave, Scotty Veronica and Cathy (30Km) were an incredible support, each added a dimension that helped me get to the end. A special mention for Andrew who ran 107Km and was by my shoulder the whole distance was truly inspiring. To the other groups and individuals who joined for short sections I am most grateful for your support. Last and by no means least my cycle support crew, Chris and Kylie who were at arm's reach for the entire journey keeping me fuelled with food and drink. Without you I would not have arrived in the shape I did. Your efforts and endurance were amazing and I am most grateful for all you have done to support me. To all who were involved in helping setup this event I say a huge thanks.

As part of my preparation for this event I also required much remedial maintenance to keep my body in good working order, this came in the form of Chiropractic Adjustments from Dr Jim and Physio and Massage from Dave and Michael at Physiohealth, without their skilled attention I would not have made the start of this event, to you all a huge thanks. The support and advice

*One man could not have completed this journey without the support of his family and friends*

was a great relief as it was all downhill from here. The wind had come up and was head on to add a little extra challenge. With a kilometre to go we were joined by Idonette in her wheel chair and some of our children. We had kept up a relentless pace and taken very few walk sessions in the last 25Km and it was starting to show. We crested the last little rise to be confronted with the welcome to Indented Head sign. A few hundred metres up the road and we would head for the foreshore trail for the last 500 metres to the finish. After crossing over the road we regrouped and headed for the finish line. It was an extremely emotional moment as the crowd of family and friends came into view. As always when the finish is insight there is a new kick in your step and

brief moment to soak my legs in the cold water of Port Phillip Bay then mingled with family and friends. Brett's "Run for Canteen" started as a solo journey over 18 months ago but it ended as a team effort. One man could not have completed this journey without the support of his family and friends and for that support I am forever grateful. My beautiful wife and children gave me the time to train and prepare and Robyn put together the final touches leading up to the start of the run. Robyn also kept everything running smoothly for the entire run without any sleep herself. My mate Wayne who kept the whole thing moving and setting up the aid stations was a rock. James for keeping my legs operating and other support drivers in Steve, Nathan, Russell and Har-

from fellow ultra runners was also valuable in seeing me complete this ultra marathon, thank you to all for your advice and encouragement. Lastly, we must not forget that the event was all about raising awareness and funds for CanTeen and without the support of the many sponsors and donations that have been pledged this would not have been a successful event; to all of you I also say huge thanks and offer my most heartfelt appreciation for your generosity.

For all the latest information including pictures and interviews keep and eye on the website at [www.brettsrunforcanteen.org](http://www.brettsrunforcanteen.org) Brett will continue to support organisations like CanTeen through his running, stay tuned for the next adventure



# DNF – A Lesson Learned

| by kirk johnson

On an early afternoon last August, I pulled my car into a parking lot at a trailhead near the small community of Twin Lakes, Colorado, with my wife in the front, my two sons in the back, and a big swirling space of darkness between my ears.

I'd dropped out of the Leadville Trail 100 the day before, not even making it halfway, and I was deep into a pathetic little groove of self-analysis, assessing the breakdown of resolve and will, and the flaws in my character that had been revealed.

That's where the llamas come in.

## SHANGRI-LA

They were just coming down the trail from Hope Pass, and the Leadville aid station there that surely must rank as one of the most magical places in all trail running. In my one other experience at Leadville, two years before The Race That Went Bad, Hope had taken my breath away, literally and figuratively, as a sort of Shangri-La above tree line: tents in the tundra, llamas grazing by the trail, soup a-boil in the thin air at 12,000 feet plus.

Now, even as I mourned not seeing my favorite place in the race – the aid station is at 45 miles and I'd dropped at 41 – we'd stumbled by complete accident upon the Hope Pass staging area.

At first, it felt like just another blow and reminder of the previous day's crash. But as we walked in among the braying beasts, all of them muddy and wet, many still with their packs on – the scene seemed halfway been a Fellini movie and a circus – I found myself caught up all over again in the powerful spirit that animates high country Colorado and this race in particular.

The llamas ignored us, as did most of the station's crewmembers who looked, to be quite honest, almost as scruffy as the pack animals they were herding. Everyone seemed bonded by the camaraderie of their accomplishment and exhaustion. Near one of the trucks I spotted a friend and llama rancher who helped run the Hope Pass aid station every year. (I remembered him in 2005 standing by a blazing campfire with a nice big coffee mug of Merlot in his hand as I'd passed through the summit around dusk.)

And I thought back to the bleak place I'd fallen into the day before, just past the 31-mile aid station at Halfmoon Campground. Clouds and lightning descended and somehow in conjunction with that my stomach turned south, unable to take food or water, my legs feeling as brittle as matchsticks.

## THAT DANCE OF THE POSSIBLE AND IMPOSSIBLE

Demoralized and beaten far sooner than I'd imagined, I lost my ability to imagine the 60 miles past the next aid station. In the fog and funk I'd fallen into, the word "impossible," formed in my mind – and when that happened I was cooked, finished and done. I quit at the next aid station, even though I made it in time to beat the cutoff. Hope had deserted me.

Now, laid out before me by the descriptions of my llama-rancher friend, I saw the road not taken. My "Did Not Finish" had kept me off Hope Pass that afternoon of hail and greased mud, for better or worse. But I suddenly saw too the new road that my failure had put me on – here, at this amazing, unforeseen, unrepeatable moment with my family and the smelly llamas. Failure had closed one door but opened another. With that insight in my head, already altering the chemistry of post-race gloom, we said goodbye and headed up the trail.

Every long foot race that was ever run, I believe – for that matter, every challenging task undertaken at all – at some point becomes a self-contained story in the head of the person who's attempting it.

And every story's dynamic, whether it's about quitting smoking, running a race or overcoming a terror of public speaking, is the same too, it seems to me – an exploration of the boundary between what is, what might be and what cannot possibly be however hard we imagine it. Those are the rocks around which any challenge must be negotiated, between what we imagine to be possible, and the things we rule out as utterly unachievable.

As Philip J. Davis writes in the introduction to the book, "No Way: The Nature of the Impossible," a brilliant collection of essays about the boundaries of human experience and science, the great wall of the unattainable shapes us all.

"To live at the boundary between the possible and the impossible, and to be aware of it, is to be truly alive," Davis writes. "What can't be becomes part of what is."

In an ultramarathon, that dance of the possible and the impossible always leads, sooner or later, to something I call the Dark Place.

For back-of-the-pack survivors like me, every race has one – the moment where doubt, doom and exhaustion close in from all sides and the voices cry out to denounce my small and pathetic feebleness. The Dark Place always reminds me of the scene from Bram Stoker's "Dracula," when the vampires slink in toward the margin of the hero's campfire, menacing and cold, waiting for their moment to pounce.

Knowing that the darkness will come is part of a race's mental preparation, and the moment itself then ultimately becomes part the bittersweet majesty of the experience itself. The bottoming-out is part of the adventure, an obstacle that I know will inevitably be thrown in my path. In the dozen or so ultras I've completed, I can pinpoint in each one the exact moment when the Darkness came, and how I got through it.

The first time I did Leadville, for example, it got me during the second climb over Sugarloaf pass at 4:00 a.m. The pass climbs to about 11,000 feet at 83 miles, when mind and body and daylight are all about equally shot for those of us in the straggler brigade.

I stopped at the top that night-into-morning, knowing by then I had a pretty good chance of making it back into Leadville by the 30-hour cut-off, but paralyzed nonetheless and sinking under my burden of shadow. I sat down on the ground by the side of the road as runners behind me passed, feeling emptied of everything: will, strength, power, energy. Even the despair I'd felt a few minutes earlier faded into nothingness. I was hollowed out, a vessel waiting to be refilled with . . . I didn't even know what.

## DNFS ARE HOLES IN THE FABRIC

But when the Big Darkness that we can't get through comes along – the dismal stamp of the DNF, Did Not Finish – most runners, I think, tend to close the book. The resolution we'd wanted, the light-through-the-clouds Hollywood ending, doesn't come. And so with no sentimentality whatsoever, we move on, trying to forget the days that started off lousy and got worse. We write them off as evolutionary dead-ends, with plans to do better the next time and fix the mistakes in training, nutrition or mental health that explain the failure. DNF's are holes in the fabric that we patch over, waiting for redemption.

. . . continued on page 56

# Foot Care for Optimal Performance|

by john vonhof

Sitting down to write this article caused me to reflect on the years when I started running ultras. Back in the mid-80s there was little published about foot care. You ran an ultra or two and talked to other runners about what they did to their feet. You tried some of the ideas and made a few up yourself. Some worked – if you were lucky, and others failed. Choices in foot care products were limited. Fortunately, times have changed.

Runners today have access to state-of-the-art lubricants, socks, insoles, shoes, and much more. Internet forums and websites, and published resources, including the fourth edition of my book, *Fixing Your Feet*, have provided almost unlimited information. I think feet in general are better, but many beginning and intermediate ultrarunners do not know the basics.

You'll enjoy running more and have more success when you make smart choices in footwear and educate yourself in foot care techniques. Here are my top foot care tips from years of experience patching thousands of feet and talking to runners.

## PROACTIVE AND REACTIVE

Every runner, from the first timer to those with many ultras under their belt, has two options in foot care. Option one is to be reactive by taping hot spots and fixing blisters, and other foot problems as they develop. Option two is being proactive by discovering what works for your feet and knowing how to treat any potential problems before they develop. This means knowing what resources are available to use, trying out blister fixes before an event, and pre-race taping of your feet where hot spots and blisters typically develop. As you might guess, I prefer being proactive.

## SHOES

It is essential that your shoes that fit properly and are appropriate for the terrain and weather you will encounter. When shopping for shoes or boots, try on several different pairs, from several different companies. This will help you identify those that feel good initially versus those that just don't feel quite right. Knowing how different shoes fit your feet will help in the final selection. If you wear orthotics, take them along to be sure they fit in the new shoes. When buying new shoes, you may have a preferred shoe, sometimes based on magazine ads or on the recommendations of others, but buy only those that fit the best.

## FIT

Without shoes that fit properly, your feet may slide around inside and create friction as the foot moves inside the shoe, and/or create pressure from being too tight in certain areas. This may also change the biomechanics of your foot strike which in turn can affect your gait and throw off your whole stride and balance, stressing your tendons and ligaments as they are forced to accommodate your foot inside a badly-fitting shoe or due to changed gait.

Be sure to allow enough toe space when buying either shoes or boots. Make sure you can wiggle your toes. Allow about a half-inch space between the end of the longest toe and the front of the shoe. When the foot is in the shoe, the arch naturally flattens. Since the heel is held in place by the heel of the shoe, the foot can only move forward. If the shoe does not have this bit of extra space in the toe box, the toes become cramped. Toenail problems, blisters, and calluses may develop. This important consideration is the fit problem most often overlooked. See the sidebar Top 10 Shoe Fitting Tips to learn my top tips for the best fit possible.

## SOCKS

Make sure that whatever socks you wear are moisture-wicking. Some runners prefer single-layer socks, others like double-layer, and still oth-

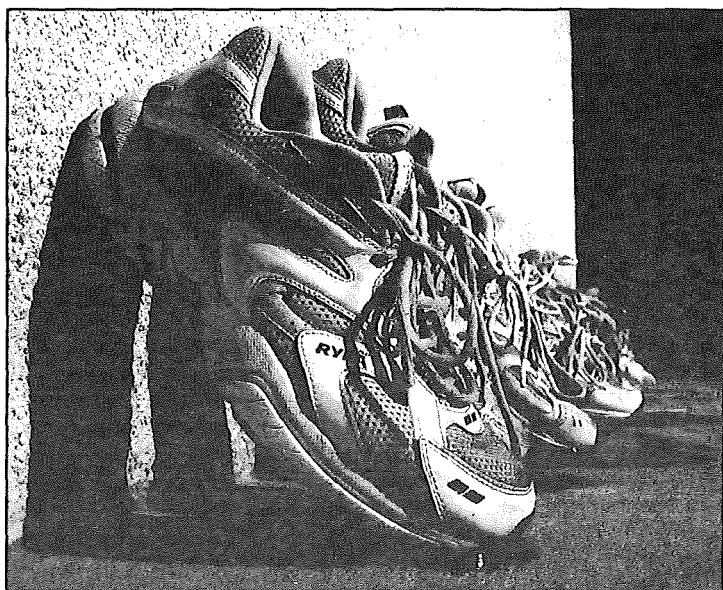


PHOTO BY ANNABETH CARROLL

*Old faithfuls, drying out in the Argentinian sunshine after a soggy event.*

ers use a two-sock combination. Socks vary in thickness and changing them can change the way your feet fit inside your shoes. Wear the same socks when trying on shoes that you wear during races. When buying new socks, be sure they will not alter the fit of your shoes. During long races, make sure you have clean socks in your drop bags. Replace socks when they become threadbare in pressure areas.

## TRAINING

It's important to train the muscles, tendons, and ligaments of your ankles and feet for extended periods of running. Under-trained feet are more prone to ankle sprains and overuse injuries. This avoids subjecting your feet to new stresses on race day. Strengthen your toes and ankles. Strong feet and ankles will make trail running easier. One good ankle strengthening exercise is to stand on one foot, or even on a soft pillow, with arms outstretched; when you master this, close your eyes. To work your toes and small muscles of the feet, practice picking up marbles off a carpeted floor with your toes or put a towel on the floor and use your toes to scrunch up the towel and pick it up.

## GRIT, DEBRIS AND GAITERS

Hot spots and blisters often start because of grit and debris that finds its way into your shoes. Stop and clear any irritants from inside your shoes before problems develop. Better yet, if running trails, wear gaiters. They are proven trail-running gear that dedicated athletes should have in their equipment bag. Forming a barrier around the leg and the top of the shoe, gaiters keep rocks, dust, and water-borne grit from getting into socks or between the socks and shoe. Gaiters can mean the difference between finishing a race with feet in good shape or feet plagued with hot spots and blisters.

## CALLUSES

Many runners think tough callused skin helps prevent blisters. For some runners, that works. My experience has shown me that greater percentages develop blisters under the calluses. These blisters, under many layers of callused skin, are difficult to drain and treat. In extreme cases, the blister may grow, the skin tears, leaving a large flap of tender skin. Use a callus file and an over-the-counter cream to

soften these problem areas or at least reduce their thickness. These creams can also help heal fissures, cracks in the skin that are typically found on heels. Left untreated, fissures can split open and expose underlying tissue to infection.

### TOENAILS

In all the years I have been patching feet, I have observed that untrimmed toenails are the number one cause of problems leading to toe blisters and black nails. Socks will catch on nails that are too long or that have rough edges, putting pressure on the nail bed. Nails that are too long are also prone to pressure from a toe box that is too short or too low. Toenails should be trimmed straight across the nail—never rounded at the corners. Leave an extra bit of nail on the outside corner of the big toe to avoid an ingrown toenail. After trimming toenails, use a nail file to smooth the top of the nail down toward the front of the toe and remove any rough edges. If you draw your finger from the skin in front of the toe up across the nail and can feel a rough edge, the nail can be filed smoother or trimmed a bit shorter. A little bit of care in toenail trimming goes a long way in making your socks last, and in preventing toe blisters and black toenails.

### LUBRICANTS AND POWDERS

Some feet respond well to lubricants while others are best when powders keep them dry. Both can reduce friction. Popular lubricants like SportsShield, BodyGlide, and Hydropel are great choices. Apply the lubricant to any parts of the feet that typically blister. Before reapplying, be sure to clean off any dust and dirt buildup. The best powders will keep the feet dry as they reduce moisture and friction. Top choices are BlisterShield, Zeasorb, and Gold Bond, which contain moisture-absorbing agents and are less prone to caking than regular talcum powder and cornstarch. Reapply the powder as necessary when the feet are exposed to a lot of sweat or water.

### MOISTURE

Excessive moisture can lead to maceration, where the skin softens and looks like a prune. The skin can fold over on itself and layers can separate. Try to keep maceration at bay with frequent sock changes, wearing shoes that drain, and airing your feet when resting. Hydropel is an excellent lubricant that helps repel moisture away from your skin.

### HOT SPOTS

If you feel a hot spot, stop and fix the problem. Try to find, and then eliminate, the irritant that caused the hot spot. Check for dirt or a pebble, a fold in your sock, a bad seam in your shoe, or a bad spot where the insole joins the shoe upper. Use an ENGO Blister Prevention Patch or an empty gel packet to protect the hot spot.

### FIXING A BLISTER

Despite your best efforts, occasionally a blister will develop. To fix a blister, first clean the skin around the blister with an alcohol wipe. Then drain the blister, using your fingers to push fluid out, and then dry the skin. A light coating of a tape adherent, like tincture of benzoin, around the blister will help the patch stick longer. You then have a choice to apply a blister patch or tape. But first we'll talk about draining blisters.

### TO DRAIN OR NOT TO DRAIN

Should you drain or not? Use these tips to manage your blisters. Drain the blister if it is more than three-quarters of an inch in diameter and in a weight-bearing area. Do not drain the blister if the fluid appears hazy or cloudy—this indicates infection has set in. With

a flame-sterilized nail clippers or small scissors make several small "V" cuts in the side of the blister. Make the cut at the side of the blister where ongoing foot pressure will push out additional fluid. This allows better drainage than needle holes. Finally, do not drain the blister if it is blood-filled.

### PATCH OR TAPE

Blisters can be patched or taped. Popular patches include Spenco's Blister Pads, QuikStik Adhesive Dressings, and 2nd Skin. If you use 2nd Skin, remember it needs a tape covering. Popular tapes include duct tape, Leukotape, and Kinesio-Tex – my personal favorite. Round off any corners of the tape. You can use either patches or tapes, or both. Try them during training and get comfortable applying them to different parts of your feet. Apply a small dab of zinc oxide or lubricant to protect the top of the blister, then the patch or tape. After patching or taping, cut any exposed adhesive on the edges that might catch on your sock and pull or roll it off the skin. Put another thin layer of lubricant or powder on any areas of the feet still sticky from the adherent. You don't want toes sticking together or socks sticking to your feet.

### YOUR FOOT CARE KIT

During a race or a long training run, carry a small foot care kit in a small zip-lock bag. Weighing only a few ounces, it can contain your choice of lubricant or powder, a few alcohol wipes to clean lubricant off the skin, several blister patches, a few tincture of benzoin wipes to help the patch stick to your skin, a least a yard of duct tape wrapped around a small pencil, and a safety pin to drain blisters.

Bad feet can quickly ruin a race. By educating yourself about foot care options and methods, you increase the likelihood of finishing your ultra successfully.

*John Vonhof is author of Fixing Your Feet: Prevention and Treatments for Athletes; Fourth Edition. Subscribe to the free blog and e-zine at [FixingYourFeet.com](http://FixingYourFeet.com).*

### TOP 10 SHOE FITTING TIPS

1. The shoes should feel comfortable.
2. Try on shoes at the end of the day because your feet normally swell and become larger after standing and sitting during the day.
3. Have your feet sized each time you buy new shoes.
4. The arch of each foot should be supported without being too high for your foot type.
5. Try on and fully lace both shoes – the fit of the shoe should come from the shoes themselves, not from tying the laces.
6. The tops of your feet should not be pinched when the shoes are laced properly.
7. The shoes should fit well with the same type of socks you will be wearing when you run.
8. Your toes should have plenty of room to move and wiggle and the toe box should not be too short in height or length.
9. Your heels should be snug in the heel of the shoe and should have very little up and down movement.
10. If you will be using orthotics or special insoles, be sure they fit in the shoe without pushing your foot too high in the shoe's upper, or too far forward.



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DIARY  
2008

18-19 October  
**IAU 24hr World  
Challenge**  
Seoul (KOR)

8 November  
**IAU 100km World  
Challenge**  
Tarquinia (ITA)

6 or 13 December  
**IAU World Trail  
Challenge 50km**  
Huntsville, Texas (USA)

IAU  
Council  
meeting

At the annual meeting in Monaco  
on 12 January it was decided that:

1. The IAU 24H WORLD CHALLENGE 2008 will be staged in the Olympic Park, Seoul (KOR) in the second half of October.
2. The IAU TRAIL WORLD CHALLENGE 2008 will again be assigned to the organisers of the Sunmart 50-mile Race in Huntsville (TX), USA, on 6 or 13 December 2008.
3. There will be no IAU European Championship 24H in 2008.
4. There will be no IAU 50km Trophy in 2008. With the 24H Championship in October, the 100km Championship in November and the Trail Championship in December the calendar is already overloaded.
5. WILDCARDS will be introduced for IAU Championships at 100km and 24H (see below)

Wildcards for IAU  
Championships

The introduction of wildcards means that a C or D level runner may be upgraded to B-level for a particular IAU Championship. In any two-year period (currently 01.01.2008-31.12.2009), a country can use a maximum of 6 wildcards: a maximum of 3 (men and women) for the 100km and a maximum of 3 for the 24 hours

This regulation gives the opportunity for countries to select B-athletes even when they were unable to compete in an IAU labelled race to achieve the recognised performance. Limiting the number of wildcards requires countries to choose their "wild-carded" runners very carefully, and they must be recorded as such on the team declarations for the championship.

## NEW WORLD BEST

The IAU Executive Council has recognised the 426.178km run by Tony Mangan (IRE) at the Jarni Brno (CZE) Spring Ultramarathon 48 hour indoor on 16-18 March 2007 as a new World Best Performance. The previous mark stood at 423.262km by Jaroslav Kocourek (CZE) on 20-22 March 1998.

## IAU labels

To date 28 labels have been  
awarded for 2008:

**Gold:**  
48hrs Surgeres, (FRA, track) 11.05.08

**Silver:**  
3rd Ultramarathon Festival 7 Days  
(GRE, road) 21.03.08;  
UltraBalaton 212km (HUN, road)  
21.06.08

**Bronze:**  
25 events

IAU Council reminds ultramarathon  
organisers to apply for their 2008 IAU  
label and encourages those who have  
not yet applied to do so.

IAU labels ensure that performances  
recorded in ultramarathon races are  
considered official, and that:

- they will be included in the Year Ranking Lists.
- they can be considered as Official IAU Best Performances.
- they will be taken into account for calculating travel grants for National

delegations when coming to major  
IAU Competitions (very important  
for top runners and national  
federations).

When races remain unlabelled good  
performances – and there were many  
in 2007 – cannot be considered official  
because organisers sent no proof that  
their course had been measured in  
accordance with IAAF regulations  
and/or that it had been approved by  
their National Athletics Federation.

A Bronze label application is free of  
charge.  
The main requirements for an IAU  
label are:

- Proof that the course was measured to conform to IAAF regulations.
- Proof that the race is approved by the National Athletics Federation.

The IAU Record Commission have  
finalised their "Official IAU Ranking  
Lists, 2007" based on performances  
previously submitted from "IAU  
label" races.

WELCOME TO

CAPE TOWN  
& Western Cape

Cape Town South Africa 11 April 2009



OLD MUTUAL  
TWO OCEANS  
MARATHON



OLD MUTUAL

# TRACK RANKINGS

## 200km TRACK RANKINGS - MALE

Surname	First Name	State	Time	Venue	Date	Age	Surname	First Name	State	Time	Venue	Date	Age
Kouros	Ylannis	VIC	15:10:27	Kensington, SA	05-Oct-97	41	Nasmyth	Chilla	NSW	23:20:25	Campbelltown, NSW	14-Oct-90	
Standeven	David	SA	18:01:50	Adelaide, SA	29-Oct-89	37	Taylor	Maurice	NSW	23:27:00	Box Hill, VIC	01-Mar-87	38
Smith	Bryan	VIC	18:13:19	Olympic Park, VIC	20-Aug-89	45	Howard	Ross	VIC	23:28:26	Box Hill, VIC	16-Feb-86	40
Tolliday	Owen	QLD	18:16:44	Adelaide, SA	30-Oct-88	39	Twartz	Peter	SA	23:28:39	Adelaide, SA	22-Oct-95	36
March	Mike	TAS	18:22:48	Coburg, VIC	26-Feb-89	45	Lucas	Andrew	TAS	23:29:02	Kensington, SA	05-Oct-97	32
Breit	John	VIC	18:33:07	Coburg, VIC	26-Feb-89	31	Twartz	John	SA	23:29:19	Adelaide, SA	22-Oct-95	52
Mercer	Neville	VIC	19:23:04	Coburg, VIC	28-Feb-93		Medill	Graham	QLD	23:30:02	Caboolture, QLD	27-Sep-92	44
Hepburn	Brickley	VIC	19:29:13	Coburg, VIC	24-Feb-91	39	Schwebel	Ron	NSW	23:31:14	Adelaide, SA	30-Sep-07	56
Bloomer	Brian	VIC	19:42:30	Box Hill, VIC	16-Feb-86	45	Stenner	Graham	SA	23:31:46	Coburg, VIC	26-Feb-89	44
Gray	Peter	VIC	20:09:23	Coburg, VIC	24-Feb-91	26	Parsons	Patrick	SA	23:34:20	Coburg, VIC	11-Mar-90	43
Parcell	Ashley	QLD	20:16:28	Hensley, NSW	24-Feb-85	29	Pearson	John	QLD	23:35:47	Coburg, VIC	20-Apr-08	36
Young	Cliff	VIC	20:17:09	Adelaide, SA	10-Nov-85	63	Firkin	Graham	NSW	23:35:58	Hensley, NSW	02-Sep-90	52
Fisher	Keith	VIC	20:27:27	Coburg, VIC	26-Feb-89	23	Champness	John	VIC	23:36:22	Hensley, NSW	29-May-88	37
Francis	Mick	WA	20:29:23	Adelaide, SA	30-Sep-07	49	Hook	Geoff	VIC	23:38:58	Coburg, VIC	24-Feb-91	46
Kelly	Frank	NSW	20:34:56	Hensley, NSW	29-May-88	34	Quinn	Peter	VIC	23:39:09	Olympic Park, VIC	05-Aug-90	40
Fryer	Martin	ACT	20:39:45	Coburg, VIC	22-Apr-07	45	Jacobs	Trevor	ACT	23:43:49	Kensington, SA	29-Sep-91	39
Brooks	Barry	VIC	20:43:52	Box Hill, VIC	01-Mar-87	46	Armistead	Peter	VIC	23:45:45	Coburg, VIC	11-Mar-90	43
Kinshofer	Rudolf	SA	20:45:13	Coburg, VIC	24-Feb-91	36	Boyce	Robert	VIC	23:46:47	Adelaide, SA	30-Sep-07	45
Woods	Graham	QLD	20:51:25	Aberfeldie, VIC	24-Jan-88	41	Allen	Barry	VIC	23:56:51	Box Hill, VIC	01-Mar-87	30
Lewis	John	VIC	20:53:34	Coburg, VIC	26-Feb-89	50	Forsyth	Ian	NSW	24:00:00	Liverpool, NSW	15-Oct-95	
Waugh	David	QLD	21:02:03	Gold Coast, QLD	13-Aug-06	34	Davis	Ivan	TAS	24:00:00	Lota, QLD	02-Jun-95	41
Cox	Terry (jnr)	VIC	21:41:04	Coburg, VIC	11-Mar-90	24	Fickel	Bob	NSW	24:00:00	Liverpool, NSW	02-Oct-94	42
Audley	George	WA	21:43:37	Perth, WA	19-Oct-86	51	Parker	Ross	WA	25:43:25	Perth, WA	17-Oct-87	38
Rooney	James	NSW	22:00:00	Liverpool, NSW	02-Oct-94	41	Hill	Ron	VIC	25:44:18	Aberfeldie, VIC	24-Jan-88	47
Kirkman	Geoff	SA	22:04:19	Adelaide, SA	10-Nov-85	35	Record	Joe	WA	26:37:20	Perth, WA	17-Oct-87	46
Devine	Allan	WA	22:05:30	Perth, WA	17-Oct-87	28	Watts	Graeme	QLD	28:46:02	Gold Coast, QLD	23-Aug-03	49
Javes	Ian	QLD	22:06:49	Box Hill, VIC	01-Mar-87	44	Burns	Bob	QLD	30:26:30	Caboolture, QLD	23-Jun-90	47
Melham	Anyce (Kip)	NSW	22:10:58	Adelaide, SA	29-Oct-89	31	Valentine	Ian	QLD	30:39:31	Gold Coast, QLD	21-Aug-04	43
Hunter	Bob	QLD	22:11:27	Caboolture, QLD	02-Jul-89	54	Skvaril	Vlastislav	TAS	30:49:22	Colac, VIC	21-Nov-05	66
Channels	Robert	NSW	22:17:21	Campbelltown, NSW	29-Oct-89	47	Clarke	Garry	WA	31:54:42	Perth, WA	17-Oct-87	
Wishart	Greg	VIC	22:20:26	Coburg, VIC	26-Feb-89	50	Wise	Garry	VIC	32:12:01	Colac, VIC	21-Nov-05	59
Smith	Jeff	VIC	22:23:34	Coburg, VIC	24-Feb-91	40	Thompson	Mike	WA	32:32:23	Perth, WA	17-Oct-87	39
Bruner	Bob	VIC	22:28:46	Adelaide, SA	06-Nov-83	45	Hoskinson	Peter	TAS	33:15:20	Colac, VIC	21-Nov-05	42
McKellar	Jack	VIC	22:31:39	Box Hill, VIC	16-Feb-86	45	Miskin	Stan	VIC	33:21:47	Aberfeldie, VIC	24-Jan-88	62
Lynn	Charles	NSW	22:33:05	Adelaide, SA	10-Nov-85	40	Richardson	Peter	VIC	34:32:42	Aberfeldie, VIC	24-Jan-88	33
Beauchamp	Bill	VIC	22:33:28	Box Hill, VIC	01-Mar-87	41	Neumann	Rainer	QLD	34:54:05	Gold Coast, QLD	23-Aug-03	
Riley	Gerry	VIC	22:35:34	Adelaide, SA	02-Nov-86	56	Skinner	Deryck	SA	35:32:15	Gold Coast, QLD	12-Aug-06	73
Cox	Murray	SA	22:38:18	Olympic Park, VIC	05-Aug-90	44	Rafferty	Tony	VIC	35:41:24	Aberfeldie, VIC	24-Jan-88	48
Croxford	Alan	WA	22:38:49	Perth, WA	19-Oct-86		Billett	David	SA	36:49:09	Gold Coast, QLD	22-Aug-04	33
Peacock	Alan	QLD	22:43:34	QLD Univ., QLD	06-Sep-87		Commings	Louis	NSW	37:05:27	Gold Coast, QLD	12-Aug-07	58
Taggart	Bob	SA	22:50:01	Adelaide, SA	30-Oct-88	41	Timms	John	VIC	37:18:03	Gold Coast, QLD	14-Aug-05	62
Donnelly	Bruce	QLD	22:50:25	Campbelltown, NSW	14-Oct-90		Anderson	Peter	QLD	38:28:04	Gold Coast, QLD	14-Aug-05	59
Wilkinson	Graeme	NSW	22:53:23	Hensley, NSW	30-Nov-86	40	Phillips	Lindsay	QLD	39:39:00	Caboolture, QLD	24-Jun-90	24
Collins	Tony	NSW	23:05:46	Campbelltown, NSW	29-Oct-89	42	Holleran	David	QLD	40:44:26	Caboolture, QLD	27-Sep-92	36
Read	Nick	ACT	23:06:22	Coburg, VIC	14-Feb-88	36	Neville	Howard	QLD	41:32:40	Gold Coast, QLD	24-Aug-03	58
Bell	John	VIC	23:14:21	Box Hill, VIC	16-Feb-86	38	Taylor	Dave	NSW	42:00:46	Caboolture, QLD	23-Sep-92	41
Young	Nobby	NSW	23:15:00	Hensley, NSW	02-Sep-90	44	Hillier	Greg	VIC	42:26:56	Aberfeldie, VIC	25-Jan-88	32
Wolstencroft	James	VIC	23:15:44	Coburg, VIC	26-Feb-89	34	Jones	David	VIC	42:39:30	Colac, VIC	22-Nov-05	64
Every	Paul	NSW	23:20:00	Adelaide, SA	24-Oct-99	35	Kettle	Drew	VIC	42:39:50	Colac, VIC	21-Nov-95	75
Boyle	Brad	NSW	23:20:15	Campbelltown, NSW	29-Oct-89	29	Waddell	Peter	ACT	42:42:58	Maryborough, QLD	22-Aug-99	

## 200km TRACK RANKINGS - FEMALE

Surname	First Name	State	Time	Venue	Date	Age
Scott	Dave	WA	43:16:06	Perth, WA	18-Oct-87	40
Staples	Alan	NSW	43:25:21	Gold Coast, QLD	13-Aug-06	57
Dunn	Stephen	SA	44:02:50	Aberfeldie, VIC	25-Jan-88	21
Reidy	John	NSW	44:23:15	Colac, VIC	22-Nov-05	38
Hume	James	VIC	44:28:56	Aberfeldie, VIC	25-Jan-88	56
Peterson	John	QLD	44:33:25	Caboolture, QLD	02-Jul-89	72
McKinlay	Brock	ACT	45:30:01	Colac, VIC	22-Nov-05	
Farmer	Patrick	NSW	45:56:55	Aberfeldie, VIC	25-Jan-88	25
Scanlon	Shaun	QLD	46:41:58	Colac, VIC	22-Nov-05	61
Rowe	Craig		50:48:45	Caboolture, QLD	23-Sep-92	25
Foley	Mark		54:41:22	Caboolture, QLD	23-Sep-92	38
Matchett	Ken	VIC	57:15:51	Colac, VIC	22-Nov-05	83
Chatterton	Ray	QLD	63:47:21	Caboolture, QLD	24-Sep-92	43
McGregor	Ron	VIC	67:06:37	Colac, VIC	23-Nov-05	63
Clarke	Albert	VIC	75:27:27	Colac, VIC	23-Nov-05	
Stewart	Barry	QLD	77:49:24	Caboolture, QLD	24-Sep-92	59
Grant	Ron	QLD	107:07:45	Caboolture, QLD	29-Sep-92	49

Surname	First Name	State	Time	Venue	Date	Age
Stanger	Helen	NSW	20:56:15	Coburg, VIC	23-Aug-98	48
Parris	Dawn	VIC	23:25:40	Olympic Park, VIC	20-Aug-89	36
Cameron	Cynthia	VIC	23:56:11	Adelaide, SA	02-Nov-86	44
Baird	Carol	ACT	27:03:43	Gold Coast, QLD	13-Aug-05	56
Grant	Dell	QLD	32:10:42	Caboolture, QLD	23-Jun-90	36
McConnell	Georgina	NSW	38:02:01	Colac, VIC	21-Nov-95	52
Lush	Eileen	SA	41:10:05	Aberfeldie, VIC	25-Jan-88	40
Case	Valerie	QLD	42:39:06	Caboolture, QLD	24-Jun-90	53
Hall	Kerrie	QLD	45:32:58	Maryborough, QLD	22-Aug-99	38
Barnett	Sarah	VIC	46:25:57	Colac, VIC	22-Nov-05	
Bolt	Phillipa	QLD	47:48:19	Caboolture, QLD	27-Sep-92	36

## 100 MILE TRACK RANKINGS - MALE

Surname	First Name	State	Time	Venue	Date	Age
Kouros	Yiannis	VIC	11:57:59	Kensington, SA	04-Oct-97	41
Perdon	George	VIC	12:25:09	Olympic Park, VIC	24-May-70	45
Thompson	Martin	NSW	12:42:50	Tipton, UK	25-Oct-75	29
Standeven	David	SA	14:02:47	Adelaide, SA	02-Nov-86	34
Melham	Anyce (Kip)	NSW	14:05:05	Adelaide, SA	29-Oct-89	31
Breit	John	VIC	14:14:00	Coburg, VIC	26-Feb-89	31
Tolliday	Owen	QLD	14:17:10	QLD Univ., QLD	06-Sep-87	
Smith	Bryan	VIC	14:21:00	Coburg, VIC	11-Mar-90	46
Schultz	Peter	SA	14:27:37	Adelaide, SA	14-Nov-82	
Young	Cliff	VIC	14:37:54	Manly, NSW	03-Apr-83	61
March	Mike	TAS	14:45:00	Coburg, VIC	26-Feb-89	45
Bloomer	Brian	VIC	14:51:07	Box Hill, VIC	16-Feb-86	45
Mercer	Neville	VIC	14:54:04	Coburg, VIC	28-Feb-93	
Cochrane	Tim	NSW	14:59:31	Coburg, VIC	20-Apr-08	27
Hepburn	Brickley	VIC	15:06:19	Coburg, VIC	24-Feb-91	39
Francis	Mick	WA	15:07:04	Adelaide, SA	24-Oct-99	41
Swift	Keith	NSW	15:10:52	Manly, NSW	22-Apr-84	
Wallace	Alistair	NSW	15:16:05	Manly, NSW	30-Mar-86	44
Woods	Graham	QLD	15:28:27	Aberfeldie, VIC	24-Jan-88	41
Fisher	Keith	VIC	15:38:20	Auckland, NZ	23-Aug-87	22
Kelly	Frank	NSW	15:55:38	Hensley, NSW	29-May-88	34
Gray	Peter	VIC	16:00:00	Coburg, VIC	11-Mar-90	25
Waugh	David	QLD	16:05:10	Gold Coast, QLD	13-Aug-06	34
Javes	Ian	QLD	16:06:13	Box Hill, VIC	01-Mar-87	44
Kinshofer	Rudolf	SA	16:09:06	Coburg, VIC	24-Feb-91	36
Keysecker	Don	NSW	16:09:48	NSW	26-May-79	
Fryer	Martin	ACT	16:16:02	Coburg, VIC	22-Apr-07	45
Brooks	Barry	VIC	16:20:00	Box Hill, VIC	01-Mar-87	46
Bogenhuber	Max	NSW	16:22:21	Manly, NSW	07-Apr-85	42
Massingham	Barry	NSW	16:22:44	Liandillo, NSW	14-Apr-80	
Lewis	John	VIC	16:23:08	Coburg, VIC	26-Feb-89	50
McCrorie	Wal	NSW	16:26:40	Manly, NSW	03-Apr-83	52
Tutty	Peter	VIC	16:32:48	Auckland, NZ	23-Aug-87	22
Cox	Terry (jnr)	VIC	16:40:00	Coburg, VIC	11-Mar-90	24
Audley	George	WA	16:45:02	Perth, WA	19-Oct-86	51
McKellar	Jack	VIC	16:45:48	Box Hill, VIC	16-Feb-86	45
Kirkman	Geoff	SA	16:46:14	Adelaide, SA	10-Nov-85	35
Visser	Jeff	VIC	16:52:43	Coburg, VIC	11-Mar-90	26
Lucas	Andrew	TAS	16:53:27	Kensington, SA	05-Oct-97	32
Bruner	Bob	VIC	16:56:15	Adelaide, SA	06-Nov-83	45
Jacobs	Trevor	ACT	16:57:00	Kensington, SA	29-Sep-91	39
Dillon	Buck	NSW	16:59:00	NSW	26-May-79	
Taggart	Bob	SA	16:59:22	Adelaide, SA	30-Oct-88	41
Parker	Ross	WA	17:07:07	Perth, WA	31-May-92	43
Riley	Gerry	VIC	17:15:59	Adelaide, SA	02-Nov-86	56
Hunter	Bob	QLD	17:16:32	Caboolture, QLD	02-Jul-89	54
Devine	Allan	WA	17:19:20	Perth, WA	17-Oct-87	28
McManus	Alistair		17:20:00	Hong Kong	18-Nov-84	34
Channels	Robert	NSW	17:22:01	Campbelltown, NSW	29-Oct-89	47
Taylor	Maurice	NSW	17:25:56	Adelaide, SA	04-Oct-87	39
Lynn	Charles	NSW	17:26:30	Adelaide, SA	10-Nov-85	40
Elliot	Ernie	VIC	17:27:01	Liandillo, NSW	14-Apr-80	
Peacock	Alan	QLD	17:31:46	QLD Univ., QLD	06-Sep-87	
Dietachmayer	Tony	VIC	17:32:57	Coburg, VIC	14-Feb-88	24
Read	Nick	ACT	17:33:50	Coburg, VIC	14-Feb-88	36
Cox	Murray	SA	17:40:29	Olympic Park, VIC	05-Aug-90	44
Young	Nobby	NSW	17:42:59	Hensley, NSW	02-Sep-90	44
Marden	Bob	NSW	17:43:00	Manly, NSW	22-Apr-84	31
Boyle	Brad	NSW	17:44:30	Campbelltown, NSW	29-Oct-89	29
Wishart	Greg	VIC	17:46:30	Coburg, VIC	26-Feb-89	50
Twartz	Peter	SA	17:46:51	Adelaide, SA	22-Oct-95	36
Stephenson	Chris	NSW	17:47:43	Manly, NSW	03-Apr-83	26
Beauchamp	Bill	VIC	17:48:53	Adelaide, SA	04-Oct-87	42
Skrobalak	Joe	VIC	17:53:07	Adelaide, SA	23-Oct-94	42
Howard	Ross	VIC	17:59:56	Box Hill, VIC	01-Mar-87	41
Pearce	Phil	WA	18:04:46	Perth, WA	27-May-90	



# 100 MILE TRACK RANKINGS - MALE

Boyce	Robert	VIC	18:05:00Adelaide, SA	30-Sep-07	45	Milne	Peter	VIC	19:59:49Coburg, VIC	14-Feb-88	32
Medill	Graham	QLD	18:05:20Caboolture, QLD	27-Sep-92	44	McComb	Andrew	SA	20:00:08Adelaide, SA	04-Nov-84	54
Wilson	Greg	VIC	18:07:00Wollongong, NSW	27-Mar-94		Boase	Geoff	QLD	20:10:52Adelaide, SA	29-Oct-89	38
Oostdam	Bert	WA	18:09:43Perth, WA	31-May-92	48	Yeaman	David	VIC	20:13:33Coburg, VIC	14-Feb-88	51
Every	Paul	NSW	18:09:49Adelaide, SA	24-Oct-99	35	Miller	Barry	WA	20:15:20Adelaide, SA	17-Oct-04	48
Hook	Geoff	VIC	18:12:35Manly, NSW	07-Apr-85	40	McKeown	Gordon	VIC	20:17:25Adelaide, SA	04-Nov-84	61
Twartz	John	SA	18:15:50Adelaide, SA	24-Oct-99	56	Record	Joe	WA	20:18:24Perth, WA	17-Oct-87	46
Donnelly	Bruce	QLD	18:16:02Campbelltown, NSW	09-Oct-88		Mansell	Kevin	SA	20:23:27Campbelltown, NSW	14-Oct-90	39
Armistead	Peter	VIC	18:17:44Coburg, VIC	11-Mar-90	43	Farmer	Patrick	NSW	20:24:20Campbelltown, NSW	09-Oct-88	26
Wolstencroft	James	VIC	18:20:20Coburg, VIC	26-Feb-89	34	O'Connell	Keith	NSW	20:25:03Hensley, NSW	29-May-88	49
Parsons	Patrick	SA	18:25:00Coburg, VIC	11-Mar-90	43	Miskin	Stan	VIC	20:25:22Adelaide, SA	04-Nov-84	59
Fox	Allan	SA	18:26:20Adelaide, SA	06-Nov-83	39	Gobel	Joe	VIC	20:34:03Manly, NSW	07-Apr-85	47
Wilkinson	Graeme	NSW	18:28:25Hensley, NSW	30-Nov-86	40	Whyte	Robin	ACT	20:37:12Clifton Hill, VIC	06-Oct-96	54
Nasmyth	Chilla	NSW	18:30:03Campbelltown, NSW	14-Oct-90		Reidy	John	NSW	20:40:13Adelaide, SA	17-Oct-04	37
Thompson	Mike	WA	18:30:31Perth, WA	28-May-89	41	Cook	Dean	NSW	20:41:37Gold Coast, QLD	11-Aug-07	33
Hargreaves	Bruce	NSW	18:32:45Caboolture, QLD	24-Jun-90	37	Kitto	Max	SA	20:49:31Adelaide, SA	04-Oct-87	41
Townsend	Graeme	NSW	18:33:06Hensley, NSW	29-May-88	30	McCool	Tony	SA	20:49:56Adelaide, SA	10-Nov-85	
Smith	Jeff	VIC	18:33:10Coburg, VIC	24-Feb-91	40	Brooks	Colin	SA	20:51:10Adelaide, SA	30-Sep-07	54
Sch nibbe	Klaus	VIC	18:33:57Adelaide, SA	10-Nov-85	42	Logan	Peter	VIC	20:52:41Adelaide, SA	06-Nov-83	36
Quinn	Peter	VIC	18:35:51Olympic Park, VIC	05-Aug-90	40	Sheridan	James	SA	20:53:44Adelaide, SA	14-Nov-82	
Cook	Bruce	ACT	18:38:40QLD Univ., QLD	06-Sep-87	31	Kirk	Bruce	VIC	20:54:57Coburg, VIC	26-Feb-89	25
Schwebel	Ron	NSW	18:40:13Adelaide, SA	30-Sep-07	56	Jerram	Colin	VIC	20:59:31Coburg, VIC	11-Mar-90	40
Hill	Ron	VIC	18:42:34Hensley, NSW	30-Nov-86	46	Fowler	John	QLD	21:01:59Maryborough, QLD	21-Aug-99	59
Firkin	Graham	NSW	18:43:17Hensley, NSW	02-Sep-90	52	Taylor	Ian	NSW	21:02:01Hensley, NSW	31-May-87	35
Bell	John	VIC	18:43:38Box Hill, VIC	16-Feb-86	38	Last	Geoffrey	QLD	21:03:15Coburg, VIC	20-Apr-08	57
Whiteoak	Michael	VIC	18:43:52Adelaide, SA	06-Nov-83	38	Pickard	Terry	QLD	21:03:36QLD Univ., QLD	06-Sep-87	28
Martin	Ross	SA	18:44:48Adelaide, SA	10-Nov-85		Harris	Trevor	ACT	21:05:31QLD Univ., QLD	06-Sep-87	40
Gray	Daniel	NSW	18:45:27Hensley, NSW	31-May-87	40	Taylor	Dave	NSW	21:07:00Box Hill, VIC	16-Feb-86	34
Burns	Bob	QLD	18:45:42Caboolture, QLD	02-Jul-89	46	Brown	David	NSW	21:07:11Hensley, NSW	29-May-88	30
Stuart	Roger	SA	18:47:13Adelaide, SA	30-Oct-88	45	Fickel	Bob	NSW	21:09:01Campbelltown, NSW	29-Oct-89	37
Slagter	Michael	SA	18:48:00Adelaide, SA	25-Oct-92	22	Zukowski	Jerry	SA	21:11:58Adelaide, SA	20-Oct-02	50
Collins	Tony	NSW	18:48:58Campbelltown, NSW	29-Oct-89	42	Marshall	Kelvin	QLD	21:14:25Coburg, VIC	20-Apr-08	43
Nash	Robert	VIC	18:51:00Coburg, VIC	14-Feb-88	37	Kaparelis	John	VIC	21:15:18Coburg, VIC	26-Feb-89	21
Champness	John	VIC	18:57:08Hensley, NSW	29-May-88	37	Hamilton	Kevin	WA	21:17:26Perth, WA	13-Oct-85	
Bristow	Ralph	VIC	19:00:38Tamworth, NSW	10-Mar-91	51	Sutcliffe	Roy	SA	21:19:59Adelaide, SA	14-Nov-82	
Markulin	Doug	NSW	19:01:09Liandillo, NSW	14-Apr-80		Bohnke	Michael	NSW	21:20:40Coburg, VIC	23-Feb-92	38
Stenner	Graham	SA	19:03:31Coburg, VIC	26-Feb-89	44	Spencer	Don	SA	21:23:25Adelaide, SA	04-Nov-84	48
Pearson	John	QLD	19:06:59Coburg, VIC	20-Apr-08	36	Davis	Ivan	TAS	21:30:00Coburg, VIC	24-Feb-91	37
Lang	Coran	VIC	19:08:07Coburg, VIC	22-Apr-07	41	Clarke	Phillip	NSW	21:30:05Hensley, NSW	29-May-88	36
Woodhouse	Paul	NSW	19:17:15Manly, NSW	30-Mar-86	23	Billett	David	SA	21:33:19Adelaide, SA	30-Sep-07	37
Wise	Garry	VIC	19:27:08Coburg, VIC	23-Apr-06	59	Kewley	Doug	ACT	21:35:20Adelaide, SA	17-Oct-93	43
Partington	Ian	WA	19:31:04Perth, WA	13-Oct-85		Light	Graham	VIC	21:35:35Manly, NSW	22-Apr-84	35
Valentine	Ian	QLD	19:33:37Gold Coast, QLD	21-Aug-04	43	McDonald	Colin	VIC	21:37:40Box Hill, VIC	01-Mar-87	
Bryce	Michael	VIC	19:35:35Adelaide, SA	30-Oct-88	40	Boidin	Keith	NSW	21:40:54Liandillo, NSW	14-Apr-80	
Smith	Ronald	VIC	19:36:13Coburg, VIC	14-Feb-88	43	Vega	Eduardo	NSW	21:41:12Hensley, NSW	02-Sep-90	49
Allen	Greg	SA	19:36:46Adelaide, SA	25-Oct-92		Bird	David	WA	21:41:53Perth, WA	27-May-90	
Bennett	Peter	QLD	19:42:54Clifton Hill, VIC	09-Oct-94	38	Ramelli	Ray	VIC	21:41:53Box Hill, VIC	16-Feb-86	40
Hooley	Danny	QLD	19:43:03Gold Coast, QLD	11-Aug-07	35	Bencze	John	VIC	21:43:24Coburg, VIC	26-Feb-89	55
Pritchard	Mark	WA	19:43:54Perth, WA	31-May-92	44	Pierce	Simahin	SA	21:46:19Adelaide, SA	23-Oct-94	
Hart	Gerry	VIC	19:47:44Liandillo, NSW	14-Apr-80	41	Bray	Steve	SA	21:47:34Adelaide, SA	25-Oct-92	
Cox	Terry (snr)	VIC	19:50:30Hensley, NSW	30-Nov-86	49	Hough	Ken	VIC	21:48:18Coburg, VIC	26-Feb-89	44
Weinstein	Roger	VIC	19:51:50Coburg, VIC	24-Feb-91	40	O'Neil	Terry	VIC	21:48:35Coburg, VIC	22-Apr-07	51
Cassidy	Kevin	VIC	19:57:55Hensley, NSW	31-May-87	26	Allen	Barry	VIC	21:50:05Adelaide, SA	10-Nov-85	29

## 100 MILE TRACK RANKINGS - MALE

Docherty	Andy	SA	21:51:12	Manly, NSW	03-Apr-83	51	Martin	Kevin	WA	23:10:00	Perth, WA	28-May-89
Martin	Rod	NSW	21:52:38	Hensley, NSW	29-May-88	45	Harris	John	QLD	23:10:36	Clifton Hill, VIC	20-Sep-98 47
Turnbull	Jim	WA	21:54:56	Perth, WA	29-May-88	51	Fisher	Patrick	ACT	23:10:38	Coburg, VIC	23-Apr-06
Grant	Stephen	NSW	21:54:59	Coburg, VIC	14-Feb-88	30	Croxford	Alan		23:11:37	Perth, WA	17-Oct-87 44
Biviano	Frank	VIC	21:56:24	Adelaide, SA	02-Nov-86	42	Waldeck	David	SA	23:14:10	Adelaide, SA	04-Nov-84 38
Tripp	Tony	WA	21:58:10	Coburg, VIC	14-Feb-88	41	Grayling	Michael	VIC	23:14:47	Coburg, VIC	26-Feb-89 32
Goonpan	Peter	NSW	22:00:00	Coburg, VIC	14-Apr-96	37	Wilkins	Michael	SA	23:15:49	Adelaide, SA	22-Oct-95 49
Law	Andrew	TAS	22:02:45	Olympic Park, VIC	20-Aug-89	29	Evans	Brian	QLD	23:16:54	Gold Coast, QLD	23-Aug-03 60
Orchard	Scott	VIC	22:02:55	Coburg, VIC	20-Apr-08	35	Little	Bob	NSW	23:18:00	Manly, NSW	22-Apr-84 45
Kennedy	Brian	WA	22:07:31	Perth, WA	28-May-89		Scott	Dave	WA	23:18:17	Perth, WA	28-May-89
Erickson	Tim	VIC	22:10:27	Kensington, SA	10-Oct-76	25	King	Les	SA	23:19:46	Adelaide, SA	25-Oct-92
Eadie	David	VIC	22:11:02	Coburg, VIC	20-Apr-08	37	Anderson	Peter	QLD	23:23:13	Coburg, VIC	17-Apr-05 58
Staples	Alan	NSW	22:11:54	Manly, NSW	18-Apr-87	37	Sill	David	NSW	23:23:19	Adelaide, SA	25-Oct-92 45
Ashwell	Tony	SA	22:12:00	Adelaide, SA	02-Nov-86		Jones	David	VIC	23:23:49	Adelaide, SA	17-Oct-04 63
Swain	Sean	QLD	22:12:38	Gold Coast, QLD	21-Aug-04	37	Marsh	Trevor	VIC	23:24:40	Coburg, VIC	17-Apr-05 43
Cook	Kim	NSW	22:18:34	Coburg, VIC	22-Apr-07	51	Goonan	Patrick	VIC	23:25:38	Adelaide, SA	17-Oct-04 34
Richardson	Peter	VIC	22:21:14	Hensley, NSW	31-May-87	22	Hain	Geoff	QLD	23:26:52	Caboolture, QLD	24-Jun-90 43
Worley	Brett	SA	22:24:08	Adelaide, SA	01-Oct-06	30	Ladyman	Rodney	QLD	23:27:32	Coburg, VIC	23-Apr-06 49
Schubert	Guy	SA	22:25:45	Adelaide, SA	02-Nov-86	37	Clarke	Garry	WA	23:29:38	Perth, WA	17-Oct-87
Ludwig	Andrew	QLD	22:26:09	Clifton Hill, VIC	09-Oct-94	28	Hillier	Greg	VIC	23:29:58	Aberfeldie, VIC	24-Jan-88 32
Walters	Ken	VIC	22:28:31	Clifton Hill, VIC	09-Oct-94	62	Hanneman	Martin	QLD	23:30:00	Campbelltown, NSW	14-Oct-90
Love	Gregory	NSW	22:30:18	Campbelltown, NSW	29-Oct-89	35	Mahony	Paul	NSW	23:31:20	Campbelltown, NSW	29-Oct-89
Brooks	Frederick	VIC	22:31:15	Coburg, VIC	08-Apr-01	66	Gladwell	Mark	NSW	23:32:35	Manly, NSW	30-Mar-86
Watts	Graeme	QLD	22:35:59	Gold Coast, QLD	23-Aug-03	49	McCartney	Stan	SA	23:33:21	Adelaide, SA	04-Nov-84 39
Gutteridge	Bill	SA	22:38:07	Adelaide, SA	06-Nov-83	53	Wiese	Robert	SA	23:33:29	Adelaide, SA	28-Oct-90 44
Skinner	Deryck	SA	22:39:55	Adelaide, SA	16-Oct-05	72	Vernon	Peter	VIC	23:34:00	Box Hill, VIC	01-Mar-87 32
Kerruish	Grahame	NSW	22:40:27	Manly, NSW	18-Apr-87	47	Maybir	Caleb	QLD	23:34:21	Nathan, QLD	29-Sep-96 41
Coulter	Greg	SA	22:42:35	Adelaide, SA	02-Nov-86	28	Haynes	John	SA	23:35:16	Adelaide, SA	06-Nov-83 44
Sindair	John	QLD	22:42:36	QLD Univ., QLD	06-Sep-87	45	Venus	Graham	SA	23:37:13	Adelaide, SA	29-Oct-89
Bird	John	WA	22:42:39	Perth, WA	29-May-88		Sherman	Andrew	NSW	23:40:56	Hensley, NSW	02-Sep-90
Ellis	Ray	VIC	22:43:46	Coburg, VIC	14-Feb-88	57	King	Peter	WA	23:41:14	Perth, WA	17-Oct-87
Phillips	Lindsay	QLD	22:44:32	Campbelltown, NSW	09-Oct-88	23	Holleran	David	QLD	23:41:18	Coburg, VIC	23-Feb-92 35
Warren	Morris	WA	22:44:34	Perth, WA	13-Oct-85		Lockyer	Merv	VIC	23:45:51	Clifton Hill, VIC	06-Oct-96 65
Lee	Bob	VIC	22:44:44	Coburg, VIC	18-Apr-04	49	Risstrom	Peter	VIC	23:47:40	Coburg, VIC	24-Feb-91 29
Colwell	Brian	NSW	22:44:56	Hensley, NSW	02-Sep-90	41	Barker	Carl	NSW	23:49:50	Campbelltown, NSW	29-Oct-89 30
Clements	Harry	NSW	22:46:31	Hensley, NSW	02-Sep-90		Harber	Tony	NSW	23:51:07	Hensley, NSW	02-Sep-90
Holmes	Chris	NSW	22:47:12	Adelaide, SA	22-Oct-95	41	Janovsky	Peter	NSW	23:53:56	Hensley, NSW	02-Sep-90
Hutchinson	Ian	NSW	22:47:14	Hensley, NSW	31-May-87	40	Mills	Brian	NSW	23:57:20	Campbelltown, NSW	29-Oct-89
Marshall	Keith	VIC	22:49:02	Box Hill, VIC	16-Feb-86	59	Watt	Graham	VIC	23:59:23	Coburg, VIC	18-Apr-04 27
Harvey	Michael	VIC	22:51:30	Coburg, VIC	08-Apr-01	38	Hoskinson	Peter	TAS	25:12:55	Colac, VIC	21-Nov-05 42
Timms	John	QLD	22:53:23	Adelaide, SA	23-Oct-94	52	Grant	Ron	QLD	26:16:48	Caboolture, QLD	26-Sep-92 49
Williams	Reg	VIC	22:54:47	Coburg, VIC	26-Feb-89	37	Commins	Louis	NSW	28:28:25	Gold Coast, QLD	11-Aug-07 58
Rafferty	Tony	VIC	22:54:59	Adelaide, SA	04-Nov-84	45	Neumann	Rainer	QLD	29:00:53	Gold Coast, QLD	23-Aug-03
Skvaril	Vlastislav	TAS	22:56:18	Colac, VIC	21-Nov-05	66	Dunn	Stephen	SA	29:34:56	Aberfeldie, VIC	24-Jan-88 21
Wagner	Stuart	QLD	22:58:01	Gold Coast, QLD	23-Aug-03		Neville	Howard	QLD	30:45:46	Gold Coast, QLD	23-Aug-03 58
Thys	Dirk	SA	22:59:24	Coburg, VIC	17-Apr-05	35	Hume	James	VIC	33:20:27	Aberfeldie, VIC	24-Jan-88 56
Heppel	Barry	WA	23:01:17	Perth, WA	13-Oct-85		McKinlay	Brock	ACT	33:24:46	Colac, VIC	21-Nov-05
Taylor	Bill	WA	23:02:25	Perth, WA	19-Oct-86	44	Kettle	Drew	VIC	33:48:35	Colac, VIC	20-Nov-95 75
Byrth	Robert	SA	23:03:28	Adelaide, SA	10-Nov-85	36	Rowe	Craig		34:13:31	Caboolture, QLD	22-Sep-92 25
Power	Tony	VIC	23:05:00	Coburg, VIC	11-Mar-90		Scanlon	Shaun	QLD	34:46:28	Gold Coast, QLD	13-Aug-05 60
Gibson	Peter	QLD	23:05:33	Gold Coast, QLD	23-Aug-03	48	Waddell	Peter	ACT	35:17:52	Maryborough, QLD	21-Aug-99
Nordish	Steve	NSW	23:05:49	Hensley, NSW	02-Sep-90		Peterson	John	QLD	35:46:20	Caboolture, QLD	01-Jul-89 72
Martin	Claude	VIC	23:07:19	Aberfeldie, VIC	24-Jan-88	52	Foley	Mark		39:47:00	Caboolture, QLD	23-Sep-92 38

## 100 MILE TRACK RANKINGS - MALE

Wakefield	Charlie	VIC	42:01:34	Caboolture, QLD	24-Jun-90	36	McGregor	Ron	VIC	50:17:21	Colac, VIC	22-Nov-05	63
Chatterton	Ray	QLD	45:27:48	Caboolture, QLD	23-Sep-92	43	Stewart	Barry	QLD	57:19:38	Caboolture, QLD	23-Sep-92	59
Lewis	Stephen	QLD	47:13:17	Caboolture, QLD	03-Jul-89	30	Clarke	Albert	VIC	57:31:06	Colac, VIC	22-Nov-05	
Matchett	Ken	VIC	47:26:48	Colac, VIC	22-Nov-05	83							

## 100 MILE TRACK RANKINGS - FEMALE

Surname	First Name	State	Time	Venue	Date	Age	Talbot	Kim	VIC	22:48:48	Coburg, VIC	26-Feb-89	20
Smith	Margaret	VIC	16:01:43	Manly, NSW	22-Apr-84	48	Kerr	Sandra	VIC	22:55:22	Coburg, VIC	11-Mar-90	44
Stanger	Helen	NSW	16:02:00	Coburg, VIC	23-Aug-98	48	Thompson	Michelle	VIC	23:04:26	Coburg, VIC	23-Apr-06	37
Parris	Dawn	VIC	17:52:53	Olympic Park, VIC	20-Aug-89	36	Carrassi	Carmela	VIC	23:09:03	Coburg, VIC	13-Apr-97	43
Cameron	Cynthia	VIC	18:11:37	Adelaide, SA	02-Nov-86	44	Worley	Susan	SA	23:17:20	Adelaide, SA	02-Nov-86	39
Baird	Carol	ACT	18:36:45	Adelaide, SA	01-Oct-06	57	Bower	Jill	WA	23:24:52	Perth, WA	13-Oct-85	
McConnell	Georgina	NSW	18:47:20	Olympic Park, VIC	20-Aug-89	46	Warren	Valerie	NSW	23:25:30	Campbelltown, NSW	29-Oct-89	55
Lee-McGough	Lorraine	SA	19:51:21	Adelaide, SA	23-Oct-94		Young	Shirley	VIC	23:30:29	Coburg, VIC	23-Aug-98	68
Spain	Trisha	WA	20:05:16	Perth, WA	28-May-89	47	Bollen	Karyn	VIC	23:35:56	Coburg, VIC	14-Apr-02	47
Grant	Dell	QLD	20:10:43	QLD Univ., QLD	06-Sep-87	33	Salter	Bronwyn	WA	23:45:05	Perth, WA	31-May-92	44
Scholz	Sharon	VIC	20:29:07	Coburg, VIC	20-Apr-08	31	Leahy	Marcia	NSW	23:50:10	Campbelltown, NSW	14-Oct-90	
Riley	Geraldine	VIC	21:49:34	Box Hill, VIC	16-Feb-86	22	Cox	Catherine	SA	23:54:28	Coburg, VIC	20-Apr-08	
Joyce	Felicity	NSW	21:52:19	Adelaide, SA	17-Oct-04		Lush	Eileen	SA	31:35:55	Aberfeldie, VIC	24-Jan-88	40
Baird	Anubha	SA	21:54:40	Adelaide, SA	24-Oct-99	28	Barnett	Sarah	VIC	32:07:18	Colac, VIC	21-Nov-05	
O'Connor	Helen	SA	22:17:32	Adelaide, SA	02-Nov-86		Case	Valerie	QLD	32:41:00	Caboolture, QLD	23-Jun-90	53
Haarsma	Kay	SA	22:25:31	Adelaide, SA	14-Nov-82		Hall	Kerrie	QLD	33:55:54	Maryborough, QLD	21-Aug-99	38
Standeven	Cheryl	SA	22:44:40	Adelaide, SA	30-Oct-88	32	De Williams	Deborah	VIC	37:56:54	Gold Coast, QLD	13-Aug-06	36
Lewis	Lynette	QLD	22:46:54	Coburg, VIC	14-Apr-02	46	Bolt	Phillipa		40:35:00	Caboolture, QLD	27-Sep-92	36
Foley	Wanda	QLD	22:47:15	Kensington, SA	29-Sep-91	45							

## DNF continued from page 48

But what I've concluded, in thinking about it all in the months since that afternoon at the Hope Pass trailhead is that my DNF was not a defeat (well, not entirely anyway), but simply another reminder that the road is long and the final finish line cannot be seen.

What I began to see was that my Leadville failure was just like getting over Sugarloaf at 4:00 a.m. – a weigh station on the way to somewhere else, a toll to be paid and not in any sense a thing to be filed away and forgotten.

We hiked for a long time past the llamas even though my knees and toes quietly protested. On the trail toward Hope, the fluttering plastic trail markers were still in place.

We laughed and ate lunch by the lake and posed for pictures that I look at now in wonder on our refrigerator; me leaning against my sons, who look strong and wonderful and silly on a perfect late summer afternoon in a beautiful place. If being beaten by Leadville was the price to be paid for that day, then it was cheap and I would pay it again, gladly.

The ultramarathon, in my mind, is all about optimism and hope. You must believe, standing at the starting line of a race, that what you're about to try can be done, or you're doomed from the get-go. And you must come to grips at some point with your own limits, or I think you've missed the great lesson of humility that distance running can teach.

And now I've come to believe the same things about defeat. Hope that you will find a positive meaning in failure and you still might not, but at least you've made the attempt, and in that there is victory.

Other precepts of endurance running apply too: focus on the goal but be ready for real life to unfold out of the corner of your eye and embrace it when it comes. Improvise. When one thing doesn't work, try another. Run your own race in victory, and your own race in defeat too.

### LISTEN TO THE BLUES

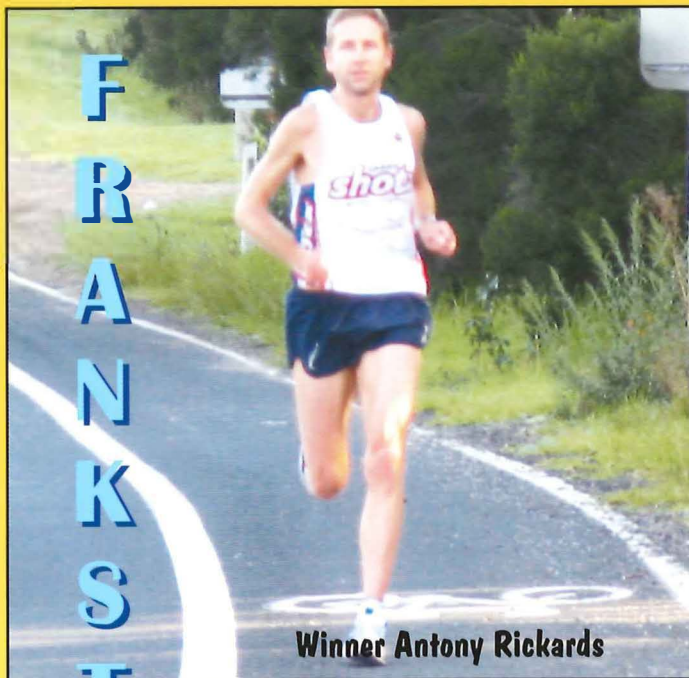
And listen to the blues, as I have decided to next time I'm ready to put myself out there again. The structure of the blues is all about darkness and light. The lyrics reach out to the bleak, forbidding places of life, where luck is lousy, lovers are untrue and bad things happen to good people. But the music, in complete contrast, propels you out of yourself and the darkness with its uplifting buoyant hint of something better and grander just around the bend.

It's at the junction of the two – the boundary of the possible and the impossible, hope and despair, past and future - where the mystery unfolds.

So I think we shouldn't try to run from the dark places, even if they take us to failure. They're here for a reason – part of the mix, crucial to the whole, and inevitable, anyway. We're all losers at least part of the time. Whether that leads to llamas and goofy pictures with your kids – who knows? Dumb luck is also where you find it.

But I know now that the next time those vampire sirens beckon to me from the edge of the firelight, I'll also have a secret weapon against them. I'll think of llamas, and my family, and I'll hope for the best.

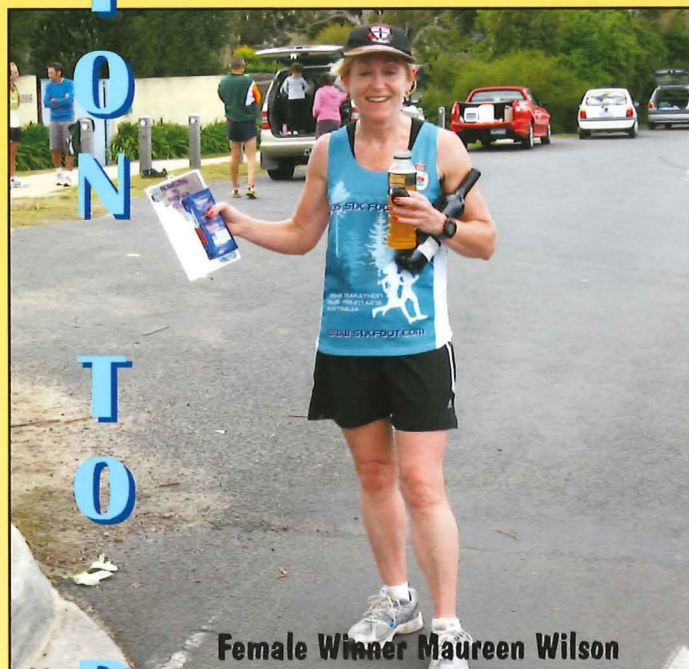




**Winner Antony Rickards**



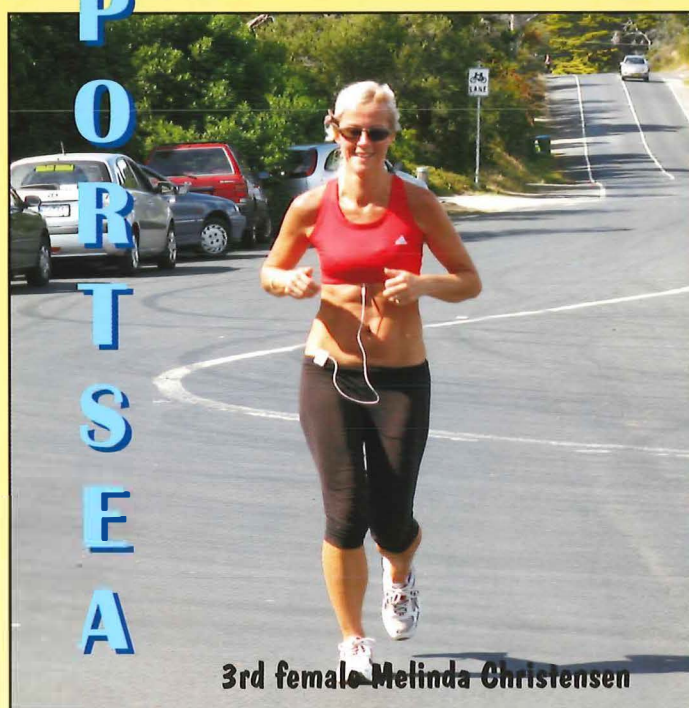
**2nd place Dean Cook**



**Female Winner Maureen Wilson**



**3rd place Paul Every**



**3rd female Melinda Christensen**



**3rd female Suzannah Harvey Jamieson**

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**24 hr female winner Sharon Scholz**



**2nd place 24 hr John Pearson**



**3rd place 24 hr Geoff Last**



**24 hr walk winner Andrew Ludwig**