

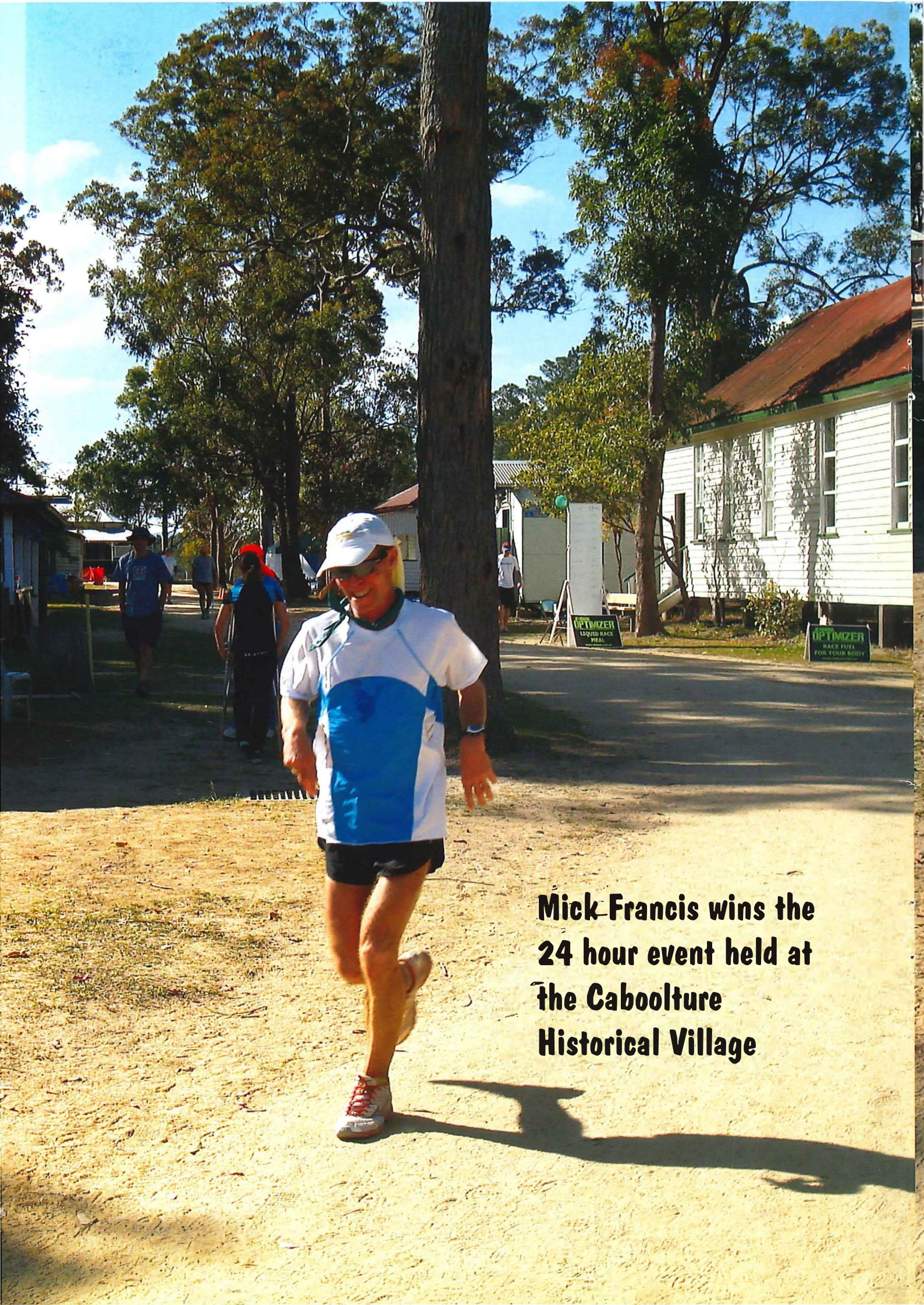
AURA MAGAZINE

SEPT 2008 Volume 23 No.3

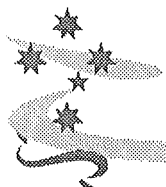
U L T R A M A G

- Martin Fryer sets new national 48 hour mark
- Large field at the inaugural "Tan Ultra"
- New Australian records at the Sri Chinmoy 3,100 miles in New York
- The AURA Points Race HOTS up

 Australian
Ultra
Runners
Association Inc



**Mick Francis wins the
24 hour event held at
the Caboolture
Historical Village**



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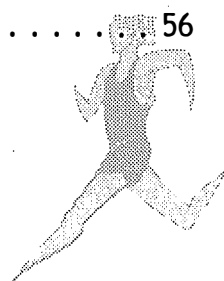
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Editorial Sept 2008

By Kevin Cassidy

For as many years as I can remember, the benchmark of 200 kilometres in 24 hours has been a much sought after goal for most ultrarunners. With this in mind, it's hard to get a handle on the likes of 400 kilometres in 48 hours. Very few Australians could ever dream of such an accomplishment. If ever we had someone from our own shores capable of such a feat, it would be Martin Fryer. At the recent National 48 Hour Championships in Caboolture, Martin went within a whisker of that very mark.

With a final distance of a smidgeon over 393 kilometres, Martin added almost 50km to his previous PB in recording a huge Australian record. There seems to be almost nothing that this Canberra resident can't do. His range of performances are spread across a variety of distances on all surfaces [track, road and trail].

In Melbourne, Nick Thompson is to be congratulated on the inaugural "Tan Ultra" which attracted a healthy collection of entries.

The various IAU Championships are almost upon us with the 24 hour Challenge being held in Seoul, Korea on 18/19 October. Our men's team consists of Marin Fryer, Tim Cochrane, Mick Francis, John Pearson, Paul Every and David Waugh. The women's team will feature Deanne Nobbs as our only female with the rising star, Sharon Scholz, unfortunately laid low with a stress fracture. One doesn't have to pull out any results books to appreciate the quality of our representatives. Each of them have proven their credentials many time over during the last 12 months.

Tarquinia, Italy will host the IAU 100 Kilometre Challenge on the 8th of November. Our team boast a collection of top class qualifying performances with the men's team made up of Jo Blake, Tim Cochrane, David Eadie, Darren Benson, Dean Cook and one time national marathon

representative, Magnus Michellson. Our women's team is made up of the very formidable combination of Vivienne Kartsounis, Kerrie Bremner, Susannah Harvey-Jamieson and Sharon Callister

After much discussion, our representative teams will now be known as "The Emus"

Our wandering Tasmanian, Vlastik Skvaril is at it again. This time he is midway through a 100 day 5,768 kilometre journey from the nation's western most point to the eastern most point via the mid sections of the country. As I write, Vlastik is on target and in good spirits and expects to arrive on the east coast by the end of October

Overseas, three Australians made the journey to the famed Western States 100 miler in California. In a blunt reminder that Mother Nature is in full control, this iconic event was forcibly cancelled only days before its scheduled start due to raging bushfires. With a swag of international competitors having already arrived, the disappointment and anti climax could only be described as monumental.

Perth's Grahak Cunningham ventured over to New York for the second straight year to contest the Self Transcendence 3,100 mile event. Showing a vast improvement on his superb 2007 finish, Grahak took third position in one of the great Australian ultra performances. After 46 days, 11 hours, 53 minutes and 48 seconds, Grahak had re written the record book with a smorgasbord of new marks on route. Still young, he appears capable of further improvement.

The unmistakable Kelvin Marshall has also been active overseas having recorded excellent finishes at the Badwater 135 Miler in Death Valley before toddling over to France for the 18 day La Trans Gaule event.

The Points Race sees Robert Boyce opening up a lead over Kelvin Marshall, Tim Cochrane and Malcolm Gamble. With plenty of events in the last three months of the year, things are still wide open.

It's pleasing to be able to announce two new sponsors in 2XU and Sportnet Holidays. Sponsorship in any form is always a two way street, so patronising these companies will be a benefit to us all.

On a sad note, I have to report the demise of the Australian Six Day Race at Colac. Despite the tireless efforts of new Race Director, Lee Troop, a lack of entries spelt the end of an era.

With regular updates, AURA's website at www.aura.asn.au contains a wealth of information. Other websites to bookmark are:....

www.ultraoz.com

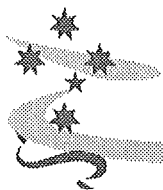
www.iau-ultramarathon.org

www.planetultramarathon.wordpress.com

Also, The Centurion Walkers Club can be found at <http://home.vic-net.net.au/~austcent>



Geoff Hain at the Continental Centurian walk in Holland



Current Australian Ultra Marathon Calendar

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

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

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 Paul Monks, phone 0402 852 566 email: paulmonks@gmail.com For more information go to 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 For more information go to 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: Alec Hove. telephone 03 62 234 456 fax 03 62 234 660 email: ahove@hoveandhalys.com.au For more information go to 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 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 For more information go to 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 or Kevin Tiller 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.au For more information go to 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 More information at 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 For more information go to 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 Visit 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. Visit 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 More information at 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 For more information go to 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

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. For more information go to 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@arocsport.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

Sunday 22 June MOUNT MEE [QLD]

50km Road Race. Contact Bruce Cook on 07 5496 4171 or email printrun@bigpond.net.au More information at 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



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

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: Kylie Williams 1/4 Sarah Court, Marleston 5033. Ph. 0415 334 892 or email kylie_williams@goldenboat.net For more information go to www.aura.asn.au/Adelaide_6-12-24.html

Sunday 5 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. Phone: 0407 755 478

November 2008

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
Telephone 0428 880784 For more information go to 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 or visit 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 For more information go to 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. Visit 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.

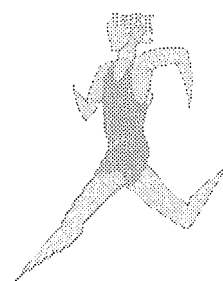
Contact Paul Every on 02 9482 8276 or email peverydweaver@hotmail.com

More information at 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 For more information go to www.aura.asn.au/SixInchTrack.html

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



AURA Contacts

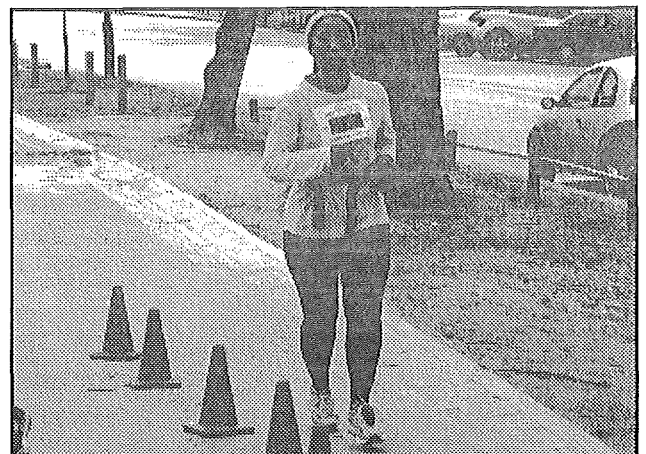
Position	Person	email	telephone
membership secretary	David Criniti	dcriniti@bigpond.net.au	0411 438 344
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apparel & trophies	Sandra Howorth	s_sandyhow@optusnet.com.au	0407 301 058
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secretary	Jo Blake	jblake@cjeffery.com.au	0414 554 469
president	Ian Cornelius	icorneli@bigpond.net.au	0408 527 391

Photos below from The Tan Ultra - left Dianne Edwards and right Melissa Cheung



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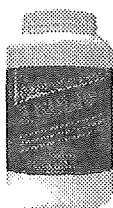
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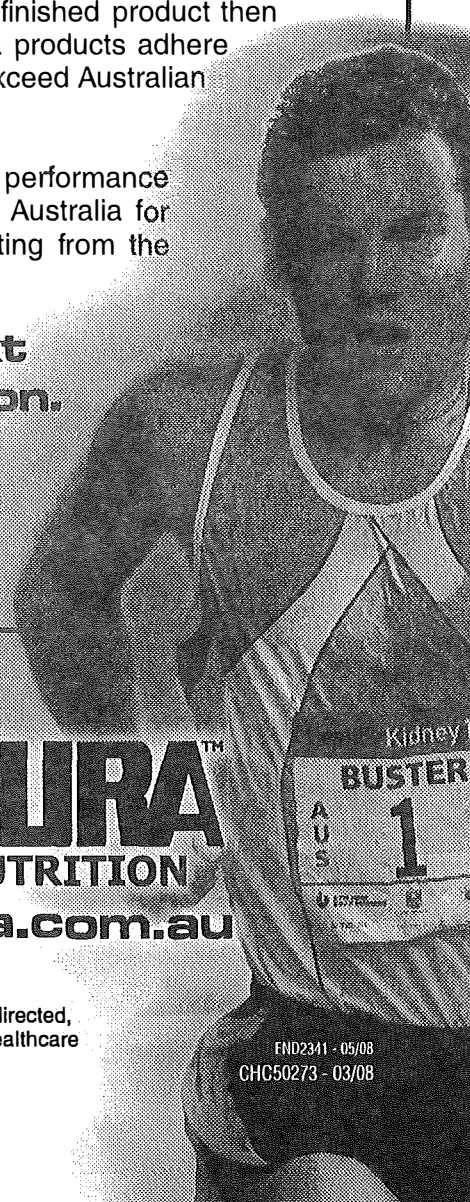
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AURA Points Score Competition

Win prizes to a value of \$2,500

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 st place	To be eligible the race must be an ultra race sanctioned by AURA as shown in the AURA race calendar. These points are awarded for men's placings and for women's placings. If a National championship then these points are doubled (note 6).
	2	2 nd place	
	1	3 rd 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: 1st to 10th place....yet to be determined



AURA Points Score Competition

BY POINTS (DESCENDING)

All Events up to 14th September Includes all AURA members who joined by 10th June

- indicates a placing in a national championship

+ - indicates an Open record, otherwise Age Group.

		Category 1				Category 2				Category 3			Category 4			Category 5				Total			
Surname	First Name	120+	60+	<60	E'ts	km	Pts	1st	2nd	3rd	Pts	Aust	W'd	Pts	L1	L2	Elig	Pts	RD	AR	V	Pts	Pts
Boyce	Robert	2	3	4	11	813.107	32	2	0	1	7	0	0	0	0	0	0	0	2	0	0	20	59
Marshall	Kelvin	1	4	6	11	843.040	33	3	1	2#	14	0	0	0	0	0	0	0	0	0	0	0	47
Cochrane	Tim	1	2	3	6	523.300	20	2	2##	0	14	0	0	0	0	0	1	10	0	0	0	0	44
Gamble	Malcolm	0	7	2	10	666.302	28	1	2	1	8	0	0	0	0	0	0	0	0	0	1	3	39
Monks	Paul	1	4	3	9	568.005	24	3	0	0	9	0	0	0	0	0	0	0	0	0	1	3	36
Cook	Kim	0	5	4	9	616.000	26	1	2	1	8	0	0	0	0	0	0	0	0	0	0	0	34
Eadie	David	1	2	2	5	437.310	17	2#	2	0	13	0	0	0	0	0	0	0	0	0	0	0	30
Francis	Mick	2	0	0	2	444.658	14	2	0	0	6	0	0	0	0	1	0	10	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
Fryer	Martin	1	0	0	1	393.504	9	1#	0	0	6	0	0	0	0	1	0	10	0	0	0	0	25
Criniti	David	0	0	2	2	100.000	4	2#	0	0	9	0	0	0	0	0	1	10	0	0	0	0	23
McCormick	Richard	1	3	3	7	551.980	22	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	22
Pearson	John	2	1	0	3	391.495	14	2	1	0	8	0	0	0	0	0	0	0	0	0	0	0	22
Nobbs [f]	Deanne	0	2	2	4	305.230	12	1	2#	0	9	0	0	0	0	0	0	0	0	0	0	0	21
Ludwig	Andrew	2	1	0	3	494.659	16	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	19
Collins	Tony	2	0	0	2	425.388	14	0	1#	0	4	0	0	0	0	0	0	0	0	0	0	0	18
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
Fraser	Lachlan	0	2	2	4	308.200	12	1	0	2	5	0	0	0	0	0	0	0	0	0	0	0	17
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
Pearce	Billy	1	2	1	4	414.121	16	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	16
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
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
Fiegel [f]	Tina	0	1	2	3	192.243	6	2	1	0	8	0	0	0	0	0	0	0	0	0	0	0	14
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
Fawkes	Nathan	1	0	1	2	230.630	8	1	1	0	5	0	0	0	0	0	0	0	0	0	0	0	13
Saxon	Brett	0	3	1	4	335.000	13	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	13
Bignell	Peter	0	2	1	3	205.000	9	0	1	1	3	0	0	0	0	0	0	0	0	0	0	0	12
Billett	David	1	0	0	2	270.098	7	0	0	1#	2	0	0	0	0	0	0	0	0	0	1	3	12
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
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
Harvey-Jamieson [f]	Susannah	0	1	1	2	165.298	5	2	0	0	6	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
Staples	Alan	1	1	0	2	311.420	11	0	0	0	0	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

		Category 1					Category 2					Category 3			Category 4			Category 5				Total
Goggin	Bernie	0	0	0	1	0.000	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	10	
Murphy	Phillip	0	2	2	4	259.000	10	0	0	0	0	0	0	0	0	0	0	0	0	0	10	
Phillips	Lindsay	1	1	0	2	226.743	9	0	0	1	1	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	1	0	0	10	10	
Skinner	Deryck	1	0	0	1	238.837	7	0	0	0	0	1	0	3	0	0	0	0	0	0	10	
Wright	Ian	0	2	1	3	209.000	9	0	0	1	1	0	0	0	0	0	0	0	0	0	10	
Dunn	Jason	0	2	0	2	175.000	6	1	0	0	3	0	0	0	0	0	0	0	0	0	9	
Gregory	Wayne	0	2	1	3	209.000	9	0	0	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	9	
Schwebel	Ron	0	1	0	1	111.500	4	0	1	0	2	1	0	3	0	0	0	0	0	0	9	
Solomon	Colin	0	2	0	2	166.500	6	1	0	0	3	0	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	8	
Every	Paul	0	1	2	3	195.000	6	0	0	1#	2	0	0	0	0	0	0	0	0	0	8	
Guard	Roger	0	2	0	2	141.000	6	0	1	0	2	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	8	
Marsh	Ken	0	1	1	2	165.485	5	1	0	0	3	0	0	0	0	0	0	0	0	0	8	
Ervin [f]	Kaye	0	0	2	2	104.200	4	1	0	0	3	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	7	
Gray	Rob	0	0	2	2	100.000	4	0	1	1	3	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	7	
Labinsky	Neil	0	0	1	1	45.000	1	1#	0	0	6	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	7	
Brelsford	Dave	0	1	1	2	143.798	5	0	0	1	1	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	6	
Cole	Stuart	0	1	2	3	195.000	6	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	6	
Lapsys [f]	Carrol	0	1	1	2	150.000	5	0	0	1	1	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	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	6	
Scholz	Justin	0	1	1	2	144.000	5	0	0	1	1	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	6	
Anderson	Peter	0	1	0	1	100.000	4	0	0	1	1	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	5	
Fattorini	Tony	0	1	0	1	64.000	2	1	0	0	3	0	0	0	0	0	0	0	0	0	5	
Glover	Brian	0	0	3	3	158.200	5	0	0	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	5	
Lockwood [f]	Belinda	0	1	1	2	145.000	5	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	5	
McKinnon	David	0	1	1	2	109.000	5	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	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	5	
Waugh	David	0	1	0	1	82.000	2	1	0	0	3	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	5	
Bent	Xavier	0	1	0	1	100.000	4	0	0	0	0	0	0	0	0	0	0	0	0	0	4	

		Category 1				Category 2				Category 3				Category 4				Category 5				Total
Blake	Jonathan	0	1	0	1	100.000	4	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	4	
Ware	Robert	0	1	0	1	100.000	4	0	0	0	0	0	0	0	0	0	0	0	0	0	4	
Williams	Sean	0	0	2	2	100.000	4	0	0	0	0	0	0	0	0	0	0	0	0	0	4	
Carey [f]	Lisa_Anne	0	0	1	1	50.000	1	0	0	1#	2	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	3	
Duck	John	0	0	1	1	50.000	1	0	1	0	2	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	3	
McTaggart	Chris	0	0	1	1	50.000	1	0	1	0	2	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	2	
Devine	Allan	0	1	0	1	61.227	2	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	2	
Gilanyi	Thomas	0	0	2	2	95.000	2	0	0	0	0	0	0	0	0	0	0	0	0	0	2	
Jones	David	0	0	1	1	53.500	1	0	0	1	1	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	2	
Twite	Ian	0	0	2	2	95.000	2	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	1	
Callister [f]	Sharon	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	1	
Clarke	Ian	0	0	1	1	50.000	1	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	1	
Cohen	Chris	0	0	1	1	45.000	1	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	1	
Graham	Chris	0	0	1	1	50.000	1	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	1	
Healy [f]	Michelle	0	0	1	1	45.000	1	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	1	
Horwood	Chris	0	0	1	1	45.000	1	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	1	
Kaehne	Darren	0	0	1	1	45.000	1	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	1	
Kibble	Stephen	0	0	1	1	50.000	1	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	1	
Lahiff	Peter	0	0	1	1	45.000	1	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	1	
Michelsson	Magnus	0	0	1	1	47.000	1	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	1	
Nestor [f]	Ngoh Ngoh	0	0	1	1	50.000	1	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	1	
Silk	Tom	0	0	1	1	45.000	1	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	1	
Thomas	Peter	0	0	1	1	52.000	1	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	1	

ULTRA HOSTS' NETWORK

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

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

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

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

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

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

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

ULTRA HOSTS' NETWORK APPLICATION FORM

CONTACT DETAILS:

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

HOSTING INFORMATION:

Maximum guests _____ Maximum stay _____ Notice required _____

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

Shower _____

Lawn space (to pitch a tent) _____

Floor space _____

Bed _____

Use of kitchen _____

Food _____

Laundry _____

Directions (via phone) _____

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



Kokoda Challenge - Gold Coast

19/20 July 2008

Team Nike Hammer, comprising Don Wallace, Nikki Carroll, Peter Hall and Wayne Heath have won the 4th (and their 3rd) Kokoda Challenge in a time of 11:54, taking 5 minutes of their previous

race record. The event, over a distance of 96km in the Gold Coast hinterland attracted a record 285 four-person teams. The event pioneered the use of real time

tracking using google earth and satellite tracking, with the position of each team being posted to the website within seconds of them passing each of the 14 checkpoints.

Name	Time
Nike Hammer	11:52:53
Team Ironman	14:27:15
Speedy Quattro (Fleet Feet Femmes)	14:51:41
Race Five Number Five	15:43:50
Mizuno Rebels	15:51:02
Nab FP	16:58:27
Off Road Chinwaggers	16:59:16
Speedy Gonzalez!	18:12:14
team cardio	18:27:41
ANZ08	18:37:24
4 Life Challenge	18:39:18
team goroka	19:02:36
ALMC AWESOME FOURSOME	19:04:59
St Andrews Lutheran College 1	19:34:10
W84ME2	20:35:08
Cops on the Run	20:39:57
Norfolk in chance	20:49:31
Rejuvenate	20:50:10
Keema Kokoders	20:53:41
Double Fault	21:17:19
ABN AMRO Morgans	21:40:00
Kokoda Obsession	21:50:12
Team Tort-Arse	21:57:36
Windaroo Wobblers	22:10:04
Bushwackers	22:34:24
Made For Life	22:39:52
All For One	22:42:52
Sanctuary Cove	22:55:46
nab Health	22:57:17
Gold Coast Bushies	23:10:02
Run Fat Boy Run	23:13:15
DJNRUNIN	23:14:30
Adventure35	23:15:07
Team Bigfoot	23:18:13
Numinbah St School "Gwade Wunnas"	23:19:17
Pindara Pacemakers	23:22:21
Man Inc	23:22:56

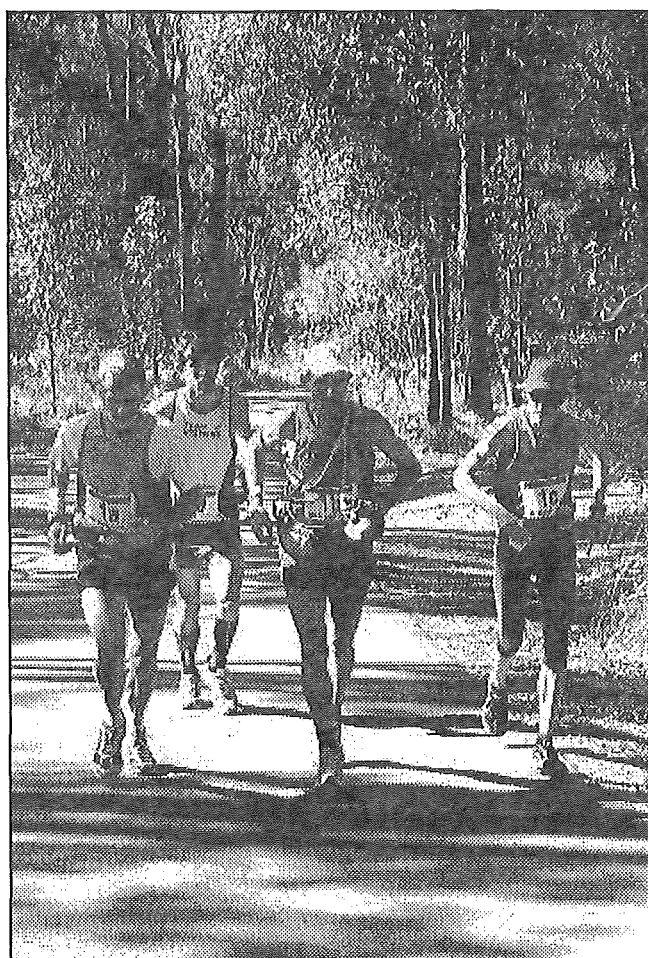
Name	Time
'Tally Ho' Bubbles	23:26:21
Getting there is half the Fun!	23:39:40
Bunnings Nerang	23:42:13
Team Craigie Mac - Quick Chicks	23:43:53
The Plodmen	23:47:36
Well Crap Again	23:50:04
Young Land	23:51:03
The Never Stops	23:52:19
EFM Stonyfell	23:53:21
EFFSTIX	23:57:25
Un - Happy Feet	24:12:02
Three Men and a Babe	24:17:56
Madjils	24:18:50
Where's Wally's	24:26:23
Breakers 2	24:24:31
2nd Time Lucky	24:39:42
Bayliss & Samra	24:59:29
NAB financial planning	24:59:53
Upper Coomera State College	25:09:21
Upper Coomera State College 2	25:09:23
WINDMOSS	25:10:29
Worko's Walkers 4	25:12:38
Tuckered Out	25:16:26
The Butterflies	25:18:53
Middle Aged Men In Lycra (Mamils)	25:23:22
Bratz Pack	25:21:45
Anaconda Kokoda Kids	25:25:01
Team Kasam	25:33:07
Team Ashgrove	25:34:23
Suncorp Commercial	25:35:52
Breakers 1	25:35:55
Repeat Offenders	25:38:23
Nauties	25:42:22
B-Mers	25:45:06
Random Runners	25:49:10
Team Griffith	25:51:38
Team Xtreme	26:02:42

Name	Time
Fubar II	26:05:35
GONNA DUST U	26:07:47
Dragon 1	26:11:33
Coochie Hydrogreen	26:11:59
BUSC Hardcore	26:11:39
Hartnett Lawyers	28:15:07
Northern Exposure	26:16:18
Step Sisters	26:18:55
Laing O' Rourke	26:19:56
CookingWithGas	26:23:23
Team Muscle Matters	26:27:32
Team Insanity	26:29:51
Team Euro	26:31:05
Red Lions	26:35:43
The Ramsay Way	26:35:01
Vincit Qui Se Vincit	26:36:17
Easy Company	26:45:39
The Oarsum4sum	26:55:04
Team Squirrel	26:57:51
Southern Cross University Hikers	27:02:59
Luke John Scott Mr X	27:03:24
Greenvview Hornets	27:03:17
JLMR	27:22:57
Are we there yet???	27:24:39
Brokeback Mountaineers	27:31:57
The Huggies Babes	27:31:50
Team Tantric	27:38:58
Maddoggs and Englishmen	27:39:10
Compass > great spirit	27:38:37
25ers	27:49:12
CRRDoubleDate	27:51:25
PIS Active	27:53:22
Bodychoice Intervest Trekkers	27:55:57
Mixed Nuts	27:56:14
Caloundra Chicks	27:59:25
Tye's Team	28:10:47
SS Try Hards	28:19:09
4 Trekkers	28:21:35
XEROX ELITE	28:25:57
Team United	28:27:06
Blister Sisters	28:31:39
Miami Mavricks	28:33:27
Earthfoote	28:35:39
Late Night Legends	28:39:14
Its a Walk in the Park	28:42:41
PCRE	28:44:05
Sweet Azz	28:45:29
Seemed Like A Good Idea At The Time	28:49:18
The Warriors	28:49:29

Name	Time
The Plodders	28:53:45
TWENTY FOUR	28:58:06
Woteva4	29:16:41
DKNY	29:16:09
We Use to Love Walking	29:17:07
Team T	29:19:34
Customs Trekkers	29:22:41
NAB Toowoomba	29:24:34
The Crazy Bunch	29:27:30
Man vs Wild	29:31:04
Elanora High 1	29:30:46
Elanora High 2	37:25:20
Just To Finish	29:40:08
warthogs	29:46:00
team footmaster	29:48:35
Cobbers	29:48:44
The Dream Team	29:50:54
The Power of 4	29:51:06
Cavendish Road SHS 1	29:53:47
Leighton Contractors - A Glass and a Half	29:56:35
Abergeldie	29:56:54
What were we thinking	29:54:20
The Blues	29:58:04
peelers	30:11:42
Redlands Bootcamp	30:15:02
FORD RANGER 2	30:16:22
Ford Rangers	30:16:27
Cavendish Rd SHS 2	30:17:38
Saint Stephens Elite	30:18:43
Impressions	30:18:37
Team Stanwell	30:24:41
Irish Connection	30:26:24
The Gold Coast Bulls	30:28:48
We are One...	30:32:04
Let's Go Girls	30:32:47
41 Battery Southport	30:36:58
Nerang High School 1	30:41:53
Leigh Kershaw Homes	30:37:27
We Will Remember	30:41:17
Nerang High School 2	30:39:57
St Andrews Lutheran College 5	30:41:26
Bingo	30:44:26
One Track Minders	30:46:15
no idea I	30:49:16
Ipswich Gunners	30:50:24
Wantoks	30:55:00
Anywhere Anytime	30:54:14

Name	Time
Team AWESOME	30:54:23
Aussie Dreamers	30:56:30
Koko Loko	31:00:35
ML Troopers	31:00:43
Impulse Decision	31:01:20
Never Again	31:01:34
C.A.F	31:03:36
carteris49	31:06:49
Border Walkers	31:06:11
Cossey's Compass	31:07:42
GCCC - Rangers	31:12:15
Hot Tomatos	31:19:44
Gogo Girls	31:20:25
CATTLEDOG	31:21:27
Melbourne Mates	31:25:33
Chisel Fitness	31:30:21
TEAM TURTLE	31:40:45
bundalexhaust	31:41:40
Caltex Panthers	31:42:13
Better Beat the Boss	31:44:53
Rising up	31:51:30
Saving Private Davis	31:54:24
Hand me that piano	31:57:03
Leighton Contractors -Team TTFU	31:56:22
Maiden Madness	32:07:31
Bunters	32:11:37
Wallies	32:12:04
Urban Contribution	32:12:39
8 Feet	32:24:25
4 Legal Aliens	32:24:53
Bunnings Nerang 2	32:30:19
Southern Cross University Ramblers	32:32:26
KT Old Boys	32:33:30
PacificLink Alliance	32:37:03
Walkie Talkie	32:34:01
St Andrews Lutheran College 3	32:40:01
Desperados	32:37:19
WAR and Pete	32:42:49
The Alchemists	32:46:35
Havent decided yet	32:49:54
Fuzzy Bears	32:52:13
Southern Cross University Wanderers	33:00:20
LGW	33:05:04
Sand Goannas	33:06:11
Upper Coomera State College 3	33:22:27
The Colony	33:19:46
SOAP stars	33:37:56
She Devils	33:49:40
St Andrews Lutheran College 4	34:04:17

Name	Time
St Andrews Lutheran College 2	34:04:34
Kokoda Kids	34:28:21
SHREK Foot Patrol	34:16:57
Better then Bad	34:19:19
ROKAWAFU	34:29:53
CAF2	34:30:25
Barry and the Barbara's	34:36:22
Wandering Why's	34:40:43
Worko's Walkers 3	34:44:36
Tamborine Mountain State High School	35:12:18
Tamborine 2	35:15:02
Fuzzy Wuzzy Gym Junkies	36:55:37
Elanora High 3	37:25:03



Team Nike Hammer: Don Wallace, Nikki Carroll, Peter Hall and Wayne Heath

Mount Mee 50km. Queensland

Place	Name	Time
1	Kelvin Marshall	4.45.08
2	Susannah Harvey-Jamieson [f]	4.56.23
3	Alun Davies	5.08.45
4	Sean Corr	5.25.01
5	Francis Harvey	5.25.02



Tan Ultra Run 100km and 53km 'fun run'

Melbourne. Sunday, 24th August 2008

Results

100km

1. Jason Dunn	8:51:26
2. Michael Lovric	8:57:48
3. Tory Trewitt	9:32:06
4. Malcom Gamble	9:43:55
5. Peter Bignell	9:56:44
6. Chavaporn Theppadungporn	10:11:21
7. Kim Cook	10:33:55
8. Justin Scholz	10:37:00
9. Lawrie Lolait	11:17:14

Brett Saxon	85km
Linden Bleijie	77km
Paul Monks	62km
Sean Williams	50km
Peter Hyland	50km
Warren Green	50km
Richard McCormick	50km
Magnus Michelsson	47km
Diane Edwards [F]	47km

53.5km

1. Lachlan Fraser	4:21:18
2. Greg Jamieson	4:44:30
3. David Stokie	5:02:29
4. Cameron Gillies	5:22:05
5. Cliff McKinley	5:51:44
6. Andrew Scott	5:56:47
7. David Eadie	6:03:40
8. Anna Papij [F] 1st	6:06:50
9. David Jones	6:10:38
10. Janice Bartholomew [F] 2nd	6:33:37
Michelle Donnelly [F] 2nd	6:33:37
12. Brian Glover	6:38:26
13. Peter Gray	6:50:22
14. Melissa Cheung [F] 4th	7:44:40

Brian Ackerley	42km
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By Race Director, Nick Thompson.

For an inaugural Ultra event it was a great success with 35 entrants for both runs, with brilliant performances by Jason Dunn in the 100k and Lachlan Fraser and Anna Papij in the 53.5 fun run.

The weather stayed fine and cool for the whole day, which was very welcome we also had the pleasure of seeing Buster back from Beijing running by (trying not to be noticed - on the Tan on a Sunday?) Congratulations also to Tory Trewitt (3rd - 100k) who was running for the KIDS cancer charity (Challenge) and receiving support from the Olympic swimming legend Michael Klim who ran a few laps with him. I must also thank Gav & Ute from Knox Road Runners (KRR) for their support and particularly to Gav for giving my dog a few good laps of the Tan.

Magnus Michelsson also joined the run, a true legend in my view managing 12 laps in a dead 3 hrs, being able to stop fix a blister and have a drink or a chat, then fly off again for another lap. He looks in good form for the 100k championships later in the year and I wish him well for that.

Jason Dunn in the main 100k event managed to hold off a determined effort over the last few laps by Michael Lovric, who was gaining on him by around 1-2 mins per lap, it was a brave effort by Michael just falling short by a mere 6 mins in the end.

For the females Diane Edwards battled hard as the sole entrant but succumbed to cramps and had to stop around ½ way, a great effort though and I know the pre run training may not have been up to her high standard. As for the 53.5k a great performance by Anna Papij winning by around a lap from the charismatic Pink ladies in joint 2nd & 3rd places. Other notable performances were by Melissa Chung who summed up the day for me with an intense look on her face and concentrating hard, but managing a big smile as she passed over the finish line - well done.

On the Male side I must mention Peter Bignell for posting a sub 10hr PB - great effort and I'm sure that's the start of more to come, having been troubled with nagging injuries lately. To Chavaporn who had only run 55k Portsea to Frankston before put in a gusty performance and looked in control all day managing to eat and drink well too. I managed a couple of laps with Kim Cook towards the end of day which was good, he told me he had done 12ft just

two weeks ago and then this, but he still seemed to be going well and put in a good performance. Finally, to Brett Saxon who had some of the most severe cramps I've ever seen and tried so hard to finish, a truly heart felt run and unlucky this time, but knowing Brett I think we will see him again.

To all the other runners not mentioned above, you all deserve a big thank you from me firstly for how you all behaved and showed to others around the Tan just what a great sport Ultra running is, you all put in brave and brilliant runs yourselves - it was a pleasure to organize. I also handed out a few spot prizes of hats and fuel belts on the basis of either pure gusty effort or enthusiasm over and above the norm, but if I could you would all have deserved something similar.

It was nice too that the RAAF put on a fly past by the Roulettes - well may be not just for us, but it made the day even more special.

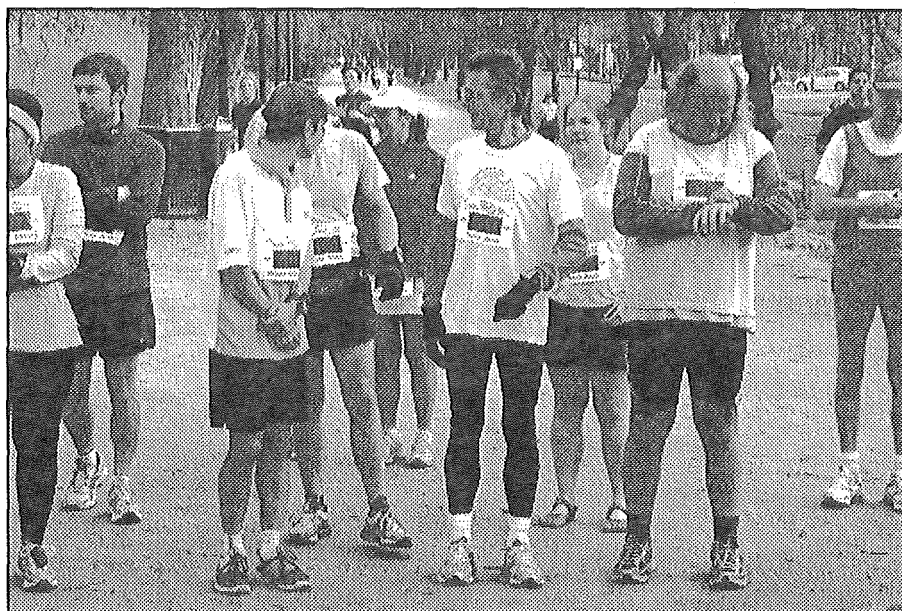
A big thank you to 2XU for their support of Ultra Running, It was great to see Nicola McDonald representing 2XU put on the running gear and run a few laps with Brett.

Also to the ever un-fatigueable Kevin Cassidy with camera and laptop in hand recording all for the history books and archives, thanks for your passionate support.

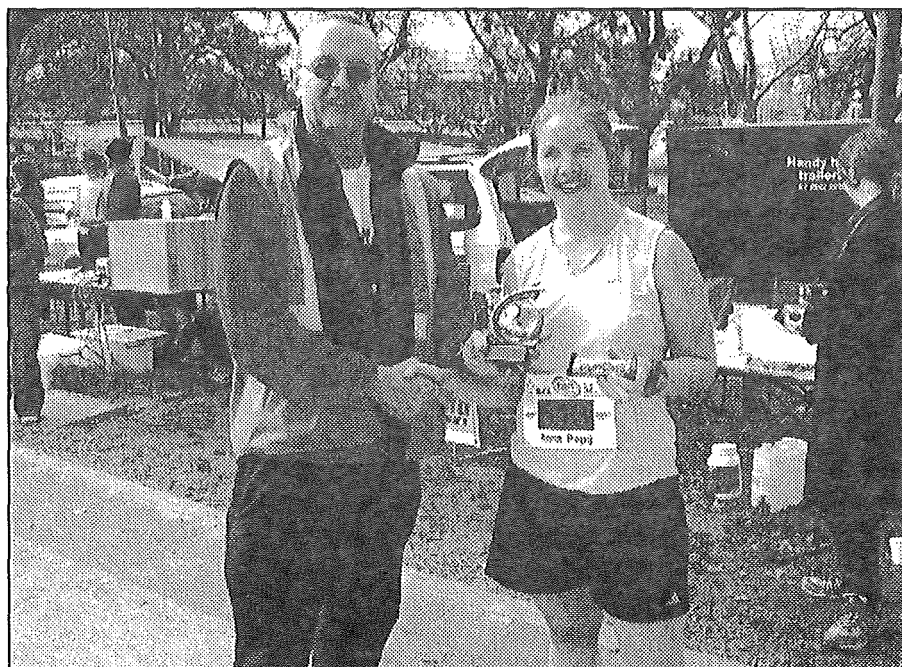
Finally, to the helpers, Sharon Scholz, Rob Boyce and my son Matt also Peter Bignell at the end for all your help and assistance during day. I have to, though separately, thank Brett Saxon and his family. Without his practical help and boundless enthusiasm the Tan Ultra Run would not be.

Last but not least, I must also thank the Melbourne City Council and a Park Ranger who's friendly advice helped the day go well and to my wife Denise for putting up with me babbling on and on about this run.

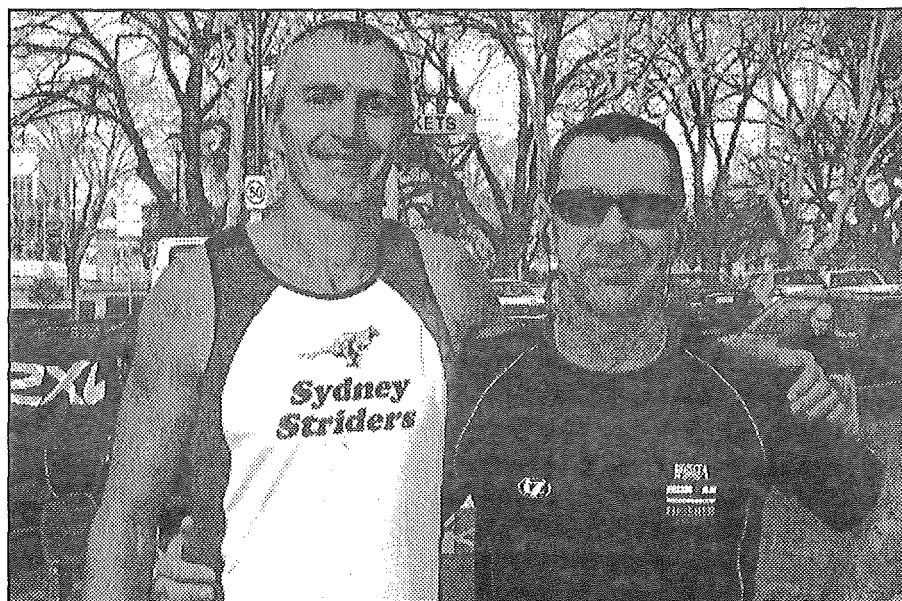
All the best - see you next year?



Awaiting the start



53 km female winner Anna Papij



100km 2nd and 1st Michael Lovric and Jason Dunn

2008 Caboolture Historical Village

National 48 Hour Championship,

Queensland 24 Hour Championship and 12 and 6 hour events

29th - 31st August 2008

48 Hour	
Martin Fryer	393.504
Tony Collins	280.108
David Billett	270.098
Andrew Ludwig (w)	240.033
Deryck Skinner (w)	238.837
Alan Staples	216.310
Robert Boyce	215.660
Lou Commins (w)	204.049
Billy Pearce	175.121
Craig Welsh (w)	124.000
Ian Valentine (w)	110.500

24 hour	
Mick Francis	213.298
Nathan Fawkes	180.630
Lindsay Phillips	126.743
Dave Sutherland	102.500
Tina Fiegel (1F)	94.743
Tim Cochrane (ret)	91.500
Paul Every (ret)	45.000
Justin Scholz (ret)	22.500

12 hour	
Susannah Harvey-Jamieson (F)	115.298
Deane Nobbs (F)	105.230
Paul Monks	70.001

6 hour	
John Pearson	65.884
Brendan Greenwood	50.293
Blair Venn	45.954
Mark Tuxford	27.036

Report by Geoff Williams

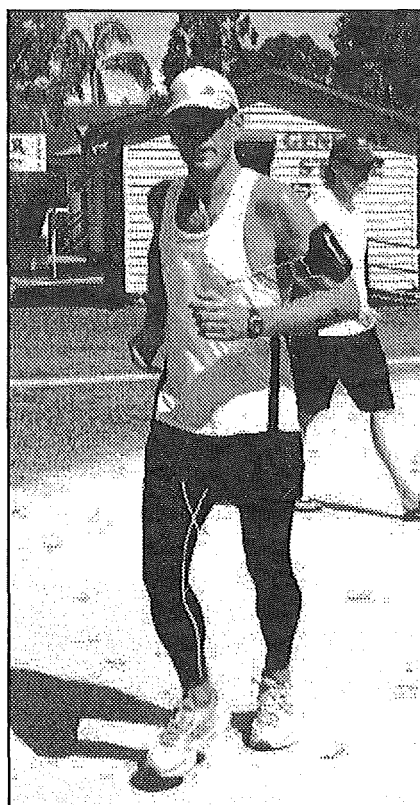
Thursday evening saw Caboolture Motel play host with dinner to nineteen people consisting of competitors, crew people and volunteers. It was a social night to mix & meet. Well done to Sharon & Chris, thanks.

Friday morning came with clear sunny skies. The Village shone clear & fresh ready for this great endurance challenge ahead. As 9am approached a couple of short speeches were made by the President Roger Dunstan and Deputy Mayor Councillor Greg Chippendale before starting the competitors off to the sound of an old cow bell.

The start consisted of 6 runners & 5 walkers all being males, coming

from NSW, VIC, SA & NZ.

Quickly from the start Martin Fryer took the lead, clocking up 22 laps in the 1st hour followed by Tony Collins with 20 laps then Robert Boyce & David Billett with 19 laps. The walkers were very challenging with Andrew Ludwig, Deryck Skinner & Lou Collins covering 15laps, followed by Ian Valentine & Craig Welsh from NZ on 12laps.



Dave Sutherland

In the first 12 hours Martin continued being the pace setter repeatedly running over 10kph with Robert consistently holding 2nd place just under 9kph. Closely behind was David travelling around 8kph. The master tactician Tony Collins was keeping a close eye on proceedings ahead.

As for the walkers, after 12 hours Andrew was covering over 7kph followed by Ian on 7kph & Deryck just over 6.5kph.

As the next 12hrs progressed, Mar-

tin showed human aspects by slowing, allowing Robert to close the gap slightly. Whilst behind, David took time off allowing Tony to pass, moving to 3rd just 10 laps behind Robert. The walkers still strong, with Andrew now showing Deryck his heels, after passing Ian who withdrew after 21hrs. The weather was still fine with a cooler night.

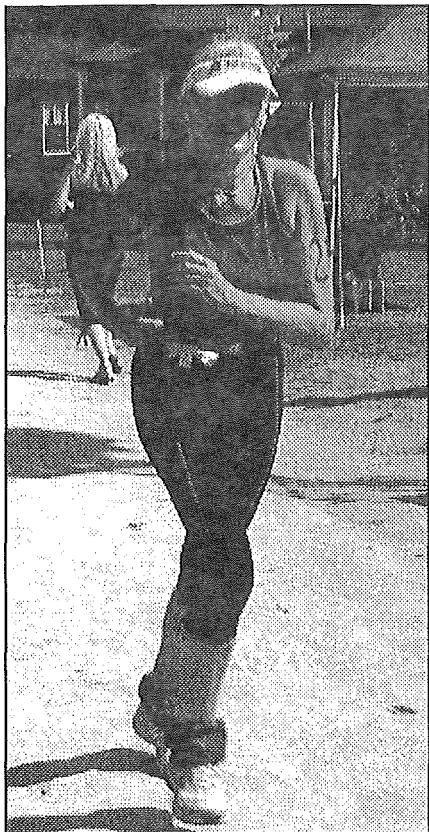
Saturday repeated the previous clear sunny day with a slight increase in the temperature gauge.

Before we knew it, we were into another great event, the 24hour. This event initially stated with 8 competitors, 2 of which were ladies. But sadly, Shaz Scholz injured herself prior to the event. Her withdrawal was filled by hubbie Justin who had the week previously completed an ultra. Wanting to support the event & help out they travelled up with Shaz on crutches. Hence the start still numbered eight, with now only one lady.

On the start line was a list of pedigree runners from the west coast to the east and New Zealand.

When the word "Go" was shouted, the pace was on. Quickly in the first hour Tim Cochrane was one lap up on Mick Francis, with Dave Southerland from NZ, Nathan Fawkes (WA), Lindsay Phillips (QLD), Paul Every (NSW), & Justin Scholz (Vic) behind, on the same laps. Tina was just out there doing her thing keeping out of trouble. By the 3rd, hour the weekend before did its damage to Justin forcing his withdrawal. Sadly another three hours on saw Paul Every withdraw.

I think that was due to the hot weather. As for the others Mick was taking control from Tim with Dave from NZ showing great strength. At 9pm Mick was controlling 1st place then Dave from NZ running like a man on a mission from Nathan in 3rd, then Tim, Lindsay & Tina. During the next hour, the 13th saw the withdrawal of more top class runners Dave & Tim, catapulting Nathan into 2nd, Lindsay 3rd & Tina 4th. For the remaining 11 hrs the positions did not change only the distances apart increased.

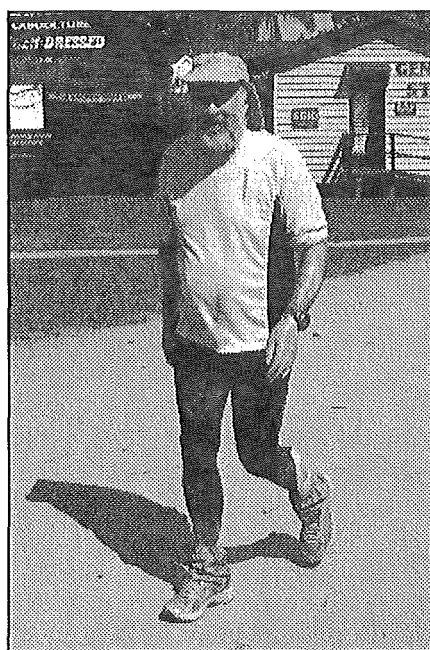


Tina Fiegel

At 6pm was the start of the 6hr event, with originally seven starters. Two did not arrive while Kerrie Bremner trackside, withdrew to assist Martin in his goal of finishing the 48hrs, with an Australian record. Four males set off for their 6hr event. John Pearson ran freely around for 6hrs displaying great strength & vigour, reaching 65.5k. Brendan Greenwood being sponsored each lap was raising money for a Solomon Is church Pastor in need of a kidney transplant, achieved his goal of 50k, in 2nd place. Blair Venn was 3rd, followed by Tony Collins crew person Mark Tuxford. Does this mean Tony's running is contagious or you don't need to be crewed for so often? With the 6hr run was a 6hr relay. The team named themselves "Run for Nathan", for that was what they were here to do. Each lap was being sponsored, as like Brendan's. Half way into the 6 hr event, two other events started, a 3hr & 12hr. The 12hr started with three competitors being Susannah Harvey-Jamieson, Deane Nobbs & Paul Monks, while the 3hr starters were Michael Shultz, Mellani McArthur, Joe Raftery, Karen Wiersma, Adrian Pearce & Alun Davies. In the 12hr event, Deane Nobbs ran

fast and steady for 4hours, when into the 5th hour she was passed by Susannah who went on confidently showing her strength & stamina to win with 230 laps, from Deane 210 laps & Paul 140. The 3hr competitors were headed by Adrian but there after remains a mystery, as they took their sheets before enabling printing.

During all this excitement the 48hr event continued. With 9 hours remaining, Martin was still strongly focused on his plan & goal. He was 162 laps up on his closest competitor Tony Collins, while David Billett a further 57 laps behind. As for the walkers, Andrew Ludwig was leading Deryck Skinner by 4 laps. After all the hours on the track the strength & endurance of these top competitors was amazing. Through the early hours of Sunday morning the temperature reduced, noticeably comforting some competitors allowing them to move quicker &



Tony Collins

more upright. The sun rose Sunday morning displaying another clean fresh Village with huge activity trackside. With the last couple of hour remaining the reserved energy & spring in the tired legs returned, pushing competitors forward more enthusiastically.

The event finished by sounding the siren of a retired fire engine. Suddenly that energy was lost as com-

petitors slumped, after putting so much into the last few laps. Finally, was the expression read on their faces, it's finished.

Time was allowed for showering & comforting, before presentations. During the presentation Martin told us of his now new record as Australian born Ultra Champion. He is very deserving of this title. Well done to all finishers. Many spectators were astonished at what you were doing & what you had done. Thank you to all competitors for supporting the inaugural Historical Village 24/48hr events. Commiserations to those who did not finish, maybe next time.

I wish to thank very much the small group of volunteers. Mainly my wife Betty for her many hours in the kitchen cooking, Ann, Diane & Kim for being at the start Friday to lap-score & continuing on to the finish, with very little rest, and Joe for his computer work & updates.

Thanks to others who popped in & relieved where possible. Although not programmed for this Ann, Diane & Kim worked it very well. Betty found cooking so many meals for different palates very demanding. She learnt Tony Collins likes his scrambled eggs & mash potatoes very moist, once achieved Tony was happy. Thanks to the Caboolture Historical Village Society for allowing this inaugural event. I know they had to turn away couples wanting to book the area for weddings which was costly to them. Although a handsome cheque will be forwarded to the Society, it is still short of wedding bookings.

I would like to thank the businesses for their support and donations being - Endura, Iplex Pipelines, Caboolture Motel, Club Caboolture /RSL, Twisted Arm Tavern, Eagle Boys Morayfield, Woolworths Morayfield, CJ'S Pastries Caboolture, The Run Inn.

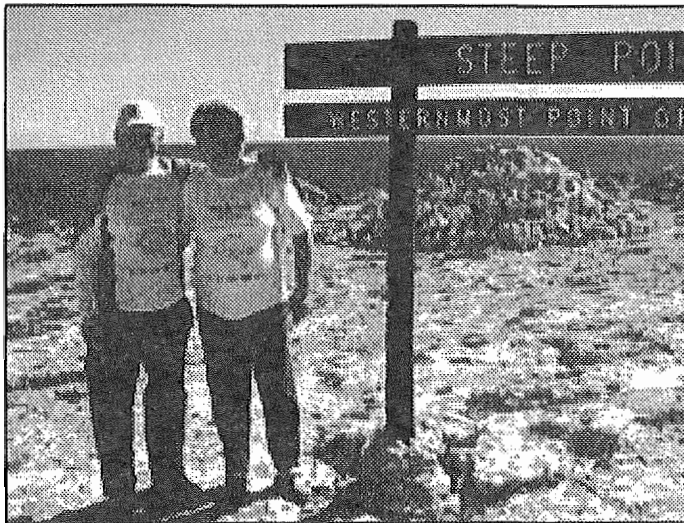
Thanks again to all competitors & volunteers. Remember we are not professionals but lovers of the sport, so if you believe there is somewhere we came improve for you in the future we are happy to listen.



Vlastik Skvaril's Bay to Bay run

5,768km across the middle of Australia. [west to east]

July 20th to October 30th [100 days]



Vlastik at the starting point

This is it! Almost immediately after leaving Laverton, we run out of sealed road. The surface does not look too bad and as we found out there was a grader working next 50 km of the road making it as good as a bitumen. After that it was a different story. Some parts of the road reasonable, some quite corrugated. But as everyone tells us, this is a beauty, just wait to see what it looks like when you cross to Northern Territory! Well that's a long way, no point to worry about it. One very pleasing aspect was no dead animals on the road. But they were replaced by "dead" cars. I lost count how many of them are rusting away on both sides of the road. Even a smashed caravan, or what was left of it.

My thought went back to the number of killed eagles before Laverton. Back in Tasmania, we are really looking after these magnificent birds. When Forestry Tasmania is going to log some parts of the forest, they sent a helicopter to search for any possible nesting eagles. If they find any, they immediately declare 500 m exclusion zone to protect the birds. And here they are dying in such numbers on the roads!

About 40 km past Laverton, the vegetation is more plentiful. But I am not sure if the grasses are edible for the animals. We also came across a beautiful rock formation. The

generate a lot of dust. I run on the right side of the road and Jo stops on the same side. The dust is thus blown away from us.

The weather is warmer, night still cold, 4-5 deg C in the morning but it is warming much quicker and the jumper goes off after about half hour of running. We are really enjoying it at this moment.

Second morning after leaving Laverton we stopped at Cosmo - Newberry, a small aboriginal town with about 50 residents. Nice, tidy town, started as a Mission. People were friendly. We visited the school, a very pleasant occasion again to talk to the students. There was a smaller number than normally (15) since some of them went to a funeral to Laverton, but it was still worth the visit. One big bonus of the visit for us was a treatment for our feet by a visiting Podiatrist from Perth. He saw me on the road and when we arrived he sent a message by one of the locals to come to see him and get some care for our feet. It was most appreciated, will not have to worry about our toenails for a while!

He told me a sad story, I do not remember the name and all the details but it was about an engineer who proposed a huge, long pipe to bring water to the city. As always it had a lot of skeptics and critics but he did manage to find investors

and built the pipe. After completion he turned the tap on and waited for the water to flow. The first day nothing happened, which was no surprise. Second day nothing again and he started to worry. The third day still nothing and the ridicule was coming from all corners. He started to lose confidence himself and could not take it any more. He shot himself. The fourth day the water started flowing!

The wind continues to blow from east but not as strong. It is still very cold in the morning but I am taking my jumper off after less than hour of running. Even could put shorts on during the day, but by 3.30 pm it start cooling off even while the sun is still high. By 6 pm it is dark. The next three nights we camp in the bush, always able to find a place well hidden from the road.

The road is not very busy, the first car usually does not appear before 9.30 am. For interest we started to count them - on average 15 cars per day. It is enough to feel some comfort in the case something goes wrong, but enough to be a nuisance. Some of them stop, talk to us and donate money, some at least ask if we are OK.

One of the car was the Police. They stopped at our campervan and talk to Jo, making notes about our whereabouts for next few days and offered some advice about the area. They asked us to pour the unleaded fuel from the jerry can to our tank when filling at the next roadhouse and replace it with opal. They said that there is a lot of problems with sniffing petrol around Warburton and someone would be likely trying to steal it from the top of our van. But they had some good news for us too. Next Tuesday, the 19th August, just when we will be at Warburton, they are organizing a disco for the youngsters and will use it to do some fundraising for Canteen.

Now we have at least one reason to be looking forward to be passing through Warburton. The country around is very dry and

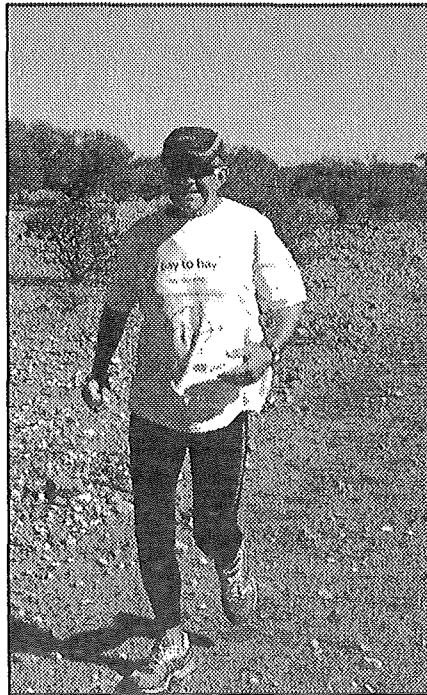
the shrubs and trees are very small. Then suddenly I can see from a distance a line of large trees doing very well. It is a river bed, without any water, but clearly visible are the signs of a raging current during wet season. That is also the time when the road would be impassable. I guess there must be enough underground water left to support the trees. They look very healthy. After seeing footprints of camels for few weeks, finally we have seen a heard of them, some 100 meters from the road and soon after another one, standing in the middle of the road and no hurry to leave. We have been told to watch out for them, there will be many more around.

On Friday 15th August, we finished the day at Tjukayirla Roadhouse. With Caravan Park and powered site, it was a Paradise after 4 days camping on a roadside. The shower was most welcome and they let us stay free which was much appreciated. There was also a very good company around, a couple of German tourists who were very friendly people. Another couple from Perth and even a man we met at Bramwell Junction, near the Tip of Cape York, during our run a couple of years ago. He was there with tractors from WA traveling from Cape to Cape, raising money for flying Doctors. It is a small world.

A couple of resident emus provided some entertainment. They even tried to pick up the leaves from the pictures of the forests on our van. I had to chase them away very quickly!

We are not in a hurry to leave Tjukayirla, this is my chance to catch up with writing and downloading pictures from my camera, ready to post on my website when we have the first opportunity. We also took the chance to have some freshly cooked meal. We decided for hamburgers. They were the largest and most delicious we have had for years!

The chance to send emails was most welcome. I had wireless connection just outside the roadhouse but it was very weak. I had to make several attempts to send them. In that situation it was unthinkable to try to post anything on my website. The night was again much colder, around zero and the headwind much



Vlastik running across Australia

stronger. I had to put a jacket on the top of the jumper to block the wind getting right to the skin. The road was OK for a while, until there was a lot of corrugation as well as sand patches. Combined with undulating terrain it made the running more challenging. But we are still making good progress.

Jo has been worried about this part of the trip for a long time. Now, after hearing all the bad stories about the area around Warburton, even I have some concerns. I would not mention it in front of Jo though! I am still putting on a brave face. Everyone we talk to is warning us, even the Police. Tourists would not stay overnight outside camping grounds at Roadhouses, which look more like fortresses than camping grounds. But we have no choice. The distance between them is anything up to 250 kilometers. I cannot run it in one day! I am saying this now only because by the time I will post it on my web site, we will be safely out of here. I certainly would not like to have our family and friends unnecessarily worried. All we can do now is to find each day the safest, well hidden spot and hope for the best.

The day before we reached Warburton was the most challenging so far. The wind was even stronger. I found it very hard to run, after only few hundred meters each time I had to slow down to walking. After two and

half hour I had covered only 18 kilometers and felt as if I had already completed sixty. This was the moment when I started asking myself "What am I doing here?", Gravel in the shoes, hard running in sand or gravel, concerns about our safety due to the horror stories we heard about this area. I was not a happy man. But I also knew that this sort of moments will inevitably happen. I knew I had to get through it. And I did. After a short break I noticed that the wind started to moderate and could run much better. I had to motivate myself. One of the tricks I found useful in the past, especially during the race through Simpson Desert, is to pretend that you are enthusiastic about what you doing and believe it or not, you actually will become enthusiastic!

By midday I had completed 30 kilometers. I was back in control. I knew, what I was doing here and was enjoying every moment of it.

We found a good campsite for the last night before Warburton but I did not feel safe any more. The occupants of the few cars that stopped to talk to us had all the same message: Don't hang around Warburton longer than you have to. When the morning came I was relieved. Tonight we will be in the safety of the Caravan Park. It was a beautiful morning, only light easterly wind. We were on the road at 6.30 already, by 10am I was running in shorts only. A perfect day, everything looked rosy. That was until we reached the sign advising that it is only 5 kilometers to Warburton. That was when the concerns returned. The large sign was more like a sieve, riddled with bullet holes obviously shot from both side. Not an encouraging sign. Soon after we settled in the caravan park and I was very relaxed. The management asked us to take down from the top of our van the jerry cans and lock them inside the van overnight, but I did it only to comply with their request. I could not see how anyone would try to steel them while we are sleeping inside without us noticing it. We were camped under a light but there were no other campers, only few other people in the cabins, obviously living there. The aboriginal community is the largest in this area and close to the road. The roadhouse is where they do



A long way from anywhere

their shopping so there are always many around. But mostly they look friendly and I would not expect any trouble.

But the first signs of trouble appeared shortly after dark. We were sitting inside because it was so cold. Suddenly we thought we heard some noise from outside so I went to check on it. I saw a hooded man walking by towards the back of the park. I did not think much of it and went back to the van. Not long after we heard another noise. It sounded as if the back door was not closed properly and rattled a bit. Once again I went out to check and saw the same person standing about 10 meters from the van. He did not look like being in a hurry to disappear. I still thought that he might be someone just looking around and checking that everything is OK. Very naïve, I know now. The third time another noise alerted us I went out again and noticed the lid on the box on the front of the van was open and now there was no doubt that someone is trying to steal something. And the person I saw again was heading towards the gate. Before he disappeared I had a chance to yell at him and verbally threatened him that if he comes back again, he will be very sorry. I did not expect him to come back again. He should have seen that there is nothing worth of stealing. When I checked the box and found that nothing was missing, I laughed the whole episode off. There was really nothing to steal as I keep in the box water for radiator, oil, water hose and things like that and that was why I did not

but in the light I saw a piece of plastic hose lying next to the can. The fuel tank lock was forced open and the cap removed. The hose was dry so I assumed that I woke up early enough to stop him from sucking out the petrol. The gauge confirmed that the tank was still full so apart from damage to the lock nothing else happened. But we had enough. We unplugged the power cord and moved our van next to the manager's house which was better lit and had a fence with a guard dog inside. Needless to say that in spite of this we still could not get much sleep. I promised Jo, that the next day we will drive to the next roadhouse at Warakurna. She did not want to think about camping on the roadside the next night. We also heard about some other problems in the community the same night. We did not even ask the policeman what happened with the disco and fundraising he told us about few days before. Since then I heard that some people drive to Laverton and back (some 1,100 km) nonstop to bring unleaded petrol and sell it in the community for \$80 - 100!

In the morning we were in a hurry to get away from this place. We did let the management know about what happened. They called the Police and I told him what happened but what could they do anyway? But everyone, including the policeman assured us, that once we get out of Warburton we will have no problems. And they stressed again, that even here the people will not hurt anyone. The only problem is with the sniffing of petrol and stealing.

even bother to lock it. I slept peacefully until almost exactly at midnight I woke up with strange feeling that something was not quite right. I quickly opened the sliding door and heard someone running away. By the time I got out I could see anyone

With this assurance, I was confident that all will be OK. But it was not easy to convince Jo. She still wanted me to stop running in time to drive to Warakurna. For lunch we stopped at a nice spot away from the road. Soon after an aborigine arrived to have his lunch break as well. I went to talk to him and found him to be a very nice and interesting person. He had a little dog with him. As he explained it wasn't his dog but one of about six he looks after when their owners go away without providing for them. He always buys some food so they all come to him when in need. There were some signs at that place with aboriginal words and I asked him how to pronounce them. He surprised me when he said that he lives now at the community called Jamieson for seven years but he does not understand their "lingo" as he said. He comes from Queensland but does not understand his parent's lingo either. It was a very interesting story how he got to Jamieson, it included some cartons of beer and strange coincidences. He was a very good story teller and quite knowledgeable. He works for the Roads Department and was very critical of the young people who do not want to work and even more upset about the Government that gives them money without them earning it. He said that the Government is a part of the problem, rather than part of the solution. At the end he proved his kindness by donating \$25 to Canteen even without us asking for it. The signs on the van gave him enough information about what we are doing. I was very happy we met him. It made up for the previous night at Warburton. After that I managed to talk Jo into camping at a roadside even though she kept reminding me about my promise the previous night. She was still very scared all night, but accepted it. That is what I call courage. We could stay on our schedule and I am very happy about it. Even though I believe most people would understand if we drove away in such circumstances.

The roadside camping for next three nights was very peaceful. We found good spots hidden from the road, including a quarry. After two days of calm weather the wind suddenly turned into gale force during

"It is a big change to see so many hills after more than 2,000 of flat country"

the first night. I was woken up by the noise and shaking of the van. There were no stars to be seen, the sky covered with heavy clouds. I was waiting for any sign of rain, ready to drive quickly to the road. This place was about 300 meters downhill from the road and I would not like to be stuck there, possibly for days, if it rained. With the first daylight at about 6 am we could see the heavy, threatening clouds. Had a small breakfast to be ready to start running by 6.30. Suddenly the clouds started to break up so quickly, I never seen anything like that before. I had hardly enough time to take a couple of pictures before the sky was all blue again.

We have been starting earlier now. I expected the days to start getting longer but instead they are getting shorter! I could not understand it. At 5.45 pm it is already dark.

Without any further significant events apart from seeing more camels around the road we made it to Warakurna. The first thing to do was to change out time to Central Australian Time by moving the clock one and half hour forward. Now I understand why the days were getting shorter. We have been on the road now already 35 days and covered 2,333 kilometers moving eastwards without changing time. Now it makes all sense. The daylight lasts till 7 pm!

While in Warakurna we used the opportunity to visit Giles Weather Station situated only few hundreds meters from here. Very interesting watching the release of the balloons measuring temperature, pressure and humidity up to the height of 35 kilometers before they burst and seeing how the station operates. I also now know how strong is the wind I have been running into most of the time - 15 to 20 knots!

The aboriginal community of Warakurna is about 2 km from the roadhouse. They are here most of the time but there are no signs of any problems. The camping ground and the roadhouse are well looked after, no fences obviously needed. Overall it is a very good place to spend a night.

We woke up to a calm morning. The wind is not as strong and there are

surprisingly some clouds around. The countryside has started to change as we are heading towards Northern Territory border. There are patches of forests, more ranges appear, and with the red rock face they are looking very pretty. We also saw more camels today. It must be plenty of them here. It is a big change to see so many hills after more than 2,000 of flat country. Although I was surprised to learn that the altitude at the Giles Weather Station was almost 600 meters so we did a fair bit of claiming over the distance from the sea level.

The first morning after leaving Warakurna we woke up to minus 5 degrees in the van. I could not believe it, no sign of frost - of course there is no moisture to form it. Another traveler confirmed that he checked minus seven at Docker River. The country is beautiful, the roads are horror. The second night we arrived at a lovely camping ground near Docker River. We wanted to refuel but the shop was closed - no petrol sale either - although it should have been open. There are people in the shop but when I tried to get some answer if they were going to open at all, the answer was only: "The shop is closed today!" Never mind, we have enough fuel to get to Yulara.

There were some other campers so Jo was very happy to have a company. Later in the evening a couple of tractors arrived. They were the same we met two years ago at Bramwell Junction near the Top of Cape York. They do big trips with their Chamberlains across Australia every two years to raise money for Flying Doctors and Children's Hospital. Again, it is a small world. Again we saw many camels wandering across the camping ground.

The next morning we left again with the first light. It was a beautiful morning and almost no wind. Lovely mountains all around, I really enjoyed every minute of it. We had only a cup of coffee and a biscuits for breakfast as we wanted to be on the way. After about 30 km Jo was going to prepare breakfast and took to drive another 3 km ahead to get it ready. I noticed that after few hundred meters she stopped

and started again. When I reached the spot, I noticed a small pool of oil. I was trying to convince myself that it wasn't from our campervan but when I caught up with her, even from a distance I could see a pool of oil under the vehicle at least 30 cm in diameter. We were still 180 km from sealed roads and I could imagine the problem if we broke down at that place. I had no other choice but to jump into the van and drive like a maniac towards Ayers Rock before all the oil is gone. I knew that the closer we get, the better. The road between WA/NT border and Yulara is a horror story. The biggest obstacle are deep sands. We came across two trucks bogged down close together and I had to get pass them without slowing down, otherwise I would joined them there and with every minute we were losing more oil and our chances to make it to Ayers Rock would diminish. It was very scary, there was not much room left, the vehicle sliding all over the road and I had to find the proverbial hole in the needle. When I hit the bank on the side of the first vehicle, I thought we were either going to be bogged or will hit the truck. To our great relieve we made it pass them and the race against the time continued. I was thinking of myself as being a rally driver and must admit, to my embarrassment, that I enjoyed it in spite of the situation being so serious. Must be something wrong with me! We had still more than 100 km of very rough roads ahead and I am trying to enjoy it! It was very tough on all the gear in the van, things flying all over the place, but I had to keep going. Eventually we made it to Ayers Rock Resort where there is an Auto Repair Service, but had to bring it back the next morning. Meanwhile we settled in the Caravan Park for the night. I already knew, that we would be stuck here for some time so I was trying to find some suitable accommodation. The cabins were all booked out so I asked about the tents which lined up one of the tracks in the park. They said that they were not being rented out because they were not in top condition but I managed to talk them into letting us stay in one of them.

"We are now trying to enjoy our forced holiday"

It was a bit of shock to be charged \$90 for one night plus 90c for paying with a credit card, but it is the only alternative and in spite of paying so much, we have at least chance to put in some of our gear and use the barbecues outside to cook some food from our tins. Everything is so expensive here, I cannot imagine paying for meals.

A short while ago I got a call from the workshop that the news is bad. The gearbox is cracked and they haven't got another. They suggested to have the van towed to Alice Springs at the cost of \$1,600, but it would not solve anything, because in Alice they didn't have one either. I promptly contacted our mechanic in Burnie Michael French and he is chasing one. He is a great man and I am sure, that we can sort it out with his help. Our sons Petr and Vlastik will do anything to help with the situation so I am relaxed, there is nothing more I can do. The only thing I will try to talk to the manager here to try to get a better deal on the tent accommodation. They are only 2x2 meters tens with two single beds and small coffee tables. That is all that can fit in. I hope they will be sensible.

28th of August, it is my birthday. I was hoping to spend it on the road

running but it was not meant to be. Any donation to Canteen would be a great present!

Yesterday was a very productive day. Michael did indeed find a gear box for our van in South Australia and it is already on the way. Almost unbelievable to achieve in one day what many others would consider impossible. It will hopefully arrive on Friday and will be fitted on Monday fingers crossed! That would mean six nights in this camping ground. I got another idea. Since no work can be done on the campervan till the gear box arrives, I checked on the feasibility of bringing it back and stay in it until then. The cost of transporting it here - about 5 km - was \$60. Powered site is \$36 as against tent \$90. The saving over 6 nights is \$240! This again proves that all is relative. When we arrived here \$36 per night seemed expensive in comparison with other caravan parks. Now in comparison with the tent it seems to be bargain! We are now trying to enjoy our forced holiday. We feel good, have done all we could and thinking that it would do no good to be upset. We see the glass as half full. It could have been much worse. If this happened somewhere around Warburton, more than 500 km each direction from civiliza-

tion, that would be reason to feel desperate. But not here.

Jo is trying to get rid of most of the dust and sand inside the van. I ran yesterday twice to the workshop and back, visited an aboriginal Nyangatjara College, covering in total about 25 km. I will keep running every day trying to make up for what I missed by driving to here and also not to get too lazy. Today I visited local Yulara Primary School to keep spreading the message about Canteen and Tasmania.

I had to seek shelter on the way back from school from a storm and brief heavy shower. The air smells so fresh now after a month of dry, dusty conditions. Tonight we might indulge ourselves by going to Outback Pioneer Hotel for BBQ where you can choose your meat including kangaroo, emu, crocodile or more traditional beef, lamb, fish or sausages. Then you cook it yourself on a BBQ and choose anything from full salad bar. Might as well make most of our stay here.

Today is day No 40 and the distance I have run is 2,496 km. We will get behind, but I am confident, that we will catch up before we get to Byron Bay.



Grahak Cunningham finishes third outright at the Sri Chinmoy 3,100 miler in New York

Sri Chinmoy 3,100 Miles. New York. July/August 2008

1. Asprihanal Aalto	44 days+02:42:15
2. Pranab Vladovic	45 days+13:49:54
3. Grahak Cunningham [Australia]	46 days+11:53:48
4. Petr Spacil	48 days+11:51:36
5. Pranjat Milovnik	49 days+10:44:38
6. Smarana Puntigam	49 days+15:01:57
7. Stutisheel Lebedyev	50 days+11:19:46
8. Diganta Adhikari	53 days+11:39:50
9. Abichal Watkins	54 days+11:34:37
10. Ananda Lahari Zuscin	55 days+16:47:36
11. Suprabha Beckjord [f]	56 days+17:51:22
Pavol Saraz	2,700 Miles
Christopher Mullauer	2,289 Miles
Sopan Tsekov	1,783 Miles

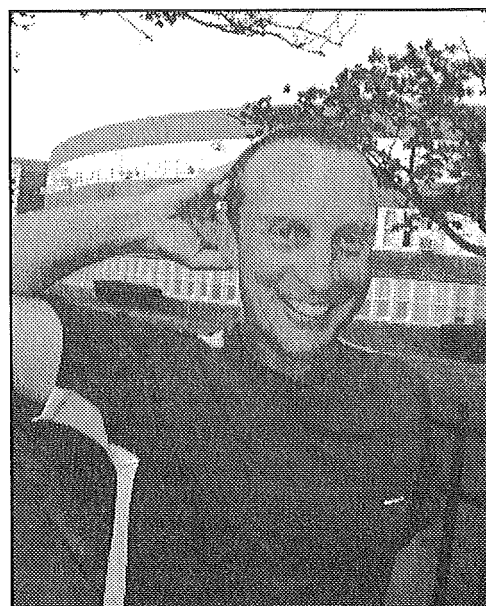


Photo right: Grahak Cunningham at the finish



Hardrock 100 Mile Endurance Run

Colorado, USA. JULY 11-12, 2008

I peered out from under my flimsy blanket. Through the fog of semi-delirium I could see other runners in a similar state of malaise. I heard Beth's comforting voice: "Andy, Larry is going on. We are leaving. You have plenty of time. Try and get some more fluids in. Natalie will check on you. Don't worry, you have plenty of time to recover and still finish." I doubted that. But I had to believe Beth was right. She was pacing her husband Larry, a Hardrock100 veteran. Beth is an ultra veteran in her own right. I was sorry to see them go but I had to trust her judgement. I didn't have any choice. I was thoroughly depleted and couldn't stand up let alone tackle the 6 hours it would take me to get over Handies Peak at 14,048 feet. Natalie? I had no idea who she was but she became my guardian angel bringing me cups of ginger ale for the next hour.

Nearly 24 hours into my Hardrock adventure I had to dig deep and call upon all the determination I could muster. Curled up in the fetal position on the end of a cot, I was lying in the first aid tent at Grouse Gulch, shivering uncontrollably. Was this how my race would end? Someone poked their head into the tent and announced we have a new course record: Kyle Skaggs had just finished in 23:23! Oh god, he was finished and here I was at just 58 miles. Could I really do this? My heart was heavy. I never contemplated pulling out but feared I was defeated. In this condition I was in real danger of not making it. My mind swirled. Sleep. I really needed sleep but I was freezing cold and my heart was racing. Closing my eyes just sent me into a spinning vortex. My tongue was swollen in my mouth. I was worried, really worried about my physical state. Waves of nausea swept over me. I had been in a bad state before at ultras but never anything like this. The altitude was killing me. I was thoroughly depleted. I peeked out again from under my blanket. It was like a death zone. One guy was buried under a pile of

blankets on another cot. Two others were huddled in chairs, faces expressionless. Steve McBee was sitting on the end of my cot staring at the propane heater in a trance. I've got to get out of here. If I stay here my race is over.

I had no idea how long I had been there. I kept thinking: this is Hardrock. Hardrock: I've been waiting for this for years; I've been training so hard for so long; I've come half way around the world; I kept thinking of my wife, my kids, my friends, and the whole on-line running community back home in Australia watching the webcast, willing me to go on. I thought of all my new Hardrock friends out there slogging away and imagined sitting through the presentations on Sunday morning and not getting my finishers certificate. This is Hardrock, the pinnacle of trail running. This is what I run for. No, this is what I live for. What was I doing here wallowing on this cot? I could hear runners coming and going outside. That's it, I have got to get going. I felt terrible but that's no excuse. If I could walk I could go on. I threw off the blanket and staggered to my feet. I tried to portray an impression of stability and assurity. There was no turning back. I thanked Natalie, cast a glance around and asked if anyone wanted to join me. No takers. No response. Leaving the tent and bracing for the predawn chill, I found my camelbak and informed the officials that number 129 was back from the dead and checking out.

The sun was about to rise on day 2 of my run. I wasn't done with just yet. Not by a long shot.

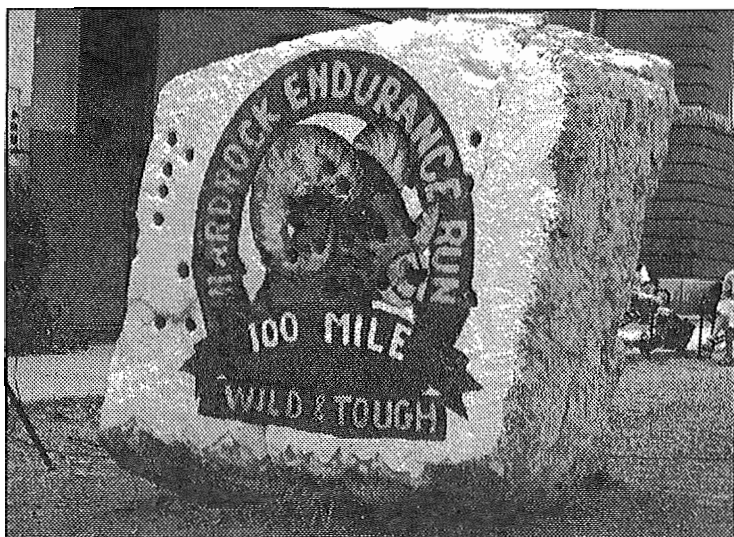
Day 1 Silverton to Kamm Traverse (11.5miles, 3hrs 39mins)

The race had started so well. Race Director, Dale Garland sent us on our way from outside the school gym in Silverton at 6am. It was almost surreal milling around at the start. Hardrock entrants are some

of the most experienced trail runners on the planet and brushing shoulders with them was rather intimidating. In fact the realisation that I was about to actually start Hardrock was overwhelming. I tried to relax. I had my photo taken in front of the Hardrock and almost missed the start. Amidst cheers and adrenaline all 140 runners quickly streamed out of town and up onto the Shrine Road and out towards Nute's Shute. There was lots of banter as the gun-runners raced to the front while others were competing to be last in the long line. Kyle Skaggs could be seen racing away from the rest of the field as he turned below the Shrine, overlooking the town. I deliberately settled into a walk to avoid getting swept up by the early pace. After nearly 3 weeks of acclimation and course marking I was as fit as I could be, but my heart was already racing in the thin air above 9,000 feet.

After just over 2 miles we dropped from the Nute Chute trail paralleling high above the highway. Like so many lemmings dropping off the shelf, down the hill, across the road, we sloshed through the marshy bog alongside Mineral Creek to the river crossing. Supporters and crews were lining the road cheering us on. There was no queue at the river crossing, just a steady stream of runners plunging into the icy snow-melt water and grabbing the fixed guide rope to haul themselves across. I followed suit, lunging into the freezing thigh deep current. My feet would be wet now for the next 2 days. The adventure had really begun. I was loving every minute of it.

The first climb of the day was slow and steady following Silverton Bear Creek. There was much conversation as excited runners found their rhythm all around me. I was happy to get caught behind others, forcing me to go slow. The narrow trail up the wooded valley meant that a conga line soon developed. Occasionally an impatient runner would



Hardrock start and finish post

surge past. My plan was to be conservative early. I harboured aspirations of breaking 40 hours but my main focus was just to finish. As the trail climbed higher, the valley opened above the tree-line into grassy meadows dotted with bright yellow wildflowers. It was a truly beautiful day. The kind of day made for running trails. The snow banks we had encountered during trail marking had receded and the going was good. My spirits were high. The views were spectacular. There was nowhere else I would rather be.

The course was easy to follow as runners were spread out as far as the eye could see. We crested the blunt summit and followed Putnam-Lime ridge at 12,600 ft before a steep descent. My plan was to hold back on the downhill early to save my legs for later in the race. Despite this my natural flow took me past many runners on the uneven terrain as we crossed into the basin below. Snow banks framed this wide open grassy basin. Once across we climbed again to Cataract-Porcupine saddle before descending on single-track and crossing a creek back into trees once again. There were large boggy sections that sucked at your shoes. The trail undulated and I was suddenly alone in the bush. But not for long, as I emerged and forded another creek the first aid station of Kamm Traverse came into view and there were runners everywhere. A quick refill and a bite to eat and I was off again. (3 minutes at KT.)

Kamm Traverse to Chapman Gulch (7.4miles, 2hrs 25mins)

The Kamm Traverse is a deceptive but steady climb up the edge of a steep slope with sheer drops to the valley below. The footing is good and I ate as I climbed. Looking around I could see

all the way down the Mineral Creek valley and the early sun glistened on the water creating a magical setting between the steep tree lined mountains. We disappeared back into the trees and wound our way to the river crossing at Porcupine Creek. I opted for the fallen log crossing rather than the icy water and had no trouble negotiating the mess of branches and logs. Then a steep, dusty climb. I passed a runner doubled over sucking in air. I felt for him in this much trouble so early in the race. I knew what the rest of this climb was like. There was still a long way to go. And this was only the second of the twelve major climbs over 12,000 feet that we had to cross. After some steep switch-backs we joined a well formed but muddy trail: Ice Lake Trail. The trees gave way to grassy meadows and the thick skunk cabbage that lined the path. We broke off the main trail and climbed higher eventually traversing a steep scree slope overlooking the spectacular Island Lake, so named because of the little island in the middle of this glacial lake. I was surprised that what had been frozen solid just two weeks ago was now clear aquamarine blue water. This small glacial lake features in many photo albums from Hardrock and encapsulates the true majesty of the alpine scenery. I could see runners ahead of me all the way up to the saddle, some climbing hand over hand as it got steeper and slippery on the loose scree.

Grant-Swamp Pass, 12,920ft. The saddle is a narrow shelf with steep drop-offs on both sides. I picked

up a small rock to place ceremoniously on the Joel Zucker memorial cairn and worked my way around to the descent zone. To my amazement, there on the edge of the path was a mountain goat. How superb to encounter such a magnificent wild creature in this environment. I edged out onto the ledge and Scott Hirst, up there photographing runners, told me to get in front of the goat so he could get a picture with the caption: "who is the biggest goat?". The goat flitted away and I decided it was time to go as well. There were a couple of runners inching down the scree slope backwards on hands and feet. I couldn't follow for fear of showering them in rocks so I moved over to the rough edge of the slope and took off. This is probably my favourite descent of the whole run and with wild abandon I slipped and slid to the bottom. Momentum carried me down into Swamp Canyon and I glissaded on a couple of snow banks before working across the rocky slope to the trail down the left of the canyon. My heart was pounding in my ears as I sucked thin air, catching my breath again. What a hoot. Sometimes you've just got to go with the flow.

Apart from a couple of slippery snow banks it was now good running. Disappearing into the trees the path wound its way down to Swamp Canyon Stream. I splashed through the creek, pausing only to dunk my quads to cool them off after the long descent. I expected the aid station to be here but signs indicated it had been moved down the road a 1/4 mile. It was a short haul along the picturesque aspen lined road to the atmospheric aid station at Chapman Gulch. A definite Mexican theme with margaritas and coronas on offer. I was tempted by the beer but settled for some water and a cheese frajita. First drop-bag checkpoint so I rifled through grabbing a few goodies. A handful of corn chips dipped in guacomole were a real treat and I was back onto the road to the well marked turn-off to Oscar's Pass. (15 minutes at Chapman.)

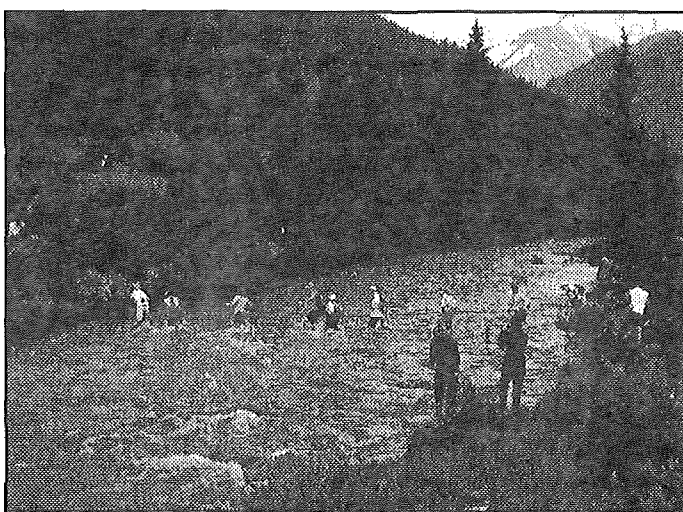
Chapman to Telluride (8.9miles, 2hrs 52mins)

I was now entering an unfamiliar part of the course. Coming down Swamp Canyon you could see the intimidating switch-backs that ascend Oscar's Pass in the distance. Now I was climbing those very switchbacks. The afternoon sun was shrouded by cloud but the still air was making me sweat profusely. Up, up I went. I could feel the altitude sucking the energy out me. The road deteriorated until it was just a pile of rocks. I passed a couple of runners who seemed to be struggling. And still more climbing until I was crossing a steep slippery snow bank. Steps had been cut into the snow face with rocks dug in to help give us traction. We had been warned about these crossings at the race briefing. A slip here would be treacherous and I paid due respect. Considering some of the steep narrow cliff top trails we would pass I found the snow banks the most dangerous part of the course. As a southern hemisphere flat-lander I was not used to travelling on steep icy snow and it really slowed me down. Oscar's Pass climb went on forever. Another dangerous snow bank. Again I looked down and realised that a slip here could end more than just my race. And then finally the summit at 13,432ft, and the views took my mind off any pain from the effort.

There were runners ahead of me and I managed to pass a couple. I was surprised to catch Larry Hall so early. I quipped with him about being old and slow and we ran together for a while. The course dropped rapidly and we crossed snow banks and wound down into Telluride Bear Creek canyon. Cresting a rise on singletrack John Cappis, Co-Course Director was laying like a sniper off the side of the trail amongst the wildflowers with his long lens camera. Fantastic course, I commented as I ran past. What an understatement. I was in trail running heaven.

The trail turned into a kind of road that kept descending until the township of Telluride appeared through the trees on my right. I had pulled ahead of Larry and was run-

ning strongly but well within myself. There were lots of day walkers on the trail, some offered encouragement. A playful dog decided he wanted to race me down the trail and ran with me until his owner was out of sight. Finally, I passed a volunteer sitting beside the trail, radioing our numbers ahead and signalling the turnoff. I dropped steeply off the road through the trees and into the aid station to much applause and cheering. I was feeling good. Even better with the warm reception. After a quick trip to the toilets I grabbed some food and a refill and off through the town, following the well marked chalk arrows. (11 minutes at Telluride)



Crossing South Mineral Creek

Telluride to Kroger's Kitchen (Virginius Pass) (5miles, 2hrs 29min)

After leaving the bitumen on the edge of Telluride, the jeep road climbed steeply, switch-backing through the thick conifers. Periodically I glanced back through the trees and could see other runners working their way through the streets. Nestled in the alpine valley, Telluride would look at home on any postcard. Following my mantra of 'survive the climbs and restrain on the descents' I soon found myself being caught and passed by others. This was another part of the course I hadn't seen but knew how it ended, with a steep pitch and traverse up to Virginius Pass and the aid station of Kroger's Kitchen. It was a short leg but it packed a punch climbing from 8,750ft to 13,100ft in just 5 miles. The trees provided shade until we broke into the al-

pine meadows. Now the craggy-saw-tooth peaks that represented our next climb came into view. Oh man, we really go over that? Having other runners around me kept me honest but I could feel my energy levels dropping. I needed some food but figured I could wait until I reached Kroger's Kitchen. Bad idea. The higher we got the colder I got. I found myself traversing a steep snowbank and shivering. Enough. I stopped and pulled on my jacket and grabbed a gu to get me going again.

The last steep scramble to the pass (13,100ft) and I could see the tarp strung across the narrow saddle, flapping in the wind. Unbelievable.

The wind seemed to channel up through this narrow opening. The aid crew were great but with limited supplies that were all packed-in I just grabbed a coke and some fruit. I huddled out of the wind but couldn't escape the cold. I quickly realised I had to get out of there. (7minutes at Kroger's)

Kroger's	Kitchen
to	Governors Basin
(3.2miles,	46mins)

There was a fixed rope on the steep snow covered pitch down the other side.

A volunteer offered me the rope, suggesting the groove worn into the snow by runners glissading was getting thin and exposing dangerous rocks so the rope route would be safer. I will take my chances. The slide was a hoot and I managed to bounce off a couple of rocks and end up with a ton of snow in my shorts. Up and across a short shelf and then another slide with even more chance of hitting rock before slipping and sliding down the last pitch.

Larry had passed me while I was huddled at Krogers but I picked him up again on these descents and we ran shoulder to shoulder down the jeep road. The downhill pounding was relentless and it was a relief to reach the Governors Basin aid station and stop for some food and a refill. (6minutes at Governors)

Governors Basin	to	Ouray
(7.9miles,		1hr 35mins)

"In daylight this is one of the most spectacular parts of the course"

After my little energy crash up at Kroger's Kitchen I was keen to get calories. I shovelled in food and had both bottles filled with Mountain Dew. It was early to hit the caffeine but the sugar would be more than welcome and should get me to the major stop at Ouray. We were now on a wide open jeep road with steep cliffs to our left and a sharp drop down to the raging river below. At one point the rock face above jutted out completely across the road that had been blasted out of the cliff. But this road was nearly all downhill so we settled into a steady run. There were two runners just in front of us and we gradually caught up to the first, veteran Randy Isler. He joined us, matching our pace, eventually running all the way into Ouray with us. As we finally approached the town it was time to leave the road. I was familiar with the new turnoff onto the Ouray Perimeter Trail, having scouted it a couple of times in training. It was a relief to get back onto trail after the pounding of the hard road for the last hour. As we rounded the corner to a short bridge over the canyon

the other runner we had been following appeared: another veteran, Rickie Redland. The little metal bridge gives a spectacular view of the raging river snaking through the tight canyon way below. Across the footbridge, I lead the group into the narrow tunnel ducking my head cautiously. The only light filtered in from the other end so I blocked all the light for those behind me. I heard some swearing and cursing as the others stumbled along blindly. The trail then dropped steeply out the other end and I actually grabbed the rail to break my slide. The four of us trotted together through the streets and then ran shoulder to shoulder into the Ouray aid station.

I was very happy to make it here in daylight. Even happier to still be feeling so good. This was a major

aid station and I had to prepare for the night. I was quickly ushered to a chair alongside the food tent. Teresa and Bob adopted me and waited on me while I fossicked through my bag, added a layer of clothes and grabbed my lights. There was plenty of food and I was hungry so ate heartily. I asked after some of the others and they told me John Dove had left only ten minutes or so before me. Wow, I expected him to be much further ahead. I grabbed some food to go and left thinking how cool it would be to catch him. After spending so many hours training together on the course leading



Grant swamp pass

up to the run it would be good to at least run with him for a while. Refilled and loaded with night gear, my camelbak settled heavily on my back but it had become a part of me, an extension of my being. For the moment, I was carrying my world on my back. I walked the length of Ouray slowly, still eating and digesting and by the time I reached the edge of town my trusty headlamp was on. Bring on the night. (15 minutes at Ouray)

Ouray to Engineers Pass (7.6miles, 4hrs 9mins)

By the time I checked out, John was actually 1/2 an hour ahead of me. My delusional aspirations of catching him were just that. He would go on to finish with a great time of 38:51. I had spent many hours learning

the course with him and knew how strong he would finish. In my rush to leave I forgot to tell Larry I was going but I knew he was picking up his wife and pacer, Beth, to accompany him through the night. I was sure he would catch me again before long.

Once clear of the town and onto the trail I was surprised how much climbing and descending there was on this short section up to the Highway crossing. I hadn't seen this section and had to stop several times to check directions and spot the next marker. At one point I headed for a reflector before it started moving:

it was a deer, it's eyes flashing in my headlight. Finally I heard traffic close by and the climb brought me out onto the highway. Familiar territory again, the long climb up Ouray Bear Creek canyon.

Ouray is the lowest point of the course at 7,870ft and this climb is the longest of the race. (Up to Engineers Pass at 12,910ft.) But I felt strong and worked the series of switch backs over the loose

shale steadily. The shale tinkled. Someone had described it as like running on broken china. I could hear voices and see lights above and below me, but I was all alone. Once the trail levelled out along the steep canyon wall I even managed to run some sections. In daylight this is one of the most spectacular parts of the course, with the trail literally cut into the steep canyon wall. In the darkness the roar of the river far below reverberated up the sheer canyon walls. The beam of my headlamp dissolved into the inky blackness of the void below. A trip here would be fatal. But that is Hardrock. Many times during the race I would look down a sheer cliff and realise a slip here would mean certain death. No exaggeration. Definitely not for the faint hearted.

"I didn't realise that I had stopped drinking and clearly hadn't had enough to eat for hours now"

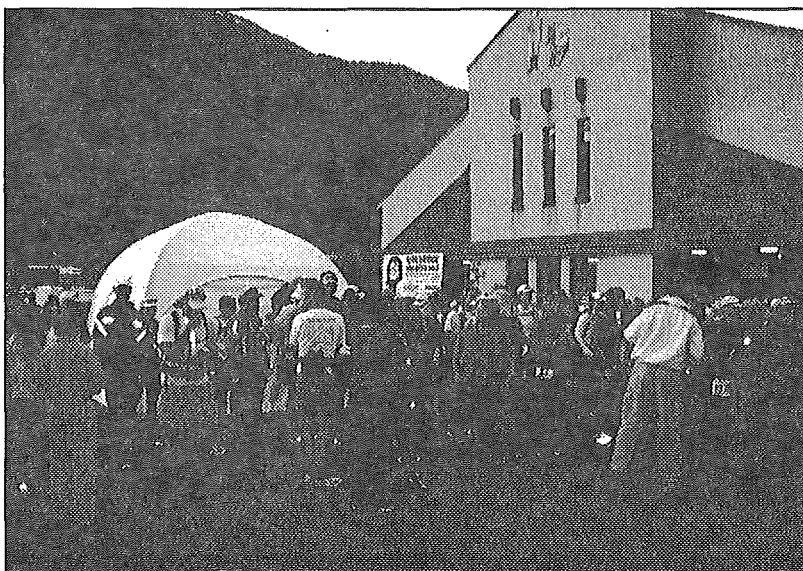
I passed a couple of runners with pacers. The night had brought renewed energy and I wanted to make the most of it. The night also brought solitude. I was remembering how we had seen a bear further up this canyon on the trail marking day. And just then a small cascade of pebbles came tumbling down from the shelf above me, as if disturbed by something. The hairs on the back of my neck prickled. I stopped and turned my light into the darkness above. Nothing. My imagination took over and I started running again. I don't usually get spooked but back in Australia the nightlife is likely to be small, furry and herbivorous. Not so here.

I caught up to Randy again and we hiked up the trail to the Yellow Jacket Mine site, where we also caught up to Rickie and her pacer. We all stopped to don jackets as the elevation and night were combining to bring down the temperature. I pulled away from the others but could feel the energy gleaned from all the food at Ouray draining away. I knew Engineer was a pack-in aid station but looked forward to any kind of food as I was getting really hungry again. As the lights of Engineer appeared I headed straight for the food table. A young volunteer asked for my bottle. He said he hoped Succeed would be OK as they were out of water. Um, no. I kind of need water. So he drained the ice water out of his cooler to fill my bottle. I wondered what he was going to do for the next 70 runners behind me. The soup was chicken, sorry, can't eat that. I looked around and there wasn't anything I could face. I grabbed a handful of dry crusty focaccia-like-bread and made a cup of black tea with sugar. I dunked the bread to make it easier to swallow and decided I needed to get to Grouse where there would be more food choices. (14minutes

at Engineers)

Engineers to Grouse Gulch (6.9miles, 3hrs 57mins)

I was above the tree-line and alone in the wide open basin below Engineers Pass. The trail ahead was dotted with slow moving lights. Far above I could see the flashing fixed red light signalling the top of this climb. I was starting to struggle. The constant climbing from Ouray for the last five hours, the cumulative toll of all the climbs of the day, the body clocks natural need for sleep and the altitude were conspir-



Milling at the start

ing to wear me down. The narrow track was easy to follow and despite having to cross icy creeks I slowly overhauled the summit. Across a slippery snowbank and I reached the road at the top, 12,910ft. There seemed to be runners all around me. I didn't linger and started running down the road towards Grouse Gulch. I looked at my Garmin GPS watch and made a mental note of how many miles to go and settled into a steady pace behind other runners.

We passed a fork in the road and continued to our right, down the hill. I barely cast a glance, following the trail of lights in front of me. I passed Rickie's pacer who was falling behind her and caught up to her

just as the guy in front of us came to a stop. He looked around and asked me when I last saw a trail marker. At the top. This is all wrong, he said. The hill is on the wrong side of us. He had run Hardrock before and so had Rickie but no consensus could be reached. I pulled out my map and compass and we crouched over it in the middle of the road, in the middle of the night. Yep, we should be over there he said. That fork at the top, we went the wrong way. My heart sunk. Are you sure? If this is the right road it is only another mile to the aid station. I really wanted to see that aid station.

I was tempted to keep going: 1 mile down hill versus 2 or 3 back up then another 3 or 4 down to the checkpoint. They headed back up leaving me. I conceded to follow. I decided to take a toilet break and as I was on the side of the road a pair of eyes peered back at me from the bushes. I finished my business and fairly bolted up the hill after the others!

Almost on cue, my Garmin battery went flat. A bit like me. I trudged up the hill

alone and very tired. My race plan was in tatters. I started to withdraw into my survival mode. I didn't realise that I had stopped drinking and clearly hadn't had enough to eat for hours now. More lights were coming down this wrong road, further confusing me. We stopped and the maps came out again. Fred Ecks produced a handheld GPS. Yep, this is definitely wrong, he said. I was almost relieved to be sure now that we were heading back to the right course. Larry and Beth appeared, also on this wrong road. Oh Andy, Beth said sympathetically, recognising my dejected, sorry state. I was pleased to see them but sorry that they had followed the misguided procession. We weren't far from the intersection so once we reached the

*"I cranked out the final steps knowing that now I had conquered
the highest part of the course"*

downhill again I ran with them. Larry had succumbed to an old vision impairment that only struck him at night during ultras: he suffered double vision. This significantly slowed him down so I tried to help light his way as Beth guided him, by running alongside.

My mental state deteriorated rapidly and I found myself leaving them with the sole purpose of just getting to Grouse. The tents and lights came into view and I shuffled in and collapsed into a chair. Someone grabbed my bottles and refilled them while I had some welcome hot potato soup. A crew lady draped a blanket over my legs and I found myself sliding down onto the cold rocky ground and pulling the blanket over me. Next thing I felt several arms lifting me and steering me into the warm tent and onto the cot. My world was closing in rapidly and I needed to lie down.

And so I found myself huddled on a cot in the predawn hours. It could have so easily ended right here. (1hr 7mins at Grouse.)

Day 2 Grouse Gulch to Sherman
(13.4miles, 5hrs 48mins)

There were cheers and applause as I shuffled out of the aid station. I noticed a mummy-like body encased in a sleeping bag in the back of a pickup truck. I recognised Whit deep asleep. He was given a start off the wait-list merely 15 minutes before the race start. I had heard that he had dropped here at Grouse. I shook his feet and asked if he wanted to come with me. He grunted and rolled over back to sleep, done. I found the path off the road and settled into a steady pace. I still had no energy but was resolved that this was as good as it would get. The dawn light revealed Hardrockers spread out across the mountain. I passed a few and eventually crested the final pitch up onto American-Grouse Pass (13,020ft). I found I was stopping to pee way too often. On one of these occasions as a runner (Chad, who apparently is a doctor) went past he commented that that was a good

sign. I said it would be except I was going too frequently. I took a salt cap and hoped that would help.

The sun wasn't reaching into American Basin yet but I could still see runners all the way across to Handies. How intimidating the imposing silhouette of the mountain was. The snow banks were icy and treacherous. I slipped and slid down into the basin and worked my way across toward the next climb. I had retreated within myself, operating on autopilot, focussed on just moving forward. As I approached a couple on an icy snow bank deep in the basin, I was surprised to see it was Larry and Beth. Larry's poor night vision had really slowed him down. I continued past them, confident that they would catch up as Larry's eyes improved with the daylight.

As I started the long switchbacks up to Handies I spotted a mountain goat on the trail moving slowly in front of a runner and his pacer. He was in no hurry and just ambled up the trail. With renewed resolve I put my head down and slogged away up Handies peak, 14,048 ft. The higher I got, the sicker I felt. This was the pattern for the rest of my run. Each climb I would get progressively worse towards the summit. I accepted this and pushed through it, hoping to feel better on the descents and in the valleys. I never expected this to be easy. But then I never expected it to be this hard, either.

The summit of Handies seems to take forever to reach. You can see it from afar and then as you approach the contour obscures the flat summit. Drawing deep breathes in a slow steady rhythm I cranked out the final steps knowing that now I had conquered the highest part of the course. As I looked around I could have been on top of the world. Craggy snow-capped mountains unfolded before me all the way to the horizon. I felt like I was on top of the world. There was no lingering. I was now bathed in full sunlight but it was still cold. The goat stood on a big ice cornice at the end of the

summit, watching runners descend. I bade him adieu and peeled off down the steep slippery gravel path. I have little fear of steep gravel but with little energy just slid and trotted down as best I could. I caught and passed a few more runners. Normally this would boost my confidence but I was in survival mode. Down in the valley I refilled my bottle from a snow fed stream and stripped off a few layers. The lower I went the better I felt, the more I could run. I repassed Chad and then several others and pulled away.

I love the trail here through the forest below the tree line. Twisting and turning through the conifers on the soft dirt. Despite my nausea I felt at one with the trail and wished it could all feel this good. The running drained my energy and by the time I reached the road at Burrows Park I was walking again. I refilled a bottle from the water drop and used the toilets. The runners I had passed coming down filed past again. From Burrows to Sherman is the longest 3 miles of road on the planet. Jeeps and little 4 wheelers kept streaming past, shrouding us in dust. The morning sun beat down and the flies would settle if you stopped moving. Around each bend I looked for the change in road surface that Charlie had said would signal the trail head. On and on the gravel road wound. I should be running but was weary and settled for a jog/walk routine, repassing some runners.

Finally there were chalk arrows and a rock cairn and we were back on real trail. If you could call it that. We wound steeply down through the trees and ruins of old buildings until we hit the road that lead into the Sherman aid station. I jogged tentatively in and sat down resolutely in a chair. My drop-bag gear was spread neatly before me on a table. My bottles were whisked away and filled. I removed one of my shoes for the first time. I was developing a nasty hotspot on the edge of my right heel. In fact the skin was puckering into a prune-like fold from being wet for 30 odd hours. I cleaned and dried it and put some tape across it

"On this high open treeless plain I could see for miles"

as a token gesture. I put on a clean dry sock and hoped it wouldn't get much worse. Time to go. I stuffed some food into my pockets and was offered an icy-pole to go. The volunteer rattled off the choice of flavours, which included root-beer. Ooh, I'd like one of those. When he returned he was apologetic that all the root-beer had gone. Never mind: raspberry instead, mmmm yum.

Sherman to Pole Creek to Maggies (9.1miles, 4hrs 18min; 8min; 4.3miles, 1hr 58min)

Larry had come into Sherman while I was still there. He was much stronger on the climbs so I headed out, knowing he would catch up again soon. This was all unfamiliar territory. After a series of long switch-backs through the woods I emerged high into the valley. After a river crossing that soaked my sore heel again I climbed steeply only to recross the river just above the waterfall. I remembered the warning that if you slipped here you would likely go over the waterfall. I was tired so concentrated on my foot placement. No problems. Except my heel was getting really painful. Eventually the climbing reached the top of the Continental Divide at Cataract-Pole Divide Pass 12,200ft, climb number eight. The trail crossed more creeks and skirted ponds. Mud. It was unavoidable. The trail was hard to pick up in a few places after crossing the creeks. I remembered chatting with Charlie Thorn, Co-Course Director, as he straightened old marking flags in his front yard in Silverton before a marking day: with a glint in his eye he remarked that he thought Hardrock was getting too easy and he was putting out less markers each year. He and his partner in crime, John Cappis were responsible for this remarkable course and seemed to take pride in maintaining the difficulty factor. I don't think there is any danger of anyone accusing them of creating a course that is too easy!

In the high open country I could see Larry catching me. I stopped to look for flags and half waited as he closed in quickly. He was moving strongly. I

welcomed the chance to have some company, to keep me moving. Beth had stopped at Sherman but would be at Cunningham later that night. Larry and I walked and talked for a while. He stopped and sat down for a snack and I leant on my poles and tried to choke down a breakfast burrito that had gone cold and hard in my pocket. I was getting hungry but food was sticking in my throat. I tried to wash it down, with little success. We set off again and were soon passed by Steve Pero and another runner. Steve looked strong and I envied his energy. We were all walking but some faster than others. I told Larry not to wait for me. He needed to cover as much ground in daylight as he could. He forged ahead and I wallowed in my altitude induced nausea again. On this high open treeless plain I could see for miles. I watched the others disappearing into the distance, almost like I was going backwards. Occasionally I would see a small, brightly coloured Skittle in the mud on the trail. Every time I saw one of these I knew Kelly Korevec was still on course ahead of me as these were his trademark ultra fuel. I wondered how all my other new Hardrock friends were doing. Hopefully better than me.

Pole Creek aid station was like an oasis in the middle of nowhere. Like Kroger's Kitchen, it is a packed-in aid station. After a short but draining climb up to the aid station perched high on a shelf, the tarp and a table of food were a blessing. Larry left just as I arrived so I had the crew all to myself. They rustled up some miso soup with noodles. This was the best food I had for the whole race. I was so grateful. As I was leaving Jack Jewel came in. We had been trading places for the last few miles and I had passed him a short time before, standing knee deep in a stream, dousing water over his head. He collapsed in the shade of the tarp and looked clearly distressed by the heat. (I was greatly relieved the next morning to see him accepting his finishers certificate.) There were so many ways that Hardrock could defeat you.

The route to Maggies from Pole Creek stays on the high plains with a nasty climb towards the end before plummeting into Maggies Gulch and the aid station. My breathing was getting laboured. Getting enough air in was hard work. My sinuses were clagging up due to the thin dry air and prolonged dehydration. I was tired beyond belief. My senses were dulled by fatigue. I picked my way across the puddles and creeks trying to keep my painful right heel as dry as possible. I approached a wide, shallow creek and stepped tentatively onto a large sloping rock trying to keep my heel out of the water. Smack! My foot slipped right out from under me. I landed face-first on the rock. Icy water poured down my neck, filling my pack. I lay there dazed. I sat up; everything seemed to work. The icy cold water had permeated all my clothes. I felt my face. Feels OK. I clambered up and out, dripping wet. From there on I plunged straight into every creek ignoring my right heel.

Once again, I struggled on the climb to Maggie-Pole pass (12,530ft). Each climb was harder than the last. The accumulative effect was wearing me down. Just three more big climbs and I knew them all. I dreaded the last climb out of Cunningham. I had done it twice and knew it would be brutal after two days and 90 miles. But I had to get there first. The sun was getting low in the sky and I was pushing hard to get as far as I could in daylight. I was counting down the miles. Sometimes it felt like I wasn't making any progress. Sometimes I wasn't. Finally I crested the saddle and the rolling valley opened up before me. I broke into a trot and gradually Maggie Gulch aid station came into view. I managed some running over the tussocks and wildflowers but it was nothing pretty. I was in pure survival mode.

It was cold at the checkpoint so I put my long-sleeve shirt back on while I polished off a cup of mashed potato and then some orange pieces. I chatted briefly with the crew here but was eager to get going. I could see a few runners who had just left and the sun was getting low in the

"The initial steep shale and gravel caused me to slip and slide but I was in control"

sky. Time to go. (10 minutes at Maggies.)

Maggies Gulch to Cunningham Gulch (6.1miles, 3hrs 2mins)

Knowing there were two climbs in this section played on my mind. Each climb was plunging me deeper into my reserves. Rarely now did I feel free of the nausea. There were runners in front of me to keep me focussed and give me something to chase. If that's what you can call it. I was moving from one marker to the next. The climb out of Maggies is steep and long. I pushed hard on my poles, driving my self upwards. I passed a couple of runners and as the trail turned steep and nasty towards the peak I dug deep and pushed across the top. The sinking sun motivated me and I ran down the hill and across the open fields. I could see runners far ahead as specks and set about chasing them. The impending darkness was closing in on me physically and mentally. Going into a second night without sleep was a huge weight on my mind. Dig deep and push hard. That's all I could do. I was finding reserves I never knew I had. The mountains kept asking the questions and I kept fumbling through the answers. No way was I giving up without a fight. I would pass runners who looked like the living dead, stumbling along. I was determined not to end like that. Focus. Focus on the next step. Focus on the next flag. Basic stuff. Stripped down to its rawest elements. This was pure trail running. This is what I came here. for.

Once over Buffalo Boy Ridge (13,060ft) I could see the next climb ahead over Green Mountain pass in the early evening light. Down into the basin, across the road and cross country towards the saddle. The next climb over the pass (12,980ft) was short but steep. Once across I ran down the other side. One more big climb. I could do this. I had plenty of time. I just had to keep moving. I passed a couple more runners on the long steady descent through the valley. I was hoping to make the sharp final steep descent into Cun-

ningham before it got really dark. At the top of the long cliff I passed a group of people with at least one runner amongst them. The initial steep shale and gravel caused me to slip and slide but I was in control. I ran the steep switch backs in fading light, aware of the sheer drop if I missed a step. Half way down I ran into Larry sitting by the trail digging through his pack. I stopped to pull out my light as well. I asked how his vision was. Not good. I asked if he wanted me to stay with him. He assured me he would be alright and we could see the aid station below, so I reluctantly pressed on. I slowed in the darkness, realising I had little to gain and much to lose with a fall here. The path was narrow, steep and slippery. I could see the lights of runners climbing the other side of the valley on the final leg. The aid station was broadly lit and was a welcome sight. I used the toilets here before shuffling into the last aid station.

Charlie greeted me. I was impressed to see the Co-course Director working an aid station. He took my bottles and asked what I wanted. Water in one and coke in the other, please. Water and 'what'? Coke. 'What?' Coke? 'Can you spell that?' C-O-K-E. 'Oh coke!' My aussie accent had defeated him. I had some soup. Beth was there and I reassured her that Larry was close behind me but having trouble with his eyes again. I felt better knowing she was there to pace him in. Theresa was also there, she had been planning to pace John Prohira as she had last year. I asked how he was going. He had dropped at Ouray with gut problems. Bummer. As a Hardrock competitor you felt for every runner who fell short but when it was one of your friends it cut deeper. She asked if I wanted her to pace me in. I wasn't sure. I hadn't really considered a pacer. I had never used a pacer before. Then I thought of the cold dark mountain I had to climb and my deteriorating state and Theresa there all dressed up and nowhere to go and it made perfect sense. Yes. Please. Come with me. The longer I stood there the colder I got. I could feel myself

starting to shut down. I had to get moving. I finished my soup, rifled through my drop bag and dumped anything I thought I wouldn't need. I pulled on my overpants for the first time, aware that the cold was draining me. We checked out and someone directed us down to the Cunningham Creek crossing through bamboo flaming torches. (16 minutes at Cunningham, it felt like a lot less.)

Cunningham to Silverton (9.2miles, 4hrs 43mins)

The creek was freezing. Once across we had trouble picking up a marker. There were lights dotting the trail as far up as we could see. The mountain was speckled with bobbing flashlights. The cold of the creek quickly alerted me that I had forgotten to grab a warm shirt. I asked Theresa to wait and I waded back through the icy water and trudged back into the aid station. I found my bag again and put on the extra layer. I was still carrying a good waterproof jacket if it got really nasty up top but at least now I was warm. Through the creek one last time and we began our climb. The wet nylon overpants clung to my legs like cling wrap. I let Teresa go in front which spared me some of the burden of navigation. Not that there was much option once we found the path and started up. The steep, narrow switch-backs seemed to never end. We set a steady pace but I thought I would never get there. We stopped occasionally while I caught my breath. I would lean over my poles and suck in big breathes of the thin, dry, cold night air. The talking caused me to breath harder. But it was a welcome distraction. Once again the altitude brought on the malaise that had plagued me. I peeled off the nylon pants as the climb warmed me up. The narrow trail opened into Dives Basin signalling the approaching summit. I looked up and the stars beckoned but I still couldn't see the ridge in the darkness. We went from marker to marker until it levelled out and we worked our way across Little Giant Traverse. This seriously steep

"You take a little bit of the mountains home with you"

section offered no fear to me in my totally depleted state. My whole world consisted of a few feet of trail just in front of me. Teresa kept me moving. She chatted when I was up to it and fell silent when the climbing was stealing my breath. Thankyou Teresa. The last climb 12,970 ft was done. I was heading for the finish. Nothing could stop me now.

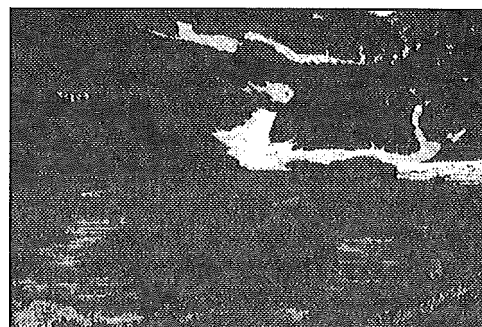
As we cleared the saddle there were lights dotting the trail below us. I took the lead, hoping I could dig deep and find some downhill running somewhere in my legs. The first part was a steep scree slope and I used my usual controlled slide to scoot across and down. I started to run the narrow track contouring down the valley above Little Giant Mine. The icy snowbanks slowed me down but we were making good time. I knew this section well and could sense the finish within reach. By the time we cleared the single-track I had used up all the calories I had taken on board at Cunningham and I was down to a walk again. But unlike the previous descents my nausea didn't pass. I tried the coke but even that sent my stomach into spasms. I tried some orange. No good. OK, looks like we will be walking it in. Every time I tried to run the nausea would overwhelm me and I would stop and lean on my poles, sucking in air. Teresa was patient and ran when I could and walked when I couldn't. I was grateful for the company. We heard voices and despite the walking managed to still pass people.

The road seemed to go on forever. If I wasn't familiar with this section I would have been worried we were off the route. Finally, the sharp turn back down to the Arrastra River crossing. Straight through. I managed some jogging along the pipeline track. By the time we reached the forest trail past the beaver ponds I was back down to a walk. A solo runner jogged past and I recognised him later as the guy buried under the blankets at Grouse Aid station. Great recovery. The small creeks were swollen with the days snow

melt but nothing would stop me now. Glimpses of lights through the trees showed Silverton was palpably close. I started thinking about my finish and I warned Teresa that I might get a little emotional.

We popped out of the trees onto the ski hill. The lights of the township spread out below us. There was a runner with a pacer just in front of us. With the town now clearly within reach we broke into a run again. I realised it would require a big effort to pass this guy. I didn't want to spoil his finish by doubling up so we slowed to a walk well behind. As we crossed the bridge into town he was right in front of us so we ran past. It was purely adrenaline now. I reached into my pack and pulled out my Australian flag. I was going to really savour this moment. I threaded the flag onto my trekking pole and it unfurled over my shoulder proudly. I could feel my heart pounding in my chest. In the darkness the street lights became a blur as I ran through this timeless tunnel feeling no pain at all. The anticipation was building. The culmination of so much effort. The fulfilment of my long held dream. We turned into Reese Street. I could see the lights of the finish. I could see the gym. I could hear clapping and cheering. Teresa peeled off to the side as I rounded the last corner. My senses were reeling as I held the flag high and ran towards the Hardrock. Tears welled up with the realisation that this was it: I was finishing Hardrock. I collapsed against the rock and kissed the cold hard smooth rock face. I embraced it. I was overcome with emotion. I stood slowly and moved to the side near collapsing. Dale gave me a moment to compose and then hung a medal around my neck. Tears were flowing freely. I was so proud. I hugged him. I grabbed my flag and climbed high onto the rock and held it triumphantly overhead. I had done it. I was finally a Hardrock.

Obsession. It's not listed in the essential criteria on the entry application for Hardrock but it should



Telluride Bear Creek

be. Obsession; if you are not obsessed with Hardrock before starting the journey you will be by the end. It gets in your blood and like a disease there is no stopping it. But it doesn't guarantee you a finish. Nothing does. Hardrock plays no favourites. Determination. That is your best bet and your best friend. Determination and a resolve to cover 100 miles across 12 mountain passes and some of the most spectacular and treacherous scenery you could ever imagine. All this in under 48 hours. They say that when you die your life flashes before your eyes. At Hardrock a lifetime of emotions flashes across your mind in the time it takes to cover the course. Hardrock changed me. I look at things differently. It has changed my perspective. You can't run Hardrock and not be affected by it. You take a little bit of the mountains home with you. And you leave a little part of yourself out there. It is not just a race. It is an event. It is run and surrounded by amazing people who become part of a big family, the Hardrock community. It engenders a real sense of camaraderie. It is Wild and Tough as the motto claims. But it is more than that. It is an adventure that allows you to explore your very limits and spend a little time immersed in trail running legend. I am grateful to have been granted a chance to participate and humbled by the total experience. Hardrock has been indelibly etched into my psyche. It is something hard to explain. But the name says it all, and no more need be said: Hardrock.





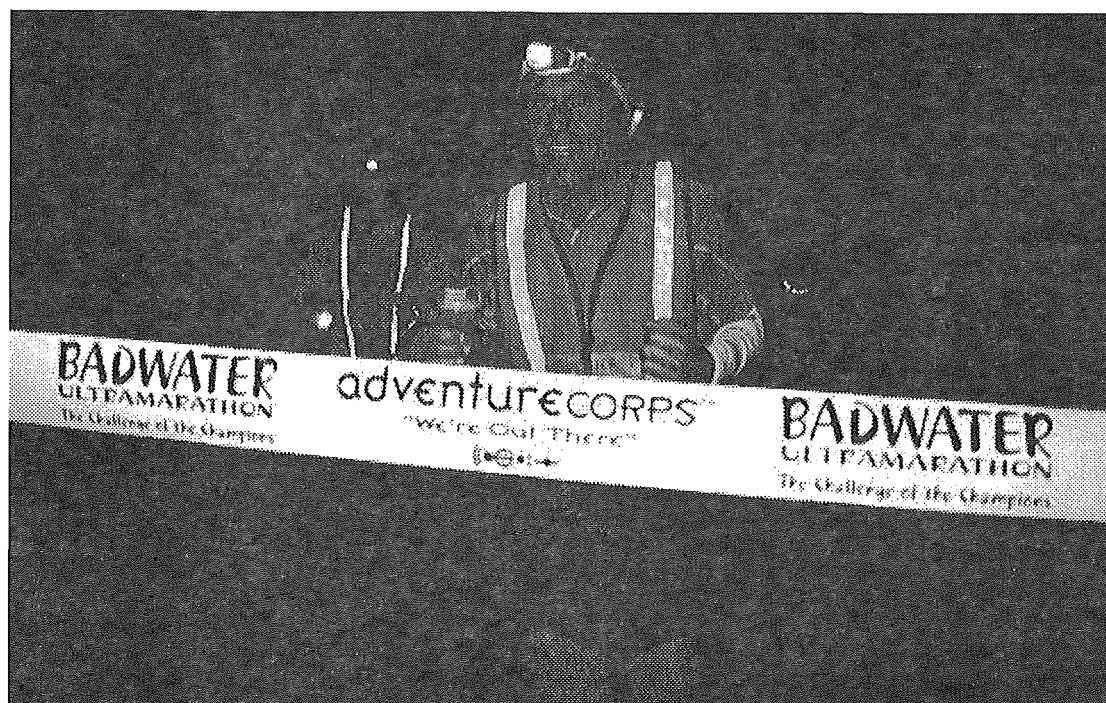
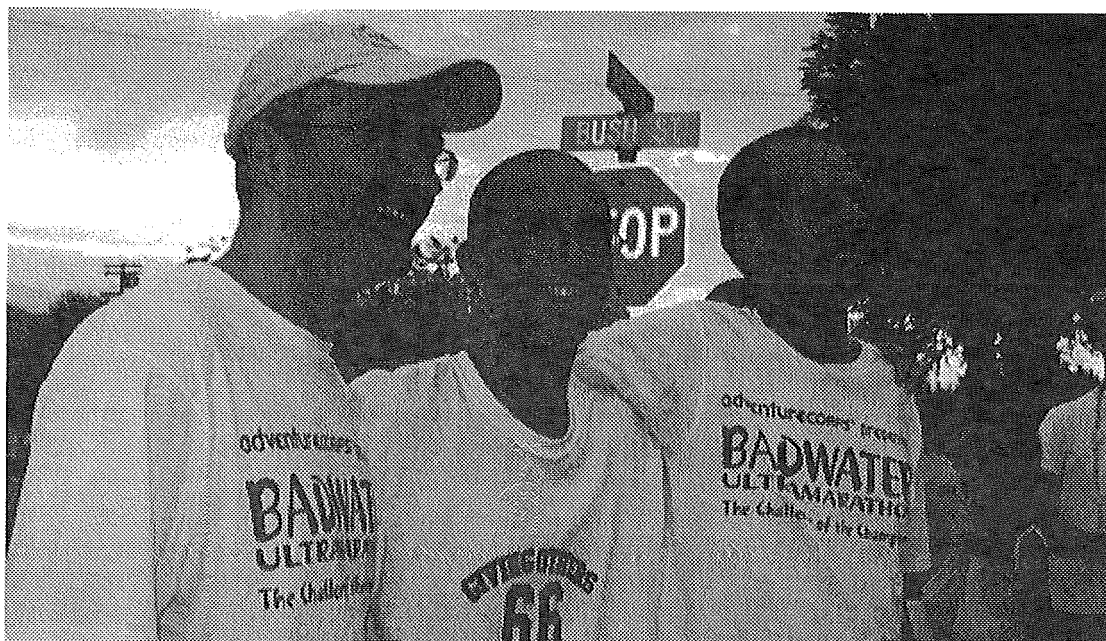
Kelvin Marshall and Jan Herrmann tackle the 135 mile Badwater event in Death Valley, USA

Badwater 135 miles. Death Valley to Mount Whitney USA 14-16 July 2008

Pl	Surname	First Name	m/f	Time
1	Pacheco	Jorge	m	23:20:16
2	Konya	Akos	m	23:49:44
3	Donaldson	Jamie	f	26:51:33
4	Karnazes	Dean	m	27:11:00
5	Reed	Pamela	f	27:42:52
6	Karl	Hubert	m	29:30:40
7	Armstrong	Shanna Christine	f	31:16:10
8	Hutchison	Lorie	f	31:17:16
9	Segger	Jen Lee	f	32:31:57
10	Horner	David	m	34:31:08
11	Scholz	Monica	f	34:54:00
12	Fernandez	Monica	f	35:17:59
13	Cuff	Kermit	m	35:42:27
14	Bartoletti	Marie	f	35:47:41
15	Hofmann	Juergen	m	35:58:48
16	Gunderson	Jonathan	m	36:21:21
17	Westergaard	Danny	m	36:31:46
18	Ulrich	Marshall	m	36:44:55
19	Snyder	Scott	m	37:09:49
20	Springman	Alisa	f	37:21:03
21	Gingerich	Zach	m	37:26:16
22	Sanchez	Raymond	m	37:54:25
23	Radich	John JR	m	38:09:50
24	Tamati-Lusskandl	Lisa Yvonne	f	38:24:43
25	Frixe	Eberhard	m	38:41:59
26	Cook	William	m	38:54:23
27	Nemet	Alex	m	39:18:06
28	Schmidt	Jeff	m	39:31:42
29	Santilhano	Michele	f	39:42:23
30	Webb	Arthur	m	39:46:53
31	Jones	David S.	m	40:16:11
32	Elias	Barbara	f	40:18:49
33	Marshall	Kelvin AUSTRALIA	m	40:23:48
34	Fromm	Anita Marie	f	40:32:39
Pl	Surname	First Name	m/f	Time
35	Becker	Bob	m	40:48:35
36	Butterick	John	m	41:36:00

37	Geraldi	Alan	m	41:46:17
38	Bialla	Vito	m	41:48:35
39	Girard	Serge	m	41:57:17
40	Amaral	Marcio Villar	m	42:07:53
41	Jensen	Daniel	m	42:15:46
42	Barnes	Rita	f	42:21:13
43	Haugh	Bob	m	42:22:32
44	Douglas	Steven	m	42:42:13
45	Prestes	Joao Sacks	m	42:42:14
46	Deupree	Chisholm	m	43:21:26
47	Whalen	Mike	m	43:37:00
48	Gungle	Bruce	m	43:52:29
49	Frost	Chris	m	43:55:34
50	Smith	James	m	44:05:36
51	Zwarkowski	Cheryl	f	44:26:15
52	Rosenstein	Phil G	m	44:41:40
53	Andrews	Bill	m	44:47:51
54	Herrmann	Jan AUSTRALIA	m	45:17:52
55	Florine	Jacqueline Adams	f	45:18:19
56	Teal	Steve	m	45:24:20
57	Schubert	Reiner Ewald	m	45:24:26
58	Lowell	Sarah	f	45:34:01
59	Marinsik	Daniel Steven	m	45:44:55
60	Humphrey	Jack	m	45:50:33
61	Gorski	Mary Campbell	f	45:59:43
62	Hudgens	Stephen	m	46:40:42
63	Moreau	Philippe	m	46:58:29
64	Taquet	Herve	m	46:58:29
65	Nitzky	Alene	f	47:04:05
66	Thurston	Jarom	m	47:09:08
67	Smith-Batchen	Lisa Renee	f	47:17:30
68	Baum	Todd	m	47:24:26
69	Weiss	Erhard	m	50:26:24
70	Weber	Scott	m	51:56:07
71	Bradley	Bill	m	56:02:15
72	Blangy	Marianne	f	56:49:21
73	Parker	Ian	m	57:10:40

135 mile Badwater event





2008 CONTINENTAL CENTURIONS QUALIFYING EVENT

SCHIEDAM, HOLLAND. MAY 31 - 1 JUNE

The first Centurion qualifier for the year was that of the Continental Centurions. They chose the Dutch city of Schiedam and targeted Saturday May 31 as the start date. And,

true to his word, Geoff Hain (C 49) was a starter.

Yes, Geoff did it - his fifth Centurion badge and a PB 100 mile time

to boot - 23:18:30. The event saw 13 new Continental Centurions amongst the 27 100 mile finishers. The list of 100 mile finishers reads as follows

1. Sandra Brown (F)	20.14.23
2. Ton van Andel	21.09.03
3. Huib van Broekhoven	21.12.35
4. Marcel Dekker	21.14.03
5. Rob Frielink	21.47.58
6. Adrie Zoon	21.49.08
7. Robert de Wolf	21.50.15
8. Wim Brink	21.59.09
9. Ties van den Berg	22.05.44
10. Jenny Bergs	22.06.15

11. Frans van den Bergt.	22.06.15
12. Marcel Lambiotte de Floreffe	22.12.59
13. Christopher Flint	22.22.12
14. Ton Thijssen	22.29.39
15. Wilma Driessen (F)	22.35.21
16. Piet van der Kroft	22.46.35
17. Luc Soetewey	22.56.21
18. Harm Voortman	22.59.50
19. Caroline Mestdagh (F)	23.00.52
20. Rudy Schoors	23.00.52

Here is Geoff's take on his latest achievement

The 24 hour event was extremely well organised on a course of 3.925km which I did 41 times for the 100 miles.

Quite a challenge mentally to get my head around such a long distance without any time advice until back at the start. A very picturesque course around & through a large heavily treed park with lots of twists & turns and over 3 bridges with water everywhere. The surface varied from bitumen/concrete/bricks/ gravel/ a few potholes/ and generally flat to slightly undulating. At night, there were a few places where it was quite dark in amongst the trees but nothing to worry about really.

The recording system used was a hand based system but entered somehow directly into a computer - so efficient was the method that immediately you passed the line, your updated details were posted on a screen together with a computer generated estimate of your predicted finishing time! (based on the speed of your immediate last lap). Naturally this predicted time kept changing but it gave me a challenge to try & maintain such a speed.

There was a food/drink tent set up 100 m past the start/finish line with a system as follows. About 25m before the tent, a lady was positioned who asked you what you required, in Dutch, after which she would use a walkie talkie gadget to tell the people in the tent to get the requested food or drink ready for when you pass so that no time was wasted looking for refreshments. A great system indeed.

Fortunately the weather was very kind with no rain, only the threat of storms. On the whole, I was quite-comfortable during the event and although my top "speed" is now less than it was 3 or 4 years ago, I am able to maintain quite a steady pace for longer periods of time. Probably a better way to complete such an event and finishing generally in a better shape than before.

I was very fortunate indeed to be with the legendary Sandra Brown for a second time, the first being at the Isle of Man Centurion two years ago and the affable Chris Flint from the British Centurions. Sandra won the event outright even though she competed in another 100 mile event the previous weekend! What a champion she is and so humble. The majority of the competitors were Dutch with a few from Bel-

gium, England & France plus me being the lone Aussie! The Dutch are very friendly people and nothing was too much trouble for them - a very well organised & friendly event.

Geoff has now completed the centurion walk 8 times in less than 4 years and has amassed 5 of the 6 available Centurion badges.

His list of hundreds reads as follows

23:30:38 16-17 Oct 2004 Adelaide, SA (C 49)

23:27:49 16-17 April 2005 Coburg, Victoria

23:38:25 22-23 April 2006 Coburg, Victoria

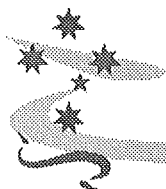
162.474 km in 24Hrs 1-2 Oct 2005 New Zealand (C 14)

23:31:43 19-20 Aug 2006 Isle of Man, UK (C 1051)

23:33:47 21-22 April 2007 Coburg, Victoria

23:25:14 17-18 Nov 2007 Grapevine, Texas, USA (C 68)

23:18:30 31 May - 1 Jun 2008 Schiedam, Holland (C 368)



La Trans Gaule 1,166km 18 Day Stage Race

France. 13th – 30th August 2008

1 René Strosny	94:04:40	18 Matias Bramstång	125:12:01	37 Christian Marti	165:05:35
2 Bruno Heubi	99:17:30	20 Michel Robert	129:23:40	38 Sigi Eichner	166:27:35
3 Trond Sjøvik	103:00:27	21 Jacky Ayrault	131:36:43	39 Philippe Gallou	166:35:37
4 Jan Nabuurs	105:31:04	22 Tom Wolter-Roessler	137:37:18	40 Marie-Jeanne Simons	167:23:48
5 Hiroko Okiyama	108:49:34	23 Daniel Muller	140:40:49	41 Willem Mütze	169:56:43
6 Eric Derivaz	109:25:29	24 Günter Meinhold	142:24:18	42 Theo Kuijpers	174:44:03
7 Eiof Eivindsen	112:33:56	25 Thierry Adeline	143:02:15	43 Regina Van Geene	175:24:52
8 Sylvain Dessailly	112:37:26	26 Carl Sommer	144:37:30	44 Don Winkley	178:25:22
9 Rudy Wedlarski	115:51:04	27 Jos Broersen	149:16:43		
10 Robert Bertin	116:35:12	28 Steven Battle	149:20:45		
11 Patrick De Geyter	117:48:38	29 Frédéric Borel	152:08:00		
12 Fabrice Viaud	118:33:16	30 Dietrich Eberle	152:24:03		
13 Seb. Ferreira da Guia	118:54:15	31 Jörg Koenig	154:22:45		
14 Hans Damm	121:16:35	32 Jean-Luc Ridet	155:14:08		
15 Kelvin Marshall (AUST)	122:35:02	33 Didier Arpaillange	157:28:46		
16 Chen Ching Hui	122:38:25	34 Richard Hofbauer	158:26:14		
17 Shu Jung Lu Chiu	125:07:24	35 Angela Ngamkam	158:42:05		
18 Andreas Falk	125:12:01	36 Laurent Martinie	161:07:41		

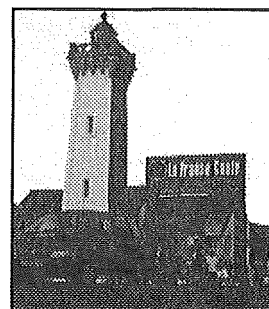


Photo below from Mount Mee 50km- Francis Harvey, Sean Corr, Alun Davies and Susannah Harvey Jamieson.
- see results page 14





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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)

Results

30 MAY 2008:
100km del Passatore, ITA

MEN:			
1	Marco BOFFO	ITA	7:00:43
2	Alexey IZMAILOV	RUS	7:03:47
WOMEN:			
1	Paola SANNA	ITA	8:38:49
2	Roberta MONARI	ITA	8:41:34

24 MAY 2008:
Hungarian 24h Championships

MEN:			
1	Ferenc SZONYI		219:570km
2	Jozsef MOZSIK		212:402km
WOMEN:			
1	Monika HORVATH		167:238km
2	Eva GURDON		162:927km

23 MAY 2008:
48h of Bornholm

MEN:			
1	Lars-Syette CHRISTOFFERSEN	DEN	366:271km
2	Erlolf EIVINDSEN	NOR	343:650km
WOMEN:			
1	Barbara BECKER	GER	274:250km
2	Caroline AISTRUP	DEN	262:592km

24h

MEN:			
1	Per BRØLLING	DEN	223:356km
2	Vagn KIKELUND	DEN	188:947km
WOMEN:			
1	Anne-Marie ROSSEN	DEN	191:967km
2	May-Britt HANSEN	DEN	188:947km

6h

MEN:			
1	Peter PALDAN	DEN	68:410km
2	Claudio PEISEN	DEN	68:074km
WOMEN:			
1	Lillian MADSEN	DEN	57:216km
2	Grethe KOFOED SVENDSEN	DEN	40:372km

18 MAY 2008:
UK 100km Championships &
Anglo-Celtic Plate, Cardiff

Cardiff's Bute Park was the setting for the UK 100km championship and the annual competition between the nations of Ireland, England, Wales and Scotland, but this year Ireland were unable to compete. Dominic Croft of England secured his second title after a lengthy absence through injury. He ran an impressively even-paced race, avoiding the energy-sapping early battles to pull through in the last quarter. In second place Matt Giles made his 100km debut. He led the race at various stages but a calf injury forced him to slow.

It was another debutant, Emma Gooderham, who provided the outstanding performance of the day as she led from start to finish to set a new event record of 8:03. Despite Scotland having two runners in the top three, Vicky Skelton's solid fourth place was enough for the England ladies team to retain the Anglo Celtic Plate.

MEN:			
1	Matt GILES	GBR	7:28:54
2	Julian RENDELL	GBR	7:33:15

4	Collin GELL	GBR	7:40:14
5	Allen SMALLS	GBR	7:49:10
WOMEN:			
1	Sandra BOWERS	GBR	8:57:18
2	Elaine CALDER	GBR	9:13:39
3	Pauline WALKER	GBR	9:18:18
4	Vicky SKELTON	GBR	9:28:53

11 MAY 2008:
48h Surgeres, FRA

MEN:			
1	Philip MCCARTHY	USA	378:495km
2	Emmanuel CONREAU	FRA	363:718km
3	Gilles PARARUELO	FRA	353:162km
4	William SICHEL	GBR	340:797km
WOMEN:			
1	Galina EREMINA	RUS	357:686km
2	Masae KAMURA	JPN	336:574km
3	Sandra POWELL	USA	323:606km
4	Marika HEINLEIN	GER	319:987km

24h (splits)

MEN:			
1	Masayuki OTAKI	JPN	219:859km
2	Philip MCCARTHY	JPN	209:303km
WOMEN:			
1	Marika HEINLEIN	GER	206:589km
2	Galina EREMINA	RUS	204:768km

10 MAY 2008:
50km of Flanders - Gistel

MEN:			
1	Gino CASIER	BEL	3:32:06
2	Renaat MOYSEN	BEL	3:56:45
WOMEN:			
1	Marleen VAN PARIJS	BEL	4:28:49
2	Inge PETERSSSEN	BEL	4:46:47

27 MARCH 2008:
Athens 24h

MEN:			
1	Mikhail BOGDANOV	UKR	213:095km
2	William SICHEL	GBR	190:000km
WOMEN:			
1	Emilia RAIS	GRE	141:000km
2	Caroline AISTRUP	DEN	125:000km

7-day race

MEN:			
1	Hans-Jürgen SCHLOTTER	GER	900km
2	Lucio BAZZANA	ITA	854km
WOMEN:			
1	Chiu Shu-Jung LU	TPE	785km
2	Maria TAHKAVUORI	FIN	732:16km

8 JUNE 2008:
6 Days of Antibes, France

MEN:			
1	Christophe LABORIE	FRA	762:68km
2	Pierre-Michel MICALET	FRA	747:323km
3	Eduard CLEMENTE	ESP	735:256km
4	Martina HAUSMANN	GER	713:492km - 2nd woman
5	Alexandre FORESTIERI	FRA	707:581km
6	Edit BERCES	HUN	690:957km - 3rd woman



Overcoming the mental challenge:

The Australian Alpine Skyrun



*The Australian Alpine Skyrun takes in some of the most scenic and challenging terrain in Victoria. The 100-mile course features six major ascents, including Victoria's three highest peaks and over six kilometres of steep ascents and descents. **Paul Ashton** completed the inaugural event this year. He found the journey was as much about the mind as the body.*

On 5 April 2008, five runners gathered in the sleepy hamlet of Harrietville at 4.30am. Armed only with light packs, we wished each other well and prepared to commence a challenge that had been four years in the planning.

The Australian Alpine Skyrun is arguably Australia's hardest trail run. Based on the UK's Karrimor Mountain Marathon, it has been designed to test the endurance and determination of the toughest runners.

The run is as much a mental challenge as a physical test, and it therefore seemed appropriate that we had decided to use the event to raise funds for Mind, a not-for-profit organisation that supports people recovering from mental illness.

There was a great sense of anticipation as we set off in the pre-dawn darkness, with only the silvery light of our torches to guide us towards the first big obstacle of the day.

Bungalow Spur is a 1,400m climb up a well-maintained walking trail that rises to the summit of Mt Feathertop. Warm weather in the weeks leading up to the event meant the trail was clear from snow and we made good time despite the punishing gradient, reaching the summit in time to witness a glorious sunrise. The view across to Mount Bogong was awe-inspiring, though also a little daunting in its revelation of the challenges that lay ahead.

From the summit of Feathertop, the course takes in the virtually unrunnable descent of Diamantina Spur, a nasty 3.2km drop into the West Kiewa Valley. On a previous reconnaissance trip this short leg had taken almost two hours in the snow

and we were concerned it would be just as difficult to negotiate without any snow cover, given the scree and wet grasses at the bottom.

Despite our concerns, we emerged at the valley floor without incident after just over an hour of descent. From here we were able to enjoy a relatively flat stretch through the sun-drenched valley before hitting the next climb which took us past the burnt-out remains of Weston's Hut and up onto the high plains and the first rendezvous with our support crew at Tawonga Hut.

On a run like this, an experienced support crew is a must for both physical and moral support. At this point we had already been on the move for close to seven hours and our crew had prepared a meal of soup and noodles to provide sustenance for the next leg of the journey, a 15km stretch to Bogong Village.

While this stretch appeared relatively easy on paper, for me it proved to be one of the most difficult sections as I fought a battle with nausea that made it almost impossible to hold down any food or fluid. For two hours I wrestled with the temptation to stop and it was only the thought of the people we were supporting that kept me going. Any mental challenges I was experiencing were nothing compared to the struggles faced by people experiencing mental illness every day of the year.

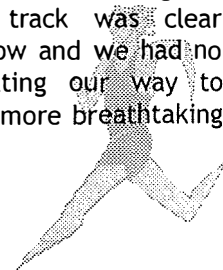
The arrival at Bogong Village is the 46km point and it also marks the beginning of the hardest and most exposed section of the run. Adding to the challenge is the fact that at this point we were forced to convert to larger packs containing sleeping bags, bivvy bags, and extra food and clothes for the 50km leg over the 1,986m summit of Victoria's highest peak, Mount Bogong.

Whilst the initial plan had been to reach Cleve Cole Hut, for a night of relative luxury below the summit of Mt Bogong, it became clear that this would be unattainable given the time we had lost. The onset of darkness at Warby Corner further complicated matters and by the time we arrived at Big River for the first river crossing at 11pm, we succumbed to fatigue and made camp. Almost nineteen hours had passed since departing Harrietville.

After four hours of sleep, punctuated by attacks from hungry native mice we awoke to the unpleasant sight of the results of the mice attacks on our food supplies. A quick survey revealed the side of my pack had been chewed through and a good portion of my day's rations eaten, along with a pair of socks! Not the best start to a tough day of running.

Day two began with the ascent of Mount Bogong, following the track up the T-Spur. Fortunately Parks Victoria had recently cleared the track of bush fire regrowth and we made swift progress by the light of our torches. As dawn broke, we were greeted with a view of white, fluffy clouds in the valley below. A golden glow slowly filled the horizon. It was another majestic dawning of a new day.

After a brief break at Cleve Cole Hut, we continued up towards the summit of Mount Bogong. Despite reduced visibility, thanks to the all-embracing mist that frequently shrouds the top of Victoria's highest mountain, the track was clear and easy to follow and we had no difficulty navigating our way to the summit and more breathtaking views.





From the summit of Bogong the route descends down the Quartz Ridge. With sheer drops on one side of the path, this presents one of the more dangerous parts of the route, particularly given the accumulated fatigue occasioned by over 80 kilometres of running and we proceeded cautiously until we had descended below the treeline.

After reaching level ground we made good progress towards Big River for the second river crossing of the trip, before commencing the long ascent up the fire trail which climbs to Timms Lookout and on to Langford's Gap, the 100km mark of the run and another opportunity to refuel with the support of our dependable support crew.

By this part of the run fatigue is a constant companion and at one point on this ascent I sat down for what was intended to be a short break. Within seconds I had fallen into an unscheduled 'powernap', before waking to the unpleasant sight of a tiger snake slithering along the path towards my resting place. It was a nasty shock and a timely reminder

of the dangers that can lie around every corner.

After a lunch of noodles, beef, raspberries and nuts (two minute noodles have never tasted so good!) and the unimaginable pleasure of a change of socks and running shoes, I prepared for the final push - the 60 kilometre stint to Loch Car Park, after the last energy sapping climb up Swindler's Spur and then down the Bon Accord Spur to Harrierville.

While the terrain was easy compared to what had come before, we were all moving into uncharted physical territory at this stage - we had been on the go for 19 hours - and the situation was complicated by the onset of darkness and the arrival of a mist that reduced visibility to less than 3 metres, hardly ideal when descending a bush track with steep drop-offs on one side.

In the interests of safety, I made the decision to run down the Hotham-Harrierville road for 16 kilometres, a much safer option even though it contains a number of fairly steep climbs.

At 3am after 22 hours of running on day two alone, I arrived at a roadside shelter and determined that this was it. 100 miles. I was totally done in. All I could think about was sleep,

and within minutes of climbing into my bivvy bag I drifted off.

It was only much later that I was able to reflect on the achievement. We had been running for 40 hours, over 2 days, with a total of just 4 hours sleep. In that time we had covered 100 miles over some of the toughest terrain in Victoria. We had completed the inaugural Alpine Skyrun.

2008 Results

Innes Smith

Completed 100km - official course 42hours

Lawrence Mead

Completed 100km - official course 42hours

Paul Ashton

Completed 100km - bad weather option course 40hours

Paul Monks Withdrew

- Mt Loch Car park, 144km

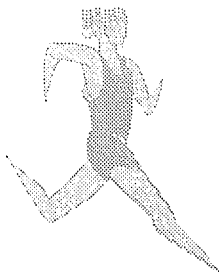
David McKinnon Withdrew
injured - Tawonga Huts, 28km

In 2009 the Australian Alpine Skyrun will be held on the weekend of 28-29 March as a Corporate Endurance and Relay Challenge event as well as a non sponsored Endurance and relay event. If you would like to learn more about the run, call race director Paul Ashton on 0418 136 070 or email pashton@mindaustralia.org.au



Paul's top five tips for runners considering the "Mind" Australian Alpine Skyrun:

1. Support is essential on an event of this nature and each team of runners must have their own crew to ensure they have support in the right place at the right time.
2. Running in pairs is an essential safety factor, having regard to the challenging terrain.
3. Careful planning is required to ensure runners eat and drink enough to keep themselves fuelled and strong. This is particularly important given the long distances between support points.
4. Weather conditions change quickly and runners must be prepared for this by carrying full safety equipment including spare warm clothing and overnight gear.
5. Visibility is often poor at higher altitudes and the ability to read a map to ground, and use a compass and/or GPS are mandatory skills.



Paul Ashton is passionate about the outdoors and ultra-running. His list of achievements include the Comrades Marathon, Everest Marathon, Wilsons Prom 100, Mt Feathertop Skyrun, Alpine Skyrun 100, Cradle Run, Cradle to Coast and the Great South Coast 5-day stage run.



Mind Alpine Skyrun

100 Mile Individual / Corporate Endurance Challenge & Relay
Ultra Marathon

*Supporting recovery from mental illness
Breaking the cycle of homelessness*



0430 Saturday 28 – 0430 Monday 30 March 2009 (Updated 26 August 2008)

The Event: The second 100 mile (160Km) Mind Alpine Skyrun Ultra Marathon is set to be run over 28 - 30 March in the Bogong National Park. Taking in over 6,000 metres of climb and 6,000 metres of descent, this run is set to become the classic 100 miler mountain trail run in Australia and will test runners to the limit. The run, set in the spectacular high country of north eastern Victoria takes in; Mt Feathertop, Mt Hotham, The Fainters, Bogong Village, Spione Kopje, Mt Nelse and Victoria's highest mountain, Mt Bogong - some of the best high country in Australia, and some of the hardest and most exposed.

In 2006, four experienced runners attempted to run the course but were stopped by unseasonal snow. Running in pairs, two runners pulled out at Mt Nelse after taking 17.5 hours to complete 60km and two other runners turned back at 3am in calf deep snow and white out conditions on the approach to Mt Bogong. In 2007 the run was cancelled when bushfires devastated over 1,000,000 acres of pristine wilderness, including the Bogong National Park. In 2008, five runners attempted to complete the run and for the first time the distance was covered with three runners completing the distance in 42 hours running, in perfect conditions.

If you're looking for something different, if you want a fantastic run, great scenery, unpredictable weather and to push yourself to the limits, whilst raising money to support people who are not as fortunate as yourself, the Mind Alpine Skyrun 100 is for you.

The Mind Alpine Skyrun 100, is a mutual support run, it is not a race in the traditional sense. For safety reasons runners **must** offer assistance to other runners in distress and relay runners must compete in teams of 2. Runners and are responsible for their own safety and assume full liability for their participation.

The event offers a range of challenges;

Endurance Challenge - individual runners who complete the entire course in under 48 hours.

Relay Challenge - running in pairs, up to 6 runners in a team attempt to complete the course in under 48 hours. All runners have a mandatory overnight stop at either Big River or Cleve Cole Hut on Mt Bogong and must carry mandatory overnight gear for approximately 50km.

This is an arduous course with 6 major climbs that take a *cumulative toll*. The run takes place in an exposed Alpine environment that

can be subject to sudden and severe changes in weather. Hot sunny days as well as rain, fog, high winds, sleet and snow can occur during March. ***This is not a run to be taken lightly - people have died walking and skiing the course that the run follows.*** Hypothermia is a serious risk and runners must be prepared for any weather conditions.

The Mind Alpine Skyrun 100 should only be attempted by experienced trail runners / rogainers with good navigation experience. As a minimum, Endurance runners attempting the course must have successfully completed at least one organized trail ultra marathon / 12 hour rogaïne in the previous 6 months. Relay team runners must have experience in running trails and all participants must have experience in walking / running in cold climate conditions and navigating at night and in adverse conditions. All runners are responsible for arranging their own support crews who meet runners at pre designated stops. Runners must carry mandatory overnight equipment from Bogong Village over Mt Bogong and on to Watchbed Creek Carpark. There is a ***compulsory overnight stop at Cleve Cole Hut / Big River*** for safety reasons. Support is not available at either of these stops.

Entry Fee	Non sponsored Endurance Runners	\$150 per person
	Non sponsored Relay Teams	\$900 per team, up to 6
	Corporate Sponsored Endurance Runners	\$1,000 per person
	Corporate Sponsored Relay Teams	\$2,000 per team, up to 6

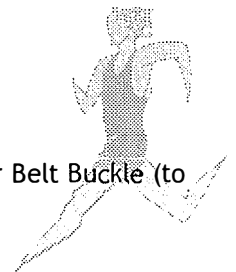
All runners and support crew are asked to raise, in addition to their entry fee, a minimum of \$1,000 which goes to support people recovering from mental illness and people who are homeless or at risk of homelessness, (see sponsorship / donations)

Cost Inclusions

All participants receive a certificate of participation / completion.

All runners will be provided with a TracMe Locator Beacon.

All finishers who complete the distance within 48 hours receive an Alpine Skyrun Medallion or Belt Buckle (to be finalised).



All runners receive an official Alpine Skyrun T-Shirt.

All Corporate teams / runners who raise \$1,000 or more per entrant in addition to the entry fee, receive an official Alpine Skyrun *running top* for each runner and an official Alpine Skyrun T-Shirt for each support crew member, as well as a signed framed running top for display at their office.

All non sponsored runners who raise \$1,000 or more in addition to their entry fee receive an official Alpine Skyrun *running top* and an official T-Shirt for their support crew.

Event Stages

Stage 1 Harrietville - Mt Feathertop Diamantina Spur - <i>Tawonga Huts</i>	28km	Change over
Stage 2 Tawonga Huts - Fainter F/T - <i>Bogong Village</i>	18km	Change over
Stage 3 Bogong Village - Warby Corner - Big River /Cleve Cole Hut }	18 - 28km	No Change over
Big River / Cleve Cole Hut - Warby Corner - Watchbed Ck C/P}	23 - 33km	Change over
Stage 4 Watchbed Ck C/P - Pole 333 - <i>Mt Loch C/P</i>	31km	Change over
Stage 5 Mt Loch C/P - <i>Harrietville</i>	16km	Finish

Caution: The course is not marked. If you do not know the course and have trouble navigating, **do not enter this event**. There is a Mandatory Overnight Stop on the Saturday night at either Big River Campground or Cleve Cole Hut.

For further information or to register for the Mind Alpine Skyrun 100 - contact:

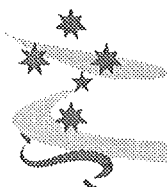
Paul Ashton ph: 03 9455 7906 (w) 0418 136 070 (m) email: pashton@mindaustralia.org.au



USUALLY enjoy a nice lazy weekend? Well, spare a thought for this bloke, 27-year-old Melbourne engineer — and fitness freak — Chris Wight, who is in California for the upcoming "35th Western States Endurance Run" described by its American organisers as "one of the most challenging races" in the world. Challenging? Well, that's one way of putting it. Run over 160 kilometres it will start at 10pm on a Saturday, Melbourne time, and most competitors don't expect to finish until somewhere between 6 and 10pm the following day. Even the route sounds scary. Firstly the trail ascends 777 metres in the first 7.2 kilometres and from there it follows the original route used by the gold and silver miners of the 1850s, the runners then climbing another 4730 metres before descending 7000 metres.



Most of the trail passes through remote and rugged territory, accessible only to hikers, horses and helicopters, organisers warning that "adequate mental and physical preparation are of utmost importance for the mountains are relentless and unforgiving to the ill-prepared". Well, Wight would at least like to think he is well prepared even if the event has been postponed from this weekend until a later day due to bushfires which have swept the area. He told us yesterday he has been "moving towards this for two years". Indeed, after setting Australian records in this year's Oxfam 100 and the Wilson Prom 100 runs recently, in one week alone he ran four marathons and followed it up with a 100-kilometre bike ride just for good measure. Makes us feel tired thinking about it.



Humans Are Born to Run

Study Claims Early Humans Evolved to Run Long Distances

By AMANDA ONION

Not everyone may feel this way, but new research argues that humans evolved to become natural runners.

From our spring-loaded ligaments to our muscular behinds to our ability to sweat, the human body took the ideal shape of a long-distance runner starting some 2 million years ago, the researchers say. The long, lean build helped us scavenge widely scattered kills and could also have been an advantage when hunting down prey over long distances.

"We're lousy sprinters, but we're really great long-distance runners," said Daniel Lieberman, an anthropologist at Harvard University. "Anyone who jogs regularly can tell you that it feels good."

How can two legs be better than four when it comes to striding for long distances? Consider the fact that some 334,000 people ran marathons in the United States last year, and then try getting an antelope to run 26 miles, or a chimp, for that matter.

"You'd never beat a chimp in a 100-meter dash, but you could never get them to run a marathon," he said. "And they wouldn't like trying."

Evolutionary biologists have generally credited humans' ability to run as an offshoot of our ability to walk on two feet.

"How can anyone even conceive of an animal evolving a walking strategy that was entirely decoupled from a running strategy?" asks C. Owen Lovejoy of Kent State University in Kent, Ohio.

But in a study appearing in this week's issue of "Nature," Harvard's Lieberman and Dennis Bramble of the University of Utah argue that endurance running may have been so critical in early humans' survival

that it played a role in shaping many aspects of our bodies.

Runners From Head to Toe

The pair studied both modern human anatomy and the fossil record of early human ancestors to look for characteristics that would have specifically enhanced people's ability to run for long distances. They say most, if not all of these key features seem to have emerged 2 million years ago with the first appearances of the genus *Homo* - the same group as modern living humans.

The peroneus brevis tendon, for example, made famous by Red Sox pitcher Curt Schilling's injury during the 2004 World Series, is one of several elongated tendons in the human body that the authors argue provides critical spring as a person runs. In apes and chimpanzees, the same tendons are much shorter, says Lieberman, and don't offer the same kind of spring-loading action.

Then there is the gluteus maximus - the unusually large muscle humans carry at their rear. Why such bulk in back? Lieberman says it's for running and, again, this feature is less pronounced in our evolutionary ancestors.

"When we walk, we barely use the gluteus maximus," he said. "As soon as you start running, it plays a vital role to keep you from falling -- it stabilizes your trunk."

Other features the authors list that help us run include the arches in our feet, which offer spring in our step, and broad surface areas of our joints, which help distribute the shock of impact from running - at least enough for ancient man, who didn't run on pavement and who never lived much longer than 40 years.

The upper body, meanwhile, carries its own made-for-running designs, including wide shoulders -- good for swinging arms from for balance as we stride -- and lighter forearms that are easy to move back and forth. Even our heads are equipped for running, they say, as a large ligament stretching from our spines to the back of our heads acts to dampen the oscillation of our heads as we plod along.

Finally, our ability to sweat is unmatched with our estimated 3 million sweat glands. Couple that with the fact that we aren't very furry and you have a cool, running machine.

Jogging for Supper

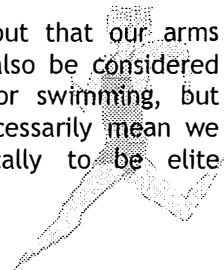
Bernd Heinrich, a world record holder in the ultra marathon and biologist at the University of Vermont in Burlington, says the authors' points make sense.

"Most of us don't do much running so it may not feel natural, but it feels natural to me," he said. "Not much is new here, but I think they bring together a lot of evidence so it all fits into a pattern."

While few anthropologists argue with the fact that humans evolved to become good runners, Lovejoy remains skeptical we were specifically designed for endurance running.

"There is little doubt that many of the bony features that are mentioned ... are adaptations to running and walking, but there is no evidence that they are specifically adapted to endurance running," he said.

Lovejoy points out that our arms and legs could also be considered well designed for swimming, but that doesn't necessarily mean we evolved specifically to be elite swimmers.



But Lieberman and others counter that endurance running, unlike swimming, could have been a key part of early man's survival. It may have helped them during long hunts and in scouting out abandoned carcasses first, for example.

"Being fast would have been a huge premium," said Heinrich. "Vultures can come in and devour a dead cow in an hour or two. So ideally, the

humans would get there first."

Patricia Kramer of the University of Washington, points out there may be a small glitch in that theory. According to most research, early female humans likely did not participate in long hunts, but stayed behind to care for the young. If this is the case, Kramer asks, why would women also have evolved to be good long-distance runners?

"If endurance running was a male activity, then why do women have small waists and hypotrophied gluteus maximae?" she asks. "I think that understanding how we moved through our environment is critical to understanding who we are as evolved primates ... but as with all good research this causes us to ask a new set of questions."

Overtraining. The Ultrarunners Enemy

By Tim Noakes

Surely there is no such thing. The harder you train the better you perform. Your body needs regular and intense exercise and if you are feeling a bit tired then all you need is a good hard run to put you back on your feet again. Not necessarily so. Runners are generally perfectionists, capable of pushing themselves to their limits, and usually totally incapable of knowing when to slow down or even stop.

Overtraining is a very real entity. Find out how to recognise and prevent it.

When do you know you are overtraining?

Fatigue is recognised as part and parcel of effective training. How do you distinguish between this and the fraction more which indicates overtraining?

If you are training hard and begin feeling generally fatigued, but your performance is stable or still improving, then you are not overtraining. If, however, your performance starts to drop off then your fatigue is probably one of the first signs of overtraining.

How do you monitor this effectively and not just assume that your performance is dropping because you are not training hard enough? Tim Noakes in *The Law of Running*, suggests that performance during time trials will be a good indication. Are you having to run harder to achieve the same times? If you are, you are probably training too much.

Of course many people fail to pick this up and continue training, usually even harder, and go on to develop what Bruce Fordyce calls the

"plods". Symptoms of this are sore muscles, heavy legs, sluggishness and a general feeling of fatigue and malaise. If you are sensible enough to rest completely for 24 to 48 hours then the "plods" should disappear completely. If you do not then you will crash into the full blown overtraining syndrome, with persistent muscle soreness, loss of interest in training, an increase in resting heart rate and changes in sleeping patterns. Once all this has happened then recovery will take 6 to 8 weeks, during which time it is impossible to train or race effectively.

Other signs of severe overtraining can include diarrhoea, persistent weight loss, swollen lymph glands, increased susceptibility to infection, loss of menstruation in women, inability to concentrate and loss of libido.

Other factors which will contribute to overtraining are poor nutrition, lack of sleep, drug or excessive alcohol use, work pressures, emotional conflict and a monotonous training routine.

How can you prevent overtraining?

The key to preventing overtraining is to recognise it early and prevent yourself from getting anywhere near the severe overtraining syndrome described above. If you answer "yes" to three or more of the following questions then it is time to reduce your training:

Does your normally comfortable pace leave you short of breath?

Do your legs feel "heavy" for longer than usual after a hard work out or race?

Do you find it especially hard to climb steps?

Do you dread the thought of training?

Do you find it particularly hard to get out of bed in the morning?

Do you have a persistent lack of appetite?

Are you more susceptible to colds, headaches and other infections?

Is your heart rate five to ten minutes higher than usual?

Is your heart rate during exercise higher than usual?

How do you treat overtraining?

The best advice is to start running again only when you want to and then only slowly. However, he points out that overtraining in most runners is a chronic, relapsing condition so for prevention, some insight is required by the runner.

Once the full blown, severe overtraining syndrome has developed then it is necessary to rest for anything between 6 and 8 weeks.

Even early overtraining which shows itself in the form of a cold or other infection 7 to 14 days before a standard marathon or ultramarathon will slow the runner between 5 and 20 and 45 to 60 minutes in each respective race.

Continuing to train when overtrained will only prolong the eventual rest period. Better to rest early and for a shorter time.

Listen to your body and remember that we all have genetically determined limits to our performance. More is definitely not always better.



training

KEEPING IT FRESH IN THE FALL
by shawn mcdonald

As summer turns into fall, many runners have been training for several months at high levels. These runners may ask questions such as "should I run an additional race or two before ending my racing season?" and "if I do race, what would be the best race to select and how can I prepare fully for that race?" By trying new things, you can add adventure and new challenges to your running as you prepare for fall races. In this month's column we will review some factors you can consider in deciding whether to run one or two more ultras 'before the snow flies.' We'll also detail training principles and a few specific workouts to help keep your training fresh.

ONE MORE RACE?

There are a number of factors you should consider in deciding whether to race another ultramarathon this fall. First, review the number and distance of the races you ran in the spring and summer.

If you have run more than a handful of ultras already, or two or more races of 100 miles or more, you might want to skip the fall racing season or aim for a low key shorter (50 km – 40 miles) ultra. In attempting to continue training and racing at a high level after a busy summer, you have an increased risk of injury or burnout. The body can only take so much stress before it breaks or shuts down.

If you have run a few (2-5) races this year and the last race was in June or July – and you followed that most recent race with a 3-4 week long rest period – you should be fine physically to ramp up your training in the fall and run another race or two. You should assess if you have the mental desire and enthusiasm to train for two months further before deciding for sure to race this fall. Also review your training over the past two months. If you have been running steadily, building your mileage and long-run duration, and been able to remain healthy, then you should be able to get in the needed training for a fall race. But if your buildup has been irregular or your progress impeded by an injury, you may want to back off on your training for a couple of months and start back slowly with running around the end of the year. You may also want to back off if your recovery from your most recent race was slower than normal. Injuries and illnesses are signs that your body is not ready to resume high-level training for a fall ultra.

HOW TO CHOOSE A 'LAST' RACE

In general, you will want to match the race you choose to your recent (6-8 weeks) training volume. Unless you are new to ultra running, you will know how much training you have to do to get ready for a 50 km, 50 mile, or 100 mile race.

There are several other race features you should consider in selecting a good fall race for you. Be wary of races at altitude or on rough trails if you don't regularly train in such envi-

ronments. You will have a better race result if you have more time to prepare for such conditions, including altitude acclimatization and improving your running agility. Less experienced runners may find more enjoyment in ultras with more frequent, full-service aid stations, where pacing and crewing are allowed, and in races having larger fields of entrants to provide "partners" to run with during the race.

Also review the likely weather and difficulty level for any ultras under your consideration. Races having much greater degrees of difficulty than your normal long training runs or vastly different weather will present challenges to you that you might not want to face. Compare race features with your most recent training and personal preferences to decide on which race (or two) you want to run this fall.

TRAINING FOR THE 'LAST' RACE

The duration of the training phases will typically be less for the fall season since you have 'miles in the bank' from your spring and summer training. First, you will want to build a solid aerobic base by running only aerobic workouts for four to six weeks. Lengthen the duration of your weekly long run gradually over this base-building period. Follow the aerobic phase with a sharpening phase where you add some (1-2 days per week) quality running sessions and slightly decrease your weekly running mileage. The duration of the sharpening phase should be 3-4 weeks depending on how long you have until race day.

Match the type of quality running sessions in the sharpening phase to the demands of the upcoming race. For a hilly trail ultra, run some repeat or fartlek workouts on hills of similar grade and length as the hills on the race route. For an ultra on flat terrain, do faster speed running on flat to slightly rolling ground as quality workouts. These flatter workouts could be tempo runs, intervals (such as running a mile hard at a time interspersed with recovery jogs of 2-3 minutes duration), or fartleks. Be conservative in the amount of hard running you do during each of the quality workouts since this type of hard running may be new to you following a summer where you only did aerobic running. Completing twelve to twenty

minutes of hard efforts during a hill or speed run should be enough for most runners to see dividends in improved fitness, leg speed, hill climbing ability, and racing sharpness over the month-long sharpening period.

You should then complete a taper phase going into the planned fall race. The taper will last two to three weeks depending on your peak training volume, how quickly you recover from hard training, and the length of the upcoming race. All runs the week before the race should be short and at an easy effort.

After completing the fall ultra, runners should plan a period of low training volume, rest, and regeneration. For most runners, an off-season of four to nine weeks duration works well and will give enough time for muscle repair and mental rejuvenation. This is also long enough to provide variety in your training so you can start out next year with a positive excitement about running and racing.

SAMPLE TRAINING PLAN

The training program detailed below is for a runner preparing for a hilly 50 km trail race. You should have completed several weeks of base building training at about 45 miles per week over the summer. The first three weeks of the plan complete the base-building phase and involve once-a-week long training runs performed on hilly trail routes at anaerobic effort level. Two cross-training workouts of duration 45-60 minutes are completed during the three base-building weeks. During the third week, one of the cross-training workouts is a run-bike brick. A short hill fartlek (6 x 1 minute pickups on moderate uphill with a focus on good use of arm swing and quick, short strides to get up the hill) is included in week three to help prepare the runner's body for further hill work. Weeks four to seven (sharpening phase) contain once-a-week hill repeat sessions, with these hill runs being of medium total duration (1.5-1.75 hours, including a warm-up, the repeats, and a cool down). These middle four weeks also include one straight cross-training workout (about 45 minutes in duration) and one combination workout (about 60-75 minutes in duration) per week to supplement strength building for the hilly race ahead.

Note that the overall weekly mileage and long run duration are slightly lower during the sharpening phase than during the last part of the base-building phase. The slight reduction is included to allow for the added stress on the body due to the introduction of the hill repeat runs, to ensure a timely recovery after each long or hard run. Weeks eight and nine comprise a short taper prior to the 50 km race, run at the end of week nine. Overall weekly mileage and long run duration are cut steadily over the course of the taper. A final run of seven miles containing a handful of 30- to 60-second pickups at a faster pace would be run early in the last week before the 50 km race. Two rest days and two days with short cross-training workouts are also included in the final week of the plan.

Sample training plan is for a fall 50 km, for a runner who has built an aerobic base at 45 miles of running per week over the late summer. The long run for each week is given in distance (miles) and duration (hours of running). Quality sessions involve running hill repeats on an uphill trail or dirt road segment of about 6-8% grade. For example, 4 x 5 in week five means to run four repeats of an uphill for five minutes each with an equal time recovery jog back down the hill.

SUMMARY

Training for and racing in fall ultras can be fun if you do some planning, consider your most recent training and racing, and include adequate rest and some alternate aerobic activities. Be alert for the signs of overtraining, particularly if you continued to train at a high level throughout the spring and summer. The training principles to get ready for a fall ultra are the same as for other races but the duration of the training phases may be shorter and long run durations and weekly mileages may be somewhat less than in the spring and summer. Remember to take a rest period of reduced training following any races you run this fall, so you will be ready to train again at the start of next year for spring races and to avoid getting injured or burned out.

WEEK	MILES	LONG RUN (MI./HRS.)	WEEKLY HOURS	QUALITY SESSION	CROSSTRAIN DAYS	NUMBER OF RUNS	REST DAYS	COMBINATION WORKOUT
1	50	23/5	10	-	2	5	1	-
2	53	26/5.5	11	-	2	5	1	-
3	55	27/5.75	12	6 x 1 fartlek	1	6	1	Run-bike brick
4	45	21/4	10	6 x 2 hill	1	5	1	Swim-run
5	48	19/3.75	10	4 x 5	1	6	1	Run-bike brick
6	47	23/4.75	10	2 x 10	1	5	1	Swim-run
7	43	18/3.5	8.5	5 x 3	1	5	1	Run-bike brick
8	30	12/2.5	6.5	-	1	4	1	Swim-run
9	12 + race	7/1.25	4 + race	-	2	2 + race	2	-



experiment of one

Multi-Day Roundtable: The Experts Discuss Multi-Day Ultras

By Shawn McDonald

Introduction

This column will focus on races lasting longer than 24 hours, including the history, training methods used to prepare for these types of events, and advice from experienced multi-day racers of the current era. Multi-day ultras consist mainly of two types: continuous and stage races. In continuous races, the route is open around the clock and runners can choose when to run, sleep, eat, walk, or rest. Stage races involve completing a set route and distance on each day of the race, or number of hours per day, followed by a time for sleeping and eating, until the next day of competition. Generally the longest multi-day races are stage races, covering weeks to months at a time and distances of 1,000 to 5,000 km, at a rate of 80 to 110 km per day. The most common continuous multi-day events are 48-hour and six-day races.

A Brief History of Multi-Day Ultras

Races lasting several days were contested in the 1800s, predominantly in England and the United States. It was known as the "pedestrian" era, during which men entered the races supported by the financial backing and training programs of their handlers, seeking the fame and fortune that came from being a champion. A typical multi-day ultra of this era was the Astley Belt Six Day, held several times in the late 1870s in either New York or London. Distances completed by champions ranged from 800 to 880 km, the latter a world record set by American Edward Payson Weston. The O'Leary Belt races, also lasting six days, started in 1879 and were held in Madison Square Garden in New York City. The world record for the six-day was steadily improved at the Astley and O'Leary Belt races in the early 1880s, set by men such as Charles Rowell, Frank Hart, Patrick Fitzgerald, and George Hazael. In the 1920s, two annual stage races called the "Bunion Derbies" were held. The race route traveled across the U.S. from the West Coast to the East Coast. Entrants competed for a substantial amount of prize money and races were covered by newspapers all over the world.

Multi-day racing waned before and after World War II. In more recent times, the 48-hour made a comeback in a 1979 race organized by Don Choi. A year later Choi organized the first six-day race in several decades. In the past two decades, a number of multi-day races from 48 hours to 3,100 miles have been held on a regular basis in Europe, the U.S. and Asia. Stage races (Trans-Am and Run Across America) were held several times in the 1990s and 2000s, traversing routes across the continental U.S. Many world records have been improved since the 1970s, including several set by Yiannis Kouros, who holds the current six-day world record of 1,028 km (635 miles), set in 1988 in New York City.

Panelist Biographies

Ted Corbitt: Ted has competed in two six-day races. He was 81 years old when he ran in his first six-day. He set an American age group record at the Sri Chinmoy Six Day race, with 302 miles. Ted set an American record at age 54 in his only 24-hour, and also competed well in his only 100-mile race, at age 50.

Scott Eppelman: Scott has focused recently on the 24-hour, but did complete three multi-day races in the late 1990s. He was 31 when he ran his first multi-day.

John Geesler: John has run in four 48-hour races and one 72-hour race. He holds the American 48-hour record, 248 miles, set in December of 2003. He completed 300 miles last December at the Across the Years 72 hour, an event record. He was 43 years old when he ran his first multi-day race, after having run ultras for 12 years.

Aki Inoue: Aki has competed in four 48-hour races and in the 2002 Colac Six Day in Australia, as well as two week-long stage races. His best 48-hour mark is 205 miles, and he ran 503 miles at the Colac race. He was 34 years old when he ran his first multi-day race.

Dave Luljak: Dave was 42 when he competed in his first multi-day race. He has completed four six-day races in all, with a personal best of 541 miles. The latter mark won the Sri Chinmoy Six Day in 1999.

Andy Milroy: Andy has not competed in ultras, but has been a race official and volunteer at several multi-day ultras. He has seen great multi-day runners such as Jean Gilles Boussiquet, Yiannis Kouros, Don Choi, and Sigfried Bauer. Andy wrote an detailed article on the 19th century pedestrians in the July/August, 1983 issue of *UltraRunning*.

Stu Mittleman: Stu has competed in about a dozen multi-day ultras, ranging from 48 hours to 1,000 miles. He set an American 1,000-mile best of 11 days, 20 hours in New York City in 1986. He was 32 when he ran his first multi-day race.

Roy Pirrung: Roy has competed in 12 multi-day races. He was 44 years old for his first multi-day, and set a then American open record for 48 hours at the Surgeres race in France in 1997 with 243 miles. Roy completed a six-day race in 1992.

Pam Reed: Pam has completed three Badwater ultras (135 miles), two 48-hour races, and a 300-mile run solo in March 2005, in 79 hours, 57 minutes. Pam was 40 when she completed her first Badwater, and was the overall winner of Badwater in 2002 and 2003. She holds the women's U.S. 24-hour track record, 138 miles, run in 2003, and holds the women's record at Badwater, 27 hours, 56 minutes.

Danny Ripka: Danny has completed three multi-day ultras, including the Sri Chinmoy Six Day in New York City this past May. He won the race with a total of 478 miles. Danny was 43 years old when he ran the first of his two 48-hour races. He has a 24-hour best of 142 miles and a 48-hour best of 216 miles.

Tom Rogozinski: Tom was 23 years old when he competed in his first multi-day, a six-day race. He led the Trans-America stage race in 1992 for much of the race before finishing in third place. Tom also competed in the 2002 Sri Chinmoy 10 day, totaling 541 miles.

Abichal Watkins: Abichal has run eight 10-day races, three 700-mile races, one 1,000, one 2,700 and one 3,100-mile race. He was 35 years old for the first multi-day race and does not think he has had his best race yet. Abichal is editor of a web site about multi-day races, at www.multidays.com.

Training for a Multi-Day

How do you train for your multi-day events? What is the length and duration of your long training runs in the four to six months prior to a race? Do you run any back-to-back long runs in training?

Roy: My long runs are in the 25 to 35-mile range, done weekly, in the six months prior to the race, in five hours or faster. I usually do not run back-to-back long runs, because the

effect of that particular training method does not agree with me. Because of the full days I have, I need the little rest that I do get and this detracts from my recovery. I averaged about 85 miles per week over the three months prior to a 48-hour race this year.

John: Basically I don't do anything different for a multi-day. I train what I can fit in, 70 to 80 miles a week.

Dave: I trained by doing high mileage, once averaging over 140 miles per week for 11 weeks. I avoided speed, tempo, and hill workouts, partly because of achilles tendon problems, but also because I thought high mileage was most important (for me) for competing in 24-hour and multi-day races. I did about 30 minutes of strength training a couple of times a week, but during these high mileage times didn't have time for cross-training. I tried to do several 40 or 50-mile runs, and at least one of 60. Sometimes I would do back-to-back runs, like 40 and 30. Once I did back-to-back-to-back runs of 50-30-40. Needless to say, these were pretty grueling, so I didn't do them every week.

Tom: My weekly mileage for the six months prior to the Trans-Am was not that great. I averaged only about 75 to 90 a week, but I tried to tap into the extremes every few weeks by going long back-to-back on Saturday and Sunday. These doubles in training were in the range of 25 to 35 miles on each of the two days.

Stu: I usually set up a training schedule in sequences of nine to twelve weeks. The objectives of training were threefold: 1: To increase productivity while remaining in a predominately fat burning state. 2: To identify food and supplementation strategies that promote the body's ability to maintain its natural blood alkalinity and minimize the accumulation of acid. 3: To transform one's consciousness to "believe" that constant, never-ending movement in a fat-burning, alkalized state is a natural expression of the human condition. In general, I allocated six to eight hours for a long run day, including structural maintenance (chiropractic and massage). When preparing for multi-day events, my focus was always on the duration of a run, never the distance. I did run some back-to-back long runs, especially when I was preparing for a major six-day (and definitely when I prepared for the 1,000-mile world championships in 1986). I would schedule a back-to-back nine-hour training session with a chiropractor present. This provides an understanding of "breakdown patterns" and how to deal with them in advance.

Danny: After last year's season I started running about 75 miles weekly, with marathons in December and January. I upped my miles to 80 a week in January. I then ran about 500 miles in February with races every weekend, hard. I did marathons, a 20-km trail race, and a 50-km trail race. (See Danny's training journal on page 24.)

Ted: The training that I did for the marathon event went a long way towards preparing me for a multi-day race, perhaps getting me more ready for multi-day events than for the marathon. This was before there were multi-day events to take part in. I think that mastery of the 30-mile training run is a key tool for the marathon and for longer events. I found that I could run a 30-mile run on a work day and repeat it the next day. This sort of thing would get you ready for a multi-day race if that was a goal. Of course it is possible to run 30 miles a day, on a work day, doing two or three workouts if part of or all of a one-hour lunch period is exploited. This works out to 200 miles of running a week. Running 200 miles a week a number of weeks in a row will do wonders for a runner's fitness level for running. In my case running to and/or from work made it possible to do the training that I did.

Aki: I do not always train the same way, depending on how much training time I can make. Usually I run 20 to 25 days per month. For working days, I run eight to 13 miles at night, occasionally up to 18 miles if time allows. For weekends, I am likely to run 20 to 30 miles, or walk 13 to 25 miles. I sometimes do such training as a small trip for sightseeing. I occasionally do 30 to 50-mile runs back-to-back days.

Scott: I mostly did the same things I do to prepare for a 100-mile trail run. Weekly mileage was increased, as was the distance of weekend long runs. Also, long runs were more often on road instead of trail, and some runs were on a track if the 24-hour I was preparing for was a track event. Long training run distance varied, anywhere from 25 to 50 or 60 miles. The time might be from three to eight or ten hours. Back-to-backs are great, physically and mentally. The Saturday run is longer than on Sunday.

Pam: I didn't train any differently than for shorter ultras. I actually don't consider any of what I do as training. It really is my lifestyle. I run three times per day, around my kids' schedule. It comes out to be between three and four hours a day.

Did you practice running at night in training? If so, for what duration and at what times of the night did you run? Did you complete the night runs alone or with other friends?

Roy: The only practice with nighttime running was during 24-hour races.

Dave: No, I never practiced night running. It's an interesting psychological idea. I once read about someone who practiced for a 24-hour race by standing in his living room for 24 hours. Whether it's true or not, it's a great story and shows the lengths that some people will go to in order to train themselves psychologically.

Stu: I ran at night quite a bit...alone most of the time. I was a graduate student at Columbia University from 1978 to 1982, and did many of my runs late at night.

Scott: I made sure to do at least one long run that was completely during the overnight hours, for practice at running when sleep deprived.

Pam: No, I don't run at night. Especially at a multi-day race where there will be lights. I really don't think it is an issue.

Andy: The ability to run at night is important. Jean Gilles Boussiquet and Yiannis Kouros both need limited sleep; with Jean-Gilles it was as a result of working night shifts, with Yiannis, it is something that he has had from the beginning, apparently. Ron Bentley, in preparation for his attack on the world 24-hour record, would have an evening in the pub, then set off with his brother and run through the night.

Did you taper in the last few weeks before the multi-day events? If yes, how much did you run the week before the multi-day and did you take one or more rest days that last week before the targeted race?

Roy: Yes, I did taper prior to my first multi-day, which was a six-day race, with weeks of 35 and 25 miles the two weeks prior. I took at least three days without running in the week prior.

John: I will taper sometimes, not running more than three or four miles (per day) the last week. It gives me time to get more work done.

Stu: I never really tapered much for multi-day events...the key was to maintain the "high daily hourly allocation" while arriving at the start as "healthy and fit" as possible. Tapering really made no sense to me, since the goal was to transform my body and mind to the point where constant movement was the "norm" and not moving was the aberration.

Danny: In April I started my taper running 100 miles week. I then raced a 50-km trail race, then a 75-mile week. Week three of the taper was a 50-mile week. I then ran the Salt Lake City marathon, running easy at 4:15 six days before the six-day. I ran a total of 25 easy miles the last five days before the race on May 1.

Scott: I run maybe 30 miles during the week pre-race, with three days off going into it.

Pam: Before 100-mile run I would not run the day before. Before a 24-hour run I would not run two days before. Before the 300-miler I

didn't run three days out.

Racing Strategies and Planning for a Multi-Day

Did you have goals for each of the multi-day events you have run? Did you arrive at those goals by use of comparison with other runners' past results, your previous experiences at ultras, or with the guidance of a coach?

Roy: Yes, I had specific goals and a plan for each race. I based those goals and future plans on previous experience at ultras.

Dave: My training and racing were always planned, but not rigidly—rather more intuitively based on my conditioning and my sense of what I was capable of. I read a lot about ultras and use that in conjunction with my own experience to formulate a sense of what I can do.

Tom: For the Trans-Am in 1992, I had only the goal of finishing, going in. After taking and holding the lead, finishing well up in the standings became reasonable, and a new goal. In the 2002 10-Day in New York I went in thinking 70 to 80 per day, but had some nagging injury issues and fell quite short.

Danny: I did come up with a very big goal of trying to get the course record. I had daily goals and did not reach the first-day goal, so threw that plan out the window. I have no coach, but talked with several multi-day runners. I did try comparing to others to figure out what I might be able to do. I did the training, so I had the confidence.

Ted: I had a goal of walking 300 miles in the 2000 six-day race in New York City. I had physical problems and did only 240 miles, an (over 80) age-group record which was broken by an Australian who did 241. I did the six-day race a year later and did 302 miles.

Abichal: In the first multi-day I ran, my goal was to make the cutoffs, which averages out at 50 miles a day for the first six days. I had no idea of what I was capable of and just had to keep going as well as I could.

Did you have a specific plan for each multi-day race (by the hour, or a block of hours, or by laps) or did you run, walk, and rest by how you felt?

Roy: I ran, walked, and rested by how I felt, never according to any specific time to do any of them, other than to run as much as possible, walk as little as possible, and rest as little as possible.

Dave: I had general ideas of what I would like to accomplish, but essentially I just ran slowly and walked when I had to. Although I might have a general idea of sleeping, say, four hours a night, I knew that plans would have to change based on how the race was going. For a future multi-day I would like to try setting a mileage goal for four or five-hour blocks.

Tom: In the go-as-you-please events, after running most of the first day I did a very short duration run/walk mix: a 200-meter run, and 200-meter walk. I am a decent walker (though have never practiced it) and could do four or five miles per hour like this.

Stu: I went into my first multi-day in 1983 with a plan of only to run and rest based on how I felt. Bottom line, such a strategy is doomed to failure, since there will always be a time when one doesn't "know" how to process whether or not to run or rest. The key is to establish a pattern and hold to the pattern. Without a doubt, creating a personalized "repeatable pattern" is the most effective weapon of the multi-day specialist.

Danny: I ran by how I felt and observed the other experienced multi-day runners.

Ted: Rich Innamorato suggested (in the six-day) to walk for six hours and rest two hours until the event was over. That worked out well for me. You need an alarm clock at night to get up off of a couch and get it on again.

Andy: An interesting performance was that of Tom O'Reilly, who

set a world best of 576 miles, 675 yards in his first and only six-day. He had not run a 24-hour race previously, but had run close to 12 hours for 100 miles on the track. Tom did not walk in the six day. His strategy was quality running and quality rest. At the end of a running session it was like a pit-stop in a Grand Prix Formula One race. One handler would remove his shoes and apply ice packs as he would sit back in his chair, and he would also be fed. His total resting time was 54 hours, 18 minutes; his total track time was 89:41. His average running speed was 6.42 miles per hour, with very limited walking, only to ease his way back in after an extended rest.

Did you take planned walking breaks during the race? Did the length or frequency of your walking change during as each race progressed? Did you use massage during any of the races and if so, at what frequency?

Roy: Yes, I used massage in conjunction with rest breaks; no sense doing one thing at a time. Using time (efficiently) is what a timed race is all about.

Dave: I did not plan walking. It's safe to say that just about everyone walks more as the race goes on. In fact, when I came to my first six-day, a 10-day race was already in progress. I was completely depressed because everyone in the race was walking and looked thoroughly depleted. I had to put that image out of my mind in order to have a positive attitude.

Danny: I did not plan walking except for when eating. I walked if I felt I needed it. Later in the race I would walk the small uphill parts of the course. I did get a few massages during the race, and found them very helpful.

Ted: When I was a runner, I rarely walked, either in a race or in training. Walking was not part of my scene when I was running. I often walked to where I was going to train and then walked home. In the six-day races (past age 80), I planned to walk and did so. The brief spurts of running that I did attempt did not last long and I dropped the attempt in both six-day races. Fatigue, to me, in both running and walking, means that you move slower.

Did you do regular clothing or shoe changes during a multi-day race? If so at what frequency and were the stops planned? Did your feet swell during any of the races?

Roy: During the six-day I changed clothing every day, and took a shower prior to changing. During a two-day, I usually change as the weather changes. Because the six-day was indoors, the needs were less. I have run 48 hours in the same shoes and socks I started with. If everything is working, don't change anything. If it is not working, it is time to experiment with something else.

John: I sometimes change my socks. Foot swelling is a problem. In the 72-hour my shoe couldn't be loosened up enough for the swelling. I now bring a larger pair of shoes with me.

Dave: I had no special plans for the changes. My feet did swell some. I have a pair of shoes with the toes cut out and I've used them occasionally. I never checked my weight during the races.

Tom: In the Trans-Am I used 13 pairs of shoes and rotated three pairs at a time. In the 10-day I would change every other day and used three pairs. My feet did swell during these multi-day races. I went from a 10.5 to a 13 shoe size during the Trans-Am.

Stu: Yes to most of these questions. By the time of my third six-day event, I realized that one of the key components of a successful event was collecting and gathering a vast array of "gear" that I had confidence in: shoes, shorts, shirts, singlets, warm-ups, lubricants, band-aids. My shoe sizes were expanded from my normal size 12 EEEE to up to size 13. After cutting holes in shoes early on in my career, I eventually opted to increasing the shoe size.

Danny: I changed clothes with weather staying warm and not losing

the heat. I followed what the leaders were doing. My feet did swell. Foot care took a lot of time from running because we were popping blisters, cutting up shoes and taping up my feet. It was all needed to keep me in the race. I would come with more styles and larger shoes next time. Racing flats did not work.

Ted: In the six-day races, I kept on the same shoes and socks the six days but changed clothes daily and used warmer clothes as needed. In the six-day races I noticed that the runners who collected the real miles were out on the course most of the time. Heat, cold, wind, and rain make a difference, and if you are not ready for it you pay. While my feet did not swell, but my arms and hands did in the six-day races. The arms have done this in some shorter ultras of late.

Abichal: Now I have gotten to the point where I change clothes after four to six hours depending on the weather conditions; it is essential in hot weather. Everybody's feet will swell during a multi-day and one should have shoes that are a size or size and a half larger than their normal shoes. Many people can't imagine that this happens to almost everyone; friction blisters and other foot problems develop as a consequence.

Did you sleep at all during your multi-day races? If so, what was the duration of your sleep, as well as the timing and frequency? Was it planned, or did you go by feel, sleeping when you felt you absolutely needed it? What did you do to get moving again after a nap or period of sleep? Did you take any supplements or caffeine to stay awake at night?

Roy: During my six-day run I had about 16 hours of sleep total. During a 48-hour, I do not sleep, but when getting a massage I will close my eyes and doze off a little, not ever really losing contact with what is happening around me.

John: I do no planned sleeping. The couple of times I've slept it was because I was having problems and just catnapped a little. When I get up I just start running. I use no supplements or caffeine. If you have to sleep, go ahead, but make it short. A little nap can do wonders. Enjoy your hallucinations! Sleep deprivation can make your mind see funny things, but in the morning everything will be all right.

Dave: I generally slept once a night, although I sometimes took a short nap in the afternoon. My sleep varied. In my best six-day, I slept three or four hours a night with one five-hour sleep. When I couldn't run well I tried to compensate by sleeping less. Perhaps that was a mistake. I did take in caffeine during the race.

Stu: The decision regarding sleep is critical...during my first multi-day, my advisor Phil Maffettone asked me when I usually woke up. I said at 5:30 a.m. We then planned the entire 1986 1,000-mile world championship (11 days 20 hours, which was regarded by many as the then world record) around a daily rise of 5:30 a.m...with a race "shut-down" at 2:30 a.m...thus three hours a day of sleep. The only "break" from that strategy was on during the first two days. As did most of the runners, I ran through the first night, choosing to sleep on the second day. On the second day, I told Phil I wanted to sleep as long as I could, which ended up being six hours.

Danny: I planned on two hours of sleep a night. I would always stay out after the leaders went to bed to try to catch up. I also really enjoy running in the early morning hours as the winds would die down. The competition would be sleeping and I could really start dancing the dance (getting body, mind and spirit all on the same page). Late night was my favorite time of the whole day to run. I would take a shower before going to bed and put on the clothes that I would wear when I woke up. I would drink coffee and hot chocolate to help keep me going when tired.

Andy: Sleeping during a multi-day does vary. In the nineteenth century, the professional pedestrians aimed to get away with around three hours per night, but on the last night this might drop to two hours. Kouros took around four hours a night in his first six-day in

New York; Siggy Bauer, an experienced multi-day performer, took around the same amount. Colin Dixon who set a British record at 48 hours, would aim to go through the whole 48 hours without sleep. This resulted in hallucinations. Dave Cooper recommends that the largest meal of the day is taken immediately before sleeping. The heavy meal induces sleep, and the sleep aids digestion.

What special equipment would you recommend a novice multi-day runner not forget to bring to his or her first race of this type?

Roy: If the race is outdoors, bring something to cover all types of weather. At the Surgeres 48-hour I recommend trail gaiters to keep the tiny stones/cinders out of the shoes. Bring some food that the race does not have in case what they do have begins to give you problems or you can no longer stomach it. This year at Surgeres, after many hours of eating bread, fruit, and mashed potatoes, I craved something hard and crunchy. I asked for a raw potato, and I loved it, although my crew thought I was nuts.

Dave: I would recommend that you bring blister care materials if they won't be provided. Also, cortisone cream to take away the pain from chafing—it's a godsend. Bring a decent-sized tent and a cot for sleeping, along with a flashlight and well-organized baggage.

Tom: I would bring lots of shoes, but also different insoles. I found that changing the insole can give a shoe a different and better feel.

Danny: Diaper cream is a must. It is the most important item. A plastic shoe tree to put all of necessary supplies works great with all of the pockets. Electrolyte tablets are necessary also. A nice assortment of larger shoes accommodate your feet swelling.

Ted: I developed shin splints on my left leg less than six hours into the six-day race in 2001. I applied some Kinesio tape and was able to continue the race. In fact, as the race went on I added more Kinesio tape and had some on both legs by the end of the six-day. I would advise distance runners to buy a book on how to apply it and keep some on hand for training and racing use and experimenting to help their cause.

Abichal: Runners should bring some kind of music player—an MP3 player or a radio, something light yet something that can get you going when it gets tough and you have to somehow push through physical and/or psychological barriers.

Recovering After Multi-Day Ultras

What was your recovery like in the days and weeks after each multi-day ultra, compared with shorter ultras or marathons? Did you do alternative aerobic activities during your recovery period?

Roy: I have always recovered very quickly from multi-day races. I usually take two days off, then begin running and will usually run five to ten km the weekend after, at a controlled pace, never really racing. I will do some swimming to help reduce the swelling in my legs and to be able to exercise with minimal pounding on the joints.

John: I'm usually running decently in a week. Some marathons take longer to recover from than multi-day ultras. You have to run too fast in a marathon!

Dave: Sometimes I have been so messed up in my lower legs (shin splints, achilles tendonitis, etc.) that it has taken me weeks or months to recover. If that is your experience, you have to do some serious thinking about whether it's worth it or whether your race strategy should be changed. I don't think my body responds particularly well to multi-days, but I'm fascinated by them.

Stu: Given the nature of the way I prepared for and executed my race strategy, running resumed within a day or so of the multi-day event, with time off only for travel. In fact, I usually couldn't wait to get back to training, which is my first love, not the competition!

Tom: After the Trans-Am in 92 I had to take a while to heal my

injuries. I had a stress fracture in my left foot and that took a few months to heal. I also had lesser knee and hip injuries. I did not start training again until January of 1993.

Ted: After the four races (one 100-mile, one 24-hour, and the two six-day races) I ran again at the earliest opportunity but not fast or far or hard. Still, I was shocked at the feeling of nothingness after my only 24-hour race.

Abichal: I take at least a month off after the 3,100-mile race (during the summer) and resume gradually in September and October when I am back to normal in terms of mileage, however my energy levels do not feel normal until the end of the year.

Andy: James Zarei used swimming both in training and as a way of recovering from multi-day races. For a novice, the most important piece of information is to keep moving gently after the race is over. It takes time for the body to re-adapt to normal life and this should be done gradually. It is not unknown for a runner to collapse after such a race, or even a 24-hour. Siggy Bauer used to use special boots fixed to a bar in a doorway so he could hang upside down and decompress his spine and bring the blood back from the feet. He also used that during multi-day races.

Summary

As you can see from the tips and stories that the runners shared above, there are many ways to train for and compete in multi-day ultras. Training completed ranged from 50 to more than 150 miles per week, with long runs ranging from 20 to 60 miles, and many (but not all) runners underwent a few back-to-back long runs during their

preparation period. Most runners did not sleep or only took minimal sleep during a 48-hour race, but slept a few to several hours each night during races lasting six days or longer. Most of the panelists did not train specifically at night, but did have some experience running in the dark at ultras such as 12 and 24-hour races prior to running their first multi-days. Many (but not all) of the runners did run warm-up races in the months before a multi-day, at distances between five km and 24 hours. All made sure to run any longer races at least a month before the multi-day race, except for special circumstances. About half of the runners tapered in the last two weeks before a multi-day, taking one or more rest days and doing brief runs. All runners did have goals for their multi-day races, factoring in their past performances relative to other runners who had run multi-day races previously. Some of the runners did their multi-day races without a structured plan of when to walk and run, while others devised and stuck with a repeating pattern of running, walking, resting, sleeping, and eating. Most runners did do some clothing and shoe changes, often at night to ward off the cold air, and to provide relief to swelling and blistered feet late in the race. Runners did take walking breaks during their multi-day races, but the walking was not always planned. Special clothing that most panelists brought to these races included a tent, cot, extra shoes, special foods, and some type of cream or ointment to help with chafing. Some runners were able to return to running within a day or two of a multi-day, while others needed a couple of weeks or longer to get back on the road. We hope these tips and stories will be helpful to you in preparing and planning for a multi-day ultra, should you decide to take up the challenge.

AUSTRALIAN 100km ROAD RANKINGS - MALE

Surname	First Name	State	Time	Venue	Date	Age
Sloan	Tim	TAS	6:29:26	Ross to Richmond, TAS	23-Apr-95	27
Badic	Sanet-Safi	VIC	6:37:17	That Dam Run, NZ	18-Nov-95	35
Wallace	Don	QLD	6:39:26	That Dam Run, NZ	28-Dec-92	31
Kouros	Yiannis	VIC	6:56:46	Shepparton, VIC	15-Sep-96	40
Blake	Jonathan	NSW	7:05:54	Misari, Korea	08-Oct-106	41
Cochrane	Tim	NSW	7:08:19	Winschoten, The Netherlands	#####	27
Jacobs	Trevor	ACT	7:08:55	Torhout, Belgium	08-Aug-93	41
Benson	Darren	NSW	7:17:35	Misari, Korea	08-Oct-06	32
Law	Andrew	TAS	7:17:54	Ross to Richmond, TAS	23-Apr-95	
Criniti	David	NSW	7:23:30	Winschoten, The Netherlands	#####	26
Barton	Greg	QLD	7:32:05	That Dam Run, NZ	31-Dec-94	27
Wheatley	Mike	VIC	7:32:31	Winschoten, Netherlands	#####	35
Spehr	Peter	NSW	7:36:14	Shepparton, VIC	15-Sep-96	34
Cook	Dean	NSW	7:38:31	Winschoten, The Netherlands	#####	33
Tolliday	Owen	QLD	7:39:48	Duluth, USA	27-Oct-90	41
Eadie	David	VIC	7:40:18	Gold Coast, QLD	08-Jun-08	37
Hutchinson	Mark	QLD	7:41:45	Gold Coast, QLD	12-Jul-03	36
Holst	Warren	VIC	7:42:11	Torhout, Belgium	22-Jun-02	40
Keyssecker	Don	NSW	7:42:33	Christchurch, NZ	04-Nov-78	
Gillis	Tom	NSW	7:42:36	Christchurch, NZ	25-Oct-80	
Swift	Keith	NSW	7:43:43	Christchurch, NZ	24-Oct-81	

Hamer	Phil	VIC	7:46:18	Coburg, VIC	09-Sep-84	
Kleiner	Tony		7:47:00	That Dam Run, NZ	31-Dec-94	30
Standeven	David	SA	7:47:09	Adelaide to Victor Harbour, SA	09-Oct-88	36
Cook	Bruce	QLD	7:49:33	That Dam Run, NZ	28-Dec-92	36
Ware	Robert	QLD	7:51:43	Gold Coast, QLD	11-Jun-06	33
Francis	Mick	WA	7:52:56	Shepparton, VIC	15-Sep-96	37
Mesalic	Asim	QLD	7:57:31	Shepparton, VIC	15-Sep-96	39
Every	Paul	NSW	7:58:03	Lake Saroma, Japan	26-Jun-94	30
Smith	Bryan	VIC	7:58:38	Shepparton, VIC	17-Sep-95	51
Sullivan	Peter	QLD	8:01:27	Caboolture, QLD	15-Apr-89	
Clarke	Ian	VIC	8:07:51	Winschoten, The Netherlands	13-Sep-97	43
Aylott	Nigel	VIC	8:10:07	Glengarry, VIC	05-Apr-98	31
Goonpan	Peter	NSW	8:10:59	Shepparton, VIC	17-Sep-95	
Phillips	Simon	TAS	8:12:18	Gold Coast, QLD	16-Jul-05	45
Clingan	Bill	NSW	8:12:26	Bathurst, NSW	21-Sep-91	
Wilson	Greg	VIC	8:17:34	Shepparton, VIC	15-Sep-96	44
Boase	Geoff	QLD	8:18:18	Bathurst, NSW	15-Sep-90	39
Thompson	Kieron		8:18:56	Canberra, ACT	29-Feb-04	
Herd	Robert	NSW	8:19:38	Bathurst, NSW	16-Sep-89	34
Breit	John	VIC	8:20:17	Duluth, USA	27-Oct-90	33
Renwick	Bruce	NSW	8:20:46	Glengarry, VIC	03-Oct-99	51
Armistead	Peter	VIC	8:24:12	Bathurst, NSW	15-Sep-90	44
Lynn	Charles	NSW	8:26:28	Bathurst, NSW	28-Sep-85	
Lucas	Andrew	TAS	8:26:35	Shepparton, VIC	15-Sep-96	31
Maximilw	Roger		8:28:04	Canberra, ACT	23-Feb-03	
Bogenhuber	Max	NSW	8:32:50	Bathurst, NSW	28-Sep-85	43
Ross	David	TAS	8:33:11	Ross to Richmond, TAS	09-Aug-92	
Marshall	Kelvin	VIC	8:33:19	Glengarry, VIC	05-Apr-98	33
Taggart	Bob	SA	8:36:33	Adelaide to Victor Harbour, SA	09-Oct-88	
Taylor	Maurice	NSW	8:36:45	Bathurst, NSW	15-Sep-90	42
Kinshofer	Rudolf	SA	8:42:05	Canberra, ACT	20-Feb-00	45
Worley	Brett	SA	8:42:58	Gold Coast, QLD	16-Jul-05	29
Bohnke	Michael	NSW	8:44:30	Bathurst, NSW	16-Sep-89	
Wayth	Travis		8:44:38	Gold Coast, QLD	08-Jun-08	
Young	Cliff	VIC	8:53:04	Coburg, VIC	09-Sep-84	62
Clarke	Michael		8:54:00	Gold Coast, QLD	08-Jun-08	
Barron	Adam	QLD	8:57:08	Canberra, ACT	18-Feb-01	26
Logan	Peter	VIC	8:57:47	Coburg, VIC	09-Sep-84	36
Javes	Ian	QLD	8:58:53	Caboolture, QLD	20-May-89	46
Westburgh	Eddie	TAS	9:01:48	Ross to Richmond, TAS	23-Apr-95	
Dyke	Barry	TAS	9:01:52	Ross to Richmond, TAS	23-Apr-95	
Hills	Chris	TAS	9:02:04	Gold Coast, QLD	16-Jul-05	19
Moloney	Nic	QLD	9:03:21	Gold Coast, QLD	11-Jun-06	28
Hunter	Bob	QLD	9:07:42	Caboolture, QLD	15-Apr-89	54
Zwierlein	Rob	VIC	9:08:09	Canberra, ACT	20-Feb-00	
Gilanyi	Thomas	NSW	9:08:48	Gold Coast, QLD	10-Jun-07	40
Hook	Geoff	VIC	9:09:30	Bathurst, NSW	28-Sep-85	40
Dybdahl	Bjorn	WA	9:10:43	Canberra, ACT	18-Feb-01	
Bent	Xavier	QLD	9:11:37	Gold Coast, QLD	08-Jun-08	29
Pfister	Peter	VIC	9:14:00	Bienne	07-Jun-85	45
Carlton	Gary	WA	9:14:03	Perth, WA	#####	47
Summers	Gray	VIC	9:15:57	Coburg, VIC	09-Sep-84	

Harris	Trevor	NSW	9:16:28	Bathurst, NSW	28-Sep-85	38
Twite	Ian	VIC	9:17:31	Canberra, ACT	18-Feb-01	45
Orchard	Scott	VIC	9:17:45	Gold Coast, QLD	10-Jun-07	34
Nuttall	John	QLD	9:19:15	Gold Coast, QLD	10-Jun-07	55
Coombs	Charlie	SA	9:19:38	Adelaide to Victor Harbour, SA	09-Oct-88	
Worswick	Jonathan	NSW	9:22:20	Winschoten, Netherlands	#####	37
Hardaker	Kevin	NSW	9:22:55	Bathurst, NSW	18-Sep-93	
McCabe	Neil	QLD	9:26:29	Qld Univ., QLD	25-Jun-88	34
Mergler	John		9:31:13	Canberra, ACT	29-Feb-04	
Fraser	Lachlan	VIC	9:32:13	Gold Coast, QLD	08-Jun-08	46
Boyle	Brad	NSW	9:33:45	Bathurst, NSW	16-Sep-89	29
Murphy	Phillip	NSW	9:34:20	Gold Coast, QLD	16-Jul-05	36
Wisniewski	Perry	TAS	9:35:10	Ross to Richmond, TAS	09-Aug-92	
Graham	Chris	NSW	9:36:45	Gold Coast, QLD	11-Jun-06	34
Parsons	Gary	QLD	9:36:56	Caboolture, QLD	08-Sep-90	40
Fickel	Bob	NSW	9:38:30	Bathurst, NSW	16-Sep-89	37
Pirola-Merlo	Andrew	VIC	9:38:42	Gold Coast, QLD	10-Jun-07	32
Scutts	Sam	NSW	9:38:50	Bathurst, NSW	16-Sep-89	
Cox	Don	SA	9:39:31	Adelaide to Victor Harbour, SA	08-Oct-89	42
Harber	Tony	NSW	9:42:22	Bathurst, NSW	16-Sep-89	
Fryer	Martin	ACT	9:42:48	Taipei, Taiwan	25-Feb-06	44
Hoskinson	Peter	TAS	9:42:57	Shepparton, VIC	15-Sep-96	33
Sill	David	NSW	9:42:58	That Dam Run, NZ	28-Dec-92	45
Newman	Harry	NSW	9:43:43	Bathurst, NSW	16-Sep-89	
Marden	Bob	NSW	9:43:48	Bathurst, NSW	28-Sep-85	
Nagy	William	ACT	9:44:33	Bathurst, NSW	16-Sep-89	41
Forsyth	Ian	NSW	9:45:08	Bathurst, NSW	18-Sep-93	39
Hybler	Robert		9:45:20	Canberra, ACT	18-Feb-01	
Gamble	Malcolm	VIC	9:46:10	Gold Coast, QLD	08-Jun-08	40
Valentine	Ian	QLD	9:47:19	Canberra, ACT	23-Feb-03	42
Medill	Graham	QLD	9:47:30	Qld Univ., QLD	25-Jun-88	40
Grayling	Michael	VIC	9:48:11	Shepparton, VIC	15-Sep-96	40
Cox	Murray	SA	9:48:20	Adelaide to Victor Harbour, SA	08-Oct-89	43
Pearce	Adrian	QLD	9:48:41	Gold Coast, QLD	16-Jul-05	37
Visser	Jeff	VIC	9:49:40	Bathurst, NSW	15-Sep-90	27
Rolfe	Gary		9:49:56	Canberra, ACT	18-Feb-01	
Farnham	Tony	NSW	9:50:16	Bathurst, NSW	19-Sep-92	46
Cassidy	Kevin	VIC	9:51:28	Bathurst, NSW	16-Sep-89	29
Gibson	Peter	QLD	9:52:10	Gold Coast, QLD	16-Aug-98	43
Miller	Barry	WA	9:52:12	Perth, WA	#####	48
French	Cliff	QLD	9:52:40	Caboolture, QLD	08-Sep-90	47
Pearson	John	QLD	9:52:47	Gold Coast, QLD	16-Jul-05	33
Fairhurst	Trevor		9:53:40	Canberra, ACT	29-Feb-04	
Fisher	Keith	VIC	9:53:53	Qld Univ., QLD	25-Jun-88	23
Salisbury	Bruce	VIC	9:55:14	Canberra, ACT	18-Feb-01	48
Guard	Roger	QLD	9:55:27	Gold Coast, QLD	11-Jun-06	59
Gray	Daniel	QLD	9:57:19	Bathurst, NSW	28-Sep-85	38
Biviano	Frank	VIC	10:03:43	Coburg, VIC	09-Sep-84	40
Farmer	Patrick	NSW	10:04:30	That Dam Run, NZ	28-Dec-92	30
McCloskey	Ian	QLD	10:05:46	Caboolture, QLD	06-Sep-91	39
Eisenhuth	Paul	NSW	10:06:07	Bathurst, NSW	19-Sep-92	37
Henry	Ian	QLD	10:07:36	Qld Univ., QLD	25-Jun-88	25

Alexander	Keith	VIC	10:12:15	Shepparton, VIC	17-Sep-95	
Joannou	Bill	NSW	10:12:18	Bathurst, NSW	19-Sep-92	35
Last	Geoffrey	QLD	10:15:13	Gold Coast, QLD	17-Jul-04	53
Kitschke	Peter	SA	10:15:41	Adelaide to Victor Harbour, SA	09-Oct-88	
Elliot	Ernie	VIC	10:16:00	Dunkeld	26-Jul-80	
Rands	Ian	VIC	10:16:00	Dunkeld	26-Jul-80	35
Allen	Barry	VIC	10:18:06	Coburg, VIC	09-Sep-84	28
Schot	Martin	QLD	10:26:39	Gold Coast, QLD	11-Jun-06	49
Greenhill	Sean	NSW	10:27:03	Gold Coast, QLD	16-Jul-05	27
Grimmett	Mal	VIC	10:29:04	Winschoten, The Netherlands	#####	38
Horvath	Julius	NSW	10:29:20	Shepparton, VIC	15-Sep-96	43
Melham	Anyce (Kip)	NSW	10:29:23	Canberra, ACT	23-Feb-03	
Burns	Bob	QLD	10:30:02	Caboolture, QLD	05-May-90	46
Embleton	Robert	VIC	10:30:33	Canberra, ACT	20-Feb-00	46
Hart	Gerry	VIC	10:33:51	Dunkeld	26-Jul-80	41
Manning	Peter	NSW	10:35:24	Bathurst, NSW	28-Sep-85	32
Donovan	Tom	VIC	10:37:53	Coburg, VIC	09-Sep-84	53
Rishworth	Robin	VIC	10:39:02	Coburg, VIC	09-Sep-84	19
Gray	Peter	VIC	10:39:20	Adelaide to Victor Harbour, SA	08-Oct-89	25
Bazeley	Gavin	QLD	10:39:39	Caboolture, QLD	25-Feb-95	32
Lockwood	Glenn	NSW	10:41:06	Gold Coast, QLD	08-Jun-08	45
Janovsky	Peter	NSW	10:42:48	Bathurst, NSW	18-Sep-93	33
Kellar	Julius	QLD	10:43:06	Caboolture, QLD	15-Apr-89	57
Neumann	Rainer	QLD	10:43:39	Gold Coast, QLD	12-Jul-103	
Staples	Alan	NSW	10:46:20	Penrith	20-Jul-80	30
Solomon	Colin	ACT	10:47:42	Gold Coast, QLD	08-Jun-08	43
Ladyman	Rodney	QLD	10:50:29	Gold Coast, QLD	11-Jun-06	49
Davis	Ivan	SA	10:52:40	Cedar, France	#####	47
Hewat	Andrew	VIC	10:52:50	Gold Coast, QLD	16-Jul-05	42
Coleman	Terry		10:55:53	Gold Coast, QLD	08-Jun-08	
Gawne	Brian	VIC	10:56:36	Shepparton, VIC	17-Sep-95	47
Allen	Gary	QLD	10:58:04	Caboolture, QLD	15-Apr-89	
Fehlandt	Hardy	TAS	11:01:04	Ross to Richmond, TAS	09-Aug-92	
Mackay	Mark	QLD	11:04:44	Caboolture, QLD	09-Sep-93	27
Gardiner	Peter	QLD	11:08:46	Gold Coast, QLD	17-Jul-04	50
McKenzie	Peter	QLD	11:10:21	Gold Coast, QLD	16-Jul-05	
Watts	Graeme	QLD	11:12:02	Gold Coast, QLD	12-Jul-03	49
Phillips	Lindsay	QLD	11:13:43	Caboolture, QLD	08-Sep-90	24
Taylor	Dave	NSW	11:13:58	Bathurst, NSW	16-Sep-89	38
Foley	Mark	NSW	11:15:48	Bathurst, NSW	15-Sep-90	36
Boyce	Robert	VIC	11:17:10	Gold Coast, QLD	11-Jun-06	44
Anderson	Peter	QLD	11:19:12	Gold Coast, QLD	16-Jul-05	58
Raferly	Joe	QLD	11:21:07	Gold Coast, QLD	16-Jul-05	43
Stanfield	Andrew		11:21:43	Canberra, ACT	02-Mar-02	
Myers	Brendan		11:22:15	Gold Coast, QLD	08-Jun-08	
Clarke	Phillip	NSW	11:22:59	Bathurst, NSW	21-Sep-91	
Colwell	Brian	NSW	11:24:35	Bathurst, NSW	15-Sep-90	
Mason	Brendan	VIC	11:27:04	Gold Coast, QLD	16-Jul-105	43
Williams	Geoff	QLD	11:27:41	Caboolture, QLD	09-Feb-97	45
Heath	Frank	QLD	11:29:24	Caboolture, QLD	15-Apr-89	42
Evans	Brian	QLD	11:30:58	Caboolture, QLD	25-Feb-95	52
Gamble	Chris	ACT	11:35:40	Canberra, ACT	18-Feb-01	49

Lahiff	Peter	QLD	11:36:02	Gold Coast, QLD	17-Jul-04	68
Grant	Ron	QLD	11:36:48	Caboolture, QLD	15-Apr-89	46
Cole	Stuart	NSW	11:38:22	Gold Coast, QLD	11-Jun-06	39
Marsh	Trevor	VIC	11:40:48	Canberra, ACT	29-Feb-04	42
Scaddan	Luke		11:41:34	Gold Coast, QLD	08-Jun-08	
Jones	Dean	QLD	11:42:28	Gold Coast, QLD	16-Jul-05	31
Hillier	Greg	VIC	11:43:28	Caboolture, QLD	15-Apr-89	34
Watt	Andrew		11:50:01	Canberra, ACT	18-Feb-01	
Lezenhofer	Thomas		11:50:12	Canberra, ACT	02-Mar-02	
Henry	Mel	QLD	11:50:21	Caboolture, QLD	15-Apr-89	31
Gilbert	Dave	NSW	11:51:51	Gold Coast, QLD	17-Jul-04	
Stephenson	Chris	NSW	11:52:00	Bathurst, NSW	16-Sep-89	
Hutchinson	Ian	NSW	11:52:00	Bathurst, NSW	16-Sep-89	
Hain	Geoff	QLD	11:54:10	Caboolture, QLD	08-Sep-90	44
Kerruish	Grahame	NSW	11:55:18	Bathurst, NSW	18-Sep-93	
McCormick	Richard	VIC	11:58:59	Gold Coast, QLD	11-Jun-06	39
Drayton	Nick	NSW	12:03:01	Canberra, ACT	21-Feb-00	42
O'Connell	Keith	NSW	12:05:15	Bathurst, NSW	17-Sep-89	
McKinlay	Brock	ACT	12:13:07	Canberra, ACT	21-Feb-00	
Webber	Bruce	QLD	12:14:46	Gold Coast, QLD	11-Jun-07	45
Billett	David	SA	12:16:43	Canberra, ACT	01-Mar-04	33
Mahony	Paul		12:27:20	Canberra, ACT	19-Feb-01	
Saxon	Brett	VIC	12:29:53	Gold Coast, QLD	09-Jun-08	42
Smith	Larry	NSW	12:33:03	Bathurst, NSW	19-Sep-93	
Monks	Paul	VIC	12:40:52	Gold Coast, QLD	11-Jun-07	27
Hinder	Andrew		12:45:08	Gold Coast, QLD	09-Jun-08	
Holleran	David	QLD	12:49:48	Qld Univ., QLD	26-Jun-88	32
Whyte	Robin	ACT	12:56:42	Canberra, ACT	21-Feb-00	57
Pearce	Billy	NSW	12:58:19	Gold Coast, QLD	09-Jun-08	44
Currie	Stuart	QLD	12:58:30	Qld Univ., QLD	26-Jun-88	41
Kirkpatrick	Graeme		13:03:30	Gold Coast, QLD	09-Jun-08	
Carroll	Ray	VIC	13:14:03	Qld Univ., QLD	26-Jun-88	41
Sinclair	Dale		13:31:22	Canberra, ACT	03-Mar-02	
Price	Stuart	NSW	13:38:23	Gold Coast, QLD	11-Jun-07	31
Peterson	John	QLD	13:44:10	Qld Univ., QLD	26-Jun-88	71
Jackson	Brian	WA	14:12:26	Canberra, ACT	03-Mar-02	
Wilkinson	Lachlan	ACT	14:23:11	Canberra, ACT	19-Feb-01	
Ramsden	Graeme	QLD	14:30:50	Qld Univ., QLD	26-Jun-88	42
Costello	Warren	NSW	14:40:00	Bathurst, NSW	16-Sep-90	48
Collins	Tony	NSW	14:50:21	Qld Univ., QLD	26-Jun-88	40
Cocks	Danny		14:57:10	Caboolture, QLD	07-Sep-91	37
Cunningham	Grahak	WA	15:00:00	New York, USA	30-Apr-07	
Raines	Wayne		15:13:32	Caboolture, QLD	07-Sep-91	33
Miskin	Stan	VIC	15:54:49	Canberra, ACT	03-Mar-02	76
Gourlay	Joel	QLD	16:30:30	Qld Univ., QLD	26-Jun-88	28
Timms	John	VIC	16:56:58	Caboolture, QLD	10-Sep-93	50
Barwick	David		18:06:55	Caboolture, QLD	10-Sep-93	50
Wakefield	Charlie		18:47:00	Qld Univ., QLD	26-Jun-88	34
Stockman	John	QLD	19:18:28	Caboolture, QLD	10-Sep-93	43
Young	Warren		19:19:00	Caboolture, QLD	10-Sep-93	32
Henzell	Greg		19:39:47	Caboolture, QLD	07-Sep-91	39
Fleming	Murray		21:14:53	Caboolture, QLD	10-Sep-93	

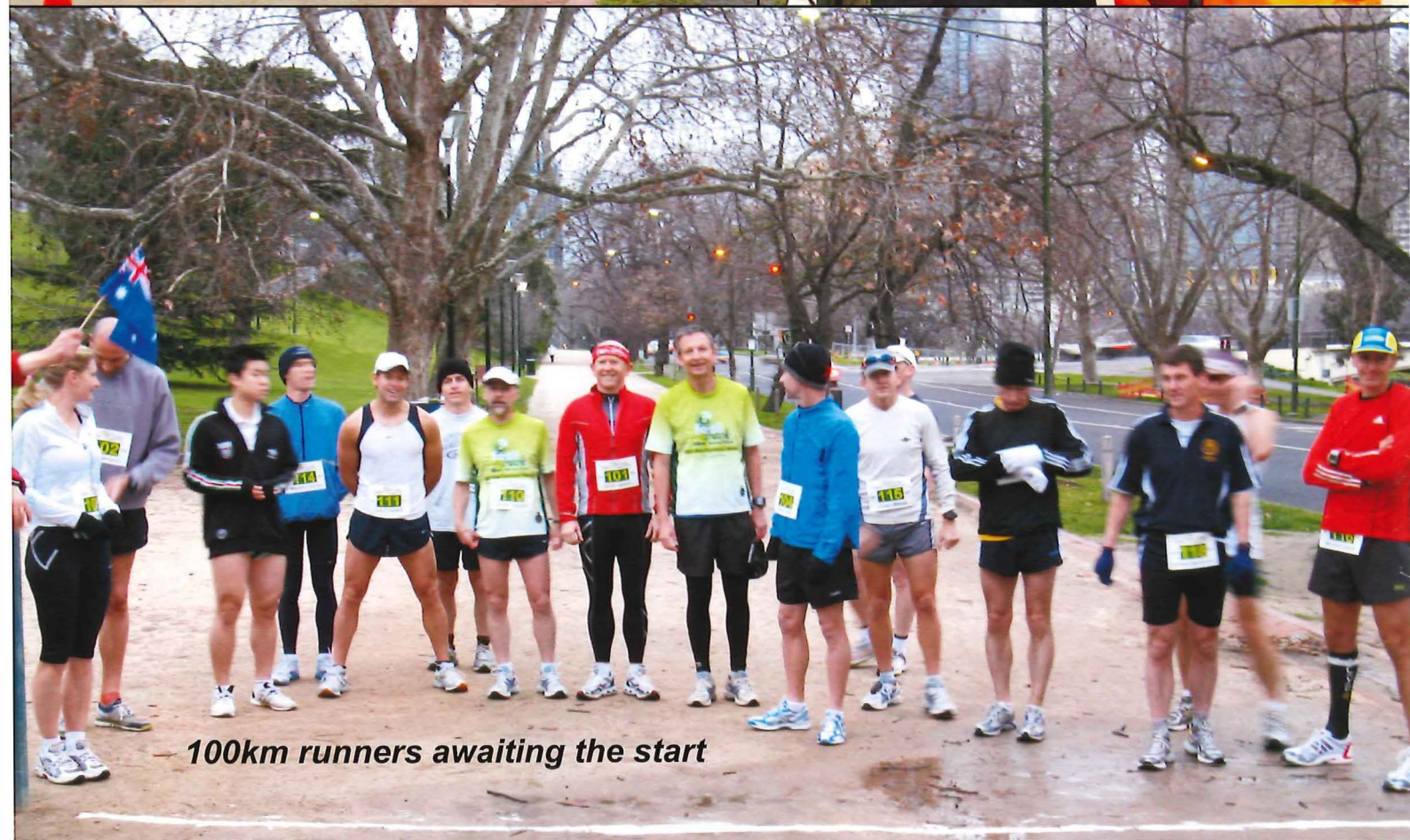
AUSTRALIAN 100km ROAD RANKINGS - FEMALE

Surname	First Name	State	Time	Venue	Date	Age
Meadows	Linda	VIC	7:40:57	That Dam Run, NZ	18-Nov-95	36
Morgan	Mary	WA	7:45:04	That Dam Run, NZ	31-Dec-94	37
Timmer-Arends	Sandra	VIC	8:19:25	Chavagnes, France	15-May-99	35
Petrie	Lavinia	VIC	8:22:17	That Dam Run, NZ	28-Dec-92	49
Smith	Margaret	VIC	8:54:52	Coburg, VIC	09-Sep-84	49
Carroll	Nicole	QLD	8:56:04	That Dam Run, NZ	28-Dec-92	20
Stanger	Helen	NSW	8:58:06	That Dam Run, NZ	28-Dec-92	42
Lawrie	Zoe	QLD	9:06:42	Gold Coast, QLD	11-Jun-06	26
Parris	Dawn	VIC	9:10:47	Duluth, USA	27-Oct-90	37
Bremner	Kerrie	ACT	9:14:50	Gold Coast, QLD	08-Jun-08	46
Kartsounis	Vivienne	NSW	9:24:34	Misari, Korea	08-Oct-06	42
Hooper-Childs	Julie	VIC	9:35:31	Misari, Korea	08-Oct-06	33
Nobbs	Deanne	VIC	9:35:44	Gold Coast, QLD	08-Jun-08	40
Harvey-Jamieson	Susannah	QLD	9:55:44	Gold Coast, QLD	08-Jun-08	27
Auguszczak	Mignon	QLD	10:00:15	Gold Coast, QLD	17-Jul-04	32
Wallace	Robyn	QLD	10:10:10	Qld Univ., QLD	25-Jun-88	30
Kerr	Sandra	VIC	10:21:27	Torhout, Belgium	08-Aug-93	47
McConnell	Georgina	NSW	10:37:53	Bathurst, NSW	21-Sep-91	48
Grant	Dell	QLD	10:43:30	Caboolture, QLD	05-May-90	36
Young	Shirley	VIC	10:47:13	Shepparton, VIC	15-Sep-96	66
Mohr	Monika	NSW	10:53:13	Gold Coast, QLD	12-Jul-03	44
Kinchen	Marilyn	NSW	10:54:36	Bathurst, NSW	21-Sep-91	42
Johnson	Rosemary	WA	11:13:47	Canberra, ACT	18-Feb-01	25
Clarke	Angela	QLD	11:33:37	Caboolture, QLD	08-Feb-97	57
Woodhead	Debbie	QLD	11:42:43	Gold Coast, QLD	17-Jul-04	38
Kidd	Trudi	QLD	11:44:45	Bathurst, NSW	19-Sep-92	34
Street	Carol	QLD	11:51:32	Caboolture, QLD	06-Sep-91	50
Cottrell	Angie	QLD	11:52:28	Gold Coast, QLD	16-Aug-98	50
Campbell	Kerry		11:54:50	Canberra, ACT	23-Feb-03	
Lilley	Allison		12:03:20	Gold Coast, QLD	09-Jun-08	
Roberts	Marion		12:05:08	Gold Coast, QLD	09-Jun-08	
Caton	Cathy	QLD	12:08:02	Caboolture, QLD	26-Feb-95	31
Lord	Mandy		12:24:47	Gold Coast, QLD	09-Jun-08	
Foley	Wanda	NSW	13:35:37	Bathurst, NSW	17-Sep-89	43
Kreiss	Erin	NSW	13:38:23	Gold Coast, QLD	11-Jun-07	28
Baird	Anubha	SA	13:39:57	Canberra, ACT	01-Mar-04	33
Pipic	Gina	NSW	13:53:55	Canberra, ACT	03-Mar-02	
Chrisp	Wendy	QLD	14:11:26	Qld Univ., QLD	26-Jun-88	24
Gawne	Lyn	VIC	14:25:23	Shepparton, VIC	18-Sep-95	44
Staunton	Ann	ACT	15:11:21	Canberra, ACT	03-Mar-02	
Hall	Kerrie	QLD	18:23:49	Caboolture, QLD	10-Sep-93	32
Fiegel	Tina	QLD	20:25:10	Gold Coast, QLD	11-Jun-07	58
Case	Valerie		20:26:08	Caboolture, QLD	10-Sep-93	56

The Tan Ultra 100km and 53km fun run



*Photo left: 100km winner Jason Dunn
right: 53km winner Lachlan Fraser accepts his trophy*



100km runners awaiting the start



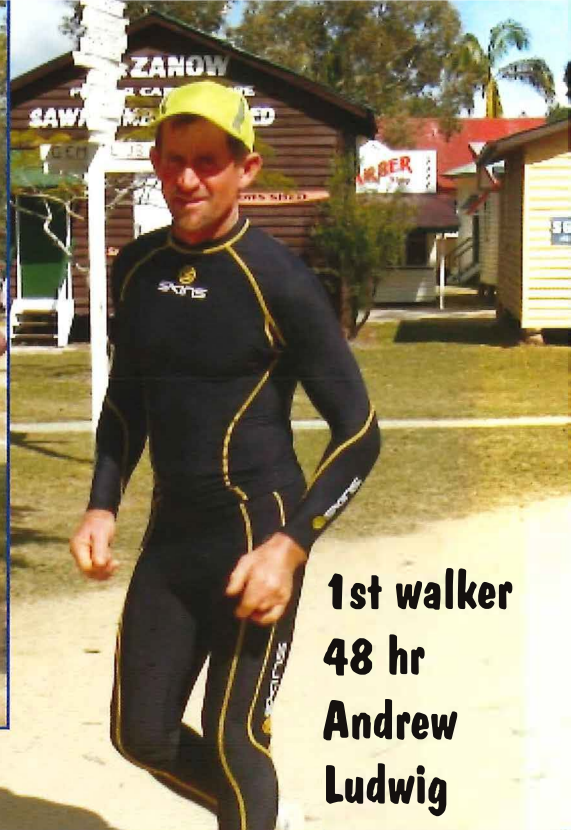
Equal 2nd in womens' 53km Michelle Donnelly and Janice Bartholomew



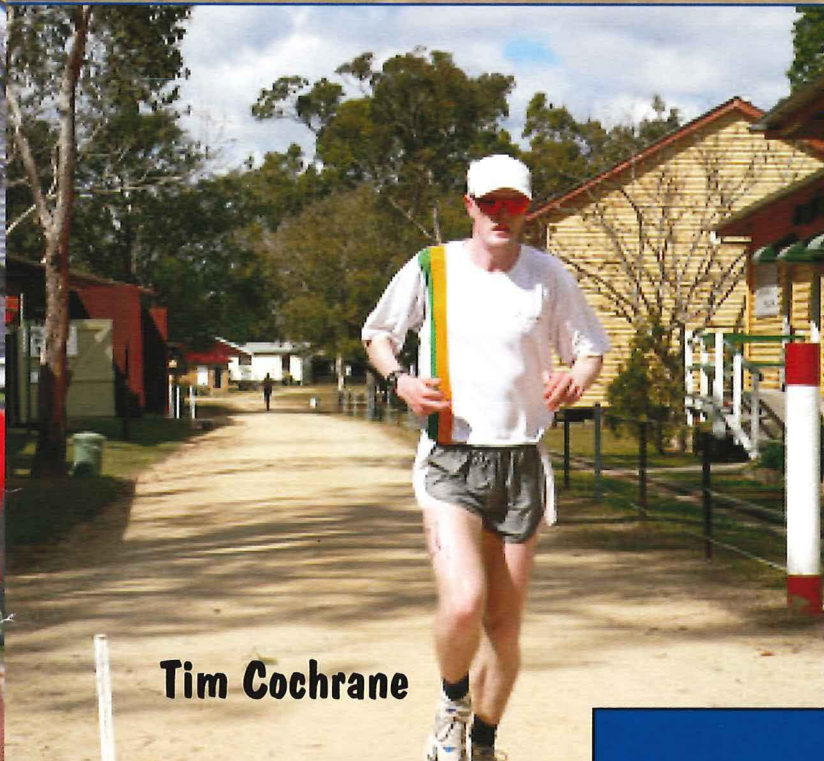
3rd place in 100km Tory Trewwhitt



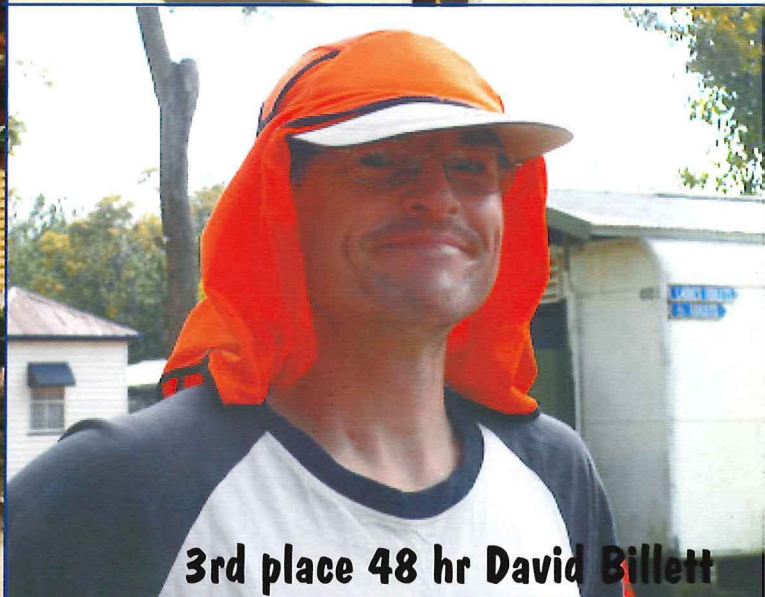
48 hour starters



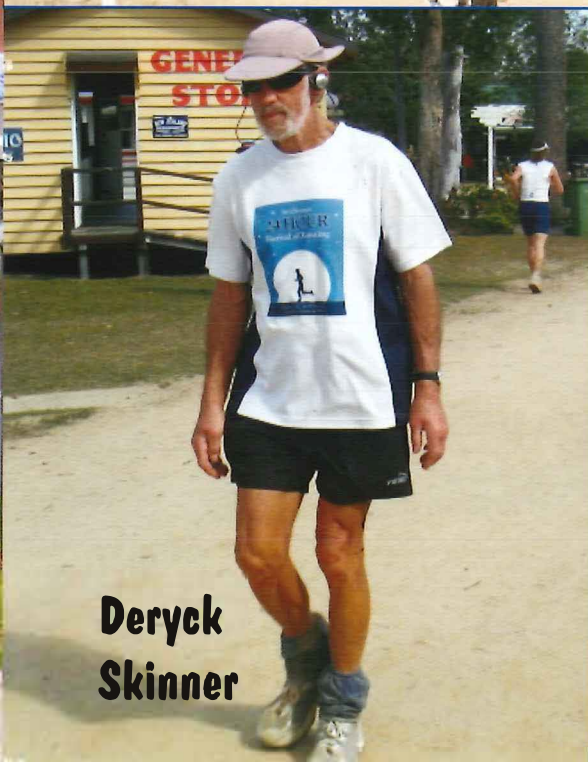
**1st walker
48 hr
Andrew
Ludwig**



Tim Cochrane

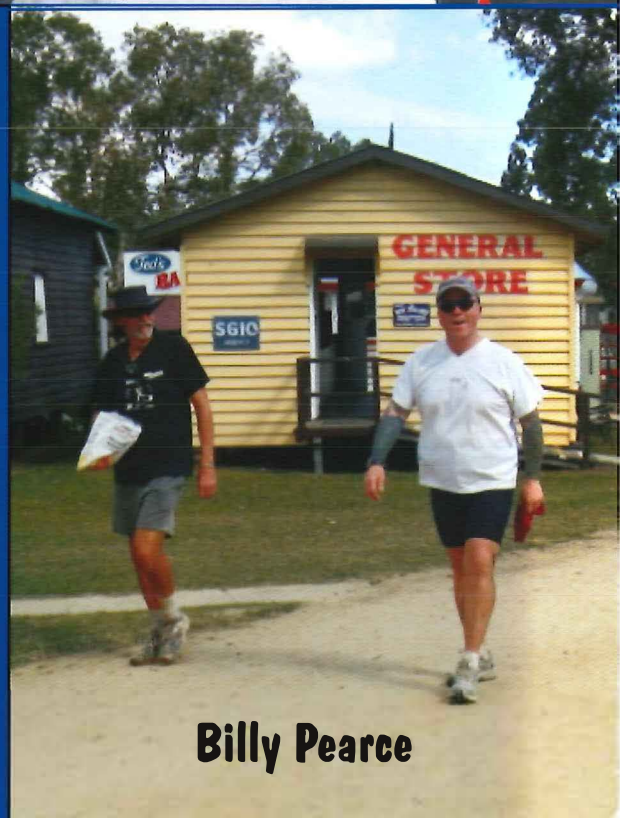


3rd place 48 hr David Billett



**Deryck
Skinner**

**2008
Caboolture
Historical
Village
National 48
Hour
Championship,
Queensland 24
Hour
Championship
and 12 and 6
hour events**



Billy Pearce