

ULTRAMAG

AURA MAGAZINE

DEC 2008 Volume 23 No. 4



Australian
Ultra
Runners
Association Inc

In this issue

- World 24 Hour
- World 100km
- Top quality field at Coast to Kosciusko
- National 24 Hour



Australian team - World 100km Championships, Italy

Tough minds.
Strong bodies.
Big hearts.



rebuild · reconnect · rediscover life

www.mindaustralia.org.au



Mind Alpine Skyrun

**100 Mile Individual / Corporate Endurance
Challenge & Relay Ultra Marathon**

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

**Bogong National Park
Saturday 28 – Monday 30 March 2009**

Mind has more than 30 years experience supporting people recovering from a severe mental illness to rebuild their lives, reconnect with their families, friends and the community and rediscover a purpose in life. Most importantly recovery is possible. Mind supports people so that they don't have to do it on their own. Mental illness is not a life sentence – show that you care.

100
miles

48
hours

1
experience
of a lifetime

Join in the running of the second 100mile (160km) Mind Alpine Skyrun in the spectacular Bogong National Park. Taking in some of Victoria's best High Country, with over 6,000 metres of ascent and descent, this run is the classic 100mile mountain run. It will test runners to the limit as it traverses some of the hardest and most exposed areas of the Australian Alps.

Major sponsor:



Official equipment sponsor:



Supporters:



Register at www.mindaustralia.org.au For further information; pashton@mindaustralia.org.au



Contents

CONTENTS	1
EDITORIAL	2
CURRENT AURA CALENDAR	3
A.U.R.A.CONTACTS	6
ENDURA	7
CANBERRA 50KM ADVERTISEMENT	8
"MIND" ALPINE SKYRUN INFORMATION	9
LAUNCESTON SIX HOUR TRACK RACE	9
A.U.R.A POINTS RACE 2008. How the system works.	11
A.U.R.A POINTS RACE. Provisional 2008 results.	12
ULTRA HOSTS NETWORK	15

I.A.U. RESULTS AND REPORTS

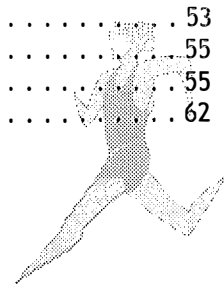
*World 24 Hour Championship [Korea]. Results and reports by Martin Fryer and Deanne Nobbs.	16
*World 100 Kilometre Championship [Italy]. Results and report by Jo Blake.	20
*IAU Update	25

RACE RESULTS AND REPORTS

*Australian 24 Hour Championship and 6/12 hour track races. [SA] Results and report by Brett Saxon.	26
*Tamborine Trek 62km [QLD]. Results	29
*Bribie Beach Bash 46km [QLD]. Results	29
*Great North Walk 100 milles and 100 kilometres. [NSW]. Results and report by Andrew Hewat	30
*Victorian Six Hour and 50km Track Championship. [Moe, VIC]. Results and report by Ian Twite	35
*Bruny Island 64km. [TAS]. Results	37
*Mount Feathertop Skyrun 58km. [VIC]. Results and report by Paul Ashton	39
*Coast to Kosciusko 246km. [NSW]. Results.	38
*Kurruwa to Duranbah 50km [QLD]. Results	39
*Six Inch Track 46km. [WA]. Results and report by Nathan Fawkes.	40

FEATURES

*"Walking to the end" by Alan Waddell	41
*"A woman chases Yiannis Kouros". Six Day Race in Sweden	42
*Vlastik Skvaril's "Bay to Bay" journey across Australia 5,768km in 100 days. By Sarah Webb	46
*Deborah De Williams running around Australia	46
*"The Ultimate Ultramarathon Training Plan". By Doug Rennie.	47
*Interview with endurance expert, Dr. Philip Laffetone.	49
*Australian Six Day Rankings. Men	53
*Australian Six Day Rankings. Women.	55
*Australian Six Hour Rankings. Men	55
*Australian Six Hour Rankings. Women	62





Editorial December 2008

By Kevin Cassidy

The last few months has produced Australia's best ever representation on the international stage. With generous sponsorship from "The North Face", 2XU and Sportsnet Holidays along the untiring efforts of Ian Cornelius and Robert Boyce.

The Australian team, known as "The North Face Emus", performed with great aplomb at the IAU 24 Hour Championships in Korea while 2XU and Sportsnet Holidays were generous team sponsors, along with Jo Blake's fundraising efforts, for the 100 Kilometre Championships in Italy.

Amongst the many fine Australian performances, Martin Fryer's efforts built upon his already impressive record. So much so, that he has been invited to the Surgeres 48 Hour invitation only event in France next year. With only 12 male and female positions available, this event is effectively a world championship and reflects the esteem in which Martin is held internationally.

In 2009, the IAU 24 Hour Championships will be held in the Italian city of Bergamo on May 2nd and 3rd with the 100 Kilometre Championships on June 19th taking place in Torhout, Belgium. Given that the 100 kilometre event is relatively early, the Coburg Harriers have agreed to add a 100km option to their six hour event in March, thus providing a qualifying opportunity to potential team members. Queensland's Historical Village 12 Hour event is also another excellent qualifying opportunity.

Gibraltar will host the reinstated IAU 50 Kilometre Trophy Race at a date to be set later in the year while the IAU Trail Challenge will be run in conjunction with France's 68 kilometre Trail Des Cerces on July 12th.

Ian Cornelius and Robert Boyce have put many hours into the construction of the 2009 AURA calendar. New events are always encouraging to see so make sure you support the Narrabeen 100km/12hr on Sydney's northern beaches, the Yurrebilla

cently highlights their growing popularity.

Also growing to become a truly iconic event is the Coast to Kosciusko race which attracted a large and high quality field. This race is on track to becoming Australia's next 'Westfield Run'

Amongst our solo runners, Vlastik Skvaril has completed his 5,768km journey across Australia while Deborah De Williams is still going strong in her trek around our nation.

The highly anticipated Melbourne-Sydney-Brisbane "The Ultra" scheduled for 2009 has been unavoidably postponed but is expected to be rescheduled to a 2010 date.

Phil Essam has passionately devoted much of his time to developing a very extensive website at www.ultra-legends.com. In particular, Phil has been very thorough in building the "history" link. The site is comprehensive, easy to navigate, newsy, up to the minute and bulging with past and present ultra information. This site replaces the old site previously at <http://planetultramarathon.wordpress.com/>

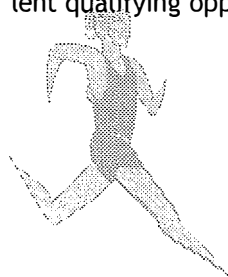
Everything to do with AURA can be accessed as usual at www.aura.asn.au

More domestic ultra information is at www.ultraoz.com while all international news is available at www.iau-ultramarathon.org



Trail in the Adelaide Hills and the Six Hour Track race in the Apple Isle's city of Launceston.

It doesn't seem long ago that 100 mile trail races were an exclusive American domain. Looking across Australia, we have a healthy selection of our own. The large turnout at the Great North Walk event re-



"The North Face Emus", performed with great aplomb at the IAU 24 Hour Championships in Korea"



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 2009

Saturday 10, Sunday 11 Jan. NARRABEEN ALL NIGHTER [NSW]

100km and 12 hour. Certified 100km course on bike paths. Contact; Ron Schwebel on 0415 669 464 or email: rschwebel@bigpond.com . Website: <http://www.aura.asn.au/NarrabeenAllNighter.html>

Sunday 11 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 25 Jan EASTERN TREE SERVICE MANSFIELD TO MOUNT BULLER 50KM ROAD RACE (VIC)

6am Start. Discount for Aura members. Race Director is Robert Boyce contact: Robert 0417 557 902 email: rboyce@easterntrees.com For more information go to www.aura.asn.au/MansfieldtoBuller.html

February 2009

Saturday 7 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 7-8 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. Contact: Geoff Williams, email: gjcarpet@caboolture.net.au Website <http://www.aura.asn.au/CabooltureHV.html>

Sunday 15 Feb. AURA MAROONDAH DAM TRAIL RUN 30/50KM

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

Contact Robert Boyce on 0417 557 902

Email rboyce@easterntrees.com For more information go to www.aura.asn.au/AURADamTrailRun.html

Sunday 22 Feb LAUNCESTON SIX HOUR TRACK RACE [TAS]

6am start at the Launceston Athletic Club. Contact David Brelsford at dbrelsford@hotmail.com

Website at: <http://www.launcestonathleticclub.com/6hourrace/>

March 2009

Saturday 14 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 15 March COBURG SIX HOUR TRACK RUN/WALK AND 100KM TRACK RACE [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



Sat 28 March to Sun 29 March AUSTRALIAN ALPINE 100 MILE (VIC)

100 MILS and 100 km Alpine run in the Victorian Alps. Commences at 0300 at Harrietville in Victoria. For more information contact Paul Ashton on 0418 136 070 or email paul.ashton56@tpg.com.au For more information go to www.aura.asn.au/AustralianAlpine100miler.html

April 2009

Sun 5 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: Kevin Cassidy by phone 0425-733-336. email: kc130860@hotmail.com Visit www.ultraoz.com/frankston

Sun April 19 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.

Sunday April 19 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.net.au For more information go to www.aura.asn.au/WaterWorld_RR2CH.html

Sat - Sun April 18 - 19 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

Sat 25 April 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

May 2009

Saturday 2 May. THE WILD ENDURANCE 100KM TRAIL RACE [NSW].

Run through the spectacular Blue Mountains. Contact: 02 9282 9553 Website: <http://www.wildendurance.org.au>

Sunday 10 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 10 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 16 May to Sunday 17 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 contact: Diane Chanut email: diane@arocsport.com.au. Ph. 0406 659 971

Sunday 17 May. BUNBURY 50KM ROAD RACE [WA].

Run in conjunction with the Bunbury Marathon. Contact: Sharon Wright on 08 97911584 Website: <http://bunburyrunnersclub.mysouthwest.com.au>

June 2009

Sunday 7 June Gold Coast 100 Supermarathon. Incorporating the National 100km championships. 50 km option. Tel 0408 527 391 or visit www.goldcoast100.com

Saturday - Sunday 27-28. SRI CHINMOY NATIONAL 24 HOUR CHAMPIONSHIP [QLD]

6-12-24 Hours. University of Queensland Athletic Centre. Brisbane. official 400 metre artificial surface purpose-built athletics track. AURA 24 hour championships, IAU labeling, qualifying race for IAU 24 hr World Challenge.

Race organiser: David Rogan. email david_rogan@goldenboat.net Tel. 0435 201 805

More information at <http://www.srichinmoyraces.org/au/events/24hour/>

July 2009

Fri 31 July to Sun 2 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

August 2009

Sunday 23 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

September 2009

Sunday 27 Sept. YURREBILLATRAIL 56KM [SA]

Amongst the beautiful Adelaide Hills. Contact David Close at david.close@flinders.edu.au or 08 8278 4337

Website: <http://www.sarrc.asn.au/yurrebilla.html>

October 2009

Sunday 4 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

Sunday 11 Oct. BRIBIE BEACH BASH. 46KM AND SHORTER OPTIONS [QLD].

Contact Geoff Williams at gjcarpet@caboolture.net.au or 0412 789 741

Website: <http://www.aura.asn.au/BribieBeachBash.html>

November 2009

Sat-Sun 7-8 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 28 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 2009

Saturday 5 December MT FEATHERTOP SKYRUN 58 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



Dec. 2009 continued

Sunday 13 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 11 - 13 December COAST TO KOSCIUSKO [NSW]

240 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 20 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

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president	Ian Cornelli	icorneli@bigpond.net.au	0408 527 391

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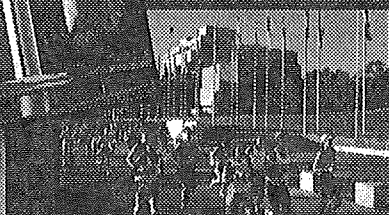
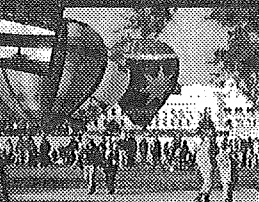
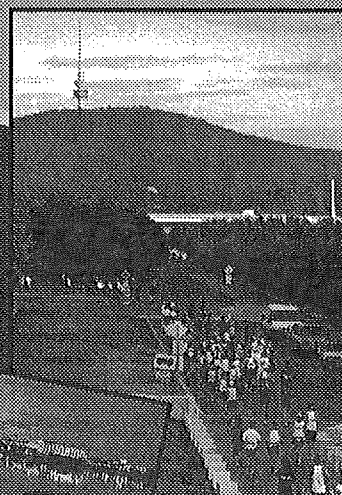
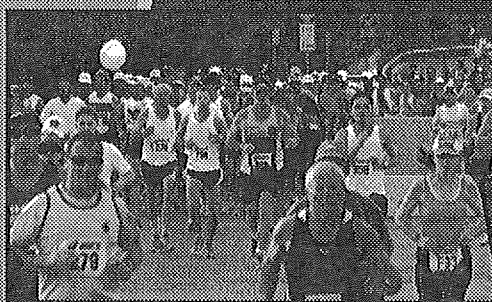
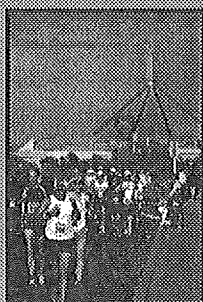
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Canberra 50km Ultra Marathon



The Canberra 50km Ultra Marathon is an optional event held in conjunction with the annual Canberra Marathon. It incorporates the Australian and AURA 50km Road Championships and is also a qualifying event for the 2009 IAU 50km Trophy Race in Gibraltar. The first male and female both win a trip to Gibraltar for the Trophy Race, courtesy of IAU.



Canberra MARATHON

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18-19 APRIL 2009

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Email: cundysm@ozemail.com.au

www.canberramarathon.com.au



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

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 rogaie 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).



Alpine Skyrun race information continued



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 Harrietteville - 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>Harrietteville</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

Launceston Six Hour Track Race

Early next year the Launceston Athletic Club will be hosting a new event for "serious runners" at the Northern Athletics Centre running track in the suburb of St. Leonards. This will be the inaugural Launceston six hour track race and will provide Tasmanian and mainland runners with a new opportunity to enjoy long distance running, on the lovely island of Tasmania.

Local organizer Dave Brelsford is happy to report that there is already keen interest among runners to participate.

Renowned Tasmanian long distance runner Vlastik Skvaril will be a starter in the race and Dave is delighted that his old friend Vlastik will be there.

"Vlastik will definitely give our event a higher profile" says Dave.

"He has run around Tasmania; from Southern Tassie to the tip of Cape York; and from West to East Australia on various occasions to raise money for charity. He is a great ambassador for running. I am very pleased that he is coming along to give a boost to this new event."

Dave decided to organize the 6 hour race after his experiences competing in a similar event in Coburg, Victoria, last March.

"Then I ran in a 12 hour at Coburg in April and said 'Yes! We need something like this in Tasmania.'

Dave says that as far as he knows this may be the first race of its kind in Tasmania, and if the event proves to be a success Dave will possibly include a 12 hour event in 2010.

"But one thing at a time!" he says. "Right now it's just a 6 hour race. And there's a relay section too, where teams of three can run two hours each. I'm hoping for some good entrants for that!"

Mainland runners should allow a little more time for their trip if possible, so that they can explore lovely Launceston and Northern Tasmania at least.

The event will start at 6 a.m. and finish at mid-day on Sunday 22 February 2009.

"Hopefully it won't be too hot" says Dave. "And it will be a good hit-out for serious runners who want to make their mark in the higher profile 6 and 24 hour races in Coburg a few weeks later."

Full details of the event can be found at www.launcestonathleticclub.com/6hourrace or by contacting Dave on dbrelsford@hotmail.com



AURA Points Score Competition

How the system works

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 23rd December Includes all AURA members who joined by 2nd October

- 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'ld	Pts	L1	L2	Elig	Pts	RD	AR	V	Pts	Points
Boyce	Robert	4	5	5	17	1377.308	53	2	1	1	9	0	0	0	0	0	0	0	2	0	1	23	85
Cook	Kim	2	7	5	16	1187.973	47	4	2	2	18	0	0	0	0	0	0	0	0	0	2	6	71
Cochrane	Tim	3	3	3	9	1040.850	38	3	2##	2	19	0	0	0	0	0	1	10	0	0	0	0	67
Gamble	Malcolm	2	9	2	14	1160.403	48	2	3	2#	15	0	0	0	0	0	0	0	0	0	1	3	66
Marshall	Kelvin	2	6	7	15	1194.056	47	4	2	2#	19	0	0	0	0	0	0	0	0	0	0	0	66
Fryer	Martin	2	0	0	2	640.690	18	2#	0	0	9	0	0	0	1	1	0	30	0	0	0	0	57
Francis	Mick	3	0	0	3	676.306	21	2	1	0	8	0	0	0	0	2	0	20	0	0	0	0	49
Monks	Paul	1	5	5	12	770.203	32	4	1	0	14	0	0	0	0	0	0	0	0	0	1	3	49
Fraser	Lachlan	2	4	3	9	886.956	33	2	1	2	10	0	0	0	0	0	0	0	0	0	0	0	43
Lockwood	Glenn	2	4	2	8	839.112	32	0	2	1	5	0	0	0	0	0	0	0	0	0	0	0	37
Eadie	David	1	3	2	6	537.310	21	2#	2	0	13	0	0	0	0	0	0	0	0	0	0	0	34
McCormick	Richard	3	3	3	9	842.717	34	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	34
Bremner [f]	Kerrie	1	2	1	4	471.600	16	3#	1#	0	16	0	0	0	0	0	0	0	0	0	0	0	32
Nobbs [f]	Deanne	1	2	2	5	501.742	19	2	2#	0	12	0	0	0	0	0	0	0	0	0	0	0	31
Collins	Tony	3	0	0	3	602.100	21	0	2##	0	8	0	0	0	0	0	0	0	0	0	0	0	29
Pearson	John	3	1	0	4	583.696	21	2	1	0	8	0	0	0	0	0	0	0	0	0	0	0	29
Hewat	Andrew	2	3	2	7	694.608	26	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	28
Saxon	Brett	2	3	2	7	757.416	28	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	28
Skinner	Deryck	2	0	0	2	381.870	12	0	0	0	0	2	2	16	0	0	0	0	0	0	0	0	28
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
Harvey-J [f]	Susannah	0	3	2	5	377.298	14	3	2	0	13	0	0	0	0	0	0	0	0	0	0	0	27
Murphy	Phillip	2	2	2	6	655.208	24	0	1	1	3	0	0	0	0	0	0	0	0	0	0	0	27
Billett	David	3	0	0	4	653.943	21	0	0	1#	2	0	0	0	0	0	0	0	0	0	1	3	26
Gregory	Wayne	2	2	1	5	605.208	23	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	26
Thompson	Nick	0	3	1	6	330.700	13	0	0	0	0	0	0	0	0	0	0	0	1	0	1	13	26
Every	Paul	1	1	2	5	341.689	13	0	0	1#	2	0	0	0	0	0	0	0	1	0	0	10	25
Blake	Jonathan	1	3	0	4	483.600	17	1	2	0	7	0	0	0	0	0	0	0	0	0	0	0	24
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
Last	Geoffrey	1	3	1	5	501.930	20	0	0	3	3	0	0	0	0	0	0	0	0	0	0	0	23
Brooks	Colin	2	1	0	3	392.325	14	1#	1	0	8	0	0	0	0	0	0	0	0	0	0	0	22
Scholz [f]	Sharon	1	0	2	4	278.520	9	3	0	0	9	0	0	0	0	0	0	0	0	0	1	3	21
Waugh [f]	Rachel	1	2	0	3	356.608	13	2	1	0	8	0	0	0	0	0	0	0	0	0	0	0	21
Ludwig	Andrew	2	1	0	3	495.159	16	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	19
Pearce	Billy	1	2	1	5	414.121	16	0	0	0	0	0	0	0	0	0	0	0	0	0	1	3	19
Commins	Louis	2	1	0	3	529.349	18	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	18
Fiegel [f]	Tina	0	1	3	4	242.243	9	2	1	0	8	0	0	0	0	0	0	0	0	0	0	0	17
Fawkes	Nathan	1	0	2	3	275.630	9	1	2	0	7	0	0	0	0	0	0	0	0	0	0	0	16
Bignell	Peter	0	3	1	4	272.249	11	0	1	2	4	0	0	0	0	0	0	0	0	0	0	0	15
Cook	Dean	0	2	0	2	200.000	8	1	1#	0	7	0	0	0	0	0	0	0	0	0	0	0	15
Orchard	Scott	1	1	2	4	344.270	13	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	15
Rosevear [f]	Eleena	0	1	2	3	160.000	6	3	0	0	9	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
Brelsford	Dave	0	3	1	4	292.820	11	0	1	1	3	0	0	0	0	0	0	0	0	0	0	0	14
Guy [f]	Jacuelyn	0	2	1	3	191.000	7	1	1	1#	7	0	0	0	0	0	0	0	0	0	0	0	14
Solomon	Colin	0	2	1	3	216.500	9	1	1	0	5	0	0	0	0	0	0	0	0	0	0	0	14

		Category 1						Category 2				Category 3				Category 4				Category 5				Total		
Wright	Ian	0	3	1	4	312.700	13	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	14
Price	Stuart	1	1	2	4	334.634	13	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	13
Dunn	Jason	0	2	1	3	227.500	9	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	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	0	0	0	12
Lockwood [f]	Belinda	0	2	1	3	248.700	9	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	12
Waugh	David	1	1	0	2	270.366	9	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	12
Kartsounis [f]	Vivienne	0	1	2	3	195.000	6	0	1#	1	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	11
Kennedy	David	0	0	1	2	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	10	0	10	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	0	0	0	11
Van Dyk [f]	Lynda	0	2	1	3	248.700	9	0	1	0	2	0	0	0	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	0	0	0	11
Erickson	Tim	0	0	0	1	0.000	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	10	0	10	10
Goggin	Bernie	0	0	0	1	0.000	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	10	0	10	10
Hooley	Danny	1	1	0	2	289.490	9	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10
Nuttall	John	0	1	2	3	158.600	6	1	0	1	4	0	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	0	0	0	0	0	10
Salisbury	Bruce	0	0	0	1	0.000	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	10	0	10	10
Schwebel	Ron	0	1	0	1	111.500	4	0	1	0	2	1	0	3	0	0	0	0	0	0	0	0	0	0	0	9
Glover	Brian	0	0	4	4	207.779	8	0	0	0	0	0	0	0	0	0	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	0	0	0	0	0	8
Love	Gregory	0	0	3	3	145.000	5	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	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	0	0	0	0	0	8
Whitten	Philip	0	1	1	2	139.700	5	1	0	0	3	0	0	0	0	0	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	0	0	0	0	0	7
Fulcher [f]	Dearne	0	1	0	1	100.000	4	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	7
Gray	Rob	0	0	2	2	100.000	4	0	1	1	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	7
Kelly [f]	Suzanne	0	0	1	1	45.000	1	1#	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	7
Labinsky	Neil	0	0	1	1	45.000	1	1#	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	7
Quinlan [f]	Meredith	1	0	0	1	174.608	5	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	7
Worswick	Jonathan	0	1	1	2	145.000	5	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	7
Carson	Max	0	1	0	1	101.440	4	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6
Cole	Stuart	0	1	2	3	195.000	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6
Gardiner	Peter	0	1	1	2	107.000	5	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6
Hartley	Ernest	0	1	1	2	132.948	5	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6
Lapsys [f]	Carrol	0	1	1	2	150.000	5	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6
Mullins	Peter	0	0	1	2	44.000	1	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	1	3	0	6
Scholz	Justin	0	1	1	2	144.000	5	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6
Webber	Bruce	0	2	0	2	176.500	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6
Anderson	Peter	0	1	0	1	100.000	4	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Callister [f]	Sharon	0	1	1	2	150.000	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Corlis	Michael	0	0	3	3	145.000	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Fattorini	Tony	0	1	0	1	64.000	2	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Howorth [f]	Sandra	0	1	0	1	64.000	2	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Lines	Peter	1	0	0	1	157.045	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Marsh	Trevor	0	1	1	2	137.972	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
McKinnon	David	0	1	1	2	109.000	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Michelsson	Magnus	0	1	1	2	147.000	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Skrucany	Rudolf	0	0	2	2	86.976	2	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Thompson	Bill	1	0	0	1	174.608	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Whyte	Robin	0	1	0	1	85.780	2	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Bent	Xavier	0	1	0	1	100.000	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4

		Category 1						Category 2						Category 3			Category 4			Category 5			Total
Kibble	Stephen	0	0	2	2	102.500	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4
Renwick	Bruce	0	0	1	1	50.000	1	0	0	0	0	1	0	3	0	0	0	0	0	0	0	0	4
Savage	Zac	0	1	0	1	60.113	2	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	4
Ware	Robert	0	1	0	1	100.000	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4
Williams	Sean	0	0	2	2	100.000	4	0	0	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	0	0	3
Carlton	Gary	0	0	1	1	50.000	1	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	3
Duck	John	0	0	1	1	50.000	1	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	3
Healy [f]	Michelle	0	0	2	2	95.000	2	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	3
Jacobs	Trevor	0	0	1	1	45.000	1	0	0	1#	2	0	0	0	0	0	0	0	0	0	0	0	3
Lindsay	John	0	1	0	1	64.000	2	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	3
Appleby	Steven	0	0	2	2	95.000	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Cohen	Chris	0	0	2	2	95.000	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Devine	Allan	0	1	0	1	61.227	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Gilanyi	Thomas	0	0	2	2	95.000	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Higgins	Barry	0	0	2	2	94.400	2	0	0	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	0	0	2
Mackey	Colin	0	1	0	1	92.500	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
McTaggart	Chris	0	0	1	1	50.000	1	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	2
Silk	Tom	0	0	2	2	97.500	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Twite	Ian	0	0	2	2	95.000	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Baird [f]	Carol	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Beveridge	Steel	0	0	1	1	50.000	1	0	0	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	0	0	1
Clear	David	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Cole [f]	Julie	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Drayton	Nick	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Graham	Chris	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Gregory [f]	Bernie	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Horwood	Chris	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Hosking	David	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Kaehne	Darren	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Koppenol [f]	Karen	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Lahiff	Peter	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
McKenzie	Paul	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Mohr [f]	Monika	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	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	0	0	1
Styles	David	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Thomas	Peter	0	0	1	1	52.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Thompson	Joseph	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Wollen	Bill	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1

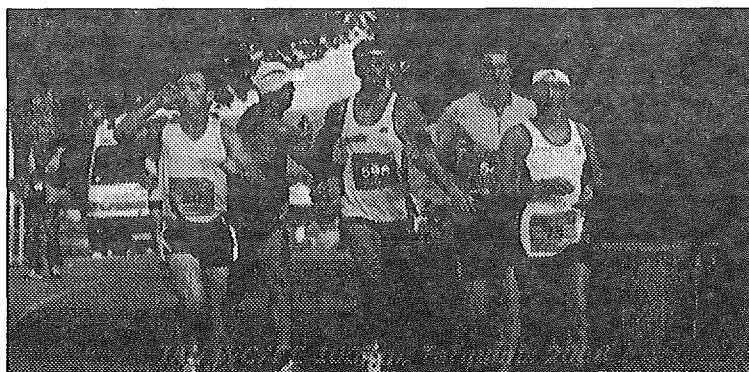
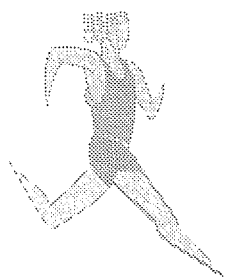


Photo left from World
100km championships,
Italy
Dean Cook scoffs
down a drink

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 _____





IAU World 24 Hour Championships

Seoul, Korea

Top Ten Team Results

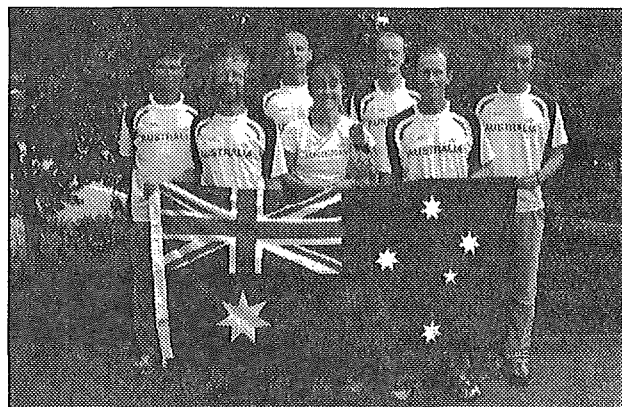
MEN

- 1 Japan
- 2 France
- 3 Russia
- 4 Germany
- 5 Italy
- 6 Australia
- 7 USA
- 8 Spain
- 9 Taiwan
- 10 Sweden

Top Five Team Results

WOMEN

- 1 France
- 2 Japan
- 3 Germany
- 4 USA
- 5 Sweden



Individual results - Men

Pos.	Name	Country	Distance
1	SEKIYA RYOICHI	JPN	272.443
2	HOBLEA FABIEN	FRA	266.152
3	SAKAI YUJI	JPN	263.466
4	Bychkov Vladimir	RUS	256.404
5	MARTIN CHRISTOPHE	FRA	254.573
6	WAREMBOURG PHILIPPE	FRA	250.141
7	BERGE JON HARALD	NOR	248.438
8	FATTON CHRISTIAN	SUI	248.041
9	Fryer Martin	AUS	247.186
10	TAKEDA KENJI	JPN	246.754
11	BAIER ANDREAS	GER	241.983
12	JENS LUKAS	GER	240.814
13	MANSO CRESPO JOSE	ESP	240.151
14	Dedykin Semen	RUS	238.939
15	DOURIEZ THIERRY	FRA	237.767
16	CUDIN Ivan	ITA	236.559
17	McCarthy Phil	USA	233.835
18	MARCHESI Tiziano	ITA	231.92
19	Francis Mick	AUS	231.648
20	BARTOLINI Enrico	ITA	231.578
21	Cserpak Jozsef	HUN	228.095
22	MAMMOLI Antonio	ITA	227.7
23	Kazanchev Andrei	RUS	227.021
24	HARTIKAINEN REIMA	SWE	224.17
25	CHEN HSIUNG-HAI	TPE	222.386
26	Abzalilov Timur	RUS	220.028
27	CHEN SHUN-PA	TPE	219.926
28	YOON Wangyong	KOR	219.782
29	Oralek Daniel	CZE	218.295
30	Swenson Alex	USA	216.665
31	Rietveld Peter	NED	216.558
32	BAGGI Marco	ITA	216.105
33	LINDVAI SLAVOMIR	SVK	215.841

34	Stynen Geert	BEL	214.899
35	Pirrung Roy	USA	214.34
36	Osladil Miroslav	CZE	213.91
37	LEE Kwangyeol	KOR	212.39
38	RITELLA CHRISTIAN	SWE	211.746
39	KURYLO PIOTR	POL	211.51
40	BRUNETEAU PATRICE	FRA	211.17
41	HECKE FRIEDMANN	GER	210.594
42	DE LA MATA GARCIA ANGEL	ESP	209.677
43	LEU OLIVER	GER	209.061
44	ALVAREZ SAINZ RAMON	ESP	207.794
45	OLSSON HENRIK	SWE	207.404
46	GALLEN EDDIE	IRL	205.974
47	URBANIAK ANDRZEJ	POL	205.008
48	Frimann Christian	DEN	204.058
49	CHOU PIN-CHI	TPE	203.304
50	Low Andras	HUN	202.984
51	GALLIK FRANTISEK	SVK	202.397
52	Vekemans Alfons	BEL	202.169
53	ANDERSSON MIKAEL	SWE	198.544
54	MAGROUN MOHAMED	FRA	198.42
55	ROZYCKI KONRAD	POL	198.064
56	Cochrane Tim	AUS	195.95
57	Allen William	USA	195.05
58	Dvoracek Vlastimil	CZE	194.988
59	Orr Jim	CAN	194.127
60	BARICHELLO Gastone	ITA	192.608
61	Pearson John	AUS	192.201
62	CORNOLTI Eugenio	ITA	191.99
63	THUNBERG ANDERS	SWE	191.894
64	IRRGANG MICHAEL	GER	190.666
65	BOGDANOV MYKHAYLO	UKR	188.679
66	Waugh David	AUS	188.366

67	Arefyev Alexei	RUS	187.463
68	Kirkelund Vagn Allan Skov	DEN	185.698
69	Ondrus Jan	CZE	185.419
70	Panza Phillippe-Michel	BEL	185.001
71	LO WEI-NING	TPE	182.046
72	Larson Daniel	USA	180.275
73	Hotar Pavel	CZE	177.643
74	OKIYAMA KENJI	JPN	177.327
75	Tivikov Vladimir	RUS	174.634
76	SAEZ CAZORLA FEDERICO	ESP	174.338
77	CAMPOS HERNANDEZ MIGUEL	ESP	173.663
78	CHEN CHIN-TSAI	TPE	173.543
79	da Guia Neto Sebastiao	BRA	170.855
80	Upshall Charlie	CAN	169.278
81	YANG Sangkyu	KOR	163.628
82	Hansen Leon Skriver	DEN	162.611
83	JONG Dongsook	KOR	160.682
84	SERYY IVAN	UKR	159.758
85	McLean Andrew	CAN	157.926
86	BOZHENOV VALERII	UKR	153.198
87	Kocourek Jaroslav	CZE	152.371
88	Every Paul	AUS	147.612
89	GUTIERREZ JUAN JOSE	ESP	145.035
90	RUTA TADEUSZ	POL	144.984
91	Larsen Brian	DEN	142.186
92	STEISLINGER RALF	GER	141.29
93	PIROTTA Mario	ITA	139.046
94	OKEARNEY DARA	IRL	138.562
95	Aggerholm Jan	DEN	136.601
96	MAGUIRE THOMAS	IRL	131.132
97	GULBIERZ MAREK	POL	128.36
98	Gehl Ron	CAN	119.127
99	WU SHENG-MING	TPE	116.286
100	JAKUBIK AUGUST	POL	113.586
101	SANCHEZ RICO FRANCISCO	ESP	106.25
102	KIM Donghae	KOR	102.504
103	JEON Byoungchel	KOR	99.734
104	SABIDO HERMENEGILDO	ESP	89.575
105	BELTRAMINO Osvaldo	ITA	76.647
106	Karnazes Dean	USA	67.413

	Women		
Pos.	Name	Country	Distance
1	VERNET ANNE-MARE	FRA	238.762
2	FONTAINE ANNE-CECILE	FRA	238.328
3	BEC BRIGITTE	FRA	229.818
4	KUDO MAMI	JPN	226.915
5	Donaldson Jamie	USA	220.092
6	KANEHIRA YASUKO	JPN	219.357

7	BELAU MONIKA	GER	217.386
8	PEUCH SYLVIE	FRA	216.596
9	SAMSE ANJA	GER	211.144
10	BOUFFLERT KORA	FRA	205.265
11	Muskett Valerie	NZL	204.217
12	Horn Deb	USA	203.129
13	GUILHEMBET MARTINE	FRA	203.039
14	INAGAKI SUMIE	JPN	202.139
15	Palczewa Rimma	RUS	199.567
16	STROTKAMP SABINE	GER	198.569
17	Johnson Carilyn	USA	197.073
18	FURUYAMA TAKAKO	JPN	196.63
19	Nobbs Deanne	AUS	196.512
20	HALLSTORP ASA	SWE	191.428
21	GIELEN SILKE	GER	191.066
22	HARTIKAINEN TORILL	SWE	188.689
23	LIN MONG-CHI	TPE	188.147
24	BARCETTI Monica	ITA	186.847
25	SEIDEL GRIT	GER	186.091
26	HUR Sookhoe	KOR	185.892
27	Pilgaard Mette Normind	DEN	183.587
28	Boisvert Sylvie	CAN	183.117
29	SUMES OUTI	FIN	181.082
30	MOTOKI RIYOKO	JPN	179.323
31	Koval Irina	RUS	179.012
32	BYSTROM AURORE	SWE	178.118
33	Gal Andrea	HUN	172.548
34	HUANG SHU-MIN	TPE	172.326
35	HONG Yangsun	KOR	171.549
36	Vasarhelyi Charlotte	CAN	168.974
37	MUNOZ OLIVARES ROSARIO	ESP	168.121
38	PETERSSON CECILIA	SWE	166.962
39	Rossen Anne Marie	DEN	161.349
40	CLIMENT SOLANS ESTEFANIA	ESP	159.811
41	MOLING Monica	ITA	158.134
42	Steil Sandy	CAN	155.354
43	PEN CHUN-LIEN	TPE	153.228
44	Hansen May-Britt	DEN	146.404
45	DI VITO Lorena	ITA	133.939
46	OKIYAMA HIROKO	JPN	132.979
47	Gardner Connie	USA	132.978
48	McGrath Laurie	CAN	132.055
49	Jacob Manon	CAN	120.069
50	CASIRAGHI Monica	ITA	111.738
51	RIQUELME DEL CARMEN	ESP	104.351
52	YOON Samhee	KOR	103.427
53	LEE Miok	KOR	93.269
54	BOTELLA GREGORI CARMEN	ESP	87.781
55	McGrath Theresa	CAN	48.02



Deanne Nobbs

Report by: Martin Fryer, Captain, The North Face Emus 24 Hour Running team

Running Title: "The North Face Emus fly at the World 24 Hour Running Championships"

Australian 24 hour ultramarathon running at the international level came of age this year thanks to the establishment of a landmark relationship between the Australian Ultra Runners Association (AURA) and The North Face, global leader in outdoor footwear, apparel and equipment. The Australian team, colloquially known as "The North Face Emus" posted their best individual and team placings ever in the 6th Annual IAU 24 Hour World Challenge, held in Seoul, Korea on Oct. 18-19. Thanks to the extra support, Australia was able to field its largest Men's team of 6 runners which included team veterans Martin Fryer, Mick Francis and Paul Every along with talented newcomers John Pearson, David Waugh and Tim Cochrane, who had all shown fine form in various demanding endurance running events throughout 2008 and 2009. Unfortunately, a full Women's team could not be sent due to injuries and a lack of backup runners. Nevertheless, Sheppar-

ton's Deanne Nobbs made her international debut as the first female to represent Australia in this gruelling event and it is hoped that she will lead a full Women's team to next year's 24 Hour World Challenge in Bergamo, Italy.

The mentally and physically demanding task confronting the starters (106 men from 24 countries and 55 women from 16 countries) on this hazy, humid morning in central Seoul was to run as far as possible in 24 hours around a 923 metre clockwise loop within a loop course. The phrase "pounding the pavement" was not far from the truth as competitors dealt with a surface that was 80% concrete along with small sections of cobblestone path. The combination of this unforgiving surface and the radiant heat of the afternoon sun took its toll on many runners (including many of our valiant Emus) at a relatively early stage of the race, leaving many to battle a long night of pain, nausea and a repetitive loop of ABBA songs played over the PA system. Tough one-on-one battles were fought out throughout the night on both individual and team levels.

Despite the difficulties of such demanding conditions, some staggering total distances were notched up with eventual male winner, Ryoiichi Sekiya of Japan, amassing a phenomenal 273.366K to take out his third successive title. Best performance of the male Emus went to the team captain, Martin Fryer, who ran a determined and focused personal best distance of 247.187 K (10th place) to become the first Australian to achieve a top ten finish since this race series began. Experienced campaigner and newly christened M50 Mick Francis continued his remarkably consistent form as he amassed his second 230K plus total (232.572K, 19th place) for 2008. The youngster of the team, 28 year old Tim Cochrane, ran just under 200K (196.874K, 56th place) to bring the male Emus into 6th place of 18 teams, their best ever World team ranking and a fine effort to beat, among others, the highly favoured team from the USA (7th). Our first and only female representative, Deanne Nobbs, did us proud by running an outstanding 196.512K on debut to finish in the top 20 (19th)

in the World and to climb to 4th on the all-time Australian Women's 24 Hour rankings.

I know that quite a few of our team were disappointed with their performances under the harsh conditions but I was proud of their gutsy and determined efforts and I am confident that each of them will return to this event in the future to realize their true individual potential. 24 Hour races can be merciless events and all experienced campaigners, including myself, have experienced a "bad day at the office".

Several individuals and organizations were instrumental in the success of the team and these should be acknowledged. On a personal level I would like to thank The Weston Creek Athletics Club for their generous financial assistance and my family for their patience, love and support.

The North Face Emus express their deepest gratitude to:

- Team manager: Rob Boyce, for his relentless problem-solving and negotiation skills
- Crew: Valerie, Diane, Pitsamai, Tony, Dave Snr, and Hillary, for their selfless and hardworking support to the runners
- AURA: Financial support from generous donations made by AURA members and visionary leadership



John Pearson

"These two have shown time and time again what legends they are in our sport"

shown by AURA President, Ian Cornelius

- The North Face: without whose support Australian 24 Hour running would not have such opportunities for growth and development

Selected Individual Results (MEN)

Place	Name	Distance (km)
1	Ryoichi Sekiya (JPN)	273.366
2	Fabien Hoblea (FRA)	267.074
3	Yuji Sakai (JPN)	264.389
10	Martin Fryer (AUS)	247.187
19	Mick Francis (AUS)	232.572
56	Tim Cochrane (AUS)	196.874
63	John Pearson (AUS)	192.201
66	David Waugh (AUS)	188.366
88	Paul Every (AUS)	147.612

Selected Individual Results (WOMEN)

1	Anne-Marie Vernet (FRA)	239.685
2	Anne-Cecile Fontaine (FRA)	239.252
3	Brigitte Bec (FRA)	229.818
19	Deanne Nobbs (AUS)	196.512

Report by Deanne Nobbs

As I jogged around the streets of Shepparton this morning it was hard to believe that less than two weeks ago my legs had carried me over the concrete paths of the World 24 Hour Course in Seoul, Korea.

The race was a steep learning curve for me and in fact was my very first official 24 hour event apart from The North Face Treadmill Challenge back in March. In the months preceding the event I continued to teach and train, teach and train in an endless cycle. I was tired of balancing my duties as a teacher with the many hours of running I needed to accumulate in preparation for the race. Was I prepared? Had I done enough? I really didn't know but was determined to clock up an Australian qualifying distance of 180 km at the championships and justify my selection in the Australian Team.

Would it be easier than the treadmill or much harder? I have the answers now. Psychologically and practically it was easier outdoors despite the heavy pollution and warm tem-

peratures. I had a singlet on, emblazoned with the word AUSTRALIA and I was running with a great team of six Aussie men. I am a lucky girl indeed to have come into the sport in the era of Martin Fryer and Mick Francis. Who better to learn from and be inspired by? These two have shown time and time again what legends they are in our sport. The 2008 World Challenge was evidence of this.

The race started at 10am and I ran conservatively through those first few hours. The heat started to become uncomfortable and the air quality was poor. The concrete was relentless and a number of turns was placing strain on my left leg. I had decided before the event to run solidly for the first four hours and then introduce the walk, run cycles after that. My walking is an area I need to improve in. As I ran past Rob he had a couple of good pieces of advice for me. The first was that if I didn't eat something substantial soon he was going to kick my butt. The second was to ease off whilst it was so hot (around two in the afternoon and around 26 degrees). Around this time Martin had lapped me (again), telling me to hang in there and it would get cooler soon. I soldiered on running in 30 to 45 minute cycles with a five minute walk break coinciding with the Australian tent so I could pick up half a jam sandwich from Pitsamai who was my wonderful support person and shopping companion too.

What happened next? I ran and ran and ran. Fairly oblivious to what was happening with the guys but aware that Tim, Dave, John and Paul were having a tougher time with the conditions than me. They offered support whenever they saw me on the course and of course all the Australian crew Rob, Pitamai, Dianne, Val, Tony and Dave Senior encouraged me too. Mick and Martin were making it look easy and often had the energy to jokingly call me Sheila (the name I had given our stuffed emu) or Noboo, the name the Korean hotel stuff had christened me with.

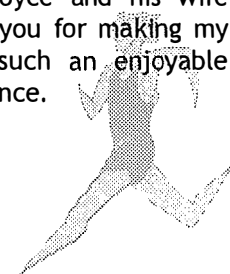
It was hard in the first 12 hours not knowing what distance I had completed and was pleased when I found out I was on 108 km or so for the first half of the race at around the 13th hour. Coincidentally this was around the distance I had clocked up at the same point on the treadie so I was hopeful I would run in excess of 180 km if all went well.

Night came and went, pain in my legs, annoying mosquitos, the most awful stench from portaloos I have ever smelt and relentless run/walk cycles. I was now running two and a half circuits and walking a half whilst I ate and drank. The jam sandwiches and animal head biscuits were chewed and swallowed and fear of the portaloos kept my toilet requirements to a minimum.

Before the race Martin had told us to see the course as home for the duration of the race and I was trying hard not to dwell on counting down the hours to the finish. Watching Martin's focus and consistency was amazing in the final stages of the race. His 9th placing was so well deserved. With ten minutes to go Mick ran up beside me and told me that as he couldn't change his 19th race position he was happy to finish the race with me. I was chuffed and we soon joined Paul who was feeling a bit better after a tough day at the office. The three of us pushed on until the final countdown finishing together. In fact regardless of the condition they were in, every member of the team finished on the track.

My final result was 19th woman, 196.5km.

My legs are still weary but I appear injury free and am enjoying running again with my neglected running companions from home. To all The North Face Emus and our wonderful support team, especially Team manager Rob Boyce and his wife Pitsamai, thank-you for making my first World 24 such an enjoyable learning experience.





IAU World 100km Championships

Tuscania, Italy 8th November 2008

Placing	Time	Surname	Given name	Sex	Country
1	6:37:41	CALCATERRA	GIORGIO	M	ITALIA - MEN
2	6:40:04	JANICKI	JAROSLAV	M	POLONIA - MEN
3	6:53:44	JIMENEZ	MIGUEL ANGEL	M	SPAGNA - MEN
4	6:56:49	RAITILA	ANSSI	M	FINLANDIA - MEN
5	6:57:59	BUQUET	CHRISTOPHE	M	FRANCIA - MEN
6	6:58:43	D'INNOCENTI	MARCO	M	ITALIA - MEN
7	6:59:02	RIGO	ANDREA	M	ITALIA - MEN
8	6:59:54	CARONI	FRANCESCO	M	ITALIA - MEN
9	7:06:35	WARDIAN	MICHAEL	M	USA - MEN
10	7:07:46	TYAZHKOROB	IGOR	M	RUSSIA - MEN
11	7:10:47	SOMMER	MICHAEL	M	GERMANIA - MEN
12	7:11:28	ROMERO	LUDISVINDO	M	SPAGNA - MEN
13	7:11:54	MIYAZATO	YASUKAZU	M	GIAPPONE - MEN
14	7:19:01	BRAVO	JUAN	M	MESSICO - MEN
15	7:19:12	SHINOHARA	MITSURU	M	GIAPPONE - MEN
16	7:21:14	TICHY	PETER	M	SLOVACCHIA - MEN
17	7:21:26	DEHAUT	HELMUT	M	GERMANIA - MEN
18	7:22:45	SPIRIDONOV	VASILY	M	RUSSIA
19	7:23:07	LEGAT	ERIC	M	FRANCIA - MEN
20	7:23:33	ZHIRKOVA	TATYANA	F	RUSSIA - W
21	7:23:34	BRETAUD	BERNARD	M	FRANCIA - MEN
22	7:26:15	LACOMBE	REGIS	M	FRANCIA - MEN
23	7:27:32	BORDUS	JEAN MARC	M	FRANCIA - MEN
24	7:27:40	HOOS	JOERG	M	GERMANIA - MEN
25	7:32:51	FATTORE	MARIO	M	ITALIA
26	7:33:58	SEMICK	KAMI	F	USA - W
27	7:35:19	LANTINK	JAN-ALBERT	M	OLANDA - MEN
28	7:35:38	CARLIN	MONICA	F	ITALIA - W
29	7:37:47	ELWART	ROMAN	M	POLONIA - MEN
30	7:38:40	VISHNEVSKAIA	IRINA	F	RUSSIA - W
31	7:39:22	SHALAGINOV	DENIS	M	RUSSIA - MEN
32	7:39:50	WEBB	RICHARD	M	CANADA - MEN
33	7:41:29	BUUD	JONAS	M	SVEZIA - MEN
34	7:41:44	WILD	KARLHEINZ	M	GERMANIA - MEN
35	7:43:55	MARTINEZ	FERMIN	M	SPAGNA - MEN
36	7:44:24	KIYOMOTO	YOSHIFUMI	M	GIAPPONE - MEN
37	7:45:14	TAELMAN	LUCIEN	M	BELGIO - MEN
38	7:45:35	NAKADAI	SHINJI	M	GIAPPONE - MEN
39	7:46:35	SHO	HIROKO	F	GIAPPONE - W
40	7:47:54	COOK	DEAN	M	AUSTRALIA - MEN
41	7:49:32	MALFATTI	PIO	M	ITALIA - MEN
42	7:51:41	BLAKE	JONATHAN	M	AUSTRALIA - MEN
43	7:52:03	SORSTAD	GJERMUND	M	NORVEGIA - MEN
44	7:52:05	ORALEK	DANIEL	M	REPUBBLICA CECA - MEM

45	7:52:17	CASIER	GINO	M	BELGIO - MEN
46	7:52:21	ARBOGAST	MEGHAN	F	USA - W
47	7:52:31	LATKOWSKI	MACIEJ	M	POLONIA - MEN
48	7:54:55	ZAHORAN	ADAM	M	UNGHERIA - MEN
49	7:55:48	FUJISAWA	MAI	F	GIAPPONE - W
50	7:56:35	GILBERG	RUNAR	M	NORVEGIA - MEN
51	7:56:38	BYCHKNOVA	MARINA	F	RUSSIA - W
52	7:56:49	FROESE	DARREN	M	CANADA - MEN
53	7:57:41	REDPATH	GLEN	M	CANADA - MEN
54	7:59:48	IZUTSU	MAZUHO	F	GIAPPONE - W
55	8:00:23	COCHRANE	TIM	M	AUSTRALIA - MEN
56	8:00:43	KARLSEN	OLE	M	DANIMARCA - MEN
57	8:01:52	CROSBY-HELMS	DEVON	F	USA - W
58	8:02:46	YAMAZAWA	YOKO	F	GIAPPONE - W
59	8:03:01	NILSSON	PER	M	DANIMARCA - MEN
60	8:04:31	RITELLA	CHRISTIAN	M	SVEZIA - MEN
61	8:06:35	LINT	ADAM	M	USA - MEN
62	8:07:37	KANDYBA	RUSLAN	M	UCRAINA - MEN
63	8:09:27	COLQUHOUN	LUCY	F	GRAN BRETAGNA - W
64	8:10:03	GOODERHAM	EMMA	F	GRAN BRETAGNA - W
65	8:12:14	RICE	MICHAEL	M	IRLANDA - MEN
66	8:13:18	PETERSEN	POUL	M	DANIMARCA - MEN
67	8:14:59	SCHOENHERR-HOELSCHER	BIRGIT	F	GERMANIA - W
68	8:18:56	KIS	ZITA	F	UNGHERIA - W
69	8:20:28	AHOLA	ARTO	M	FINLANDIA - MEN
70	8:23:47	HAJDUSKA	BALAZS	M	UNGHERIA - MEN
71	8:23:55	CERETTO	SONIA	F	ITALIA - W
72	8:25:34	NAVITSKI	IHAR	M	BIELORUSSIA - MEN
73	8:27:32	HOOS	TANJA	F	GERMANIA - W
74	8:27:36	LUNDGREN	MARIA	F	SVEZIA - W
75	8:28:03	HAJEK	BRANKA	F	GERMANIA - W
76	8:28:26	DIMITRIADU	MACHAELA	F	REPUBBLICA Ceca - W
77	8:29:06	KOVACS	REKA	F	UNGHERIA - W
78	8:29:34	HOSTENS	IVAN	M	BELGIO - MEN
79	8:29:59	BULA	DZMITRY	M	BIELORUSSIA - MEN
80	8:29:59	IOANNIDIS	PANAGIOTIS	M	GRECIA - MEN
81	8:30:26	LOGAVLEN	MARGRETHE	F	NORVEGIA - W
82	8:32:25	MCHALE	DENISE	F	CANADA - W
83	8:32:58	ZECCHINO	LUISA	F	ITALIA
84	8:35:19	BANAS	VLADIMIR	M	CANADA - MEN
85	8:36:40	PROEDEL	CHARLEY	M	DANIMARCA - MEN
86	8:38:08	ANTTILA	HARRI	M	FINLANDIA - MEN
87	8:38:24	STOEPLER	SIMONE	F	GERMANIA
88	8:38:26	KOCH	RAINER	M	GERMANIA - MEN
89	8:38:29	BRAUN	MARION	F	GERMANIA - W
90	8:39:28	ASANO	TAKAKO	F	GIAPPONE - W
91	8:39:58	VALLES	RAUL	M	ARGENTINA - MEN
92	8:41:21	FREY	DOROTHEA	F	GERMANIA - W
93	8:42:13	GARDNER	CONNIE	F	USA - W
94	8:47:44	NOSE	YUKI	F	GIAPPONE - W

95	8:48:43	SCHUHAJ	ANTJE	F	GERMANIA
96	8:52:12	VYDRA	DAVID	M	REPUBBLICA CECA - MEM
97	8:52:26	KASE	JAROSLAV	M	REPUBBLICA CECA - MEM
98	8:53:46	ERGUIZ	ALBERTO	M	URUGUAY - MEN
99	8:54:05	TAKADA	YOSHIKI	M	GIAPPONE - MEN
100	8:54:29	BROADWELL	SHARON	F	NORVEGIA - W
101	8:56:29	DYLEUSKI	YURY	M	BIELORUSSIA - MEN
102	8:57:44	OLIVERA	ALEJANDRO	M	URUGUAY - MEN
103	8:58:04	DOSTALEK	PETR	M	REPUBBLICA CECA - MEM
104	8:58:20	PETO	ISTVAN	M	UNGHERIA - MEN
105	8:58:29	KIM	JUNGOK	F	KOREA - W
106	9:00:28	JIN	BYOUNGHWAN	M	KOREA - MEN
107	9:00:55	BREMNER	KERRIE	F	AUSTRALIA - W
108	9:03:16	DA FORNO	DANIELA	F	ITALIA - W
109	9:04:31	LIEPINA	ANITA	F	LETTONIA - W
110	9:04:54	CROWTHER	GREG	M	USA - MEN
111	9:07:43	MICHELSSON	MAGNUS	M	AUSTRALIA - MEN
112	9:08:14	HARTIKAINEN	REIMA	M	SVEZIA - MEN
113	9:08:23	HARVEY-JAMIESON	SUSANNAH	F	AUSTRALIA - W
114	9:10:16	OSLADIL	MIROSLAV	M	REPUBBLICA CECA - MEM
115	9:13:15	HWANG	SEONYONG	M	KOREA - MEN
116	9:14:27	VERDUIN-BOONE	IDA	F	OLANDA - W
117	9:15:40	SOSA	LEONARDO	M	ARGENTINA - MEN
118	9:18:05	ARSIC	ALEKSANDAR	M	SERBIA - MEN
119	9:20:13	SALT	ADELA	F	GRAN BRETAGNA - W
120	9:23:46	LINDVALL	STEFAN	M	SVEZIA - MEN
121	9:25:47	ARNOLD	CARLA	F	CANADA - W
122	9:27:17	CASAL	MOACIR	M	URUGUAY - MEN
123	9:31:13	HRMO	LUBOMIR	M	SLOVACCHIA - MEN
124	9:31:13	BUJNAK	JAN	M	SLOVACCHIA - MEN
125	9:32:03	BRAECKMAN	CONNY	F	BELGIO - W
126	9:35:51	EADIE	DAVID	M	AUSTRALIA - MEN
127	9:35:52	BENTLEY	DARIN	M	CANADA - MEN
128	9:37:22	GARCIA VERDOUS	AUGUSTIN	M	ARGENTINA - MEN
129	9:38:34	PANOS	GEORGIOS	M	GRECIA - MEN
130	9:50:41	MORREEL	ANKE	F	BELGIO - W
131	9:50:56	BARTEAUX	BRUCE	M	CANADA
132	9:52:39	SANCHEZ	PABLO	M	MESSICO - MEN
133	9:55:20	EKKER	LUIS	M	URUGUAY - MEN
134	9:58:35	ARVIDS	SEFANOVSKIS	M	LETTONIA - MEN
135	10:03:17	JUDA	MARTINA	F	REPUBBLICA CECA - W
136	10:06:22	ZAKOVSKA	ALENA	F	REPUBBLICA CECA - W
137	10:07:47	MORENO	ABRAHAM	M	MESSICO - MEN
138	10:12:38	WERMESCHER	ILDIKO	F	UNGHERIA - W
139	10:13:27	VIKTORS	SUBORINS	M	LETTONIA - MEN
140	10:14:51	KARTSOUNIS	VIVIENE	F	AUSTRALIA - W
141	10:14:51	DICK	JENNIFER	F	CANADA - W
142	10:16:04	ZAHORAN	JANOS	M	UNGHERIA - MEN
143	10:17:15	FOSTER	CHRIS	F	BELGIO - W
144	10:19:13	NOVIKAU	YURY	M	BIELORUSSIA - MEN

145	10:20:33	YERITANO	HECTOR	M	URUGUAY - MEN
146	10:36:56	BURCHAT	PAULA	F	CANADA - W
147	10:41:09	MONTELONGO	DOMINGO	M	MESSICO - MEN
148	10:41:45	UDRIS	ARNE	M	LETTONIA - MEN
149	10:43:43	SALOMAA	KARI	M	FINLANDIA - MEN
150	10:47:18	PROCHAZKOVA	PAVLINA	F	REPUBBLICA CECA - W
151	10:48:04	COOK	JACK	M	CANADA - MEN
152	10:53:55	BISTROVA	INITA	F	LETTONIA - W
153	10:54:32	CALLISTER	SHARON	F	AUSTRALIA - W
154	11:04:17	MANZUR	DIEGO	M	ARGENTINA - MEN
155	11:09:39	HERNANDEZ	MIRITA	F	URUGUAY - W
156	11:18:47	VALLES	GUSTAVO	M	MESSICO - MEN
157	11:28:34	KNOW	CHUNHEE	F	KOREA - W
158	11:45:09	NEMECKOVA	MARTINA	F	REPUBBLICA CECA - W
159	13:13:11	TOVALIN	LAURA	F	MESSICO - W

Report by Jo Blake - Team Captain

The Australian Team selected for the IAU World Cup held in Tarquinia Italy on 8 November 2008 was the largest selected in recent memory with 6 men and 4 women making up the team. Together with Manager Nick Drayton, and a support cast of 5, it was with much anticipation that the team collected over the week leading up the race. The location of the team Hotel left a little to be desired, but Ultra Runners are never short on desire and it would have to be said that it played a role in bringing the team together in such a short period of time. We all got to appreciate the Italian way and mastered the ordering of coffees in our best Italian. Dave Eadie also did his best to market Australian Ultra running as the official team spokesman on the IAAF internet TV program featuring the event.

The race began from the town of Tuscania situated about 2 hours north-west of Rome and commenced with a short circuit of the cobble stoned streets of the historical town, before heading out on a 24km undulating stretch of road towards Tarquinia. The rolling hills in this section meant everyone had to work harder than would normally be the case as these races are often held on pancake flat courses. At the 24km mark there followed a 1km decent that provided opportunity

and danger from the temptation to push downhill too hard and do damage to the legs with 75% of the course still to run. The following 13kms were flat and led the runners onto a 14km circuit on the outskirts of Tarquinia that included 2 rises of substance, some general undulating and some basically flat sections.

It was on the circuit that 3 refreshment stations were established, and with 6 crew, we were able to have all 3 set up and managed. The runners missed out on the fun and games at the drink stations with some colourful exchanges between some of our more outspoken crew, and the local officials. We were fortunate to have such outstanding crew on each of these stations to protect our supplies and provide smiling support at regular intervals. After 4 laps of this circuit, the race finished with a rising section back into town, before finishing with a steep climb back to the gates of the Old walled town perched on the top of the hill. By the time most runners were finishing, the course was lined with candles that led the runners around the loop and then guided them up the hill to a quite spectacular finish.

The men's team went in with high expectations. Magnus Michelsson had been selected in 2006 but had to withdraw with injury so we all looked forward to seeing what he could do after his recent efforts at Comrades. Magnus ran as he always does, and ran with the leaders

through the Marathon point only to suffer from cramps that halted his progress. This left Darren Benson as the front running Australian only to be struck down by an asthma attack that had the official medicos reaching for the hook and ending his race. Dean Cook meanwhile continued to motor along as the front running Australian in a typically tough performance, and he ended up crossing the line just minutes ahead of myself, but he was never going to give up that place. Dean and myself both had solid races under the conditions. Tim Cochrane was next across the line in just over 8 hours after another gutsy run riddled early on with stomach problems, but as he has often done in recent years, he took stock, kept himself going, and saw the race through in another solid effort. Dave Eadie meanwhile had a tough day but in no surprise to anyone who knows him, he accepted his fate, kept his spirits up and continued on. In a great example of teamwork he picked up the cramp ridden Magnus and committed to take him through to the finish. A lap out, Magnus, although naturally appreciative of Dave's support, felt he needed a break from the verbal barrage, and moved away to be the next Emu across the line followed in by Dave. There are plenty of runners of the class of Magnus who walk away when things don't go their way, but Magnus saw this through and in doing so showed great respect to his team mates and the national colours; respect which

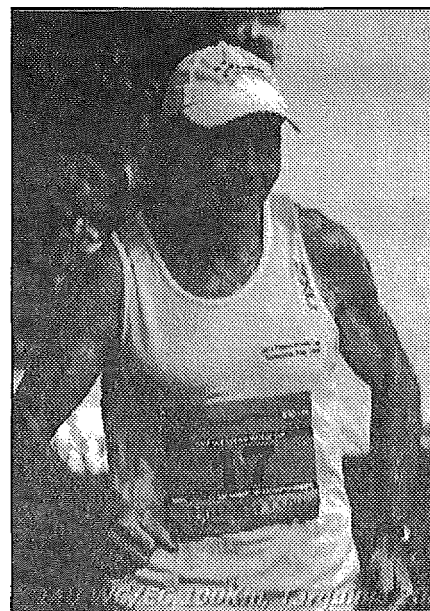
is reciprocated by all of us. Overall the team finished 9th which was disappointing based on our own expectations, but we did well to get a team finish when plenty, such as the USA did not as runners fell to some carnage out on the course.

It was great to have a woman's team back this year, and they did us proud. Kerrie Bremner led the women home in a PB just over the elusive 9hr mark. Not too far behind was the impeccably paced Susannah Harvey-Jamieson who also ran a personal best. Magnus actually caught up to Susannah as she reached the final rise to the finish, and in a sign of the times that provided much material for post race discussions, raced away to the finish. Being a great team player, Susannah strongly defended Magnus' decision in the face of a barrage from the team spokesman! The next female was

Australian Women to cross the line. That gave the women a 100% finish rate and overall position of 8th.

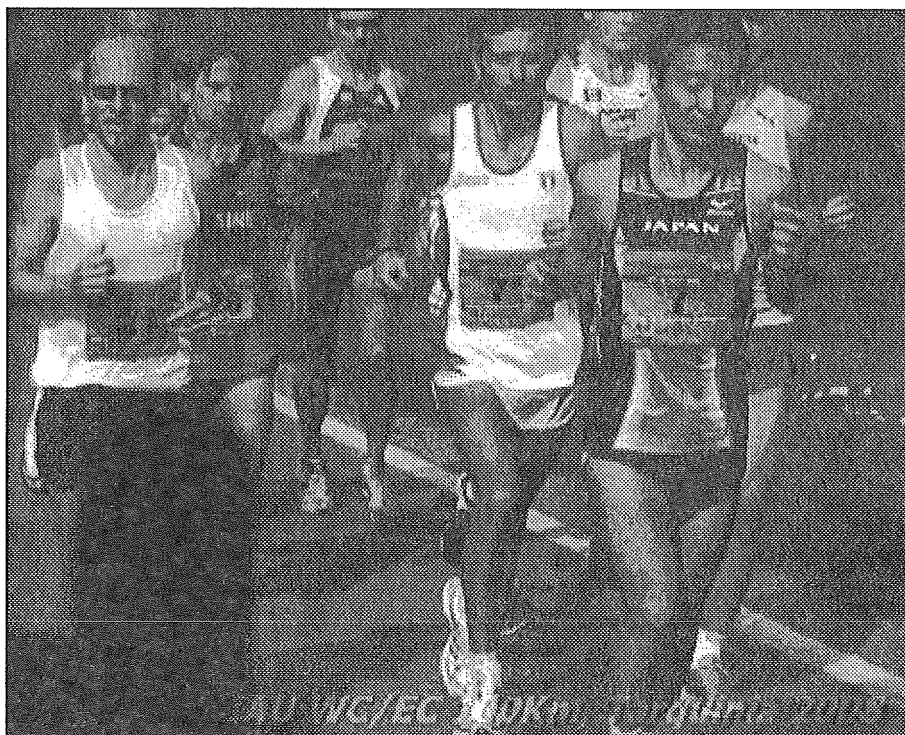
In review, the times were generally down on those hoped for by the individual runners, but the effort and commitment of every one of the team can never be questioned. The 100km Championship races are very intense, and with the added burden of extensive travel to Europe in most years the challenge is great. The runners all work regular jobs and many cases support families, and to achieve what they have achieved in being selected to represent Australia and performing as they have is something about which each and every one can be incredibly proud. It was an honour to Captain the Emus of 2008.

The Team would particularly like to thank the following people and busi-



Jo Blake in action

they assisted with discounted outfits for the team and hopefully this may be the start of a long term association between 2XU and AURA.



Magnus Michelsson in the pack

Vivienne Kartsounis who was out to get some redemption for the race 12 months earlier and she did that, finishing strongly and showing what she is still capable of. The 3rd Rookie in the woman's team was Sharon Callister who ran a really consistent well paced race to be the 4th of the

nesses for their support. Thanks to our Manager Nick Drayton, who took the administration tasks and challenges in his stride. The traveling support crews of James, Euan, Stuart (Coley), Shannon and Echo, you were all fantastic. Dave Eadie who commenced negotiations with 2XU and

The following group of supporters provided financial assistance towards the team, including funding all of the outfits. These supporters have nothing to gain directly from an involvement with AURA and Ultra Running, but did so to support a National Team. So a special thank you to Marsdens Law Group, Crispin & Jeffery Chartered Accountants, Warren Moore, Paul Umbrazunas, Peter Roach, Robert Sennitt and Darren Rogerson; and finally the group behind the naming of the Emus, and the biggest financial supporter, being all the participants in the Kudos Cup (Comprising - This years Champion, The Litho, Wazza, Tiger, Lord Ted, Fatty, Hands, LB3, Pant, Gloves, Tunksy, Eka, Rogue, Qwerty, Kiwi, Sherwo, Degs, Coley, LB2, Huntsman, Toppo, Boof, LB1, LB5, Bones, Block, Dawso, Soft Hands, Buss, Arko, Toughest, Old Mate, LB6, Sherwoj, and this year's wooden spooner, LB4)

Finally thank you to AURA, without which Australia would not be sending teams to any of the IAU events, and all AURA members for the support you give the sport in this country.

"The runners all work regular jobs and many cases support families, and to achieve what they have achieved in being selected to represent Australia and performing as they have is something about which each and every one can be incredibly proud"

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New Championship event

In May 2007 the Commonwealth Games Federation agreed to organise the inaugural Commonwealth Championship in Ultra Distance and Mountain Running. The Cumbria County Council (GBR), has agreed to be the "accountable body" for the championships. This decision releases significant amounts of money from the Northwest Development Agency for the event to be held in the Cumbrian town of Keswick on 17-20 September 2009.

Situated in the heart of the England's scenic Lake District, Keswick benefits from ideal natural terrain, and has experience of organising many mountain races, road races, and important cultural events. Keswick was the venue of the successful World Masters' Mountain Running Championships in 2005.

The funding will guarantee the staging of the championships. This includes some support for Commonwealth countries towards their accommodation costs. Sponsorship from the commercial sector is expected to cover the cost of the festival of sport which will accompany the championships. The festival will focus on youth and school children, introducing them to the atmosphere of international athletics and encouraging a healthy lifestyle.

The Championship programme will comprise two Ultra distance races over 100km and 24 hours, and two Mountain races, one being uphill only and the other an up/down race starting and finishing in the town's Fitz Park.

News in Brief

The Serbian Ultramarathon Federation has become the 45th member federation of the IAU, and will be sending athletes to the forthcoming 100km World Cup in Italy.

IAU Congress

IAU Congress 2008 will be held on 7 November, in Tarquinia (ITA), in conjunction with the IAU 100km World Cup and European Championship

IAU Championship venues for 2009:

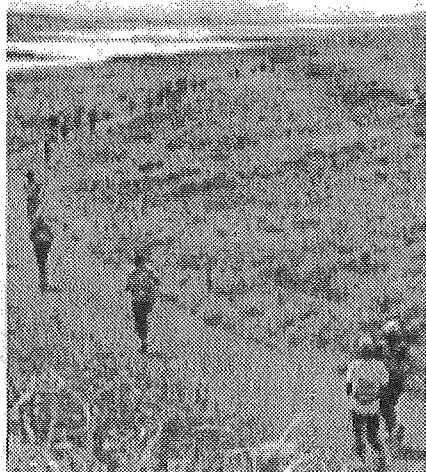
- The venue for the 100km World Cup and 100km European Championship on 19 June 2009 will be Torhout (BEL).
 - The 24 hours event will be hosted by Chierano - Bergamo (ITA) on 2-3 May 2009, also combining the World Challenge with the European Championship. Serre Chevalier (FRA) been chosen to stage the Trail World Challenge on 12 July.
- Each competition is built upon the expertise of existing organisations: the "Night of Heroes 100km" in Torhout, the "24h del delirio" in Chierano - Bergamo and the "Merry Sky Race" in Serre Chevalier. All are experienced race organisations with a long history and an international reputation.

Results

22 June 2008 23rd LAKE SAROMA 100km, JAPAN

Under cloudy conditions (14°C) with a little rain, Masakazu Takahashi won the men's race and Hiroko Shio, who was the third in last year's IAU 100km World Cup, the women's writes Souhei Kobayashi.

There were 2,811 participants in the 100km and 2,053 runners (73%) finished within 13 hours. Four men finished under seven hours and three women ran under eight hours. Top nine male and female runners from this race will be selected for the 2008 IAU 100km World Cup, to be held in Italy.



MEN:

1	Masakazu TAKAHASHI	JPN	6:42:03
2	Hideo NOJO	JPN	6:46:48
3	Mitsuru SHINIHARA	JPN	6:57:13
4	Shinji NAKADAI	JPN	6:58:35
5	Yasukazu MIYASATO	JPN	7:03:03
6	Yoshiki TAKADA	JPN	7:08:34
7	Yoshihumi RYOMOTO	JPN	7:15:10
8	Yasutoshi OSHIMA	JPN	7:20:33
9	Yoshiyuki SAITO	JPN	7:24:00
10	Takehiro MATSUSHITA	JPN	7:27:18

WOMEN:

1	Hiroko SHIO	JPN	7:18:04
2	Yoko YAMAZAWA	JPN	7:18:08
3	Naoko OYA	JPN	7:59:14
4	Mai FUJISAWA	JPN	8:01:54
5	Kazuho IZUTSU	JPN	8:10:32
6	Yuki NOSE	JPN	8:24:54
7	Takako ASANO	JPN	8:29:54
8	Miki SAKAMOTO	JPN	8:40:21
9	Mitsuyo OKADA	JPN	8:45:41
10	Akiko KOMATSU	JPN	8:57:13

3	Riyoko MOTOKI	JPN	175,509km
4	Kotomi SUZUKI	JPN	169,690km
5	Tomoko KOSHINO	JPN	159,564km

26 August 2008: Hallsberg 6-day race, Sweden

The race event was epic struggle between the veteran Yiannis Kourou and Martins Haussman (for details, see Opinion article on p.46). In third place Christian Ritella set a new Swedish record and in fourth Tom Hendriks a new Dutch record. Aku Kopakkala set a Finnish record with 565.2km. Yiannis Kourou and Glen Turner ran national age records.

1	Yiannis KOUROS	GRE	758.800km
2	Martins HAUSMANN	GER	756.400km
3	Christian RITELLA	SVK	701.600km
4	Tom HENDRICKS	NED	652.400km
5	Glen TURNER	USA	637.600km

5-6 July 2008: Jingu Gaien 24h Challenge, Korea

MEN:

1	Masahiko HONDA	JPN	245.690km
2	Yoshiyuki SAITO	JPN	241.008km
3	Katsuhiko TANAKA	JPN	213.667km
4	Makoto SUZUKI	JPN	211.356km
5	Shingo INOUE	JPN	208.628km

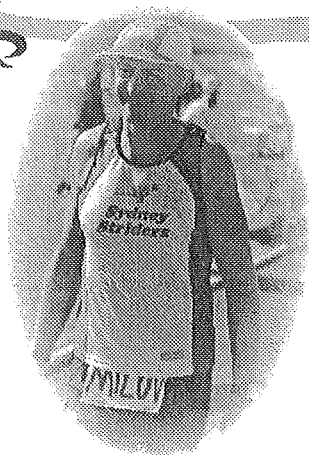
WOMEN:

1	Yasuko KANEHIRA	JPN	205.173km
2	Akie KUWAHARA	JPN	203.790km



Sri Chinmoy 24-Hour Festival of Running

Incorporating the A.U.R.A. National 24 Hour Championship
Adelaide, 4th/5th October 2008



The Battle at SANTOS By Brett Saxon

The scene may not quite have resembled that contained in the message Phidippedes delivered to Sparta but some felt just as beaten and battle weary; thankfully I can report all were victorious at Santos in 2008 AD unlike Phidippedes in 490 BC when on delivery of the Victory Message to Athens managed to utter the words "We Were Victorious" then promptly dropped dead on the spot.....

Dave Attrill came close but in the true spirit of the Aussie digger, having been dragged from the trenches after fending off all enemy advances, new life was pumped into the body in the EVAC headquarters. With medal of honour pinned to his chest he walked away to fight another battle.....

It was a battle zone in there, or at least that's what the barmaid thought as she witnessed the three amigos' slouched over the bar table, the other occupants surely thought the winners had moved on to fight another battle as to the observant eye these three were history...

Taxi, did anyone call a taxi, much to the astonishment of the wide-eyed onlookers, the three lifeless bodies stirred in a slow motion stumbling manner, gingerly bent their bloodied, beaten and tired bodies picked up their swags and collectively sighed and hobbled their way from the battle scene.....

The real battle however was staged during the previous 24 hours with much planning done during the previous 48 hours. As the various key soldiers and generals made their way forth to a makeshift command post located in the volatile region known as the Hindley Strip the partying insurgents on the end

of season sporting trips looked on contemplating the enemy. Thinking better in their inebriated state after sighting Michael Lovric and the tree trunks that hang from the torso of the Neil Angel we all arrived unscathed for the pre war briefing.

Gathered around the table with pens and paper calculating strategic moves there was endless discussion flowing from all corners of the room. Various members came and went some say they went to check out the pre race party across town, but the word from the inside is that secret strategies were forming, the real players shall remain nameless, cover names such as Milov, and Horrie, should be enough to throw you off the scent. While three remained to share in the spoils of the Maggotman's special pasta followed by an a la tinneed creamed rice, superbly opened and served by myself.

A special visit from the colonel also known as Frank the South Australian, complete with the plans and information required to ably support his troops in the pending battle scheduled for 0900 the following day. After lengthy analysis of the situation the troops retired to their swags in readiness for the pending battle.

Awoken by the sounds and smells of war all around us, curiously observing to see if it was the enemy consisting of the partying insurgents or was it Glenn Lockwood, Mal Gamble, and the Angelic One Neil Angel, it didn't matter as it was time to hastily vacate the abode. Polishing down enough fuel to start the day and with battle gear on, we left via the stairs to minimise exposure. Slipping discretely into our armour plated vehicles, cleverly disguised as standard suburban taxi's we vanished without a trace. Driven to the

24hr	Name	Final Dist.
1	Michael Lovric	209.424 km
2	Colin Brooks	182.347 km
3	Tony Collins	176.712 km
4	Malcolm Gamble	174.458 km
5	Glenn Lockwood	172.312 km
6	Robert Boyce	167.474 km
7	Anth Courtney	163.769 km
8	David Billett	162.245 km
9	Peter Lines	157.045 km
10	Stuart Price	153.634 km
11	Brett Saxon	145.424 km
12	Deryck Skinner (walker)	143.033 km
13	Richard McCormick	142.737 km
14	Erin Kreiss [f]	140.434 km
15	David Attrill	138.124 km
16	Doug McKay (walker)	127.553 km
17	Tony Ayris	122.726 km
18	Peter Gray	115.044 km
19	Doug Reid	105.200 km
20	Anyce 'Kip' Melham	83.200 km
12hr	Name	Final Dist.
1	Paul Monks	93.785 km
2	David Brelsford	85.022 km
3	Ernie Hartley	83.724 km
4	Sue Bardy [f]	62.948 km
5	Mark Tuxford	54.468 km
6hr	Name	Final Dist.
1	Kim Cook	65.765 km
2	Mark McGowan	61.733 km
3	Zac Savage	60.113 km
4	Neil Arigel	58.909 km
5	Tom Naylor	41.377 km
6	Sue Worley [f]	37.501 km
7	Kym Loprete [f]	25.200 km

front line, we covertly entered the battle ground only to be spotted by the admiring fans in their thousands, reality check....

It wasn't war after all and the fans, well they were coming they just weren't here yet. We each went about setting up our gear bags and tables etc, introducing ourselves to all the runners, organisers and volunteers. I took advantage of the podiatrist and had my feet taped which felt really good. With the great help of Frank and his CR entourage come start time we were all set, I can't believe how out of the way these guys went to help us runners, we were made very welcome and the support was fantastic. Introductions of all runners were made at the start line and the countdown began....

My debut track race unfolded as follows...

Early laps began at a faster than planned pace, I had much difficulty in circulating over the 2:30 and I was constantly telling myself this will cost me later. I really wanted to slow it to around 3:00 minutes per lap. Having struggled with the flu in the lead up week and some real muscle cramping issues I was also very concerned this could bring the day to an abrupt ending. I got totally lost in all the camaraderie and even the wise cracks coming from Paul Monks, trying to put me off my plan. I think it worked as I didn't slow and I should have, thanks Paul, and you weren't even in the same race. Constantly aware of my recent DNF at the Tan Ultra I made sure I drank loads and ate often. I continued to feel really good and just kept churning out the laps. Not surprisingly Michael Lovric, Paul Monks, Anth Courtney, Rob Boyce and others went past on a regular basis. I am very aware of where I sit in ability amongst these guys and don't worry too much about others as I know I can't catch them. I do like having little personal battles though and can find it motivating and aids in goal setting to try to be around the same place in the field as someone of similar talent. For me Richard McCormick is one who is somewhere near where I am and it was great to see that hour after

hour we were on the same lap. After 6 hours we had both completed 126 laps 50.4Km.

Having already turned and started to unwind after 4 hours I was surprised that running around in circles was not boring me and making the task harder. We also had the 6 hour guys join us and now with my new mate Neil Angel on the track with his own debut at hand there was even more spark and conversation amongst runners. Kim Cook was flying around like a man possessed, apparently had an early flight to catch and wanted it over with quicker. Hey Cookie it was a six hour race it wasn't going to end any quicker by running that fast you machine, but it was a good test to see if time could stand still. With



Michael, Mal, Anth and co still cruising and making this ultra stuff look easy this stage of the race was now slowly starting to take a bit of a toll. Only for the magnificent support from the Organisers, the enjoyment factor would have been a lot lower on the scale. I was very aware of the old heads steadily churning out the laps, at one stage I was ahead of Tony Collins who in my book is a real legend. I even said to him, I'm going to savour this brief moment ahead of you Tony as I know it won't last. As night fell the cool air settled in to the stadium. Paul Monks with much pleasure told me his race was almost run, time wise and quickly pointed out I was nearly half way, thanks for the boost in morale Paul. It was a great run by him to clock up 94Km in 12 hours.

With another change in direction

well underway and new scenery to admire under a floodlight cloudless night, I found myself questioning if I could continue for the next 12 hours. My stomach had been playing up a bit and the gents had been well frequented. A blister had well started to form in a place private to one. This alone slowed my time considerably and brought about several short rest breaks.

My private little battle with Richard was slipping away, with me now many laps behind. Struggling along, yet often with advice from Rob Boyce and others to soldier on, the pain and rawness of the blister constantly aggravated with every step forced me into a pit stop in the massage tent. I asked the physio if I fell asleep to give me at least 15 minutes then wake me.

Times up mate came the wake up call, I slid off the table and continued circulating, the air was cold, I was struggling to eat and drink now, yet had managed to get to this stage without recent symptoms of dehydration which was one pleasing aspect. I slowly churned out another 6-8Km in the next two hours. I still found myself having to circulate with my hand down my pants to prevent any more rubbing and aggravation on the blister. The lap scorers continued to do a magnificent job and did their best to encourage us to keep moving forward. I had started to notice others were having some issues also and more regular stops were occurring in their journey. Richard appeared to be suffering from the cold also. I needed to find a cure to help me finish the 24 hours off.

Another trip to the gents and a change of running shorts, followed by a quick visit to the massage table, had me feeling a little perkier. I gingerly got up and noticed the tub of sorbolene cream on the floor. Two rather full handfuls of cream applied down the front of the pants after the massage would hopefully enable me to continue on with minimal suffering. The sun was due to rise shortly, but the air was still cold. I found the cream did a reasonable job and I was able to maintain a steady jog for several laps. Not surprisingly my legs felt quite

strong given the amount of down time I had during the night. Daylight was starting to take shape and with several continuous laps under my belt my body was also warming up. I shed the top layer of five items and felt even freer to run. My lap counting crew were very supportive having seen me seemingly rise from the death of the night. Fellow competitors were also very encouraging as I was circulating with times not seen on my sheet since the first couple of hours of the event.

With the sun now having more effect on the body temperature more layers came off. A new lease of life had been born into the battle worn body that emerged from the chilled air of the night. A quick glance of the lap board showed I was still behind Richard and both Walkers David Attrill and Deryck Skinner and the only 24hr female entrant Erin Kreiss. Certainly no disrespect to any of these guys but my personal challenge was to finish ahead of the walkers, hopefully also pip Richard and Erin at the post. With my new found lease of life I was regularly lapping all of these guys and many of the others in the field, although the vast majority were streets ahead and never in danger of being caught by me. I had been almost running nonstop now for two hours and still felt ok, I'm sure the expression on my face suggested otherwise, but considering the black hole I crawled from the grimace was all good. With Anth back on track circulating after an ankle/foot injury and giving lots of encouragement I was spurred on more. As the 23rd hour updates were listed I found I had made good ground and was now in reach of Richard. I had managed to pass the walkers and Erin. I quick check with the lap counters on my tally along with Richard's indicated I was four laps behind with less than an hour to go. Giving everything I had I steadily picked off laps on Richard, initially rejecting his suggestion that I would catch him as I didn't think there was enough time.

With Richard leaving the track for a toilet break I hammered out a couple of quick laps and leaving only a lap between us. Still feeling very strong in the legs and mostly pain free the laps kept ticking over. I could sense Richard keeping an eye on me across the track and making every attempt to lap him harder. Eventually forging ahead but still on the same lap I felt I couldn't possibly slow down and undo the effort of the last few hours. It's quite strange how a simple challenge or self appointed target can drive you on. In the friendliest of senses this was my own little battle with Richard even if he didn't know it, but I'm sure he did and it looked like in our head to



head I might go one up. I continued on and managed to put several more laps between us in the final stage of the race. As the organisers announced there was only 10 minutes remaining, again I managed to find a little extra in the tank and upped the pace even further. We were handed our name blocks to drop on the track at the completion of the 24 hours. This signified around five minutes remaining, I figured I could go even harder for another five minutes when Michael Lovric came up beside me. Thinking I was up for the challenge I went with Michael for a brief moment as he poured on the after burners, gradually dropping off his shoulder he urged me on to stay with him. Not thinking

real clearly I went stride for stride with him for the final two and half laps clocking up the fastest pace for the entire 24 hours in those last few minutes. The announcers counted down the last ten seconds and we found ourselves rounding the bend onto the back straight, you would think we had just launched off the blocks of a 100m sprint as we propelled our weary bodies down the straight. The siren went and we dropped our blocks. It was over. A handshake and a hug of those nearby were followed by a stumble to the infield where I allowed my body to collapse on the grass. My debut track 24 hr was run, I was spent.

With six hours splits of 51K, 36K, 21K and 38K I will take a lot from this event, although disappointed with not reaching my target of 100 miles, I am able to walk away knowing that with better management of my race plan and some preventative measures applied to the anatomy, my next attempt will be a success, after all I didn't drop dead, therefore I was victorious.

It is impossible to name all those that were involved in putting on this magnificent event and making it a special weekend, but I want to express my sincere appreciation to all the Sri Chinmoy folk, to Frank and all the support guys and to all fellow competitors, your support and encouragement were phenomenal. A special thanks to my flat mates and new friends, Neil, Glenn and my old mates Mal and Paul. It was a great weekend and I appreciate and value your friendships.

The troops gathered in the airport lounge for a debrief, wounded but happy to be on their way home to loved ones, with varying flight plans, the group dispersed gradually, yet ready to do battle on another front sometime in the near future as dictated by the AURA calendar.... bring on Coast to Kosciusko , the decider!!

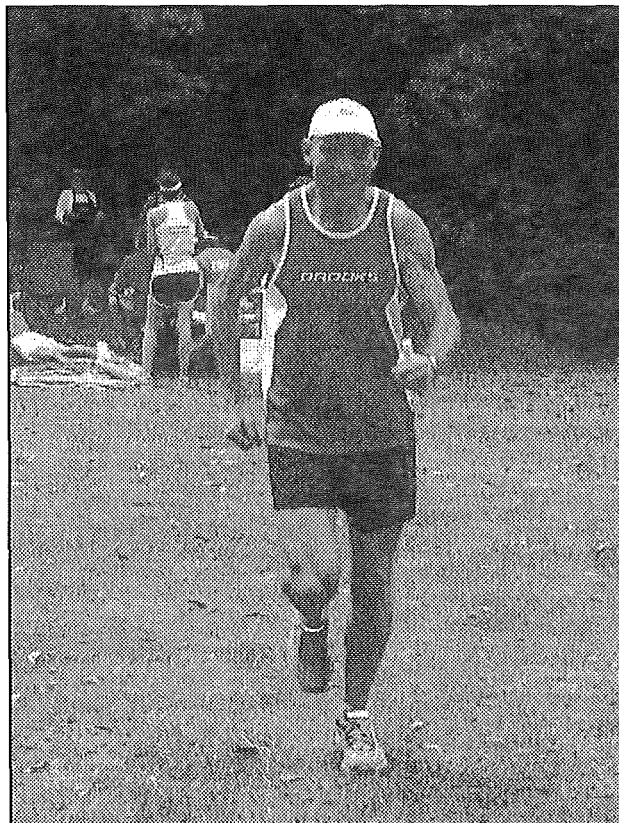
P.S. Richard levelled the ledger pipping Brett by mere minutes in the 2008 Melbourne Marathon the following week

Tamborine Trek 62km

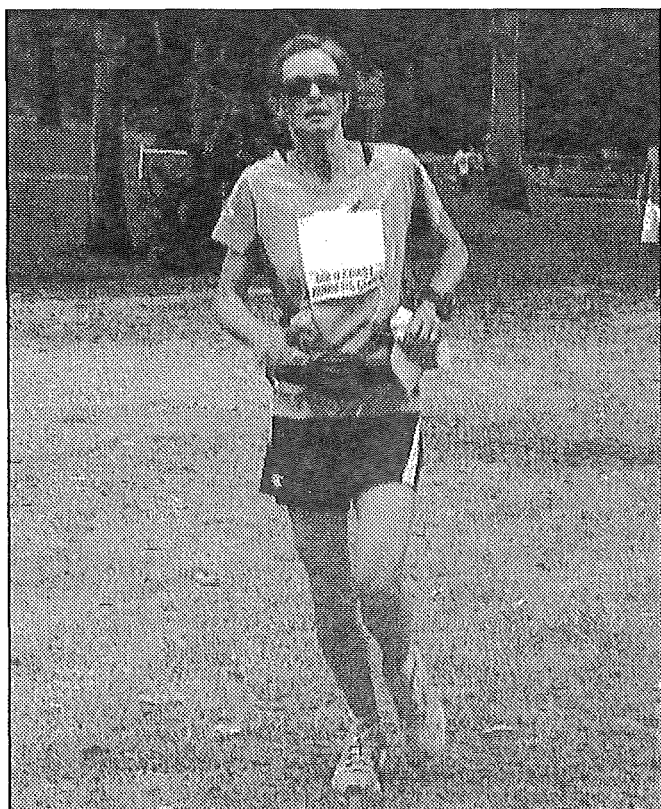
5th October 2008, Queensland

Results

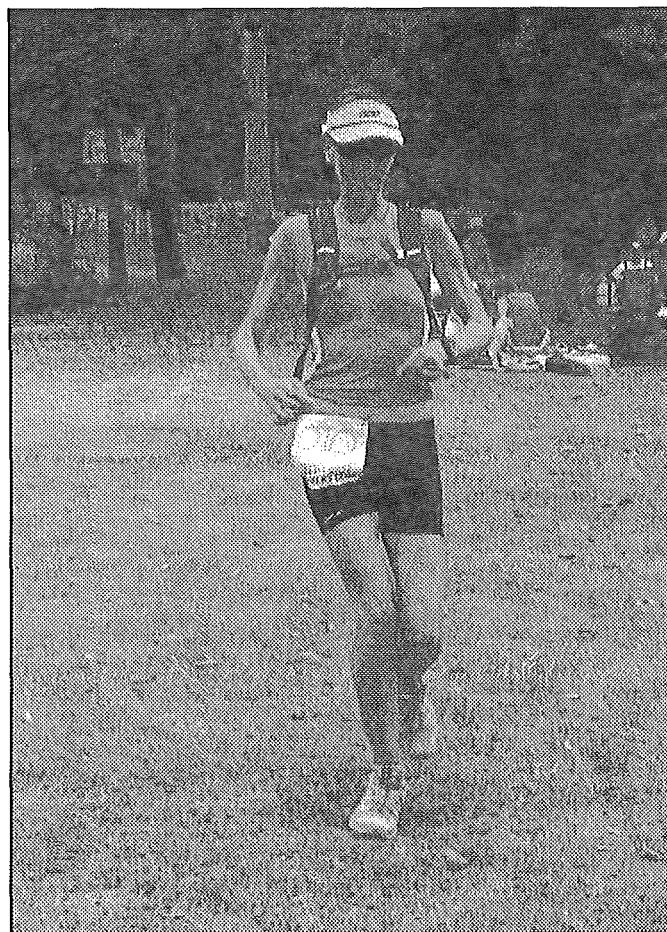
1.	Jonathan Blake	5:15:17 Race Record
2.	Kelvin Marshall	6:54:09
3.	Susannah Harvey-Jamieson [f]	7:10:47 Race Record
4.	Tegwen Howell [f]	7:14:49
5.	Adrian Pearce	7:18:15
6.	Keith McKay	7:53:29
7.	David Schuett	8:05:34
8.	Graeme Kirkpatrick	8:17:04



Tamborine Trek - Jo Blake



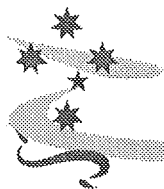
Tamborine Trek -Tegwen Howell



Tamborine Trek -Susannah Harvey-Jamieson

2008 Bribie Beach Bash 46km

	QLD - 5th October 2008	
1	Natalia De Clereq [f]	5:15:38
2	Libby Swain [f]	5:24:19
3	Kim Cook	5:34:38
4	Stephen Roff	6:08:33
5	Ellis Pearce	6:08:33



Great North Walk 100's

8th/9th November 2008 - NSW Central Coast

100 Miles [actual 175km]

Place	First Name	Last Name	Time
1	Joel	Mackay	26:31
2	Wayne	Gregory	26:56
3	Philip	Murphy	27:46
4	Rachel	Waugh [f]	27:47
5	Kim	Cook	29:00
6	Andrew	Vize	29:05
7	Kelvin	Marshall	29:50
8=	Terry	Coleman	30:09
8=	Innes	Smith	30:09
10=	Darrel	Robins	30:51
10=	Tamas	Gazdag	30:51
10=	Michael	Lovric	30:51
10=	Rodney	Ladyman	30:51
14	Marie	Doke [f]	31:25
15=	Meredith	Quinlan [f]	31:33
15=	Allison	Lilley [f]	31:33
17	Andrew	Hewat	31:50
18	Kevin	Heaton	32:59
19	Tamsin	Barnes [f]	33:22
20	Adam	Carter	33:26
21	Lachlan	Fraser	34:01
22	Sebastian	Warmerdam	34:10
23=	Jane	Trumper [f]	35:27
23=	Graham	Wye	35:27
23=	Ray	James	35:27
26	Nadine	McKinnon [f]	35:32
27=	Lisa	Lee-Johnson [f]	35:46
27=	Bill	Thompson	35:46
DNF	Nick	Barclay	[160.8km]
DNF	Louis	Commins	[103.7km]
DNF	Justin	McKinnon	[103.7km]
DNF	Ian	Wright	[103.7km]
DNF	Nick	Thompson	[103.7km]
DNF	Dan	Bleakman	[103.7km]
DNF	Grant	Campbell	[149.9km]
DNF	Ken	Smith	[103.7km]
DNF	Nikolay	Nikolaev	[103.7km]
DNF	Phillip	Whitten	[81.7km]
DNS	Tim	Turner	DNS
DNS	Jonathan	Worswick	DNS

100 Kilometres [actual 103km]

1	Ewan	Horsburgh	12:21
2	Malcolm	Gamble	14:16
3	Murray	Carter	14:24
4	Graham	Ridley	15:03
5=	Michael	Miles	15:18
5=	Nicholas	Barlow	15:18
7	Fleur	Grose [f]	15:28
	Ian	Wright	16:00
8	Jason	Markezic	16:23
	Grant	Campbell	16:38
9	Jessica	Robson [f]	17:03
10	Peggy	Macqueen [f]	17:06
11	David	Michell	17:08
12	Victor	Correa	17:10
	Justin	McKinnon	17:10
13	Geoff	Evison	17:15
14	Cathy	Donnet [f]	17:47
15	Nicolas	Ramillon	18:26
	Nick	Thompson	18:26
	Dan	Bleakman	18:52
16	Joel	Green	19:09
17	Gareth	Parker	19:43
18	Kate	Walsh [f]	19:50
	Nick	Barclay	19:51
19	Robert	Fox	19:52
20=	Belinda	Lockwood [f]	19:55
20=	Glenn	Lockwood	19:55
20=	Steven	Gray	19:55
23	Mark	Redding	20:00
	Louis	Commins	20:19
	Nikolay	Nikolaev	20:26
24	Gregory	Brown	20:53
25=	Lynda	Van Dyk [f]	21:16
25=	Vic	Anderson	21:16
	Stephen	English	DNF [81.7km]
	Milan	Dolezal	DNF [81.7km]
	Robert	Boyce	DNF [81.7km]
	Sharene	Hurnen [f]	DNF [52.5km]
	Stephen	Kibble	DNF [52.5km]
	Bart	Cupitt	DNF [52.5km]
	Kristy	Radnidge [f]	DNF [52.5km]
	Nigel	Knight	DNF [52.5km]
	Tom	Silk	DNF [52.5km]
	Bethany	McCarthy Hall [f]	DNF [52.5km]

*"With a field of close to 80 runners across the 100 miles and kilometres
I was seldom alone for the first half"*

Report by Andrew Hewat

My phone alarm went off. I groped around in the dark and instinctively hit the snooze button. I snuggled down again. Damn. I have to get up. I sat up and looked around blearily. I really have to stop doing this. These 100 milers are wearing me out. I was sitting in the middle of the Great North Walk Trail next to the unmanned water drop between checkpoints 4 and 5. I reached up and switched on my headlamp. I dragged myself up and stumbled off down the trail towards Somersby and the new day. I had managed 10 minutes of sleep. Just enough to stop me staggering all over the trail and tripping on every shadow. I still felt devoid of energy but at least now I could focus enough to get to the next aid station. The finish still seemed like a lifetime away. There was never a thought of quitting. It was more a matter of how long and in what shape I would make it.

Looking at the race splits for the sector from 4 to 5 I suffered terribly from low energy and lost a lot of time. It hadn't all been like

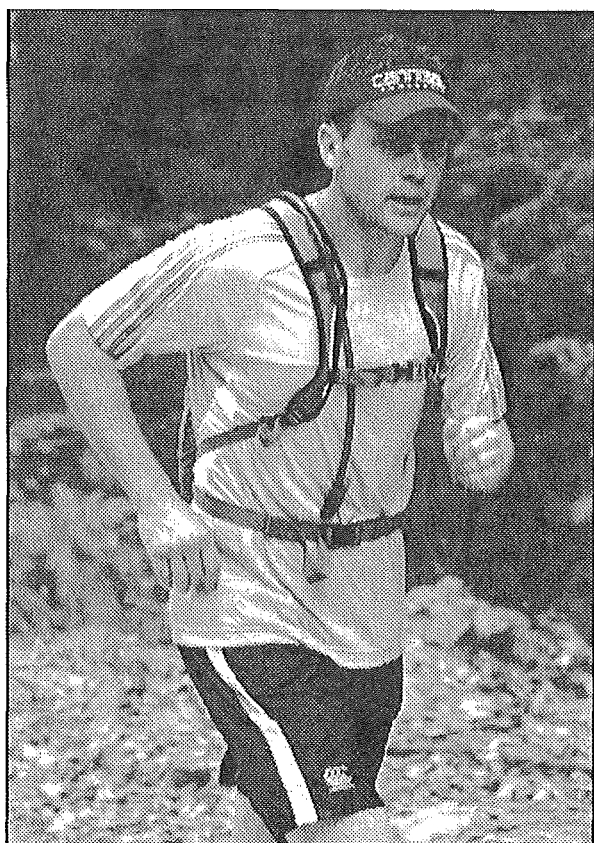
that. It had been an interesting day. Every ultra is a new adventure. This one had been more about the people around me than about myself. Sometimes you have to take a step back from your race to help others along the way. Saturday had been one of those days. Sunday would be different. With the rising sun I would find a new energy that would reward me with some magical trail running. But first I had to get through the night.

I had planned to run this years GNW with Tim again as we make a good team on this testing course. We both had injury plagued preparations so had no expectations. Tim was forced to pull out pre-race so I was on my own. With a field of close to 80 runners across the 100 miles and kilometres I was seldom alone for the first half. During the first two stages I found myself with Hermie on and off. I would pull ahead on the downs and he would catch me on the climbs. We have spent many a mile together in the past and so it would be again today. Coasting along the ridge of the Sugarloaf Range, before Heaton's Gap, we encountered Brick sitting by the trail with his shoe off, wrestling with his foot. I stopped and helped bandage a badly blistered toe. This was worrying only 10km in. We rejoined a long train of runners before they let me pass on the descent. I enjoyed the long downhill into Heaton's Gap. I stopped to fill my bottles at the service station. The climb up to Heaton tower was a real grind. Runners surrounded me. I was surprised how many people were within sight. I remembered climbing up here the first year of the race with Tim and we were all alone. This race is really growing. It was already warm and threatened to really heat up. Fortunately the cloud cover

kept the temperature down and the heat never eventuated.

Past Heaton Lookout and we dropped down into the thick rainforest. There was a small group of us winding our way through the dense cover. I had to concentrate on the trail. The thick leaf litter made it indiscernible as you weaved in and out of trees and up and down creek beds. I stopped several times to flick leeches off my gaiters. They were everywhere. And stubborn. Climbing out of the forest back onto the gravel road I stopped at the loo at Hunter Lookout. Many people passed me. Coming into checkpoint 1, I found myself walking and chatting with Dr Lach who had taken a detour and added several kms already. Not for the only time either.

Checkpoint 1 was a welcome sight, I was getting hungry. I didn't spend long, just grabbing some food and heading out, walking for the next km to eat. Hermie was with me and when asked by a group just in front of us about where to go he offered: "Just follow the road then turn off it." Sage advice I thought. Hope they had their maps. This section follows the ridgeline for quite some distance. The road made for easy running. I caught a few people who had passed me earlier. Brick and Terry were just in front and I kept pace with Hermie comfortably. The field was spreading out now. Past Barraba Campsite and we started the long descent into the valley. I love this section and really opened up pulling away. Once off the road there is long raking single track. I passed a couple of runners and crossing the field at the bottom could see a couple more just in front. The familiar old bathtubs were still at the bottom of the hill. Strange the things we remember. I was determined to run as much of the road as I could but the Congewai valley is like an energy vacuum and every time I get there I struggle. This time was no different. I kept looking back for Hermie, knowing that when he caught me it would help keep me going. I was starting to feel nauseous and it became a



"He was in a really bad way. He was thinking of his family and clearly worried"

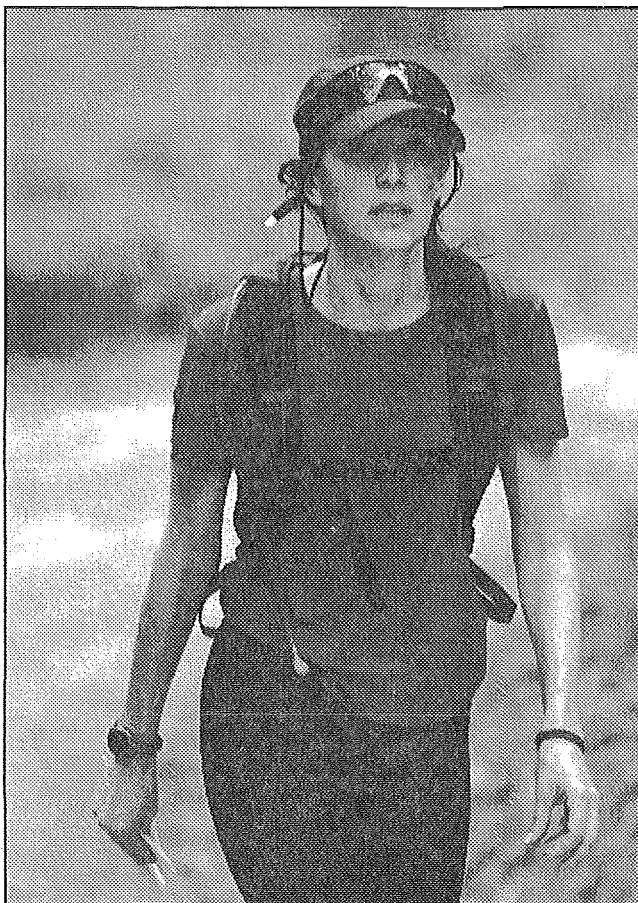
real effort to get to the school. The breeze was almost cool. I couldn't blame the heat. I just felt sick. I asked Hermie why we do this. I suggested it was time for me to find another sport. Not for the last time I had this thought.

Checkpoint 2. I knew I had to eat but every mouthful I took threatened to come back up. Kathy was helping me out and looked worried at my pitiful state. I knew I just had to get some food in and keep moving. So that is what I did. The short out-and-back section here allows you to see the state of others and who is close to you. Hermie caught up again and took my mind off my malaise. But as soon as we started the climb to the communication tower he pulled away easily.

Well up the steep pitch I encountered Tom coming back down. He looked terrible. Apparently he felt even worse. His kidneys were painful and he was short of breath. He hadn't been weeing. And he had been vomiting. I got him to sit on a log. He wanted me to go on but there was no chance of that. I assured him I was in no hurry and wasn't leaving until I knew he was safe. Runners kept stopping to offer help but I sent them on. Brick stopped and he looked terrible, absolutely drenched in sweat. He had been sick himself but kept going. I filled an empty bottle I had with plain water from my Camelbak for Tom. He only had Gatorade and he needed some water. He wanted to sleep but I wouldn't let him. I was really worried about him. He rang Les, the wireless radio communication co-ordinator to pass on his withdrawal so that checkpoint 2 would know he was coming back. We sat for some time just chatting and sipping water. Once he felt up to it I took his pack and we ambled back down the hill. After a while he turned and told me he couldn't take me any further

and assured me he would be OK. Reluctantly I agreed and left him to it. He made it back safely.

I pushed hard back up the hill. The time spent resting with Tom had freshened me up and I was keen to get going. I dug my poles in and pulled myself up the steep trail. Approaching the top I rounded a corner and there was Brick and another guy, Joel, both doubled over and looking like death. Brick had been suffering for some time and was clearly distressed. Joel explained that he also felt terrible and his feeble urine was the colour of Brick's pack. I looked at Brick's pack: coffee coloured. Not good. Seriously, not good. I suggested do-



ing as Tom had done and head back to CP2. They both couldn't face that option so they decided to get to the top and reassess. I resigned to stay with them. It was slow going with enforced rest stops every few metres but eventually the communication tower came into sight. We stopped at the road and Brick curled up on the ground. Joel paced around uncomfortably.

Déjà vu. This was the exact same spot that Tim had collapsed with heat stress two years ago. I couldn't believe the contrast today. The rain was coming in and the wind had whipped up. I was shivering and dug out my emergency jacket. I could see Brick curled up in the foetal position, getting goose bumps. I made him get up to put his jacket on. I presented their options: go back to CP2; try and get down to the road where the unmanned water stop was; try and get to CP3, still a long way off. Brick wanted to try to get someone up onto this fire road. He was in a really bad way. He was thinking of his family and clearly worried. I rang RD, Dave Byrnes

and got his answering machine. I left a message. Some other runners came past. Graham Wye had the emergency number so rang the wireless communication co-ordinator. I spoke to Les and asked about getting the pair picked up from somewhere. He radioed through to Dave and rang me back with the options. He said someone could retrieve them from the water drop but it could be hours and hours. Their best bet was to go back to CP2. We had been there for about 1/2 an hour by now and Brick was back on his feet. I relayed the choices to them and before I had finished, Brick had turned and marched off towards CP3. There was no way he was going back down that hill. I rang Les again and told him they were pushing on and that I would hang with them to keep an eye on things.

Brick has a really strong walking pace and Joel just fell in behind, head down. I spent some time educating Joel on the perils of kidney failure and the dangers of painkillers in his current state. His quads were shredded but he just put his head down and followed Brick's lead. We caught and repassed Rob Boyce who was struggling with cramps. Finally, we hit the long downhill to the farm and I cut loose and enjoyed some tight single track. Half way down the switch-



backs I heard someone yelling from above. I waited for the others but it wasn't them. There, way off track, was Graham again. We guided him back to the track and he joined us to the farm and eventually all the way to CP3.

Crossing the paddocks I could see a car parked on the road. I told Joel he should consider getting a lift out. The driver was waiting to see his mate run through but expected to be there for another 1 & 1/2 hours. Neither of the casualties wanted to quit. Their choice. We refilled our water bottles and started the long climb out of the valley. The sun was getting low in the sky. The shadows were lengthening and the forest began to take on a new life as the night approached. We discussed making the Basin in daylight. I doubted it. Brick started to jog periodically. He still set a solid walking pace. I told him that if he had a rest at CP3, refuelled and rehydrated, he could probably go on. I warned Joel that his already shredded quads would suffer on the big downhill and then the bitumen on the next leg into CP4 and further clog his kidneys. I warned him to stop here. I saw later in the results he went on to finish the 100km.

We dropped into the Basin in the last of the fading light. Shafts of

setting sunlight pierced the forest canopy and lit up the creek below us. The golden glow contrasted the dark shadows of the dense rainforest. It was like a scene from 'The Enchanted Forest'. The fast fading light forced me to hasten my pace. We passed the stairs leading out of the basin and started to see runners coming back towards us. A constant procession of headlamps bobbing through the trees on the narrow twisty trail. I marched into checkpoint 3 to be greeted by Tim who had come out to help crew me through the night. He passed my bladder off to be refilled and plied me with pasta and soup and hustled me back out of there. So fast that I left my trekking poles leaning on the table. I asked Rob Boyce as he limped past if he could get Tim to bring them CP4. I felt naked without my poles.

Unfettered without my ailing companions and fuelled by the warm food I picked up the pace. Climbing out of the Basin I had to pull my map out a couple of times to reassure myself. I was alone in the night and it is easy to miss a turn, as many had done. I had to concentrate, checking every intersection. Once off the road and on the track down to Cedar Brush I really wound things up. Fast downhill running at night really gets the adrenaline flow-

ing. I let gravity pull me ever down, down, down. The fireflies flickered in my headlamp beam and night animals scurried off at the thudding of my footfalls. It doesn't get much better than this. I was really having fun. This is why I run these trails, for these moments when I become one with the bush, moving at speed through the forest at night.

As I climbed the stile out of the paddock onto the road I scoffed down an espresso gel with a double caffeine shot. This sparked some serious road running. I flicked my light out, switching it back on at the first sight of a car or another runner. Pounding down the road in the moonlight allowed me to switch to autopilot. I had another caffeine gel. I started passing runners. One, then another. Each one fuelling me to run a little harder. As I came into Yarramalong I passed whole groups of runners. I rushed into the checkpoint gushing adrenaline. I had recaptured Hermie and Tamsin who were reclining in their chairs. They got up and hurried out just ahead of me. I asked what food was on offer: the only hot food was off the barbeque or chicken soup. No good to me. I had a cold hard-boiled egg and grabbed a flask of gu and a refilled bladder and rushed back out again. Big mistake, I needed more food. I should have taken more time here. By the time I started walking up Bumble Hill Road I was feeling drained. After the hard run down the road I was now crashing. And fast.

I was only 30 metres behind Bunny, Meredith and their pacer but it could have been a mile. I couldn't catch them. They sounded like excited teenagers. How could they be having so much fun and have so much energy when I felt so bad? They climbed the guardrail off the road onto the trail. I followed. I could see them slowly pulling away. It was almost like I was going backwards. I realised I was running out of energy. I choked down some potato chips. I couldn't eat. Nothing I had appealed. I had to concentrate really hard to keep going. The night seemed so heavy all of a sudden. It was pressing down on me. Every step was a battle. The trail through here was messy: up, down, over

"The heat was building and high up on the moonscape of the sandstone plateau it was tough going"

puddles, through mud. I went for hours without seeing anyone. It was like I was sleep walking. Maybe I was. Finally a light came up behind me. As I climbed off the trail onto the road, Darrel came by. I was fumbling with my maps. He asked how far to the water drop? 6km. He was gone before I looked up. I must have dropped my map here. I never noticed. That 6km took forever. I promised my self I would rest there. I had no choice. When finally the familiar barrels came into sight, I refilled my bottle, set my alarm and curled up. Even the loud buzzing of a swarm of mozzies that settled over me couldn't keep me awake. I went out like a light.

I was making a habit of this trail napping caper. But that ten minutes probably saved me 30 more I would have lost stumbling around in the dark. Climbing the trail out to Somersby, another set of lights closed in on me. I was surprised more hadn't. This time it was Brick with his pacer. He had risen from the ashes and was now making good time. He told me to stick with them. I would if I could. I managed for 100 metres before falling back again. Climbing out of the forest onto the road was symbolic of me climbing out of my funk. The sun broke through the haze of the night as we hit the bitumen road signifying Somersby and soon checkpoint 5. I gritted my teeth and ran. Past the chook farm with the noise of a thousand chickens waking up. Onto Wisemans Ferry Road. I could see Brick still up ahead. He appeared doubled over. He was vomiting again. This race is unrelenting.

Checkpoint 5 and I was resolved to having some decent food. Two slices of toast with jam. A cup of coffee. There was some debate over whether there was chicken in the soup but there was a vegetable option so I got one to go. I met Les, the radio guy, who I had promised to say hello to after all his help the day before. What a great job the volunteers do. Tim was going to pace me from here to checkpoint 6. I welcomed the company to help

get me moving again. Brick was long gone by the time we left, with a fresh pacer in Rod.

Renewed by the solid food my strength gradually returned. I remembered this section well from the last year when I pushed the group I was leading hard to stay inside the cut-off. I knew it was a short leg but you could still make up time here. Once off the bitumen Tim urged me to run some. And run we did. We built up good momentum weaving through the thickets. Once onto the downhill sections we caught Brick and Rod and went past them. Brick's feet were worrying him. Tim assured him he was over the worst of the rough stuff. I remembered differently but was pleased to discover the trail was easy, smooth and largely downhill. Across the river we really poured on the pace. It was hard to believe I was the same runner of a few hours before. In no time we were crossing under the Pacific Freeway and climbing onto the old highway bridge. I was feeling strong and eager to get to the finish.

Kathy had organised a fried egg in toast for me at checkpoint 6. I had my bottles filled with coke, grabbed a cup of soup and headed back onto the trail. After a phone call home, Tim decided to continue on to the finish with me. As we headed along the river Brick and Rod were crossing the bridge. That was the last we saw of them. He would go on to finish an hour behind me. A spectacular red-bellied black snake was curled up in the early morning sun by the track. We stopped to admire him from a distance. We were running well. My feet were a little sore but my legs felt great. We crossed the swing bridge and climbed the rocky trail up, out of the valley. The sun was beating down threatening a hot afternoon. I pushed in front of Tim to set the pace for a while. We really wound it up. On some of the long technical downhills I really let loose. I would stop at the bottom looking back to see an expression of mild panic on Tim's face. I wasn't sure if it was fear of falling

at this pace or fear of suffering the humiliation of being dropped while pacing. Either way it amused me greatly and made me run the next downhill even harder. Rounding a corner Tamsin and her pacer were right in front of me. I apologised for having my second wind and we went right by. She ended up finishing an hour and a half behind me, testimony to how much time can be lost over this last section.

The unmanned water drop was a contrast to last year. Here bodies had been strewn all over the ground. Today it was all business. A splash and dash. The heat was building and high up on the moonscape of the sandstone plateau it was tough going. I felt for those still to come through there in the afternoon sun. The rock surface felt like concrete. We were counting down the kilometres now. The long open firetrails and constant climbs sapped our speed but we could smell the finish line. Finally we crossed Patonga Drive and picked up the pace along the single track. The road up to the Warrah Lookout seemed way longer than I remembered but finally we were onto the walking track. One last climb and then we could see through the trees to the beach. My heart warmed at that sight. Finally I could enjoy my finish. We had an eye on the time, mindful of getting in under the hour. Down, down, down we went. Still running hard. Finally those final few steps onto the sand. I paused to savour the moment. It is truly one of the most spectacular finishes of any ultras. This was my third time onto the beach but it was no less dramatic. No less emotional. We ran the sand. I still had running legs. I felt great. The waves lapped at the shore. The sun was shining. People were clapping. I grabbed Tim's hand to thank him for his help. I was glad he got to share my finish. He peeled off to allow me to finish on my own. I ran every last step and collapsed to my knees at the finishing pole to give it a big hug. 31:50.

Victorian Six Hour and 50km Track Championships

Newborough, Victoria - 22nd November 2008

Victorian 50km Track Championships		
	Name	Time
1	John MacKenzie	3:39:47
2	John Nuttal	4:07:13
3	Lachlan Fraser	4:15:05
4	Peter Bignell	4:17:13
5	Malcolm Gamble	4:22:34
6	Peter Hibberd	4:27:05
7	Laurie Lolait	4:33:43
8	Kelvin Marshall	4:35:03
9	Robert Boyce	4:57:58
10	Michelle Thompson [f]	5:21:20
11	Brett Saxon	5:24:47
12	Ken Lancaster	5:31:11
13	Paul Monk	5:57:10

Report by Ian Twite

It was a miracle anyone turned up to run, it was equally surprising that any helpers would venture out on such a wet, cold November day. The starting time of this year's event had been changed to beat the midday heat; ironically it was to be one of our coldest November days on record. The Ultra runners are a hardy lot and 24 starters toed the line. Equal to the task were the Traralgon Harriers who managed 20 odd volunteers throughout the day to help lap score. Combined this with the support crews of the runners and we were able to turn a miserable day into a warm and exciting event.

on completing the 6 hours and as they approached the 50km marked there was not much was between them. Lachlan got there first in 4:15:05 with Peter 2 minutes later and Malcolm moving better than anyone else another 5 minutes later.

Richard Comber finished at 40km while Peter Hibberd and Laurie Lolait were happy with 50km. Kelvin Marshall was next through the 50km and still a danger to any of the other three in front if they faltered. Robert Boyce was next followed by the only female runner Michelle Thompson who ran 5:21:20. Brett Saxon was next followed by harrier club veteran Ken Lancaster who was showing the many younger harrier club runners who had faltered early how it is done. Paul Monk just made the 50km before the 6 - Hour limit while Brian Glover, Ernie Hartley, Barry Higgins and Steve Jordan all just missed out.

Victorian Six Hour Track		
	Name	Distance
1	Lachlan Fraser	68.548km
2	Malcolm Gamble	67.943km
3	Peter Bignell	67.249km
4	Kelvin Marshall	64.408km
5	John Nuttal	63.600km
6	Robert Boyce	59.027km
7	Brett Saxon	55.392km
8	Michelle Thompson [f]	55.323km
9	Ken Lancaster	54.082km
10	Paul Monks	50.413km
11	John MacKenzie	50.400km
12	Peter Hibberd	50.000km
13	Laurie Lolait	50.000km
14	Brian Glover	49.579km
15	Ernie Hartley	49.224km
16	Barry Higgins	44.400km
17	Steve Jordan	42.000km
18	Richard Comber	40.000km
19	Daniel Sinclair	34.000km
20	Cliff McKinley	25.600km
21	John Timms	22.000km
22	Ian Twite	20.000km
23	Mark Peek	20.000km

The weather was fairly kind the first two hours with only a brief shower and the wind had abated and calmed right down. John MacKenzie made the most of the good conditions early setting off at a blitzing pace. John Nuttal and Richard Comber were the best of the rest as those doing the 6 hours were running more conservatively. At 3 hours the rain had set in but conditions remained calm. John Mackenzie had a 10 lap lead as he headed towards the 50km mark. Both John Nuttal and Richard Comber were showing signs of faltering while Lachlan Fraser, Peter Bignell and Malcolm Gamble were all starting to move well. Peter Hibberd and Laurie Lolait were also running well with Kelvin Marshall after a slow and interrupted start always a lurking danger.

In a tight finish to the 6 - Hour event Lachlan Fraser managed to complete 68.548km to win from the fast finishing Malcolm Gamble who completed 67.943km from Peter Bignell 67.249km. Kelvin Marshall completed 64.408km to finish 4th from John Nuttal who completed 63.600km. Michelle Thompson completed 55.323km to also win the female 6 - Hour section.

The continuous rain had taking the early spark out of John MacKenzie's stride but he still managed to run 3:39:47 to win the 50km event. Second to notch up 50km was Townsville's John Nuttal who ran 4:07:13. The interest was now on the next three runners who were all moving well. Lachlan Fraser, Peter Bignell and Malcolm Gamble were all intending

First of all we must thank our race directors Shane and Paula Pettingill who without them stepping up and putting the hard work in to run the event it would have surely folded. The Harriers club volunteers who turned up on such a terrible day. The list is too long to list but you all know who you are. What you did for the club has enhance our reputation of being a good host and able to put on a warm friendly event even on a cold bleak day. The club cannot thank you all enough. To the runners and walkers who competed thank you for letting us enjoy your company for the day.

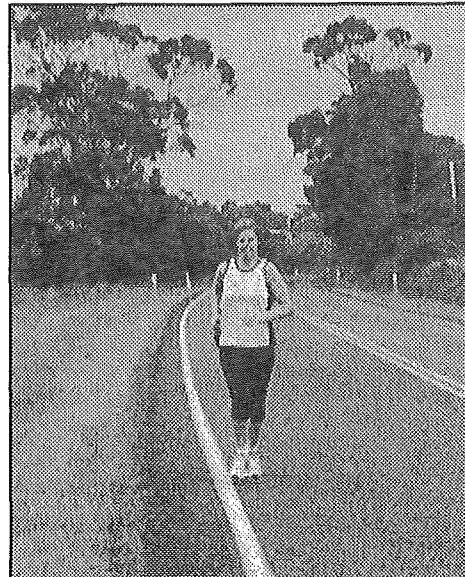
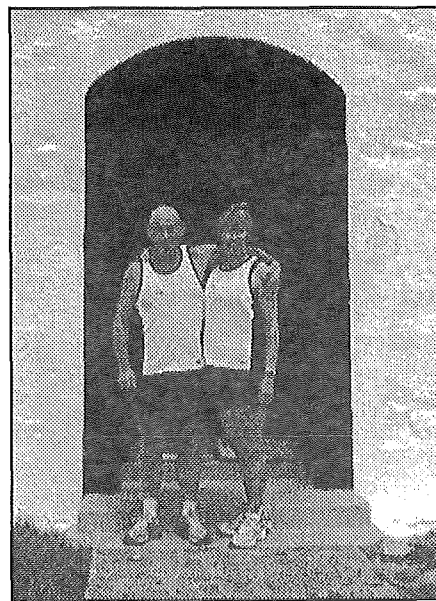
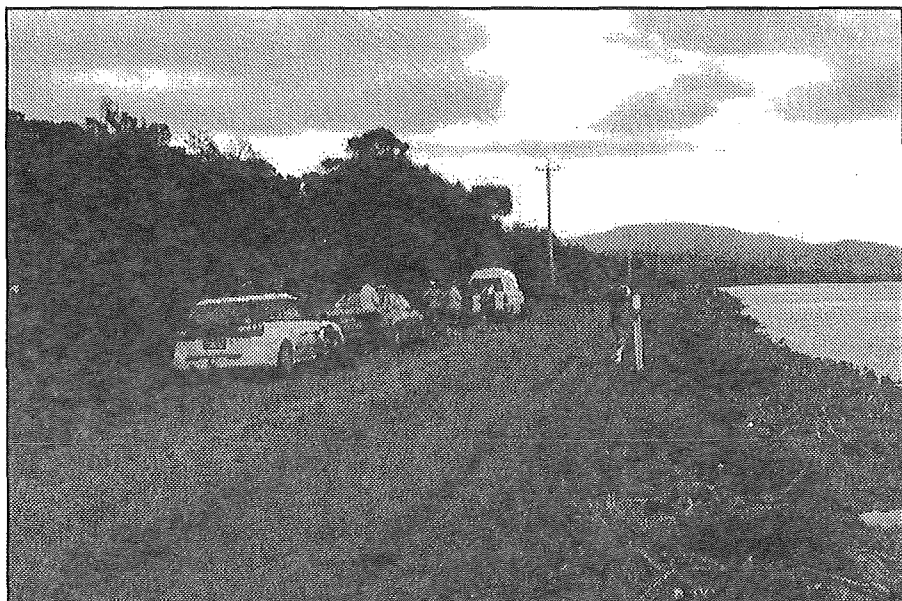
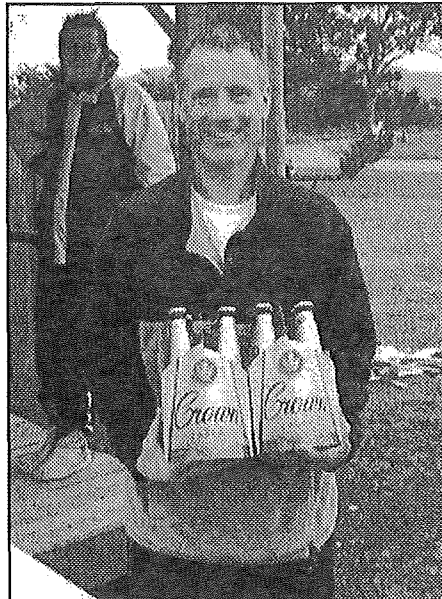
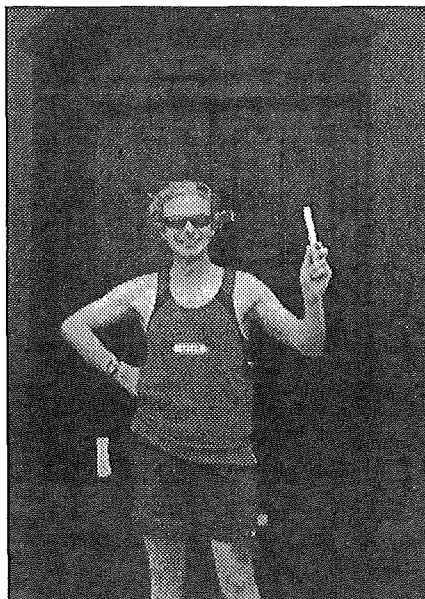


Bruny Island 64 kilometres

Tasmania - 29th November 2008

Results

1. Jaqui Guy [f]	5:40:24
2. Kim Cook	6:12:17
3. Chris Gates	6:25:36
4. Gary Burgess	6:33:45
5. Robert Boyce	6:45:35
6. Genevive Martin [f]	6:52:54
7. Wallace Martin	6:53:08
8. David Sweetman	7:06:25
9. Anna Papaij [f]	7:37:40
10. John Lindsay	7:41:18
11. James Crotty	7:44:58
12. Gabi Mocatta	8:03:59
13. Lyndsay Tuffin	8:31:53
14. David Brelsford	8:59:19
Dick Crotty	DNF





Mt Feathertop Skyrun

7th December 2008 - Victoria

Congratulations everyone - what a fantastic day - perfect weather, a record number of runners with representation from Vic, Tas, WA, ACT, NSW and Qld and no one got badly lost.

Well new records were set on a new course, which judging from the cussing and swearing at the end, was just about perfect - if not a teeny bit steep on the last downhill.

Results

58km

- | | |
|------------------------|----------|
| 1. Andy Kromar | 7.06.30 |
| 2. Phillip Whitten | 8.22.10 |
| 3. Brian Akerly | 8.39.03 |
| 4. Paul Monks | 9.07.53 |
| 5. Dave Ross | 9.17.00 |
| 6. Andrew Cohen | 9.51.04 |
| 7. Joanna Sinclair [f] | 10.15.36 |
| 8. Neil Hawthorne | 10.55.15 |
| 9. Ian McKendrick | 12.27.00 |
| 10. Kate Sanderson [f] | 12.27.00 |

48km

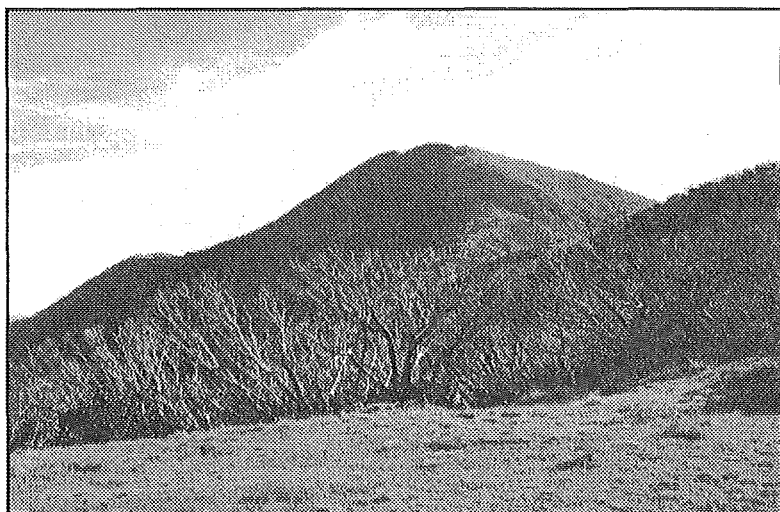
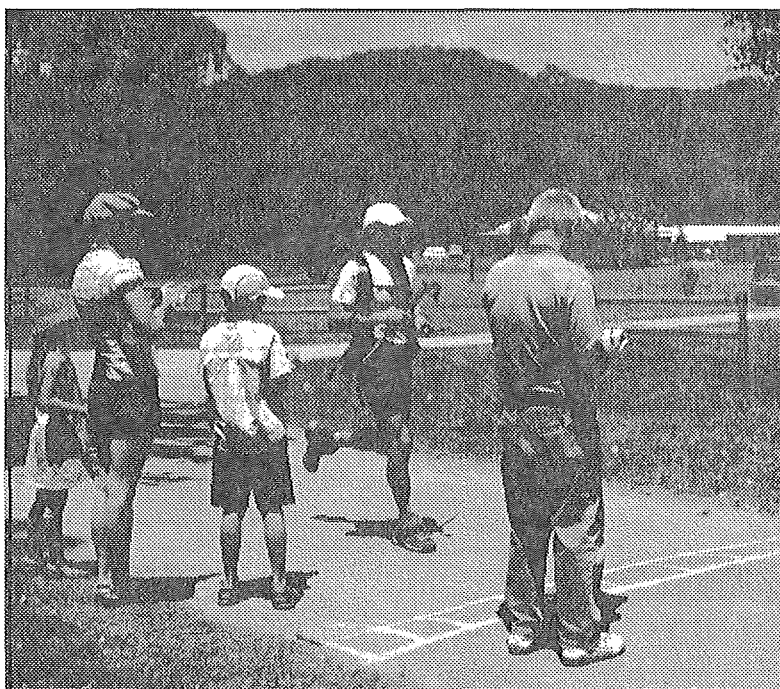
- | | |
|-----------------------|----------|
| 1. Robyn Fletcher [f] | 10.36.00 |
| 2. Paul Ashton | DNF |

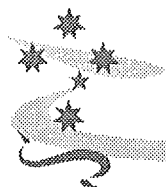
Well done everyone - and a special thanks to Mal Gamble and Robert Boyce for acting as Santa at Mt Loch - yes Mal even had the outfit, replete with sunnies and a bell and to Rob for acting as timekeeper. There support was invaluable in getting water and oranges into a couple of strategic points for the runners.

Look out for 2009 - I am thinking of adding in a 68km option which would avoid running down Bon Accord Spur but would finish off running down from Loch Carpark, along the Razorback and down Bungalow Spur - this would be a spectacular run taking in a beautiful run along the ridge top.

Till next year

Paul Ashton, Race Director



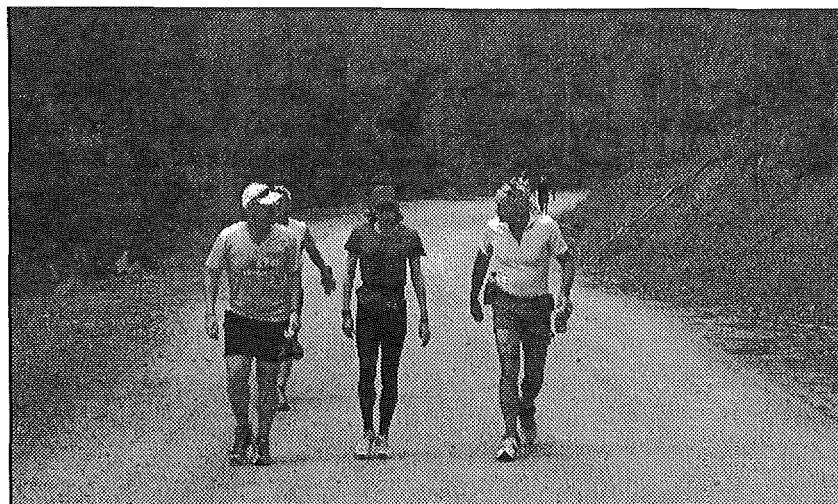


Coast to Kosciusko 246km

NSW 12th to 14th December 2008

Shortened [approx 20km] to finish at Charlottes Pass
due to extreme weather

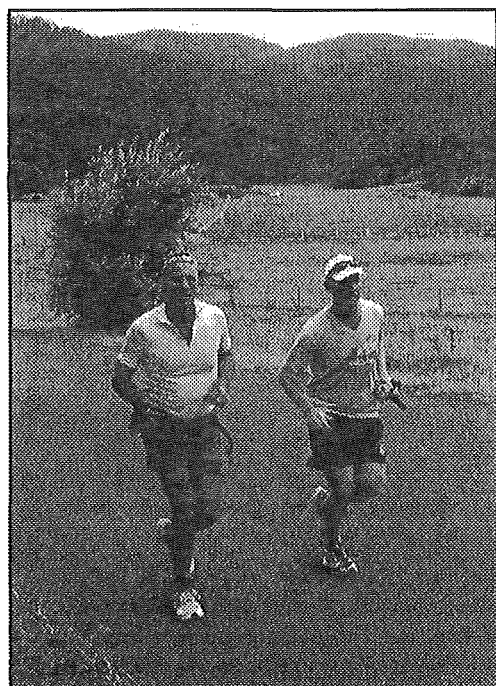
Pl.	Name	Result
1	Tim Cochrane	27:19:18
2	Jo Blake	27:38:44
3	Phil Murphy	28:49:23
4	Wayne Gregory	30:10:43
5	Kevin Heaton	30:41:56
6	Michael Lovric	31:58:57
7	Lachlan Fraser	32:48:05
8	Kerrie Bremner [f]	33:08:04
9	Rodney Ladyman	33:56:27
10	Tim Turner	34:31:35
11	Kim Cook	35:05:30
12	Lisa Spink [f]	35:20:27
13	Marie Doke [f]	36:27:18
14	Allison Lilley [f]	38:00:58
15	Glenn Lockwood	39:17:28
16	Louis Commins	39:29:04
17	Jan Herrmann	41:26:00
18	Brett Saxon	42:30:50
19	David Billett	42:41:10
20	Robert Boyce	DNF - 192km
21	Travis Wayth	DNF - 161km
22	Andrew Hewat	DNF - 153km
23	Malcolm Gamble	DNF - 148 km
24	Richard McCormick	DNF - 148 km



Early days yet



Phillip Murphy, Andrew Hewat and Tim Turner



*Left:
A long climb
lies ahead*

*Right:
Some
running
repairs*





Kurruwa to Duranbah 50km

Qld. 14th December 2008

Place	Lastname	Firstname	State	Gender	Time out	Time back	Total time
1	Marshall	Kelvin	Qld	M	1:53:12	2:03:55	3:57:07
2	Solomon	Colin	Qld	M	1:51:24	2:06:42	3:58:06
3	George	Scott	Qld	M	1:46:44	2:12:09	3:58:53
4	Teofolo	Nick	Qld	M	1:54:51	2:27:34	4:22:25
5	Watts	Darryl	Qld	M	2:11:00	2:14:42	4:25:42
6	Rosevear	Eleena	Qld	F	2:09:34	2:20:37	4:30:11
7	Williams	Damien	Qld	M	2:11:00	2:19:36	4:30:36
8	Fulton	Lyn	NSW	F	2:07:27	2:25:20	4:32:47
9	Harvey-Jamieson	Susannah	Qld	F	2:10:16	2:22:51	4:33:07
10	Moloney	Nic	Qld	M	2:08:37	2:29:13	4:37:50
11	Pearce	Adrian	Qld	M	2:12:13	2:29:23	4:41:36
12	Battams	Matthew	Qld	M	1:53:45	2:48:57	4:42:42
13	Davies	Alun	Qld	M	2:14:52	2:33:18	4:48:10
14	Sullivan	Keith	Qld	M	2:17:43	2:30:51	4:48:34
15	Gottsman	Andy	Qld	M	2:15:04	2:25:29	4:50:33
16	Barrett	Mark	Qld	M	2:10:45	2:40:22	4:51:07
17	Adams	Don	Qld	M	2:06:32	2:47:43	4:54:15
18	Davie	Mal	Qld	M	2:19:30	2:39:10	4:58:40
19	Schuett	David	Qld	M	2:16:32	2:48:32	5:05:04
20	Last	Geoff	Qld	M	2:24:49	2:47:32	5:12:21
21	Fitzgerald	Matt	Qld	M	2:27:38	2:55:41	5:23:19
22	Swain	Elizabeth	Qld	F	2:29:54	2:54:59	5:24:53
23	Kirkpatrick	Graeme	Qld	M	2:18:18	3:09:12	5:27:30
24	Smith	Cassie	Qld	F	2:41:07	2:39:16	5:30:23
25	Corr	Sean	Qld	M	2:25:19	3:10:57	5:36:16
26	Healy	Michelle	Qld	F	2:30:37	3:08:45	5:39:22
27	McKenzie	Peter	Qld	M	2:24:44	3:21:53	5:46:37
28	Weirsmma	Karen	Qld	F	2:24:47	3:21:51	5:46:38
29	Fitter	Dave	Qld	M	2:11:00	3:35:39	5:46:39
30	Quevauvilliers	Eric	Qld	M	2:33:12	3:18:55	5:52:07
31	Evans	Ross	Qld	M	2:26:43	3:26:44	5:53:27
32	Cohen	Chris	Qld	M	2:35:08	3:34:41	6:09:49
33	Fish	Joanne	Qld	F	2:38:55	3:49:17	6:28:12
34	Afflick	Jean-Paul	NSW	M	2:38:55	3:49:18	6:28:13
35	Williams	Geoff	Qld	M	2:40:17	3:47:57	6:28:14
36	Mugridge	Amanda	Qld	M	2:52:08	3:48:47	6:40:55
37	Wollin	Bill	Qld	F	2:52:09	3:48:47	6:40:56
38	Wilson	Peter	Qld	M	2:48:34	2:52:23	6:40:57
39	Henman	Dale	Qld	M	3:00:49	3:19:11	7:20:00
40	Beveridge	Steel	NSW	M	3:14:03	4:41:46	7:55:49
41	Fiegel	Tina	Qld	F	3:32:27		TBA
RET	Keat	Rebekah	Qld	F	2:14:02		ret 37km
RET	Phillips	Lindsay	Qld	M	2:52:08		ret 25km



"Six Inch Track" 46km Trail Race

Dwellingup W.A. 21st December 2008

1. Craig Dufty	3:36:24
2. David Kennedy	3:39:28
3. Craig Berg	3:57:46
4. Nathan Fawkes	4:00:34
5. Bernadette Benson [F]	4:41:48
6. Sean Cooper	4:43:57
7. Steve McGrath	5:06:22
8. Rob Donkersloot	5:09:50
8. Roy Hart	5:09:50
10. John Nuttall	5:20:30
11. Suzy Thomas [F]	5:32:10
12. Mark Bullard	5:32:40
13. Phil Dufty	5:41:35
14. Dave Croghan	5:56:21
14. Jason O'Hanlan	5:56:21
16. Lyndie Beil [F]	6:08:27
17. Ursula Marti [F]	6:10:28
17. Christian Marti	6:10:28
19. Kirstin Doust [F]	6:10:59
20. John Phillips	7:00:57



Queenslander John Nuttall leads the pack

Report by Nathan Fawkes

The fourth running of the Six Inch 46km Trail Run saw a surge of interest with 20 runners toeing the start line. Despite complications with gaining official approval, the race went ahead "fat-ass" style. The timing of the race saw runners from Ireland, Canada, US and Switzerland in Perth visiting family and friends joining in the festivities.

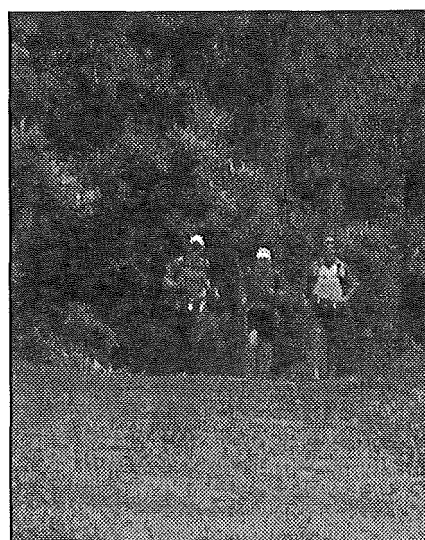
It was a perfect weather for running, overcast and cool with a 24 degree maximum. The race started with a run up Goldmine Hill, climbing about 220 metres in the first 2km. Dave Kennedy set the early pace with a 1km split of 5:40 and then continuing on reaching half-way in 1:43. Craig Dufty was just 10 seconds behind in second place. Dufty pulled away over the next 12km arriving at the second drink

station (35km) three minutes ahead of Dave. Craig held on over the final 11km and won in a new course record of 3:36:24. Dave was a further three minutes back finishing in 3:39:28 (also breaking the old course record).

The race for third and fourth was another interesting battle. Craig Berg finished in 3:57:46 (a huge PB) less than three minutes in front of Nathan Fawkes who narrowly missed a sub four hour time, finishing in 4:00:34.

Bernadette Benson was a comprehensive winner in the female race finishing in 4:41.48, smashing the female course record by well over an hour, finishing fifth overall. Runners continued to come in over the next few hours despite a few "navigational miscalculations" and the food, champagne and company

made for a beautiful afternoon in Dwellingup. Big thanks to Trent, Kate, Julie and Sal for helping out on the day with logistics and a big congrats to all the competitors on another great event.



The chase pack

"It was a perfect weather for running, overcast and cool with a 24 degree maximum. The race started with a run up Goldmine Hill, climbing about 220 metres in the first 2km"

Walking to the end

Fond farewell to Sydney's own 'Forrest Gump'

Lauren Williams

GOOGLE "walk" and the first site that comes up belongs to Sydney icon Alan Waddell. The 94-year-old cult figure died on Tuesday after a personal pilgrimage saw him traverse 5000km across 284 Sydney suburbs.

With his white socks pulled high, the sprightly nonagenarian cut a striking figure as he navigated every street, pathway, lane and track in each of the suburbs — rain, hail or shine.

Mr Waddell died at Royal North Shore Hospital after complications following a hip replacement.

His funeral will be held at Macquarie Park Cemetery today.

To Sydneysiders he was their very own Forrest Gump, but to family, he was affectionately known as "old coot", as described in a badly translated Thai newspaper article in 2005.

Mr Waddell's three sons, John, Graham and David joked that Waddell was determined to keep walking until the very end.

"We had a hard time keeping him in bed," youngest son David said.

"By the last week, he was fading — he couldn't even really communicate — but he was desperate to get out of bed and go for a walk."

A keen card player, opera-lover and local tennis champ, the former Longville accountant began his walking career in 2003 after his wife of 60 years, Marjorie, died of cancer.

He was told to do more exercise, but his walks soon became much more, as he carefully documented the quirks, faces, idiosyncrasies and secrets that make Sydney unique.

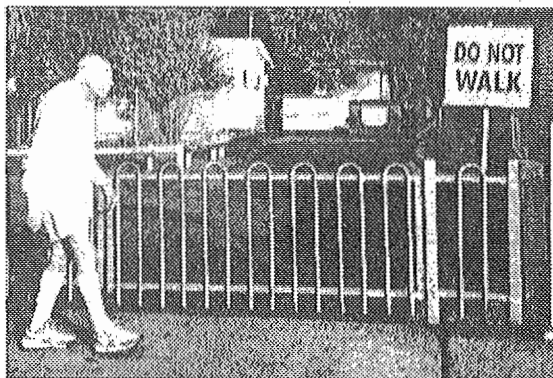
Describing his father as "a principled man, who loved his family, who did not like to break convention", David Waddell said his father revealed the best of Sydney.

"He allowed people to see the wonderful city we've got. They would suddenly see their suburb properly, all the things you miss in a car."

Tributes to the man that inspired hundreds to turn to a healthier lifestyle, flowed in from all over the world, to Mr Waddell's beautifully maintained website this week.

Severely disabled 54-year-old Dorothy Keller from Georgia, USA, contacted Waddell to say she had walked alongside him "in her mind", after visiting his site.

Gallery: Mr Waddell's walking adventures
dailytelegraph.com.au



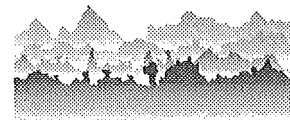
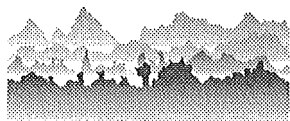
City covered: walking legend Alan Waddell covered 5000km across 284 Sydney suburbs during the last six years of his life and (right) during the early days of his married life to wife Marjorie



A woman chasing Yiannis Kouros

6 days race on track in Hallsberg / Sweden

By Martina Hausmann



To Hallsberg!

I am looking forward to run my third multi day race within four months. As it is a first-time-event and as I will have to do it without supporter, I try to get the most informations about the race. Pre-race communication between me and race director Kaj Jensen is great via internet. He confirms to have a tent for me and sends the Swedish train ticket according to my flight. I hear that there will be a laundry service and that the aid station will be well equipped according to our needs. The tartan track is supposed to be free of water even after heavy rain. Complete night would last just two hours end of July in Southern Sweden . The more emails I get, the more I am looking forward to finally being a part of the event. The awful 6 days race in blistering heat of Antibes at Cote d'Azur just five weeks ago is almost forgotten.

I arrive at Hallsberg after midnight, 1 ½ days before race start. Kaj greets me and leads me to stadium and tent. It is placed suitably just 5m from the track and next to the future electronic lap control, also next to the future aid station. It is really big, I am able to move inside upright and it is enlightened by candles as I enter. I jump into the bed and sleep right away.

The next day passes by quickly. It is filled with looking around, meetings, greetings, and setting up equipment. We are all allowed to use the kitchen near the sports halls and even to eat and drink of the stuff which already arrived to fill up the aid station from tomorrow onwards. Just for social reasons we decide to walk to nearby restaurants for lunch and dinner. Two more competitors have come all the way from Germany , Jutta Jöhring and Peter Ludden, who declare the race to be a part of their holidays in Sweden ! I am happy to meet again men like Glen Turner from America and Kjell Ove Skoglund; we know

each other from "Across The Years" race of Phoenix/Arizona. The star of the race no doubt is the Greek legend Yiannis Kouros, showing up without registering beforehand.

On race day morning, everybody tries to get as much sleep as still possible. It has begun to rain lightly meanwhile. When I step out the tent to join the compulsory pre race meeting, rain is really pouring down.

I do not know whether I ever will get used to the Swedish electronic chip system. The big round thing, looking like a wheel, has to be put horizontally on top of the shoe!

First day: Duel of great consequence between Glen Turner and Yiannis Kouros.

At the moment we start, I forget about all sorrows. The marvelous Swedish tartan track indeed is free of water, while rain is still pouring down. My umbrella is good against the water from above. With it I do use the inner track jogging slowly, but I take care that it does not hang over my shoulder towards the next lane and that it does not bother anybody while passing by. Even Yiannis only rails once against me in loud voice. He is too much occupied with the chase of Glen. I am a bit amazed, as I awaited more sovereignty of both of them.

Anyhow Glen soon gets stomach problems and Yiannis gets serious leg injury. After seven hours only, the whole chase is over. Glen is jogging, Yiannis is walking. He is walking on the inner part of the first lane; he will be walking throughout the race never ever giving up this lane.

I feel excellent throughout the first day. I need the umbrella less and less. Finally it makes even sense to change wet shoes. The baby powder, what I try here for the first time on my inlays, indeed helps against wet and wounded feet. On the oth-

er hand, the race has just begun 9 hours before. I have never been before in Skandinavia and can hardly believe what I experience soon afterwards: A night of complete darkness indeed is only for two hours here! That feels really good!! Before and afterwards I am jogging/walking through seemingly endless hours of dusk and dawn. These in-between-hours always create a special spiritual or meditative mood inside me and I really enjoy it from my heart. After 24 hours I have collected 156,8km. This is a quite good result for me. Herewith I have already appeared in the middle of the pack.

Second day: runners, hedgehogs and earth-worms share the track.

I am going to have my first big break. I am lying in my camping bed, caring for the needs of the body, changing clothes, breathing in breathing out relaxed. One hour later, I am on the track again.

At that moment, Glen passes by. I catch up with his speed; I am curious to discuss something special with him! Glen is world record holder of Extramiledurathon; therefore he needed to move for 103 hours without resting. That indeed would be a thing for me to beat. "Who sleeps is lost" is a famous quote of me! The more we discuss, the more I get excited, and we plan to work in a team of such an event in future. Time passes by quickly meanwhile, and we feel as if we move in same speed. Luckily, Glens stomach has calmed down. We now have ideal weather conditions for running: It is cool, a bit windy, a bit cloudy as well.

Almost all runners still seem to be in great mood. Unfortunately Jutta and Peter already do suffer from leg and feet problems. Nevertheless, they seem to move effortless, and they are always smiling or joking when passing me. She will finally collect more than 500km, he

"But to tell the truth, I always try to do the very best out of every single minute of a race"

will be glad about 10 marathons.

Yiannis' injury seems to get worse and worse. He walks slowly and never stops yelling at his supporters. But they take it with a smile.

He is 20km to 30km ahead of me. This is still the lead on me he reached during the first seven hours of the race! He never ever takes a real break! Obviously he is able to recover within minutes when changing shoes; every little bit is done for him by his supporters. I walk faster, but do stop every 6 hours for 30 to 60 minutes after the changes of direction. Both methods are well-balanced!

Meanwhile an exciting chase for place two is going on between the Swedish Christian Ritella and me. People tell me, that the guy is very dangerous, being young, speedy, successful in ultra-triathlons. He gets emails telling him about me being that dangerous, walking almost nonstop every day same speed. We get not tired of guessing and joking who of us might be the most dangerous person. We have that much fun together!

My midnight's break makes the short Skandinavian night even shorter. Between 1am and 4am I am alone on the track with Yiannis. Alone? More and more hedgehogs show up; they seem to enjoy walking around on tartan tracks. I admire the speed of these little short-legged animals. But if it should ever happen they pass by me, I will go to sleep. Later Jutta makes it more difficult for me to find an excuse to sleep, pointing to the earthworms! I ask her, whether she means the few living or the many dead ones!! We are laughing that much about those nonsense, that I almost swallow down a whole piece of delicious berrycake. This may become the first multi day race where I would not loose a pound! They have too many great things to eat and drink! I finish this funny day with 128km, so I got 285,2km in 48 hours.

Third day: Will I overcome 400km within 72 hours for the first time?

I disappear in my tent very satisfied. I am curious whether I will be able to overcome 400km...my best split result ever until now. By the way, the laundry service works excellent. Every dirty cloth that I give away until late evening, arrives back clean in my tent until the following early morning. Unfortunately I am too lazy to arrange these clothes properly. Later I will turn almost mad with losing so much time by looking for the right clothes. I hope at least I have learned something for races still to come in future.

It is a bit warmer today, but cloudy, so temperatures are still suitable. I hear a heat wave is announced for Sweden for the next days. So I have to put in as much kilometres today as I can. But to tell the truth, I always try to do the very best out of every single minute of a race!

I have eaten up all my favourite berry cake. At the aid station, I ask the right woman. She is all smile, promising to bake more until next morning. Somehow it feels more and more troublesome to move forward. I know the best jokes and life-stories of almost all participants. The music program of my MP3 repeats after every eight hours. Only at night I listen to my little radio, when there are no interruptions for advertisements. I try to find inspiration in nature environment. I think of all the energy in grass and flowers and imagine me being part of this nature. I better ignore the cries of joy of the nearby big swimmingpool. I desire too much to jump into the cool water. Anyhow I continue moving to my satisfaction owing to my mental strategies.

In the evening Kaj informs everybody that this night would be really cold and that we should wear the warmest clothes we have. Indeed the sky has completely cleared up. During my midnight break I put the train-

ing suit over all the other clothes I wear. I then even do not sweat at all while moving around. Checking my 6-hours-splits I am happy to notice I can manage around 30kilometers steadily! Indeed, I reach 406,5km at the end of day three!

Fourth day: The woman who chases Yiannis Kourou

I could be most happy. But one big problem is arising: Heat! The advantage of short Skandinavian nights turn to be a disadvantage. Noon rest in the tent? Impossible. I could as well bake myself in an oven. So I ask Kaj to get a mattress, that I could put in the shadow behind the tent. After half an hour the shadow has gone. Nearby nothing but sun. That should have been my first real sleep? Not at all. Back on the course I feel surprisingly refreshed. I move forward not too bad with 5,5km/h, again trying to ignore the swimmingpool. The track is rather empty, most of us have found a cool place in the sportshall. The always yelling, always present Yiannis has his usual lead on me. Christians breaks get longer, so he inevitably falls behind me. Glen does stop more and more often and longer, every time he leaves the track he promises a speedy comeback, but then delays the promise. Jutta and Peter never dawdle. When they are there, they seem to fly around the track! My tent is the first to be in the sun in the morning, but also the first to step out of it in the evening! I already can use it again after the 6pm change of direction! Finally I can refresh myself well. I find out my baby powder does not only work on wet and wounded, but also on overheated feet. When I get out at 7pm temperature is at least a bit down. I am relieved. I have survived the first hot day on the track! But prognoses are awful.

During my after-midnight's-rest I sleep the first 30 minutes of the race. Soon afterwards I get a new encouraging email. I read I am the woman who chases Yiannis Kourou!

"They give me something blue . . . I taste very carefully . . . I was informed that is was blue berry soup, the favourite drink of Swedish cross country skiers"

Good idea. I want to enjoy a funny night. The Greek indeed seems to fear me.

He is not more than 15 to 20 kilometers away from me any more. Hopefully no hedgehog will be hurt during our fierce chase!

I hardly notice how hungry I am! Finally I order a soup. "What kind of soup do you want?" I did not expect a whole choice of soups being available! "Anykind!" I answer surprised, wondering what I will get one or two laps later. They give me something blue. I never ever had a blue soup. "What's that?" - "Blubarsup!" - "What bubble???" I taste very carefully, and then drink it all up. Christian later will inform me that I drank blue berry soup, the favourite drink of Swedish cross country skiers. At 6am a disappear in my tent, trying to recover a bit, before I have to stand the next hot day. My life on the track until 12am is getting incredible hard. I have to have a better noon rest than yesterday, and I ask Kaj what I could do. Anyhow I am able to cover 117,6km on day four; I have done 524,4km at all.

Fifth day: I am bumping against a wall of heat!

Spirits are high in the heat at noon, when the 12 hour runners have their start. They run on a bigger loop, using the outside lane of the track for 300m. But I hurry to take refuge. Kaj leads me to a small cool room close to the sporthalls. I bring along with me important things like my baby powder, sun-cream, fresh socks and alarm clock. I lay down sighing deeply. My relentless alarm clock will wake me up at 1pm. Unfortunately I will not need the thing at all. I am frightened! Someone comes in noisily to have a shower next door. When the person finally has gone, Christian comes in groaning terribly, looking for his mattress. Maybe it is nicely calm for one minute, before my alarm clock is ringing! Somehow I get up and on the track again.

I am bumping against a wall of heat! The aid station offers tons of water melon and ice cream to counter-attack the heat. I drink beer without alcohol, mixed with isotonic drinks and crashed ice cubes.

I get the impression someone is walking or even jumping on my head. Every normal multi day runner complains about leg or foot problems. I do not have any orthopaedic problems inspite of severe knee arthroses. But the headaches become unbearable. I have to visit the doctor. I get mild pain killers and the advice to have lots of isotonic drinks. I am getting just a bit better. I cannot stand fast power walking, but even through a relaxed walk I gain about 5km/h. While fighting my problems in the blistering heat, a camera team is approaching, asking funny questions like this: "Are you tired? What kind of fatigue do you feel? Where do you feel it? Do you have fun?" Mmmmpf. I think the only person who enjoys the sun is Kjell Damstedt. The 67 years old Swedish is running around like crazy, joking and laughing. But he does not like temperatures below 30C; at night he feels frozen! I instead await my 6pm rest from my heart.

Something around is different today. A strange calmness hangs around the stadium. Even the spectators seem to be more quiet. Jutta jogs around without a laughter. The nearby swimmingpool is closed. That is really strange! But then I get the sad message: A little child got almost drowned on the bottom of the pool! It could be re-animated but its brain will be damaged forever. It was the son of a Norway, somehow involved in the race. I am frightened and even forget about my headaches for a while.

After my short 6pm rest, I head on the track in no matter what direction, brushing teeth. "What's that? So many runners facing me. Again a change of direction?" Kaj turns me around and it takes him one whole lap to explain me that I was walking in the wrong direction! Oh,

man! I really got too much of the heat! Once again the track appears that calm. Peacefully calm, this time. Right. Yiannis is not there!

I find Yiannis lying in front of the caravan.

It is midnight already and I still suffer from my headaches! Therefore I decide to rest for 1 ½ hours; this would be my longest stop of the whole event. I must get the heat of the day out of the body! If I don't do so - how could I survive more days in the sun? In my tent I manage to calm down. I sweat a lot. I can sleep some minutes. Afterwards I feel like freshly born. On the track again, Jutta is the first one I meet. "You are on the course inopportune? You are having a nightshift today?" Instead of answering what is evidently, she informs me about what was going on during my down time. "You should have seen Yiannis! He worked around like crazy in full speed as soon as you have disappeared!" I watch the computer to check the standings. He is 18 kilometers ahead again! So he did 6km/h?! In the moment I can hardly manage to pass by him. It takes some time until he slows down.

So we spend another "funny" night together.

I decide not to have any long break again. I reach 638km until noon. 113,6km for a day battling the heat. My own German track record is still 106km away.

Sixth day: The woman who cannot reach Yiannis Kourou

I dream of even 750km, applaud the starting 24 hour runners and leave to have a short break. Kaj makes sure that nobody would disturb me this time. He even did ask Christian to move to another room. I feel terribly overheated again. Close to my cool room is a shower as is well known. Without thinking whether this may be a good idea or not, I do something what I have never done before: I am going to have a shower!

"At 6 am I disappear just for some minutes. I then experience the magic flow of my life! I run and walk and move...without effort"

An ice-cold shower for minutes! I enjoy every second of it. On my mattress I still sweat a little bit and finally sleep for another few minutes.

It is not 1pm, and I am already on the track again. The fresh 24 hour runners revive the multi day arena with a wonderful smell and a lot of energy. They use the same loop that have used the 12 hour sprinters before. I enjoy watching their elegant fast running. It makes me forget about my own duck-like moving forward. We applaud each other, groups of fans are growing. I do not mind the heat any more; a miracle has happened! Is it because of the last-day-excitement? Or is mankind able to get really used to everything? Anyhow I am able to keep the body temperature down by eating continuously icecream and watermelons, pouring down beer with isotonic stuff and crashed ice. The wonderful aid station even provides ice cubes for holding in the hand or putting under clothes wherever one wants. I wear a thick red cotton hat which I hold in ice cold water every half hour. Whenever I think I get tired I press the big wet brim towards the neck - and am far awake again! But fatigue is not a problem any more; the chase of my own record and of the Greek is too exciting!

Nevertheless I am going to have a short stop at 6pm. Muscles get really stiff after 6 hours of continuous moving, and feet are crying for some minutes of fresh air. I am already awaiting my last long dusk and dawn of the race and the short night in between. These periods now are more funny than ever because of the 24 hour runners. The track and its surroundings are crowded any time! Suddenly my foot hits something smooth. The hedgehogs! I have completely forgotten about then and have not taken care! I check the spot next lap. No hedgehog seen any more. Thanks God, it seems to have well survived the collision with me. But I get frightened when I think of all runners/walkers who carry sandals meanwhile! The

model of K-G Nyström is particularly worn by some of us: A kind of plastic clogs with big holes on it. The electronic chip can be bent to those holes on it and then looks like a propeller. The model, in Sweden known as "Fallatoffel" could be hedgehogprickle-safe. For a short while, even Yiannis is seen with - normal - sandals. I better wear my running shoes; I have to have special inlays which does not fit into sandals. My baby powder is still working well against overheated feet. Temperature cools down not before 9pm today! Unbelievable. Yiannis is watching sorrowful me just disappearing for a while at midnight. Evidently he fears the worst case scenario.

The other helper is calculating distances between us, face in despair. This inspires me to do even better. I feel fresh and awake, full of strength! It happens that Yiannis begins a ... talk with me! We are discussing for quite a couple of laps!

At 6 am I disappear just for some minutes. I then experience the magic flow of my life! I run and walk and move...without effort.

My new helper fills up my bottle, gives me to eat what I want, informs me about latest standings. I feel like a queen. He even helps me with my last change of shoes.

Soon afterwards my helper looks at me somehow strange. He declares, he cannot help me any more because he would be too busy.

In spite of being angry, I walk even faster, no, I am running! I am running the run of my life! I swirl around with 6-7km/h, doubling Yiannis four to six times per hour! They tell me at 10am that I have passed my record. "I try to come close to 760km", I cry. Finally I move as if in a wonderful dream. My sudden fall away from the track and on the smooth grass brings me, for a short while, back to reality. Spec-

tators applaud me more and more. They seem to be as excited as me! Towards the end, I move more and more completely like in a dream. I have no control over time and distance any more. My flow is still increasing! In the last minutes of the race Mr. sunman Kjell Damstedt flies by! "I come with you!" I try to follow him...but he is really that fast that I fall behind. Spectators are crying with excitement!

The memorial minute

The very last meters all walk together hand in hand. I catch up with them. The last meters are dedicated to the small Norway child who almost was drown in the pool just some meters from the track.

Finale

We hardly hear the final shot. We are hugging each other, laughing and weeping at the same time. Suddenly everything appears black around me! I manage to get out of the sun in time, lying down with the legs up on somewhat. Now I hear that I have covered 156,4km, more than ever before, and that Yiannis is just 2,4km ahead of me.

More national records have been run: Christian Ritella, 3. place, did reach 701,6km for a new Swedish record. Tom Hendriks, 4. place, has done 652,4km for a Netherland record and Aku Kopakkala set a Finnish record with 565,2km. National age class records have been run by Yiannis Kouros and Glen Turner.

Outlook

There will be held shorter races up to 24 hours in Hallsberg next year. The next 6 day race is planned for 2010 or 2011. After the successful first event, I really hope that until then the organizing team has well recovered and will find new energy to present a similar multi day race again.

End of run, but he'd do it again

BY SARAH WEBB

WHEN 69-year-old Vlastik Skvaril's fit feet finally hit Byron Bay's bitumen yesterday, it was a bittersweet end to what was one crazy adventure.

The Burnie marathon runner had just run 5768km across inland Australia in 100 days.

While it was high time for a breather, the grandfather of six was not quite ready for the journey to end. "I have got mixed feelings," he said.

"I can't get too excited (about finishing) because I enjoyed every bit. "I'll be happy to get home but on the other hand I would be happy to go back to the desert."

Mr Skvaril left Australia's most westerly point, Shark Bay, more than three months ago to raise money for CanTeen.

While donations did not flow quite as thick and fast as he hoped - about \$18,000 - the run still proved an out-of-world experience.

He averaged 57km a day and met hundreds of residents from dozens

of towns.

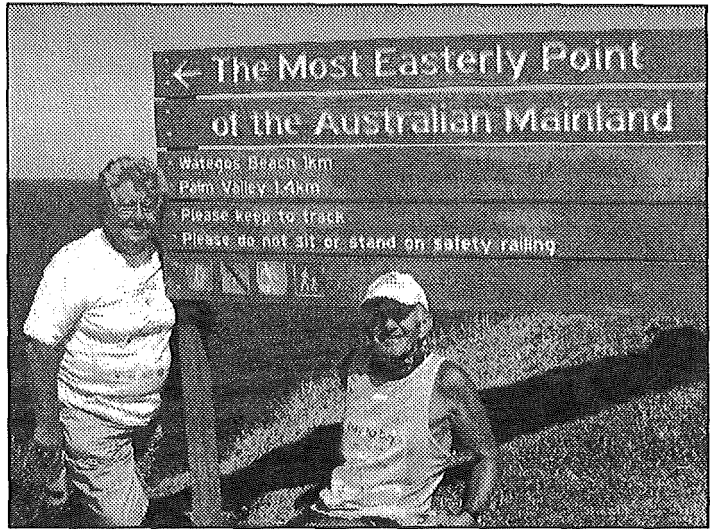
From those towns, Mr Skvaril found the reaction was always the same - "they seemed to be surprised when they learned I was 69".

Mr Skvaril said while fitness played a part in staying in such good shape, it was really the positive mentality that kept him healthy.

"That's probably what keeps you young.

"Instead of worrying (I am) happy with what I have got - I'm just happy with life."

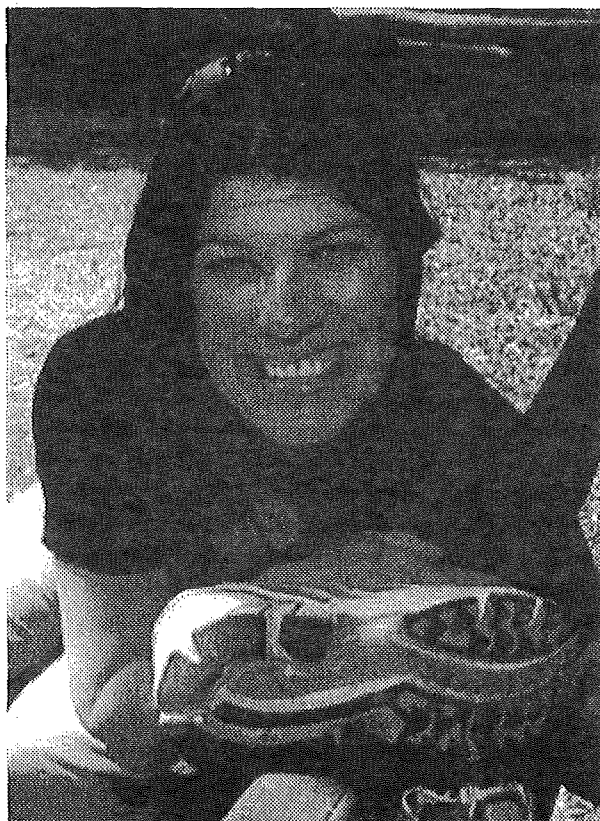
A tunnel of 600 students wearing CanTeen bandannas cheered Mr Skvaril through the last stretch at



Vlastik Skvaril at the end of his mighty run

Byron Bay Primary School yesterday and \$1600 was raised through a sausage sizzle.

He had hoped to gain \$50,000 for the charity, but with just over a week left before he hits Tasmania, Mr Skvaril fears they may fall short.



Deborah De Williams starts long run for breast cancer fundraiser

A Tasmanian marathon runner has begun her quest to run around the country raising fund for breast cancer research.

39-year-old Deborah DeWilliams, a breast cancer survivor, set off from Parliament Lawns in Hobart this morning.

Ms DeWilliams aims to become the first woman to run around Australia.

She will be accompanied by her dog Maggie.

She completed a fundraising Walk Around Australia in 2003-04.

The first leg of her record-breaking 20,000 kilometre attempt is a 36 kilometre stage from Hobart to Huonville.

www.runningpink.com.au

THE ULTIMATE ULTRAMARATHON TRAINING PLAN

You don't have to be crazy to run an ultramarathon.

You just have to be ready.

By Doug Rennie

DO. NOT. BE. INTIMIDATED. If you have completed a marathon or two, you can--in 16 weeks--add an ultramarathon to your running resume. Really. "In South Africa, 14,000 runners each year enter the Comrades Marathon, 54 challenging miles of big rolling hills, and each year about 85 percent of them finish," says George Parrott, ultrarunning vet and director of training for the Buffalo Chips Running Club of Sacramento. "The moral here is that your expectations can get you to the finish line of an ultramarathon, and that this kind of distance is not unworldly." Okay, but first, what exactly is an ultramarathon? Anything beyond the classic 26.2-mile distance--races from increasingly popular 50-Ks to 100-milers to solo crossings of continents. For your first adventure on the far side of 26.2, we suggest that you look a bit beyond the 50-K--really just a stretched-out marathon--to 50 miles, the first true, bragging-rights ultra. So find yourself a friendly 50-miler, count back 16 weeks from race day, clip and post the following training plan--and get to it.

Training for 50: A few things you should know

You're not going to spend most of your waking hours running. That's because prepping for a 50-miler is much like marathon training, but with fewer and slower intervals, and somewhat longer (and slower) long runs spiced with walking breaks. Our plan offers enough miles in the proper dosages to prepare you for your first 50, while leaving you with enough time and energy to have, like, an actual life.

Ultra training is not about speed, or even distance, but rather time on your feet. Hence, the core element in getting you ready is the long run "sandwich": back-to-back long, slowish runs on successive days (likely Saturday and Sunday) bookended by two days of total rest.

When you start the 16-week schedule below, you must be at

the point where you're running 15 to 18 miles for your weekly or every-other-week long run.

You'll be doing a bit of long, but not-so-fast interval work to boost muscle strength, stamina, and aerobic capacity. This will also keep you from settling into a semi permanent slow slog that makes a 12-minute pace feel like a 100-meter dash.

When it comes to running the long stuff, friends make for more fun. "Find training partners who have the same goal, so you can all encourage each other and learn from each other's experiences as your training progresses," says Luis Alvarez, who finished his first 50-miler last year to celebrate his 50th birthday. "And if you have someone who has experienced the distance and is willing to train with you, so much the better."

8 Rules of the road

1) Stay flat

Find as flat a 50 as you can, and as close to home as possible. Running this far for the first time is tough enough without the added stress of steep hills and travel.

2) Get familiar

Train on the terrain you're going to race on: trails, asphalt, or--as is common in many 50-mile events--a mix of the two.

3) Take breaks

"Stopping briefly for walk breaks in both training and racing is the key to being able to move forward at all times," says Buffalo Chips ultrarunner Becky Johnson, who finished her first 50-miler in 2003.

4) Pack a bag

Most 50-mile events will drop your race bag near the 35-mile point (some also will make a drop

around 20 miles). Your drop bag(s) should include solid fuel (your favorite energy bars, candy bars, or gels), sunscreen, long-sleeve T-shirt and/or nylon windbreaker, clean socks and an alternate pair of shoes, and Vaseline or skin lube.

5) Start slowly, then back off

Because when it comes to 50-milers, pacing errors no longer penalize just your finishing time, but the possibility of finishing at all. "Start off a full 30 seconds-per-mile slower than your marathon pace," says Parrott.

6) Eat, drink, and (try to) be merry

During the race, eat whatever worked for you during your training runs: cookies, raisins, figs, crackers, pretzels, energy bars. Whatever. And drink continuously: eight ounces or so every 15 to 20 minutes, including electrolyte-loaded sports drinks. Consider high-caffeine drinks such as Mountain Dew over the last 15 miles.

7) Find a rhythm

One popular run/walk pattern is to run 20 minutes, walk five minutes. Do this from the outset, or after you've run the first 15 or 20 miles, or whatever pattern has worked best for you in your training. Some prefer a shorter mix of running five minutes, then walking one, believing that this is less stressful than the 20:5 pattern. Note: Walk all uphill, even the small ones, and even if it means short-circuiting a run segment.

8) Be prepared

Just how much time is this thing going to take you? To get a ballpark expectation, double your best marathon time and add two hours to get a realistic 50-mile time. So for example, a 3:30 marathoner could expect to run his or her first 50 in about nine hours.

Schedule

Week	M	T	W	TH	F	S	SU
1	Rest	6-10 miles, including 4x1 mile at TMP	Easy 5-mile jog	7-9 miles, middle 3 at MP	Rest	90-minute run	3-hour run (or about 18 miles)
2	Rest	6-10 Miles, including 4x1 mile at TMP	Easy 5-mile jog	7-9 miles, middle 3 at MP	Rest	90-minute run	3-hour run
3	Rest	6-10 miles, including 2x2 miles at HMP	Easy 5-mile jog	7-9 miles, middle 3 at MP (5:00)	Rest	2-hour run	3.5-hour run (or about 20 miles)
4	Rest	5-8 miles, including 3x1 mile at TMP	Easy 5-mile jog	6 miles, middle 2 at MP	Rest	1.5-hour run	2-hour run
5	Rest	9 miles, including 6x1 mile at TMP	Easy 5-mile jog	9 miles, middle 3 at MP	Rest	3.5- to 4-hour run (or about 20-24 miles)	3-hour run
6	Rest	9 miles, including 6x1 mile at TMP	Easy 5-mile jog	9 miles, middle 3 at MP	Rest	3.5- to 4-hour run	3-hour run
7	Rest	9 miles, including 6x1 mile at HMP	Easy 5-mile jog	9 miles, middle 3 at MP	Rest	3.5- to 4-hour run	3-hour run, last hour at MP
8	Rest	9 miles, including 3x2 miles at HMP	Easy 5-mile jog	9 miles, middle 3 at MP	Rest	2-hour run	2.5-hour run
9	Rest	9 miles, including 6x1 miles at TMP	Easy 5-mile jog	9 miles, middle 3 at MP	Rest	4-hour run	3.5-hour run, last hour at MP
10	Rest	9 miles, including 6x1 miles at TMP	Easy 5-mile jog	9 miles, middle 3 at MP	Rest	4-hour run	3.5-hour run, last hour at MP
11	Rest	9 miles, including 3x2 miles at HMP	Easy 5-mile jog	9 miles, middle 3 at MP	Rest	2.5-hour run	3-hour run
12	Rest	9 miles, including 6x1 mile at TMP	Easy 5-mile jog	9 miles, middle 3 at MP	Rest	4-hour run	5-hour run (or about 27-29 miles)
13	Rest	9 miles, including 6x1 mile at TMP	Easy 5-mile jog	9 miles, middle 3 at MP	Rest	4-hour run	5-hour run
14	Rest	9 miles, including 4x1 mile at TMP	Easy 5-mile jog	9 miles, middle 3 at MP	Rest	2-hour run	2-hour run
15	Rest	7 miles, including 3x1 mile at MP	Easy 5-mile jog	7 miles, middle 3 at MP	Rest	1.5-hour run	Easy 1-hour jog
16	Rest	6 miles, middle 3 at HMP	Easy 5-mile jog	Easy 3-mile jog	Rest: Stay off your feet	50-mile race	Rest. (Duh.)

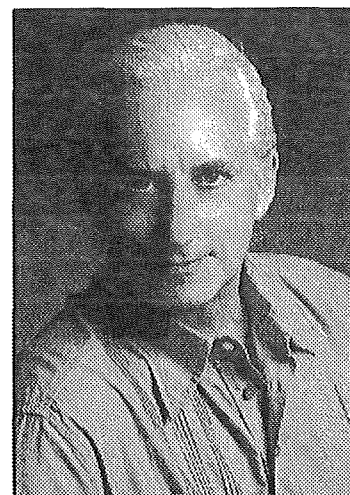
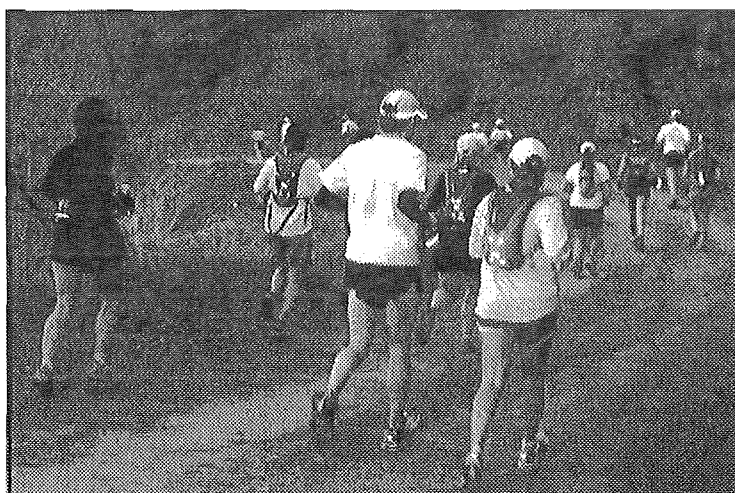
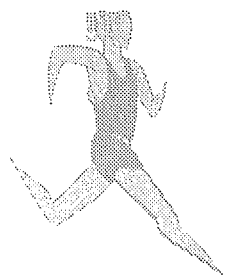
Key:(MP) Marathon Pace: the pace/effort you can hold in a marathon

(HMP) Half-Marathon Pace: the per-mile average of your best half-marathon

(TMP) 10-Mile Pace: the per-mile pace of your fastest 10-miler

Recovery for HMP/TMP: Jog slowly until you feel fresh enough to start the next repetition.

*Photos right:
from next article
- Interview
with endurance
expert Dr. Phillip
Laffetone*



An Interview with Endurance Expert Dr. Philip Maffetone

It was October 1993. I was standing on the side of Alii Drive watching the **Hawaii Ironman**. **Mark Allen**, four-time champion of the event at the time, had just finished the 112-mile bike and was beginning the marathon. As I watched him run by, five minutes behind the leader, I noticed his smooth cadence in the sweltering heat. Could he catch the athlete ahead of him? As the veteran chased his younger rival in the final hours of this grueling race, I knew the real race didn't begin until the run, Allen's strongest event. I also knew, despite being nearly a mile behind the younger athlete, Allen trained using what is now known as the **Maffetone Method**.

The antithesis of the "no pain, no gain" training that emphasizes pushing your body to exhaustion, the Maffetone Method is a holistic, low-stress method of training. Created by Dr. Phil Maffetone this method trains the body to burn fat for fuel, giving the athlete the key to the vault that stores the body's energy reserves. It essentially teaches one to run slower, in order to run faster, longer. The principles behind the method are designed to maximize the aerobic system that is responsible for 99% of the energy derived in endurance events.

As the race wore on, the younger runner found himself struggling to hold his lead. His early poise slowly gave way to a grim reality. He was no longer the hunter, but the hunted. With every step, Allen's stride grew stronger, his confidence bolder. After some 125 combined miles, Mark Allen overtook his rival to win the race, setting a new course record. Allen went on to win an unprecedented six Hawaii Ironman Championships using Dr. Phil Maffetone's training principles.

Dr. Phil Maffetone is described as "one of the most sought-after endurance coaches in the world." He entered the endurance sports scene in the late 70's. In addition to working with some of the world's top en-

durance athletes, Dr. Maffetone has written dozens of books and articles on health, fitness and nutrition, including **Complimentary Sports Medicine**, **Training for Endurance**, **The Maffetone Method**, and **In Fitness and In Health**. I caught up with Dr. Maffetone this summer while he was traveling through Europe and giving lectures.

Will: First thank you for doing this interview. It is a pleasure and a privilege to interview someone of your stature and to share your insights with my readers. I'd also like to say thank you for the contribution you have made to the world of endurance training.

Exactly how and when did you get started in the field of endurance coaching and training?

Dr. Phil: I've always been athletic, especially in track and field, starting in high school. When I first opened my office in 1977, I had gotten out of shape, so I started walking, then began jogging and soon was training for the NY City Marathon. I met a lot of local runners, and many started coming to see me for their injuries. I soon realized that most injuries were associated with various training and lifestyle imbalances. I applied exercise physiology, biofeedback, nutrition and various coaching methods in addressing the needs of athletes who had a full spectrum of injuries.

A key feature of my practice from the start has always been looking at the big picture, the so-called holistic approach. If a runner had knee pain, there was a good chance the cause of the problem was not in the knee but elsewhere - and sometimes not just the foot (which was common), but factors such as nutrition or stress. Often, training was associated not only with physical injuries, but fatigue and poor performance. So it became a necessity for me to consider more than the injured part, but to evaluate a runner's training log, diet, shoes, and whatever else

could affect health and fitness. As a result, I soon began implementing "coaching" as part of my practice.

Will: One of your trademarks is the **180 Formula**, which is designed to develop the aerobic capacity of endurance athletes. How did you come to develop the 180 Formula?

Dr. Phil: I started using heart rate monitors in the late 1970s, and all I had as a guide were the old 220 formulas. But training at these heart rates seemed to induce excessive stress after a very short period of time. I tried searching for the scientific rationale for these formulas and realized there were none. So I began evaluating runners on a treadmill using slower paces, attempting to find a less-stressful and more effective training pace. I eventually performed these tests with a gas analyzer (the athlete would breath through a tube so oxygen and carbon dioxide could be measured), which gave me important information on fat- and sugar burning at various heart rates (along with other factors such as VO2 max).

I began using training heart rates based on the highest fat-burning levels before the shift to more sugar burning took place. These training intensities were much lower than the 220 formulas, much less stressful, and I saw much more rapid improvements. For example, athletes could soon run faster at the same heart rate, and even burn more fat for energy (and not just while running, but at all times). I soon realized a new formula would be very useful as most runners were not able to have an expensive treadmill evaluation, and the 220 formulas were unacceptable. By experimenting with the math (I basically worked the numbers backwards), I was able to get a formula that correlated extremely well with what the treadmill tests were providing. This became the 180 Formula.

A heart monitor is a simple bio-feedback tool (the hardware), and

*"As you build the aerobic system, you should be able to run faster
at the same heart rate, including the hills"*

the 180 Formula (the software) is what makes it useful. Biofeedback can help any athlete because it's a means of more objectively evaluating progress (or lack of it), impending injury and ill health, and other factors. (I've used biofeedback in many other ways throughout my career, including developing various biofeedback techniques such as those for muscles and the brain.)

Will: Mark Allen, six time Hawaii Ironman Champion, and Stu Mittleman, elite ultra runner and world record setter, are two athletes you've written about and that used your training program to become world champions. Now they are coaching and, I assume, using your methods. Do you still collaborate with them or other former athletes that you coached and who are now coaching themselves?

Dr. Phil: Yes, I have kept in touch with many of the athletes I've worked with, and some are coaching with programs based on my approach because it helped make them successful. Mark Allen is a great example. I started working with Mark around 1984, and he used my program in what I would describe as the perfect way. The intention of my program is not to give a pre-conceived, cookbook plan, but to help build a balanced body in an individualized way. For endurance athletes, developing the aerobic system is the foundation because it provides almost all the endurance energy for training and racing. It's also important to continually evaluate our endurance needs and make the appropriate changes to training, racing, diet and lifestyle as we develop, and grow older so we can continually improve both health and fitness. As a doctor and coach, my job is to assist athletes in this endeavor, and Mark Allen was particularly good at putting this foundation, and philosophy, into practice. He learned how his body worked, performed **MAF Tests** regularly, used his heart monitor honestly, ate right for his body's needs, etc. His discipline brought him success.

Will: How strict should one be when running at or below MAHR (max aerobic heart rate)? For example, if I'm running below MAHR for an hour workout, and my heart rate creeps up and over my MAHR by five beats for 10 minutes or so, is that really a big deal?

Dr. Phil: It could be a very big deal, especially if it happens often enough. The problem is, you don't know how often is too much - you may not know it's a problem until you do your MAF Test and find out you've not made progress for the past month (the MAF Test measures how fast you can run at your MAHR). The real question is this: Are you training at the proper max aerobic heart rate? If you are, you'll get maximum training and health benefits at that heart rate. As you go over that rate, those benefits can start to disappear, and worse, you can do harm. So why risk such rewards by running at a little higher heart rate? This is an important training discipline.

Training at a heart rate higher than MAHR produces real stress. This results in the production of stress hormones that could cause a number of physical and chemical (and even mental/emotional) problems - from mechanical imbalances and blood sugar stresses to reduced fat burning. These are also the foundations of overtraining which is associated with performance breakdowns, poor physical health, depression and other problems (I have a detailed article on my website called **The Overtraining Syndrome**). A very common mistake is training at a heart rate too high - and for some runners, even two or three beats too high can have serious consequences. So when using the 180 Formula, be honest. When in doubt, use a lower number as this won't cause any problems, and the loss of possible aerobic benefits will be insignificant.

Will: Running ultras is usually synonymous with running hills, often long hills. Many runners power walk these hills, which keeps their heart rate down. Yet many elite runners do intervals on hills

that are 3 or 4 miles long, running for up to 20 or 30 minutes at anaerobic threshold. Can this kind of training fit into your program?

Dr. Phil: Yes, anaerobic training can be very helpful. But whether it's hills at higher heart rates, track intervals, or weight training (which is always anaerobic regardless of your heart rate), incorporating anaerobic training before fully developing your aerobic system can be a problem. Consider that in an ultra distance event, 99% of your energy comes from the aerobic system, and only 1% from the anaerobic system. So the more well developed your aerobic system, the more your body is equipped to race long distances. This is the foundation of training that Mark Allen and other great endurance athletes developed.

Only after you build a great aerobic system should you add anaerobic training, if at all. The MAF Test - which measures how fast you run at your MAHR - is the best guide that helps determine when you've accomplished this task. As you build the aerobic system, you should be able to run faster at the same heart rate, including the hills. For example, if initially you can't run up a hill without going over your max aerobic heart rate, eventually you'll be able to accomplish this as your aerobic system develops. You'll also race faster - having done no anaerobic training.

Adding anaerobic training to your schedule may improve your pace further, but you risk overtraining; it's a fine line for many athletes. Three other important features of anaerobic training: 1) it won't take much to benefit from it, 2) you will need more rest/recovery from it, and 3) if you perform too much of it, the aerobic system can quickly deteriorate. To be safe and still obtain benefits, I often suggest only three or four weeks of anaerobic training to get maximum anaerobic effects, and for many ultra runners, just a single, longer workout once a week. Consider a

"The body is quite capable, physiologically, of covering much more distance (and time) than it does during normal training"

10 or 15K race as a very effective way to get an anaerobic workout.

So if you're going to add anaerobic training, proceed carefully and only after allowing your aerobic system to become well developed, and perform a good aerobic warm up and cool down around it. Be sure to monitor your MAF Test every two weeks or so during this period, and if you start running slower at your MAHR - stop anaerobic training immediately. Most importantly, anaerobic training is a significant stress, as I discussed earlier. The average person who has a full time job, a family and other things to do in life often has little room for another stress.

Will: Running a 100-mile race places a different kind of stress on a runner compared to a marathon or even a 50 mile race. Depending on the course and the level of the athlete, one can expect to be on their feet for up to 20, even 30 hours or more. Should one use a lower heart rate range when training for a 100-mile race as compared to training for shorter events like 10ks or the marathon?

Dr. Phil: Many athletes enjoy training at heart rates below their max aerobic level, so I think this idea is fine. But it's not necessary to train slower. Running 'wear and tear' is essentially the same at a 140 heart rate, for example, whether your pace is 12:30 or 9:30 per mile. (Perceived exertion, however, is different at these two paces.)

For most runners, training at max aerobic heart rate during all runs (except the warm up and cool down) is most efficient to build the aerobic system, including a high level of fat burning and aerobic speed. Ideally, training should incorporate the full range of aerobic muscle fibers - from those that move us very slow to our fastest aerobic pace that does not exceed max aerobic heart rate. This is easily accomplished when a proper warm up, which begins very slow, and cool down, is a part of all training runs. In addition, and since the ultra races

can be very long, training the body to endure being on your feet is also important. For this I prefer walking, which can be a very important part of building the aerobic system. It also incorporates additional very slow moving aerobic muscle fibers not usually trained when running slow. I even had Mark Allen walk during certain phases of training for the Ironman races.

Incorporating walking into your schedule is easy. For example, you can perform a long walk as part of a warm up, then slowly increase your pace to run at MAHR, finally slowing down to finish with another long-walk cool down. Depending on the event you're training for, your level of fitness and time, you might make this a long weekend workout with a two-hour warm up walk (getting faster as you go), then a two-hour run followed by a two-hour cool down (getting slower at the end). Add or subtract time based on your particular needs.

For most runners, I don't believe it's necessary to cover the race distance, or even the estimated time of the race, during training. The body is quite capable, physiologically, of covering much more distance (and time) than it does during normal training.

Will: I've been reading some of my fellow bloggers who are using the 180 Formula in training, but are racing marathon distances (or less) at a much higher heart rate, in some cases 20 or more bpm higher than their MAHR. They seem to be getting positive results. Should one expect to have a higher "racing" heart rate than "training" heart rate at marathon distances or shorter? What about for longer distances, such as a 50 or a 100 mile runs?

Dr. Phil: When you're in races of marathon distance and less, you normally run harder than a training run - it's an anaerobic event. So your heart rate should be much higher in this type of race than a training run. The longer the race, the less difference between the training and racing heart rate. In events of 50 or

100 miles, this may not be the case as your race pace may be similar to your training pace.

Will: One of the biggest challenges in a 50 or 100 mile race vs. the marathon is the need to consume calories throughout the entire event to sustain energy. This is often difficult because the stomach doesn't always cooperate. What advice can you give to athletes regarding nutritional needs in races lasting up to 24 hours?

Dr. Phil: my advice is generally the same for any endurance athlete needing to consume calories during a race: find out what works for you. This involves experimenting during training (not racing). I can make some basic suggestions. The first is water - you'll usually finish the race dehydrated, so drinking small amounts of water throughout the race, and often, is important. Carbohydrate liquids can provide both nutrient (carbs) and water. These carbs actually help maintain our fat-burning process. I prefer monosaccharide carb liquids because they don't require digestion (which uses energy), so there's no stomach bloating or gas from undigested carbs, and you can absorb the sugar much easier. These liquids include fruit juice (I don't recommend citrus) diluted with water, and honey diluted with water. Vegetable juices work well too, but I've known only a few athletes who used them. (I also like adding sodium chloride to this type of drink.)

Solid carbohydrate foods are important too, but use those that are easy to digest. The best are ripe fruits. While they are in a monosaccharide form and don't need digestion to get the sugar available for energy, they do need to be well chewed.

I don't recommend grains (flour products like breads), potatoes and most sports drinks because they contain carbohydrates bound together that must be digested before they can be absorbed. For example, white sugar (sucrose), maltose sug-

"The brain's alpha waves in particular can dramatically reduce stress hormones allowing the body to recover and adapt better. Listening to music can significantly increase alpha waves."

ar products (including maple sugar products) and other commonly used carb sources contain two sugars bound together that require digestion. Grains and potatoes are made up of three sugars bound together (called starch) that require even more digestion. Carbohydrate digestion begins in the mouth and most athletes don't chew sufficiently for this phase of digestion (especially liquids). During a race (and even training) digestion is normally very inefficient, so give your gut something easy to deal with. Creating digestive stress commonly causes intestinal upset - gas, bloating, and even diarrhea. And, you may not get the full load of nutrients from your foods.

But there's another issue just as important. The whole idea behind building the aerobic system is to burn more body fat for energy. You'll also burn more fat during a race, providing a significant amount of your energy needs. This makes the supplemental nutrition part - eating during a race - a lot easier because you won't need as much. Supplemental carbohydrates are important during and immediately after racing, and very long training sessions, but not before you train and race.

Will: Your book *Training for Endurance* discusses the "chemical injury" which describes the impact stress can have on athletes. For those of us who work full time, have a family, and try to squeeze in training and racing, how critical is stress if we are also seeking to improve our performance?

Dr. Phil: In the truest definition, stress may be our biggest problem in sports; it's usually the factor that limits an athlete's potential. So the more you can moderate stress, the better you'll train and perform, and the healthier you will be. Stress can be physical (e.g., bad running shoes), chemical (e.g., poor diet) and mental/emotional. Pick each category and do a self-assessment: many stresses can be eliminated by

making simple changes, which then allows the body to better deal with those you can't change.

Those who combine busy lives and try squeezing in training and racing can induce significant stress if not careful. This is another reason why staying strictly aerobic during all training is a good recommendation for most athletes. In addition, reduced training volume can sometimes reduce stress so much that you end up healthier and racing better. Continual and honest self-assessment is the best place to start.

Will: Are there any methods that you can recommend to athletes that can help them deal with stress?

Dr. Phil: In addition to eliminating the unnecessary stress from your life, improving brain function not only allows the body to better adapt to stress, but it can help training and racing. I've incorporated many types of biofeedback during my career, including EEG (electroencephalograph), which measures brain waves. The brain's alpha waves in particular can dramatically reduce stress hormones allowing the body to recover and adapt better. Listening to music can significantly increase alpha waves.

My approach has always been to teach athletes how to do things on their own, and regarding this question, I developed a way to do a form of biofeedback that helps reduce stress easily and without equipment. I call it Respiratory Biofeedback, and on my website there's a short article called *The 5-Minute Power Break* which describes this very simple technique. In a 5-minute session you perform on your own, a lot of great brain function can be established which will help reduce the harmful effects of stress.

Will: I've noticed on your website that you are very passionate about music. What are some of your fa-

vorite types of music? Who are some of your favorite artists?

Dr. Phil: About six years ago, I woke up and realized I needed to learn music because I had so many original songs in my head that had to come out. So I dropped everything and became a songwriter. Along the way I realized the music I was writing (like other music) had profound effects on the brain. Today, I include music performances in many of my lectures, play out regularly and have just recorded my second album (with more than 200 songs written). I first learned about music therapy in the mid-1970s, but being a part of the process as a songwriter has been quite fascinating.

I like almost all music, and I write what would be called folk-rock, although I've written a lot of rock, country and other styles.

In recent years, traveling with the Red Hot Chili Peppers as their doctor allowed me to learn a lot of music theory, and meet a lot of great musicians, many of whom I've listened to for years. With my songwriting, I work with producer Rick Rubin, and spending time in LA has brought me to many studios to see other music greats. I also worked with Johnny Cash in Nashville, which was a profound experience.

My favorite artists are many, starting with the Beatles and Bob Dylan. Others include Joni Mitchell, Neil Young, Mozart, James Taylor and many others. Also, discovering great but little-known singer-songwriters is a continually wonderful experience.

Will: What inspires you?

Dr. Phil: Things that get me excited. These include music (listening, writing and playing for others), learning (I still read the medical/scientific journals regularly), continually building my health and fitness, lecturing and teaching

AUSTRALIAN 6 DAY TRACK RANKINGS - MALE

Surname	First Name	State	Dist (km)	Venue	Date	Age
Kouros	Yiannis	VIC	1038.851	Colac, VIC	26-Nov-05	49
Smith	Bryan	VIC	1002.000	Colac, VIC	19-Nov-89	46
Taylor	Maurice	NSW	894.000	Colac, VIC	19-Nov-89	41
Record	Joe	WA	890.800	Colac, VIC	23-Nov-87	46
Standeven	David	SA	860.000	Colac, VIC	20-Nov-88	36
Perdon	George	VIC	841.600	Colac, VIC	2-Dec-84	60
Audley	George	WA	816.800	Colac, VIC	24-Nov-96	61
Javes	Ian	QLD	810.709	Campbelltown, NSW	24-Nov-90	48
Gray	Peter	VIC	810.278	Colac, VIC	9-Nov-91	27
Collins	Tony	NSW	807.200	Colac, VIC	22-Nov-98	51
Lucas	Andrew	TAS	784.800	Colac, VIC	24-Nov-96	31
Mansell	Kevin	SA	776.800	Colac, VIC	24-Nov-96	45
Parsons	Gary	QLD	774.899	Nanango, QLD	19-Mar-96	46
Bloomer	Brian	VIC	763.600	Colac, VIC	2-Mar-86	45
Gibson	Peter	QLD	762.427	Nanango, QLD	19-Mar-96	40
Beauchamp	Bill	VIC	758.400	Colac, VIC	25-Nov-95	50
Hepburn	Brickley	VIC	756.400	Colac, VIC	22-Nov-92	41
Young	Cliff	VIC	749.600	Colac, VIC	2-Dec-84	62
Rafferty	Tony	VIC	747.000	La Rochelle	5-Oct-86	47
Watts	Graeme	QLD	746.341	Colac, VIC	22-Nov-03	50
Riley	Gerry	QLD	741.200	Colac, VIC	23-Nov-87	57
Farmer	Patrick	NSW	739.600	Colac, VIC	20-Nov-88	
Fisher	Keith	VIC	732.400	Colac, VIC	20-Nov-88	23
Taylor	Dave	NSW	731.255	Campbelltown, NSW	25-Nov-89	38
Wishart	Greg	VIC	721.600	Colac, VIC	19-Nov-89	
Armistead	Peter	VIC	709.200	Colac, VIC	24-Nov-02	56
Hoskinson	Peter	TAS	706.725	Colac, VIC	26-Nov-05	42
Phillips	Lindsay	QLD	703.455	Campbelltown, NSW	24-Nov-90	25
Bristow	Ralph	QLD	702.114	Campbelltown, NSW	25-Nov-89	49
Burns	Bob	QLD	701.200	Campbelltown, NSW	23-Nov-91	48
Skvaril	Vlastislav	TAS	692.850	Colac, VIC	27-Nov-04	65
Hill	Ron	VIC	681.200	Colac, VIC	20-Nov-94	
Cox	Terry (snr)	VIC	668.000	Colac, VIC	9-Nov-91	54
Davis	Ivan	SA	664.400	Colac, VIC	25-Nov-95	42
Timms	John	VIC	663.200	Colac, VIC	20-Nov-94	52
Sheridan	James	SA	662.500	Manhattan	10-Jul-83	27
Channels	Robert	NSW	656.327	Campbelltown, NSW	24-Nov-90	48
Sill	David	NSW	654.800	Colac, VIC	20-Nov-94	47
Fickel	Bob	NSW	643.039	Campbelltown, NSW	25-Nov-89	37
Firkin	Graham	NSW	642.318	Campbelltown, NSW	24-Nov-90	53
Pritchard	Mark	WA	641.200	Colac, VIC	25-Nov-95	48
Scanlon	Shaun	QLD	635.407	Campbelltown, NSW	24-Nov-90	46
Grayling	Michael	VIC	628.800	Colac, VIC	21-Nov-99	43
Vega	Eduardo	NSW	627.314	Campbelltown, NSW	25-Nov-89	49
Colwell	Brian	NSW	624.793	Campbelltown, NSW	24-Nov-90	41
O'Connell	Keith	NSW	608.656	Campbelltown, NSW	25-Nov-89	

6 DAY TRACK RANKINGS - MALE

Hook	Geoff	VIC	606.800	Colac, VIC	23-Nov-87	43
Marden	Bob	NSW	604.800	Colac, VIC	2-Mar-86	33
Billett	David	SA	604.201	Colac, VIC	26-Nov-05	35
Kettle	Drew	VIC	601.600	Colac, VIC	22-Nov-92	72
Wise	Garry	NT	600.640	Colac, VIC	26-Nov-05	59
Marsh	Trevor	VIC	556.060	Colac, VIC	27-Nov-04	43
Jones	David	VIC	551.850	Colac, VIC	27-Nov-04	63
Donnelly	Bruce	QLD	550.637	Campbelltown, NSW	24-Nov-90	
Ketsakidis	Isak	VIC	544.400	Colac, VIC	21-Nov-99	
Waddell	Peter	ACT	540.000	Colac, VIC	23-Nov-97	
Neville	Howard	QLD	525.865	Colac, VIC	22-Nov-03	59
Cox	Terry (jnr)	VIC	518.400	Colac, VIC	9-Nov-91	26
Riches	Darryl	VIC	516.528	Colac, VIC	26-Nov-00	
McKinlay	Brock	ACT	505.900	Colac, VIC	24-Nov-02	
Pollard	Godfrey	VIC	504.400	Colac, VIC	20-Nov-94	
Grant	Ron	QLD	501.569	Campbelltown, NSW	24-Nov-90	47
Miskin	Stan	VIC	482.539	Colac, VIC	22-Nov-03	78
Pfister	Peter	VIC	474.400	Colac, VIC	2-Mar-86	46
Reidy	John	NSW	470.881	Colac, VIC	26-Nov-05	38
Drayton	Nick	NSW	470.733	Nanango, QLD	19-Mar-96	38
Pierce	Simahin	SA	469.928	USA	22-Sep-91	
Erasmus	Willie	VIC	454.500	Colac, VIC	24-Nov-02	
Matchett	Ken	VIC	424.500	Colac, VIC	26-Nov-05	83
Davis	Robyn	NSW	420.000	Colac, VIC	24-Nov-01	56
McLurcan	Don	NSW	413.728	Colac, VIC	26-Nov-00	
Boyle	Brad	NSW	406.459	Campbelltown, NSW	24-Nov-90	30
Sutcliffe	Bill	VIC	406.080	Colac, VIC	26-Nov-00	57
Clarke	Albert	VIC	347.200	Colac, VIC	26-Nov-05	
McPhee	Jevvan	VIC	344.000	Colac, VIC	24-Nov-02	37
Farmer	Bernie	ACT	320.561	Colac, VIC	26-Nov-00	
McGregor	Ron	VIC	306.800	Colac, VIC	26-Nov-05	63
Stewart	Barry	QLD	304.800	Colac, VIC	20-Nov-94	61
Bruner	Bob	VIC	181.856	California, USA	5-Apr-85	
Wilson	Greg	VIC	161.600	Colac, VIC	21-Nov-93	
Valentine	Ian	QLD	149.200	Colac, VIC	27-Nov-04	43
Rowe	Craig	NSW	140.400	Colac, VIC	21-Nov-93	26
MacKechnie	Donald	VIC	89.200	Colac, VIC	26-Nov-05	72
Criniti	David	NSW	66.000	Colac, VIC	24-Nov-01	23



*Photo left from
Coast to Kosciusko
A mid race call
home*

6 DAY TRACK RANKINGS - FEMALE

Surname	First Name	State	Dist (km)	Venue	Date	Age
McConnell	Georgina	NSW	738.903	Campbelltown, NSW	24-Nov-90	47
Cameron	Cynthia	VIC	738.000	Colac, VIC	20-Nov-88	46
Parris	Dawn	VIC	696.400	Colac, VIC	26-Nov-00	47
Stanger	Helen	NSW	691.589	Campbelltown, NSW	24-Nov-90	40
Foley	Wanda	NSW	659.595	Campbelltown, NSW	25-Nov-89	43
Kerr	Sandra	VIC	580.000	Colac, VIC	20-Nov-94	49
Barnett	Sarah	VIC	572.677	Colac, VIC	26-Nov-05	
Warren	Valerie		571.571	Campbelltown, NSW	24-Nov-90	
Gladwell	Lucille	NSW	571.571	Campbelltown, NSW	24-Nov-90	
Tait	Merrilyn	VIC	492.400	Colac, VIC	19-Nov-89	
De Williams	Deborah	VIC	448.170	Colac, VIC	27-Nov-04	35
Schrag	Julie	QLD	426.500	Colac, VIC	24-Nov-02	46
Buckland	Isobel	NSW	424.400	Colac, VIC	21-Nov-99	

6 HOUR TRACK RANKINGS - MALE

Surname	First Name	State	Dist (km)	Venue	Date	Age
Jacobs	Trevor	ACT	83.600	East Burwood, VIC	21-Jun-92	40
Kouros	Yiannis	VIC	83.600	Coburg, VIC	08-Apr-95	39
Duck	John	VIC	81.332	Knox Park, VIC	30-Oct-94	42
Standeven	David	SA	80.467	Salisbury, SA	15-Jul-90	38
Barker	Carl	NSW	80.467	Salisbury, SA	15-Jul-90	34
Cornthwaite	Ian	VIC	79.499	Moe, VIC	01-Dec-96	34
Wilson	Greg	VIC	78.426	East Burwood, VIC	25-Oct-92	40
Hawksworth	Danny		77.802	Coburg, VIC	30-Mar-08	
Smith	Jeff	VIC	77.083	East Burwood, VIC	27-Oct-91	32
Dietachmayer	Tony	VIC	76.707	East Burwood, VIC	25-Oct-92	29
Barron	Adam	QLD	76.457	Gold Coast, QLD	12-Aug-06	31
Boase	Geoff	QLD	76.439	Knox Park, VIC	30-Oct-94	43
Maximiw	Roger		75.700	Moe, VIC	09-Nov-03	
Medill	Graham	QLD	75.458	Ipswich, QLD	18-Apr-92	44
Francis	Mick	WA	74.627	Bunbury, WA	06-Mar-04	45
Renwick	Bruce	NSW	73.793	Moe, VIC	09-Nov-03	55
Smith	Bryan	VIC	73.600	Campbelltown, NSW	08-Oct-88	44
Skrobalak	Joe	VIC	73.562	East Burwood, VIC	27-Oct-91	39
Marshall	Kelvin	VIC	73.555	Moe, VIC	30-Nov-97	33
Alexander	Keith	VIC	72.752	Coburg, VIC	27-Feb-93	
Phillips	Simon	TAS	72.638	Coburg, VIC	16-Apr-05	45
Ware	Robert	QLD	72.616	Gold Coast, QLD	12-Aug-06	33
Carson	Max	VIC	72.602	Coburg, VIC	21-Aug-99	50
Curtis	Bob	VIC	72.563	East Burwood, VIC	25-Oct-92	50
Gray	Peter	VIC	72.258	East Burwood, VIC	27-Oct-91	27
Simmons	Brian	VIC	72.199	East Burwood, VIC	24-Oct-93	
Love	Gregory	NSW	71.060	Wollongong, NSW	26-Mar-94	39
Cochrane	Tim	NSW	70.800	Coburg, VIC	19-Apr-08	27
Joannou	Bill	NSW	70.644	Coburg, VIC	27-Feb-93	36

6 HOUR TRACK RANKINGS - MALE

Vesnaver	John	WA	70.387	Bunbury, WA	08-Mar-98	
Torre	Joe	VIC	70.064	East Burwood, VIC	24-Oct-93	
Grimmett	Mal	VIC	70.041	Moe, VIC	06-Nov-05	39
Won	Kar	WA	69.811	Perth, WA	30-May-92	42
Bohnke	Michael	NSW	69.770	East Burwood, VIC	27-Oct-91	37
Moloney	Nic	QLD	69.600	Gold Coast, QLD	10-Aug-07	29
Campbell	Ron	VIC	68.984	East Burwood, VIC	25-Oct-92	49
Cassidy	Kevin	VIC	68.695	Coburg, VIC	18-Jul-98	37
Gaynor	Brendan	WA	68.626	Bunbury, WA	04-Mar-95	44
Fraser	Lachlan	VIC	68.548	Moe, VIC	22-Nov-08	46
Quinn	Peter	VIC	68.518	East Burwood, VIC	28-Oct-90	40
Bell	John	VIC	68.474	East Burwood, VIC	27-Oct-91	43
Goonpan	Peter	NSW	68.400	Coburg, VIC	13-Apr-96	37
Wright	Doug	WA	68.301	Bunbury, WA	03-Apr-94	48
Dye	Dave		68.250	Bunbury, WA	08-Mar-98	40
Carlton	Gary	WA	68.215	Bunbury, WA	06-Mar-04	46
Kennedy	David	WA	68.075	Bunbury, WA	05-Mar-06	27
Pearce	Adrian	QLD	68.021	Caboolture, QLD	05-Feb-06	38
Sill	David	NSW	68.000	East Burwood, VIC	19-Jun-93	46
Gray	Brendon		68.000	Caboolture, QLD	10-Feb-08	
Gamble	Malcolm	VIC	67.943	Moe, VIC	22-Nov-08	40
Holst	Warren	VIC	67.737	Coburg, VIC	12-Apr-03	41
Hepburn	Brickley	VIC	67.732	Olympic Park, VIC	04-Aug-90	
Hepburn	Brickley	VIC	67.732	East Burwood, VIC	28-Oct-90	39
de Fanis	Sam	VIC	67.671	East Burwood, VIC	25-Oct-92	44
Cormack	George	VIC	67.281	Wollongong, NSW	01-Apr-95	44
Bignell	Peter	VIC	67.249	Moe, VIC	22-Nov-08	53
Marsh	Ken	VIC	67.241	Coburg, VIC	07-Apr-01	45
Waugh	David	QLD	67.200	Gold Coast, QLD	12-Aug-06	34
Grayling	Michael	VIC	66.946	Moe, VIC	01-Dec-96	40
Boyce	Robert	VIC	66.907	Coburg, VIC	30-Mar-08	46
Dyer	Bill	VIC	66.809	Coburg, VIC	22-Apr-06	45
Blair	Stuart	SA	66.800	Adelaide, SA	23-Oct-99	
Dybdahl	Bjorn	WA	66.693	Bunbury, WA	08-Mar-98	44
Solomon	Colin	ACT	66.500	Caboolture, QLD	10-Feb-08	43
Beauchamp	Bill	VIC	66.358	East Burwood, VIC	25-Oct-92	47
Maris	Tony	WA	66.348	Bunbury, WA	29-Feb-92	
Jackson	Brian	WA	66.294	Bunbury, WA	08-Mar-98	31
Guard	Roger	QLD	66.000	Caboolture, QLD	10-Feb-08	61
Crouch	Lawrence	VIC	65.993	East Burwood, VIC	24-Oct-93	53
Duffell	Geoff	VIC	65.936	East Burwood, VIC	24-Oct-93	42
Blyth	Geoff		65.913	Bunbury, WA	08-Mar-98	42
Pearson	John	QLD	65.884	Caboolture, QLD	31-Aug-08	36
Cook	Kim	NSW	65.765	Adelaide, SA	04-Oct-08	52
Cook	Dean	NSW	65.600	Gold Coast, QLD	10-Aug-07	33
Fickel	Bob	NSW	65.279	Wollongong, NSW	01-Apr-95	43
Farnham	Tony	NSW	65.250	Wollongong, NSW	26-Mar-94	48

6 HOUR TRACK RANKINGS - MALE

Melham	Anyce (Kip)	NSW	65.200	Wollongong, NSW	01-Apr-95	37
Marsh	Trevor	VIC	65.091	Moe, VIC	07-Nov-04	43
Kinshofer	Rudolf	SA	65.067	Adelaide, SA	19-Oct-02	48
Szalek	Mike	WA	64.765	Bunbury, WA	06-Mar-99	39
Duckworth	Steve	VIC	64.625	East Burwood, VIC	24-Oct-93	40
Hunt	Peter		64.500	Caboolture, QLD	10-Feb-08	
Herpich	Ludwig	NSW	64.400	Wollongong, NSW	26-Mar-94	58
Hick	Bill	NSW	64.400	Coburg, VIC	13-Apr-96	48
Bowman	Bruce	VIC	64.374	East Burwood, VIC	21-Jun-92	36
Hughes	Randall	VIC	64.374	East Burwood, VIC	21-Jun-92	68
Clark	Dennis	VIC	64.374	East Burwood, VIC	21-Jun-92	40
Clarke	Ian	VIC	64.374	East Burwood, VIC	21-Jun-92	38
Harper	John	VIC	64.374	East Burwood, VIC	21-Jun-92	45
Every	Paul	NSW	64.374	East Burwood, VIC	21-Jun-92	28
Wise	Garry	NT	64.253	Coburg, VIC	30-Mar-08	61
Schwebel	Ron	NSW	64.040	Moe, VIC	18-Nov-07	56
Fryer	Martin	ACT	64.000	Coburg, VIC	21-Apr-07	45
Traynor	Barry		64.000	Caboolture, QLD	10-Feb-08	
Phillips	Lindsay	QLD	64.000	Coburg, VIC	21-Apr-07	41
Nuttall	John	QLD	63.880	Coburg, VIC	21-Apr-07	55
Lombardi	Rudi		63.737	East Burwood, VIC	27-Oct-91	28
Kellar	Chris		63.681	East Burwood, VIC	24-Oct-93	
Taylor	Maurice	NSW	63.647	Ipswich, QLD	18-Apr-92	43
Riches	Ken	VIC	63.640	Moe, VIC	01-Dec-96	44
Hoskinson	Peter	TAS	63.600	Colac, VIC	20-Nov-05	42
Salisbury	Bruce	VIC	63.580	Moe, VIC	28-Nov-99	47
Donnelly	Bruce	QLD	63.510	Wollongong, NSW	26-Mar-94	35
Lockwood	Glenn	NSW	63.500	Caboolture, QLD	10-Feb-08	44
Roberts	Ian	SA	63.334	Coburg, VIC	16-Apr-05	38
Hooley	Danny	QLD	63.000	Caboolture, QLD	09-Feb-08	36
Jenkins	Rick	VIC	62.955	East Burwood, VIC	27-Oct-91	38
Morely	Darren		62.880	Ipswich, QLD	18-Apr-92	30
Walker	Shane	WA	62.849	Bunbury, WA	06-Mar-99	37
Rooney	James	NSW	62.800	Wollongong, NSW	26-Mar-94	41
Dunn	Stephen	SA	62.619	Bunbury, WA	03-Apr-94	
Davies	John		62.560	Bunbury, WA	08-Mar-98	
Alford	Graeme	VIC	62.538	East Burwood, VIC	28-Oct-90	30
Sutton	Dennis	WA	62.483	Bunbury, WA	02-Apr-94	44
Leonard	Simon	WA	62.431	Bunbury, WA	03-Apr-94	
Boyle	Brad	NSW	62.430	Moe, VIC	01-Dec-96	36
Woods	Peter	VIC	62.049	Coburg, VIC	27-Feb-93	26
Pritchard	Mark	WA	62.033	Bunbury, WA	02-Apr-94	46
Forsyth	Ian		62.000	Gosford, NSW	06-Jan-01	
Jensen	Hans		61.807	East Burwood, VIC	28-Oct-90	43
Gibbs	Ian		61.800	Bunbury, WA	08-Mar-98	
McPhee	Jevvan	VIC	61.752	Moe, VIC	28-Nov-99	34
Brooks	Colin	SA	61.748	Coburg, VIC	30-Mar-08	54

6 HOUR TRACK RANKINGS - MALE

McGowan	Mark	QLD	61.733	Adelaide, SA	04-Oct-08	47
Zukowski	Jerry	SA	61.655	Bunbury, WA	06-Mar-99	46
Cohen	Andrew	WA	61.563	Bunbury, WA	06-Mar-04	45
Hook	Geoff	VIC	61.391	Knox Park, VIC	30-Oct-94	
Witt	Alan	VIC	61.267	East Burwood, VIC	27-Oct-91	43
Devine	Allan	SA	61.227	Coburg, VIC	30-Mar-08	48
Channels	Robert	NSW	61.200	Campbelltown, NSW	08-Oct-88	
Worley	Brett	SA	61.200	Adelaide, SA	30-Sep-06	30
Good	Tony	SA	61.010	Adelaide, SA	19-Oct-02	
Embleton	Robert	VIC	60.938	Moe, VIC	09-Nov-03	50
Lovric	Michael	NSW	60.800	Adelaide, SA	04-Oct-08	40
Bazeley	Gavin		60.567	Ipswich, QLD	18-Apr-92	29
Cole	Daniel	VIC	60.516	Coburg, VIC	21-Apr-07	59
Hartley	Ernest	VIC	60.490	East Burwood, VIC	27-Oct-91	41
Blackman	Fred	VIC	60.435	East Burwood, VIC	28-Oct-90	
Bent	Xavier	QLD	60.400	Gold Coast, QLD	12-Aug-06	27
Burns	Bob	QLD	60.321	Ipswich, QLD	18-Apr-92	48
Lancaster	Ken		60.199	Moe, VIC	07-Nov-04	
Savage	Zac	SA	60.113	Adelaide, SA	04-Oct-08	32
Reidy	John	NSW	60.000	Colac, VIC	20-Nov-05	38
Baxter	Bill	VIC	59.692	East Burwood, VIC	27-Oct-91	53
Martin	Ross	SA	59.222	Coburg, VIC	13-Apr-02	
Lang	Coran	VIC	59.200	Coburg, VIC	21-Apr-07	41
Brown	Dominic	QLD	59.000	Caboolture, QLD	10-Feb-07	30
Angel	Neil	ACT	58.909	Adelaide, SA	04-Oct-08	43
Lane	Andrew		58.651	Bunbury, WA	08-Mar-98	
Ladyman	Rodney	QLD	58.400	Coburg, VIC	22-Apr-06	49
Rabl	Dave	VIC	58.390	East Burwood, VIC	24-Oct-93	
Green	Keith	VIC	58.152	East Burwood, VIC	24-Oct-93	
Vlachos	Dennis	SA	58.134	Adelaide, SA	04-Oct-03	45
Lolait	Lawrie		58.106	Coburg, VIC	30-Mar-08	
Collins	Tony	NSW	58.000	Campbelltown, NSW	08-Oct-88	41
Cox	Terry (jnr)	VIC	57.840	East Burwood, VIC	28-Oct-90	25
Matchett	Ken	VIC	57.753	East Burwood, VIC	25-Oct-92	70
Miller	Barry	WA	57.684	Bunbury, WA	06-Mar-04	47
Higgins	Barry	VIC	57.647	Moe, VIC	01-Dec-96	58
Bown	Darren	SA	57.620	Adelaide, SA	23-Oct-99	
Macbeth	Robert	WA	57.558	Bunbury, WA	06-Mar-99	45
Bilton	Nigel	WA	57.548	Bunbury, WA	29-Feb-92	
Rowe	Craig		57.290	Wollongong, NSW	26-Mar-94	26
Jones	David	VIC	57.115	Moe, VIC	09-Nov-03	62
Pickard	Terry	QLD	56.899	Ipswich, QLD	18-Apr-92	32
Thys	Dirk	SA	56.867	Adelaide, SA	16-Oct-04	34
Bristow	Ralph	QLD	56.850	Wollongong, NSW	26-Mar-94	54
Laing	Phil	SA	56.806	Coburg, VIC	16-Apr-05	
Nicol	Prabuddha		56.800	Adelaide, SA	15-Oct-05	
Munnings	Darryll		56.773	Bunbury, WA	08-Mar-98	
Donovan	Tom	VIC	56.708	East Burwood, VIC	28-Oct-90	59

6 HOUR TRACK RANKINGS - MALE

Bennett	Peter	QLD	56.640	Clifton Hill, VIC	08-Oct-94	38
Billett	David	SA	56.624	Adelaide, SA	23-Oct-99	29
Johnston	Norm	VIC	56.618	East Burwood, VIC	25-Oct-92	55
Peacock	Stephen	WA	56.528	Bunbury, WA	06-Mar-99	29
Kennedy	Brian		56.424	Bunbury, WA	29-Feb-92	
Raines	Wayne		56.422	Ipswich, QLD	18-Apr-92	33
Orchard	Scott	VIC	56.400	Coburg, VIC	19-Apr-08	35
Bishop	Graeme	VIC	56.217	East Burwood, VIC	27-Oct-91	46
Moore	Peter	VIC	56.000	East Burwood, VIC	21-Jun-92	
Gamble	Chris	ACT	56.000	Gosford, NSW	06-Jan-01	49
Wishart	Greg	VIC	55.732	East Burwood, VIC	28-Oct-90	52
Vega	Eduardo	NSW	55.600	Campbelltown, NSW	08-Oct-88	
Monks	Paul	VIC	55.600	Adelaide, SA	29-Sep-07	28
Mansell	Kevin	SA	55.600	Campbelltown, NSW	08-Oct-88	37
Eadie	David	VIC	55.600	Coburg, VIC	19-Apr-08	37
Hillbrick	Adam	VIC	55.536	East Burwood, VIC	24-Oct-93	17
Saxon	Brett	VIC	55.392	Moe, VIC	22-Nov-08	43
Farmer	Patrick	NSW	55.200	Campbelltown, NSW	08-Oct-88	26
Firkin	Graham	NSW	55.200	Campbelltown, NSW	08-Oct-88	
Mason	Don	WA	55.011	Bunbury, WA	29-Feb-92	
Last	Geoffrey	QLD	55.000	Caboolture, QLD	10-Feb-07	56
Weaver	Robert	WA	54.800	Bunbury, WA	06-Mar-99	41
Skvaril	Vlastislav	TAS	54.800	Colac, VIC	20-Nov-05	66
Pollard	Godfrey	VIC	54.771	East Burwood, VIC	25-Oct-92	61
Pager	Steve		54.711	Bunbury, WA	08-Mar-98	
Shaw	Doug		54.538	Bunbury, WA	06-Mar-99	
Scanlon	Shaun	NSW	54.400	Wollongong, NSW	26-Mar-94	49
Fisher	Keith	VIC	54.400	Campbelltown, NSW	08-Oct-88	23
Price	Stuart	NSW	54.235	Adelaide, SA	01-Oct-06	31
Power	Tony		54.181	East Burwood, VIC	28-Oct-90	30
Preston	Kerry	QLD	54.153	Gold Coast, QLD	12-Aug-06	53
Courtney	Anth	NSW	54.000	Adelaide, SA	04-Oct-08	29
Swain	Sean	QLD	54.000	Gold Coast, QLD	11-Aug-06	39
Harrison	Max	VIC	53.908	East Burwood, VIC	27-Oct-91	52
Zlarke	James	VIC	53.849	East Burwood, VIC	24-Oct-93	50
Walkley	Cecil	WA	53.837	Bunbury, WA	03-Apr-94	
Lines	Peter	SA	53.600	Adelaide, SA	04-Oct-08	50
Ohlenrott	Bruce		53.530	Coburg, VIC	21-Aug-99	
McCormick	Richard	VIC	53.520	Gold Coast, QLD	10-Aug-07	40
Iliopolous	Nick	VIC	53.368	Coburg, VIC	22-Apr-06	26
Lahiff	Peter	QLD	53.354	Caboolture, QLD	06-Feb-05	69
James	Lyle	WA	53.339	Bunbury, WA	03-Apr-94	
Ludwig	Andrew	QLD	53.200	Coburg, VIC	19-Apr-08	41
Hallam	Andrew		53.068	East Burwood, VIC	28-Oct-90	26
Brelsford	Dave	TAS	53.008	Coburg, VIC	30-Mar-08	65
Fawkes	Nathan	WA	53.000	Caboolture, QLD	30-Aug-08	25
O'Neil	Terry	VIC	52.983	Coburg, VIC	30-Mar-08	52
Healey	Rod		52.900	Moe, VIC	28-Nov-99	57

6 HOUR TRACK RANKINGS - MALE

Kennedy	Paul		52.826	Coburg, VIC	21-Apr-07	
Williams	Sean	NSW	52.800	Adelaide, SA	29-Sep-07	40
Grant	Stephen	NSW	52.800	Campbelltown, NSW	08-Oct-88	
Henry	Peter	NSW	52.800	Wollongong, NSW	01-Apr-95	55
Buchanan	Lester	VIC	52.451	East Burwood, VIC	28-Oct-90	50
Bryce	Steven	NSW	52.426	Wollongong, NSW	01-Apr-95	38
McKinlay	Brock	ACT	52.400	Colac, VIC	20-Nov-05	
Martin	Kevin	WA	52.198	Bunbury, WA	06-Mar-99	51
Rafferty	Tony	VIC	52.072	Moe, VIC	01-Dec-96	57
O'Connell	Keith	NSW	52.000	Wollongong, NSW	01-Apr-95	
Staples	Alan	NSW	52.000	Gosford, NSW	06-Jan-01	51
Soderstrom	Philip	VIC	51.907	East Burwood, VIC	28-Oct-90	43
Yeaman	David	VIC	51.754	East Burwood, VIC	28-Oct-90	54
Doak-Smith	Alan	WA	51.697	Bunbury, WA	03-Apr-94	
Clarke	Tom	WA	51.694	Bunbury, WA	02-Apr-94	47
Michels	Wim	SA	51.691	Adelaide, SA	16-Oct-04	
Anderson	Peter	QLD	51.664	Moe, VIC	06-Nov-05	59
Petrie	Rob	VIC	51.630	East Burwood, VIC	27-Oct-91	49
Nelson	Peter	VIC	51.333	Coburg, VIC	21-Aug-99	58
Taylor	Dave	NSW	51.200	Wollongong, NSW	26-Mar-94	42
Cotter	Benjamin	VIC	51.200	Coburg, VIC	16-Apr-05	24
Whyte	Robin	ACT	51.200	Coburg, VIC	22-Apr-06	64
Tutchener	Frank	VIC	51.073	East Burwood, VIC	28-Oct-90	63
Chaston	Keith		51.000	Caboolture, QLD	10-Feb-08	
Glover	Brian	VIC	50.918	Coburg, VIC	18-Jul-98	55
Twite	Ian	VIC	50.800	Moe, VIC	06-Nov-05	50
Twite	Ian	VIC	50.800	Moe, VIC	09-Nov-03	48
Hennessey	Laurie	NSW	50.800	Gold Coast, QLD	10-Aug-07	66
Spain	Gregory	NSW	50.800	Gosford, NSW	06-Jan-01	30
Criniti	David	NSW	50.800	Moe, VIC	12-Nov-06	28
Stephenson	Bill	VIC	50.800	East Burwood, VIC	25-Oct-92	
Holleran	David	QLD	50.764	Ipswich, QLD	18-Apr-92	35
Mackey	Colin	QLD	50.500	Caboolture, QLD	09-Feb-08	33
Harris	Gary	WA	50.484	Bunbury, WA	06-Mar-99	38
Mason	Brendan	VIC	50.400	Adelaide, SA	30-Sep-06	44
Pelgrim	Bert	VIC	50.400	Moe, VIC	28-Nov-99	43
Comber	Richard		50.400	Moe, VIC	09-Nov-03	
Greenwood	Brendan		50.293	Caboolture, QLD	31-Aug-08	
Audley	George	WA	50.005	Bunbury, WA	06-Mar-04	68
Webber	Bruce	QLD	50.000	Caboolture, QLD	09-Feb-08	46
Mercer	Neville	VIC	50.000	Coburg, VIC	27-Feb-93	
Webber	Bruce	QLD	50.000	Gold Coast, QLD	10-Aug-07	45
Cox	Murray	SA	50.000	Olympic Park, VIC	04-Aug-90	44
Pearce	Billy	NSW	50.000	Caboolture, QLD	09-Feb-08	43
Young	Cliff	VIC	50.000	Coburg, VIC	27-Feb-93	71
McCloskey	Ian	QLD	50.000	Ipswich, QLD	18-Apr-92	40
Clements	Harry		50.000	Coburg, VIC	27-Feb-93	
Drayton	Nick	NSW	50.000	Gosford, NSW	06-Jan-01	43

6 HOUR TRACK RANKINGS - MALE

Reid	Doug	SA	50.000	Adelaide, SA	04-Oct-08	31
Copland	Charles	VIC	49.999	East Burwood, VIC	21-Jun-92	31
Lear	Phil	QLD	49.900	Gold Coast, QLD	12-Aug-06	62
Wichman	Norbert	VIC	49.774	East Burwood, VIC	28-Oct-90	38
Evans	Brian	QLD	49.680	Caboolture, QLD	11-Feb-07	64
Gardiner	Peter	QLD	49.500	Caboolture, QLD	04-Feb-06	51
Valentine	Ian	QLD	49.500	Caboolture, QLD	10-Feb-08	47
Varley	Chris	ACT	48.666	Wollongong, NSW	01-Apr-95	
Watts	Graeme	QLD	48.000	Adelaide, SA	30-Sep-06	53
Young	Nobby	NSW	48.000	Wollongong, NSW	01-Apr-95	48
Bloomer	Brian	VIC	48.000	Colac, VIC	20-Nov-05	
Skinner	Deryck	SA	47.600	Adelaide, SA	15-Oct-05	72
Chav	Lee	NSW	47.600	Wollongong, NSW	26-Mar-94	
Gixti	Peter		47.387	Moe, VIC	06-Nov-05	
Cameron	Charles	VIC	47.249	East Burwood, VIC	28-Oct-90	37
Somerville	Bruce		47.200	Gosford, NSW	06-Jan-01	
Jack	Clarrie	VIC	47.046	Coburg, VIC	30-Mar-08	62
Whitaker	Peter	NSW	47.000	Caboolture, QLD	10-Feb-08	48
Gaillard	Jacques	VIC	46.644	East Burwood, VIC	25-Oct-92	
Hinds	Tom	QLD	46.506	Gold Coast, QLD	10-Aug-07	33
Townshend	Andrew	QLD	46.500	Caboolture, QLD	04-Feb-06	37
Hain	Geoff	QLD	46.000	Coburg, VIC	16-Apr-05	58
Jordon	Steve		46.000	Coburg, VIC	21-Apr-07	
Shopov	Stoyan		45.600	Adelaide, SA	15-Oct-05	
Smith	Jason	NSW	45.290	Wollongong, NSW	26-Mar-94	15
Boulton	Rathin	ACT	45.200	Coburg, VIC	16-Apr-05	
Turner	Tim	NSW	45.000	Caboolture, QLD	09-Feb-08	44
Raftery	Joe	QLD	45.000	Caboolture, QLD	04-Feb-06	44
Commins	Louis	NSW	44.800	Adelaide, SA	29-Sep-07	58
Mealey	John	WA	44.466	Bunbury, WA	08-Mar-98	
Fisher	Patrick	ACT	44.400	Coburg, VIC	22-Apr-06	
Gerace	Patrick	SA	44.287	Coburg, VIC	16-Apr-05	
Poore	Alex		44.165	Coburg, VIC	30-Mar-08	
Erasmus	Willie	VIC	43.524	Coburg, VIC	17-Apr-04	
Kettle	Drew	VIC	43.227	Knox Park, VIC	30-Oct-94	74
Brooke	Norm	VIC	43.019	Coburg, VIC	27-Feb-93	66
Skrucany	Rudolf	VIC	42.976	Coburg, VIC	30-Mar-08	52
Miskin	Stan	VIC	42.850	Coburg, VIC	13-Apr-02	76
Colquhoun	Colin	QLD	42.800	Gosford, NSW	06-Jan-01	46
Clear	David	NSW	42.800	Gosford, NSW	06-Jan-01	43
Ayris	Tony	SA	42.800	Adelaide, SA	29-Sep-07	
Cusack	John	NSW	42.400	Wollongong, NSW	01-Apr-95	
Peterson	John	QLD	42.195	Olympic Park, VIC	04-Aug-90	74
Riley	Gerry	QLD	41.647	Gold Coast, QLD	10-Aug-07	76
Attrill	David	NSW	41.600	Adelaide, SA	04-Oct-08	61
Watt	Graham	VIC	41.600	Coburg, VIC	16-Apr-05	28
Naylor	Tom	SA	41.377	Adelaide, SA	04-Oct-08	65
Lovell	Andrew	NSW	40.400	Coburg, VIC	21-Apr-07	30

6 HOUR TRACK RANKINGS - MALE

Francis	Paul	SA	40.400	Adelaide, SA	29-Sep-07	51
Jarvis	Glenn	NSW	40.200	Wollongong, NSW	26-Mar-94	24
Davis	Robyn	NSW	39.600	Campbelltown, NSW	08-Oct-88	43
McKay	Doug	VIC	39.600	Adelaide, SA	04-Oct-08	58
Baker	Fred		39.600	Coburg, VIC	22-Apr-06	
Barclay	Nick	QLD	39.600	Gold Coast, QLD	10-Aug-07	32
Trad	Eric	NSW	38.400	Adelaide, SA	29-Sep-07	62
Trad	Eric	NSW	38.400	Adelaide, SA	15-Oct-05	60
Tinson	Laurie		38.336	Coburg, VIC	16-Apr-05	
De Williams	Glyn	VIC	38.317	Moe, VIC	06-Nov-05	
Gleeson	Nicholas		38.000	Coburg, VIC	19-Apr-08	
Staines	Allan	WA	37.759	Bunbury, WA	03-Apr-94	
Turner	Gary		37.600	Coburg, VIC	22-Apr-06	
Clarke	Albert	VIC	36.800	Colac, VIC	20-Nov-05	
Proudfoot	Gordon	VIC	36.431	Coburg, VIC	22-Apr-06	
Overton	Frank	NSW	36.400	Gosford, NSW	06-Jan-01	52
McGregor	Ron	VIC	35.600	Colac, VIC	20-Nov-05	63
Abhary	Kazem	SA	34.644	Adelaide, SA	01-Oct-06	58
Thompson	Paul	NSW	34.400	Gosford, NSW	06-Jan-01	
Carter	Ken	VIC	34.232	Coburg, VIC	13-Apr-02	
Sinclair	Dale		34.000	Moe, VIC	22-Nov-08	
Jackson	Ross		33.200	Coburg, VIC	21-Apr-07	
Dedman	Kaven	SA	33.200	Adelaide, SA	30-Sep-06	59
Zukowski	Andy	SA	33.000	Bunbury, WA	06-Mar-99	
MacKechnie	Donald	VIC	31.600	Coburg, VIC	16-Apr-05	71
Essam	Phil	VIC	31.200	Coburg, VIC	19-Apr-08	46
Crotty	Dick	SA	30.800	Adelaide, SA	15-Oct-05	75
Brooks	Frederick	VIC	29.200	Moe, VIC	09-Nov-03	69
Jemmeson	Sean		28.400	Coburg, VIC	22-Apr-06	
Scholz	Justin	VIC	22.500	Caboolture, QLD	30-Aug-08	
Parsonson	Mark	QLD	21.500	Caboolture, QLD	05-Feb-06	49

6 HOUR TRACK RANKINGS -FEMALE

Surname	First Name	State	Dist (km)	Venue	Date	Age
Meadows	Linda	VIC	78.742	East Burwood, VIC	18-Jun-94	35
Morgan	Mary	WA	74.921	Bunbury, WA	02-Apr-94	36
Terjesen	Siri	QLD	70.232	Caboolture, QLD	05-Feb-06	30
Stanger	Helen	NSW	69.600	Wollongong, NSW	26-Mar-94	43
Kerr	Sandra	VIC	66.338	Coburg, VIC	27-Feb-93	47
Parris	Dawn	VIC	66.115	East Burwood, VIC	25-Oct-92	39
Baldwin	Cherie	VIC	64.642	East Burwood, VIC	25-Oct-92	40
Hooper-Childs	Julie	VIC	64.421	Moe, VIC	06-Nov-05	32
Petrie	Lavinia	VIC	64.374	East Burwood, VIC	21-Jun-92	48
Young	Shirley	VIC	64.374	East Burwood, VIC	21-Jun-92	62
Thompson	Michelle	VIC	62.476	Moe, VIC	06-Nov-05	36

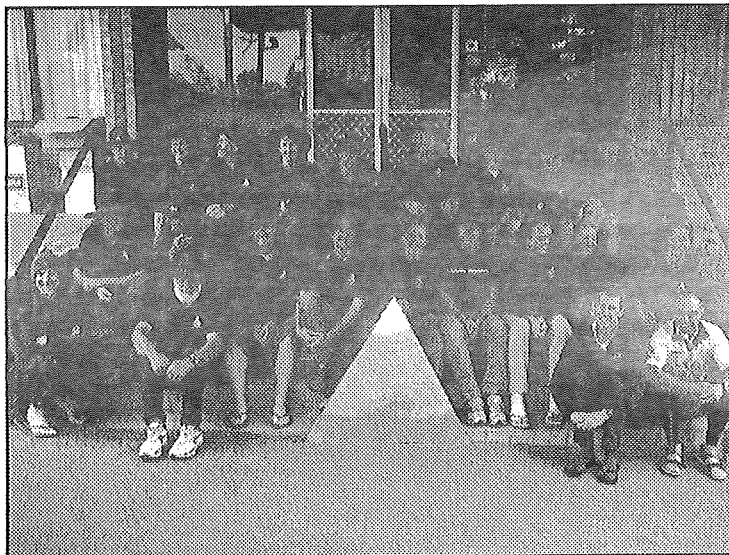
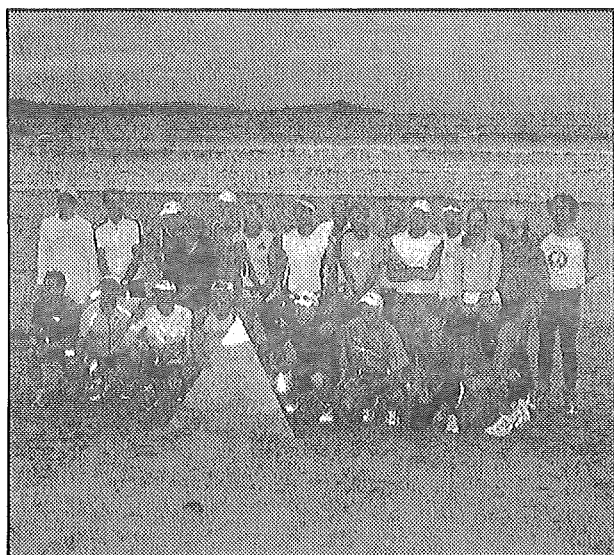
6 HOUR TRACK RANKINGS -FEMALE

King	Robin		62.093	Bunbury, WA	08-Mar-98	
Johnson	Rosemary	WA	61.647	Bunbury, WA	06-Mar-99	23
Harvey-Jamieson	Susannah	QLD	61.000	Caboolture, QLD	30-Aug-08	27
Fabian	Theresa	QLD	60.820	Caboolture, QLD	11-Feb-07	48
Collins	Fiona	WA	60.652	Bunbury, WA	08-Mar-98	27
McCallum	Julie		60.500	Caboolture, QLD	10-Feb-08	
Pivetta	Caroline		60.400	Coburg, VIC	19-Apr-08	
Rosevear	Eleena	QLD	60.000	Caboolture, QLD	10-Feb-08	48
Nobbs	Deanne	VIC	59.500	Caboolture, QLD	30-Aug-08	40
Sturzaker	Jane	VIC	59.251	Coburg, VIC	13-Apr-02	49
Clarke	Jacquie	WA	58.926	Bunbury, WA	29-Feb-92	
Bishop	Lorrie	VIC	58.431	East Burwood, VIC	27-Oct-91	44
Baird	Carol	ACT	58.400	Adelaide, SA	30-Sep-06	57
McConnell	Georgina	NSW	58.200	Wollongong, NSW	26-Mar-94	50
Campbell	Kerry		58.009	Coburg, VIC	13-Apr-02	
Drummond	Sarah	VIC	57.361	Coburg, VIC	21-Apr-07	
Scholz	Sharon	VIC	56.800	Coburg, VIC	19-Apr-08	31
Robards	Bernadette		56.400	Gosford, NSW	06-Jan-01	
Thorn	Julia	VIC	56.141	Coburg, VIC	21-Apr-07	49
Wagh	Rachel	QLD	56.000	Gold Coast, QLD	12-Aug-06	31
Skrobalak	Sharon		55.384	East Burwood, VIC	27-Oct-91	34
Mohr	Monika	NSW	55.200	Adelaide, SA	30-Sep-06	47
De Groot	Corrie	VIC	54.278	East Burwood, VIC	27-Oct-91	63
Ervin	Kaye	VIC	54.200	Coburg, VIC	30-Mar-08	45
Grattan	Angie	QLD	53.710	Caboolture, QLD	11-Feb-07	58
Clarke	Angela	QLD	53.500	Gold Coast, QLD	18-May-96	56
Timmer-Arends	Sandra	VIC	52.400	Moe, VIC	06-Nov-05	42
Swain	Elizabeth		52.000	Caboolture, QLD	10-Feb-08	
Foley	Wanda	QLD	51.200	Campbelltown, NSW	08-Oct-88	42
Brown	Sue		50.958	Coburg, VIC	21-Apr-07	
Coulter	Joan	NSW	50.690	Wollongong, NSW	01-Apr-95	
Barnett	Sarah	SA	50.400	Adelaide, SA	30-Sep-06	
Dow	Doreen	WA	50.387	Bunbury, WA	29-Feb-92	
Baird	Anubha	SA	50.000	Adelaide, SA	23-Oct-99	28
Petrie	June	VIC	50.000	Moe, VIC	28-Nov-99	35
Bell	Tamyka	QLD	50.000	Caboolture, QLD	10-Feb-07	26
Kreiss	Erin	NSW	49.600	Adelaide, SA	04-Oct-08	29
Howorth	Sandra	VIC	49.122	Coburg, VIC	13-Apr-02	39
Salter	Bronwyn	WA	47.681	Bunbury, WA	06-Mar-99	51
Dickson	Norma	VIC	47.680	East Burwood, VIC	27-Oct-91	29
Anderson	Faith	QLD	47.600	Coburg, VIC	16-Apr-05	52
Pipic	Gina	NSW	47.549	Adelaide, SA	16-Oct-04	
Parris	Leah	VIC	47.458	Moe, VIC	07-Nov-04	
Taylor	Jacqueline	VIC	47.018	East Burwood, VIC	25-Oct-92	
Oliver	Rebecca	NSW	46.400	Adelaide, SA	29-Sep-07	25
Bollen	Karyn	VIC	46.400	Coburg, VIC	22-Apr-06	51
Dean	Shayne	VIC	46.293	Coburg, VIC	13-Apr-02	

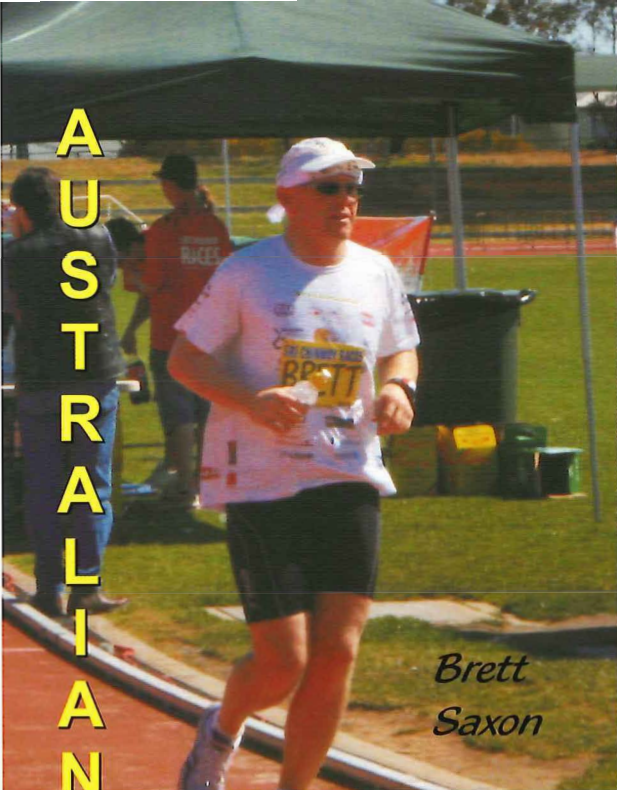
6 HOUR TRACK RANKINGS -FEMALE

White	Kate	SA	45.973	Adelaide, SA	29-Sep-07	42
De Williams	Deborah	VIC	45.707	Moe, VIC	06-Nov-05	36
Curran	Michelle	NSW	45.600	Wollongong, NSW	01-Apr-95	
Osborne	Ann		45.416	Bunbury, WA	08-Mar-98	
Chomyn	Sharon	ACT	44.400	Coburg, VIC	21-Apr-07	48
Carrassi	Carmela	VIC	44.400	Coburg, VIC	13-Apr-96	42
Goonan	Carol	VIC	43.616	Adelaide, SA	16-Oct-04	
Warren	Valerie	NSW	43.600	Campbelltown, NSW	08-Oct-88	
Hall	Kerrie	QLD	42.800	Gosford, NSW	06-Jan-01	39
Cox	Catherine	SA	42.800	Coburg, VIC	21-Apr-07	
Bennetts	Karen		42.721	Coburg, VIC	22-Apr-06	
Hucker	Patricia		42.690	Wollongong, NSW	01-Apr-95	
Marshall	Diana		42.007	Coburg, VIC	22-Apr-06	
Chesterton	Val	ACT	42.000	Coburg, VIC	21-Apr-07	66
Billett	Lorraine	SA	40.969	Adelaide, SA	23-Oct-99	54
Loprete	Kym	SA	39.552	Adelaide, SA	29-Sep-07	
Cox	Robyn	QLD	39.200	Gold Coast, QLD	10-Aug-07	54
Miskin	Ellwyn	VIC	38.793	Coburg, VIC	16-Apr-05	75
Fiegel	Tina	QLD	38.000	Gold Coast, QLD	10-Aug-07	58
Schrag	Julie	QLD	38.000	Gosford, NSW	06-Jan-01	44
Smith	Grace	VIC	37.702	East Burwood, VIC	28-Oct-90	72
Worley	Susan	SA	37.600	Adelaide, SA	29-Sep-07	59
Bardy	Susan	SA	37.600	Adelaide, SA	30-Sep-06	73
Car	Beverley	VIC	35.760	Coburg, VIC	18-Jul-98	
Zukowski	Ellen	SA	35.400	Kensington, SA	05-Oct-97	
Earle	Lee	NSW	34.800	Coburg, VIC	22-Apr-06	43
Lloyd	Sipra	SA	31.811	Adelaide, SA	23-Oct-99	
Hick	Dorothy	VIC	29.551	East Burwood, VIC	28-Oct-90	49
Buckland	Isobel	NSW	27.600	Gosford, NSW	06-Jan-01	
Essam	Belinda	VIC	23.650	Coburg, VIC	07-Apr-01	

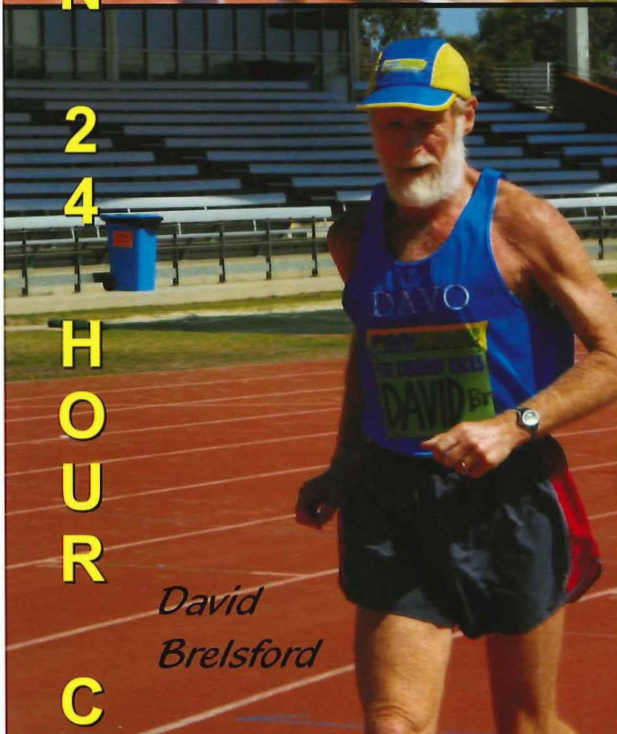
*Photos below from Coast to Kosciusko
Left: the field of starters; right: the happy group of finishers.*



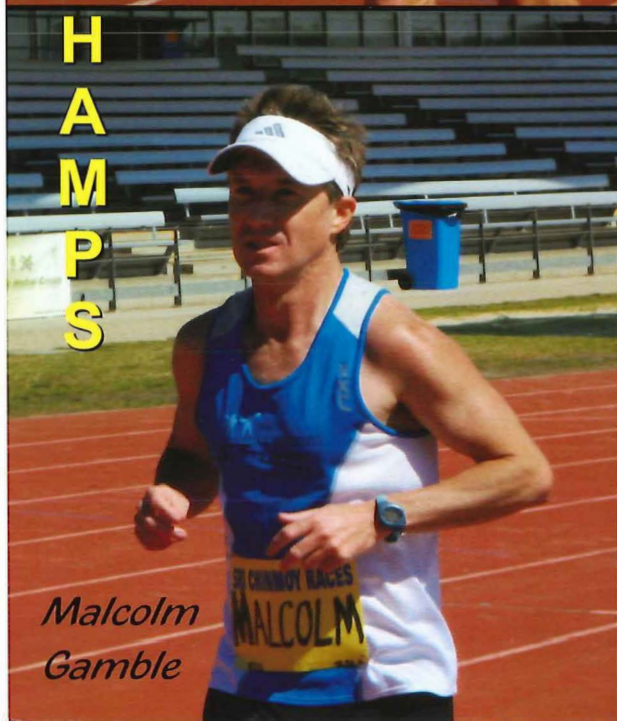
AUSTRALIAN
24
HOUR
CHAMPS



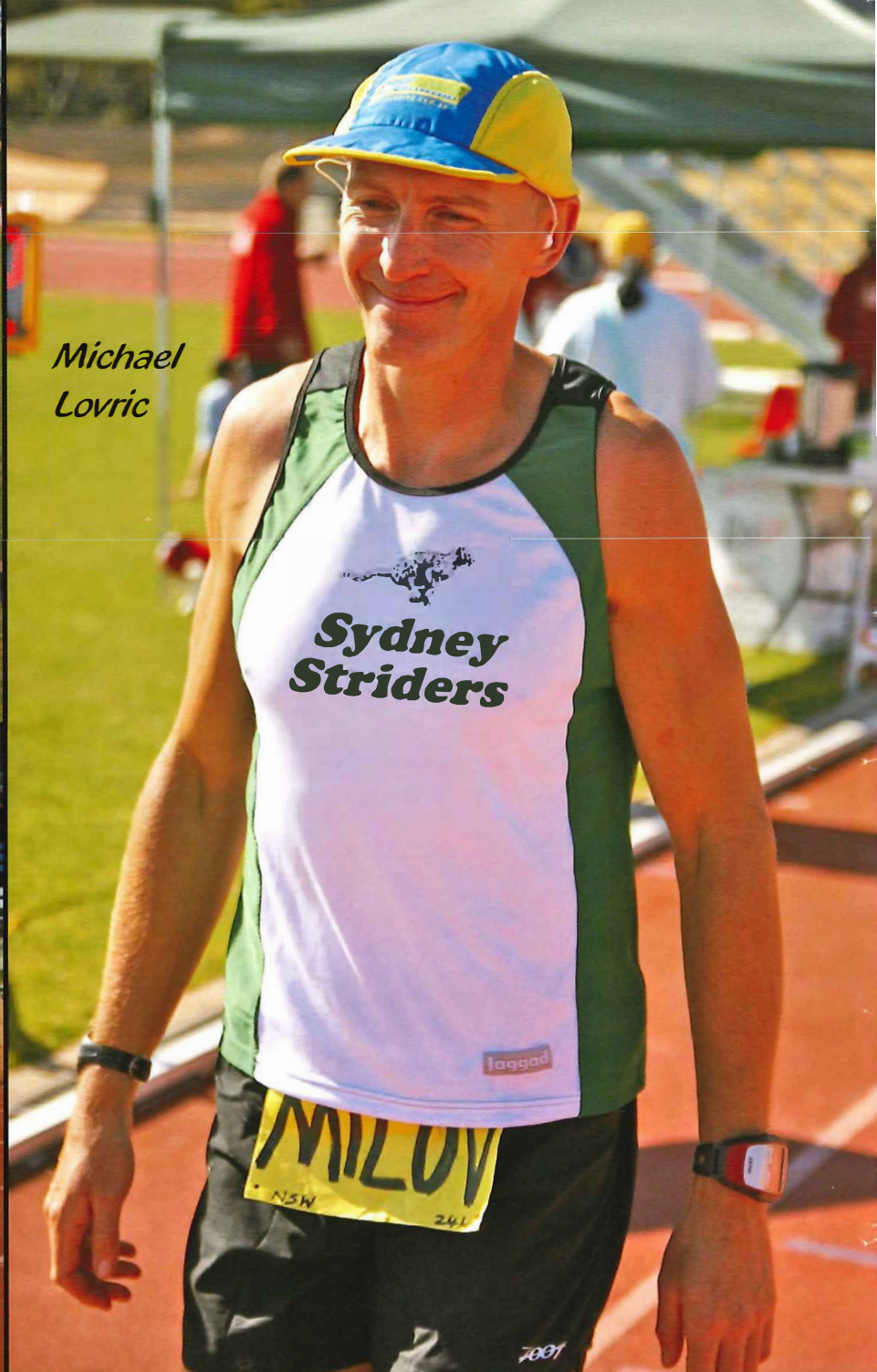
*Brett
Saxon*



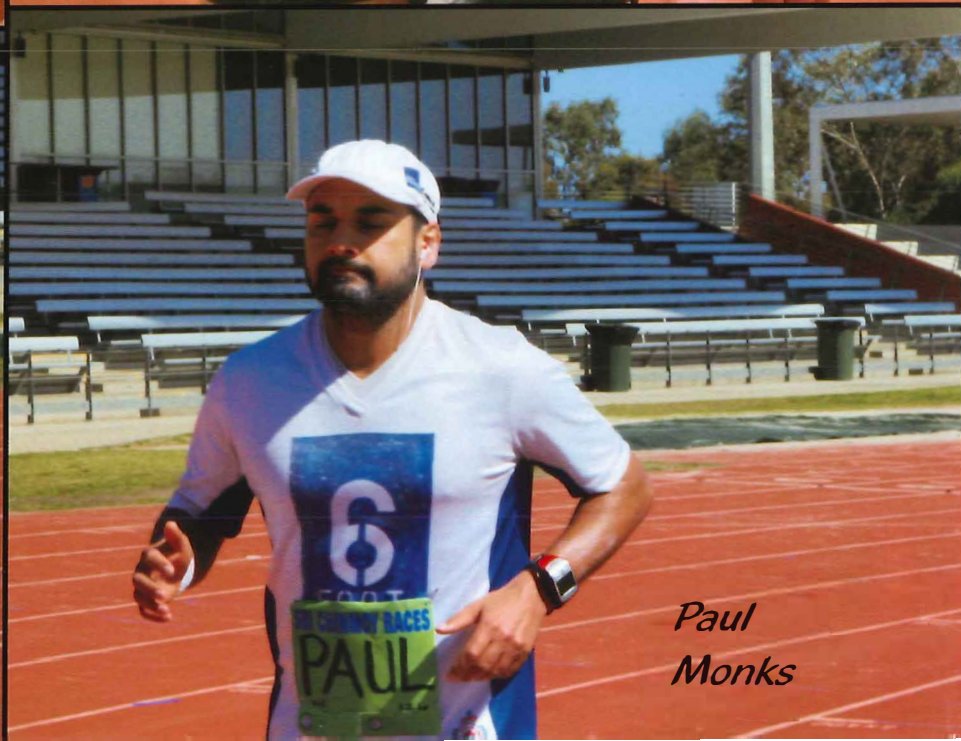
*David
Brelsford*



*Malcolm
Gamble*



*Michael
Lovric*



*Paul
Monks*

