

2004 Results Book

*Raising funds for the NSW Rural
Fire Service Blue Mountains District
since 1984*



Six Foot Track Marathon 2004

GPO Box 2473
Sydney
NSW 2001
AUSTRALIA
www.sixfoot.com

Fellow Six Foot Tracker,

Welcome to the results booklet for 2004 !

Once again, we had a record number of entrants, starters, finishers and of course a record number of you finishing within the time limit (680 entrants, 633 starters, 617 finished, 595 finished within cut-off). We only had a very small percentage of runners fail to complete the course, as always, so feel pleased that most runners were well trained for the particular challenges the course has to offer. Luckily precious few of the fail to finishes resulted in any serious medical issues, and most of the withdrawals resulted from scratches and bruises, to the ego as much as to the body !

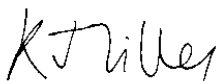
Most runners we have received feedback from appeared to enjoy the event, which in many cases was just the highlight to a weekend staying at Jenolan Caves House, which was **fully** booked by the runners. The weekend was aided in no small way by excellent weather conditions, as the race is often lucky enough to enjoy. Certainly the weather was great for family and friends gathered at the finish line to watch their loved ones return "home".

I have been pleased to hand over a cheque to the NSW Rural Fire Service Blue Mountains District for \$26,000 as proceeds from the event. Due to the very generous donations received from the runners entries, we were also able to pass \$3,500 to the Six Foot Track Heritage Trust to assist in trail maintenance and the provision of facilities for hikers (and runners!) along the Six Foot Track. For the first time we have made a summary of our balance sheet available – see the last page of this booklet.

Please find within this booklet the final and full race results for this year, some statistics on ages and finish times, and some other information about the race.

Runner reports and some photos from this year's event are posted to our website www.sixfoot.com - feel free to look at these and all previous year's results and add your comments about the event, or read those from other runners.

Finally, myself and the rest of the race committee hope that you can join us again on **Saturday 12th March 2005** for the 22nd annual Six Foot Track Marathon.



Kevin Tiller
Race Director

As always – we appreciate and listen to your feedback – please use the address or website as above.

Thank God For The Rural Fire Service

For runners to be able to spend the day running in such fantastic scenery as the Six Foot Track Marathon affords is a rare treat, but to be so well looked after by the firemen and women that are normally risking their lives putting out fires is very special. Not just the help from the food and drink they handed out, but the encouragement given – they made the runners feel like Kings and Queens and many runners have told us that they would never have made the finish line without such great encouragement.

A big “thank you” to all the brigades that helped out at the event this year, from ALL the runners!

Of course, this race just would not be able to be staged without the behind-the-scenes assistance that the RFS have always provided, and in turn all proceeds from the race are handed over to the brigades to assist in the purchase of equipment for the Blue Mountains crews.

\$26,000 was raised this year, and this money comes from a portion of each runners’ entry fee, donations and from the sale of T-shirts and other merchandise. The race committee is very happy with this amount, as once again after the bushfire season there are a lot of costs for the local brigades to re-stock and re-equip.



Cox's River Aid Station crew

Photo by www.marathon-photos.com

With Lots Of Help From Our Friends

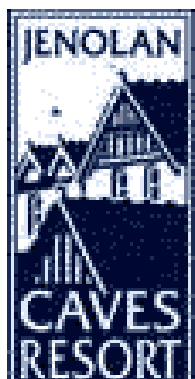
The Six Foot Track Marathon keeps growing in size every year due to its popularity with runners everywhere, and with that growth, the logistics and costs in staging the event to high standard of care & safety for runners have also escalated.

This year, we received help from the following – for which they each deserve some special recognition. Please help support them wherever you can :



This event is proud to be supported by the NSW Rural Fire Service who provide all many staff and administrative and logistical help – before, during and after the event

<http://www.bluemountains.rfs.nsw.gov.au/>



Many thanks to Jenolan Caves Resort for donating holiday packages to race winners and for use of the hotel throughout the race weekend

<http://www.jenolancaves.com/>



<http://www.marathon-photos.com/>

Many thanks to Marathon-Photos.Com – official photographers on the day – all the way from New Zealand !



High5 provided a massive supply of drinks, gels and bars before, during and after the event – great tasting too !

http://www.users.bigpond.net.au/fastgear/high_five.htm



<http://www.championchip.com/>

ChampionChip provided a superb service with prompt results which helped the awards giving on the day.



<http://www.sydneystriders.org.au/>

Many thanks to the Sydney Striders for providing The Mob Run perpetual trophy – a great running club that enters many runners every year.

*A big thanks to **Belinda Soszyn** for a superb job at finish line commentating; **Greg D'Arcy** for timing & results and **Robi Hancock-Russell** for co-ordinating all the race day volunteers, and **all** the volunteers themselves*



<http://www.ausrun.com.au/>

Final Results 2004

Overall Place	Firstname	Surname	Gun Time	Net Time	Category	Category Place	Place in Sex	Bib Number
1	Paul	Arthur	3:29:48.4	3:29:48.4	M30-39	1	1	1
2	Nigel	Aylott	3:37:00.3	3:36:53.7	M30-39	2	2	75
3	Jonathan	Blake	3:37:20.6	3:37:12.8	M30-39	3	3	3
4	Tom	Gleeson	3:41:28.3	3:41:20.3	M30-39	4	4	4
5	Darren	Benson	3:42:10.3	3:42:01.0	M20-29	1	5	61
6	Trevor	Jacobs	3:45:10.8	3:45:03.0	M50-59	1	6	2
7	Richard	Were	3:51:10.9	3:50:58.3	M40-49	1	7	85
8	Ken	Raupach	3:53:16.7	3:53:09.8	M40-49	2	8	76
9	Jonathan	Worswick	3:54:22.7	3:54:13.2	M40-49	3	9	5
10	Jens	Kiesel	3:54:32.5	3:54:22.7	M20-29	2	10	347
11	Michael	Sullohern	3:55:21.8	3:55:06.2	M40-49	4	11	79
12	Stephen	Sayers	3:59:06.4	3:59:06.4	M40-49	5	12	6
13	Gary	McGregor	3:59:13.5	3:59:06.8	M30-39	5	13	72
14	David	Turner	4:00:14.9	4:00:06.2	M40-49	6	14	9
15	Trent	Elkin	4:01:42.4	4:01:42.4	M30-39	6	15	36
16	Chris	Graham	4:02:20.0	4:02:02.8	M30-39	7	16	17
17	Matt	Acheson	4:02:20.4	4:02:07.7	M30-39	8	17	91
18	Martin	Fryer	4:03:14.6	4:03:05.5	M40-49	7	18	14
19	John	Thornell	4:03:53.5	4:03:41.8	M30-39	9	19	21
20	Andrew	Lee	4:13:23.5	4:13:16.1	M30-39	10	20	30
21	Brett	Nixon	4:13:37.6	4:13:28.1	M30-39	11	21	360
22	Jim	Villiers	4:14:23.6	4:14:23.6	M30-39	12	22	15
23	Steve	Politi	4:14:31.5	4:14:14.0	M30-39	13	23	87
24	David	Hosking	4:16:06.6	4:15:56.2	M30-39	14	24	100
25	Andrew	Johnson	4:16:26.3	4:16:13.8	M30-39	15	25	39
26	Cameron	Young	4:20:23.3	4:20:15.8	M20-29	3	26	326
27	John	Collie	4:21:46.7	4:21:32.9	M30-39	16	27	336
28	Richard	Green	4:21:51.8	4:21:38.7	M20-29	4	28	25
29	Andrew	Taylor	4:23:00.9	4:23:00.9	M40-49	8	29	31
30	Hugh	McGilligan	4:23:02.4	4:22:55.6	M20-29	5	30	86
31	Tim	Sawkins	4:23:33.4	4:23:27.5	M30-39	17	31	741
32	Sean	Ryan	4:23:40.5	4:23:29.6	M20-29	6	32	361
33	Mark	Cutcliffe	4:24:06.1	4:23:58.2	M30-39	18	33	7
34	Terence	Bell	4:24:06.7	4:23:58.2	M20-29	7	34	763
35	Peter	Hodges	4:24:28.8	4:24:22.2	M40-49	9	35	263
36	Geoff	Isbister	4:24:40.4	4:24:31.5	M30-39	19	36	80
37	Greg	Donovan	4:24:58.4	4:24:50.8	M40-49	10	37	8
38	Peter	Fitzpatrick	4:25:59.9	4:25:51.2	M50-59	2	38	12
39	Randy	Brophy	4:26:20.8	4:26:12.7	M40-49	11	39	78
40	Kelvin	Marshall	4:26:24.1	4:26:12.9	M30-39	20	40	22
41	Alan	Watson	4:27:01.8	4:26:49.6	M50-59	3	41	50
42	Ian	Wright	4:27:02.7	4:26:47.6	M40-49	12	42	42
43	Steve	Appleby	4:27:18.7	4:27:06.7	M50-59	4	43	29
44	Michael	Corlis	4:27:40.7	4:27:29.4	M40-49	13	44	20
45	Paul	Carmody	4:27:47.6	4:27:29.6	M20-29	8	45	55
46	Martin	Matthews	4:28:21.6	4:28:09.3	M20-29	9	46	19
47	David	Cannings	4:28:31.6	4:28:16.2	M40-49	14	47	23
48	Marcus	White	4:28:36.5	4:28:23.5	M30-39	21	48	38
49	Simon	Krantzcke	4:29:03.3	4:28:52.8	M30-39	22	49	11
50	Andrew	Palmer	4:29:36.5	4:29:27.4	MU20	1	50	774
51	Fabian	Witenden	4:31:09.7	4:30:49.1	M30-39	23	51	357
52	Warwick	Selby	4:32:05.9	4:31:51.3	M50-59	5	52	48
53	Michelle	Beattie	4:32:32.2	4:32:32.2	F30-39	1	1	328
54	Paul	Stein	4:33:04.5	4:32:50.6	M30-39	24	53	37
55	Stuart	Webster	4:33:23.3	4:33:10.9	M30-39	25	54	27
56	Robert	Spilling	4:34:24.1	4:34:04.6	M40-49	15	55	371
57	Warren	Burgess	4:35:30.1	4:35:25.2	M30-39	26	56	739
58	Brad	Bartsch	4:36:13.1	4:36:06.6	M30-39	27	57	367
59	Robert	Ware	4:36:38.1	4:36:20.3	M30-39	28	58	92
60	Rolf	Kuelsen	4:37:01.1	4:36:43.9	M40-49	16	59	56
61	George	Lisson	4:37:17.5	4:37:02.2	M50-59	6	60	33
62	Jordan	Lefmann	4:37:34.8	4:37:23.2	M20-29	10	61	260
63	Jo	Petersen	4:37:37.0	4:37:16.8	M50-59	7	62	353
64	Robert	Drysdale	4:37:52.5	4:37:46.8	M30-39	29	63	712
65	Stuart	Wagner	4:37:57.3	4:37:51.7	M30-39	30	64	259
66	Peter	Goonpan	4:37:58.6	4:37:46.2	M40-49	17	65	77
67	Sean	Oxborrow	4:38:02.2	4:37:50.5	M30-39	31	66	88
68	Keith	Passmore	4:38:05.4	4:37:44.4	M30-39	32	67	765
69	Ted	Van Geldermalsen	4:39:11.1	4:38:35.3	M50-59	8	68	322
70	Brent	Miles	4:40:23.0	4:40:10.0	M40-49	19	69	49

Overall Place	Firstname	Surname	Gun Time	Net Time	Category	Category Place	Place in Sex	Bib Number
71	Tony	Byrne	4:40:44.0	4:40:32.5	M40-49	20	70	757
72	Alison	Kenny	4:41:32.8	4:41:20.2	F20-29	1	2	615
73	Vivienne	Chuter	4:41:49.7	4:41:25.4	F20-29	2	3	316
74	Mike	Ward	4:41:59.9	4:41:23.0	M20-29	11	71	342
75	Michael	Palmer	4:42:00.0	4:41:37.8	M30-39	33	72	366
76	Jody	De Souza	4:42:01.0	4:41:34.8	F40-49	1	4	313
77	Mark	Graydon	4:42:04.7	4:41:58.1	M40-49	21	73	370
78	Brendan	Hatton	4:42:05.5	4:41:50.7	M20-29	12	74	246
79	Teresa	Rider	4:42:13.3	4:42:02.3	F40-49	2	5	94
80	Shane	Hayes	4:42:36.7	4:42:28.6	MU20	2	75	97
81	Luis	Vazquez-Recio	4:42:42.1	4:42:27.3	M40-49	22	76	32
82	David	Ferris	4:43:14.9	4:43:02.6	M20-29	13	77	301
83	Toby	Cogley	4:43:34.5	4:43:28.9	M30-39	34	78	720
84	Wilfred	Finn	4:45:41.8	4:45:32.8	M20-29	14	79	670
85	Sarina	TomcHin	4:45:48.8	4:45:48.8	F30-39	2	6	82
86	Matthew	Williams	4:46:04.0	4:45:40.9	M30-39	34	80	358
87	William	Proctor	4:46:08.7	4:46:00.2	M30-39	35	81	43
88	Evan	Acheson	4:46:51.9	4:46:42.6	M30-39	36	82	719
89	Mark	Sparshott	4:47:13.9	4:47:02.7	M30-39	37	83	269
90	Jeremy	Baillie	4:47:36.4	4:47:24.8	M30-39	38	84	35
91	Ken	Read	4:48:48.1	4:48:40.0	M40-49	23	85	18
92	Russell	Mignot	4:48:53.7	4:48:24.1	M40-49	24	86	723
93	Larry	Lacey	4:49:51.4	4:49:40.7	M40-49	25	87	266
94	Paul	Ng	4:49:54.7	4:49:39.4	M30-39	39	88	262
95	Jason	Hayden	4:49:59.4	4:49:32.6	M30-39	40	89	355
96	Warren	Dobe	4:50:06.1	4:49:60.0	M20-29	15	90	346
97	Adrian	Jeffkins	4:50:22.9	4:50:11.7	M30-39	41	91	44
98	David	Vlotman	4:50:52.8	4:50:36.0	M30-39	42	92	26
99	Richard	Smith	4:51:06.6	4:50:27.1	M30-39	43	93	705
100	Corey	Hinde	4:51:24.6	4:51:03.4	M20-29	16	94	758
101	Paul	Coull	4:51:31.9	4:51:22.3	M40-49	26	95	58
102	Andrew	Francis	4:51:36.7	4:51:20.0	M20-29	17	96	348
103	Drew	Shaw	4:51:57.9	4:51:47.4	M30-39	44	97	47
104	Julie	Quinn	4:51:58.6	4:51:48.2	F30-39	3	7	678
105	Peter	Ferris	4:52:05.1	4:51:51.4	M50-59	9	98	302
106	Michael	Muencheberg	4:52:13.2	4:52:13.2	M40-49	27	99	325
107	Bruce	Craven	4:52:22.5	4:52:15.1	M30-39	45	100	242
108	Martin	Lefmann	4:52:58.0	4:52:44.7	M30-39	46	101	28
109	Mark	Russell	4:53:28.5	4:52:55.3	M40-49	28	102	298
110	Barry	Rutter	4:53:42.8	4:53:28.0	M50-59	10	103	57
111	Thomas	Gilanyi	4:53:50.8	4:53:36.4	M30-39	47	104	364
112	Peter	Bennett	4:53:56.4	4:53:47.3	M40-49	29	105	349
113	Dave	Hromow	4:54:41.2	4:54:28.1	M30-39	48	106	53
114	Clive	Jeffery	4:54:43.0	4:54:27.2	M40-49	30	107	261
115	Nicolette	Buddle	4:54:43.9	4:54:18.6	F20-29	3	8	310
116	Declan	Hogan	4:54:59.3	4:54:43.9	M30-39	49	108	749
117	Chris	Thompson	4:55:46.8	4:55:31.5	M40-49	31	109	45
118	David	Gayford	4:55:47.4	4:55:36.1	M40-49	32	110	198
119	Florian	Dirscherl	4:55:49.1	4:55:18.7	M30-39	50	111	290
120	Bob	Smith	4:56:02.9	4:55:46.8	M50-59	11	112	52
121	Liz	Short	4:56:25.7	4:56:13.1	F50-59	1	9	46
122	Paul	Killeen	4:56:41.8	4:56:30.1	M40-49	33	113	248
123	Ross	Bill	4:56:43.4	4:56:33.7	M50-59	12	114	34
124	Carina	Killick	4:56:51.7	4:56:35.0	F30-39	4	10	84
125	Kevin	Collins	4:56:57.9	4:56:36.6	M40-49	34	115	268
126	Zoe	King	4:57:22.8	4:57:15.7	F20-29	4	11	743
127	Arnstein	Prytz	4:57:25.1	4:57:17.3	M40-49	35	116	742
128	Greg	Coy	4:57:28.6	4:57:17.0	M40-49	36	117	233
129	Bruce	Norton	4:57:46.5	4:57:10.8	M20-29	18	118	702
130	Sean	Henderson	4:57:55.4	4:57:35.8	M30-39	51	119	379
131	David	Baldwin	4:57:56.7	4:57:46.0	M30-39	52	120	93
132	Neil	Anderson	4:57:59.1	4:57:32.8	M30-39	53	121	695
133	Gary	Kennedy	4:58:10.1	4:57:51.2	M40-49	37	122	54
134	Belinda	Nixon	4:58:47.9	4:58:35.8	F30-39	5	12	275
135	Bart	Cupitt	4:58:49.1	4:58:42.8	M30-39	54	123	254
136	Bill	Lloyd	4:58:50.1	4:58:32.4	M50-59	13	124	40
137	Peter	Malinowski	4:58:54.1	4:58:40.2	M50-59	14	125	51
138	Caroline	Pivetta	4:59:45.5	4:59:10.8	F20-29	5	13	315
139	Keith	Collin	4:59:46.5	4:59:33.8	M50-59	15	126	589
140	Robyn	Roocke	5:00:23.9	5:00:23.9	F30-39	6	14	89
141	Brian	Smith	5:00:46.5	5:00:31.7	M40-49	38	127	236
142	Brian	McPherson	5:01:02.0	5:00:48.8	M30-39	55	128	257
143	Jennifer	McKenna	5:01:03.6	5:00:49.3	F30-39	7	15	96
144	Rod	Tracey	5:01:06.6	5:00:55.4	M40-49	39	129	337
145	Matt	McNamara	5:01:10.1	5:00:48.2	M40-49	40	130	168

Overall Place	Firstname	Surname	Gun Time	Net Time	Category	Category Place	Place in Sex	Bib Number
146	David	Harris	5:01:14.3	5:00:36.8	M50-59	16	131	595
147	Adrian	Murphy	5:02:02.3	5:01:49.7	M30-39	56	132	813
148	Lilian	Kuusk	5:02:35.7	5:02:12.3	F20-29	6	16	782
149	Jason	Tucker	5:02:43.0	5:02:07.5	M30-39	57	133	243
150	Philip	Murphy	5:02:50.1	5:02:25.2	M30-39	58	134	224
151	Malcolm	Gamble	5:03:12.0	5:03:12.0	M30-39	59	135	593
152	John	Leggett	5:03:12.9	5:03:01.2	M40-49	41	136	744
153	Fraser	McGunnigle	5:03:32.8	5:02:47.5	M30-39	60	137	238
154	Julie	Graham	5:03:33.9	5:03:06.3	F40-49	3	17	380
155	Joel	Mackay	5:03:41.1	5:03:22.8	M30-39	61	138	24
156	Stephanie	Yeung	5:03:46.0	5:03:27.4	F30-39	8	18	319
157	Michael	Brothers	5:04:16.5	5:04:02.1	M40-49	42	139	636
158	Robert	Dickerson	5:04:28.4	5:04:13.9	M30-39	62	140	697
159	Mark	Stewart	5:04:46.1	5:04:38.7	M30-39	63	141	796
160	Marie	Doke	5:04:52.3	5:04:35.5	F30-39	9	19	681
161	Tim	Austin	5:04:57.9	5:04:50.2	M30-39	64	142	176
162	Glenn	Dewhurst	5:05:07.2	5:04:44.0	M40-49	43	143	199
163	Owen	Barnett	5:05:33.1	5:05:16.4	M40-49	44	144	251
164	Julia	Thorn	5:05:49.1	5:05:34.4	F40-49	4	20	304
165	Elouise	Peach	5:05:56.6	5:05:45.9	F30-39	10	21	207
166	Craig	Sheffield	5:06:05.1	5:05:54.7	M40-49	45	145	338
167	Scott	Thompson	5:06:11.1	5:05:39.3	M40-49	46	146	701
168	Angus	Price	5:06:21.8	5:06:21.8	M30-39	65	147	264
169	Roger	Cartwright	5:06:39.1	5:06:10.6	M30-39	66	148	279
170	Greg	Osborne	5:06:40.2	5:06:28.7	M30-39	67	149	13
171	James	Cryer	5:06:43.5	5:06:32.7	M50-59	17	150	59
172	Sean	Greenhill	5:06:44.0	5:06:27.1	M20-29	19	151	60
173	David	Styles	5:07:07.0	5:07:07.0	M50-59	18	152	252
174	Richard	Harbury	5:07:07.5	5:06:58.8	M30-39	68	153	374
175	Jan	Herrmann	5:07:23.5	5:07:01.1	M40-49	47	154	231
176	Colin	Weekes	5:07:27.9	5:07:19.4	M40-49	48	155	245
177	Joe	Nethery	5:08:45.8	5:08:20.6	M40-49	49	156	359
178	Peter	Tedesco	5:09:01.3	5:08:50.5	M40-49	50	157	600
179	John	Robins	5:09:02.1	5:08:24.3	M40-49	51	158	365
180	Nikolay	Nikolaev	5:09:09.7	5:08:36.5	M30-39	69	159	633
181	Anne	Kidman	5:09:12.8	5:08:55.1	F40-49	5	22	65
182	Stephen	Jago	5:09:19.3	5:08:41.7	M50-59	19	160	728
183	Damon	Goerke	5:09:41.7	5:09:23.9	M30-39	70	161	320
184	David	Thomas	5:09:50.5	5:09:34.7	M40-49	52	162	351
185	Sandra	Wade	5:10:12.9	5:09:43.9	F30-39	11	23	307
186	Bruce	Hincks	5:10:18.1	5:10:18.1	M20-29	20	163	709
187	Richard	Greenhill	5:10:45.7	5:10:12.0	M20-29	21	164	745
188	Adrian	Engelbrecht	5:11:04.4	5:10:38.1	M30-39	71	165	584
189	Tom	Silk	5:11:09.0	5:10:43.0	M30-39	72	166	217
190	Steve	Turner	5:11:42.7	5:11:23.9	M40-49	53	167	220
191	Kerrie	Muir	5:11:44.1	5:11:33.4	F40-49	6	24	772
192	Jared	Potter	5:11:47.1	5:11:29.6	M20-29	22	168	216
193	Damain	Staunton	5:11:57.2	5:11:57.2	M30-39	73	169	169
194	David	Beldjilali	5:12:03.3	5:11:41.8	M30-39	74	170	124
195	Craig	Johnston	5:12:08.3	5:12:01.7	M30-39	75	171	626
196	George	Scott	5:12:12.6	5:12:12.6	M50-59	20	172	95
197	Steve	Farrar	5:12:41.9	5:12:29.8	M30-39	76	173	715
198	Sonia	White	5:12:46.4	5:12:37.6	F40-49	7	25	63
199	Greg	McCann	5:12:47.2	5:12:36.2	M40-49	54	174	212
200	Anita	Scherrer	5:12:52.6	5:12:28.9	F30-39	12	26	329
201	Robert	Carden	5:12:55.0	5:12:25.9	M30-39	77	175	154
202	Graham	Wye	5:12:56.5	5:12:29.0	M40-49	55	176	210
203	Mike	Thorpe	5:13:36.7	5:13:24.9	M50-59	21	177	143
204	Dougal	Parsons	5:13:40.1	5:13:33.9	M20-29	23	178	788
205	Tony	Golden	5:13:57.7	5:13:42.9	M40-49	56	179	183
206	Chris	Ferguson	5:14:23.5	5:14:23.5	M30-39	78	180	623
207	Louise	Staunton	5:14:23.9	5:14:10.2	F30-39	13	27	83
208	Terry	Meehan	5:14:29.4	5:14:08.6	M30-39	79	181	239
209	Philip	Stedman	5:14:41.8	5:14:16.3	M30-39	80	182	314
210	Charmaine	Gair	5:14:42.6	5:14:19.3	F20-29	7	28	311
211	Patrick	Hodgens	5:14:58.2	5:14:32.5	M30-39	81	183	277
212	Helen	Stanger	5:15:32.8	5:15:32.8	F50-59	2	29	323
213	Wayne	Davis	5:15:45.9	5:15:34.0	M40-49	57	184	209
214	Dennis	Marshall	5:16:01.7	5:15:50.7	M40-49	58	185	363
215	Stephen	Cunningham	5:16:09.4	5:16:01.5	M30-39	82	186	352
216	Alex	Hove	5:16:22.7	5:16:14.1	M50-59	22	187	746
217	Chery	Horne	5:16:38.8	5:16:17.9	F50-59	3	30	190
218	Eric	Holle	5:16:48.4	5:16:41.8	M30-39	83	188	769
219	Bill	Rookyard	5:16:59.0	5:16:42.9	M40-49	59	189	276
220	Neil	Burgess	5:17:22.6	5:17:05.2	M40-49	60	190	686

Overall Place	Firstname	Surname	Gun Time	Net Time	Category	Category Place	Place in Sex	Bib Number
221	Bruce	Linsell	5:17:30.9	5:16:49.3	M40-49	61	191	109
222	Tobias Kai	Hudson	5:18:03.7	5:17:56.5	M20-29	24	192	833
223	Susan	Pryer	5:18:05.3	5:17:52.5	F40-49	8	31	334
224	Richard	Deutsch	5:18:26.3	5:18:19.2	M30-39	84	193	312
225	Susan	Morgan	5:18:44.4	5:18:28.3	F40-49	9	32	67
226	Kevin	Thomas	5:19:33.4	5:19:02.7	M30-39	85	194	189
227	Rhona	MacLean	5:19:47.7	5:19:34.4	F30-39	14	33	761
228	Richard	Quinn	5:20:21.3	5:20:02.2	M40-49	62	195	197
229	Tony	Gasparre	5:20:26.9	5:20:08.6	M40-49	63	196	273
230	Nigel	Smith	5:20:27.9	5:20:06.6	M40-49	64	197	204
231	Ian	Dempsey	5:20:40.5	5:20:19.0	M50-59	23	198	173
232	Daniel	Toole	5:20:46.2	5:20:46.2	M20-29	25	199	256
233	Brian	Pepper	5:21:06.5	5:20:33.4	M60-69	1	200	222
234	Amanda	Underwood	5:21:13.1	5:20:50.3	F20-29	8	34	138
235	Peter	Barnes	5:21:55.4	5:21:55.4	M40-49	65	201	255
236	Tim	Turner	5:21:56.2	5:21:56.2	M40-49	66	202	235
237	Nathan	Smith	5:21:57.5	5:21:44.9	M20-29	26	203	384
238	Tessa	White	5:21:59.7	5:21:50.0	F20-29	9	35	834
239	Judy	Briscoe-Bartsch	5:22:12.3	5:22:02.4	F40-49	10	36	331
240	Christoph	Lux	5:22:19.6	5:22:08.9	M20-29	27	204	90
241	Ken	Hutt	5:22:54.5	5:22:19.4	M40-49	67	205	770
242	Michael	Limbrey	5:23:19.8	5:23:04.3	M50-59	24	206	343
243	Tim	Andrews	5:23:35.6	5:23:18.0	M40-49	68	207	332
244	Jo	Tebbutt	5:23:36.6	5:23:02.8	F30-39	15	37	174
245	Greg	Stewart	5:23:49.6	5:23:38.5	M30-39	86	208	836
246	Kevin	Dyson	5:23:50.0	5:23:40.4	M30-39	87	209	596
247	John	Reeves	5:24:32.7	5:24:17.3	M30-39	88	210	187
248	Cameron	Arnold	5:24:37.3	5:23:45.6	M20-29	28	211	803
249	Herb	Willems	5:24:44.0	5:24:30.6	M50-59	25	212	148
250	Peter	Bell	5:24:46.7	5:24:17.7	M40-49	69	213	206
251	Peter	Tibbitts	5:24:55.4	5:24:55.4	M40-49	70	214	223
252	Roland	Hassall	5:25:01.6	5:24:51.5	M30-39	89	215	208
253	Andrew	Murphy	5:25:04.0	5:24:37.6	M40-49	71	216	807
254	Kipling	Walker	5:25:18.3	5:25:02.7	M30-39	90	217	727
255	Max	Bogenhuber	5:25:53.3	5:25:40.6	M60-69	2	218	62
256	Rowan	Vickers	5:26:02.1	5:25:56.0	M40-49	72	219	590
257	Kathryn	Evans	5:26:09.2	5:25:56.3	F30-39	16	38	284
258	Eddie	Moore	5:26:33.5	5:26:25.4	M30-39	91	220	692
259	Greg	Gambrill	5:26:45.3	5:26:19.9	M50-59	26	221	205
260	Shari	Hogan	5:26:51.0	5:26:36.4	F30-39	17	39	767
261	Sue	Bracher	5:27:05.1	5:26:39.9	F40-49	11	40	776
262	Anthony	Bremner	5:27:05.5	5:27:05.5	M50-59	27	222	775
263	Annabelle	Johnson	5:27:07.2	5:26:47.2	F20-29	10	41	822
264	Glen	Ebzyery	5:27:46.3	5:27:09.5	M40-49	73	223	195
265	Rebecca	Wolfe	5:27:48.4	5:27:33.5	F20-29	11	42	781
266	Mark	Breasley	5:28:13.9	5:28:07.3	M30-39	92	224	247
267	Peter	Douglas	5:28:39.9	5:28:25.8	M40-49	74	225	708
268	Joanne	Barton	5:28:40.5	5:28:03.2	F30-39	18	43	585
269	Teresa	Burgess	5:29:16.6	5:29:00.3	F40-49	12	44	70
270	Stephen	Montgomery	5:29:17.8	5:29:10.7	M30-39	93	226	305
271	Glenn	Cochrane	5:29:19.3	5:29:02.7	M40-49	75	227	644
272	Alan	Bradley	5:29:24.4	5:29:03.7	M40-49	76	228	232
273	Graeme	Hill	5:29:26.8	5:29:16.2	M50-59	28	229	297
274	Boris	KamcHatka	5:29:29.1	5:29:19.7	M40-49	77	230	99
275	David	King	5:29:38.6	5:29:12.1	M50-59	29	231	234
276	Alan	Heap	5:30:07.5	5:29:31.5	M50-59	30	232	824
277	Peter	Nuttall	5:30:41.7	5:30:29.1	M40-49	78	233	810
278	Garry	Wilson	5:30:42.3	5:30:22.6	M30-39	94	234	230
279	Stephen	Bruggeman	5:30:44.7	5:30:31.6	M40-49	79	235	267
280	Kevin	De Souza	5:30:54.0	5:30:54.0	M40-49	80	236	289
281	Graham	Davis	5:31:19.2	5:31:01.2	M50-59	31	237	274
282	Gretchen	Hart	5:31:23.0	5:31:15.7	F30-39	19	45	825
283	Les	Bryce	5:31:50.8	5:31:41.3	M50-59	32	238	227
284	Stephen	Bodnar	5:32:17.4	5:31:53.8	M40-49	81	239	202
285	Reinhard	Mauch	5:32:30.0	5:31:53.1	M50-59	33	240	381
286	Andrew	Cox	5:32:35.5	5:32:06.0	M30-39	95	241	160
287	Stephen	Fisher	5:32:36.8	5:32:27.0	M50-59	34	242	330
288	Anne	McGuire	5:32:41.2	5:32:26.4	F40-49	13	46	64
289	Adrian	Spragg	5:32:47.7	5:32:00.8	M40-49	82	243	597
290	David	Clear	5:32:58.0	5:32:10.2	M40-49	83	244	809
291	Rizal	Tabley	5:33:20.2	5:33:20.2	M20-29	29	245	620
292	Dougal	Langusch	5:33:35.8	5:33:21.6	M20-29	30	246	139
293	Darryl	Chrisp	5:33:36.2	5:33:36.2	M50-59	35	247	324
294	John	Hatton	5:33:39.3	5:33:19.8	M50-59	36	248	178
295	Vicki	Arrowsmith	5:33:50.6	5:33:23.5	F40-49	14	47	382

Overall Place	Firstname	Surname	Gun Time	Net Time	Category	Category Place	Place in Sex	Bib Number
296	David	Byrnes	5:33:58.5	5:33:41.6	M50-59	37	249	340
297	Ian	Austin	5:34:03.4	5:33:52.3	M40-49	84	250	714
298	Tony	Grainger	5:34:05.9	5:33:49.5	M30-39	96	251	211
299	Douglas	Jorgenson	5:34:20.4	5:33:51.1	M50-59	38	252	663
300	Jonathan	Bird	5:34:26.4	5:34:07.4	M40-49	85	253	790
301	Michael	Eadie	5:34:27.8	5:34:06.2	M30-39	97	254	588
302	Rebecca	Stevens	5:34:42.7	5:34:29.5	F30-39	20	48	69
303	Irving	Underwood	5:35:00.6	5:34:54.3	M40-49	86	255	225
304	Juan Carlos	Popelka Herzfeld	5:35:13.9	5:35:06.7	M30-39	98	256	786
305	Chris	Hamill	5:35:36.9	5:35:36.9	M30-39	99	257	827
306	Stephen	Kibble	5:35:40.2	5:35:15.9	M40-49	87	258	292
307	Tony	Parry	5:36:06.5	5:35:50.0	M30-39	100	259	341
308	John	Tokoli	5:36:28.3	5:36:04.9	M40-49	88	260	221
309	Edward	Bedzinski	5:36:37.9	5:36:37.9	M30-39	101	261	153
310	Elizabeth	Ong	5:37:30.7	5:36:58.3	F30-39	21	49	318
311	Matthew	Chapman	5:37:48.1	5:37:28.7	M20-29	31	262	570
312	Brett	Kemble	5:37:57.4	5:37:41.5	M30-39	102	263	137
313	Bradley	Helm	5:38:23.0	5:37:57.3	M30-39	103	264	673
314	Steve	Tancred	5:38:54.8	5:38:54.8	M30-39	104	265	241
315	Les	Potter	5:39:01.2	5:38:48.0	M40-49	89	266	249
316	Walter	Edgar	5:39:10.4	5:38:50.9	M50-59	39	267	756
317	Penny	Burgess	5:39:12.6	5:38:52.9	F40-49	15	50	684
318	Fleur	Grose	5:39:13.1	5:38:53.4	F30-39	22	51	759
319	Daniel	Cole	5:39:15.9	5:38:41.6	M50-59	40	268	218
320	Ray	Wales	5:39:16.7	5:39:03.6	M50-59	41	269	608
321	Jeremy	Barber	5:39:20.2	5:38:55.6	M40-49	90	270	656
322	Gary	McCaw	5:39:34.2	5:39:27.8	M40-49	91	271	634
323	Stewart	Vincent	5:39:34.6	5:39:25.8	M50-59	42	272	226
324	Anthony	Hayes	5:39:43.5	5:39:29.6	M40-49	92	273	135
325	Carol	Baird	5:40:15.3	5:39:47.8	F50-59	4	52	783
326	Joshua	Theunissen	5:40:16.4	5:40:00.9	M30-39	105	274	732
327	Robert	Morgan	5:41:04.0	5:40:23.8	M40-49	93	275	345
328	Michael	Morson	5:41:06.0	5:40:45.4	M20-29	32	276	377
329	Steve	Winner	5:41:18.4	5:40:43.3	M40-49	94	277	683
330	Andrew	Meenahan	5:41:20.7	5:41:13.8	M40-49	95	278	591
331	Bill	Higginson	5:41:55.1	5:41:15.1	M40-49	96	279	237
332	Mohammed	Alkhub	5:42:13.7	5:41:49.6	M40-49	97	280	816
333	Guy	Roberts	5:42:21.1	5:41:41.5	M30-39	106	281	649
334	Mark	Langworthy	5:42:33.4	5:42:24.2	M50-59	43	282	368
335	Shane	Simpson	5:43:17.6	5:43:01.2	M30-39	107	283	165
336	Dean	Simpson	5:43:17.9	5:43:02.7	M20-29	33	284	166
337	Andrew	Grant	5:43:18.2	5:42:42.7	M40-49	98	285	179
338	Peter	Counsell	5:43:19.4	5:42:59.3	M40-49	99	286	258
339	Peter	Roberts	5:43:42.4	5:43:05.9	M60-69	3	287	278
340	Gwilym	Funnell	5:43:46.1	5:43:30.4	M30-39	108	288	228
341	Mick	Butler	5:43:48.7	5:43:37.6	M30-39	109	289	779
342	Christopher	Browning	5:43:51.0	5:43:41.6	M30-39	110	290	802
343	Hernan	Saez	5:43:59.9	5:43:40.5	M40-49	100	291	250
344	Werner	Forster	5:44:02.4	5:43:43.2	M50-59	44	292	677
345	Tamsin	Barnes	5:44:17.6	5:44:17.6	F30-39	23	53	754
346	Reinier	Jessurun	5:44:37.5	5:44:13.5	M30-39	111	293	327
347	Phillip	Laing	5:44:56.1	5:44:28.9	M40-49	101	294	105
348	Stewart	Turner	5:45:34.6	5:45:18.7	M30-39	112	295	587
349	Chris	Knutsen	5:45:37.1	5:45:03.2	M40-49	102	296	201
350	Michael	Steele	5:45:46.3	5:45:31.9	M30-39	113	297	666
351	Chris	Hatcher	5:45:57.1	5:45:38.7	M30-39	114	298	288
352	Greg	Matthews	5:46:09.3	5:45:56.6	M40-49	103	299	674
353	Roger	Bowen	5:46:37.1	5:46:02.7	M50-59	45	300	339
354	Claire	Rolley	5:46:45.0	5:46:15.4	F30-39	24	54	110
355	Wayne	Heffernan	5:46:45.3	5:46:16.8	M50-59	46	301	578
356	Jeff	Morunga	5:47:03.4	5:46:38.4	M40-49	104	302	660
357	Ian	Green	5:47:04.1	5:46:46.6	M50-59	47	303	265
358	Laima	Wayne	5:47:46.0	5:47:30.6	F50-59	5	55	66
359	Chris	Robinson	5:47:47.5	5:47:34.6	M20-29	34	304	308
360	Robert	Wawrzyniak	5:47:55.5	5:47:35.4	M40-49	105	305	793
361	Angus	Farncomb	5:48:30.1	5:48:15.6	M30-39	115	306	299
362	Verne	Towgood	5:48:30.5	5:48:15.2	M50-59	48	307	333
363	Peter	Hammerschmidt	5:49:12.9	5:48:36.0	M60-69	4	308	335
364	Joanna	Parr	5:49:20.2	5:48:50.9	F40-49	16	56	829
365	Phil	Stollery	5:49:37.3	5:49:11.5	M40-49	106	309	214
366	Peter	Holz	5:49:42.2	5:49:14.2	M30-39	116	310	648
367	Richard	Woodhead	5:50:01.7	5:49:48.5	M40-49	107	311	159
368	Debbie	Woodhead	5:50:02.3	5:49:48.6	F30-39	25	57	188
369	Brooke	Rankin	5:50:11.3	5:49:53.5	F30-39	26	58	665
370	Wayne	Tibbitts	5:50:14.0	5:49:40.6	M40-49	108	312	167

Overall Place	Firstname	Surname	Gun Time	Net Time	Category	Category Place	Place in Sex	Bib Number
371	James	Lithgow	5:50:27.2	5:49:59.5	M40-49	109	313	647
372	Stephen	Mentzines	5:50:35.3	5:49:54.5	M40-49	110	314	385
373	Juan Antonio	Alegre Munoz	5:50:52.3	5:50:31.8	M30-39	117	315	362
374	Miguel	Caselles	5:50:52.7	5:50:33.9	M40-49	111	316	294
375	Stephanie	Beldjilali	5:50:59.2	5:50:35.2	F30-39	27	59	123
376	Mary	Eckstein	5:51:00.2	5:51:00.2	F40-49	17	60	658
377	Mario	Larocca	5:51:13.0	5:50:36.6	M50-59	49	317	203
378	David	Ottrey	5:51:42.3	5:51:32.1	M40-49	112	318	689
379	Jose	Vilar	5:51:48.1	5:51:37.4	M40-49	113	319	693
380	Steve	Gamble	5:51:57.8	5:51:39.7	M40-49	114	320	637
381	Peter	Quinn	5:51:58.6	5:51:34.0	M50-59	50	321	200
382	Bob	Fickel	5:52:21.9	5:51:51.2	M50-59	51	322	149
383	Martyn	Flahive	5:52:33.8	5:52:12.7	M30-39	118	323	321
384	Denis	Sharrock	5:52:34.5	5:52:01.9	M50-59	52	324	831
385	Keith	White	5:52:35.1	5:52:22.3	M50-59	53	325	171
386	Antonio	Toscano	5:52:35.4	5:52:09.9	M40-49	115	326	747
387	Greg	McKinley	5:52:47.6	5:52:17.1	M30-39	119	327	800
388	Gary	McCartney	5:53:01.7	5:53:01.7	M40-49	116	328	806
389	George	Herisson	5:53:04.1	5:52:50.3	M40-49	117	329	193
390	Esther	Kerr	5:53:46.9	5:53:08.3	F20-29	12	61	144
391	Stuart	Wilson	5:54:00.7	5:53:51.8	M40-49	118	330	151
392	Alexander	Haynes	5:54:10.1	5:53:47.1	M20-29	35	331	662
393	Richard	Powell	5:54:42.1	5:54:26.9	M30-39	120	332	194
394	Gerhard	Verhoenen	5:54:51.9	5:54:51.9	M50-59	54	333	344
395	Phil	Clarke	5:54:54.8	5:54:22.4	M50-59	55	334	240
396	Jane	Hutt	5:55:15.0	5:54:43.1	F40-49	18	62	682
397	Anthony	North	5:55:26.9	5:55:12.2	M30-39	121	335	679
398	Matthew	Kinchington	5:55:42.6	5:55:11.3	M30-39	122	336	645
399	Jason	Holm	5:56:03.1	5:55:30.8	M30-39	123	337	830
400	Nicola	Somerville	5:56:03.4	5:55:36.2	F40-49	19	63	707
401	Dave	Joseph	5:56:53.5	5:56:40.9	M50-59	56	338	172
402	Stephanie	Carroll	5:56:55.7	5:56:19.2	F30-39	28	64	672
403	Anastasia	Bachas	5:56:56.5	5:56:28.7	F40-49	20	65	104
404	Nathan	Shoemark	5:57:05.9	5:56:52.1	M20-29	36	339	799
405	Philipp	Hess	5:57:06.5	5:56:53.4	M30-39	124	340	630
406	Bruce	Hargreaves	5:57:13.4	5:57:02.7	M50-59	57	341	270
407	David	Lancaster	5:57:19.4	5:56:59.1	M40-49	119	342	196
408	Zac	Gillett	5:57:22.8	5:56:49.1	M20-29	37	343	669
409	Deirdre	Duncan	5:57:32.9	5:56:59.2	F40-49	21	66	108
410	Dom	Isberg	5:57:33.5	5:56:57.9	M40-49	120	344	121
411	Phillip	Titterton	5:57:42.7	5:57:07.6	M50-59	58	345	826
412	Steve	Guy	5:57:43.9	5:57:15.8	M40-49	121	346	551
413	Angela	Johnson	5:57:51.9	5:57:21.4	F20-29	13	67	616
414	Philip	Clifton	5:58:10.4	5:58:02.1	M50-59	59	347	213
415	Tonia	Lance	5:58:12.5	5:57:55.3	F20-29	14	68	71
416	Miriam	Mott	5:58:36.9	5:58:36.9	F40-49	22	69	163
417	John	Olmstead	5:58:38.0	5:58:38.0	M40-49	122	348	175
418	Brian	Conroy	5:58:45.0	5:58:09.8	M50-59	60	349	309
419	Charlie	Glapiak	5:58:53.0	5:58:53.0	M50-59	61	350	177
420	George	Lloyd	5:59:07.1	5:58:58.0	M30-39	125	351	791
421	Michael	Tompkins	5:59:08.5	5:58:39.0	M50-59	62	352	575
422	Robert	Taylor	5:59:13.7	5:58:55.8	M50-59	63	353	215
423	Anthony	Compton	5:59:36.7	5:59:09.5	M40-49	123	354	789
424	Victor	Hong	6:00:08.8	5:59:47.6	M20-29	38	355	784
425	Dennis	O'Brien	6:00:09.6	5:59:43.5	M50-59	64	356	711
426	David	Austin	6:01:52.2	6:01:46.8	M40-49	124	357	592
427	Richard	McCormick	6:02:00.5	6:01:51.0	M30-39	126	358	667
428	James	Moody	6:04:03.2	6:04:03.2	M50-59	65	359	559
429	Carl	Simpson	6:04:26.5	6:04:05.2	M40-49	125	360	157
430	Warren	Broadbent	6:04:29.4	6:04:12.2	M50-59	66	361	184
431	Wayne	Murray	6:04:46.2	6:04:32.8	M30-39	127	362	724
432	Vicky	Murray	6:04:46.5	6:04:32.5	F30-39	29	70	653
433	Steve	Teague	6:04:52.4	6:04:12.4	M50-59	67	363	629
434	Paul	Murray	6:04:53.1	6:04:17.8	M50-59	68	364	650
435	Graham	Butler	6:05:01.2	6:04:23.2	M50-59	69	365	280
436	Roger	Lebish	6:05:22.2	6:05:22.2	M60-69	5	366	680
437	Peter	Goldsmith	6:05:24.9	6:05:15.9	M40-49	126	367	41
438	Peter	Le Busque	6:05:25.3	6:05:14.4	M40-49	127	368	16
439	Nathan	Griffith	6:07:21.1	6:06:49.7	M20-29	39	369	136
440	Chris	Grady	6:07:28.0	6:07:10.6	M40-49	128	370	780
441	Scott	Dennis	6:07:46.4	6:07:27.3	M40-49	129	371	155
442	Bill	Pixton	6:07:54.8	6:07:16.5	M50-59	70	372	132
443	Will	Culbert	6:08:24.2	6:08:01.1	M20-29	40	373	694
444	Karen	Lethlean	6:08:46.8	6:08:46.8	F40-49	23	71	628
445	Ian	Garrett	6:09:17.5	6:09:02.5	M40-49	130	374	244

Overall Place	Firstname	Surname	Gun Time	Net Time	Category	Category Place	Place in Sex	Bib Number
446	Alex	Nagy	6:09:38.9	6:09:09.4	M50-59	71	375	147
447	Eric	Schmierer	6:10:12.0	6:09:39.9	M50-59	72	376	111
448	John	Mitchell	6:10:18.6	6:09:58.0	M40-49	131	377	751
449	Ross	Yates	6:10:30.7	6:10:10.6	M50-59	73	378	164
450	Greg	Volz	6:10:35.6	6:10:35.6	M30-39	128	379	771
451	Lindsay	Young	6:10:48.5	6:10:19.6	M40-49	132	380	145
452	John	Sellars	6:11:34.5	6:11:13.5	M50-59	74	381	229
453	Gavin	Pilz	6:11:37.1	6:10:56.3	M30-39	129	382	654
454	David	Paff	6:12:51.0	6:12:32.1	M40-49	133	383	219
455	Vivienne	Kartsounis	6:13:28.2	6:12:57.5	F30-39	30	72	300
456	Alan	Beattie	6:14:04.4	6:13:42.4	M50-59	75	384	572
457	Jon	Frederico	6:14:09.7	6:13:47.2	M30-39	130	385	821
458	Anthony	Frey	6:15:23.2	6:14:52.5	M30-39	131	386	192
459	Mario	Torresan	6:15:28.6	6:14:40.2	M30-39	132	387	617
460	Joanne	McCarthy	6:15:36.5	6:15:13.1	F40-49	24	73	661
461	Jonathan	King	6:16:12.9	6:16:12.9	M40-49	134	388	281
462	Don	Blair	6:16:31.9	6:16:17.2	M50-59	76	389	581
463	Scott	Allen	6:16:51.8	6:16:35.7	M30-39	133	390	639
464	Don	MacIntyre	6:16:52.7	6:16:09.7	M50-59	77	391	801
465	Sam	Leishman	6:17:12.3	6:16:48.7	M30-39	134	392	583
466	Ian	Morgan	6:17:16.8	6:17:00.7	M60-69	6	393	142
467	Alan	O'Toole	6:17:36.5	6:17:36.5	M60-69	7	394	990
468	Dean	Gavan	6:17:39.0	6:17:28.6	M30-39	135	395	253
469	Derek	Smith	6:18:17.2	6:17:32.2	M60-69	8	396	580
470	Ross	Kersley	6:18:42.3	6:18:42.3	M40-49	135	397	819
471	Mark	Simon	6:18:44.1	6:18:19.4	M30-39	136	398	691
472	Gerry	Quinn	6:18:49.9	6:18:40.2	M40-49	136	399	577
473	Brian	Rensford	6:19:04.6	6:18:42.2	M50-59	78	400	150
474	Mick	Kilham	6:19:05.1	6:18:35.0	M40-49	137	401	156
475	Chris	Mills	6:19:17.8	6:18:48.2	M40-49	138	402	125
476	Michael	Benson	6:19:29.3	6:19:12.3	M50-59	79	403	557
477	Kristine	Kersley	6:19:29.8	6:18:43.8	F30-39	31	74	820
478	Deborah	Laidlaw	6:19:57.9	6:19:43.3	F40-49	25	75	68
479	Chris	Johnson	6:20:17.2	6:19:53.0	M30-39	137	404	795
480	Jennifer	Hatton	6:21:35.5	6:21:35.5	F20-29	15	76	383
481	Gregory	Boot	6:22:03.3	6:21:21.1	M30-39	138	405	753
482	Andrew	Korompay	6:22:03.9	6:21:24.0	M30-39	139	406	755
483	Ross	McNally	6:22:08.2	6:21:25.4	M40-49	139	407	582
484	David	Church	6:22:22.7	6:22:22.7	M50-59	80	408	828
485	Peter	Currie	6:22:55.0	6:22:16.1	M40-49	140	409	687
486	Chris	Jefferd	6:22:56.3	6:22:32.2	M50-59	81	410	373
487	Allan	Wareham	6:23:29.7	6:23:11.5	M60-69	9	411	713
488	Malcolm	Hunt	6:23:31.1	6:23:01.3	M50-59	82	412	700
489	Nerise	East	6:23:39.3	6:23:39.3	F40-49	26	77	563
490	Suzana	Vulecich	6:24:00.6	6:23:19.5	F40-49	27	78	386
491	Gary	Stutte	6:24:33.3	6:24:00.9	M40-49	141	413	646
492	Malcolm	Allen	6:24:38.4	6:23:56.8	M50-59	83	414	638
493	Bianca	Mauch	6:24:43.6	6:24:16.9	F20-29	16	79	733
494	Helen	Rickards	6:24:49.3	6:24:32.3	F40-49	28	80	565
495	Sharon	Varley	6:24:49.9	6:24:24.6	F40-49	29	81	554
496	Tracy	Collett	6:25:59.3	6:25:43.1	F40-49	30	82	576
497	Lisa	King	6:26:03.1	6:25:40.8	F30-39	32	83	614
498	Nikola	Sparrow	6:26:03.4	6:25:41.5	F20-29	17	84	808
499	Ewen	Thompson	6:26:16.3	6:25:36.5	M40-49	142	415	718
500	Nick	Drayton	6:26:18.9	6:25:50.3	M40-49	143	416	182
501	James	Meade	6:26:50.6	6:26:34.3	M30-39	140	417	130
502	Graham	Spokes	6:27:26.9	6:26:44.9	M40-49	144	418	579
503	Jillian	Saker	6:28:33.5	6:28:01.7	F30-39	33	85	612
504	Jeff	McNaughton	6:28:53.3	6:28:22.1	M40-49	145	419	140
505	Marie-Claire	Kurt	6:29:00.8	6:29:00.8	F40-49	31	86	573
506	Malcolm	Coombes	6:29:12.2	6:28:40.4	M40-49	146	420	777
507	Mark	Dean	6:29:59.8	6:29:28.6	M40-49	147	421	655
508	Andrew	Cottrill	6:31:10.3	6:30:25.5	M40-49	148	422	651
509	Nick	Thompson	6:31:19.7	6:30:50.8	M40-49	149	423	748
510	Ken	McIlwain	6:31:30.4	6:31:22.2	M40-49	150	424	291
511	Franca	Facci	6:31:43.9	6:31:28.0	F40-49	32	87	561
512	Grant	Moroney	6:32:07.8	6:31:56.3	M30-39	141	425	564
513	David	Novotny	6:32:15.1	6:31:40.0	M30-39	142	426	574
514	Nick	Mallett	6:32:21.5	6:31:48.9	M40-49	151	427	818
515	Julie	Winner	6:32:40.4	6:32:06.7	F30-39	34	88	762
516	Ludwig	Herpich	6:32:57.6	6:32:23.1	M60-69	10	428	186
517	Peter	Holles	6:33:02.0	6:32:35.9	M50-59	84	429	664
518	Peter	Lahiff	6:33:24.9	6:33:24.9	M60-69	11	430	185
519	Arnold	Cohen	6:33:54.3	6:33:31.2	M40-49	152	431	657
520	Doug	Chapman	6:34:02.6	6:33:41.1	M50-59	85	432	558

Overall Place	Firstname	Surname	Gun Time	Net Time	Category	Category Place	Place in Sex	Bib Number
521	Kerry	McEwan	6:34:06.1	6:33:32.6	F40-49	33	89	640
522	John	Lindsay	6:35:34.3	6:35:06.1	M50-59	86	433	115
523	Dominic	Boidin	6:35:52.1	6:35:11.1	M40-49	153	434	106
524	Katie	Richardson	6:35:53.7	6:35:15.0	F30-39	35	90	162
525	Maureen	Wilson	6:35:54.3	6:35:15.0	F40-49	34	91	161
526	Julie	McGaw	6:35:54.9	6:35:34.7	F30-39	36	92	792
527	Margaret	Cameron	6:35:55.8	6:35:36.2	F30-39	37	93	602
528	Cecil	Zinn	6:36:06.6	6:35:45.2	M40-49	154	435	704
529	Anthony	Bousfield	6:36:30.2	6:36:08.4	M40-49	155	436	141
530	Con	Panagos	6:36:36.3	6:36:36.3	M50-59	87	437	571
531	Wendy	Scott	6:36:44.2	6:36:25.9	F40-49	35	94	117
532	Ken	Weir	6:37:31.7	6:37:23.0	M40-49	156	438	101
533	Mel	Henry	6:38:56.6	6:38:19.1	M40-49	157	439	599
534	Mark	Richardson	6:39:17.9	6:38:47.2	M40-49	158	440	555
535	Vic	Anderson	6:39:30.8	6:39:00.9	M50-59	88	441	133
536	Jenny	Kiss	6:39:31.2	6:39:01.9	F40-49	36	95	134
537	Bob	Hooke	6:40:11.4	6:39:47.0	M50-59	89	442	296
538	Bridgit	English	6:40:30.9	6:39:44.8	F40-49	37	96	621
539	Ann	O'Connor	6:40:39.7	6:39:54.5	F40-49	38	97	114
540	Cameron	Gentle	6:41:01.3	6:40:42.5	M20-29	41	443	631
541	Michael	O'Mara	6:41:26.0	6:40:46.9	M50-59	90	444	283
542	Julie	Quinlan	6:41:31.0	6:40:43.6	F50-59	6	98	785
543	Val	Rodger	6:41:33.0	6:41:05.8	F50-59	7	99	671
544	Paul	Davison	6:41:33.3	6:41:33.3	M40-49	159	445	659
545	Karen	Felsch-Cannon	6:41:33.9	6:41:22.6	F30-39	38	100	635
546	Richard	Shakenovsky	6:41:46.2	6:41:25.0	M40-49	160	446	710
547	Steven	Norden	6:41:56.2	6:41:11.3	M40-49	161	447	699
548	Katie	Ellinson	6:42:08.9	6:41:26.6	F30-39	39	101	372
549	Leo	Paul	6:42:29.9	6:42:29.9	M50-59	91	448	103
550	Kevin	Wild	6:43:02.7	6:42:22.9	M50-59	92	449	356
551	Ross	McCarty	6:43:15.1	6:42:32.0	M50-59	93	450	632
552	Kelly	Hinds	6:43:29.9	6:43:07.7	F40-49	39	102	643
553	Lisa	Kahlefeldt	6:43:33.7	6:42:48.0	F20-29	18	103	622
554	Peter	Jones	6:43:34.9	6:43:21.3	M30-39	143	451	787
555	John	Carrigan	6:43:43.2	6:43:33.7	M50-59	94	452	107
556	Helen Hiu-Lan	Cheung	6:44:27.2	6:43:56.2	F20-29	19	104	778
557	Neale	McLeod	6:44:57.6	6:44:19.5	M40-49	162	453	766
558	Brad	Renshaw	6:45:02.0	6:44:42.7	M50-59	95	454	129
559	Michael	Bailey	6:45:02.2	6:44:45.2	M60-69	12	455	119
560	Bill	Tomiczek	6:45:16.5	6:44:37.2	M50-59	96	456	128
561	Mark	Davies	6:46:16.4	6:46:02.2	M40-49	163	457	112
562	Demir	Mesic	6:47:33.4	6:47:18.3	M40-49	164	458	553
563	David	Morgan	6:47:43.4	6:47:34.9	M20-29	42	459	603
564	Chris	Ronan	6:47:46.7	6:47:22.5	F40-49	40	105	750
565	Debra	Foggin	6:47:47.2	6:47:23.9	F40-49	41	106	835
566	Ronald	Stuart	6:48:31.6	6:48:31.6	M70-79	1	460	996
567	Graeme	Mounsey	6:49:14.8	6:49:14.8	M40-49	165	461	794
568	Pat	Hughes	6:49:16.2	6:48:42.4	M60-69	13	462	740
569	Vivienne	Vince	6:49:41.4	6:49:03.0	F50-59	8	107	611
570	Michael	Osborne	6:49:41.7	6:49:01.3	M50-59	97	463	627
571	Bob	Darby	6:51:38.5	6:50:59.0	M50-59	98	464	722
572	David	Lilley	6:51:52.9	6:51:26.6	M50-59	99	465	152
573	Luigi	Bertolin	6:52:05.3	6:51:53.4	M40-49	165	466	567
574	Ken	Smith	6:52:10.8	6:51:49.3	M50-59	100	467	625
575	Terry	Quinlan	6:52:58.9	6:52:15.8	M50-59	101	468	696
576	Brian	Ogilwy	6:53:00.4	6:53:00.4	M60-69	14	469	995
577	Dennis	Bedford	6:53:01.8	6:52:35.0	M50-59	102	470	126
578	Peter	Smith	6:53:11.8	6:52:57.6	M40-49	166	471	116
579	Lindsey	Schultz	6:53:15.2	6:53:06.7	M20-29	43	472	734
580	David	Williams	6:53:35.7	6:53:25.6	M40-49	167	473	122
581	Ross	Knowles	6:54:38.2	6:54:06.3	M40-49	168	474	113
582	Tim	Egan	6:55:35.7	6:54:52.8	M50-59	103	475	293
583	Paul	Kehoe	6:55:58.7	6:55:58.7	M30-39	145	476	181
584	Greg	Forsyth	6:56:19.0	6:55:30.8	M40-49	169	477	613
585	Mick	Mahoney	6:56:40.3	6:56:24.4	M40-49	170	478	731
586	Ken	Smith	6:56:40.8	6:55:57.0	M50-59	104	479	619
587	John	Anderson	6:56:46.0	6:56:33.2	M40-49	171	480	568
588	Paul	Gooden	6:56:51.2	6:56:01.6	M40-49	172	481	823
589	Peter	Allen	6:57:03.2	6:57:03.2	M50-59	105	482	716
590	Catherine	Toby	6:57:11.0	6:56:55.5	F40-49	42	108	752
591	Andrew	Handyside	6:57:29.5	6:56:40.6	M20-29	44	483	760
592	Craig	Marshall	6:57:30.6	6:57:30.6	M40-49	173	484	118
593	Warren	Evans	6:57:35.4	6:57:24.1	M60-69	15	485	815
594	Tony	Bytheway	6:57:57.3	6:57:07.7	M50-59	106	486	610
595	Stephany	Howard	6:58:00.6	6:57:29.9	F30-39	40	109	376

Overall Place	Firstname	Surname	Gun Time	Net Time	Category	Category Place	Place in Sex	Bib Number
596	Stephen	Jackson (SWEEPER)	7:00:01.3	6:59:07.2	M40-49	174	487	594
597	Jennifer	Willcox	7:00:04.4	6:59:18.4	F40-49	43	110	607
598	Tony	Crosby	7:01:12.2	7:00:38.5	M50-59	107	488	158
599	Roger	Rigby	7:01:13.5	7:00:39.0	M60-69	16	489	317
600	Wayne	McCarthy	7:01:14.2	7:00:38.3	M60-69	17	490	303
601	Terry	Gagen	7:01:22.2	7:00:41.1	M60-69	18	491	717
602	Graham	Bray	7:09:08.7	7:08:22.9	M50-59	108	492	569
603	Frank	Dearn	7:14:57.5	7:14:57.5	M70-79	2	493	993
604	Minemi	Muto	7:16:58.9	7:16:22.7	F20-29	20	111	773
605	Sheridan	Overton	7:17:34.2	7:17:16.8	F40-49	44	112	605
606	Bob	Greenwood	7:17:44.6	7:17:13.6	M60-69	19	494	798
607	Ken	Rumble	7:17:48.8	7:17:28.8	M50-59	109	495	641
608	Greg	Reid	7:21:34.7	7:21:02.6	M60-69	20	496	102
609	Louis	Commins	7:26:32.2	7:25:55.9	M50-59	110	497	560
610	Angelika	Mauch	7:26:37.1	7:26:13.0	F40-49	45	113	805
611	Leon	Harradine	7:28:27.1	7:28:00.9	M60-69	21	498	170
612	David	Young	7:38:59.7	7:38:29.1	M40-49	175	499	609
613	Neil	Estall	7:43:09.0	7:42:27.7	M50-59	111	500	690
614	David	Criniti (SWEEPER)	7:43:12.4	7:42:05.8	M20-29	45	501	729
615	Jonathan	Papalia (SWEEPER)	7:43:12.8	7:42:05.1	M30-39	146	502	598
616	Michael	Hickman	8:03:52.7	8:03:52.7	M70-79	3	503	994
617	John	Brett	8:17:27.7	8:17:27.7	M70-79	4	504	992
618	Jennifer	Amyx	DNF	DNF	F30-39	0	0	642
619	Steve	Day	DNF	DNF	M40-49	0	0	562
620	Andrew	Hill	DNF	DNF	M20-29	0	0	73
621	Sue	Jeffrey	DNF	DNF	F50-59	0	0	618
622	Paul	Kahlefeldt	DNF	DNF	M40-49	0	0	688
623	Robert	Kennedy	DNF	DNF	M60-69	0	0	131
624	Tony	Krantzcke	DNF	DNF	M60-69	0	0	282
625	John	McLeish	DNF	DNF	M50-59	0	0	604
626	John	Melnyczenko	DNF	DNF	M50-59	0	0	120
627	Susan	Oliver	DNF	DNF	F30-39	0	0	811
628	Bert	Sloan	DNF	DNF	M60-69	0	0	606
629	Rodney	Sturch	DNF	DNF	M40-49	0	0	601
630	Mark	Sturman	DNF	DNF	M50-59	0	0	271
631	Glen	Terry	DNF	DNF	M30-39	0	0	685
632	Zoran	Vrankovic	DNF	DNF	M40-49	0	0	797
633	David	Anderson	DNS	DNS	M50-59	0	0	272
634	Sarah	Antill	DNS	DNS	F30-39	0	0	832
635	Cristine	Ashcroft	DNS	DNS	F30-39	0	0	306
636	Dieter	Berens	DNS	DNS	M40-49	0	0	350
637	Keith	Burns	DNS	DNS	M30-39	0	0	675
638	Greg	Byrne	DNS	DNS	M30-39	0	0	369
639	Barry	Coates	DNS	DNS	M50-59	0	0	146
640	John	Davis	DNS	DNS	M40-49	0	0	668
641	Rod	Dowse	DNS	DNS	M50-59	0	0	624
642	Paul	Fowler	DNS	DNS	M20-29	0	0	814
643	William	Fox	DNS	DNS	M40-49	0	0	698
644	Stephen	Holm	DNS	DNS	M40-49	0	0	295
645	Padraig	Hurley	DNS	DNS	M20-29	0	0	817
646	Carmel	Kahlefeldt	DNS	DNS	F40-49	0	0	725
647	Simon	Kent-Jones	DNS	DNS	M30-39	0	0	378
648	Geoff	Luscombe	DNS	DNS	M40-49	0	0	375
649	Geoffrey	Luscombe	DNS	DNS	M40-49	0	0	586
650	Anne	Lytle	DNS	DNS	F30-39	0	0	735
651	Andrew	Mahoney	DNS	DNS	M40-49	0	0	286
652	Danielle	Manley	DNS	DNS	F30-39	0	0	566
653	Richard	Manson	DNS	DNS	M40-49	0	0	354
654	John	Mickan	DNS	DNS	M20-29	0	0	736
655	Patrick	Mickan	DNS	DNS	M20-29	0	0	285
656	Fabienne	Millot	DNS	DNS	F30-39	0	0	552
657	Paul	Morgan	DNS	DNS	M40-49	0	0	726
658	Gavin	Morisset	DNS	DNS	M60-69	0	0	191
659	Garry	Norris	DNS	DNS	M30-39	0	0	703
660	Abraham	Nortje	DNS	DNS	M40-49	0	0	676
661	Michael	O'Dowd	DNS	DNS	M30-39	0	0	652
662	Susan	Palmer	DNS	DNS	F40-49	0	0	127
663	Gregg	Powell	DNS	DNS	M30-39	0	0	706
664	Rob	Preston	DNS	DNS	M20-29	0	0	74
665	Leigh	Privett	DNS	DNS	M50-59	0	0	81
666	Parrish	Robbins	DNS	DNS	M40-49	0	0	764
667	Aaron	Rowe	DNS	DNS	M30-39	0	0	721

Overall Place	Firstname	Surname	Gun Time	Net Time	Category	Category Place	Place in Sex	Bib Number
668	Chris	Schafferius	DNS	DNS	M30-39	0	0	737
669	Thomas	Schattovits	DNS	DNS	M30-39	0	0	287
670	Max	Scherleitner	DNS	DNS	M70-79	0	0	991
671	Greg	Scott	DNS	DNS	M40-49	0	0	180
672	Kieron	Thompson	DNS	DNS	M40-49	0	0	10
673	Kevin	Tory	DNS	DNS	M30-39	0	0	98
674	Manuel	Trujillo	DNS	DNS	M50-59	0	0	556
675	Michael	Walton	DNS	DNS	M30-39	0	0	738
676	Benjamin	West	DNS	DNS	M40-49	0	0	812
677	Harold	Willaby	DNS	DNS	M30-39	0	0	768
678	Paul	Williams	DNS	DNS	M30-39	0	0	837
679	Jade	Woodhouse	DNS	DNS	F40-49	0	0	804
680	Paul	Woodhouse	DNS	DNS	M40-49	0	0	730

DNF = Started but Did Not Finish
 DNS = Entered but Did Not Start

Age & Gender Adjusted Results

The objective of age and gender adjusting of results is to put everyone in any race on a level playing field regardless of their age or gender. It allows 20 year old males to properly compare their efforts with 60 year old women by assigning points that are tabulated from many thousands of race results worldwide. The Six Foot Track is not a "regulation" distance. So, to arrive at the appropriate AGA standard for the race, the results of the past 3 years were tabulated, AGA scores averaged, and then the distance was adjusted to arrive at a statistically accurate AGA standard. That computed to the **Six Foot Track Marathon being the equivalent of a 60 km road race.**

The tables also indicate that if the world marathon record holder were to run at record pace for the Six Foot Track Marathon, he would finish in 3:08 and for the females, she would run 3:24.

The top 3 males in 2004 were:

AGA Pos	Race Pos	Name	Points	Age
1	6	Trevor Jacobs	929	52
2	1	Paul Arthur	897	36
3	7	Richard Were	877	48

The top 3 females in 2004 were:

AGA Pos	Race Pos	Name	Points	Age
1	121	Liz Short	789	52
2	79	Teresa Rider	778	45
3	217	Chery Horne	760	55

In short, it means that Trevor Jacobs had overall the best run on the day when his age and sex were taken into consideration. Well done Trevor !

The complete Age & Gender adjusted results and details are available from the race website
www.sixfoot.com

Age Group Awards 2004

Age Group	Female	Male
Under 20	Nil	1 Andrew Palmer 4:29:36 (19 years) 2 Shane Hayes 4:42:36 (18 years)
20-29	1 Alison Kenny 4:41:32 (28 years) 2 Vivienne Chuter 4:41:49 (26 years) 3 Nicolette Buddle 4:54:43 (26 years)	1 Darren Benson 3:42:10 (29 years) 2 Jens Kiesel 3:54:32 (24 years) 3 Cameron Young 4:20:23 (28 years)
30-39	1 Michelle Beattie 4:32:32 (37 years) 2 Sarina Tomchin 4:45:48 (38 years) 3 Julie Quinn 4:51:58 (31 years)	1 Paul Arthur 3:29:48 (36 years) 2 Nigel Aylott 3:37:00 (37 years) 3 Jonathan Blake 3:37:20 (38 years)
40-49	1 Jody De Souza 4:42:01 (40 years) 2 Teresa Rider 4:42:13 (45 years) 3 Julie Graham 5:03:33 (44 years)	1 Richard Were 3:51:10 (48 years) 2 Ken Raupach 3:53:16 (42 years) 3 Jonathan Worswick 3:54:22 (40 years)
50-59	1 Liz Short 4:56:25 (52 years) 2 Helen Stanger 5:15:32 (53 years) 3 Chery Horne 5:16:38 (54 years)	1 Trevor Jacobs 3:45:10 (52 years) 2 Peter Fitzpatrick 4:25:59 (56 years) 3 Alan Watson 4:27:01 (51 years)
60-69	Nil	1 Brian Pepper 5:21:06 (62 years) 2 Max Bogenhuber 5:25:53 (61 years) 3 Peter Roberts 5:43:42 (60 years)
70-79	Nil	1 Ronald Stuart 6:48:31 (72 years) ★ 2 Frank Dearn 7:14:57 (70 years) 3 Michael Hickman 8:03:52 (70 years)

★ signifies age group record was set in 2004

John Overton Memorial Fire-fighter Award

This year saw the 2nd John Overton Memorial Fire-fighter Award being presented. This is a perpetual trophy awarded to the first firefighter to cross the line - regardless of whether full-time, professional or volunteer fire-fighter.

John Overton, 52, was killed on the evening of 21st September 2002 when working as a volunteer with the Kanimbla Rural Fire Brigade at Mt Piddington, near Lithgow, NSW. John was working with a group felling a burning tree, during a hazard reduction burning, when he was struck by the tree and killed. John has completed the event twice (2002 in 4:33 where he won the over-50 age category and 1999 in 4:49). The Six Foot Track Marathon was his favourite event to compete in.

Pos	Firstname	Surname	Sex	Time	Brigade
1	Sarina	Tomchin	F	04:45:48	Balgowlah Heights NSW
2	Drew	Shaw	M	04:51:57	Kogarah NSW
3	John	Leggett	M	05:03:12	Brookfield QLD
4	Greg	Gambrill	M	05:26:45	Martinsville NSW
5	Alan	Heap	M	05:30:07	Mt Wilson / Mt Irvine NSW
6	John	Tokoli	M	05:36:28	Kanimbla NSW

John's widow Sheridan Overton making a presentation speech for the first ever Memorial fire-fighter award in 2003.



The Mob Run Results 2004

- Every runner who completes the run within the cut-off time will score for their team depending on how far up the field they finish. The first placed runner receives the same number of points as there were entrants. The 2nd placed runner receives 1 point less, and so on. If all runners that entered, had finished the race within the cut-off, the last runner would score 1 point.
- Runners that drop out or who miss the cut off score zero points.

Pos	Club	Points	No. Runners Finished	Pos	Club	Points	No. Runners Finished
1	Sydney Striders	27139	62	40	Sydney Pacific	673	1
2	Billys Bushies	26454	50	41	Lt Speeketze Marbach	671	1
3	Northside Running Group (NRG)	21387	45	42	Act Veterans Athletic Club	652	2
4	Bondi Brats	9737	17	43	Big Foot Orienteering Club	634	1
5	Westlakes Amateur Athletic Club Inc	7529	21	44	Steam Sports	626	1
6	Aust Mountain Runners Assoc - Act Team	6215	10	45	Athletics East	614	1
7	Terrigal Trotters	6035	21	46	D+E Hash House Harriers	589	1
8	Brisbane River City Runners	5969	11	47	Hobart H5 Hash House Harriers	588	1
9	CoolRunning	4164	9	48	Watagan Warriors	544	1
10	Western Districts Joggers & Harriers	3920	12	49	Toowoomba Road Runners	539	1
11	Wagga Wagga Road Runners	3645	11	50	Aust Defence Force Running & Aths Assoc	514	1
12	Fat Ass Racing Team (F.A.R.T.)	3514	8	51	Pennine Fell Runners (Uk)	485	1
13	Berowra Bush Runners	2958	6	52	Doing It For Steve	477	1
14	Brookfield Runners	2870	7	53	Bullants Glenbrook	462	1
15	Kembla Joggers	2519	9	54	Steppenbahn	441	1
16	Cronulla Triathlon Club	2431	5	55	Townsville Road Runners	408	2
17	Nowra Athletics	1840	2	56	Summit Geo	399	2
18	Glenhuntley Athletics Club	1828	2	57	Waitara Joggers	394	1
19	Act Cross Country Club	1789	2	58	Balmoral Tri Club	383	1
20	Yomping At The Bit	1769	4	59	South Australian Road Runners	334	1
21	Canberra Bilbys	1704	2	60	The Run Inn	332	1
22	Panthers Triathlon Club	1468	4	61	Peninsular Ladies Hash House Harriettes	314	1
23	Sydney Marathon Clinic	1338	4	62	Garingal Orienteering Club	310	1
24	Blue Mountains Joggers	1285	3	63	Tierra Tragame	308	1
25	North Sydney Bears	1279	3	64	West Australian Marathon Club	298	1
26	Traralgon Harriers	1189	2	65	Southside Masters	277	1
27	Campbelltown Joggers	1154	4	66	Café Latte Hash House Harriers	248	1
28	Go Jog	1034	2	67	Corona Drinking Club	235	1
29	Illawong Athletics	1011	3	68	Surrey Police Running & Tri Club (Uk)	234	1
30	Central Australian Athletics Club	1000	1	69	Kallangur Klappers	229	1
31	Bathurst Runners	970	3	70	Tan Clan	218	1
32	Fit (Females In Training)	962	1	71	Kourier De Bois	205	1
33	Griffith Feral Tri-Ards	824	1	72	Sct Athletics Club	182	1
34	Turrumurra Trotters	776	2	73	Intraining Running Club	172	1
35	Macarthur Triathlon Club	773	2	74	Randwick Botany Harriers	149	1
36	City Tattersalls	728	2	75	Kangaroo Valley Canoe Club	114	1
37	Australian Mountain Runners Assoc	679	1	76	Run Inn	106	1
38	Orange Runners Club	677	1	77	Spike Triathlon	69	1
39	Auckland Ymca	674	1				

Australian Trail Ultramarathon Championships 2004

We were very fortunate that the Six Foot Track Marathon was selected as the Australian National Trail Ultramarathon Championships for the first time in the history of the race. All runners that are members of AURA (Australian Ultra Runners Association – see www.ultraoz.com) were eligible to take part.

The championship results are as follows:

AURA Place	Name	Time	Category	Sex	Six Foot Place
1	Nigel Aylott	3:37:00.3	M30-39		2
2	Jonathan Blake	3:37:20.6	M30-39		3
3	Darren Benson	3:42:10.3	M20-29		5
4	Trevor Jacobs	3:45:10.8	M50-59		6
5	Chris Graham	4:02:20.0	M30-39		16
6	Martin Fryer	4:03:14.6	M40-49		18
7	Andrew Johnson	4:16:26.3	M30-39		25
8	Greg Donovan	4:24:58.4	M40-49		37
9	Kelvin Marshall	4:26:24.1	M30-39		40
10	Steve Appleby	4:27:18.7	M50-59		43
11	Michael Corlis	4:27:40.7	M40-49		44
12	Stuart Wagner	4:37:57.3	M30-39		65
13	Shane Hayes	4:42:36.7	MU20		80
14	Julia Thorn	5:05:49.1	F40-49	F	164
15	Sean Greenhill	5:06:44.0	M20-29		172
16	John Robins	5:09:02.1	M40-49		179
17	Anne Kidman	5:09:12.8	F40-49	F	181
18	Max Bogenhuber	5:25:53.3	M60-69		255
19	Garry Wilson	5:30:42.3	M30-39		278
20	David Clear	5:32:58.0	M40-49		290
21	Dougal Langusch	5:33:35.8	M20-29		292
22	Daniel Cole	5:39:15.9	M50-59		319
23	Stewart Vincent	5:39:34.6	M50-59		323
24	Carol Baird	5:40:15.3	F50-59	F	325
25	Steve Winner	5:41:18.4	M40-49		329
26	Debbie Woodhead	5:50:02.3	F30-39	F	368
27	Bob Fickel	5:52:21.9	M50-59		382
28	Roger Lebish	6:05:22.2	M60-69		436
29	Peter Le Busque	6:05:25.3	M40-49		438
30	Nick Drayton	6:26:18.9	M40-49		500
31	Ken McIlwain	6:31:30.4	M40-49		510
32	Julie Winner	6:32:40.4	F30-39	F	515
33	Peter Lahiff	6:33:24.9	M60-69		518
34	John Lindsay	6:35:34.3	M50-59		522
35	Stephany Howard	6:58:00.6	F30-39	F	595
36	Stephen Jackson	7:00:01.3	M40-49		596
37	Graham Bray	7:09:08.7	M50-59		602
38	Greg Reid	7:21:34.7	M60-69		608
39	David Criniti	7:43:12.4	M20-29		614

The top 3 males and females each win a trophy.

Race Report from a Six Foot Virgin

This was my first six foot track, and everything came together on the day. I ran 4.53min.

Preparation began at the CoolRunning Christmas drinks last December. I met six foot track veterans Sean Greenhill and Amanada Underwood and a host of others. That night, everyone was raving about Six Foot Track Marathon. Spirits were high, and I thought there might be more to this than just the house-red being served.

I eventually switched runners to shake off a running injury, changed my diet, and started doing more hills. I built up to a few monster runs that made me wonder if I was made of the right stuff.

Part of the beauty of being a six foot track virgin is you can't predict or even picture everything that you'll go through. It really is an epic journey.

There was a fantastic atmosphere at the start. There were bodies everywhere, it was organized and slightly chaotic. At the start area I staggered into the registration table, number collection, chip collection, baggage deposit, pre-ordered bus tickets, tea & damper, and starting line. Initially I could not see where to go. A friend noticed the bewildered look on my face when he yelled out 'relax' or something like that.

I was flattered to be put in the second starting group. I did not have a track record to warrant it. I thought I was on target for a 6 hour run. The confidence in putting me in the second group later put some pressure on me to perform.

After the start, the group was bunched up and after the timing mats, a bit more spread out. The imbedded rocks in the down-hill course made me very wary of going too fast. Another runner dashed past me to the Nellie Glen steps, only to hold me and everybody else up. There were queues anyway for most of the descent.

The leading runners of the group behind were leaping down the gully in a very risky fashion. One slip on a rock and the race would have been over for one of them.

The flatter track at the bottom was a bit of a blur. I calculated only 43.3 kms to go. I picked out another runner just in front of me who seemed to be running well, and thought I'll try to keep in contact. I was still puzzling over what race pace should be. The target runner accelerated away while I was caught behind a number of people. Everybody was friendly as I navigated a few water hazards. One of the early differences of the track is the extra attention needed with a changing surface. I remember the track and the other runners pretty well, not much of the scenery.

After jumping over fences and cattle grids, I suddenly heard some noise. At an intersection with a dirt road there was a small crowd of well wishers shouting out. It was bit of a buzz coming out of the blue. A few kilometers later I'd passed a few people and sighted the first hill. Also just before the hill, I saw Amanda in a CoolRunning cap and said hello. From Christmas drinks I knew Amanda is a stayer. I suspected she was on a sub 6 hour pace so I thought I must be going okay. A bit later after Pinnacle hill there was a long down-ward stretch to Coxs River. I was at the back of a snaking line of people, slowed down by one or two at the front. It was hard to pick the culprits. The pace was OK. There wasn't much space to overtake.

I overtook a couple of people, and one just before the river. At Coxs River I went around on the rocks, staying dry. One guy plunged straight in waist deep. I caught up with the target runner.

Then the real hills started. I was still wearing my 'L' plates as a six foot track runner. Everyone was walking so I thought I can't try and overtake people and then die in the arse. I alternately walked and then ran like everyone else, a bit of a sheep. I was surprised how tough walking up the hill was. I chatted to a couple of people as I went up. Hill running was surprisingly social since it was the legs not the breathing that was holding me back. At this stage I realized the training advice from the Northside Running Group on the race website was very good. I got into the rhythm of walking up mountains again. It took a while. The legs felt a bit strange after the first extended series of steep walks and recovery runs. I slowly continued overtaking people, walking and running. I got to Mini Mini saddle thinking I was at Pluviometer: traps for young players. My legs felt a bit tired and I could feel the strain on the hamstrings and thighs of the relentless climbing. The scenery got better and better, and reminded me of walking in the snowy mountains. I wished I was there.

The drink stations had been good, and were getting better and more appreciated. I started drinking 3 or 4 cups instead of 1 or 2. I started washing down the sports drinks and Coke with a chaser of water. I couldn't bring myself to snack on the bananas or snakes. I felt a bit slack slowing down at drink stations to a walk. I must be getting soft.



Mark Russell after 45km of pleasure & pain

The surface was still bumpy at times but it was pleasant running in the forest. I caught up with the Sydney Strider Joel juggling balls. I passed the Juggler, he passed me, and then I passed him again. My legs weren't too bad, but I'd lost track of where I was.

Eventually I heard cars on the road above, and passed a few more people on the hills up to the drink station with 10.6km to go. I'd done the Striders 10km the weekend before and thought no problem with the distance.

Not long after that I met Sean Greenhill. I was running slowly but okay. He told me I was on track for a sub 5 hour time. So I picked up a bit of speed. Nothing was guaranteed after 35 kms. A couple of guys let me past very politely. I've never seen such camaraderie during a race before. On the downhill I must have been breathing heavily since people started moving aside when I was still about 10 metres behind them. At 1.5 km to go I looked at my watch and had 4.43 on the clock. As long as I didn't fall over on the steep descent I'd be alright. I saw Jenolan Caves way below, and my thighs were jarring at the steep descent but still OK.

It was a great feeling as I approached Caves House and heard the noise of the crowd. I heard my name called and then suddenly I was in the final straight and finished. The sense of satisfaction of finishing six foot track was very high. I spent a long time at the finish guzzling drinks and then eating the food. I didn't care about the cold shower, as long as I got clean. I like the six foot track singlet, good for visibility too.

I knew I had a few more hills to go so I was holding a bit back. There were a few downhill stretches of track. I was screaming down the hills thinking I should be too stiff and tired to do this. I lifted the pace a gear and started running with another guy who looked like he worked as a gym instructor. He was powering ahead. We started heading up to Pluviometer. We caught up with a cheery woman wearing this bright orange top. She had the 5 hour splits on her hand off the CoolRunning website. I started thinking of a respectable 5 hour plus time that would justify starting in the second wave. But I did not look at my watch or increase any pressure to prematurely take off. The gym instructor and orange lady both skipped past me up toward Pluviometer.

I ran past this old fella and said you're running well. He replied 'Oh, I started an hour before you'. It was quite inspiring to see someone that old doing six foot track. I thought it was a great idea to have a staggered start for the veterans.

I caught the gym instructor and orange lady and kept crawling ahead. I said hello to Spud and a few others in CoolRunning caps.

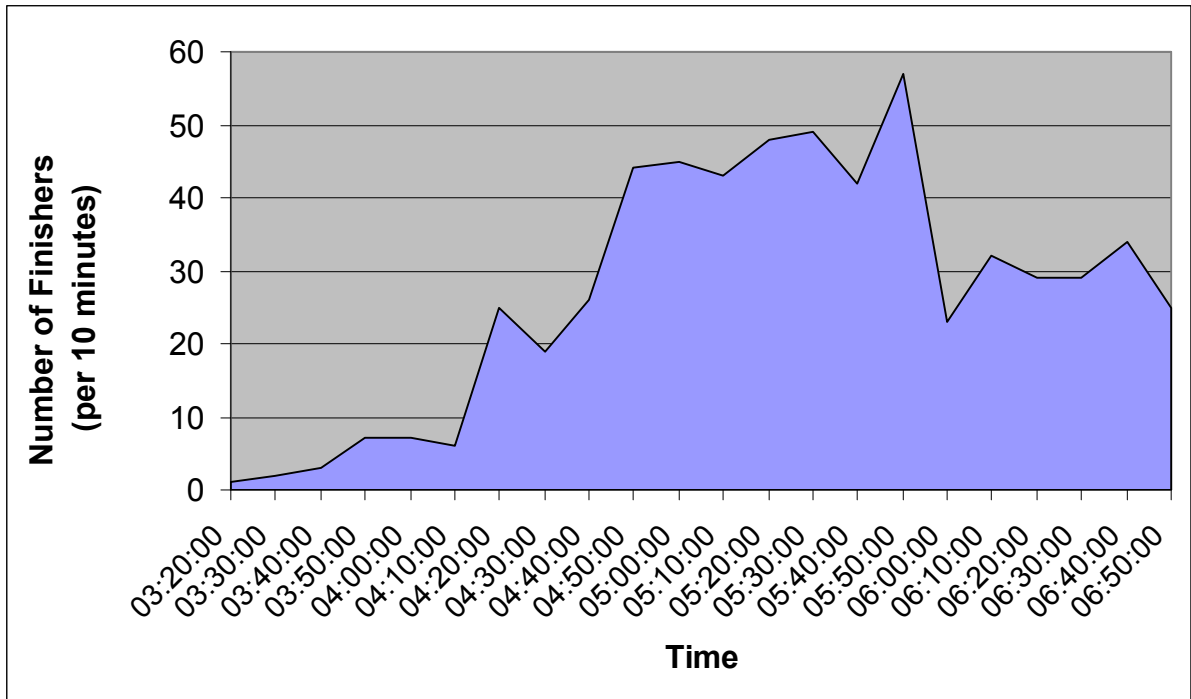
I went through Pluviometer feeling not too bad. I thought the hills up to the road would be just as tough but mercifully they weren't. Nevertheless, it was a hard slog on that part of the track. I did not know exactly what hills were ahead, so I was in cruise control.

I caught up with this woman of short stature and made a throw-away line about a down hill run – a pretty bad pick-up line. She was gasping for air and ignored me. She looked Japanese, and like her mum told her not to talk to strangers. I picked up speed to avoid another cross-cultural faux pas, and left her behind.

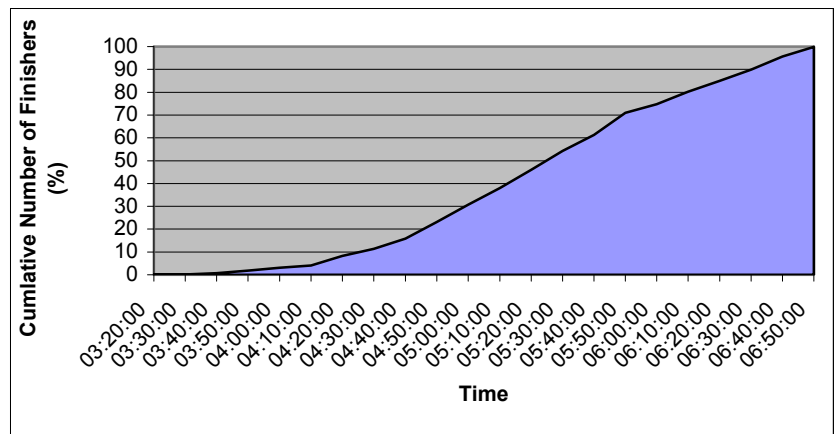
Mark Russell

Some Finishing Statistics

Finishing Rate

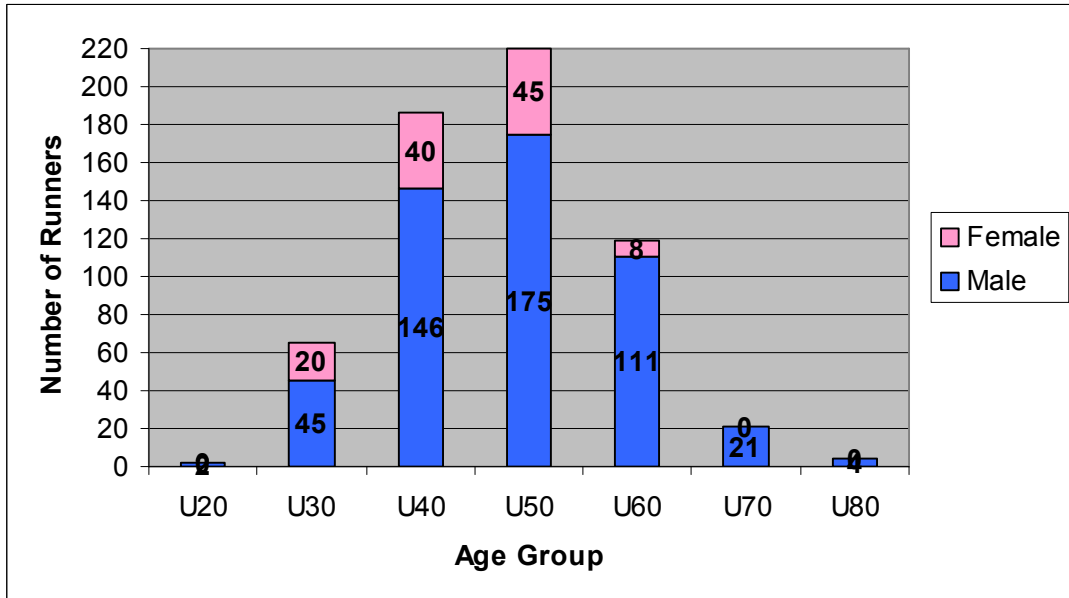


10 Min Blocks	Cumulative	Cumulative %	Per 10 min block
03:20:00	1	0.17	1
03:30:00	1	0.17	2
03:40:00	4	0.67	3
03:50:00	11	1.85	7
04:00:00	18	3.03	7
04:10:00	24	4.03	6
04:20:00	49	8.24	25
04:30:00	68	11.43	19
04:40:00	94	15.80	26
04:50:00	138	23.19	44
05:00:00	183	30.76	45
05:10:00	226	37.98	43
05:20:00	274	46.05	48
05:30:00	323	54.29	49
05:40:00	365	61.34	42
05:50:00	422	70.92	57
06:00:00	445	74.79	23
06:10:00	477	80.17	32
06:20:00	506	85.04	29
06:30:00	535	89.92	29
06:40:00	569	95.63	34
06:50:00	594	99.83	25
07:00:00			
Total			595



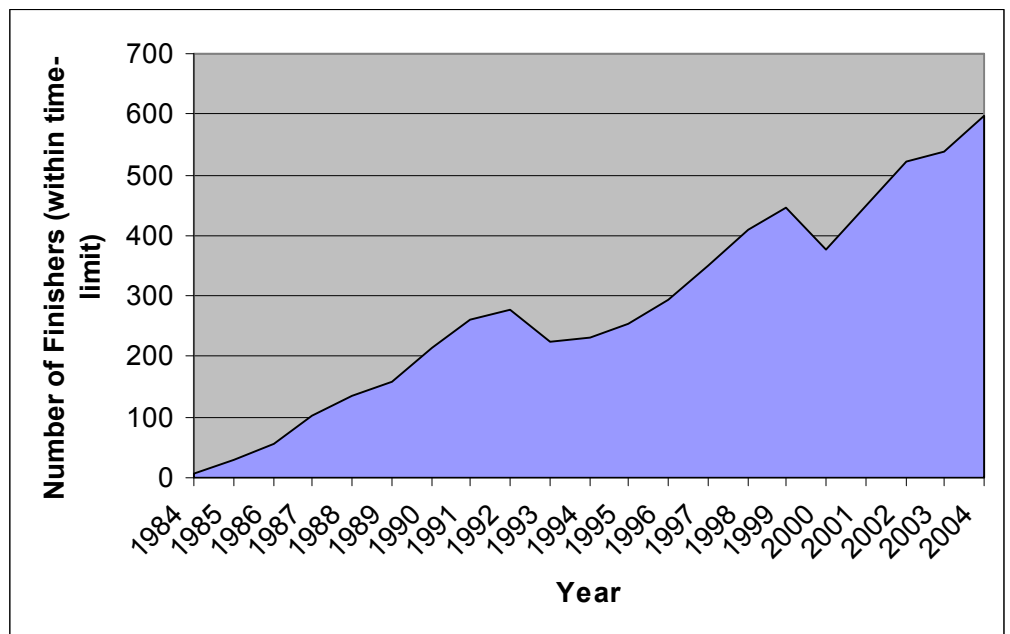
Age & Sex of finishers

	Total Actual	Total %	Male Actual	Male %	Female Actual	Female %
Total	617	100.00	504	81.69	113	18.31
U20	2	0.32	2	0.32	0	0.00
U30	65	10.53	45	7.29	20	3.24
U40	186	30.15	146	23.66	40	6.48
U50	220	35.66	175	28.36	45	7.29
U60	119	19.29	111	17.99	8	1.30
U70	21	3.40	21	3.40	0	0.00
U80	4	0.65	4	0.65	0	0.00



Phenomenal Growth Of The Race

Year	Number Finished (in time-limit)
1984	7
1985	29
1986	57
1987	101
1988	136
1989	159
1990	214
1991	260
1992	276
1993	225
1994	232
1995	254
1996	293
1997	349
1998	408
1999	445
2000	376
2001	448
2002	522
2003	538
2004	595



Frequent Runner Awards 2004

The Six Foot Track Marathon has a proud tradition of awarding runners who return to the event year after year. That is; a belt buckle for 6 finishes within the time-limit, a leather belt after 12 official finishers, and for those special runners who complete their 18th event within the time-limit they are awarded a special Six Foot Track Marathon jacket.

We are very proud of these runners' efforts – which in some cases have taken a considerable number of extra years to actually make the required number. Well done !

The awards for this year were as follows :

Jacket – 18 Years

None this year!

Belt – 12 Years

1. Peter Allen
2. Ross Bill
3. Anthony Bousfield
4. Nick Drayton
5. Tony Golden
6. Mick Kilham
7. Brian Rensford
8. Carl Simpson
9. Mike Thorpe

Buckle – 6 Years

1. Steve Appleby
2. Tim Austin
3. Joanne Barton
4. Doug Chapman
5. Peter Counsell
6. Wayne Davis
7. Scott Dennis
8. Deirdre Duncan
9. Peter Fitzpatrick
10. Ian Garrett
11. Anthony Hayes
12. George Herisson
13. Paul Kehoe
14. Ross Knowles
15. Simon Krantzcke
16. Joel Mackay
17. Alex Nagy
18. Ann O'Connor
19. William Proctor
20. Drew Shaw
21. Damain Staunton
22. Robert Taylor
23. Chris Thompson
24. David Turner
25. Laima Wayne
26. Stuart Webster
27. Sonia White



*If you are not sure what to do with your medals and buckle, you could always display them in a custom built wall hanging. This is what **Alan Bradley** chose to do after receiving his buckle.*

And if you are counting, **Max Bogenhuber** did complete his 21st Six Foot Track Marathon, the **only** person to complete every single event within the 7hrs cutoff.

In Memoriam – Nigel Aylott



Nigel Aylott finished this year's race in 2nd place for the 2nd time (2004 3:37, 1999 3:44). He was therefore also the winner of this year's Australian National Trail Ultramarathon Championship.

He had recently stopped working so that he could concentrate on his new career as one of the best multi-day adventure racing athletes in Australia.

Unfortunately he died whilst his team was leading in one of the world's most prestigious adventure races, the Subaru Primal Quest in Washington State, USA, by being struck by a boulder in a rock fall.

The Subaru Primal Quest is an expedition length adventure race spanning 5-10 days and covering approximately 400 gruelling miles in the following disciplines : Trekking, Mountain Biking, Ride and Tie, Skating/Scootering, Ocean Kayaking, Ropes, Mountaineering, River Paddling, and Orienteering. mixed-sex teams of 4 compete in various disciplines while they navigate across demanding terrain to find checkpoints in a defined order.

He was Vice President of the Australian Ultra Runners Association and also the race director of a 45km off-road Trail Ultramarathon in Victoria, the Maroondah Dam Trail Run. More about Nigel at :

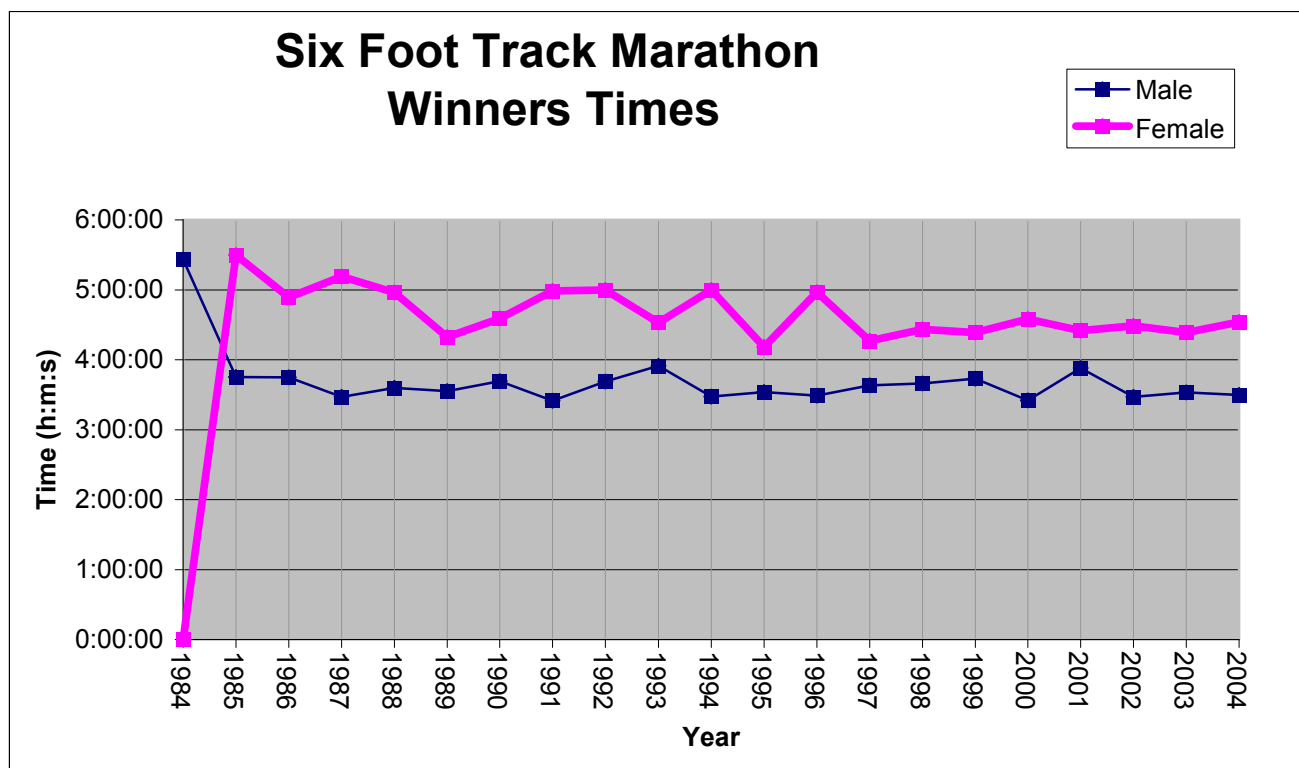
www.ultraoz.com/nigelaylott.shtml

Everything in this booklet
... And MORE ...
can be found on the
Six Foot Track Marathon website
www.sixfoot.com

A Winners Slice of History

Year	Male	Time	Female	Time
2004	Paul Arthur	3:29:48	Michelle Beattie	4:32:32
2003	Paul Arthur	3:32:05	Dawn Tiller	4:23:24
2002	Tim Sloan	3:28:17	Dawn Tiller	4:29:05
2001	Gary McGregor	3:52:46	Bianca Van Woesik	4:25:07
2000	Paul Arthur	3:25:08	Liz Short	4:34:45
1999	Stephen Ikin	3:43:45	Dawn Tiller	4:23:23
1998	Greg Love	3:39:42	Lynda Mckenzie-Hicks	4:26:10
1997	Andrew Kromar	3:38:06	Dawn Tiller	4:16:14
1996	Andrew Kromar	3:29:20	Louise O'Brien	4:57:51
1995	Greg Love	3:32:12	Dawn Tiller	4:10:51
1994	Gennardy Groshev	3:28:24	Jill Reich	4:59:51
1993	Malcolm Satchell	3:54:51	Dawn Tiller	4:31:47
1992	Greg Love	3:41:25	Mary Fien	4:59:58
1991	Don Wallace	3:24:44	Debbie Whitton	4:59:03
1990	Paul Woodhouse	3:41:31	Sarina Baker	4:35:27
1989	Steve Montague	3:33:06	Linda Thompson	4:19:28
1988	Steve Montague	3:35:42	Ngairu Bruce	4:57:47
1987	Matthew Cull	3:28:17	Yvonne Couper	5:11:20
1986	Matthew Cull	3:44:56	Sue Dreverman	4:53:35
1985	Kevin Skelton	3:45:12	Helen Golebiowski	5:29:45
1984	Bob Marden	5:26:00	N/A	

Course Record is in **bold**



Friends of the Six Foot Track



CoolRunning Australia

The independent website for Australian runners, by runners. They provide the Six Foot Track Marathon website for free.

(www.coolrunning.com.au)



The Australian Running Guide

*The shared resource that all runners can contribute to - listing all the best places to run in Australia - includes the **only** Australian Marathon Guide*

(www.australianrunningguide.com.au)

Superb Photo of the 2004 race



By Ian Green – “the green machine”.

Ian took many many photos of his 2004 race – see the photo gallery at www.sixfoot.com

Race Balance Sheet

The Six Foot Track Marathon is organised by the Six Foot Track Marathon Incorporated Association, a non-profit organisation that works with the Rural Fire Service Blue Mountains District to provide the race each year and pass all takings back to the RFS or the Six Foot Track Heritage Trust.

The race committee therefore feels an obligation to provide the balance sheet for our runners to peruse and to be open about how and where the considerable monies raised are spent, and how much is passed on. (see opposite page).

If anyone has an interest in helping the event out in the long term for future generations of runners, feel free to contact the race committee or browse our website www.sixfoot.com/assoc The committee today consists of runners who have chosen to be involved purely because they love this great race of ours.

SIX FOOT TRACK MARATHON ASSOCIATION

Account for the financial year 30 Sept 2003 - 30 Sept 2004

Income	Value
Race entry fees	\$ 55,077.00
Donations RFS (incl sponsorships)	\$ 2,972.00
Donations Six Foot Heritage Trust	\$ 1,328.00
Bus tickets	\$ 4,110.00
Merchandise sales (pre-order)	\$ 10,736.00
Merchandise sales (on race day)	\$ 6,244.00
Refund on medals unused from last year	\$ 66.00
Interest on bank balance (paid approx quarterly)	\$ 73.63
Total Income	\$ 80,606.63

Expenditure	Value	
Entry Forms - Photocopying - information book etc	\$ 2,916.00	
Entry Forms - Envelopes	\$ 318.47	
Entry Forms - Postage	\$ 2,300.00	
Entry Forms - Envelope stuffing	\$ -	} volunteers for free
Results - Certificates	\$ -	} donated
Results - Photocopying	\$ -	} 2004 results to be sent out with 2005 entries - cost held over
Results - Envelopes	\$ -	} 2004 results to be sent out with 2005 entries - cost held over
Results - Postage	\$ -	} 2004 results to be sent out with 2005 entries - cost held over
Results - Envelope stuffing	\$ -	} volunteers for free
Merchandise Purchases	\$ 13,625.00	
Public Liability Insurance	\$ 1,174.25	
Runners World Advertising	\$ 561.00	
Event Timing	\$ 2,418.20	
Finish Line Commentator	\$ 400.00	
Start line banner (change the year displayed)	\$ 55.00	
Trophies - Perpetual Trophy engraving	\$ 44.00	
Trophies - Age group & prizes - Hampton Pottery	\$ 508.00	
Awards - Finisher Medals	\$ 4,049.32	
Awards - Jackets for people completing 18 events	\$ -	} adequate stock on hand
Awards - Belts for people completing 12 events	\$ -	}
Awards - Buckles for people completing 6 events	\$ 501.60	
Race Numbers	\$ 719.24	
Pearces Bus x6	\$ 3,300.00	
Redicar Community bus x4	\$ 1,057.39	
Community Bus x1	\$ 70.00	
Aid Stations - High5 Sports Drinks, High5 gels, High5bars	\$ -	} donated
Aid Stations - Snakes	\$ 281.95	
Aid Stations - Coca Cola	\$ 499.50	
Aid Stations - Cups	\$ 924.00	
Aid Stations - Food Gloves	\$ 210.76	
Aid Stations - Fruit	\$ 949.00	
Aid Stations - Vaseline	\$ -	} donated
Toilet Rolls	\$ 25.34	
Water Barriers	\$ 872.63	
Portaloos	\$ 5,300.00	} incl. excess to replace those burnt by vandals
First Aid - NSW Ambulance	\$ 750.20	
First Aid - St Johns Ambulance	\$ 400.00	
First Aid - RFS replenishments	\$ 223.58	
RFS Catering (start line breakfast)	\$ 158.00	
Blue Mountains Council Sundry	\$ 295.08	} fuel for bus, orange plastic bags, white bags at aid stations, markers, tape
Incorporated Association costs	\$ 129.00	
Credit card processing fees to oceanswims.com (approx 6.6%)	\$ 3,894.41	
Bank Fees	\$ -	} society non-profit account - no fees
Total Expenditure	\$ 48,930.92	

Donations	Value
Total Donation to Blue Mountains RFS	\$ 26,000.00
Total Donation to Six Foot Track Heritage Trust	\$ 3,500.00
Total Donation to Jenolan Caves Trust	\$ 400.00
Total Donations	\$ 29,900.00

Final result for 2004 \$ 1,775.71 Surplus



Six Foot Track Marathon

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www.sixfoot.com