



Australian Ultra Runners
Association Inc.

Legend:

AURA Record Plaques issued for these marks

For further information contact:

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Men's Distance Records (Km)

| | | | | |
|---------|--------------------|-------------|---------------|----------|
| 50 | David Criniti NSW | 3:07:13 | MOE VIC | 12/11/06 |
| 100 (#) | Yiannis Kouros VIC | 7:15:01 | KENSINGTON SA | 24/10/97 |
| 150 | Yiannis Kouros VIC | 11:05:03 | KENSINGTON SA | 24/10/97 |
| 200 (#) | Yiannis Kouros VIC | 15:10:28 | KENSINGTON SA | 24/10/97 |
| 500 | Yiannis Kouros VIC | 2D:10:00:49 | COLAC VIC | 22/11/05 |
| 1000 | Yiannis Kouros VIC | 5D:17:26:38 | COLAC VIC | 26/11/05 |

Men's Distance Records (Miles)

| | | | | |
|---------|----------------------|--------------|------------------|----------|
| 50 (#) | Dragan Isailovic VIC | 5:15:00 | EAST BURWOOD VIC | 19/06/93 |
| 100 (#) | Yiannis Kouros VIC | 11:58:00 | KENSINGTON SA | 24/10/97 |
| 500 | Yiannis Kouros VIC | 4D:09:59:04 | COLAC VIC | 24/11/05 |
| 1000 | Gary Parsons QLD | 12D:19:44:35 | NANANGO QLD | 26/03/96 |

Men's Time Records

| | | | | |
|--------------|--------------------|------------|------------------|----------|
| 6Hrs (joint) | Trevor Jacobs ACT | 83.600KM | EAST BURWOOD VIC | 21/06/92 |
| (joint) | Yiannis Kouros VIC | 83.600KM | COBURG VIC | 08/04/95 |
| (data) | Safet Badic VIC | 87.372KM | KNOX VIC | 30/10/94 |
| 12Hrs (#) | Yiannis Kouros VIC | 161.200KM | KENSINGTON SA | 24/10/97 |
| 24Hrs (#) | Yiannis Kouros VIC | 303.506KM | KENSINGTON SA | 24/10/97 |
| 48Hrs (#) | Yiannis Kouros VIC | 473.495KM | SURGERES,FRANCE | 08/05/96 |
| 6 Days | Yiannis Kouros VIC | 1038.851KM | COLAC VIC | 26/11/05 |

Women's Distance Records (Km)

| | | | | |
|---------|--------------------------|--------------|----------------|----------|
| 50 | Sandra Timmer Arends VIC | 3:38:18 | MOE VIC | 30/11/97 |
| 100 (#) | Mary Francis WA | 8:23:00 | BUNBURY WA | 02/07/97 |
| 150 | Helen Stanger NSW | 15:23:14 | COBURG VIC | 14/04/96 |
| 200 (#) | Helen Stanger NSW | 21:40:52 | WOLLONGONG NSW | |
| 500 | Georgina McConnell NSW | 3D:23:51:52 | COLAC VIC | 19/11/92 |
| 1000 | Georgina McConnell NSW | 10D:19:50:58 | NANANGO QLD | 24/03/96 |

Women's Distance Records (Miles)

| | | | | |
|------|------------------------|-------------|------------------|----------|
| 50 | Linda Meadows VIC | 6:07:58 | EAST BURWOOD VIC | 18/06/94 |
| 100 | Margaret Smith VIC | 16:01:43 | MANLY NSW | 21/04/84 |
| 500 | Georgina McConnell NSW | 8D:04:31:28 | NANANGO QLD | 21/03/96 |
| 1000 | | | | |

Women's Time Records

| | | | | |
|------------|------------------------|-----------|------------------|----------|
| 6Hrs | Linda Meadows VIC | 78.742KM | EAST BURWOOD VIC | 18/06/94 |
| 12Hrs (#) | Mary Morgan WA | 130.832KM | BUNBURY WA | 03/04/94 |
| 24Hrs (#) | Helen Stanger NSW | 219.782KM | WOLLONGONG NSW | 02/04/95 |
| 48Hrs (#) | Helen Stanger NSW | 329.256KM | LOTA QLD | 02/06/95 |
| 6 Days (#) | Georgina McConnell NSW | 738.103KM | CAMPBELLTOWN NSW | 24/11/90 |