

ULTRAMAG

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Australian
Ultra
Runners
Association Inc



North Face 24 Hour Treadmill Challenge Team - Martin Fryer, David Waugh and Deanne Nobbs

In this issue:

- The North Face 24 Hour Treadmill Challenge
- 2007 AURA Annual Report
- Barry Keem wins Six Foot Track
- Record field at Bogong to Hotham
- Hall of Fame. John Foden

ENDURANCE is



100

100KM INDIVIDUAL 50KM PAIRS ULTRA MARATHON

SATURDAY 17TH MAY

The North Face 100 is the pinnacle of trail runs in Australia. A challenging, spectacular course through Australia's iconic World Heritage Listed Blue Mountains National Park.

Become an exclusive member of the TNF 100 club if you finish the 100km run in under 20 hours.

Entries Now Open

For more information visit:

www.thenorthface.com.au



EVENT SCHEDULE 2008

Friday 16 May

Pre-race registration: 6–8pm

Saturday 17 May

Late registrations: 6am–6.30am

Race Start: 7am

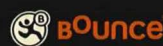
Sunday 18 May

Race cut off: 1pm

Presentation: 1pm



RUNNER'S WORLD



*There is a time limit of 30 hours to complete the 100km.



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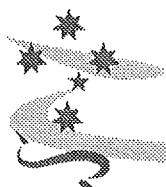
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Editorial March 2008

By Kevin Cassidy

Sorting through photos for this edition was an interesting exercise with the realisation that I had no idea what Nadine Kayler looked like despite her impressive CV of trail victories in recent times. The obvious fact here is that the appearance of many fresh faces and new blood amongst all things ultra has resulted in a huge surge of interest in our sport. With our more prominent runners of the eighties and nineties no longer gracing the scene, a new breed of athlete has entered the arena with youth never having been more representative amongst the growing number of participants.

The current boom has not happened by accident. The opportunities available to aspiring runners have never been better. With much of the credit due to the untiring efforts of AURA President, Ian Cornelius, AURA is now providing the chance for international representation with Australian teams now travelling to the various IAU Championships. One only has to look at the depth and quality of the field for the upcoming Coburg 24 Hour Festival. Undoubtedly, the best 24 hour race on Australian soil in over 15 years will be contested by many potential national team members seeking selection. Coupled with a new partnership with "The North Face", the future for Australian ultrarunning looks rosy to say the least. The North Face have recently moved into the Australian market and their excellent range of equipment for outdoor activities can be accessed at www.thenorthface.com.au

2008 will accommodate three separate IAU Championships. The 24 Hour event will take place in Korea on October 18th and 19th. Italy will play host to the 100km event on November 8th while the USA's Sun-mart Texas Trail 50 Miler will again incorporate the IAU Trail Championships. National selection for all

three teams is expected to be hotly contested.

The 2007 Points Score race was taken out by the "flying doctor", Tim Cochrane, who will now enjoy a trip to this year's Comrades Marathon as a result. The scoring system has undergone a revamp for 2008. Amongst the changes is the awarding of points to race directors and volunteers. Prizes are still being determined but are expected to be worth in the vicinity of \$8,000. Only three months into the year, the enthusiastic Robert Boyce has charged to a healthy lead with 25 points. Rob's desire to take on the race directing roles at two long time events, rather than see them fall by the wayside, is very commendable.

Locally, it was great to have the various trail events in Victoria back on the calendar and enjoying record rates of participation after severe bushfires wiped them all off the map last summer.

Much media interest and excellent publicity was generated by the North Face 24 Hour Treadmill Challenge. Martin Fryer, David Waugh and Deanne Nobbs produced excellent performances and flew the ultra flag with much distinction.

Still with The North Face, interest is strong in their inaugural 100km trail race scheduled for May in the Blue Mountains.

Tasmania's unstoppable Vlastik Skvaril is at it again with another solo run. This time he'll be running from Australia's western most point in Shark Bay to the eastern most point in Byron

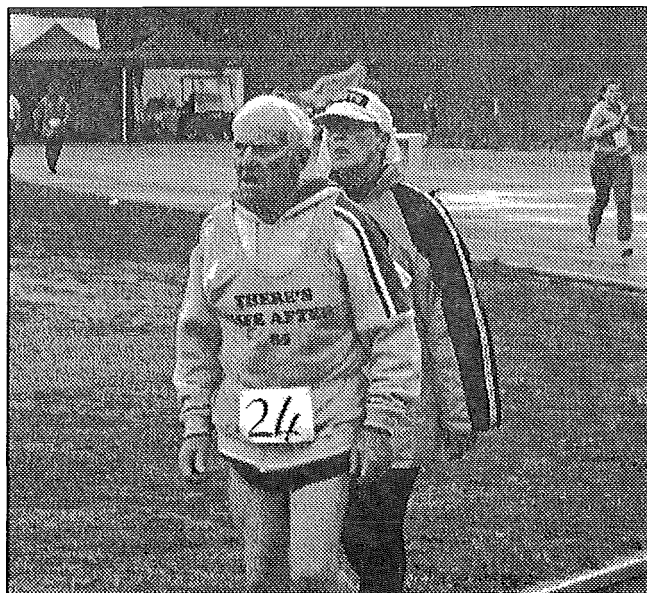
Bay. The Bay to Bay run, as it will be known, will cover 5,768km in 100 days starting on July 20th. The route will pass through the most remote areas of the country. More details are at www.everydayhero.com.au/Vlastislav_Skvaril

AURA's AGM is scheduled for April 18th where the 2007 report will be presented and the future direction discussed at length.

Sadly, I have to report the passing of one of our legends in Ken Matchett aged 86. Ken never ceased to amaze with his numerous world age records. His stirring battle with fellow octogenarian, Stan Miskin, at the Colac Six Day Race captured the imagination of all. Undergoing chemotherapy for a brain tumour over the last 10 months, Ken lost his battle on March 10th. Humble and quietly spoken, he'll be missed by all.

AURA's website is updated regularly and can be accessed at www.aura.asn.au More websites to check regularly are www.ultraoz.com and www.planetultramarathon.com while the IAU site can be found at www.iau-ultramarathon.org

85 year old Ken Matchett at the Coburg 24 hr event



Current Australian Ultra Marathon Calendar

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

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

January 2008

Sunday 6 Jan AURA BOGONG TO MT HOTHAM (VIC)

64km tough mountain trail run, with 3,000m of climb. 42 km, 35 km and 25 km options also available. 6:15am start at Mountain Creek Picnic Ground near Mt Beauty. Discount for Aura members. Contact: Race Director Michael Grayling, phone 0433 420 530, or John Lindsay, phone 0400 720 502. email: john@john-olga.com For more information go to www.aura.asn.au/BogongtoHotham.html

Sunday 27 Jan EASTERN TREE SERVICE MANSFIELD TO MOUNT BULLER 50KM ROAD RACE (VIC)

6am Start. Cheap Accommodation available at Mt Buller.

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

February 2008

Saturday 2 Feb CRADLE MOUNTAIN ULTRA (TAS)

6am start at Waldheim, Cradle Valley at the northern end of Cradle Mountain/Lake St. Clair National Park, finishes at Cynthia Bay at southern end of the park. approx. 82km of tough mountain trail running with lots of bog! Discount for Aura members. contact: Sue Drake. 03 6231468 email: sue.drake@trump.net.au. For more information go to www.aura.asn.au/CradleMtnToLakeStClair.html

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

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

Sunday 17 Feb. AURA DAM TRAIL RUN 30/50

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

Contact Robert Boyce on 0417 557 902

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

March 2008

Saturday 8 March. SIX FOOT TRACK MARATHON [NSW]

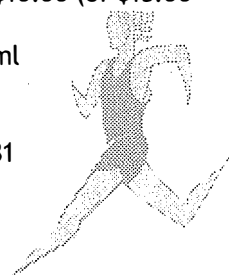
45KM MOUNTAIN RUN. 8am start. Katoomba to Jenolan Caves. Approx. 800 runners. Incorporating the AURA National Trail Championships. www.sixfoot.com or Kevin Tiller raceorganiser@sixfoot.com

Sunday 30 March WATER WORLD GREAT OCEAN RUN (NSW)

Red Rock to Coff's Jetty Beach and Headland. 45km. 6.30am dst start at northern end of Red Rock Beach. Finish at Coffs Harbour Jetty. Course survey from 2.00p.m. dst at Arrawarra Headland on Saturday 29th March followed by carbo load at Pizza Place Woolgoolga at 7.00pm. dst. Entry fee (payable to Woolgoolga Fun Run) \$10.00 (or \$15.00 on the day). Contact Steel Beveridge 3 B Surf St, Emerald Beach, 2456 or phone 02 6656 2735 or email steelyn@hotmail.net.au For more information go to www.aura.asn.au/WaterWorld_RR2CH.html

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

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



April 2008

Sat 5 April to Sun 6 April AUSTRALIAN ALPINE 100 MILE (VIC)

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

Sun 6 April FRANKSTON TO PORTSEA ROAD RACE (VIC)

34 miler (55km). 7am start corner of Davey St. and Nepean Highway, Frankston. Block of chocolate for every finisher! Own support needed. The oldest established ultra in Australia, first run in 1973. contact: Kev Cassidy by phone 0425-733-336. email: kc130860@hotmail.com Visit www.ultraoz.com/frankston

Sun April 13 ASICS CANBERRA MARATHON AND ULTRA (ACT)

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

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

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

May 2008

Sat 3 May WILSONS PROM 100KM ULTRAMARATHON (VIC)

100km, 80km, 60km, 43km, 20km. Starts at 6am from Norman Bay Car park - Tidal River, Wilson's Prom. contact: Paul Ashton on 0418 136 070. email: paul.ashton56@tpg.com.au For more information go to www.aura.asn.au/WilsonsProm100.html

Sunday 11 May WALHALLA WOUND UP TRAIL RUNS (VIC)

50km, 37km, 19km. Trail Runs from Walhalla's Star Hotel starting at 8am contact: Bruce Salisbury 03 5174 9869. Visit www.traralgonharriers.org

Sunday 11 May BANANA COAST ULTRA MARATHON 85 km (NSW)

Grafton Post Office to Coff's Harbour Hotel 85km, with a shorter 58 km option being from Coffs to Nana Glen (58 kms). Own support vehicle / driver required. contact: Steel Beveridge via phone (02) 6656-2735 (home) or (02) 6654-1500 (work) or 3B Surf Street, Emerald Beach, NSW 2456. email: steelyn@hotmail.net.au. For more information go to www.aura.asn.au/CoffsToGrafton.html

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

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

June 2008

Sunday 8 June Gold Coast 100 Supermarathon. Incorporating the National 100km championships. 50 km option. Tel 0408 527 391 or visit www.goldcoast100.com

Sunday 22 June MOUNT MEE [QLD]

50km Road Race. Contact Bruce Cook on 07 5496 4171 or email printrun@bigpond.net.au More information at www.aura.asn.au/MtMee.html

TBA. SCENIC RIM 100. [QLD]

100 mile and 100 kilometre trail events. Contact: Ian Cornelius. Email icorneli@bigpond.net.au
Phone 0408 527 391

August 2008

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

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

October 2008

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

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

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

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

November 2008

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

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

Sat–Sun 8–9 November THE GREAT NORTH WALK 100S (NSW)

Distance: 100 Mile and 100 Kilometre. Event Time: 6:00am. Location of race: Teralba on the NW shores of Lake Macquarie, 153km north of Sydney and 25km west of Newcastle. : There are no marshals on the course and all runners will need to be self sufficient. Contact: Dave Byrnes. email: byrnesinoz@yahoo.com
Telephone 0428 880784 For more information go to www.aura.asn.au/GNW100.html

December 2008

Saturday 6 December BRUNY ISLAND JETTY TO LIGHTHOUSE 50 KM (Tas)

Ferry to the start and then run the length of the Island with stunning ocean scenery. Contact Paul Risley on 0438 296 283 or email riz5@bigpond.com or visit www.dreamwater.org.au/ultr.html

Saturday 6 December MT FEATHERTOP SKYRUN 50 KM (Vic)

At Mt Feathertop nar Mt Hotham in the Victorian Alps. Starts at 0600 hrs. Contact Paul Ashton on 03 9885 8415 or mobile 0418 136 070 or email paul.ashton56@tpg.com.au For more information go to www.aura.asn.au/MtFeathertopSkyrun.html

Sunday 14 December KURRAWA TO DURANBAH & BACK 50 KMS (QLD)

It starts from Kurrawa Park, Broad-beach on the Gold Coast and runs south along the Gold Coast beachfront to Duranbah. Contact: . email: Visit the website for more details. contact: Ian Cornelius by phone (07) 5537- 8872 or mobile 0408-527-391. email: icorneli@bigpond.net.au. Visit www.goldcoast100.com for more details.

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

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

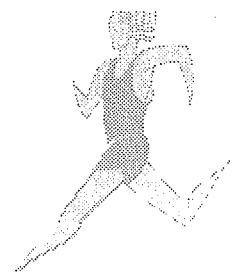
Contact Paul Every on 02 9482 8276 or email pewerydweaver@hotmail.com

More information at www.aura.asn.au/c2k.html

Sunday 21 December SIX INCH MARATHON 45KM (WA)

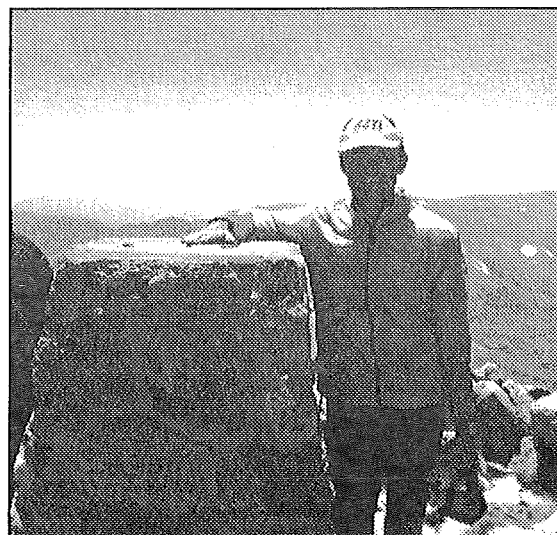
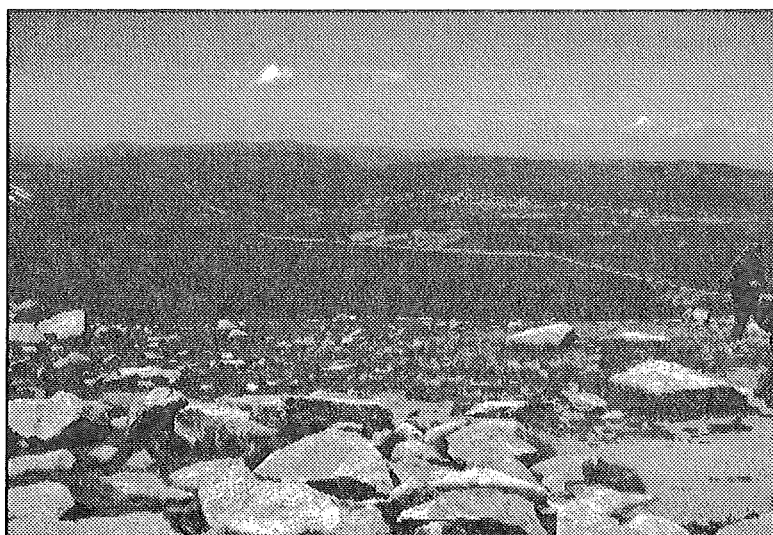
45 km trail run at North Dandalup WA. Starts at 0430 hrs. Contact Dave Kennedy 08 9885 7025 davidk1998@hotmail.com For more information go to www.aura.asn.au/SixInchTrack.html

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

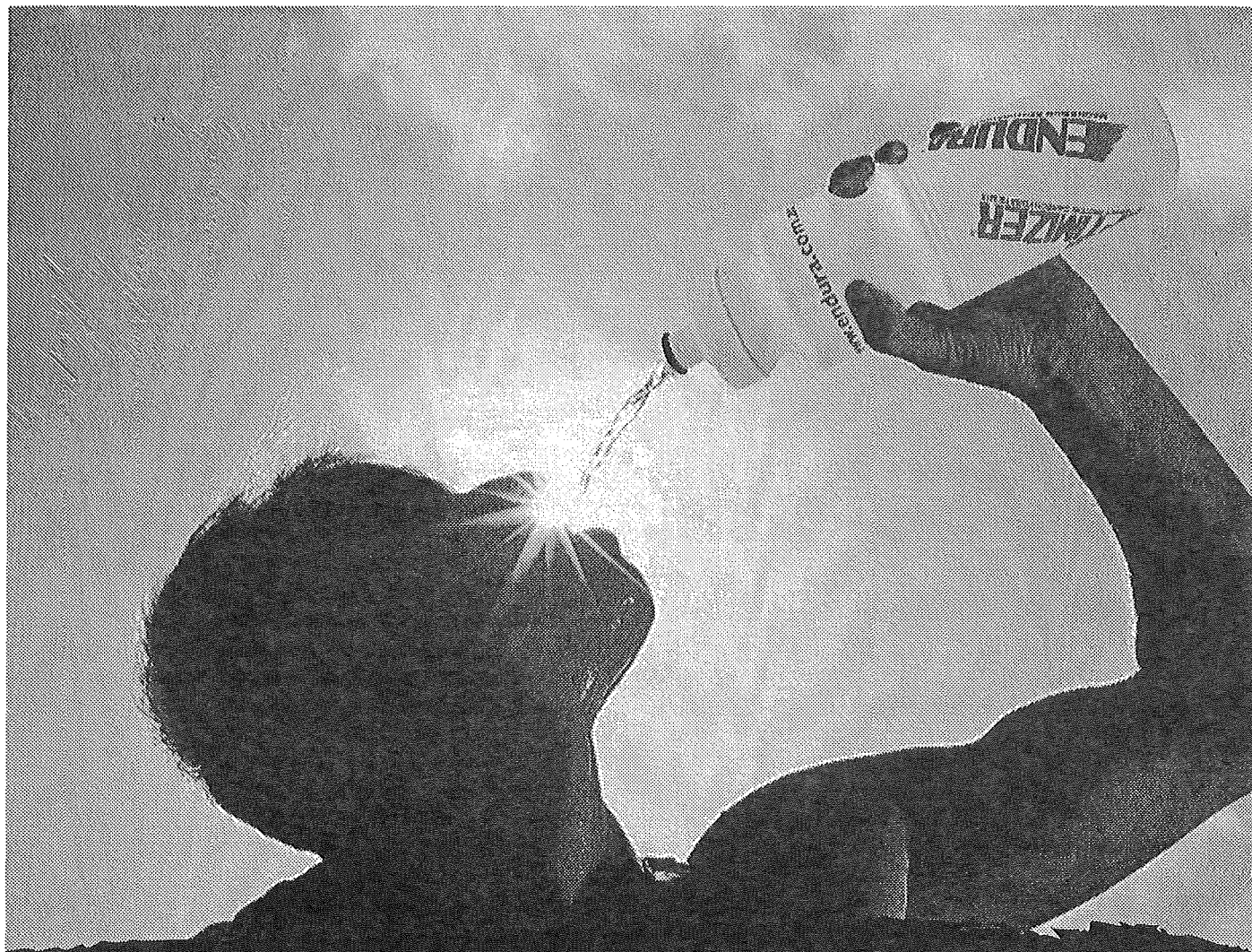


AURA Contacts

Position	Person	email	telephone
membership secretary	David Criniti	dcriniti@bigpond.net.au	0411 438 344
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ultraoz webmaster	Kevin Tiller	kevin@coolrunning.com.au	0419 244 406
treasurer	Paul Monks	paulmonks@gmail.com	0402 852 566
secretary	Jo Blake	jblake@cjeffery.com.au	0414 554 469
president	Ian Cornelius	icorneli@bigpond.net.au	0408 527 391



Photos from Andrew Hewat's Coast to Kosciusko adventure - from left: The summit and Phillip Murphy



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SPORTS NUTRITION

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No matter what your sport, if you want to perform at your best you need to give your body the correct fuel. There are many products on the market to choose from, all promoting their own benefits. Endura Sports Nutrition is a range of sports supplements designed to help provide your body with the necessary nutrients required during physical activity. But what makes Endura different from the rest?

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www.endura.com.au

Always read the label. Use only as directed, if symptoms persist, consult your healthcare professional.



CHC50162-11/07 FMD2763 - 07/08



AURA Points Score Competition

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

Includes all AURA members who joined by 15th March

- indicates a placing in a national championship

Win prizes to a value of \$8,000

HOW THE POINTS SYSTEM WORKS

CATEGORY	NO. OF POINTS	AWARDED FOR	EXPLANATION
Category 1 Ultra Points	1	Event between 42.2km and 60km	Each competitor receives one point for each ultra in which they start where they travel between 42.2km and 60km
	2	Event between 61km and 120km	Each competitor receives two points for each ultra in which they start where they travel between 61km and 120km
	3	Events 121km and above	Each competitor receives three points for each ultra in which they start where they travel 121km and above
	2	Each 100km	Distances achieved in eligible events may be accumulated. Two points shall be earned for each 100km completed within the calendar year. Performances of less than 42.2 km will be ignored.
Category 2 – bonus points for placings	3	1 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.
Category 4 – bonus points for IAU benchmarks	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
	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 but of no less value than 2007

		Category 1					Category 2					Category 3			Category 4				Category 5				Total
Surname	First Name	120+	60+	<60	Events	km	Pts	#1st	#2nd	#3rd	Pts	Aust	World	Pts	L1	L2	Elig.	Pts	RD	AR	V	Pts	Points
Boyce	Robert	0	1	1	4	145.000	5	0	0	0	0	0	0	0	0	0	0	0	2	0	0	20	25
Gamble	Malcolm	0	2	2	4	241.000	10	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	11
Guy [f]	Jacualyn	0	1	1	2	127.000	5	0	2#	0	0	0	0	0	0	0	0	0	0	0	0	0	11
Marshall	Kelvin	0	1	3	4	253.000	9	0	0	2	2	0	0	0	0	0	0	0	0	0	0	0	11
Pearson	John	1	1	0	1	121.871	7	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	10
Cochrane	Tim	0	0	2	2	95.000	2	1	1#	0	7	0	0	0	0	0	0	0	0	0	0	0	9
Cook	Klm	0	2	1	3	191.000	7	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	9
Schwebel	Ron	0	1	0	1	111.500	4	0	1	0	2	1	0	3	0	0	0	0	0	0	0	0	9
Hewat	Andrew	0	1	2	3	159.000	6	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	8
Kartsounis [f]	Vivienne	0	0	1	1	45.000	1	1#	0	0	6	0	0	0	0	0	0	0	0	0	0	0	7
Labinsky	Neil	0	0	1	1	45.000	1	1#	0	0	6	0	0	0	0	0	0	0	0	0	0	0	7
Lockwood	Glenn	0	1	1	2	108.500	5	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	6
Rosevear [f]	Elena	0	1	1	1	60.000	3	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	6
Wright	Ian	0	1	1	2	109.000	5	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	6
Fattorini	Tony	0	1	0	1	64.000	2	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	5
Grattan [f]	Angie	0	0	2	2	95.000	2	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	5
Gregory	Wayne	0	1	1	2	109.000	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Guard	Roger	0	1	0	1	66.000	2	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	5
Hooley	Danny	0	1	0	1	111.000	4	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	5
Murphy	Phillip	0	1	1	2	109.000	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Thompson	Nick	0	1	0	2	82.000	2	0	0	0	0	0	0	0	0	0	0	0	0	0	1	3	5
Waugh	David	0	1	0	1	82.000	2	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	5
Waugh [f]	Rachel	0	1	0	1	82.000	2	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	5
Criniti	David	0	0	1	1	50.000	1	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	4
Eadie	David	0	1	0	1	64.000	2	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	4
Fiegel [f]	Tina	0	0	1	1	47.500	1	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	4
Last	Geoffrey	0	1	0	1	102.000	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4
Monks	Paul	0	0	1	2	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	1	3	4
Nobbs [f]	Deanne	0	0	1	1	50.000	1	1	0	0	3	0	0	0	0	0	0	0	0	0	0	0	4
Solomon	Colin	0	1	0	1	66.500	2	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	4
Gray	Rob	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	1	1	45.000	1	0	0	1#	2	0	0	0	0	0	0	0	0	0	0	0	3
Jacobs	Trevor	0	0	1	1	45.000	1	0	0	1#	2	0	0	0	0	0	0	0	0	0	0	0	3
Mullins	Peter	0	0	0	1	0.000	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	3	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
Corlis	Michael	0	0	2	2	95.000	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Ludwig	Andrew	0	1	0	1	93.026	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Mackey	Colin	0	1	0	1	92.500	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
McCormick	Richard	0	0	2	2	95.000	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Orchard	Scott	0	1	0	1	64.000	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Pearce	Billy	0	1	0	1	89.000	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Webber	Bruce	0	1	0	1	93.500	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
Bignell	Peter	0	0	1	1	45.000	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
Gilanyi	Thomas	0	0	1	1	45.000	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
Kennedy	David	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
Lockwood [f]	Belinda	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Love	Gregory	0	0	1	1	45.000	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
Nuttall	John	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Price	Stuart	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Saxon	Brett	0	0	1	1	50.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Twite	Ian	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Van Dyk [f]	Lynda	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Worswick	Jonathan	0	0	1	1	45.000	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1

ULTRA HOSTS' NETWORK

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

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

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

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

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

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

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

ULTRA HOSTS' NETWORK APPLICATION FORM

CONTACT DETAILS:

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

HOSTING INFORMATION:

Maximum guests _____ Maximum stay _____ Notice required _____

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

Shower _____

Lawn space (to pitch a tent) _____

Floor space _____

Bed _____

Use of kitchen _____

Food _____

Laundry _____

Directions (via phone) _____

Pickup from: _____

Airport _____

Bus depot _____

Train/tram station _____



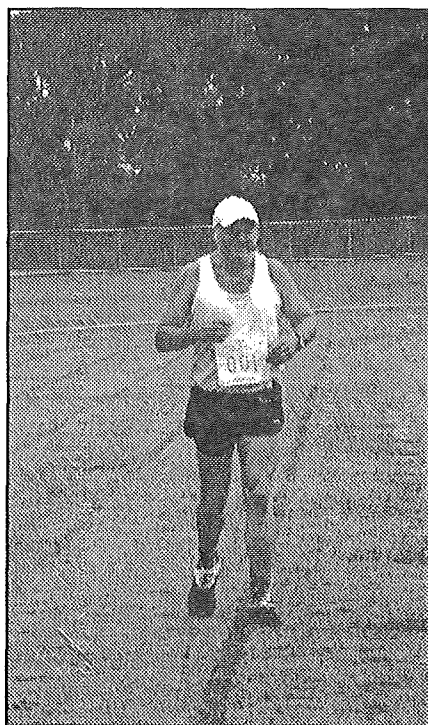
2008 Coastal Classic NSW

5th/6th January 2008

Report by Dave Drayton

For the uninitiated: The Coastal Classic was an annual event, beginning in 1997, that took place on the first Saturday of January, at Adcock Park, Gosford. Those competing would gather at the park to begin their race at 7:30pm, and would run for the next twelve consecutive hours around a 400m loop. The event was sponsored by Gosford Athletics, who provided St John's medical assistants, amenities, lighting, timekeepers and the all important clock. During the 10 years of the event only three runners managed to compete in all 10 races, they were Paul Thompson, Alan Staples and Nick Drayton. This year, in what was to be the events 11th anniversary, the Coastal Classic was cancelled for reasons unknown to we runners. While many were disheartened, there was one of the events' regulars who had so much invested in the event, that he decided to do it regardless. In 2008, Nick Drayton became the only runner to have competed in all 11 Coastal Classics.

After an hour of loading the trailer with all that could possibly be required for one man to run for twelve hours, and an hour long trip up the freeway from Hornsby to Adcock Park, the first challenge of the 2008 Coastal Classic presented itself. The gate providing access to the field, essentially the only entrance, was under a padlocked chain, preventing us from easily setting up camp at this stage. There were thirty-five minutes till the regular 7:30pm race time. After unloading a one tonne trailer full of food, drinks, shelter, first aid and towels over the locked fence, set up began, with twenty minutes till race time. With two minutes to go our makeshift shelter was constructed, and Nick was yet to cover his toes in bandaids and Vaseline. We would start late.



Nick Drayton

At 7:43pm things were finally underway. The usual starter's pistol replaced with a simple whistle, and the starting line moved so that the crew could actually manage to tend to the needs of the lone runner without moving the entire camp across the track.

The run got off to a fine start, with Nick even running one of the earlier laps in a skirt and tank top, to ensure wins in both the male and female categories. But as time slipped away other challenges began to present themselves.

In past years, the large floodlights of Adcock Park had lit the way not only for the runners, but also aided crews in the preparation of their runner's requirements. Due to the fact that the council was not aware of our presence, nine o'clock brought complete darkness. For the next seven and a half hours Nick would run the 400m loop in the pitch black night, with a head lamp providing a small patch of light two feet ahead of him to guide his feet, an eerie sight to behold.

The crew met similar challenges, organising food, drinks and first aid, as well as keeping strict lap times, with only head lamps to assist them. Lighting was not the only issue, as amenities were no longer provided by the council. Going to the bathroom during any run is difficult, but to do it after 10 hours of physical exhaustion, and to know that you can not even sit down but must squat in the bush is a physical and mental struggle that many will never have to endure.

As the twelve hour mark came into sight, and the necessity for head lamps dwindled another struggle became apparent. Without the competition, and companionship, of other competitors, it is difficult to pace oneself, or will oneself to continue. While ultra running events are, for a vast majority, a chance to push oneself to the limit, and to challenge ones own ability, the need for other athletes still resides in the mind of a competitor. It means they are not alone; they have a shared goal, a shared finish. However, the lack of fellow competitors did not deter Nick, and he managed to power through the 12 hours, bringing in two minute laps within the final half hour to reach a final distance of 80.8 kilometres. A distance which when compared to his recent results, belies the difficulties of this long and lonely event.



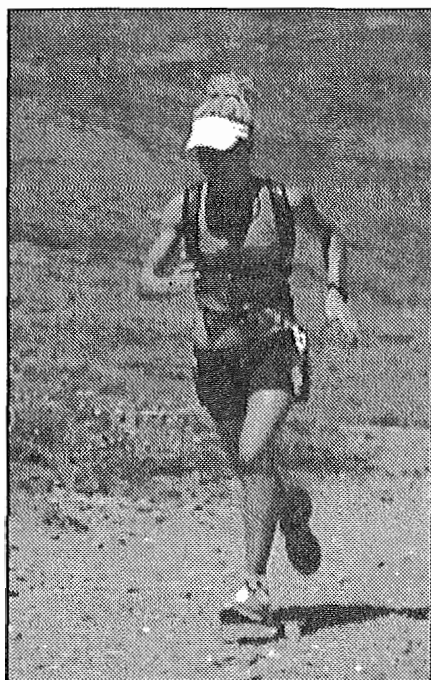
Preparing to start



BOGONG TO HOTHAM

65km. Victorian Alps

The Race Across The Sky - 3rd January 2008



Nadine Kayler

1	Tony Fattorini	7:39
2	Richard Mountstephens	7:44
3	Tim Harpur	8:22
4	Philip Whitten	8:27
5	David Eadie	8:45
6	Ian Wright	8:58
7	Eric Gilquin	9:10
8	David Spargo	9:22
8	Nadine Kayler [f]	9:22
10	Lachlan Fraser	9:55
11	Scott Orchard	10:02
12	Malcolm Gamble	10:26
13	Nathan Timms	10:33
14	Wayne Heath	10:34
15	Stewart Cowey	10:51
16	Bryan Ackerly	11:04
17	Tamsin Barnes [f]	11:19
18	Michael Lovric	11:20
19	Kim Cook	11:23
19	Wayne Gregory	11:23
21	David McKinnon	11:29
21	Phil Murphy	11:29
21	Steve Hyde	11:29
24	Delyth Lloyd	11:36
25	Cameron Gillies	11:40
26	Nikolay Nikolaev	11:46
27	Tim Turner	11:50
28	Wayne Zwar	11:59
29	Kevin Dyson	12:01
30	Andrew Hewat	12:37
31	Mike Pickavance	12:46
31	Neil Hawthorne	12:46

Report by Andrew Hewat

People used to whisper about Bogong to Hotham in hushed tones. It was *the* ultimate trail ultra, deemed unattainable by all but a few. This event has now moved into the mainstream but it is no less intimidating. It is no less daunting. It is still the toughest trail ultra, mile for mile in the country. There are still over 3,000 metres of elevation gain. There are still huge climbs up Staircase, Duane and Swindlers Spurs. There are still miles of rutted single track, too narrow and deep for running across the high plains. There are still miles of ankle twisting technical trail. There are still breath-taking panoramic vistas across the Australian Alps. Those who have finished it don't necessarily use hushed tones anymore, but they do talk of it with the reverence and respect that it deserves. They talk of it with a sense of achievement, like a passing of rites. This run has it all: climbing, descending, technical trail, open plains, thick, impenetrable bush, river crossings, and spectacular views. This run is *still the* ultimate trail run. This run is the Rooftop Run, across the top of Australia.

So what has changed? The early start options, which effectively extend the cut-off times, allowing more runners to get through. For good or for bad, I took the earliest start at 5am with a huge contingent making the most of the extra time. Tim Turner, Phil (Spud) Murphy and I had planned to run together given we were all just 4 weeks out from finishing Coast to Kosciusko, and clearly none of us would be recovered. We settled in at the back of the pack as it shuffled along the fire trail and then fed, conga-line style onto the first little footbridge across a creek. Bang, down went a bloke at the front of the line and his yell clearly belied a badly rolled ankle.

He furtively waved everybody past, refusing offers of help. I was last and would not pass until he was up. I helped him to his feet and it was obvious he couldn't go on so I offered to help him back to the start, less than 1 km away. He reluctantly accepted, concerned for my race, but not able to weight bear he had little choice. Leaning heavily on me we started hobbling back to the start. Tim came back to see where I had gone. He started to help as well but this was too much for the bloke and he decided he could make it on his own and sent us on our way. I found out later that he had broken his ankle and I felt pangs of guilt for not persisting to help him all the way back.

We had lost some time but were soon pushing hard up the Staircase. Despite the sun not even being up, it was already getting hot. I took a swig of water and spat it out. Oh god, my carbo solution had gone bad. (It had taken me 12 hours to get to Mountain Creek the previous day with no less than five breakdowns during which the fridge in my Kombi would have been off for hours and heating up. I had been concentrating on just getting there and overlooked a lot of other things.) I couldn't drink it. Worse, I was clearly already dehydrated from the long hot day driving up and now I was sweating profusely. We got to Bivouac Hut after an hour and a bit and I found the water tank. I dumped my bad mix and had a huge guzzle of the tank water and refilled my bottle. Refreshed, I took off to catch up with Tim.

My favourite point on the course is where you clear the trees for the first time and you can see all the way to Mt Kosciusko. The endless line of mountain peaks steals my breath. Out in the open above the tree line there were runners everywhere. We were already being passed by 5:30 am starters, and

I was feeling tired and my glutes ached but I wanted to get to the top

catching some from our start. Spud was waiting for us at the summit. Just over 2 hours. We took off on the rolling single track through the low alpine grass towards Cleve Cole Hut. I passed Sean Greenhill here like on several other occasions, the first of which we went on to run the whole way together, beating the old 5:30 cut-off. Not today. This was the last I saw of the big man.

I made good time to Cleve Cole, glad to be able to run after all the climbing. I refilled my other bottle as Spud came through. We skipped on down to the creek at Madison Hut site. I drank again from the creek, trying to catch up on lost fluids. We waited for Tim. A few other runners came through and we started to worry. And still we waited. I could tell Spud was already thinking of the cut. Then Tim arrived to a barrage of abuse, friendly of course, and we were off. He muttered something about only having one speed.

We wound back into the bush and climbed a little before the real descent to Big River started. This was my fifth time down T-Spur and I have never seen it so overgrown. The bushfire regrowth had created a car wash effect as you plummeted down the trail blindly. I passed a few runners including Dave McKinnon, who I knew would be trying to stay in front of me. Then I went for a spectacular fall. Got up took off and went over again. After the third fall I decided I would back off a little and settled in behind another runner until we hit the river. About 3 1/2 hours.

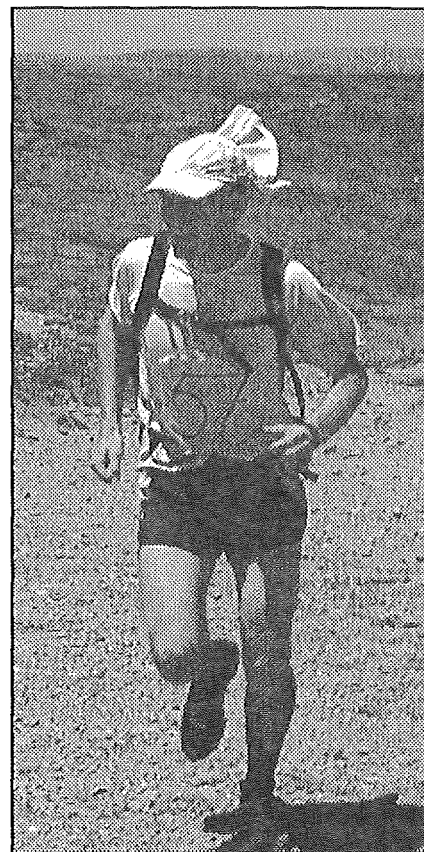
It was like Bourke St. Or Pitt St. Or whatever your busy street is called. There were runners all over the place. Some were taking off their shoes and socks; some on the other side were putting them back on. Some, like Michael (Milov) Lovric, were shimmying very precariously across the narrow log on all fours. Dave and Spud arrived and ploughed straight through. We breed em tough in Mellum. I walked across the log, preferring the dry option. Tim caught up and we were soon climb-

ing again. The track was overgrown but at least this offered some shade from the now baking sun. Dave and Spud pulled away and eventually I left Tim. I was feeling tired and my glutes ached but I wanted to get to the top.

Roper's Hut site was another checkpoint. They waved me through. Tim caught up and we ran out into the open high country. The bush opens onto an endless plain of alpine heath and rolling hills swathed in wildflowers. The wide track wound off to the horizon, peppered with the odd runner. Warby Corner is always a welcome respite. Fresh water, lugged in by race organiser, Mike Grayling. And oranges, the wonder food. How important are the volunteers and organisers for the success of this run?

We made good time around to the track junction where you hit the single track back through bush to Langford Gap. There was a gaggle of bushwalkers heading out and they stepped off the track and clapped us through. I made an enforced pit-stop and Tim ran ahead. The aqueduct track always seems to go on forever. I was feeling nauseous and very low on energy and was so relieved to see the aid station. Just over 6 1/2 hours, very close to the cut.

John Lindsay welcomed me in and Olga sorted my bottles. Tim teased me with his raspberry icy-pole. Oh, where did you get that? Mel appeared with one for me as well. How good was that? Tim took off, worried about the Omeo Rd cut-off. I forced down some cold baked-beans and some ginger beer and grabbed my icy-pole and walked out. I walked while I digested but then just couldn't get running again. I was getting foggy about how much time I had and tried to get some running going. Past a sign that read: Cope Hut 1km. Oh crap, I'm going to miss the cut. I broke into a run, past the hut and there was the aid station with people watching on helplessly as my time was slipping away. It was up-hill but I was run-



Tony Fattorini

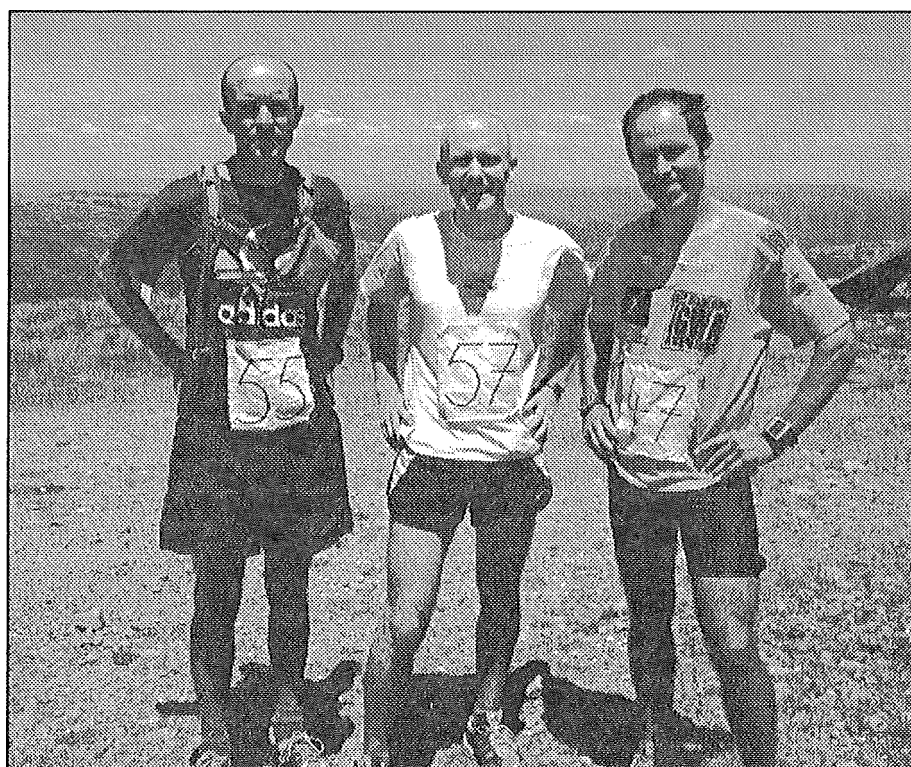
ning hard, regardless. Through the gate and I was there. Tim, believing I had missed the cut, took off. After quickly consulting with the powers-to-be, Paul waved me on. I fairly sprinted up the track passing someone, running on adrenaline, until I caught Tim as well and ran right past him. I looked back. I could see the sweeps leaving the checkpoint. That was way too close.

We ran together, walked together and chatted our way across the plains. A huge herd of brumbies grazed nonchalantly as we jogged by. We could see other runners ahead of us and seemed to be catching them. Pole 333 checkpoint in the middle of nowhere marked a hard left turn. I could see Dave and Spud in profile in the distance but we just couldn't reach them. And Milov, characteristically all dressed in black. I don't know how when I could feel my neck getting sunburned. The crisp breeze kept the temperature down and the flies at bay. As we started the long descent into Cobungra Gap, we passed two blokes and a lady we had been fol-

lowing for an hour. We leapfrogged a couple of times until Tim and I sat down for a little rest. "Let me introduce you to my friend: the little sit-down," Tim had said. I welcomed his friend, wholeheartedly. In fact I didn't want to leave him.

Once we were up again I was slow to get moving and the nausea that had been plaguing me kept me to a shuffle. Tim pulled away, and I told him not to wait for me. At Dibbens Hut, I willingly took my ration of water. The trio were there but Tim had gone. I struggled with the heat climbing Swindler's. Take 10 steps then rest. Take another 5 and rest again. All the way to the top. Mal Gamble came up behind me, startling me. He had taken the 6:15 start and flirted with the cut-offs but was making good time overall. Towards the top I passed the 2 blokes minus the lady who had left them on the climb. We leapfrogged some more and passed a limping runner before Derrick Hut. I was beyond food now and the oranges were all gone so I just grabbed some water and kept going.

Winding through the ski runs of Mt Hotham I could see Tim up ahead. I had no desire or energy to try and catch him. I just wanted to finish. I just wanted it to end. It became a solemn slog along the blue-metal roads until the climb up to the car-



The placegetters

park. In a cruel twist we then have to run further up the road and climb the final track to the real summit. I pulled my phone out and turned on the music: Bocelli's Con Te Partiro. It overwhelmed my raw senses. I remembered my first finish here with Sean and how much pain I had been in. I remembered the sheer exhilaration in conquering this iconic run. I let that feeling wash over me. As the classic

operatic music filled my ears, the wind whipped across the landscape and the sun shone hard on my face. 12 hours. The small gathering of organisers, radio operators, helpers, families and runners all started clapping as I reached the summit. I was overwhelmed again and bowed to touch the rocky monument and join that growing list of ultra runners who will continue to talk of Bogong to Hotham in the revered tone that it deserves. I love this run.



Cradle Mountain Run

2nd February 2008 - 85km Overland Track. Tasmania

1 Andy Kromar	7:54:55	15 Rachel Waugh [F]	11:05:26	29 Damian Bowden	12:12:10
2 Philip Whitten	8:52:06	16 Michael McIntyre	11:07:31	30 Marcel Brown	12:51:47
3 David Waugh	9:00:19	17 Bryan Ackerly	11:15:24	31 Rob Taylor	13:02:37
4 Paul Mooney	9:27:43	18 Jacqui Guy [F]	11:20:03	32 Steve Proctor	13:05:47
5 Andrew Williams	10:05:31	19 Peter Hall	11:24:18	33 Dale Lancaster [F]	13:17:13
6 David Raymond	10:11:31	20 Paul Fahey	11:26:12	34 David MacFarlane	13:22:10
7 John Madden	10:17:45	21 Jane Shadbolt [F]	11:30:57	35 Andrew Palfreyman	13:23:41
8 Gary Noall	10:27:57	22 David Williamson	11:30:58	36 Nick Thompson	13:28:30
9 Colin Steele	10:38:23	23 Dave Ross	11:32:18	37 John Marshall	13:54:14
10 James Taylor	10:41:12	24 Kim Cook	11:35:20	38 Glenn Hayward	14:28:52
11 Stuart White	10:53:53	25 Keith Mearns	11:39:01	Doug Strohfield	DNF
12 Ross Taylor	10:55:09	26 Malcolm Gamble	11:42:23	Tamyka Bell [F]	DNF
13 Scott MacDonald	10:59:07	27 Michael Slagter	12:07:03	Steven Heseltine	DNF
14 Nathan Timms	11:04:05	28 Andrew Cox	12:12:09	Richard Pickup	DNF





Mansfield to Mount Buller

50 kilometre road race [Victoria] - 27th January 2008

1	Tim Cochrane	4.06.31
2	Julian Callahan	4.38.33
3	Stephen Callahan	4.42.13
4	Ellen Komesarook [f]	4.45.15
5	Rob Gray	4.51.37
6	Kelvin Marshall	4.56.46
7	Peter Black	5.07.28
8	Deanne Nobbs [f]	5.18.28
9	Steven Barker	5.28.14
10	Brian Gawne	5.30.59
11	Peter Field	5.31.44
12	John Nuttall	5.35.15
13	Julia Thorn [f]	5.45.14
14	Sue Olley [f]	5.54.36
15	Sue O'Brien [f]	5.57.46
15	Andrew O'Brien	5.57.46
17	Michelle Thompson [f]	6.23.00
18	Jane Sturzaker [f]	7.29.17
18	John Dean	7.29.17
20	Paul Monks	8.41.03
21	Peter Gray	10.21.00

Report by Kelvin Marshall

I got the shock of my life when I woke at 5:16am, I must have slept straight through my alarm which I'd set for half an hour earlier, not a good sign. Breakfast, shower and then rush out the room, arriving about one minute before race start, not ideal !!.

A field of 27 runners, with Tim Cochrane (*multiple winner here and 2007 Ultra Runner of the year*) the stand out. I took off fairly fast as I was still rushing and really hadn't had time to settle.

Tim disappeared into the distance as did the first woman (*an American whose name I can't recall*), In front I had Townsville runner John Nuttall, Steven Barker and Deanne Nobbs and a couple of others I couldn't place. By 10K's I'd settled nicely and I guess I was a bit more relaxed and by 15km I'd passed Deanne and was being caught by a group of three.

I ran with the group of three for a while (*Robbie Gray and the Cal-laghans*), before deciding I'd ease back and let them either use each other to run well or self destruct. I passed Peter Gray (*who'd started an hour early*) and then it was a case

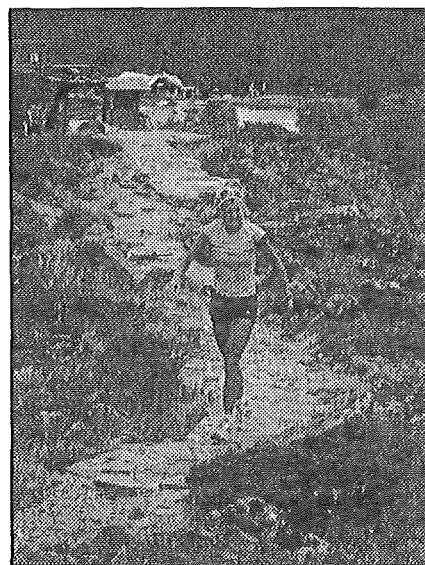
of just watching what happened in front of me and hopefully pouncing.

That's when the plan came unstuck just before 25km's, I'd walked a couple of the ups for the first time in 15 starts here and was feeling really flat so in desperation, instead of having a piece of banana I had pieces of orange. This appeared to give me that extra energy and I was soon up with John who was now suffering, passed him but I realised the group of three had now really got away from us as they were out of sight.

More pieces of orange than I've ever had during a race sums up the next 16 odd Km's and I passed another couple of runners (*including an early starter*), by the time I'd hit Mt Buller Village (*45Km's ?*). I'd been running for 4 hours 20 minutes (*about the same time as my 1997 winning time !! so not good*) and it was only 17 degrees.

By the time I hit the Arlberg Lodge, Tim was already in and changed (*winning in 4:06 - a comparatively slow time for him but very excusable considering his Coast to Kosi effort only a month prior*). I saw the next 4 runners coming towards me including the first woman, who was now fifth, on the uphill stretch and struggling a little in the cold (*with wind chill would struggle to have been 10 degrees*). I was happy to make the top and then head back down with a couple of runners coming towards me on my way back but knew that sixth was all mine (*not that sixth was exactly my aim*). I ultimately finished in 4:56:46, my 11th fastest time on this course (*or 5th slowest !*), certainly feeling the piriformis a little towards the end but reasonably happy considering how I'd felt at 23Km's.

I was soon feeling very cold so got changed and had a cappuccino inside the Arlberg. The first lady had already left when I got in (*I'm assuming she didn't have a plane to catch back*



Ellen Komesarook

to the US ???), but presentations were given when most of the field were in. For the first time since 1992 we got finishers medals !!!.

First time race organiser Robert Boyce did a great job and his team of helpers had everything that was needed at their aid stations, so I'll certainly be back again next year.

I had a lift with Tim and his father back to my car followed by fish and chips and chocolate milkshake at Mansfield.

With a bit of time to spare before my 7:55 flight, I decided I may as well enjoy the Maroondah Hwy trip back, however a accident somewhere after Buxton meant the road was shut so I had to head back to Yea. Looking at the time, I thought I may as well have a lay down in the back of the car in the shade of a park before heading to the airport. My mistake! I had too good a nap and ultimately only just made it in time to check in.

In my rush, I managed to leave my mobile phone in the console of the hire car, so on touch down at Coolangatta, the first thing I did was ring Hertz. Hopefully I'll get the phone back on Wednesday.



Caboolture Historical Village "Dusk to Dawn"

6 and 12 hour ultras, Queensland - 9th/10th February 2008

12 Hour

1 Nic Maloney	126.075 km
2 Jon Pearson	121.871 km
3 Ron Schwebel	111.500 km
4 Danny Hooley	111.000 km
5 Michael Lovric	108.830 km
6 Kelvin Marshall	108.000 km
7 Geoff Last	102.000 km
8 Peter Bennett	101.000 km
9 Robert Boyce	100.000 km
10 Bruce Webber	93.500 km
11 Andrew Ludwig	93.026 km
12 Colin Mackey	92.500 km
13 Billy Pearce	89.000 km
14 Rodney Ladyman	88.500 km
15 Graham Medill	52.500 km
16 Tina Fiegel [f]	47.500 km
17 Keith Sullivan	45.500 km
18 Tim Turner	45.000 km

6 Hour

Brendon Gray	68.000 km
Roger Guard	66.000 km
Peter Hunt	64.500 km
Glen Lockwood	63.500 km
Julie McCallum [f]	60.500 km
Eleena Rosevear [f]	60.000 km
Elizabeth Swain [f]	52.000 km
Keith Chaston	51.000 km
Ian Valentine	49.500 km
Liz Novonty [f]	47.500 km
Peter Whittaker	47.000 km
Anne-Marie Nash [f]	39.500 km
John Nuttall	35.500 km
Lindsay Phillips	11.500 km

6 hour [midnight to 6am]

Colin Solomon	66.500 km
Barry Traynor	64.000 km

50k

Angie Grattan [f]
Alice Harris [f]

Report by Race Director, Geoff Williams

How is this? Competitors arriving & being set up before the Race Director? Is that keen or not? The afternoon moved along very well with people arriving at a steady rate. Many unregistered competitors decided to come along considering the beautiful dry weather being experi-

enced on the day. Yes dry, we went the whole event with not a drop, but instead a rather heavy dew & slightly cool morning.

Unfortunately we had a slight problem with no PA system. The President of the Historical Society Roger Dustan welcomed everyone & wished them well before handing the starting procedure over to the local Councillor, Greg Chippendale, who after a short speech continued with tradition by starting the event with the cow bell.

At the start line we had 59 enthusiastic athletes, consisting of solo runners, walkers, and relay members. In total for the whole event we had 118 entries, slightly down from the record breaking 127 last year. This was made up of 18 solo 12 hour competitors, 14 solo 6 hours, 2 x 50k entries, 2 x 12am -6am competitors, 22 x 6hour relay teams & 3 x 12hour teams.

The track was dry as stated earlier and must have been fast, for Nic Maloney took off setting a standard of running unmatched. His first hour of 26 laps was closely followed by Kelvin Marshall of 25 where they continued to battle it out until the fourth hour where strength & determination was showing through from John Pearson, Ron Schwebel & Danny Hooley. Still uncatchable, Nic continued setting the bench mark in being up 10 laps on second place, after 7 hours of running. Nic went on to win the 12 hour for 2008 and setting a new Historical Village Dusk to Dawn record of 126.075klms surpassing the 2007 record of Theirry Asselin by 1.62k.

Second place is owned by John Pearson with another great performance of 121.871k's, followed by another great battle between Ron Schwebel with 111.5k and Danny Hooley only 500mtrs behind (one lap) Tina Fiegel was the sole lady entry. Knowing she struggled

"This event amazes me with the strength of all the competitors. The ladies are never disappointing with this year being no exception"

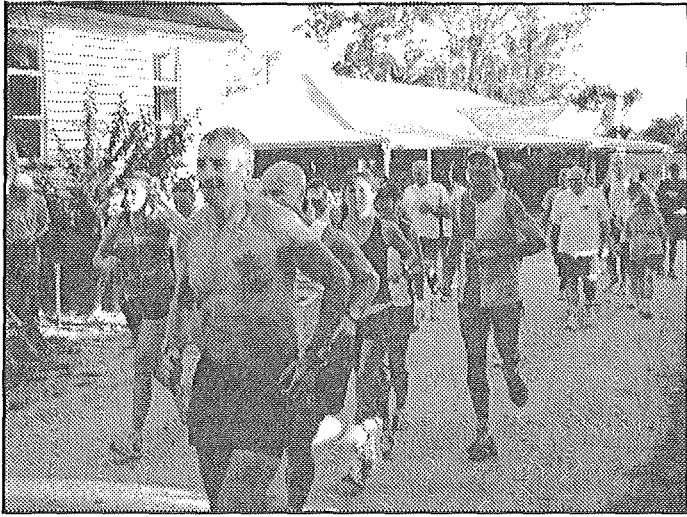
through the night with bad feet, she was still there at the finish to record a first.

We were all honored to a display of power walking or speed walking by Peter Bennett & Andrew Ludwig for near 7 hours, till Peter slowly worn down Andrew. They walked shoulder to shoulder for hours starting at 9kph, continuing to only drop 1kph. Peter went on to walk 101k's, while Andrew achieved 93.026. Gentlemen, you were a pleasure to watch.

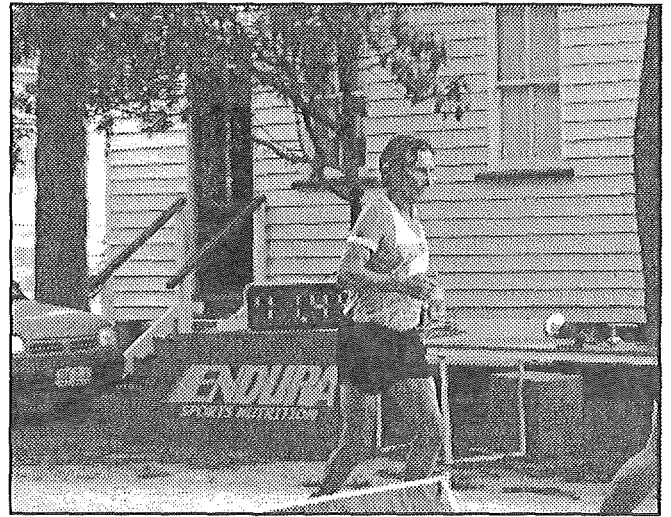
The 6 hour was eventful too with the chaps from the mountain taking the places. Brendon Gray was first with a great 6 hour run of 68klms followed by the strong and amazing Roger Guard with 66klms then closely behind in third position and trying to make up quick laps towards the end was Peter Hunt with 64.5klms.

This event amazes me with the strength of all the competitors. The ladies are never disappointing with this year being no exception. Four entered showing their strength & endurance. From on top of the big mountain again, Toowoomba lady Julie McCullum was the queen achieving 60.5klms from a great challenger of 60klms, Eleena Rosevear. Elizabeth Swain kept them moving by coming in third with 52k.

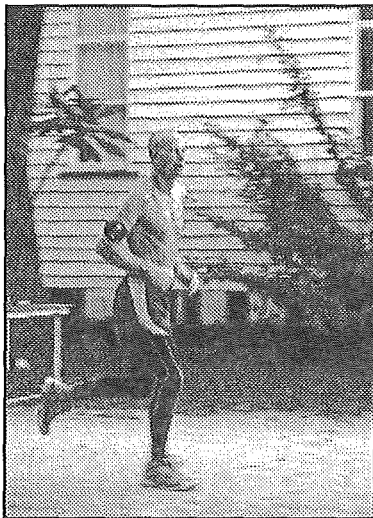
This year we had included the 50k & 100k challenge. Two ladies Angie Grattan & Alice Harris took on the 50k challenge, with Angie coming in first. Alice had her bad patches but stuck to her guns to complete the distance, well done.



A shirtless Michael Lovric moves out



Ron Schwebel

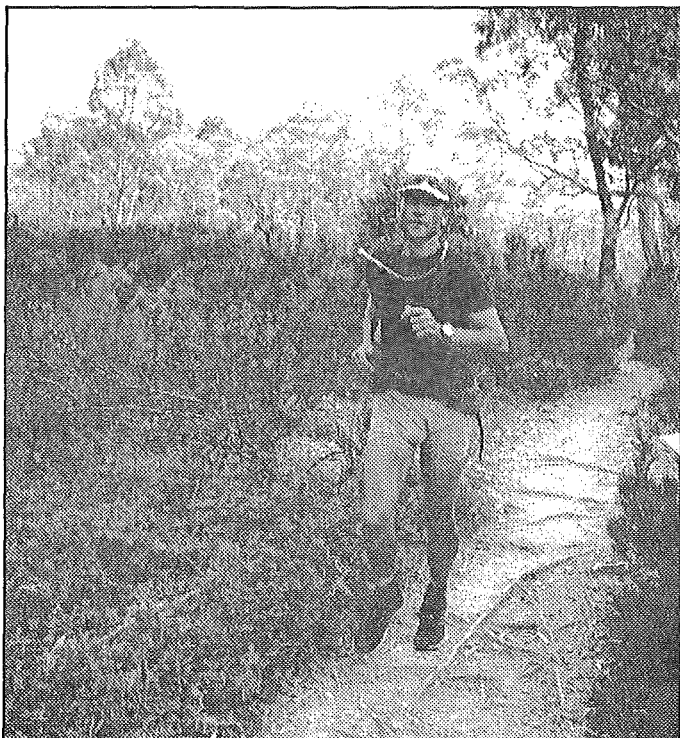


John Pearson

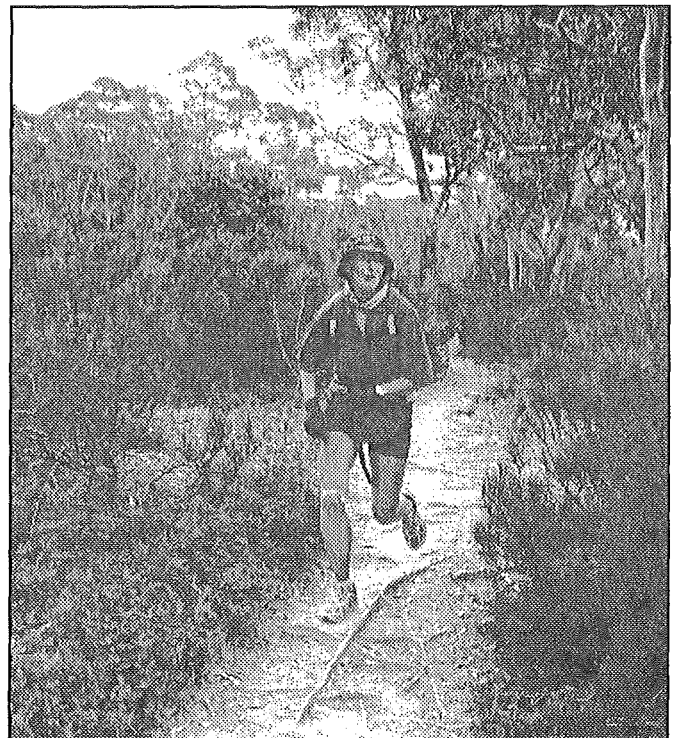


Nick Maloney receives his award from Geoff Williams

Photos below from Cradle Mountain 85km trail race



Andy Kormar proved to be unstoppable

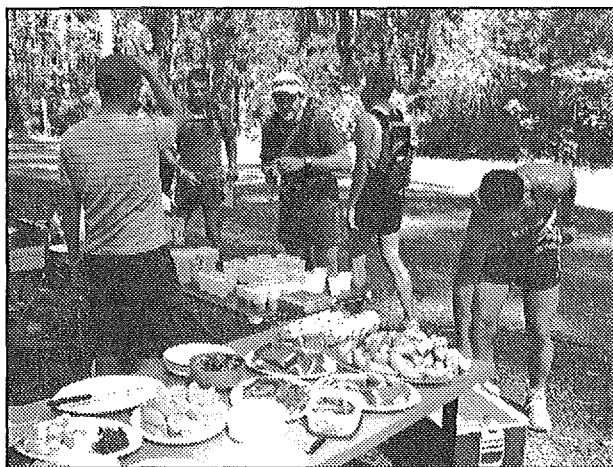


Dale Lancaster tackles the rough trail



Maroondah Dam Trail 50 km

Victoria - 17th February 2008



Report by Dave Criniti

Well I'm glad I made it further than the nine kilometres I accomplished in my last 50k race south of the border when I dnf'd at Moe last year.

I might start with a thanks to Sarah Drummond and her parents for the lift from Lilydale to the start before Sarah headed over for her 30km registration.

After a mention of the possibility of Dave Eadie tackling the race record, I thought he'd be the one to watch for, and after I took an early lead and heard footsteps behind only a kilometre or so in, I thought it might have been him.

It turned out to be Jarad Kohlar and as he took the lead perhaps 3km in, I thought I'd try and keep him in my sights throughout the first section which was overgrown with ferns, and make my move on the first ascent. I did just that, and soon heard his footsteps behind as we descended again, but I put my foot down up the next, longer hill, and got some breathing space there.

Unfortunately due to my own nervousness about direction, I blew that advantage a couple km's from Dom Dom when I saw a white ribbon on a track to the left and wondered whether that meant we were supposed to go up that track or not go up it. I wasted a couple minutes contemplating before continuing straight, continually looking over my shoulder to look for someone following.

When I saw someone back there I knew I was on the right track and kept on thinking I'd just get into Dom Dom and conserve energy around the loop from 10 to 20km before putting in a bit more space up the hills where the 30km race started.

That pretty much went to plan, though I didn't count on going for a swim in the middle, which I did when my feet slipped out from under me while trying to skirt around the side of a puddle that covered most of the track. The dip probably would have been a bit more welcome later in the race as the temperature rose but I was just grateful it didn't result in any injury.

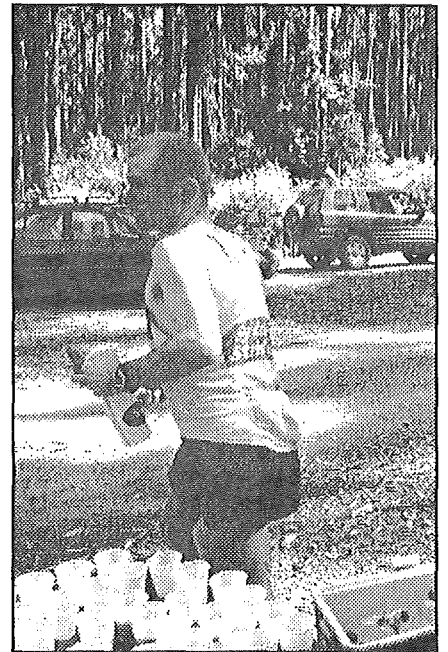
Speaking of injuries, it wasn't until post-race that I realised Jarad had rolled an ankle (?) and withdrawn. I assumed it was him that I saw in my rear view between about the 9 and 20k marks, but it may well have been Paul McKenzie.

Anyway, I arrived at the 20km mark in 1:37 which I think was about a couple minutes down on my 2004 split, but I had in mind that I'd just try to put some space on who I thought was Jarad until the top of Mt St Leonards, which would mean I wouldn't have to push too hard and risk an injury on the rocky first few km of the descent. I refilled the bottle at Dom Dom and chewed down on a couple

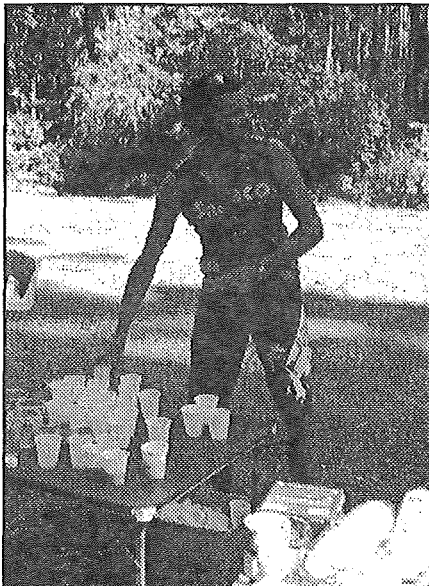
1	David	Criniti	4.10.51
2	Paul	McKenzie	4.13.00
3	Timothy	Piper	4.34.50
4	Chris	Wright	4.48.29
5	Rohan	Day	4.50.05
6	Raymond	Waschl	5.00.30
7	Bryan	Ackerly	5.10.38
8	Micheal	Clarke	5.19.35
9	Nadine	Kayler [f]	5.21.17
10	Lachlan	Frasar	5.23.52
11	Chris	McTaggart	5.24.58
12	Andrew	Hewat	5.34.50
13	Kelvin	Marshall	5.37.20
14	Peter	Field	5.53.42
15	Michael	Corliss	5.53.43
16	Bredan	Myors	5.59.25
17	Paul	Gladwell	5.59.25
18	Steven	Appleby	6.00.56
19	Robyn	Fletcher [f]	6.06.15
20	Malcom	Gamble	6.16.55
21	Shane	Bunning	6.40.45
22	Brett	Saxon	6.46.56
23	Richard	McCormick	6.55.14
24	Andrew	McDonald	7.01.30
25	Gary	Wise	7.25.20
26	Wayne	Birchmore	7.41.10
27	Kate	Sanderson [f]	8.23.46
28	Peter	Gray	11.49.27
	Cathy	Maguire [f]	DNF
	Veronica	Black [f]	DNF
	Dean	How	DNF
	Darrin	Ball	DNF



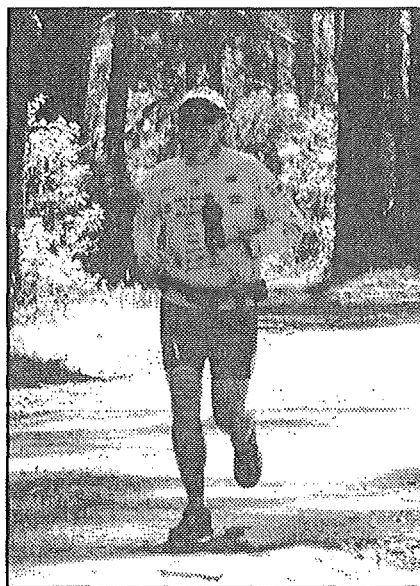
All aboard the bus to the start



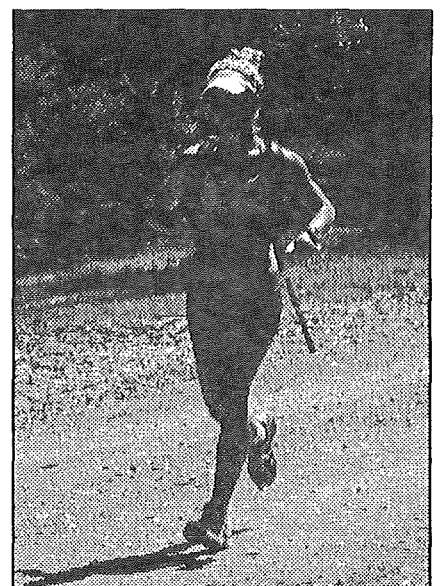
Dave Criniti



The colourful Rohan Day



Brett Saxon



Nadine Kayler chalks up a win

of snakes and saw second place coming down the track just as I was heading towards the road.

From then on, it was a bit easier for a gumby like myself to navigate with plenty of 30k'ers around to follow, though I could have easily taken another detour if not for Peter Mitchell's timely directions.

Well, somehow I got through without getting lost. Not that directions were bad (Rob had done an awesome job with big white arrows and ribbons all over the place), it's just that I'm extremely navigation-

ally challenged to the point of almost being gravitationally drawn in the wrong direction!! What almost came back to bite me too was probably being a bit overcautious on the decent from Mt St Leonard, most of the way home, with Paul ending up not too far behind.

But I held on for a pleasing result and an even more pleasing post-race feast, almost on par with a post-Striders 10km feast...and on that note, on behalf of the Striders I'd just like to extend an invitation to Rohan to attend one of our 10kms

since you like our singlet so much!!

It was great to catch up with familiar faces down at the dam and to meet a few new faces as well. Also good to see this awesome race continuing to grow. Thanks to Rob Boyce for all the work he put into it, as well as all the other volunteers. Kelvin Marshall and Brendan Mason deserve special mentions; Kelvin for helping out by running part of the course on race-eve to lay-out ribbons and Brendan for his search-and-rescue efforts on the day.



The North Face 24 Hour Treadmill Race

Results

Martin Fryer	245.92km
[1.72km short of World Record]	
David Waugh	241.00km
Deanne Nobbs [f]	188.07km

Report by Deanne Nobbs.

Can somebody pinch me. Did I really run 188.07 kilometres on a treadmill with the inspirational Dr Martin Fryer and David Waugh?

It is the early hours of Monday the 10th of March 2008, three days after the event. I have just spent a few days resting and recuperating at my mum and step-dad's house in the little town of Meeniyan not far from the beach. Food, TLC and salt water, what a good recipe for recovery.

The 24 hour Treadmill Race was the highlight of my brief Ultra marathon career. Yes, I say brief because I only ran my first 50 kilometre event at Canberra in April last year, followed up by 100 kilometre performances on the Gold Coast and the Netherlands. It was my first encounter with a 24 hour event never having been on my feet for much over 9 and a half hours before! I was in uncharted territory let alone running on a treadmill in the public eye.

Firstly I would like to thank The North Face for putting on the event. The North Face staff were superb and took care of us like we were family. I was honoured that AURA had the faith in me to give me the opportunity to run because I felt that this was a chance to really prove to everyone, including myself, that I was an ultrarunner!

I found out that I was going to run six weeks prior to the event. Here is when my lucky break occurred. I was introduced to a fitness guru named Sam Patane who owned the



Martin Fryer in full stride

gym Total Body Fit, Shepparton. Sam helped me to overcome an iron deficiency, trim down a couple of kilos, look carefully at my diet, warm up and cool down routines, not to mention to prepare myself psychologically for the long 'tread' ahead. For the first time I was stretching properly and bringing all aspects of my running together.

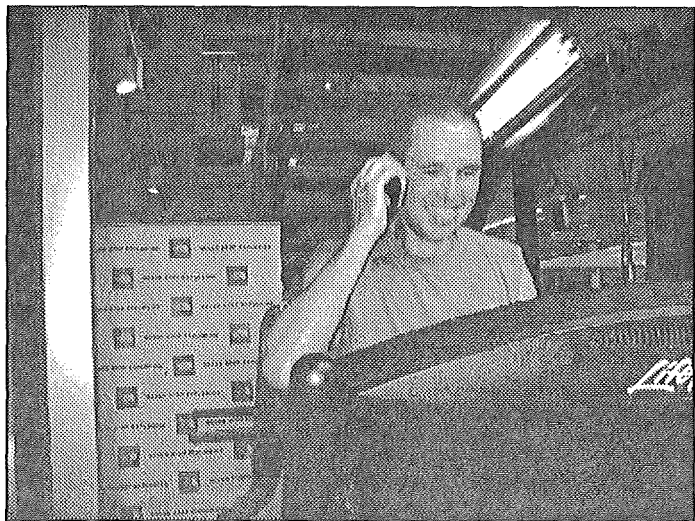
I trained almost exclusively on the treadmill for six weeks, running sessions of up to six hours with the treadmill set at 10 kilometres an hour. I averaged 160 kilometres a week, becoming a permanent fixture in Sam's gym and receiving all the encouragement in the world from the other gym goers.

As race day approached I exchanged emails with Martin Fryer every few days and had formulated the race plan to strive for more than 183km and gain a second world ranking on the treadmill. Martin also advised me to tape my feet after some nasty toe problems in World Cup 100 last year and Sam

and I experimented with this in the lead up to the event. David and I had spoken on the phone at length and I think the bond between Martin, David and I really helped each of us to push ourselves to the very limit on race day.

As Thursday the 6th of March approached I was quietly confident that I would be successful. I was injury free, fit, well organised in terms of nutrition and had all the support I could wish for.

The race began and I stuck to my race plan. I put the treadmill on 9.1 kilometers an hour and was determined to leave it there for the first 12 hours. Apart from toilet breaks (these were frequent as I had a bit of an upset stomach for the first half of the race) and the forced resetting of the machines every 90 minutes I soldiered on with great support from Danielle from the North Face and then June Petrie who stayed with



A mid-race radio interview for David Waugh

me for close to eight hours! I was thrilled when my Dad arrived mid-morning as he is a masters track athlete and has been winning a battle with prostate cancer. It isn't long since he had surgery and I was delighted that he had made it in to see me run. At this stage 9.1 kilometres an hour was a walk in the park and he kept telling me to stop smiling and conserve energy.

As the hours wore on I noticed pain through my hip flexors and left foot but quickly learned not to verbalise any of this as the first aid staff were keen to examine me and I wasn't hopping off that treadmill for all the tea in China! My response to their questions as to my well being was - "nothing hurts"! The Coburg Harriers began to arrive in full force. Phil and Stacey Van Dueren, Brian Delaney and Jeremy 'Jegster' Grey kept me company for much of the day. My new friend Michelle Thompson who has completed a 166 km 24 hour event herself also came in to cheer me on, as did my old teaching friend Trevor Arnel.

The hours ticked by and poor Renee Awadalla from The North Face must have taken me to the toilet 100 times! Back home in Shepparton, Sam was worried about me and he and his assistant Stacey were counting down the hours until the gym closed and they could make it down to the race. Rest assured I was counting down the hours until I would see them too. Sam kept telephoning all day and I was tickled pink when Kristy, one of the girls from the gym sent me a message

from her honeymoon!

When I felt a bit flat I would look over at Martin and David at the other end of the store treading away and gain strength from watching them going through the same experience. The poor boys however didn't have the same level of support that

I did as the only Victorian.

A little Italian man from a local shoe repair shop had fallen in love with me. He came to serenade me by whistling to Frank Sinatra's 'I did it my way' as I clocked up my first 100 kilometres. Soon after, Rushworth P-12 College called to tell me to keep up the good work and Tim Cochrane called just at the right time too. I felt proud at this point in time because I had achieved my first goal of maintaining the 9.1 kilometre rate for the entire first twelve hours. I was on target for 185 kilometres!

At this point Ian Cornelius carried a message from Martin for me to run for twenty minutes on 8 kph and walk for ten minutes on 6.5 kph for as long as I could. My brother Steve and my Principal Jane Ezard's niece arrived unexpectedly to cheer me on when I needed encouragement most. At this time Rey and Mohammed from Coburg Harriers kept me company and Paul Monks did a terrific job having taken over from June Petrie as my support person. 250 kilometres away at Sam's gym, a meditation class were sending me all the energy they could and it helped just knowing I was so cared about.

I was hanging out to see Sam and Stacey and I was relieved to see them come in the store at 11pm. I had started 10 minute run cycles on 7.5 km and 5 minute walks on 6 and had hit the wall.

Sam quickly helped me to fuel up with carbohydrates and he and Sta-

cey took turns at standing by my side encouraging me every step of the way. At times I didn't want to eat or drink, I didn't want to run any more, I was hurting now and it was harder to see my goals through the haze of misery. Sam reminded me of the tools a wonderful spiritualist named Megan Williams from home had given me to deal with the inevitable hurt I would feel during the race. I revived and ran between 7.5 km and 7.9 km an hour for 90 minutes in the 20th hour of the race with Sam and Stacey by my side. I was on target once again for that world ranking.

As dawn approached I reached the Australian women's qualifying mark of 180 kms. Ian congratulated me, as did Robert Boyce who was a source of encouragement to me the entire race. I was hanging out to see my students from Rushworth P-12 College. They arrived just in time with Michelle Thompson, my old friend Sara Graham and Phil, Brian and Jeremy from the Harriers to see me move past 183 kilometres. All I had to do now was to cement that ranking by clocking up another few kilometres to leave some buffer zone in case there was some problem with the treadmill's calibration.

As the news crew arrived I knew the end was in sight. I had run for 24 hours on a treadmill and Sam had brought me back from the brink of exhaustion to realise my ultimate goal and reach 188.07 kilometres. Ian and Paul Karis (General Manager- The North Face) counted down the final five minutes and I finished the race back on 9.1 kilometres just as I had began 24 hours before.

WE DID IT!

Thank you!

Dr Martin Fryer and David Waugh. You are both truly inspirational! Sam Patane and Stacey Ferrito- Total Body Fit Shepparton The North Face- especially Renee Awadalla, Trease Clarke, Paul Karis and Danielle.

AURA- especially Ian Cornelius, Robert Boyce, June Petrie, Bert Pelgrim and Paul Monks.

The Coburg Harriers- especially Jeremy Grey, Brian Delaney, Phil and Stacey Van Dueren, Rey and Mo-

hammed.
Rushworth P-12 College- staff and students
Megan Williams, Peter Lente and Cathy Ballis
Shepparton Runners Club
Family and friends.

I couldn't have done it alone.

Observations by Kevin Cassidy

Mention of a 24 hour track race usually elicits a similar response from both non runners and runners of standard distances alike.

"Running around in circles must be so boring" They'll always exclaim bewilderedly.

Imagine what these same people would think of a 24 hour event in which competitors go absolutely nowhere, never leaving the same position for the entire duration.

Never having previously run on a treadmill, three of our best ultra-runners took on the challenge at the new "North Face" Melbourne City store. Under the superb organisation of the North Face staff along with the assistance of several members of the ultra community, our three athletes attracted much attention. Inside the store window and on full view to the daily bustle of busy Elizabeth Street, both passing crowds and several sections of the electronic media made an inquisitive beeline to what many would consider to be a less than usual activity.

Martin Fryer, David Waugh and Deanne Nobbs pumped out the kilometres amongst a set up that was extremely professional. Electronic screens afforded passing crowds a full and complete run down on what was occurring.

The looks of bemusement on many spectators were priceless. Often they would approach the window slowly, take in all the information on the screens then look all the more bemused. Daytime crowds didn't linger long as they made haste to their offices. After hours saw a new type of spectator, usually with some



Deanne Nobbs in full concentration

spare time, they would look blankly for a long period before asking a variety of questions that usually drew answers that left them scratching their heads.

Between puffs on her cigarette, one craggy faced woman asked "Do they have sleep breaks?" "No", I replied, "They go non stop".

"Gee's, they must be machines" she mumbled as she hurled her still burning cigarette butt onto the road!

Soon after, a rather flabby bellied man holding a freshly acquired pizza approached. He stared intently at the action. "I used to ride in the Sun Tours years ago" He blurted proudly in a manner that suggested the most prominent activity of his adult life had been the consumption of alcohol.

As the night set in, a large contingent of camera clicking Japanese tourists made an appearance. They spoke and laughed excitedly in their own language before departing contentedly with a variety of action shots.

Throughout the night, Martin, David and Deanne displayed their guts and true character by maintaining pace.

Deanne was fortunate to have several of her Coburg club mates visiting and offering support.

As the sun rose, the city workforce returned in large numbers as Channel Nine's morning show cameras set up for the finish.

In what proved to be a massive promotion for both The North Face and AURA, our three athletes had all exceeded their expectations.

Martin pulled out a blinder by tallying 245.92km to get within a whisker of the currently listed world 24 hour treadmill record of 247.68km.

Martin's performance now ranks third in the all time world rankings with David's 241km securing him in fifth place. Deanne's barnstorming 188.07km places her second in the world.

So how does one make comparisons between treadmill runs and those on normal running surfaces? The controlled indoor atmosphere eliminating the usual cold night air is one obvious difference, but other than that, I really don't know. Regardless, all three runners well and truly cemented national selection for the IAU world 24 hour challenge later this year in Korea.



Six Foot Track 45km trail race

Katoomba to Jenolan Caves NSW

Incorporating the AURA National Trail Championship - 8th March 2008

RESULTS SUMMARY

Men

1	KEEM	Barry	3:23:13
2	ROBBIE	Matthew	3:25:16
3	LABINSKY	Neil	3:31:39
4	WALLACE	Don	3:32:15
5	SLOAN	Tim	3:33:33
6	LEE	Andrew	3:37:24
7	COCHRANE	Tim	3:39:23
8	JACOBS	Trevor	3:39:34
9	ARTHUR	Paul	3:44:56
10	HOSKING	David	3:48:08
11	OSMOND	David	3:52:37
12	BELL	Terence	3:53:43
13	GRAHAM	Chris	3:54:05
14	GRIMES	Gerry	3:54:29
15	HEATH	Wayne	3:55:51
16	GILLAN	Paul	3:56:05
17	MCCLYMONT	Clarke	3:56:15
18	LITTLER	Luke	4:00:01
19	WHITTEN	Philip	4:01:00
20	GREEN	Richard	4:01:05

Women

1.	Vanessa Haverd	4:00:30
2.	Suzanne Kelly	4:04:26
3.	Deanne Fulcher	4:15:40
4.	Colleen Beven	4:36:20
5.	Joanna Sinclair	4:36:50
6.	Deborah Livingston	4:41:05
7.	Jennifer White	4:42:37
8.	Billie Marshall	4:45:38
9.	Joanne Barton	4:47:10
9.	Nikki Drew	4:47:10
11.	Elizabeth Edmonds	4:48:47
12.	Vivienne Kartsounis	4:49:47
13.	Tiffany McClymont	4:52:48
14.	Charlotte Burgoyne	4:53:20
15.	Sarah Scrivener	4:55:47
16.	Lisa Carroli	4:57:26
17.	Jacqui Guy	4:58:05
17.	Zoe Cameron	4:58:05
19.	Diane Edwards	4:58:12
20.	Jo Tebbutt	4:58:21

Report by Joanne Fedler

I am not what anyone might refer to as an extreme athlete. Come to think of it, 'athletic' is probably one of those adjectives that slid past me in my youth, without so much as a backward glance. Could have been those child-bearing hips combined with

the sort of thighs to which child-bearing hips tend to be attached.

I find the idea of extreme sports baffling. From where I am, it appears to be a kind of mental affliction, akin to a masochistic psychosis where people train up to hurt themselves for extended periods of times, only to be able to say at the end of it, 'I made it.' Sort of like volunteering for labour in childbirth. Over and over again.

So, in the manner of life's little ironies, I am married to a man to whom running a 45 kilometre race through the Blue Mountains on the Six Foot Track with a cut-off period of seven hours, is considered a rather 'fun' way to spend a weekend.

For years I indulged my husband's absences. His neurotic little pre-race rituals of laying out vests, pinning numbers to it, ensuring he has sufficient supply of Vaseline (please, don't ask... it goes between the thighs, apparently important to avoid 'chaffing'), bags with toilet paper (again, there are some things better left unknown), and waking up at 4am to drive somewhere for a race start at 6am. I did this because I am, despite my occasional PMS outbursts, a 'good wife.'

However, last year, he managed to inveigle my presence at the Jenolan Caves as he crossed the line after running for six hours and 24 minutes over the most tortuous marathon terrain known in the geography of Aussie runners. And this year, even more sneakily, he arranged for us to be staying at the old hotel at the Jenolan Caves, so that we would have no option but to stay the night after the race was over. He also invited some friends of ours to stay over with us so we would have people to celebrate with.

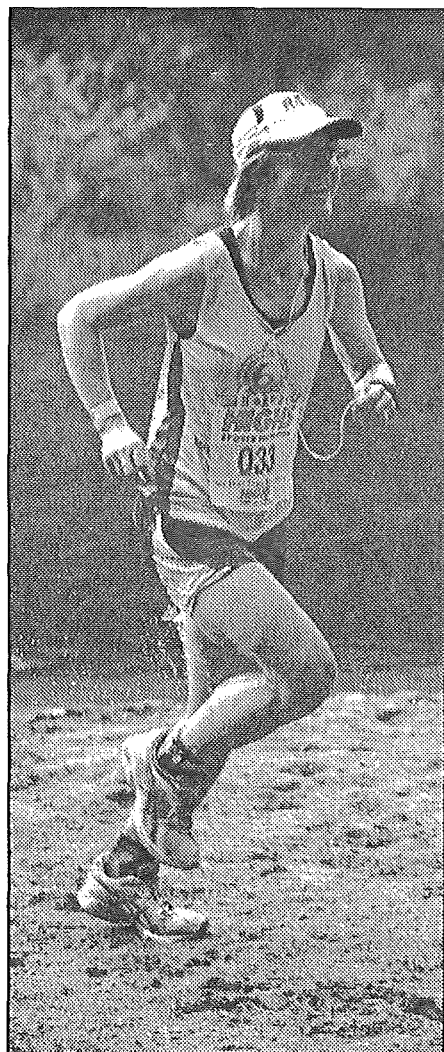
On the morning of the race, my husband woke at 5am, kissed me

goodbye in the dark, and left for his all-day ordeal. I awoke, did a tour of one of the magnificent caves with the kids, and set up at the finish line with a glass of wine to celebrate his return to me in one piece.

And then all of a sudden, three and a half hours after the start of the race in Katoomba, the winners began to come in. Perhaps I can describe what a winner of such a race looks like - bionic. Really. There is no other way to put it. We are talking sheer muscle. Equine gallopers who have been galloping for 45km. What one may find surprising (I certainly did) is that entrants to this race are not confined to the handful of peculiar individuals with deep rooted issues best unpacked in therapy. Approximately eight hundred people ran the Six Foot Track this year. For the money? There is no prize money. For what then?

As people, young and old, came home, for no reason I can explain, I found myself becoming a little choked up. Firemen, teachers, garbos, lawyers, doctors, mothers of four, actuaries... all sorts. Each of them crossed the line with a look of such perfect joy (apart from those who were wincing in pain), that my ridicule of extremists who pursue extreme experiences got a little shaken up.

The jubilation, self-satisfaction, health and vitality that seemed to grow as one person after the other came down the hill and ran under the finish arch sort of got me thinking. Young and old, rich and poor, from all walks of life, from all manner of backgrounds and professions all had this one thing in common. These are people who push on. These are people who do not give up. These are not the whingers and the whiners of the world. These are people who push the limits of their fatigue, mental strength and stamina and who choose to do it by putting one foot in front of the other.



By the time my husband crossed the line, my hands were red and itchy from clapping, my throat raw from screaming for people as they finished their race. I saw husband and wife teams hold hands as they came in, I saw one girlfriend stop and wait for her other friend to catch up, I saw men in their seventies pick up the pace to achieve a personal best time, mothers and grandmothers, young fathers and veterans of the race. And I have to admit I got a tear in my eye as my children, holding their dad's hand ran the last ten metres with him as he crossed the line, in his PB (personal best) of nine minutes quicker than his race last year.

And long past the awarding of prizes, the goodwill that ran through that place, like the sweat and the adrenalin, the endorphins and the beer that flowed, was intoxicating. I can truly say everyone was happy. People chatted to one another. This one bought that one a drink and then that one shouted the next round. Strangers asked one another, 'how did you go?' People shared details of this hill or that river crossing. I didn't see a single miserable face all day.

I have never truly understood this compulsion. The compulsion to do the thing one thinks one cannot do. To do it in a group. To risk nipples and joints in the process. To wake at ungodly hours and to endure the kind of terrain Mother Nature never intended human beings to traverse on foot.

However this weekend something like a penny dropped. I thought to myself, 'if I could, I would love to do this.' I have no idea why. I just think it would be wonderful to experience such extreme happiness just once in one's life. And I guess that is the reason these people come back year after year, to test their limbs against the rugged indifference of the Six Foot Track.

Joanne Fedler has never run the Six Foot Track. She does however run often - a home, a bath, and every now and then a 10km fun run. Her new book "Things Without A Name" (Allen & Unwin) will be released in May 2008. Until then, check out her writing and blog on www.joanefedler.com and www.secretwritersbusiness.com

Thanks to the following people for their kind donations to AURA

Gregory	Love	Carol	Baird	Bruce	Webber
John	Connellan	Jonathan	Blake	Bernie	Hassett
Greg	Reid	Andrew	Johnson	Malcolm	Gamble
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Alan	Barkauskas	Vivienne	Kartsounis	Rick	Cooke
Peter	Sinfield	Rob	Gray	Stuart	Price
Andrew	Hewat	Neil	Ryan	Jacquelyn	Guy
Richard	Bilewicz	Scott	Orchard	Lisa Anne	Carey
Jon	Bell	David	Clear	Julian	Joseph
Geoffrey	Last	Stuart & Julie	Cole	Amanda	Underwood

Also, Welcome to the following members. Some are new, others are rejoining after a bit of a hiatus

Carrol	Lapsys	Joseph	Thompson	Alexander	Hove
Shelley	Howes	Graeme	Best	Richard	Crane
Lachlan	Fraser	Karl	Stamp	Eleena	Rosevear
Chris	Wight	Kerrie	Bremner	Peter	Thomas
Neil	Labinsky	Colin	Solomon	Kate	White
Jonathan	Worswick	Steve	Guest	Bill	Wollin
Jacuelyn	Guy	Diane	Edwards	Andrew and Sue O'Brien	
Lisa-Anne	Carey	Deanne	Fulcher		

AURA HALL OF FAME

John Foden

Australia has produced many great long distance runners in the past and continues to do so. AURA is justifiably proud of their achievements and wishes to perpetuate the memory and feats of these athletes by inducting them into the AURA Hall of Fame.

Compiled by Ian Cornelius and Phil Essam

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Compiled by Ian Cornelius and Phil Essam

Most people in the Ultra world will have heard of John Foden and his contribution to the sport in Europe and England. John's biggest claim to fame is the starting of the Spartathlon race. It wasn't until late last year that I was to learn that John in fact is Australian, he was a member of the RAAF and his contribution to the sport runs much deeper and on many levels.

John is this quarter's nomination into the AURA Hall of Fame. Rather than rewriting his story, his resume is published here. Reading his resume you will be fascinated by the life that he has led and will see that he is a worthwhile recipient into the AURA Hall of Fame.

John, we salute and thank you for your contribution to the sport.

Outline of John's Life

John Foden was born 7th May 1926 and was educated at Melbourne Church of England Grammar School. As an adult he gained a BA (Hons) at the Open University.

Initially he enlisted in 1944 in the Royal Australian Air Force as a trainee pilot but decided he preferred being a soldier. He was commissioned into the Rajputana Rifles, Imperial Indian Army. When India

became independent he obtained a commission in the RAF Regiment in the UK, serving in Kurdistan (insurgency), Hong Kong (civil unrest), Korea (war), Cyprus (rebellion), Suez (invasion), Malaya (rebellion), Aden (insurgency), Oman (insurgency), Cyprus (Turkish invasion), Northern Ireland (civil unrest) and Germany (NATO). He retired as a Wing Commander in 1984. He then concentrated on sport.

Early Sporting Activities

Australian Rules, boxing and rowing at school.

Polo in Indian Army Athletics, Military Pentathlon, Rally Driving, Sailing Lasers (RAF Team), Skiing (RAF Team), Sub aqua Diving, Surfing and Go Kart Racing

Athletic Achievements

A few of his competitive successes are listed first to show the experience that supports management activity. All records have since been passed by others.

1981 Silver medal for marathon (2:54:45) in over 50 age group at World Veteran Games, Christchurch, New Zealand.

1982 With Flight Lieutenant J Scholtens was the first person since 492BC to run from Athens to Sparta in two days, thus demonstrating that Herodotus Histories were not a myth.

1982 1st in over 55 age group at German 100 Kms Championships at Unna (9:10:41).

1983 Gold medals in over 55 age group for marathon (3:08:57) and cross country at World Veteran

Games, San Juan, Puerto Rico, USA.

1984 1st in over 55 age group at Bremen Marathon.

1985 Set Commonwealth Over 60 Record of 10:40:10 for 100 Kms at Rodenbach, in the combined German and International 100 Kms Championships. 1st British male skier to complete World Loppet (cross country ski ultramarathons)

1986 1st over 60 and thus setting British Male Over 60 Record of 111.7 miles for 24 Hours at RAF Cranwell.

1990 First over 60 at IAU World 100 Kms Championships, Duluth, USA.

1991 3rd over 65 setting British Record of 11:25:17 at IAU World 100 Kms Championships, Winschoten, Holland.

1993 1st over 65 at World Trail Running (80 miles) Championships, South Downs.

1994 1st over 65 at World Trail Running (80 miles) Championships, South Downs. Participant in the Irish Peace 105 Mile Run from Belfast to Dublin.

1995 1st over 65 Malta Marathon (3:32:59).

1997 1st over 70 May Day 15 Miles.

1999 Awarded Certificate of Honour by Irish Ultrarunners Union in recognition of his support of Irish athletics and peace campaign. Awarded United Nations "Year of the Older Person" Certificate.

2005 He was the oldest participant in the 300km Haervejsvandring Walk from Schleswig in Germany to Viborg in North Denmark in seven days.

Service to the Community as an Athletic Organiser

1982 Organised and led RAF Spartathlon Expedition to Greece. First to run 157 miles over the mountainous route from Athens to Sparta (in 36:58:30) since Pheidippides in 492 BC. Previously this had been considered a myth.

1983 Proposer and joint race director of 1st International Spartathlon Race. Subsequently became the race promoter.

1984 Race director of Rhien-dahlen International 25 Kms Race, Germany. 11,500 competitors.

1988 Race director Heritage Races, Nottingham.

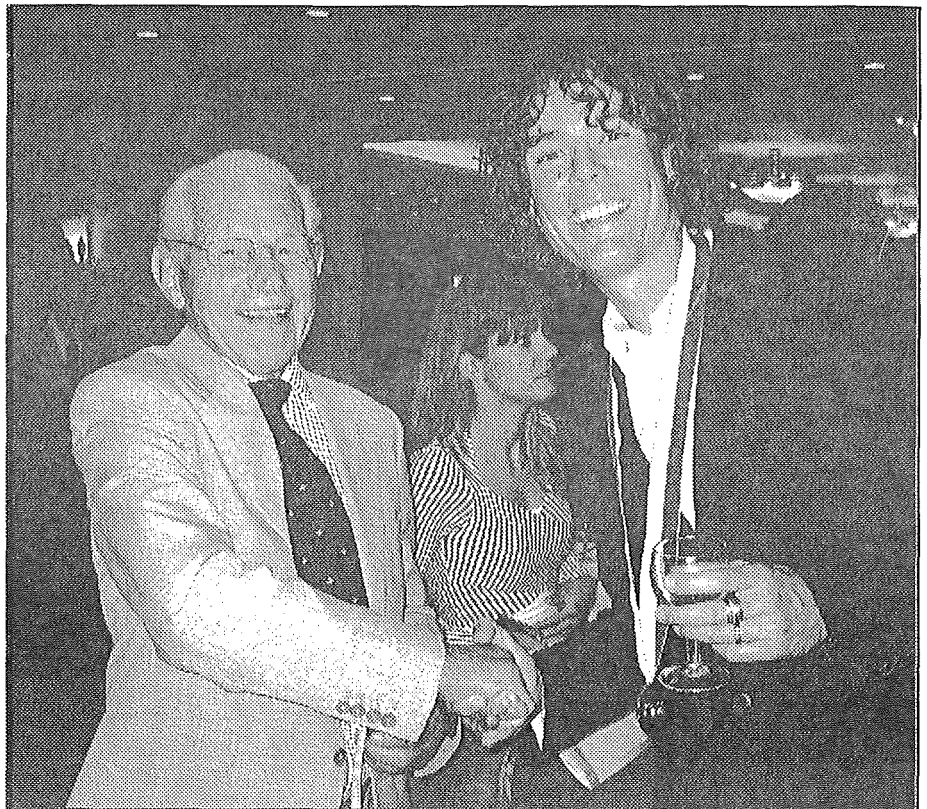
1988 Race director Heritage Races, Nottingham.

1989 Race director RRC 24 Hour Indoor Race Milton Keynes Race director 1st National (AAA) 100 Kms Championships, Holme Pierrepont. Race director Interprint 12 Hour Race, Harvey Hadden Stadium, Nottingham.

Consultant 6th International Spartathlon Race, Greece. Secretary RRC Ultra Distance Running Committee for next ten years.

1990 Race director 1st International 24 Hours Indoor Championships, Milton Keynes. Race director 2nd National (AAA) 100 Kms Championships, Holme Pierrepont. Race director 1st Rushcliffe 100 Kms Relay Race, Holme Pierrepont. Secretary Nottinghamshire AAA.

1991 Race director 3rd National (AAA) 100 Kms Championships, Holme Pierrepont. Race director 2nd Rushcliffe 100 Kms Relay Race, Holme Pierrepont. Joint founder of Trail Running Association and committee member from now on. Member of Midlands Counties AA Road Running Committee for next 15 years. Member of Nottinghamshire AAA Road Running



John Foden with current day star Scott Jurek

Committee for next 12 years. Secretary Nottinghamshire AAA Road Race League for next 3 years.

1992 Race director 1st British (BAF) 100 Kms Championships, Holme Pierrepont. Race director 3rd Rushcliffe 100 Kms Relay Race, Holme Pierrepont.

1993 Race director 2nd British (BAF) 100 Kms Championships, Holme Pierrepont. Race director 4th Rushcliffe 100 Kms Relay Race, Holme Pierrepont. Race director 1st Rushcliffe 10 Kms Trail Race, Ruddington. Consultant 11th International Spartathlon Race.

1994 Race director 3rd British (BAF) 100 Kms Championships, Holme Pierrepont. Race director 5th Rushcliffe 100 Kms Relay Race, Holme Pierrepont. Joint promoter of the Irish Peace 105 Mile Run from Belfast to Dublin. Joint Promoter 12th International Spartathlon Race, Greece and one of its delegates to IOC and Greek Olympic Committee for the race to be included in the Athens 2000 Olympics. (Atlanta got the Olympics.) Chairman Trail Running Association for next 6 years. Chairman Nottinghamshire AAA Road Race League for next 3 years.

1995 Founder and promoter Anglo Celtic 100 Kms Plate, Holme Pierrepont. Race director 4th British (BAF) 100 Kms Championships, Holme Pierrepont. Race director 6th Rushcliffe 100 Kms Relay Race, Holme Pierrepont. Consultant 12th Spartathlon International Race, Greece. Joint Promoter of Irish PeaceRun from Belfast to Dublin. Editor "Trailrunner". Editor "RRC & TRA Endurance Running Directory" for next 6 years except in 2000.

1996 Joint Promoter of Irish Peace Run from Belfast to Dublin. Proposer Sacred (425 Kms) Relay, Greece. (Project failed to get enough sponsors.) Consultant 13th Spartathlon International Race, Greece.

1997 Joint promoter Spartathlon International Race and delegate for it to be Exhibition event at 2004 Athens Olympiad. Proposer and author of BAFCEs bid for 100 Kms race at Olympics. Proposer and author of AAA of England's bid for 100 Kms race at Commonwealth Games. Founder and Promoter of Anglo Celtic Ladies 100 Kms Plate at Edinburgh. Proposer of a British Trail Running Championships

1998 Bid for 100 Kms Race in Commonwealth Games turned down by

John's biggest claim to fame is the starting of the Spartathlon race

Federation at Kuala Lumpur, but a Commonwealth 100 Kms Championships authorised. Founder and race director of 1st British (BAF) Trail Running (26 & 8 miles). Championships, Cotgrave. Promoter Anglo Celtic 100 Kms Plates. Promoter International Spartathlon Race Greece

1999 Director 1st UK Trail Running (26 & 9 miles) Championships, Cotgrave. Promoter Anglo Celtic 100 Kms Plates., Cardiff. Promoter International Spartathlon Race, Greece.

2000 Director 2nd UK Trail Running (44, 26 & 9 miles) Championships. President of TRA from until 2006. Promoter Anglo Celtic 100 Kms Plates, Dublin. Promoter International Spartathlon Race, Greece.

2001 Chairman of Road Runners Club. Author of "A Guide for Organising Trail Races". Promoter Anglo Celtic 100 Kms Plates, England. Promoter International Spartathlon Race, Greece.

2002 Director of renamed UK Trail Running Championships. Proposer and Designate Director of Commonwealth 100 Kms Championships

Director 100 Mile Race at Crystal Palace National Sports centre. New World 150 Km and 100 Mile Records set by visiting Russians

2006 Having reached his 80th birthday resigned as chairman of the Trail Running Association, chairman of Road Runners Club, Member of Midlands Counties Road Running Committee and designated director of the Commonwealth 100 Kms Championships. Continues to be promoter of International Spartathlon and Anglo Celtic 100 Kms Plates and becomes president of the TRA. Promoter Anglo Celtic 100 Kms Plates, Dublin. Promoter International Spartathlon Race, Greece.

The previous inductees into the AURA Hall of Fame are:

William F King (The flying Pieman) - extraordinary feats of pedestrianism and other endurance exploits in

the 1840's and 1850's - featured in the March 2005 issue of Ultramag.

Mike B McNamara - contested the famous Trans America races of 1928 (DNF) and 1929 (7th) and went on to break world records at 30 miles and 40 miles - featured in the December 2004 issue of Ultramag.

Herb Hedemann - contested the Trans America races of 1928 (38th) and 1929 (8th). Famous at Stawell Athletic Club where the mile race is named after him to this day - featured in the March 2005 issue of Ultramag.

Percy Cerutti - totally focussed and world famous athletics coach (seen at the time as unorthodox and eccentric) renowned for his instigation of long distance training for middle distance athletes - featured in the June 2005 issue of Ultramag

George Perdon - one-time holder of numerous World records for distances ranging from 24 hours to 1,000 miles and years ahead of his time - featured in the September 2005 issue of Ultramag.

Tony Rafferty - famous for his widely publicized long distance exploits, his duels with George Perdon and his running of Death Valley in summer. One-time world record holder of 1,000 miles track. Featured in the December 2005 issue of Ultramag.

Ron Grant - best known for being the first person to run around Australia, in a continuous run averaging 61.67km/day and then breaking the world record for 1,000 consecutive hours, running 3 kms per hour, each and every hour for 1,000 consecutive hours. Featured in the March 2006 issue of Ultramag.

Cynthia Herbert (Cameron) - Lifted the standard of female ultrarunning in Australia by many notches. A stellar three year career spanning 1985 to 1988 produced Australian records over the entire spectrum from 50km to Six Days including a stirring win in the 1987 Westfield Sydney to Melbourne Race. - featured in the June 2006 issue of Ultramag.

Margaret Smith - A true pioneer who tackled distances no previous Australian women had ever contemplated during 1981-85. Frequently matching it with the best men of the time, her stunning 100 mile best of 16:02 and gutsy performance in the 1985 Sydney to Melbourne were the highlights of her many world class performances. - Featured in the September 2006 issue of Ultramag.

Cliff Young - "Cliffy" achieved folk hero status and nationwide fame with his astonishing win in the inaugural 1983 Sydney to Melbourne run. Running in long rain pants, the 61 year old potato farmer stunned his younger rivals. Far from a "one hit wonder", Cliff had an illustrious career spanning almost 20 years that encompassed a number of Australian open age records and a veritable smorgasbord of World age group marks. - Featured in the December 2006 Issue of Ultramag.

Helen Stanger - In a 12 year career from 1988 to 1999, Helen rose to the top of the tree over a variety of distances from 50km to Six days including the 1991 Westfield Sydney to Melbourne race. Nothing, however, was to compare to her extraordinary success when she decided to specialize in the 24 hour event. A new Australian and Australasian record seemed almost assured each time she stepped onto the track as she continually bettered her previous runs. Undoubtedly, Helen's 24 hour performance of 229.080km in 1998 was her career highlight stamping her into a class of her own in Australia and amongst the highest echelons of the World's elite. - Featured in the March 2007 issue of Ultramag.

Bryan Smith - Undoubtedly Australia's greatest ultra runner. From 1987 to 2001, Bryan established himself amongst the elite handful of multi day runners in the world. From 254kms over 24 hours to a Six Day best of 1,002kms and 1,000 mile PB of 11D 23hr. Bryan ran over 50 multi day events against the world's best and stood tall amongst them

on each and every occasion. Winner of the 1991 Sydney to Melbourne race. One of the true gentlemen of the sport, Bryan was in a league of his own in Australia. His sudden and tragic loss in 2001 has left a massive hole that will never heal. - Featured in the June 2007 issue of Ultramag.

Brian Bloomer - The typical Aussie battler. The ex boxer who took to the world of ultras with a bang. In his prime years from 1985 to 1988, Brian set a new standard in 24 hour running with 242km along with second, third and fourth placings in the Westfield Sydney to Melbourne events. Known for his brutal tough-

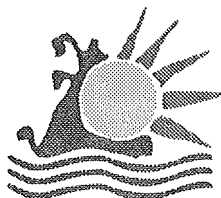
ness, Brian ran through many injuries to become the country's premier multi day runner of his time.

Joe Record - The eccentric Englishman, Joe migrated to Australia in 1975 settling in Perth. Joe set the world of multi day running alight by running six day events all over the world. In 1983, he set a new world record of 868km in winning the world six day championship at La Rochelle in France. A two time winner at Colac, Joe also ran six Sydney to Melbourne events.

If anyone has more information on previous inductees or are able to

furnish details of any omissions or corrections on the data contained in the HOF articles, please contact Kevin Cassidy by email kc130860@hotmail.com or telephone 0425 733 336. Back issues of Ultramag are available at \$10 each including postage to anywhere in Australia.

A new inductee will be admitted to the AURA Hall of Fame each three months, for the next three to four years. Check your next issue of Ultramag for further details. Ultramag is available only to members of AURA.



Coast to Kosciuszko 246 kilometres

7th to 9th December 2007 - by Andrew Hewat
[Results in December 2007 issue]

How old are you Whippet? It was Chico, our embedded Daily Telegraph reporter who had been following Tim and I for the last 38 hours of our journey from Boydtown Beach on the coast near Eden. After all this time he was still conscientiously scribbling notes on his little reporter's pad. Me? At the moment, I feel like I'm about 65. I'm actually only 44. Oh, same age as Tim then, was his reply. Yep, we're twins, haven't you heard? He looked at me slightly bewildered. I may have been dog-tired, but I still had some sense of humour left, however thin.

Here we were, starting our slog up the summit trail to the top of Mt Kosciuszko. We had a veritable entourage with Chico and "Evo" the Telegraph photographer, Lisa and Blair our crew, and of course Tim and I, the runners. The sun was setting, streaking the clear alpine sky with vivid crimson. A biting wind was whipping across the treeless landscape. The surrounding summits skulked in the fading light. Evo's flash fired off repeatedly, keeping me awake, as he tried to capture the moment: two runners, dragging themselves inexorably toward the

summit. As the light faded I could feel my systems shutting down. I had added layers of clothes to fend off the descending cold of night but the darkness of our second night on the road was closing in on my senses. My mind was being deprived of what it craved the most: sleep. My cognitive functions were fading with the light. Small obscure things took on greater proportion. I became fixated by a silhouette on the ridge-line that, to me, resembled a person bending over their pack. I could see the figure moving. There, right there, can no-one else see him? It was clearly inanimate: a rocky outcrop. Through their fatigue the others humoured me but it took a long time to move my gaze back to the business at hand: getting to the top of Australia.

What now seemed like a lifetime ago was merely a day and a half ago. Tim and I, along with 18 other runners had run, walked, and shuffled across the loose sand on the beach near Eden. Before we had even crossed the Pacific Highway onto the track that wound through the bush for the first couple of kilometres, the leaders were out of

sight and Tim and I were at the back of the field. Only 4 weeks since the Great North Walks 100 miler, our third 100 for the year, and we needed to be very conservative. How did I get talked into this? I had had no intention of running Coast to Kosciuszko because the road surfaces over 246km guaranteed to aggravate the chronic arthritis in my big toe. But the lure of Australia's biggest ultra, the mystique of running from sea-level to the highest point in Australia, the energy and excitement of the first official running of this iconic event, all became too hard to resist. Once Tim had organised crew and received approval for me to share his crew, the decision became easy. That remained the only thing that was easy.

The early hours seemed remote and relaxed. Running on open gravel roads with just a hand-held water bottle. Meeting the crew car every 4km to take on some food and refill our bottles. Apart from Jan Herman who had power walked past us up the first few steep hills only to have us repass him, there was no-one behind us. Neither Tim nor I wore a watch. We told our crew we didn't want to know how far or how long



Andrew Hewat left finishes with Tim Turner

we had been travelling. We were just out for a run. A really long run. The day warmed quickly, despite the cloud cover. When the clouds parted briefly the sun reminded us of how hot it could get out here. We would experience all kinds of weather. But for now it was good running weather.

Crew cars were leap-frogging us regularly and Jan and Richard McCormick's cars carried the "Runners ahead" signs which were a constant reminder that we were close to last. The country rolled out before us with lush green paddocks and hills of thick native bush. The hours passed quickly. We chatted away the miles. Somewhere, we passed Richard while he was off the road. Then Lindsay Phillip's crew car became more regular and soon we passed him as well, moving a lot slower than I would have expected so early on. We could see other runners up ahead on the long stretches of road. And always the crew cars, shuffling for position along the roadside. Susannah's giant rolling motel, the rented Winnebago, became a landmark beacon and the envy of many runner and crew. We passed the now famous paddock of mannequin torsos but if the naked crew were still in there posing amongst them, I didn't see them. More the better I think. The road surface was benign gravel so I changed out of my trail shoes and into my road runners. I had never changed shoes in an ultra before. But then I had never run 246km before.

there was still over 200km to go. Best not to think about that. Still, I pointed out to Tim that we were now a sixth of the way there. We only had to run another 5 marathons. He had predicted I would say that and asked me not to do that the whole way. Hmmm, maybe Hermie (Rodney Ladyman) was right, perhaps we do sound like the odd couple? Chico scribbled on his notepad some more.

The clouds closed in and you could feel the moisture and electricity building in the air. I needed to use a loo and remembered there was a primitive toilet at the picnic ground at the base of Big Jack Mountain, only a few kilometres ahead. I told Tim I would meet him there and picked up the pace. It felt great to really wind up the momentum on the rolling hills. I passed Susannah limping off to her camper. A worrying sign and I assumed from then on that she was behind us for the rest of the day. Then I passed Hermie and Phil (USA) and eventually Lawrence Mead. Rain started to fall in large drops. Little puffs of dry dust rose with each spatter of rain on the gravel road.

The picnic area marking the start of Big Jack Mountain was a popular stop for crew and I made my way quickly to the amenities. There was even a running tap. The thin tin roof rattled deafeningly as the rain turned into a tropical downpour. As I huddled under shelter waiting for Tim, Hermie came through and

The marathon point was marked with flour across the road. We passed here in about 5:15. Tim reminded me of Paul Every's remarks during the race briefing that if you are through here in less than 5 hours and are not competing for the win, you are probably going out too fast. We were right on schedule. I was feeling good and had settled into the pace nicely, a reassuring sign when

grabbed an umbrella from Anne, his crew. What a generous gesture: carrying a metal shafted umbrella in the middle of an electrical storm to draw the attention of the lightning gods away from your fellow runners.

Lawrence and USPhil came through still ahead of Tim. I grabbed my rain jacket. The wind on the wet clothes had a rapid chilling effect. Off we set on the long, long climb up Big Jack Mountain. This climb is one of the sentinel landmarks of the journey. The rainforest was thick and the fresh scent of the wet gums was a rewarding and welcome change from the dry dirt roads of the open valleys below. The rain stopped and water dripped from the trees. The natural aroma was soon lost to the gastronomic delight of our veggie-burgers being cooked up by Lisa, halfway up the mountain. The burgers were a real treat. The rain had brought with it cool air and we had to keep moving to stay warm. Big Jack goes on forever and just when you think you are reaching the top, it turns yet another corner and kicks up even steeper.

Soon after cresting the top of the climb we caught up to USPhil again. After spending 20 odd hours together at GNW I figured he would probably run with us again for quite some time. We headed out onto the rolling plateau towards Cathcart and the big question of the day: would the Cathcart Store be open? Having sat outside the closed store for an hour last year while crewing for Tim, I had salivated in the heat, looking at the ice-cream sign. When Lisa asked what I would like from the store there was no hesitation: I had waited a year for that ice cream. Jackpot: the store is open and will probably have its busiest day of the year as 20 runners and another 40 crew file through an otherwise desolate landmark. My magnum is divine. I have to fight the flies off but I make short work of it. The high plains bring with them the new distraction in the form of flies, so out comes the fly net. This is a new toy for me and I spend the rest of the day trying to poke food into my mouth forgetting it is there and getting a mouth full

Off we set on the long, long climb up Big Jack Mountain. This climb is one of the sentinel landmarks of the journey.

of fury netting. Yuck. Even worse was getting a fly trapped on the inside. They would go hysterical while trying to escape.

We turned off after Cathcart and Rod (Phil's crew) offered to drive into Bombala for ice while our crew looked after USPhil for a while. There is great camaraderie on these runs, and the friendships born of such endeavour forge a unique bond. USPhil decided to try a little of our Staminade. He went on to regret it. Or maybe it was just one of those days, but an hour or so later we lost him when we thought he had only pulled over for a wee stop. He was actually having stomach problems. Tim and I were running well and as the skies cleared again we pushed on through the afternoon without USPhil.

Paul and Dianne drove back through the field to check on progress. They counted out the runners ahead of us. The big surprise for me was Susannah, who was now in fifth place. I hadn't realised she had passed me while I was in the loo at Big Jack, and had steamed ahead. Tim Cochrane was way out in front demonstrating his favouritism was well deserved. Martin Fryer was running his own meticulous race in second place, as expected. Our Mellum teammate, Mr Consistency, Phil (Spud) Murphy, was in third. Debutante, Kevin Heaton was another surprise packet in fourth place. There was only Richard, Jan, Lindsay and Will Kaless behind us. It was great to get an update. You get starved of runner information when there are no checkpoints to relay what is happening down the line.

The evening approached. The light prematurely waned as a misty fog rolled in. We passed Michael Lovric and Allison Lilley's crew having their dinner and figured they were close. Team Bunnylove as they were known became our measuring stick for much of the run from here on. We would be close to them until near the finish. I knew we were approaching the hundred kilometre tree but the light was beating us. It

was another one of the milestones that I looked forward to. We went through the fork on the road and on and on into the mist. Every outline in the fog became the tree, only to lead to disappointment. I couldn't believe how long it was taking to reach it. In this featureless world of the fog, we were running in a void that never seemed to end. And then I could see it. Crew cars were lined up, people were milling about. Time for dinner: a humungous slab of veggie-lasagne. Lisa had been busy yet again. We stopped and Tim tried to get me to sit. I refused, and Chico scribbled more notes in his pad. I dressed a small blister on Tim's foot and changed my own shoes again. We heard that Sean Williams had dropped just past 100km. First man done. We grabbed our night gear and headed into the night our bellies very full.

We made the Dalgety Road turn-off just in light, despite the fog. USPhil had revived and caught up to us again. He was a welcome addition to our night train. The wide gravel road was easy to see even in the moonless night. I ran just ahead of the others, preferring the darkness to the glow of the head lights. The silence punctuated by my foot-falls was hypnotic. All of a sudden there were crew cars everywhere. We passed team Bunnylove, napping in their car. Then the big camper, broken down by the road. Past a hobbling Rob Boyce, struggling with an injury, destined not to finish. Past Innes who had been just in front of us all afternoon. Then a staggering figure emerged through the drizzle. It was Lawrence, half asleep, out on his feet. Soon after Paul and Di drove past again. Tim reminded them of his prediction that we would make a big surge at night. I felt it was more a case of attrition all around us. We were definitely moving along consistently but I could feel the fatigue washing over me, as well. This was weird considering I had gone much longer and further in the past without needing sleep. I think the immensity of the distance still to cover weighed heavily on my psyche and created this psychologi-

cal demand for sleep. At the next stop Tim collapsed into his chair and I staggered around the front of the car and curled up under the warmth of the engine. I could not relax. The constant thought of the car rolling over me kept me awake. I heard team Bunnylove go past. With less than 5 minutes of restless rest it was time to go.

Suddenly there were five of us running down the road: Tim, USPhil, Allison, Michael and myself. And run we did. Headlights bobbing down the road in the middle of nowhere, in the middle of the night. It was weird to be in such a big group after so many hours spread out for miles. Like nocturnal creatures we were busy doing what we love to do: running through the darkness. The staggered crew cars meant we soon lost Bunnylove and USPhil again. The drizzle in the dark played havoc with our headlights. First it would reflect back from in front of your face, blinding you. Then there would be a huge white halo encircling the road. I ran continuously through an imaginary Stargate. When I switched off my light an inky blackness enveloped me and I soon switched it back on. When a car went past our reflective vests would light up like neon signs.

There was little talk now. The crew cars were a constant reminder that the others were not far behind us but we didn't see them. Blair ran with us for a while and was surprised at the pace we were maintaining. I guess our tired shuffling gait, with little leg lift looked a lot slower than it really was. If only we could maintain this. We hit the bitumen on the never-ending road into Dalgety. I stopped for another loo stop and Tim kept going. After leaving the lights of the small township, it took me a long time to see his headlight up ahead, and even longer to catch him. I passed Joe Raftery's car, unaware that Susannah was asleep inside. She climbed out as we passed and she joined us for a while before our stops split us up.

*This was weird considering I had gone much longer
and further in the past without needing sleep*

Birds chirping signalled the approaching morning but rather than dawning it kind of crept through the mist. I started seeing all manner of things in the fog. Many times I approached someone on the side of the road only to have them disappear. A kangaroo would turn out to be a shrub. A car would be a bush. The fog grew brighter but there was still no real daylight. And then we were at the base of the Beloka Range and our crew welcomed us to the 100 mile mark. Another significant landmark, in 24:30.

I remembered this climb well from pacing Spud up it last year. It went on forever. We fell silent. I was so tired. I tried to focus on each footfall, just get to the top. My whole world consisted of just a few metres of bitumen. On and on, up and up. My legs grew heavy. My eyelids grew heavy. By the time we reached the top I was sleeping on my feet. I staggered over to the crew car, told them to wake me in 5 minutes and went straight to sleep. I woke with a start. The car door was open and someone was talking to me. How many have passed? I asked. Just Susannah. I climbed out and stumbled off in the wrong direction, half asleep. They grabbed me and pointed me towards Jindabyne. Tim rose from his chair and Lisa walked with us for a while to keep us moving. In the dawn light we saw a deer in the bush. It was a magical moment. It stopped and stared back at us. Just watching us. It was surreal. It could have been a dream, but it wasn't. And then it was gone.

We came up behind Susannah, limping badly but still maintaining a good pace. I was worried about the tourniquet type bands she had around her thigh. There was a massive bruise running down the back of her thigh. I have seen this many times at work. There was no doubt she had torn one of her hamstring muscles. I counselled her on removing one of the tight bands, fearing the possibility of causing a venous clot once she stopped moving. Joe was still crewing for her and was driving into Jindabyne to try

and buy some sort of compression bandage to alleviate her pain. I was worried about both her chances of finishing and possible further injury in the process. It is hard to fathom what it took for her to finish.

As we approached Jindabyne the traffic increased and the fog burnt off. We shed layers and came back to life. A new day but still a long way to go. Somewhere in the night I had strained a calf muscle and it was really starting to hurt. It was worse after stopping when it would stiffen up. This helped my resolve to keep moving. We sent our crew into Jindy to buy some supplies. When we reached the lake we were afraid of taking the bike path in case they missed us. So we stuck to the hot, hard, stinking bitumen. It was also longer than the bike-path. We reached the service station and I refilled my bottles, remembering Brendan's plight of running dry out here last year. Then our crew rolled up, with ice creams and aeroguard. Lifesavers. It was back with the fly netting and sunscreen, as the sun and the flies began to bight into us. My ice-cream melted faster than I could eat it. It was getting hot.

Jindabyne had been a major mental focus. Now that we had passed it and begun the climb up Kosciuszko in earnest it required a new resolve. We still had over 60kms to go. That is a quarter of the distance. Careful not to say that out loud. Running was becoming almost impossible. My feet felt macerated despite having no blisters. The pounding from GNW a month prior and the unrelenting hardness of the bitumen from Dalgety had tenderised my soles. When I drank the flies would sneak inside my netting and drive me mad. The sun was getting hotter. And still we went up, and up. Into the National Park. We hung on every mileage sign, counting down the distance. When we discovered that one had been wrong and we still had further to go than we thought, it crushed us mentally. Blair and Lisa took turns walking with us to keep us moving. Their company helped distract us. The smell of the rotting wombat

carcasses on the roadside and the incessant flies focused our attention back to the task, almost like smelling salts to the knocked out boxer.

We passed an unused ski hire depot and I headed straight for the shade of the drive through entrance. I lay down on the cool concrete and put my feet up on the wall. Give me five minutes, I said. Five minutes never felt so short. Blair hustled us on. We passed through one of the ski villages. I was oblivious to their names by now. A group of firemen came out to clap and cheer us on. After so long without any acknowledgement this small but generous act was overwhelming. I was getting tired. Really tired. Bunnylove's car seemed to be passing us more frequently. I didn't really care anymore. As we crossed the floor of one valley I looked back and saw two small figures crest the ridge behind us. I could make out Michael running backwards, waving Allison along. I swear he skipped and then ran backwards. Oh god, if he has that much energy let him just pass me. Now. It took some time but as we sat in our chairs, Bunnylove went past. We leapfrogged them a couple more times before they disappeared for good up ahead. No more crew cars except those coming back with their runners.

Charlottes Pass. I thought we would never get there. I put on tights and long sleeves. I tried changing back into my trail shoes. They hurt my feet. I had no blisters but my feet felt like they had been tenderised with a meat mallet. Back into my road shoes. I grabbed my camelbak. I was struggling to think of what I needed. Paul was helping me and asked if I had my light. My light? I know I packed one, I'm sure I did. But where? It seemed so long ago. My mind was fuzzy. My light? Hang on, I had used it last night, I knew where it was. I really wasn't with it. And so our entourage headed off on the final leg of our journey. Nine kilometres to the summit and 9km return. We had barely started when Ron Schwebel came barrelling down the path with Hermie only

100 metres behind him. How cruel, to be "sprinting" to the finish after 38 hours. Tim and I had made a pact when team Bunnylove were chasing us down that if it came to a race on the summit trail we would concede graciously. Truth is we couldn't run. I hadn't been able to run for some time now. My calf screamed when I tried to break stride. And my feet were just so, so sore.

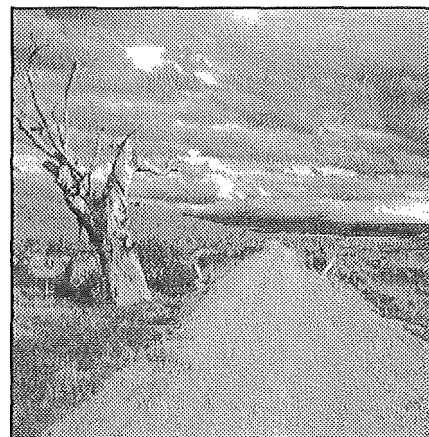
And so I found myself dragging my tired body relentlessly up the rough gravel path leading to the summit. We crossed the trickle that is the beginning of the Snowy River. We trudged from pole to pole. We passed Seaman's Hut as all trace of the sun faded beyond the horizon. Just three kilometres to go. We reached the saddle, just one kilometre to go. There were porta loos here. Tim needed to go. I didn't want to stop but we all did. I gazed across the distant landscape in a trance. Evo's camera clicked away. Those crimson streaks across the alpine sky were a magical backdrop to this journey's end. But the darkness was taking over.

As we reached the final path up to the summit a hiker came rushing along a side path to catch us. Evo and I were at the rear and she just caught us. She asked if we had lights? Well yes, but we needed them. She asked if Seaman's Hut would be open? Well, yes, it is an emergency shelter. Turns out she was part of an inexperienced party of 4 day trippers who had underestimated their hike and found themselves exhausted and with only one tiny light and inadequate gear in the approaching darkness. We pointed them towards the hut, but also suggested they should be able to make it down to Charlottes Pass. We had to hurry to catch up to the others.

The final climb winds around the summit in a huge circle, like a spiral staircase. I knew there was phone signal here so asked Blair if I could use his phone to call my wife (first time since before the race). Her familiar voice dragged me hundreds of

miles away, back to a world of quiet comfort and warmth. My emotions were overwhelmed and as I hung up tears streamed down my face. This was it. I was really going to do this. I was going to conquer Coast to Kosci. Euphoria swept over me. Michael and Allison came around the bend and we all hugged. More tears. I had no control now, but I was doing my best to just keep moving. We rounded the last corner and the wind pushed me sideways. There it was: the silhouette of the Strezlecki Monument. The highest point on Australia. Tim and I clambered across the huge uneven boulders and stood proudly on either side of the rock plaque. We hugged and held our hands aloft triumphantly. There was no hiding the tears now. I looked at the monument. I had to climb up and stand on it. Adrenaline took over and before I knew it I was balanced on top with my arms raised, saluting our victory. Evo's camera flashed repeatedly, lighting up the blackness. The wind buffeted me as I stood on the perilously narrow platform but there was no way I was giving in to the elements now. This was what we had struggled through 40 hours and 237km for. Nothing was stopping me now. I climbed down and Tim said: why'd you do that, now I've got to get up there as well. And up he went. And he will never regret it. The exhilaration of his victory salute was captured by Evo's flashing camera. A moment in time captured forever. The moment we reached for the sky and felt like we could touch it.

But we hadn't finished yet. We still had 9km to get back to Charlottes Pass and the finish-line. At the base of the summit we ran into Jan. What an awesome effort to walk at that speed for so long. He is a true legend of our sport. We pushed on, just wanting it to end now. I kept looking for Seaman's Hut and eventually it emerged out of the darkness. I went over and knocked and a rather dishevelled and tired hiker came out. They were planning to stay for the night and once we had established they were safe and had

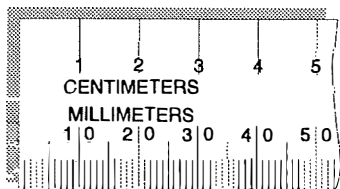


The 100km tree

notified others of their plans, we left them most of our food and drinks to get through the night. Reassured they were safe we continued. Back on the path I realised I had used up all my reserves with the emotions and adrenaline on the summit. Now I was struggling to keep going. We met the rest of the field that would go on to finish still on their way up. First Will, then Lawrence and Susannah and then US Phil. A procession of raw determination. They all looked worse for wear and I pitied them knowing what they still had left to do but was proud to share in their achievement.

The finish line seemed to take forever to reach. The dim glow of torches finally signified the car-park and the end of the trail. Tim and I held our hands up in one last victory salute before collapsing into Paul and Di's arms for celebratory hugs. Not much was said. It didn't need to be. The last of my emotions were squeezed out of me. The satisfaction was indescribable. The relief was tangible. We hugged our crew, Lisa and Blair, without whom there was no-way we could have achieved this. I sank into a chair and was wrapped in blankets and retreated into myself where I reflected on the enormity of what we had just done. And I savoured the sensation that welled up inside of me, the realisation that I had conquered Coast to Kosciuszko.

Those crimson streaks across the alpine sky were a magical backdrop to this journey's end



Measurement of Trail Races

By Andy Milroy, Ken Young and Ross Zimmerman.

Until recently the difficulty of measuring a trail course to any degree of accuracy has proved a major problem. The advent of Global Positioning System (GPS) has enabled runners in the Tucson Trail Run Series (TTRS) to obtain the distance of specific trail runs, even those which are on very rocky and mountainous trails. This essentially uses a runner instead of a bicycle as the measuring vehicle. A serious runner will tend to run the shortest available route.

TTRS was started in the late 1970s by Ken Young. Ken laid out the original routes using the series of maps created by the Southern Arizona Hiking Club with the trails marked in red, including distance estimates. Ken used those estimates and hand-calculated climbs from the contour lines on the topographic maps. Most of the distances were obtained by the traditional methods that National Forest and National Park trail builders used for decades. When runners began to use handheld GPS units in the 1990s they could compare their estimates to well-known routes on excellent maps. This provided a "calibration standard" to help evaluate the accuracy of the new technology. In addition to one of the authors (Ross Zimmerman), Wayne Coates has done extensive GPS mapping with trails and Duane Arter used GPS tools to lay out the Old Pueblo 50 mile course. On the web check out <http://wayne.coates.name/TTR.htm>, <http://www.ultra-zone.us/OP50/map.htm>, and <http://blog.ttraz.org>. The latter weblink will provide a route to further information for interested readers. Ross would happy to correspond with those interested and to share his knowledge and experience. Contact him at ross.zimmerman - he uses Google's Gmail

GPS operation depends on the handheld unit triangulating its position relative to the constellation

of GPS satellites orbiting the earth. Typically the unit needs to lock onto at least 4 satellites to locate itself with decent accuracy. With previous generations of GPSes, this was often a problem when trees or cliffs blocked direct line-of-sight to the satellites. Since new radio circuits have come out with much better signal lock, GPS technology has become much more effective. Ross Zimmerman, TTRS co-administrator makes most of the maps that are provided to participants. He has used several makes and models of GPSes over the past 10+ years. Currently he uses a Garmin 60CSx, which has the newer radio and has a stubby external antennae. It almost never loses signal. In his study at home it finds 8-10 satellites.

A GPS can determine its position at the user's request, or it can automatically keep a "track log" wherein the GPS takes a reading at intervals which the user can specify and then keeps recalculating locations, distances, speed, etc. Typically, one uses a GPS in conjunction with mapping software such as the mapping tools from Delorme, Maptech, TopoFusion (All Windows only), National Geographic (Windows and Mac), and MacGPS Pro (Mac only). GPS manufacturers also may have software, like Garmin's Mapsource. In all cases, one attaches the GPS unit to the USB or serial port of the computer and transfers data into the mapping software.

Until recently the 60CSx was one of Garmin's top of the line consumer models. . Garmin is the handheld GPS market leader, with a reputation for accuracy and ease of use. Other well-regarded manufacturers include Magellan and Lowrance. (Newer Garmin GPS models with more features came out a few weeks ago, but they appear to have the same radio receiver.) The 60CSx is oriented for the hardcore GPS user; Garmin has other models that are

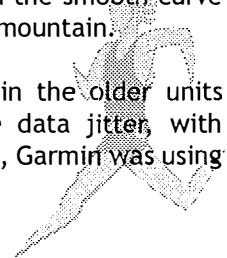
smaller and oriented toward runners (wrist wearable Forerunner series) and cyclists (Edge). The model numbers in those lines ending in x05 have the newer radios. The 60CSx probably still holds signal better. The sport-specific Garmins come with PC software for analysing your GPS data in ways that are useful to your sport.

When Ross undertakes a GPS run or ride, he clears the counters and the track logs on his GPS unit. Typically he keeps his on the counters displays. This tells him things like how far, how fast, how high, how much time, etc. He uses the GPS for road and mountain bike rides as well as runs. This has provided another useful set of comparisons, since his bikes have their own "bike computers" which count wheel rotations. For example, at the Death Ride in the Sierra Nevada of California, the event is claimed to be 129 miles long. Both Ross' bike computer and GPS calculate the distance at 125 miles.

As mentioned, the accuracy of your GPS unit depends on the number of satellites you have a lock on. 3 is bare minimum for 2D, 4 for 3D. With a good set of satellites, accuracy can be within 10-20 feet of true location. When Ross finishes a run, he turns off the track logging straight away. (He found when he tried to save a track and use a "Saved Track" for his maps that Garmins only save a digest of the full track log.)

He has found the estimates directly from the GPS are can't always be trusted for reasons he is still trying to work out. The calculation produced by the GPS unit assumes you're moving on the smooth curve of sphere, not a mountain.

It is likely that in the older units which had more data jitter, with variable readings, Garmin was using



a smoothing filter to compensate for aberrant data points. This could affect the readings seriously on switchbacks. Newer, more sophisticated units can now also calculate total feet of climb, however probably with some extra feet due to jitter. It's very important to have a GPS with a barometric altimeter if you want accurate elevation reading. GPS-only elevation estimates are notoriously inaccurate. Even with the barometric altimeter, there is some scatter to the GPS altitude data, resulting in overestimates of climb and descent. Ross is working with Larry James, the author of MacGPS Pro, on this issue.

After completing a run or ride, Ross notes the GPS tripmeter value, but downloads the GPS track log into the computer. Newer GPSes have USB ports. Maptech Terrain Navigator and MacGPS Pro typically compute slightly different, usually shorter, trip distances than the built-in tripmeter of the GPS. Both are simply adding up all the track point to track point distances.

So in addition to an array of choices for the GPS itself, one has lots of computer mapping software choices. That could be an entire series

of articles. One differentiator is the ability to edit your individual data points. If that's important consider Topofusion. If you're a Mac user, MacGPS Pro lets you supply your own maps from multiple sources.

One issue that concerns some people is the loss of signal through tree cover.

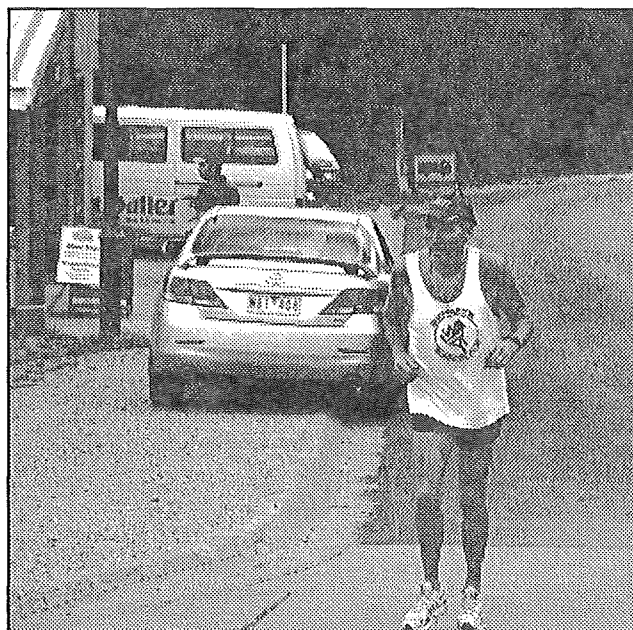
Both tree canopy and canyon walls can block satellites. When your GPS loses signal, usually the unit will bleep. If it is swiftly removed from its holster and held over head it will often lock back on with a further beep. Switchbacks can compound the issue, especially if they are under trees or between cliffs. In Ross' experience, this problem is vastly improved with the new model GPSes with the new radio receivers. But if you'd like hear about Dave Patten's tests with an older model eTrex go to this link—<http://members.shaw.ca/davepatten/gpsintrees.html>

Until we get to the next generation of GPS satellites and associated handheld receivers, the technology is still some way from the precision of calibrated bike and steel tape measurements.

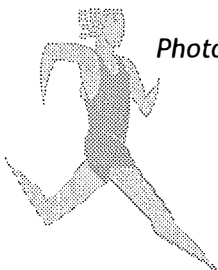
If the short course prevention factor currently used for road courses were doubled, [from one metre per kilometre of distance of the race course, to two metres per kilometre, over the marathon distance from 42 m to 84 m,] that should be sufficient to insure the course to be at least the advertised distance.

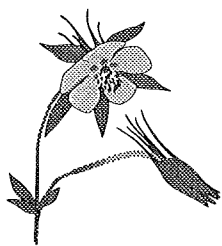
If several runners in a particular race used GPS technology, particularly combined with good computer mapping software that could give a very good indication of the actual distance of the course. Such ongoing re-evaluation would take care of any year-to-year variations in the course. In the discussion list TTR_AZ used for the Tucson Trail Run Series, past run comparisons of GPS readings are a frequent topic.

The GPS gives total distance, splits, times, elevations, total climb and descent, and all sorts of other figures. From this a detailed profile of the course can be produced, and much of the uncertainty of trail running can be resolved. This would greatly aid in determining whether great performances have been set, or if the course was just short.



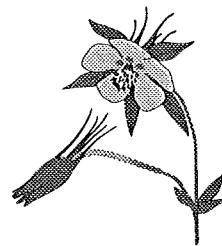
Photos above from Mansfield to Buller - Peter Black on left and Brian Gawne who has finished all 16 of these events





Ken Matchett R.I.P.

By Kevin Cassidy



The running community is mourning the loss of one of our true legends.

Diagnosed with a brain tumour in May 2007, Ken was advised to retire immediately from running and to undergo an aggressive treatment program of chemotherapy.

Showing all the fight that took him to numerous world age group records, Ken finally lost his fight on March 10th 2008 aged 86

Ken was a late starter to athletics having taken up running for the first time in his forties but certainly packed more than a lifetime of achievements into his remaining years.

Popular amongst the Veteran Athletic circles in Melbourne, Ken moved to marathons where he went on to become a Melbourne Marathon Spartan [10 finishes]. Not content with 10, Ken continued his streak and went onto become president of the Spartans Club.

Ken had reached his seventies when he began his foray into ultras. Despite being well beyond retirement age, his tough and determined nature soon saw him rewriting the record books. It would take me a week to research all the exact details of Ken's career but memory tells me his first world record was the Over 70's 50km. From that point onwards, it was almost a procession over a variety of ultra distances as he moved through the age groups, Over 75's then Over 80's where he and fellow octogenarian, Stan Miskin, traded many a world record each time they set foot on the track. Their contest at the Colac Six Day Race a couple of years ago is legendary.

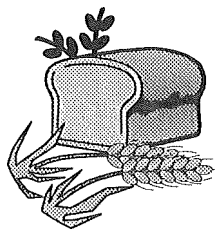
Ken had moved into the Over 85 age group when he lined up at the Coburg 24 hour event last year and an entire new set of world records were at his mercy. Sadly, he was never to grace another event.

A familiar sight running the streets of Melbourne's suburban Montrose in his distinctive yellow singlet, Ken was known by all.

An exceptionally intelligent man, Ken's working life produced many educational contributions in the fields of mathematics and science.

Always polite and quietly spoken, Ken was the consummate gentleman.

My strongest personal memory is of dining with Ken at a South Melbourne pub after an AFURA meeting. As my meal was placed in front of me, he leant forward pointing at my vegetables. "Make sure you eat them all and you'll go forever" He advised quietly Sound advice indeed.



Eating for Endurance: What, When and Why

By Nancy Clark, MS, RD

Some athletes consider food their reward at the end of the day; they save up their appetite for a huge feast at dinnertime. Wiser athletes treat food as fuel; they knowledgeably fuel before, during and after exercise. They get more out of their workouts and prevent needless fatigue. If that is your goal, keep reading!

What to eat before you exercise

Contrary to popular belief, pre-exercise food does NOT simply sit in the stomach and hinder athletic performance. Rather, it enhances stamina and endurance. The following study confirms this point: On two occasions, athletes exercised moderately hard until they were exhausted. In one trial, they ate a 400-calorie breakfast three hours before exercising. In the second trial, they simply had a dinner the night before. When they exercised "on empty," they biked for only 109 minutes, as compared to 136 minutes with the breakfast. That's almost half an hour longer! Exercising without fuel left them lagging.

Even if you eat five minutes before exercise, you'll digest the snack and burn it during exercise, assuming you will be exercising at a pace you can maintain for more than 30 minutes. This means, you can enjoy a granola bar and banana on the way to the gym to fuel your workout. Research suggests this pre-exercise snack can help you perform 10% harder in the last 10 minutes of a one-hour workout. Go for it! Your goal is to target 0.5 grams carbohydrate per pound of body weight within the hour before you exercise. This means, if you weigh 150 pounds, you should target about 300 calories. This is far more than most athletes consume. Obviously, the amount will depend on your stomach's tolerance to this pre-exercise fuel. If you have a finicky stomach,

liquids or semi-solids (Boost, yogurt, applesauce, pudding) might empty from the stomach quicker than oatmeal, bagel, banana, animal crackers or graham crackers. The trick is to teach your intestinal track to tolerate the pre-exercise food so you can avoid undesired pit stops.

Eating During Exercise

If you are exercising longer than an hour, plan to consume carbs and fluids during exercise to maintain energy and prevent dehydration, needless fatigue. Depending on your body size, intensity of exercise and intestinal tolerance, you'll want to target about 100 to 250 calories of carbohydrates per hour after the first hour of a 2 or 3 hour event. If necessary, set your watch to beep every 15-20 minutes as a reminder to consume 8 ounces of a sports drink, a dried fig or a quarter of an energy bar + water. If you are doing an Ironman or ultra-distance event, you'll need to consume even more (400-500 calories/hour).

During a moderate to hard endurance workout, carbohydrates in muscle glycogen and blood glucose supply about half of the energy. As you deplete muscle glycogen, you increasingly rely on glucose (sugar) in your blood for energy. By consuming sports drinks, gels, bananas, hard candies, peppermint patties and other carb-based foods during exercise, you will fuel your muscles, maintain a normal blood sugar and prevent the dreaded bonk.

Your brain relies on the glucose in your blood for energy; keeping your brain fed helps you think clearly, concentrate well, remain focused and perform better. Do NOT "hold off" until after your workout to eat. Rather, fuel during workouts. For example, cyclists should eat while on the bike. Coaches should give teams a snack break during long (2+ hours) practices.

Your body doesn't care if you ingest solid or liquid carbohydrates both are equally effective forms of fuel. You just have to learn which sports snacks settle best for your body—gels, gummy bears, dried figs, sugar wafers, tea with honey, sports drink, defizzed cola? If you get your energy from solid foods as opposed to sports drinks, be sure to drink additional fluids. That is, athletes who eat energy bars during exercise can too easily under-hydrate.

Despite popular belief, sugar (as in sports drinks, jelly beans, licorice) can be a positive snack during exercise and is unlikely to cause you to "crash" (experience hypoglycemia). That's because sugar taken during exercise results in only small increases in both insulin and blood glucose. Yet, if you consume too much sugar (>250 calories/hour), the high dose might slow the rate at which fluids leave your stomach, causing sloshing, discomfort. (If you experience GI distress, slow down and work at an easier pace.)

Post-exercise Food

If you will not be exercising again for a day or two, you need not worry about rapid refueling. But if you workout hard twice a day, you should consume post-exercise carbohydrates as soon as tolerable—ideally 0.5 grams carbohydrate per pound body weight every hour, for 4 to 5 hours (300 calories per hour, if you weigh 150 pounds). Consuming some protein along with the carbs stimulates faster glycogen replacement and optimizes muscular repair and growth.

Some commercial recovery foods tout the benefits of whey protein. Current research indicates no advantage of whey over casein in terms of muscle growth. Yes, you can buy commercial recovery foods that contain protein, but you can just as effectively-



The trick is to plan ahead and have the right foods and fluids readily available

ly enjoy cereal with milk, bagel with peanut butter or pasta with meat sauce. These foods offer carbs with an accompaniment of protein (a ratio of 40 gm carb, 10 gm pro). If you prefer liquids for recovery foods, choose Instant Breakfast, chocolate milk, Boost, yogurt or fruit smoothies; they are tasty sources of carbs + fluids + a little protein. The trick is to plan ahead and have the right foods and fluids readily available...

Post-exercise Fluids

Preventing dehydration during exercise is preferable to treating dehydration post-exercise. But if you failed to drink adequately (as indicated by scanty, dark urine), you may need 24 to 48 hours to totally replace this loss. Fruit juices, smoothies and watery fruits are better than plain water because they offer carbs, protein, vitamins and other

nutrients that optimize recovery and invest in good health. If beer is your preference, be sure to first quench your thirst with orange juice, soft drinks or sports drinks and eat some carbs (pretzels, thick-crust pizza) so you get carbo-loaded, not just "loaded"! Or think again. Would you be wiser to simply enjoy the natural high of exercise?



The Road to Nowhere: The North Face 24 hour Treadmill Race

6/7 March 2008 - By Martin Fryer

"If the doors of perception were cleansed every thing would appear to man as it is, infinite. For man has closed himself up, till he sees all things through narrow chinks of his cavern."

- William Blake, *The Marriage of Heaven and Hell*

Treadmills are not for me

I think it was sometime in early January this year when Ian Cornelius, President of the Australian Ultra Runner's Association (AURA), sent around an email seeking expressions of interest for participating in a 24 hour treadmill race. The race was a promotion for the opening of a new store in Melbourne for The North Face (TNF), a global company in outdoor apparel and equipment that have recently committed to supporting endurance athletes and events in Australia (they have a great 100K race in the Blue Mountains coming up in May). I was one of the first to reply by email with a decline, stating that I had not enjoyed any of the limited treadmill running that I had done over the years. Moreover, the event was scheduled for the day before the 6 Foot Track 45K trail race and I had an unbroken run of 11 successive finishes with my 12th due this year for my special Buckle award.

Maybe treadmills are for me?

Somehow, between early and late January several of the original runners for the TNF event dipped out for various reasons and I sensed that I may need to step up to the plate. After a great deal of thought and two or three glasses of shiraz I decided one evening to volunteer, secretly hoping that my offer would be graciously declined and my 6 Foot track training (which was going really well) would continue unabated. Next thing I knew - myself, David Waugh and Deanne Nobbs were selected to race in the event on 6/7 March and I started receiving requests from TNF people for biographical details, photos etc so they could draft a media release. "This race is a face-off between Martin Fryer, king of the track and David Waugh, king of the mountains with current Australian 100km champ Deanne Nobbs to keep them honest" the media release promised, "with elite athleticism and stamina in a uniquely concentrated 'fishbowl' environment". After reading this I

wondered what the hell I was in for! My head was spinning with questions about training and event logistics and I tried desperately to formulate some strong personal reasons for doing the event that would keep me focused for the 5 weeks or so that I had left to prepare. What I came up with was a mixture of altruistic and non-altruistic reasons: Firstly, I wanted to help promote AURA and ultrarunning in general as there is little public awareness of the sport in Australia at the moment, unlike the golden days of Cliff Young and the Westfield Sydney to Melbourne races. Secondly, my dealings with TNF people made it quite clear that they were committed to supporting endurance athletes in Australia- in particular they would donate \$5000 towards the Australian 24h team to compete in the World Champs in Seoul in October 2008. As I had been an Australian 24h rep for the past 2 years and had funded quite a deal of this from my own pocket I was delighted at being able to do something that would help this year's team get some much needed

*a character-building mental and physical challenge that would
make any future ultraendurance events seem easy*

extra financial assistance. Thirdly, TNF were offering \$5K prize money for the race- so I could hope to get at least some of this which would help cover some of the debt I had incurred last year with my trip to the Western States 100 mile trail event in California and the World 24h Champs in Drummondville, Canada. Finally, after all was said and done, I convinced myself that doing this event was a bizarre but natural inwards progression from the 24 hr and 48 hr events I had done on a 400 m track over the last few years. Those events had restricted me to a track but this was going to claustrophobically lock me in a shop window, indoors, exposed to the public and TV cameras on a treadmill for 24 hours - surely a character-building mental and physical challenge that would make any future ultraendurance events seem easy! That was it - I was motivated to become one tough, focused bastard.

How do you train for a 24h treadmill event?

After quite a lot of research on treadmill running on the Web I quickly made up my mind that I was not going to do a huge volume of K's on the treadmill, despite breaking the Principle of Specificity of training. This was in contrast to Deanne, who had emailed me saying that she was doing 160K/week on the treadmill with at least 2 hours per day-yikes, I was being pretty slack here. After my inaugural training run of 31K over 3h at the end of January it was clear that this was not "normal" running and that my sanity would be better served by continuing my hard 6 Foot Track training outdoors with one long training run on the treadie each weekend just to play around with gait, technique, pacing, hydration etc. So, from then on I would dutifully don my new North Face shoes and gear that I had been given and set off to do a string of five long runs over five weekends- ranging in duration from 3 to 4 hours and in pace from around 10 to approx. 12 K/h. I played around with different run and walk ratios and speeds,

measured my heart rate changes at different duty cycles and ate and drank from the start of each run. 10 K/h was a dawdle shuffle, 11K/h was easy, 12K/h seemed faster than 5 min/K outdoors and most speeds faster than that seemed too fast for 24h running. On the walking side of things 7K/h was comfortable for eating/drinking, 7.5K/h was brisk and 8K/h required almost too much effort to be worth it. During this training period I regularly received emails from Deanne, informing me of her progress and asking me questions about pacing, hydration, food etc. She had a very supportive team at the local gym helping her with every aspect of her preparation, which was just what she needed if she was going to move up from her previous longest ultra run of about 6h to 24 h on a treadmill. I also had a phone call from David, who was recovering from some injuries after coming third in the Cradle Mountain trail ultra. We talked each other up into more enthusiasm, convincing ourselves that this was going to be one interesting but bizarre adventure that we should be thankful for having the opportunity to do.

The last few weeks before the event went quickly and I moved my training focus to lots of core work at the gym plus some short races at the track (a 10K track PB with 2 weeks to go) and with the ACT Cross Country Club. The approach of the event was brought home to me when I had to do a radio interview with a Melbourne radio station in the last week. With some short distance PB's under my belt I knew my aerobic base was excellent and all I had to do was stay relaxed and focus on the task ahead. I tried to think back to a point in my life when I had been my strongest and leanest and I remembered how I felt a few decades ago after I had finished a month of trekking in Nepal on a diet of rice and dahl. So, in the last week before the race I not only went caffeine-free (which I always hate!) but ate mostly rice and dahl and tried to imagine myself as a tough, but austere, running

Zen master, which I thought would be the right mental outlook for this upcoming event. I scanned the previous best World performances on treadmills - it struck me that they were generally a bit lower than outdoor distances achieved (perhaps due to the boredom or conditions?) so my low goal was 200K, medium goal 220K, high goal a distance PB (233+), very high goal 240K+, and ridiculously outrageous goal a World Record (248K).

The North Face shop, Melbourne: my home for the day

After escaping from all my work commitments on the Wednesday afternoon it was liberating to fly to Melbourne and arrive at the penthouse suite of the Medina Apartments, which TNF had arranged for us. I remarked to David what a waste this was on ultra runners before an event as it was the ultimate venue for a really good party, with views across the Melbourne skyline. A short walk to the TNF store revealed a much smaller store than I had imagined with a hive of activity of friendly, attractive TNF staff, half deconstructed treadmills and treadmill calibration technicians, cameras, plasma screens and a media console that was like the cockpit of an airliner. It felt pretty restrictive - the space was confined such that only two of the three treadmills could be in the front, street-side windows with the third placed at the back of the store which faced the inside of the Galleria shopping plaza. We decided that drawing straws was the fairest way to choose treadmills as each had its own pros and cons. The final set-up was David on the treadmill in the front window facing directly onto Elizabeth St, me on the other front window treadmill a few feet away, perpendicular to him facing the entrance to the Galleria Plaza, and Deanne about 30 metres away on the treadmill in the back of the store facing the inside of the Plaza.

Race day: running mannequins under the public eye

Race day started following a fairly restless night's sleep with a brief walk to the store at 5:45 am with the other runners and Ian Cornelius. Media and publicity pictures were taken between 6 and 7am in what were really quite hot conditions. I was particularly concerned about getting a cooling fan focused appropriately on my treadmill as I knew the heat would really slow us down.

After some final calibrations and a countdown we were off. It was good to finally get going and I quickly settled into an easy rhythm of running, interspersed every now and then with some walking, during which I would take in some fluids and calories. David's approach was different in that he kept a consistent but slower running pace going. The setup was such that each runner had a big fan blowing onto them at the distance and angle they preferred. Each treadmill had a camera permanently focused on the runner and there were big plasma screens in the windows next to each runner that alternated between live shots of them, various biographical photos and previous performance information, and the number of calories burned. Fifteen minute updates on the total distance covered by each runner were written manually onto small whiteboards and placed directly in front of each runner in the shop window so the public could see how far we had run.

Despite a lot of technical attention we were stuck with having to re-set the treadmills every 60 to 90 minutes or they would start to go into automatic cooldown mode and shutdown. My treadmill did this at 60 minutes so I quickly got into a routine of manually stopping the treadmill before the hour was up (normally at around 10.5 to 10.6K elapsed during the first 12 hours) and then re-starting it again. In between all this it always seemed to be pretty busy and I was surprised how easy it was to stay entertained by all of the distractions- in fact, I never used my mp3 player once during the whole event.

Inside the shop there were continual offers of help from our crew members from AURA (thanks Ian, Bert, Rob, Coran) and TNF (thanks Andy, Paul, Trease) - refilling drinks, spraying us down with water spritzer bottles, words of encouragement, and occasional conversations on a variety of topics. At various points in the race there were also photographers flashing shots of us from every conceivable angle and in the last hour we had TV reporters and crews crammed into our limited space as well. During all this I kept reminding myself that this was my "home" for the day and that I should just take it all in and enjoy the ride. The first marathon went by effortlessly at around 4 hours- one down and hopefully at least 4 more to go. David and I appeared to be almost perfectly matching our distances with me establishing a lead of barely a few hundred metres at this stage. We would sometimes stir each other up a bit with light-hearted banter and have a brief chats to see how each other was going. I remember one period where we concocted some trail running visualisations for each other for some amusement to pass the time.

The Time Machine: outside she-nanigans and entertainment

Meanwhile, what was occurring outside the shop window was fascinating and entertaining in itself. Seeing a day go by in a shop window while looking out at the people reminded me of some of the scenes from the original black and white movie version of HG Wells' "The Time Machine. It was like time-lapse photography where I felt the day change its moods according to the subtle transitions in the quality of light and shade outside and the ebb and flow of the pedestrians and their reactions. Early in the first day things were quiet and I could see the city slowly waking up- we stole a few half-interested looks from the early starters with their steaming cups of coffee. The pulse gradually increased to the morning peak hour commute but people were still pretty busy and only the occasional person would

stop and have a good look at us and view the screens. Around the 5 or 6 hour mark it was the peak of lunch-time and now good sized crowds were building up and there was an increased sense of spectacle. Having all these people staring at you was quite strange at first and raised the question in my mind as to what sort of level of interaction I should have with the outside observers. Do I keep focused on the job at hand and keep my patented serious, stoic look? Or maybe ham it up a bit and joke around a bit? Throughout the day I ended up doing bits of both, according to my prevailing mood and pain and fatigue level. David was a lot more interactive and optimistic and was well suited to having the absolute street frontage view. I was facing the automatic sliding glass doors to the Plaza and would sometimes have someone walk by focusing on me, only to walk face first into the glass panels and return an embarrassed "DOH" type look and scamper away. Between the two of us we observed an intriguing array of responses to our presence including stares of pure disbelief, people raising their hands to the side in a "Why?" posture, lots of kisses blown, plenty of waves, a few claps, the thumbs up, looks of bemusement, supportive smiles, and some people just standing and staring. In the wee hours of Friday morning we caught the drunken pub/nightclub crowd which brought a different repertoire of responses ranging from rowdy cheering and banging on the windows through to grateful gestures such as partial stripteases and mammary imprints on the windows. All in all it was surprisingly entertaining, and made most of the time pass by quite easily.

The Rear Window: the Deanne Nobbs Fan Club

While David and I were caught in "Front Window World" we could hear a whole lot going on in "Rear Window World" where Deanne seemed to have a constant army of helpers and entertainment. Before the race I had suggested to her to try to aim for a fairly conservative

*it always seemed to be pretty busy and I was surprised
how easy it was to stay entertained by all of the distractions*



Martin Fryer presses on with Coran Lang in support

9K/h over the first 12 hours so that she could bring it on home in the second half to comfortably break the second ranked Women's World treadmill distance of about 185K. Occasionally we would hear cheers and applause as she doggedly and systematically achieved her successive time and distance goals. Deanne's continual stream of support and cheer squad came not only from her home town of Shepparton (family, gym managers, schoolkids she had taught etc) but also included several enthusiastic members of the Coburg Harriers Club, and even extended to an admirer from a nearby shop, who serenaded her with an operatic whistle to the classic song 'I Did It My Way' just after nightfall.

Getting serious: Pain, Fatigue and The Business End

I was truly shocked to feel so good after the first 12 hours and had chalked up a big distance PB of around 127.5 K, with David only a few K behind at most. This had me thinking that my long sought after

240K+ goal was actually a possibility if I ran smart - with a quick bit of mental maths I realised that I had averaged about 10.5K/h so all I had to do was average 9.5K/h in the second half to make the 240. So, each hour, despite the gradually increasing pain and fatigue I tried to get to at least 10K in order to make things a bit easier at the end. David was pretty much aiming to do the same thing. My first 100K split was about 9h20 min and things went pretty smoothly until close to the 200K mark (reached just after 19h elapsed with a second 100K split of about 9h40min). Prior to this I had taken two very brief pee breaks but now I desperately needed a number two, despite taking in no solids whatsoever through the entire race. There was no toilet within the shop so this meant stopping the treadmill and walking out of the shop into the Plaza (which was now closed) and around the corner to some port-a loos which were in another unused shop space. Unfortunately, when I went to use these facilities they had been locked up by the Plaza security people. This

meant that I had to walk up the stationary escalator steps to the next level and then find the Plaza toilet facilities. By the time I did this and had sat down I stiffened up terribly and had a hard time completing my ablutions. After what seemed like a lifetime (probably only 10 to 15 minutes) I eventually hobbled back down the escalator stairs plus the upper level North Face stairs to restart a much less sprightly pace on my faithful treadmill. So, in hour 19 to 20 I think I barely did just over 8K, which, in retrospect, was probably the defining point at which the Men's World 24h Treadmill Record of 247.68K (which I had not been thinking about) was taken from my grasp.

Hours 19 through to 22 (2 am to 5 am) were bloody horrible: I was regularly getting powerful, overwhelming cramps in my left hamstring that almost had me fall off the treadmill several times before I could slow the thing down to a walk. This would have been a good time to have someone there that knew pressure point massage but alas it was not to be. I was able to walk these cramps out but they were occurring more frequently when I ran and had forced me to drop my running speed to barely 10K/h and later even slower. My support crew were doing everything they could to help with fluids and water spraying but the pain and fatigue were becoming overwhelming. During this period David was running really well and he was quickly closing the gap of 4K or so that I had built up over the race. He was remarkable because he managed to do this while giving several live radio interviews to a local Melbourne sports station, all in a lively, upbeat manner. I don't think a radio interview with me would have been very good listening at that point, so I am grateful to David for his unselfish contribution to The North Face publicity requests. In stark contrast, my focus had turned very much inwards and I had reached that point that all ultrarunners reach where survival depends upon a pure focus on rhythm, tempo, and breathing as a way of escaping the overbearing difficulties. It was dark outside and I remember spending a long time focusing on the reflection of my legs from the window, trying to

play around a bit with my posture and gait and foot placement in order to extract some relief. At this point even the normally bullet-proof David had taken to a very marked forward lean in his posture that had the disruptive side effect of him accidentally hitting the emergency stop button on his treadmill many times towards the end of the race. David's strategies for dealing with this nasty part of the race included singing pop songs along with Renee from the TNF crew (I don't think a recording contract is forthcoming) and asking Ian Cornelius to tell him stories about his epic Sri Chimnoy 6 day race experiences.

As we approached the final hours the three of us were building up some good totals- Deanne looked safe to make her 185K+ goal and David and I were joking that we now had to next focus on beating another North Face sponsored athlete, the one and only Dean Karnazes, who we thought had a 24h treadmill best of 233K (which we later found out actually turned out to be 238K). 233K was also my PB for 24h road set in Taipei at the World Champs in 2006 so it was the next obvious milestone for me. Like all of the 24h events I have done, the onset of daylight brought a final renewed burst of energy, along with the realisation that there were only a few hours to go. David had reduced my lead to less than 2K with 2 hours to go and had clocked up another 10K in the 3rd last hour whereas I had slumped to near 9K/h. Rob Boyce was one of my handlers during this last stage and told me that it was time to unleash the "Mongrel" in me for one final push. With about 90 min to go the World Record was realistically out of reach but Rob told me that I still had a chance of breaking into the top three World performances if I could bang out close to 10 K/h through to the end. I downed a can of caffeinated "V" energy drink and dug deep to eliminate the usual walking breaks I had used through the rest of the event for relief. David seemed to hit a very bleak patch in this last period and his pace had slowed considerably. Approaching the final hour I was busting for one more pee break before all the TV crews and reporters were due to arrive at the shop.

To save time for pee breaks we had convinced the TNF people to have a few plastic bottles (large necked, of course!) available in one of the store's change rooms, so I quickly stopped the treadmill, raced to the change room, and proceeded to anxiously fill a bottle or so with a disturbingly brown-coloured urine. The last hour was a procession of photographers flashing photos of us from every angle and local TV reporters and film crews doing their thing around us. There was a big cheer from the back of the shop at one stage so I knew Deanne had made her goal of busting 185K- awesome! I kept the treadmill set on 10K/h, normally such an easy pace but now a concerted effort to maintain and I was hanging out for that walk break. With about half an hour to go I had a two minute walk break then vowed to run it in from there. I had broken DK's treadmill distance of 238K and was somewhere close to 240K at that stage. Rob told me that the 3rd all time distance was about 245K plus a little so I set that as my final target to beat. There was a palpable buzz building throughout the store in the last 15 minutes and a real sense of anticipation that it would all be over soon. With 5 minutes to go I moved the speed up to 10.5K/h and then with 2 minutes to go moved it up to 11K/h, just to extract that last bit of distance, but wary of the hamstring cramps that had been dogging me. The last 30s had everyone shouting and clapping, with the final 10s countdown being the most joyous, anticipated moment of the whole day. We had done it! I finished up with a completely unexpected distance of 245.92K which placed me 3rd on the all time World rankings for 24h treadmill for males- an agonising 1.76K short of the World Record, but clearly now an Australian all time record (probably because very few people had been stupid enough to try this). David ended up with a staggering 241.00K which placed him 5th on the male World rankings and was all the more remarkable given his downtime for radio interviews and his background in running mainly trail events. And, of course, Deanne recorded 188.07 K, the 2nd all time World ranking for female 24h treadmill performances, astonishing given that she had never run

longer than 6 hours on any terrain prior to this event.

Many thanks

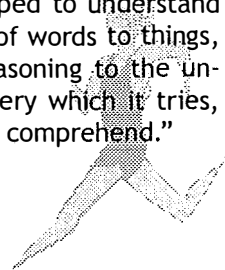
I was very proud of our performances and couldn't have found two more charming runners to do such an event with. I was particularly pleased that we were able to do something special for our sponsor, The North Face, as well as for AURA.

Many people from both of these organisations worked tirelessly and selflessly to make it a unique, unforgettable and highly successful adventure: From AURA- Kevin Cassidy, Bert Pelgrim, Coran Lang, Robert Boyce, David Eadie and many others. From TNF-Paul, Trease, Renee, Andy, Russell, James and many others whose faces and support I remember but not their names- sorry! Thank you also for all of the words of encouragement and congratulations from my fellow runners on Cool Running and ACTrun. And last, but not least, thanks to my family, Lynn and Luke for their patience, love and understanding.

Final Reflection

This has been a long and rambling report and yet it still just doesn't seem to convey how an event like this deconstructs you, forces you to explore parts of yourself beyond your normal, "real world" limits and permanently changes your perceptions of the world. Perhaps the effect of 24h on a treadmill is just as well understood by the following excerpt from Aldous Huxley's book *The Doors of Perception*, in which he experiences life-changing insights about reality after taking mescaline:

"The man who comes back through the Door in the Wall will never be quite the same as the man who went out. He will be wiser but less sure, happier but less self-satisfied, humbler in acknowledging his ignorance yet better equipped to understand the relationship of words to things, of systematic reasoning to the unfathomable mystery which it tries, forever vainly, to comprehend."



Running an ultramarathon is a major piece of physical work just in terms of covering the distance, but aside from the physical work a runner must maintain energy, hydration and electrolyte status throughout the run. Small but consistent errors can magnify over time into conditions that result in a less than satisfactory performance or even a DNF.

Runners lose water and electrolytes as they run and must replace those, within a tolerance, to maintain physical performance. Dehydration, over-hydration, hyponatremia (low blood sodium) and/or hypernatremia (high blood sodium) can all cause a runner to crash. Serious errors can damage body tissues, resulting in the need for medical intervention.

There is a need to understand hydration, caloric and electrolyte intake practices in ultramarathons, but the complexity of the task presents serious problems. There are significant individual differences between runners, and environmental conditions can vary widely. Empirical studies are unlikely to provide more than broad generalizations.

An alternate method is to study the problem with a mathematical model of a runner's hydration and electrolyte status during an ultra. Simplified models have been built and can be found in the literature (1), (2). I have constructed a model that extends the model of Montain, et al. so that it can be used for examination of the effects of different conditions in an ultramarathon setting.

USE OF A MODEL FOR INVESTIGATION OF DIFFERENT SCENARIOS

Having such a model allows us to see what happens as conditions change. It allows us to examine many different scenarios such as:

- run in the sun, walk in the shade, or vice versa?
- fast start versus slow start
- pre-hydrate before a long run?
- sunny versus cloudy conditions
- over/under hydration
- acclimatization to heat
- insufficient electrolyte intake
- the effect of leaf cover on a course
- the effect of temperature

The model can be duplicated and run in parallel to give "identical twin" studies where two runners follow the same protocol but with only one significant difference between them. It would be highly interesting to do such studies with real people, but there are essentially no identical twins running ultramarathons.

MODEL INPUTS

A model that can simulate conditions in an ultramarathon must necessarily be complex, as there are many factors that can influence the results. Among static conditions are the runner's height, weight and several associated factors such as plasma sodium concentration. Among variable conditions are such things as running pace, amount and type of fluid and food intake, ambient temperature and humidity, amount of shade – essentially all the things that can change from one race to the next.

HYDRATION STATUS

is found from water and energy balance models The amount of water in the body at any given time is found from a starting value, volume of various fluids consumed, and volume of water lost via sweating, respiration and urination.

SWEAT RATE

is determined by the energy balance equation which accounts for heat energy into the body from external sources such as sunlight and the surroundings, waste heat energy generated by the act of running, which needs to be taken away by cooling from evaporation of sweat.

ELECTROLYTE STATUS

is found from electrolyte balance models The work of Edelman, Nguyen and Kurtz provide equations that model the body content of electrolytes. As with water, we can find the effective electrolyte content of the body at any given time by taking starting values, amount of electrolytes taken in with drinks and supplements, and the amount of electrolytes lost in sweat and urine.

MODEL OUTPUTS

This mathematical model can be used to investigate the many factors that influence hydration and electrolyte status, such as heat transfer from evaporation, sweat rate, solar heat input and the like. We will use the model to examine different scenarios in coming articles.

SCENARIO -

LIGHT COLORED VERSUS DARK COLORED CLOTHING

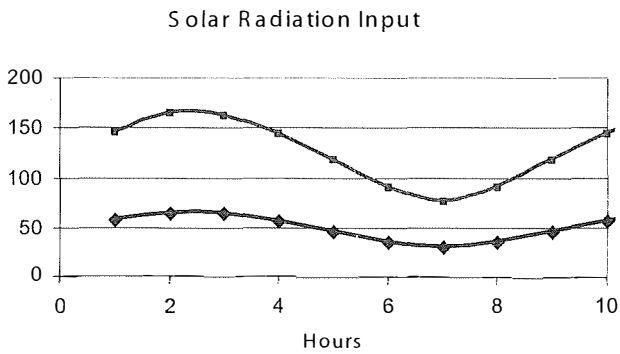
For a start, let's look at a factor that on the surface would seem to have nothing to do with hydration and electrolytes: the darkness of the clothes worn for an ultra.

Let's take a warm, sunny, 50 mile run, in Kansas City on June 23, with a 6:00 a.m. start. The humidity is moderate, and the temperature at the start is 58 degrees F, warming up to 73 degrees F. The course is flat, with ten percent leaf cover. Our identical twin runners (5' 10", 150 pounds) will finish in ten hours. They will drink the same quantity of the same sports drink, take in the same amount of electrolytes, and eat the same foods during the run. They will each urinate small quantities three times during the ultra.

In fact, our identical twin runners will do everything the same except that one of them will dress in white and the other will dress in black (shorts, shirt and cap.) It seems like a pretty minor difference, doesn't it?

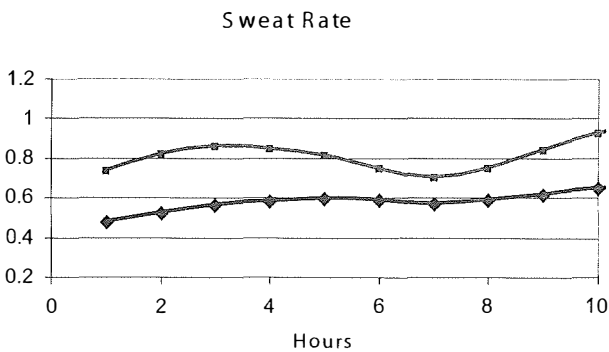
Let's look at some graphs that show the results for our twins.

THERMAL INPUT



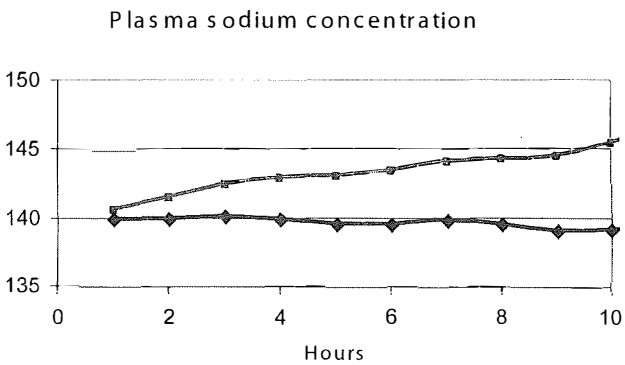
As we see above, the runner in black clothes (upper curve) has a huge disadvantage because the black clothes are absorbing a lot of heat per unit area and conducting that heat into the runner's body.

SWEAT RATE



The runner in black has a much higher sweat rate to maintain body temperature.

FLUID STATUS



The runner in white finishes with a half percent body weight loss – no problem. The runner in black finishes dehydrated with a four percent body weight loss. That loss is actually highly detrimental to performance, and it is not likely that he would be able to keep up with his twin. It wouldn't be surprising if a test with real people found that the runner in black finished 30 to 60 minutes later, all because of clothing selection.

SODIUM STATUS

The runner in white finishes with only a small drop in sodium concentration while the runner in black has reached a state of hyponatremia, and would likely have serious performance issues in the last couple of hours of running.

Now, it is fair to say that in real life, a runner wouldn't let themselves get into such a bad situation, but it does happen.

The twin in white drank 2.3 gallons of water in the race and finished well-hydrated. The twin in black would have to drink 3 gallons to be similarly well-hydrated. "Just drink more water," sounds simple, but if the amount that is needed exceeds the amount the runner can absorb, the simple-sounding solution won't be practical.

CONCLUSION

When the course is very sunny (little leaf cover, not many clouds), it is important to dress in light-colored clothes. People who run in the desert know this well, but you can go to races elsewhere and see some runners dressed in dark clothes even on a hot, sunny day. It is a mistake which can be easily avoided. As we will see in future examples, many variables make hydration and electrolyte maintenance difficult, and not a simple subject for runners to master.

- (1) Water: Can the endurance athlete get too much of a good thing? S.I. Barr, D.L. Costill, J. Am. Dietetic Assoc., 1989, 89, Nr. 11, 1629-1635
- (2) Exercise associated hyponatremia: quantitative analysis to understand the aetiology, S.J. Montain, S. N. Cheuvront, M.N. Sawka, Br. J. Sports Med. 2006, 40:98-106

Sports Medicine

Tendinitis Bringing You Down?

Keep Running, Suggest Some Sports Medicine Specialists

Has tendinitis brought your well-planned training program to a crashing halt? What is a runner to do? Keep running, according to some sports medicine experts. In a *New York Times* report, sports medicine specialists suggest that the usual advice in treating injuries (to rest until the pain goes away) is outdated and counterproductive.

When active people consult him, Dr. James Weinstein from Dartmouth College, along with a number of colleagues, usually say to keep exercising. The orthopedists and exercise specialists caution to use common sense. If you've got tendonitis or sprained a muscle or tendon by doing too much, don't go right back to exercising at the same level. Most people can continue with the sport they love, these specialists suggest, although they may need to cut back a bit, running shorter distances or going more slowly. Others advise cross-training, at least some of the time, and others say the safest thing to do is to cross-train all of the time until the pain is gone. You might end up cycling or swimming instead of running, but unless it's something as serious as a broken bone or a ripped ligament or muscle, stopping altogether may be the worst thing you can do. "We want to keep you moving," said Dr. William Roberts, a sports medicine specialist at the University of Minnesota and a past president of the American College of Sports Medicine. "Injured tissue heals better if it's under some sort of stress."

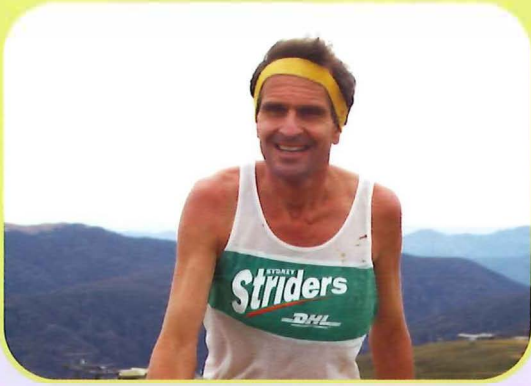
According to the *Times* report, a few decades ago, Dr. Mininder Kocher, a sports medicine specialist and orthopedic surgeon at Children's Hospital Boston, said doctors were so intent on forcing injured athletes to rest that they would put injured knees or elbows or limbs in a cast for two to three months. When the cast finally came off, the patient's limb would be stiff and the muscles atrophied. "It would take six months of therapy to get strength and motion back," Dr. Kocher said.

He and others acknowledge that the advice to keep moving may come as a surprise and that some doctors feel uncomfortable giving it, worried that their patients will do too much, make the injury worse, and then blame their doctor. "I'm not convinced this is part of every doctor's training or that everyone is ready to make it part of mainstream medicine," Dr. Roberts said. "You have to work with athletes a while to figure out how to do it and how to do it well." "The easy way out is to say, 'Don't exercise,'" said Dr. Richard Steadman, an orthopedic surgeon in Vail, Colorado, and founder of the Steadman Hawkins Research Foundation, which studies the origins and treatment of sports injuries. That advice, he added, "is safe and you probably will have healing over time." But, he said, "if the injury is not severe, resting it will probably prolong recovery." Some researchers, according the *Times* report, such as Dr. Freddie Fu, a sports medicine expert and chairman of the orthopedic surgery department at the University of Pittsburgh Medical Center, and a colleague, James H-

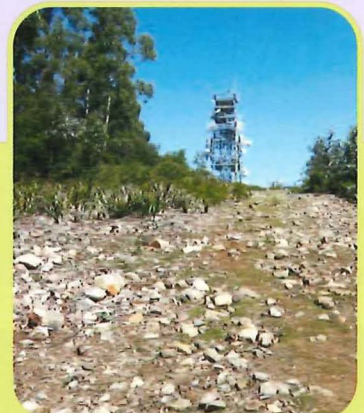
C. Wang, are studying minor injuries at the molecular level. Their focus, says the *Times* report, is on tendinitis, the inflamed tendons that are the bane of many exercisers and affect 15 to 20 percent of all Americans at any given time. The symptoms are all too familiar: pain, swelling and soreness. To study the injury process, Dr. Wang grows human tendons in the laboratory, stretching them repeatedly. In separate experiments, he has mice run on treadmills until their tendons begin to show the tiny microscopic tears that occur in the early stages of tendinitis. Dr. Wang said he and Dr. Fu learned some important lessons: First, forceful stretching of tendons elicits the production of molecules that are involved in inflammation. But small, repeated stretching of tendons that are already inflamed leads to the production of molecules that heal inflammation. That suggests moderate exercise can actually speed healing. Their preliminary results also suggest that the usual treatment for tendinitis taking drugs such as aspirin or ibuprofen can help reduce inflammation when the injury begins. But after inflammation is under way, they can make matters worse.

The *Times* article reported that medical experts caution that people have to be careful if they try to exercise when they are injured. "If you had inflammation and swelling that was very tender to the touch, you would know," Dr. Weinstein said. And if you tried to exercise, it would hurt so much that you just could not do it. Dr. Weinstein's advice for injured patients is among the boldest: he said it's based on his basic research and his own experience with sports injuries, such as knee pain and tendinitis of the Achilles and hamstring. Before exercise, he says, take one anti-inflammatory pill, such as an aspirin. Ice the area for 20 minutes. Then start your usual exercise, the one that resulted in your injury, possibly reducing the intensity or time you would have spent. When you finish, ice the injured area again. The advice involving an anti-inflammatory pill, Dr. Weinstein said, is based on something surgeons know: in most cases, a single anti-inflammatory pill before surgery results in less pain and swelling afterward. It also is consistent with Dr. Wang's research because, at least in theory, it should forestall new inflammation from the exercise that is about to occur. The icing is to constrict blood vessels before and after exercise, thereby preventing some of the inflammatory white blood cells from reaching the injured tissue. The rule of thumb, Dr. Kocher said, is that if the pain is no worse after exercising than it is when the person simply walks, then the exercise "makes a lot of sense." It also helps patients psychologically, he added. "If you take athletes or active people out, they get depressed, they get wacky," Dr. Kocher explained.

Mansfield to Buller - Kelvin Marsall; Julia Thorn; Sue Olley



The North Face staff with the runners and AURA members



Maroondah Dam - Peter Gray; approaching Mt St. Leonard and the summit

