

ULTRAMAG

AURA MAGAZINE Apr 2009
Volume 24 No 1



Australian
Ultra
Runners
Association Inc

Martin Fryer
Male Ultra Runner
of the Year

In this issue:

- Great North Walk 100 mile
- AURA Awards for 2008

- Coburg 6/12 hour
- Six Foot Track
- 2008 Annual Report





Six Foot Track winner, Ben Artup broke the race record by a whopping 8 minutes



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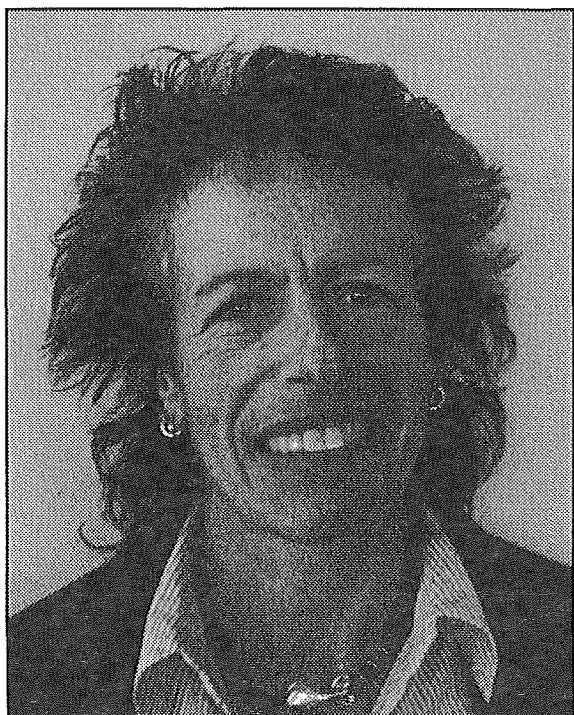
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Editorial April 2009

By Julia Thorn



Well, here we are: another year full of promise and Ultramag has a new Editor. Filling Kevin Cassidy's boots was never going to be easy, but I intend to give this my best shot. Kevin has done a magnificent job over the past ten years and I know that all of us here at AURA plus all you avid readers and runners will be sorry to see his departure. He remains in a consulting role: a description which he found amusing as he had always wondered what consultants do, and now finds that he is one.

Many of you will have seen me around the traps at various ultras and other events. For those who do not know me, rest assured that I have a love of running long distances, reading about running and writing about running.

The year has kicked off with two new ultras - something to surely warm the heart of the AURA committee and all ultra runners. Both the Narrabeen Allnighter (100km and 12 hour events) and the Launceston 6 hour race have been a great success and we are already looking forward to next year's episodes. On a sadder note the Maroondah Dam

50km had to be cancelled due to bushfires and forest damage.

The Cradle Mountain Run saw some of the wettest conditions in the event's history. To think that when I ran this course in 2006 the trail was bone dry. But that is very unusual.

As I sit in Melbourne writing this editorial the Six Foot Track is underway in the Blue Mountains. This race is the AURA National trail championship for 2009. Believe me, I would far rather be there running. For my money this is the perfect race; I cannot fault it from the flawless

organisation to the superb course. Lots of runners would agree on this, and to witness this event you would never think that ultra running is a minority activity in Australia. The full race results are attached as a supplement, with the top achievers mentioned inside this magazine.

The year has been eventful on several sad notes too, with the horrific February bush fires in Victoria. One of our members, Lachlan Fraser, had direct experience of this. Earlier in the year in another tragedy one of our members, Andrew Ludwig, was killed in a motor accident.

Australian ultra runners will again be gracing the international scene this year. In May a male team and a lone female head to Bergamo in Italy for the IAU 24 hour championships. In May also Martin Fryer will compete in the 48 hour race at Surgeres in France. In June we will be sending a team, hopefully both male and female, to Torhout in Belgium for the 100km world championships.

There is a new event on the international calendar: the Common-

wealth Championships for Ultra distance and Mountain Running. The ultra events, to be held at Keswick in northern England, will include 100km and 24 hour races. We will be sending teams, and of course any spectators from home would be most welcome.

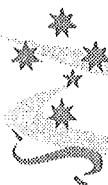
Apart from these races I'm sure there will be the usual quota of Aussies travelling to events such as the Marathon des Sables, Comrades Marathon, Western States (hopefully this won't have to be cancelled at short notice as happened in 2008) and more. If you do go to one of these races, or to any other exotic venue please be sure to write in and tell us about it.

Even if you don't participate in a race but have a good running experience I would be keen to hear about it. Plenty of us have dreams of running which do not involve racing, but that makes the experience no less interesting. I was recently talking to a runner who intends one day to run from Canberra to Wagga to Melbourne in honour of his father who died of leukaemia in 2007. That's a wonderful goal to have.

Inside this magazine you will also find the final AURA points score winners for last year, plus the Athletes of the Year. The AURA Annual Report for 2008 is attached to this issue of Ultramag.

If there is anything you would especially like to see in this magazine please let me know. Also please don't be backward in coming forward about mistakes, omissions, repetitions and other stuff that should be avoided.

Finally, a reminder that AURA has introduced a new level of membership commencing this year whereby you may subscribe to Ultramag for the low price of \$30 per year without being an Aura member. Please tell your friends.



The Accidental Editor 1999 to 2009

By Kevin Cassidy

Apart from the fact that I've been a part of AURA since its mid eighties inception, no formal appointment as Ultramag editor was ever forthcoming. It was just something that unfathomably occurred as a matter of course. The ensuing ten years have proven interesting and challenging.

Having grown an infatuation for the world of ultras that harks back to the day I witnessed Cliff Young charge into Melbourne to complete his epic Westfield victory in 1983, I was eager to sustain an involvement at a time when my best running days were noticeably fading into my dim and distant memory bank.

Having been at the rudder for 15 years, the AURA combination of Geoff Hook and Dot Browne were actively seeking fresh blood to take AURA forward. I'm hazy on the precise chain of events, but I was soon assisting Dot with the magazine. Numerous visits to Dot's Mitcham home were the order of the day over the next two or three issues where we would manacle together the old black and white hard copy magazine bulging at 92 pages, a page limit brought on by the capacity of Bruce and Sue Cook's printer.

The task was laborious and time consuming in the pre internet age. Information arrived courtesy of the local postman trundling up the street on his bicycle. The process was scissors, glue, hard copy photos and cranky tempers when an article of interest was of an unsuitable size.

Come the first issue of 2000, I found myself in the overwhelming position of flying solo as editor. Daunting at first, I exhausted countless lone hours with a mountain of paperwork spread over various tables and benches. An abundant number of nights went beyond 3am with one 5am effort still vivid in my mind. Various more hours were spent on the phone to Stan Miskin as we tallied up the progressive scores for

the newly instigated "AURA Points Trophy".

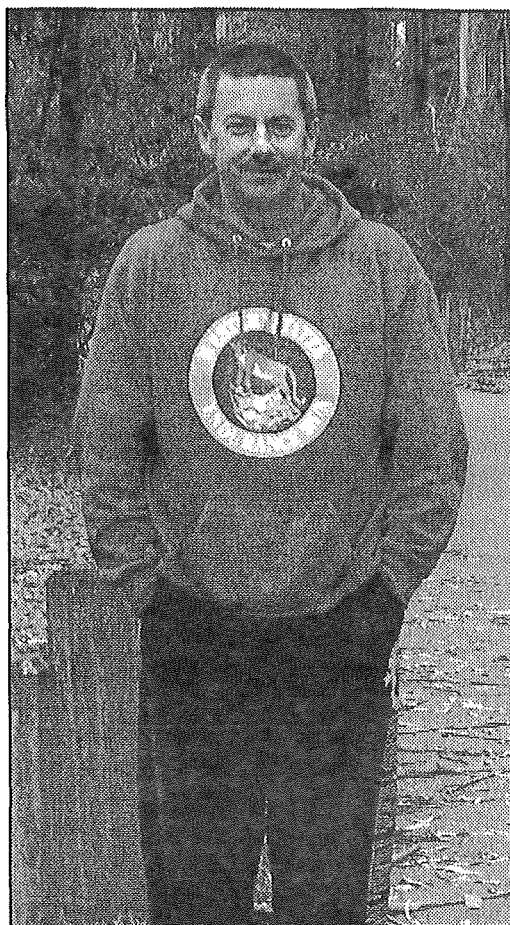
The handing over of the editorship wasn't without a few cases of the hiccups, highlighted of course, when I inserted the same four page article in two consecutive issues. God only knows the impression such a brainless oversight must have made but with all due respect, it would not be an exaggeration to say that AURA at every level fell into a mediocre state of affairs during 2001-02.

Enter Ian Cornelius. Ian's appointment as AURA president was the catalyst for an entirely new level of professionalism which brought to fruition [amongst many other innovations] a substantial makeover for the magazine. Being an old fogey for whom change doesn't come easily, the impending new look had me stressing.... unnecessarily, I should add.

The December 2004 issue landed in mail boxes sporting coloured covers and in a much more compact configuration. The lay out of pages inside boasted a whole new level of reader friendly formatting. Forced to grasp the modern age of technology, I learnt quickly and to my eternal delight, found my role consuming fewer and fewer hours. With much celebration, I happily turfed out my old scissors and collection of glue sticks. For this, I thank the vastly superior technological skills of Sue Cook from "The Print Run".

The new found professionalism was not restricted to Ultramag's modern day appearance. Ian Cornelius has been the drive and enthusiasm behind the regrowth of the sport across Australia. The opportunities available to compete all over the country in a variety of events and chances for national representation are unprecedented.

As much as the last ten years have



Ex-editor Kevin Cassidy

been a labour of love and a privilege to serve the sport, I can't deny the presence of a degree of personal ego. I felt a genuine feeling of fulfilment in seeing the finished product get mailed out. Keeping my name amongst the ultra world as my own running faded into oblivion was also a minor factor.

Highlights have been many, interspersed with the occasional low point or two brought on in no small part by my inadequate mind reading skills.

One race director in particular, regularly rang me to complain that I never provided his events with any coverage. The fact that his races remained a mystery to me due to his total neglect in providing information seemed lost on him. My "crystal ball" failed to live up to the expectations of others on numerous occasions.

Being on the receiving end of an unmistakably indignant phone call when a male runner was listed with an [F] next to his name was most memorable. In no uncertain terms, I was snappily advised to "check my facts" before publishing. The offending misprint occurred amongst a swag of names from results passed on to me from elsewhere. Other than a personal phone call to each and every competitor to verify their sex, I was utterly oblivious (and still am) as to how blame could have been apportioned upon me. Apparently, trusting race directors to supply accurate information is another of my personal shortcomings.

My enthusiasm for ultras was a passion I never thought would wane, but wane it has. Numerous interests away from running have been the catalyst for some new directions in life. This fact was brought home when I travelled to Sydney on the Six Foot Track weekend on each of the last three years without bothering to head out to the race, preferring instead to swim in the Harbour Bridge to Manly event.

Viewing AURA as I write, I believe the future looks robust. Singling out individuals is inherently unfair, but to see the unbridled passion and gusto from the likes of the newer guard of Robert Boyce, Brett Saxon

and David Billett, along with new race directors stepping up to the mark, clearly indicates that AURA is suitably positioned to move forward.

Taking over the reigns of Ultramag is Julia Thorn. Many will recognise her name for her frequent presence in marathons and ultras across the country. With a wealth of ideas, Julia is sure to take Ultramag to a whole new level of enhancement.

And with that, I'll sign off for the last time.....although I may well spring up with the odd article or two in the future.



Current Australian Ultra Marathon Calendar

This calendar contains races provisionally sanctioned by AURA for 2009. Those races so sanctioned will be eligible for the AURA aggregate points competition for 2009. For further information concerning AURA please visit **www.aura.asn.au** or call AURA on 0408 527 391.

April 2009

Sunday 5 April FRANKSTON TO PORTSEA ROAD RACE (VIC)

34 miles (55km). 7am start corner of Davey St. and Nepean Highway, Frankston. Block of chocolate for every finisher. Own support needed. The oldest established ultra in Australia, first run in 1973.

Contact: Kevin Cassidy 0425 733 336.

Email: **kc130860@hotmail.com**

Web: **www.ultraoz.com/frankston**

Sunday April 19 WATER WORLD GREAT OCEAN RUN (NSW)

45km. 6.30am start at northern end of Red Rock Beach. Finish at Coffs Harbour Jetty. Course survey from 2pm at Arrawarra Headland on Saturday 18 April followed by carbo load at Pizza Place Woolgoolga at 7pm or elsewhere. Entry fee payable to Woolgoolga Fun Run \$10 (or \$15 on the day).

Contact Steel Beveridge 02 6656 2735 (3 B Surf St, Emerald Beach, 2456)

Email: **steelyn@yabba.net.au**

Web: **www.aura.asn.au/WaterWorld_RR2CH.html**

Sunday April 19 ASICS CANBERRA MARATHON AND ULTRA (ACT)

42.2km and 50km, 7am, Telopea Park High School, Canberra

Contact: Dave Cundy.

Email: **cundysm@ozemail.com.au**

Web **www.canberramarathon.com.au**

Saturday 18 - Sunday 19 April COBURG 24 HOUR CARNIVAL (VIC)

Harold Stevens Athletic Track. Coburg. 24 hour event only, includes the Victorian 24 Hour Track Championships and the Australian Centurion Walk.

Contact Tim Erickson: 0412 257 496 or 03 9012 5431

Email: **terick@melbpc.org.au**

Web: **www.coburgharriers.org.au**

Saturday 25 April WILSONS PROM 100KM ULTRAMARATHON (VIC)
6am from Norman Bay Car, Tidal River, Wilson's Prom. Distances 100km, 80km, 60km, 43km, 20km
Contact: Paul Ashton 0418 136 070
Email: paul.ashton56@tpg.com.au
Web: www.aura.asn.au/WilsonsProm100.html

May 2009

Saturday 2 May THE WILD ENDURANCE 100KM TRAIL RACE (NSW)
Run through the spectacular Blue Mountains.
Contact: 02 9282 9553
Web: <http://www.wildendurance.org.au>

Sunday 10 May WALHALLA WOUND UP TRAIL RUNS (VIC)
Trail Runs from Walhalla's Star Hotel starting at 8am, distances 50km, 37km, 19km.
Contact: Bruce Salisbury 03 5174 9869.
Web: www.traralgonharriers.org

Sunday 10 May BANANA COAST ULTRA MARATHON 85 km (NSW)
Coff's Harbour Hotel to Grafton Post Office 85km, with a shorter 58 km option from Coffs to Lanitza (58 km). Own support vehicle / driver required.
Contact: Steel Beveridge 02 6656 2735 (home) or 02 6654-1500 (work) or 3B Surf Street, Emerald Beach, NSW 2456.
Email: steelyn@hotmail.net.au.
Web: www.aura.asn.au/CoffsToGrafton.html

Saturday 16 - Sunday 17 May THE NORTH FACE 100 (NSW)
A 100km trail running event in the Blue Mountains open to individuals and teams of 2 (50km each).
Contact: Diane Chanut 0406 659 971
Email: diane@arocsport.com.au.

Sunday 17 May. BUNBURY 50KM ROAD RACE (WA)
Run in conjunction with the Bunbury Marathon.
Contact: Sharon Wright 08 97911584
Web: <http://bunburyrunnersclub.mysouthwest.com.au>

June 2009

Sunday 7 June Gold Coast 100 Supermarathon, incorporating the National 100km championships, with 50km option.
Contact: 0408 527 391
Web: www.goldcoast100.com

Saturday 27- Sunday 28 June SRI CHINMOY NATIONAL 24 HOUR CHAMPIONSHIP (QLD)
6-12-24 Hours. University of Queensland Athletic Centre. Brisbane. Official 400 metre artificial surface purpose-built athletics track. AURA 24 hour championships, IAU labelling, qualifying race for **IAU 24 hr World Challenge**.
Contact: David Rogan 0435 201 805
Email david_rogan@goldenboat.net
Web: <http://www.srichinmoyraces.org/au/events/24hour/>

July 2009

18 July KOKODA CHALLENGE (QLD) Event limit has been reached
Teams of 4 people trek a 96km course through the Gold Coast Hinterland within a 39 hour time limit.
Contact: Doug Henderson 07 55963942
Web: www.kokodachallenge.com/

Friday 31 July - Sunday 2 August NATIONAL 48HR CHAMPS and 24HR QLD CHAMPIONSHIPS (QLD)
Starts 0900 Friday & finishes 0900 Sunday, with 6, 12 and 24 hour options ,Caboolture Historical Village, Caboolture.
IAU labeling, selection race for **IAU 24 hr World Challenge**.
Contact: Geoff Williams 0412 789741
Email: gjcarpet@caboolture.net.au

August 2009

Sunday 23 August TAN ULTRA RUN 100km and 52km (VIC)

7am start at the Pillars of Wisdom adjacent to Alexandra Avenue. Run around Melbourne's Tan Track at the Kings Domain.

Contact: Nick Thompson 03 9889 7463 or 0400 332 155

Email: nickthompson@optusnet.com.au

September 2009

Sunday 27 September YURREBILLATRAIL 56KM (SA)

Trail run amongst the beautiful Adelaide Hills.

Contact: David Close 08 8278 4337

Email: david.close@flinders.edu.au

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

October 2009

Sunday 4 October TAMBORINE TREK, GOLD COAST 62 KM (QLD)

Starts 6am from the Girl Guides Hall in Ferry Street, Nerang to the top of Mt Tamborine and back. Half forest trails, half bitumen. BBQ at finish.

Contact: Paul Chamberlain 0407 755 478

Email: ellyphaul@hotmail.com

Sunday 11 Oct. BRIBIE BEACH BASH 46KM AND SHORTER OPTIONS (QLD)

Contact: Geoff Williams 0412 789 741

Email: gjcarpet@caboolture.net.au

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

November 2009

Saturday 7 – Sunday 8 November THE GREAT NORTH WALK 100S (NSW)

6am start, 100 miles or 100 kilometres. 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 0428 880784

Email: byrnesinoz@yahoo.com

Web: www.aura.asn.au/GNW100.html

Saturday 28 November BRUNY ISLAND JETTY TO LIGHTHOUSE 64 KM (TAS)

Ferry to the start and then run the length of the Island with stunning ocean scenery.

Contact Paul Risley 0427 517 737

Email: riz5@netspace.net.au

Web: www.dreamwater.org.au/ultr.html

December 2009

Saturday 5 December MT FEATHERTOP SKYRUN 58 KM (Vic)

6am start. Mt Feathertop near Mt Hotham in the Victorian Alps.

Contact Paul Ashton 03 9885 8415 or 0418 136 070

Email: paul.ashton56@tpg.com.au

Web: www.aura.asn.au/MtFeathertopSkyrun.html

Sunday 13 December KURRAWA TO DURANBAH AND BACK 50 KM (QLD)

Start Kurrawa Park, Broadbeach on the Gold Coast and run south along the Gold Coast beachfront to Duranbah.

Contact: Ian Cornelius 07 5537 8872 or 0408 527 391

Email: icorneli@bigpond.net.au Web: www.goldcoast100.com

Ultramag Calendar continued

Friday 11 - Sunday 13 December COAST TO KOSCIUSKO (NSW)
240 kilometres from sea level to the highest point in Australia.
Contact Paul Every 02 9482 8276
Email: peverydweaver@hotmail.com
Web: www.aura.asn.au/c2k.html

Sunday 20 December SIX INCH MARATHON 45KM (WA)
4.30am start, 45 km trail run at North Dandalup WA.
Contact Dave Kennedy 08 9885 7025
Email: davidk1998@hotmail.com
Web: www.aura.asn.au/SixInchTrack.html

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

AURA Contacts

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ultramag editor	Julia Thorn	juliathorn@rocketmail.com	0414 776 766
consulting editor	Kevin Cassidy	kc130860@hotmail.com	0425 733 336
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president	Ian Cornelius	icorneli@bigpond.net.au	0408 527 391

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Ultra News from home and away

Martin Fryer is going to Surgeres, France to represent Australia at the world 48 hour championships 22 - 24 May this year. In 2008 Martin achieved a ranking of 6th in the world over 48 hours.

Of the event this May he says: "I'm keen to put in a strong run for my country at Surgeres. It is such a high standard event that anything under 400km will not be competitive. So that is my minimum goal, conditions permitting."

You can find full details about the event and its history at www.48heures-surgeres.net It's all written in French, though.

Over the weekend 21 - 22 February Kerrie Bremner competed in the solo 100km event which is part of the Lake Taupo relay in New Zealand and achieved first placed female in 9:03:30. Not only that, she also came in second runner overall. Also from Australia, Brent Harris finished the individual event in 11:19:35 and Stephen English in 14:10:49.

This annual event takes place in the heart of New Zealand's North Island and the bulk of the competition focuses on teams of up to 14 runners who between themselves complete a circuit of Lake Taupo, some 160 kilometres. A solo event takes place at the same time with runners completing a distance of 100km which forms a section of the relay route.

Deborah de Williams is still working away at her run around Australia in aid of breast cancer. She is currently in mid north Queensland, having started from Hobart. Full details at www.runningpink.com.au

AURA members who contest the **Wild Endurance 100**, **The North Face 100** and the **Kokoda Challenge** will receive AURA points. Note that the Kokoda Challenge is full and no more entries will be accepted for 2009.

Dates for overseas ultras: here are the 2009 dates for a selection of overseas ultras, principally events in which Australians have shown interest in recent years:

Comrades Marathon, South Africa - 24 May
Kepler Challenge, New Zealand - 5 December
Marathon des Sables, Morocco - 26 March
Badwater, USA - 13 July
Western States 100 mile, USA - 27 June

IAU News

The International Association of Ultrarunners (IAU) has released its 50km road rankings for 2008. The ACT's Jackie Fairweather, who was the first woman in the Canberra 50km Ultra and NSW's David Criniti, who were first and second in the same Canberra event, were the fastest two men in the world.

Both Fairweather and Tucker set new Australian records in last April's Canberra race. Fairweather's time of 3.19.12 was also a world record for the W40 category. Tucker and Criniti, who ran 2.53.47 and 2.58.21 respectively, were the only men in the world to break the three hour barrier for the year.

The Canberra 50km race, which incorporates the Australian 50km Ultra Marathon Championships, has a long history of records. Fairweather's world record was the fifth age group world record to be set on the course.

The 2009 Canberra 50km Ultra Marathon will be held in conjunction with the Canberra Marathon on 19 April. Interest in the ultra marathon is again high as the first male and female will qualify for trips to Gibraltar in October, where they will participate in the IAU World 50km Trophy Race. See www.canberramarathon.com.au

Full IAU rankings can be seen at www.iau.org.tw

IAU major events for 2009 include:

- ★ The World Challenge 24 Hours 2009 in Ciserano-Bergamo, Italy, 2-3 May. The Australian team comprises Rob Boyce, Michael Lovric, Mick Francis, John Pearson and Deanne Nobbs
- ★ The World Cup 100km 2009 in Torhout, Belgium, 19 June. Australian team to be decided shortly.
- ★ The World Challenge Trail 50 Mile in Serre Chevalier, France, 12 July. This event was to have been held at the Sunmart Texas Trail Endurance 50 mile race in December 2008 but had to be cancelled due to Hurricane Ike which touched Galveston in September and caused damage to the area, including damaging the hotel that was to have been the host hotel and race HQ and leaving no time to find an alternative world class course for the event.

The IAU AGM was held in Tarquinia, Italy on 7 November 2008. Details of office bearers can be seen at www.iau.org.tw

IAU 50km Trophy 2009

The Final Race of the IAU 50km Trophy will be run on October 31st in Gibraltar.

All runners, official affiliated to their National Athletics Federation, can take part in this Final Race. The winner will be the man and the woman who cross as first the finish line of this 50km race.

40 runners, 20 men and 20 women, will be invited. They will receive a Travel Grant that allows them to

"Both Fairweather and Tucker set new Australian records in last April's Canberra race"

"They kept themselves fueled with a 7000calorie per day diet of deep-fried bacon, cheese and huge chunks of butter"

travel nearly for free to this exotic South European "Rock" Country. They will also get free accommodation and a free entry to the Final Race. Those 40 runners will be selected among those who took part in one of the (maximum 20) Selection Races.

The selection time is sub 3:20 men and sub 3:50 women. All winners who ran the selection time will be invited. Next will be the best losing times of all runners who ran at least the selection time. The calendar as at February 22 of the selection races is:

25/01/2009 50km Gloucester Epney
50km GBR wilsonanne691@aol.com
31/01/2009 50km Ultramarathon
des RLT Rodgau Rodgau GER info@
rlt-rodgau.de
01/03/2009 50km Caumsett 50 km
21/03/2009 50km Old Mutual Om
Die Dam Ultra Schoemansville RSA
omdiedam@mweb.co.za
08/04/2009 56km Two Oceans Marathon
Capetown RSA RaceAdmin@
TwoOceansMarathon.org.za
18/04/2009 50km 50 km van Vlaanderen
in Gistel BEL jan.vandendriessche@veki.be
18/04/2009 50km Canberra AUS
cundysm@ozemail.com.au
25/04/2009 50km Castalbolognese
"50 km di Romagna" ITA
info@50kmdiromagna.com
17/05/2009 50km Boddington 50km
GBR wilsonanne691@aol.com
27/06/2009 50km Lake Saroma 100k
Ultramarathon JPN iausouhei@nifty.
com
12/09/2009 50km RUN 2008 Winschoten,
50km Winschoten NED
info@runwinschoten.nl
12/09/2009 50km Upsalla Monster
Tour SWE Staffan.Akerblom@seksko.slu.se

More details will be published very soon under IAU Competitions at www.iau.org.tw

Canadians Claim South Pole Record. Three Canadian men have

claimed a new record for the fastest trek across Antarctica to the South Pole. Ray Zahab, Kevin Vallely and Richard Weber said they had completed the 1,130 km journey in 33 days, 23 hours and 30 minutes. The Canadians' journey took them from Hercules Inlet on Antarctica's Ronne Ice Shelf to the South Pole.

They say they suffered white-out but survived on a high-calorie diet of deep-fried bacon, cheese and butter. "If you took a cloud, wrapped it around your head and then duct taped it, that's what a white-out is like," Zahab, 39, told The Associated Press by satellite phone from Antarctica. He had previously run across the Sahara desert but told reporters his feet were more worn out by his latest adventure. The previous record was 39 days, 7 hours and 49 minutes, which was set by American Todd Carmichael in 2008.

The Canadian trio pulled 77kg sleds of equipment, with Zahab travelling on foot and on snowshoes while the other two men skied. At night, they slept in a tent. They endured altitude sickness, vertigo and massive, painful blisters. They kept themselves fueled with a 7000calorie per day diet of deep-fried bacon, cheese and huge chunks of butter.

Orkney (northern Scotland) based ultra distance athlete. In April this year William Sichel, 55, will try to beat Scotland's oldest athletic record by running more than 912.5km in 6 days, a record set in New York in 1882.

Stu Mittleman has been inducted into American ultra runners Hall of Fame. By 1980 Mittleman had notched his first national class ultra performance, running 3:52 for 60K. A few months later he won the New York Road Runners Club's 100 Mile in 13 hours, 4 minutes, 9 seconds.

In 1981, he won the Lake Waramaug 50 Mile in 5:14:05, reaching fifth on the all-time US list. Then, only a month later, he returned to successfully defend his title at the NYRR 100 Mile (now designated as the U.S. National Championship), lowering his time to 13:00:11 in oppressively hot and humid conditions. In 1982, he again successfully defended both events, this time winning the 100K at Lake Waramaug in 6:57:49 (the fifth best US performance at that distance) and lowering his winning national 100 Mile time by another 4 minutes with a 12:56:34.

He entered the inaugural New York 6-Day race in 1983 and finished second to multi-day legend, New Zealander Siefried Bauer, racking up 488 miles to Bauer's 511. In 1985 he covered 577 miles, 1320 yards in a 6-day race in Colorado.

But his crowning achievement came the following year: a head-to-head match with Bauer at the Sri Chinmoy 1,000 Mile Race in Queens, New York. He crushed the Kiwi's world record by 16 hours, setting a new world mark of 11 days, 20 hours, 36 minutes, 50 seconds. It would take none other than Yiannis Kouros to break it many years later.

Stu Mittleman re-emerged in 1994 to win the LaRochelle 6-day with 536.26 miles. In 2000, he completed a charity fundraising run across the USA, averaging 52 miles per day.



"In 2000, he completed a charity fundraising run across the USA, averaging 52 miles per day"



Commonwealth Championships for Ultra-distance and Mountain Running

The Commonwealth Games Federation Executive Board sanctioned the staging the First Ultra-distance and Mountain Running Commonwealth Championship in England in 2009. The events are fully supported by the IAAF who support the World Mountain Running Association (WMRA) and the International Association of Ultrarunners (IAU) as the bodies responsible for the sports and act as their patrons giving administrative and financial support. The dates and venue of the inaugural 2009 Ultra-distance and Mountain Running Commonwealth Championships have been agreed as September 17th- 20th in Keswick, Cumbria, England.

The initial Ultra-distance and Mountain Running Commonwealth Championships will be a really memorable event and the start of Commonwealth Championships for the future for a flourishing section of endurance sport. We intend to ensure that it is an efficiently organised, friendly event of international calibre by using championship quality courses, good accommodation close to the mountains and with a high standard of communication between organisers, officials, athletes and the public.

The combination of both the Ultra-distance and Mountain Running events (100km road race and 24 hr road running event) and two mountain races (uphill only and up/down) should ensure a full weekend festival of running for all, not only at the host venue, but across the Commonwealth.

The four events are open to all 71 Nations and Territories of the Commonwealth for both men and women. Each race will be open to teams of a maximum of six athletes with the best three men or women scoring towards the team results. Since the championships take place over three days, the uphill race will take place on day one and the up-down race on day three. This arrangement

makes it possible for competitors to take part in both of the mountain races. The 24 hr Commonwealth Championship Course will be on a loop of between 1km and 2km.

COURSES

Commonwealth Championship Mountain Courses

The Commonwealth Executive Committee will design and approve the courses for the staging of these Championships, which will be challenging and fair. The courses will be 7km for women and 11km for men and will involve ascent and descent, and uphill only.

Commonwealth Championship Ultra-distance Courses.

The 100km course is on a traffic free course. The 24 hr course is a traffic free 1km to 2km loop. The 100km race will start and finish in Keswick and the 24 hrs. race - held near the town centre - will be ideal for spectators.

DRAFT PROGRAM

Wednesday Arrival of Commonwealth Teams Course Inspections

Thursday 10:00 Opening Ceremony
12:00 24 Hour Men/ Women

Friday Mountain Races - ascent only
13:00 Women 11k and 14:00 Men 11k

Saturday 09:00 100km Men/Women
Sunday Mountain Race ascent/descent 12:30 Women 11k and 13:30 Men 11k

15:00 Presentation of Awards, shortly followed by Closing Ceremony
Celebration Party (tbc)

Monday Departure of Commonwealth Athletes.

AWARDS AND CEREMONIES

Ultra and Mountain Commonwealth Championships Medals will be awarded in accordance with Commonwealth Games Federation rules.

ACCOMMODATION

We hope to provide financial assistance for each Commonwealth team. The WMRA contact for any queries

you may have about the mountain races is Danny Hughes (President WMRA). email: dannyhughes@ukonline.co.uk The IAU contact for any queries you may have about the Ultra-distance races is Hilary Walker (General Secretary) email: hilary.walker@virgin.net

Six Foot Track 45km

Blue Mountains, NSW -

Saturday 14 March

Top Placings

Male	Net time
1. Ben Artup	3.15.25
2. Andrew Lee	3.23.58
3. Alex Matthews	3.24.54
4. Don Wallace	3.27.11
5. Matthew Robbie	3.31.42
6. Tim Cochrane	3.33.08
7. Anthony Scott	3.39.56
8. David Osmond	3.40.17
9. Tony Fatorini	3.41.08
10. Andrew Tucker	3.42.27

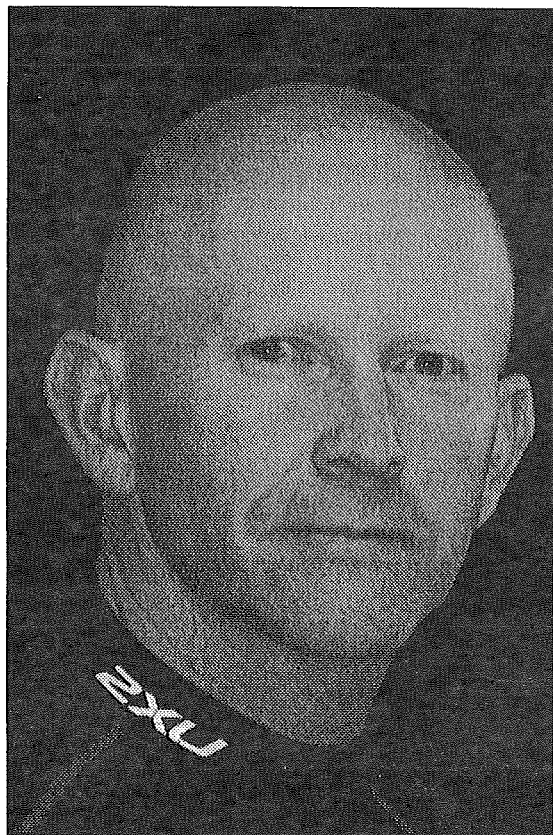
Female	
1. Vanessa Haverd	3:57:51
2. Jackie Fairweather	4:02:27
3. Colleen Middleton	4:03:35
4. Amanda McLeod	4:05:33
5. Fleur Flannery	4:13:27
6. Narelle Patrick	4:32:22
7. Jenny Henville	4:38:23
8. Jess Baker	4:40:55
9. Beth Cardelli	4:42:10
10. Tressa Lindenberg	4:45:06





Membership Page

From our Membership Secretary, Brett Saxon



Brett Saxon

lose weight in 2005. I have managed to lose 30kg at my peak. And with a lot of training and encouragement from fellow ultra runners, I have now been able to achieve goals I would never have dreamed of: competing in and finishing events like 45km Six Foot Track, 50km Maroondah Dam, 64km Bogong to Hotham, 100km Wilsons Prom, 24hr 145km track event, 162K brettstrunforcanteen charity event and 240Km Coast to Kosciusko. I would like to encourage those who may think such runs are beyond them to think again.

We would like to acknowledge and welcome the following new members

Noel Annett (NSW)
Elizabeth Swain (QLD)
Kevin Heaton (NSW)

Dave Cundy (NSW)
Travis Wayth (VIC)
Rebecca Oliver (NSW)
Elizabeth Bennett (ACT)
Robert Donkersloot (WA)
Michelle Chisolm (VIC)
Peter Johnson (ACT)
Brendan Myers (VIC)
Peter Hook (VIC)
Kathy Garnett (WA)
Martin Dugdale (NSW)
Nick Barlow (NSW)
Andrew McDonald (VIC)
Caroline Pivetta (VIC)
Isobel Bepalov (VIC)
Val Chesterton (ACT)
Terrence Bell (NSW)
Andy DuBois (UK)
David Byrne (NSW)

Rudolf Kinshofer (SA)
Stephen Wright (QLD)
Simon Krantzcke (ACT)
Fee Speechley (WA)
Darel Robins (NSW)
James Bradley (NSW)
Allison Lilley (NSW)
Tressa Lindenberg (QLD)
Ewan Horsburgh (NSW)
Michael Lovric (NSW)
Greg Jamieson (VIC)
Michael Baldock (WA)
Brendan Rake (VIC)
Peter Brett (NSW)
Sharon Harrison (NSW)
Sri Chinmoy Marathon Team (SA)
Anthony Scott (ACT)
Peter Fitzpatrick (NSW)
Colleen Middleton (NSW)
Laurie Lolait (VIC)
Andrew Lee (NSW)
Michael Murrell (VIC)
Bert Pelgrim (VIC)
Verity Tolhurst (NSW)
Brendan Davies (NSW)
Tamyka Bell (QLD)

We would like to express our appreciation to the following members for their kind donations toward our representative teams:

DAVID JONES, ERNEST HARTLEY, JON BELL, JOHN CONNELLAN, PETER FITZPATRICK, JOHN DUCK, COLIN MACKAY, DAVID CLEAR, BOB FICKEL, GREGORY REID, RICHARD BILEWICZ, NICK DRAYTON, SCOTTY ORCHARD, BOB LEE, TONY FATTORINI, CAROL BAIRD, ALAN BARKAUSKAS, MALCOM GAMBLE, LAURIE HENNESSEY, MICK FRANCIS, ROBERT GRAY, BRETT WORLEY, ANDREW JOHNSON

I would like to take this opportunity to wish you all a great year on the track trail, road and also outside of running or walking.

As some of you will know I have taken on the role of Membership Secretary from Dave Criniti. Dave has done a fantastic job and I hope I can continue to fulfil the role at the high standard Dave has set. Thanks for all the great work Dave.

I would like to extend a very warm welcome to our new members and a huge thank you to all of our existing members who continue to support AURA.

For those who don't know me, I am 43, married with 3 young children and I guess I could be described as someone going through a mid life crisis and loving it. A non runner for most of my life I took up running to

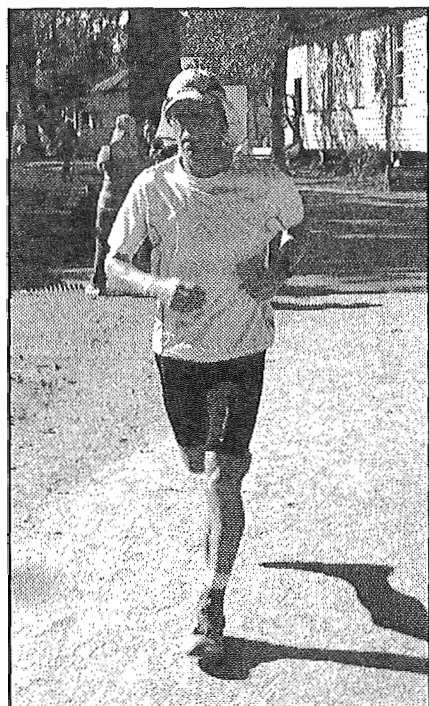
"with a lot of training and encouragement from fellow ultra runners, I have now been able to achieve goals I would never have dreamed of"



AURA Awards for 2008

Male Ultra Athlete of the Year Martin Fryer (ACT)

Martin's achievements in 2008 included three world-class performances. In March he ran 245.92km in the North Face 24h treadmill challenge, which placed him third on the all-time world 24h treadmill rankings. In August he set an Australian record of 393.504km at the



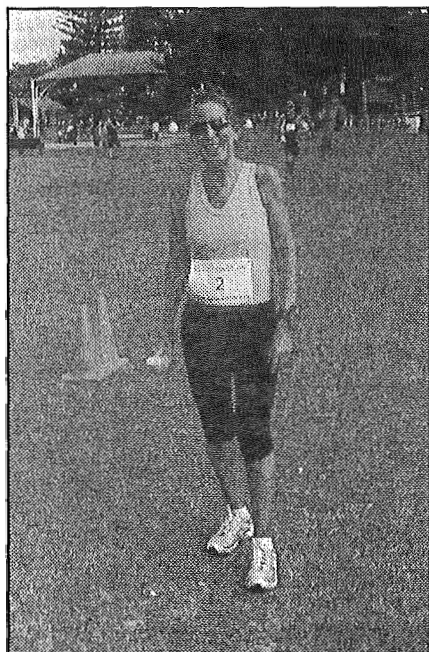
Martin Fryer

Caboolture 48h event, which was the 6th best performance in the world for 2008 and placed him as the 4th ranked runner in that category. He completed his year in October with a top ten finish in the World 24h Championships in Korea with a PB of 247.187km.

Outside of these major performances he also ran a credible 4:38 to take out 2nd place in the Canberra Bush Capital 60km trail event in July. As a result of his performances he has been invited to contest the prestigious Surgeres 48 hour race in May 2009, considered by many as the unofficial world championship. Martin has captained recent teams to contest the IAU 24 hour World Challenge and has always represented Australia with distinction.

Female Ultra Athlete of the Year Kerrie Bremner (ACT)

Kerrie had an outstanding 2008 with a series of impressive results over distances ranging from 50km to over 220km. March saw her take 2nd place female at the Canberra 50km in 4:01. In June she became the Australian Women's 100km Champion by running a solid 9:14 on her 100K debut at the Gold Coast. Kerrie placed 34th and was the best performed Australian female at the World 100km Championships in Italy in November, just missing out on breaking the 9 hour barrier. Only five weeks later she backed up to finish first female at the Coast to Kosciusko race (reduced to 220km due to inclement weather) in a time of 33:8, well on her way to smashing the existing women's full course record of 40:27. This was Kerrie's first venture over 100km and included a sub 21 hour 100 mile split en route and a 180km distance split at 24 hours. Outside of these major performances Kerrie also finished first female at the Canberra Bush Capital 60km trail event in July in a time of 5:35.



Kerrie Bremner

Rising star award Nathan Fawkes (WA)

The Rising Star award is awarded to the ultra runner of 25 years and under (male or female) with the most impressive performances for the year. Nathan Fawkes continued his Rising Star status with a series of PBs and fine performances across 2008. He started the year with a PB and 4th place at the Perth 40 miler (5:43) and followed up in May with another PB of 4:02 at the Bunbury 50k to place 3rd Male. Nathan ran an impressive debut 24h track race with 180.63km and 2nd place at Caboolture in August. He finished off a great year with a 4th place in the Six Inch Track 45km Ultra (WA), just missing the 4 hour barrier.

Bryan Smith Award Martin Fryer

The Bryan Smith award is awarded to the ultra athlete with the best 24 hour performance for the year. That person was Martin Fryer, with 247.189km achieved at the 24 hour World Challenge held in Korea in October 2008.

Cliff Young Gumboot award Tony Collins

The Cliff Young award is made to the athlete of 60 years and over with the best 24 hour performance for the year. That person was Tony Collins with 176.712 km achieved at Adelaide in October 2008.

AURA aggregate points competition Robert Boyce

This competition is based on a complex formula with points being awarded for wins and

placings, bonuses where the races are AURA championships, bonuses for world class performances, bonuses for Australian and world records and points per km for distances run. The winner for 2008 was Robert Boyce.

See also separate article in this issue.

AURA Points Competition 2008

Here are the top placings in the AURA points competition for 2008. For a complete set of results and a full explanation of how the system works visit www.aura.asn.au/points_comp.html

Final position - Male Points for 2008 Total eligible km

1. Robert Boyce	85	1377.308
2. Kim Cook	71	1187.973
3. Malcolm Gamble	69	1160.403
4. Tim Cochrane	67	1041.774
5. Kelvin Marshall	66	1194.056
6. Martin Fryer	57	640.691
7. Mick Francis	49	677.230
8. Paul Monks	49	770.203
9. Lachlan Fraser	46	931.956
10. Glenn Lockwood	37	839.112

Final position - Female

1. Kerrie Bremner	32	471.600
2. Deanne Nobbs	31	501.742
3. Jackie Fairweather	27	50.000
4. Susannah Harvey Jamieson	27	377.298
5. Sharon Scholz	21	278.520
6. Rachel Waugh	21	356.608

Females continued . . .

7. Tina Fiegel	17	242.243
8. Eleena Rosevear	15	160.000
9. Dearne Fulcher	12	145.000
10. Angie Grattan	12	190.000

As at 15 March 2009 the leaders are:

Male Points for 2009 Total eligible km

1. Malcolm Gamble	20	306.643
2. Michael Baldock	13	200.000
3. Michael Lovric	13	278.276

Female

1. Deanne Nobbs	10	113.212
2. Susannah Harvey Jamieson	8	163.019
3. Jackie Fairweather	7	45.000



Photo above from Mansfield to Mount Buller - Kelvin, Greg and Lachlan
Photo courtesy of Justin Scholtz



Vale Andrew Ludwig

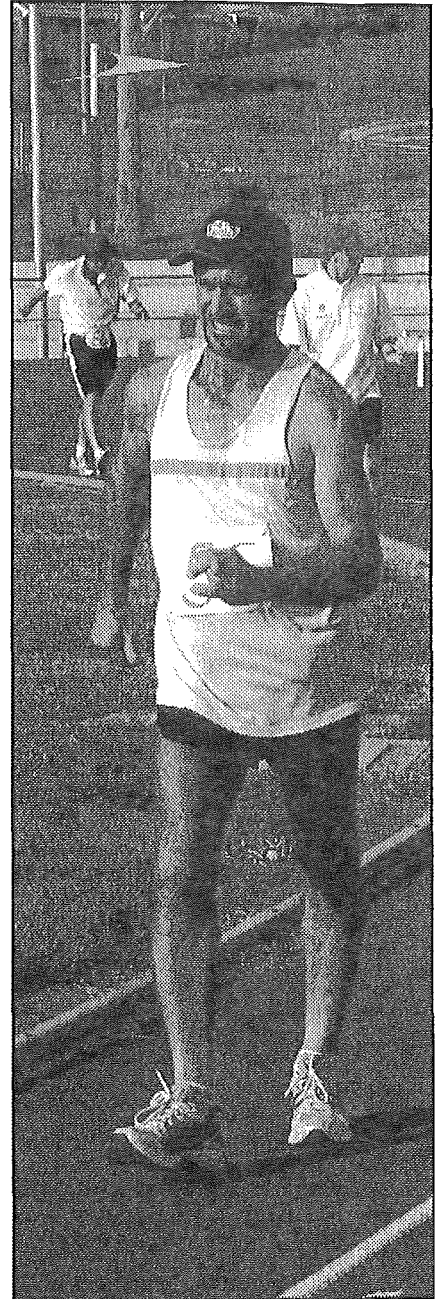
Andrew Ludwig, a prominent member of the race walking community, was killed by a vehicle while riding his motor bike in Canungra, Queensland, in late January 2009. Here is a tribute from fellow race walker Peter Bennett, President Racewalking Queensland

"It is indeed tragic to lose one of our most well known walkers at only 42 years of age and so it was with much anguish that we heard last week of the untimely death of Queensland athlete Andrew Ludwig. I start with the following short obituary, put together by Queensland Racewalking Club president Peter Bennett.

It is a very sad day for the race walking community as we try to come to terms with the news of the tragic death of Andrew Ludwig in a car accident on Tuesday night January 27th. Most of us are still in shock at the news and we feel for Andrew's loving wife Sue and his three children Tyla, Jade and Mike. We send our deepest condolences to Sue and the family for the loss of a devoted husband and Dad who will not be coming home. Andrew was a young 42 and still a picture of health and fitness courtesy of a lifetime of hard work as a dairy farmer. He was involved in race walking from his days as a junior athlete right up until his untimely passing. He was entered for the Queensland track 10,000 metres championships this weekend. Andrew was looking forward to the Caboolture Dusk to Dawn 12 Hour walk in a fortnight in which he hoped to cover over 100km and was set to compete in the Coburg 24 Hour race in Victoria in April in which his goal was to achieve his third Centurion mark (100 miles in 24 hours). Later in the year he wanted to better his 2008 performance in the 48 Hour Track Championships. I have been fortunate enough to travel and compete in some overseas ultra races. I would have loved to have taken Andrew to an overseas race to see what he really could have achieved. Andrew first starting winning the

club Open road walk championships back in 1986 and soon starting winning the first of a record number of Queensland 50km road walk titles. He was the most respected of athletes by his peers, by officials and with everyone with whom he came into contact. Andrew never had a disparaging word to say about anyone and his impeccable sportsmanship was backed up by a tough and dogged competitor who just never gave up. Even if he had not been able to do a lot of training before a big race no one could discount Andrew when they got to the business end of the race. It has often been the subject of discussion to surmise what Andrew could have achieved as an athlete if he had been able to put in the hours of training required to become a top walker. In his twenties Andrew undoubtedly had the same level of talent as his peers and he certainly had the strength and courage to make it to the top. Andrew put his race walking ambitions aside to run the family farm and to raise a family. With a loving and caring wife and children who adored him no one can argue with his choice. Many people freely use the term 'legend' to describe virtually anyone who competes in or wins a number of races. For someone who raced for over 25 years and won more Queensland Open State titles than any other walker (over distances of 5,10,20,30 & 50km) represented the State at National level over two decades, won National medals, competed in a large number of 12, 24 & 48 hour races and with it set numerous Age National records, Andrew deserves that mantle.

What made Andrew's achievements even more astonishing is that he often lined up at the start line for a championship or ultra distance race after doing a full day of hard manual labour. Andrew never used this as an excuse even when he had suffered some severe injuries during the course of his working day. We will never forget the fairly regular sight of Andrew jumping out of his car and putting on his shoes as



Andrew Ludwig -
Photo provided by Tim Erickson

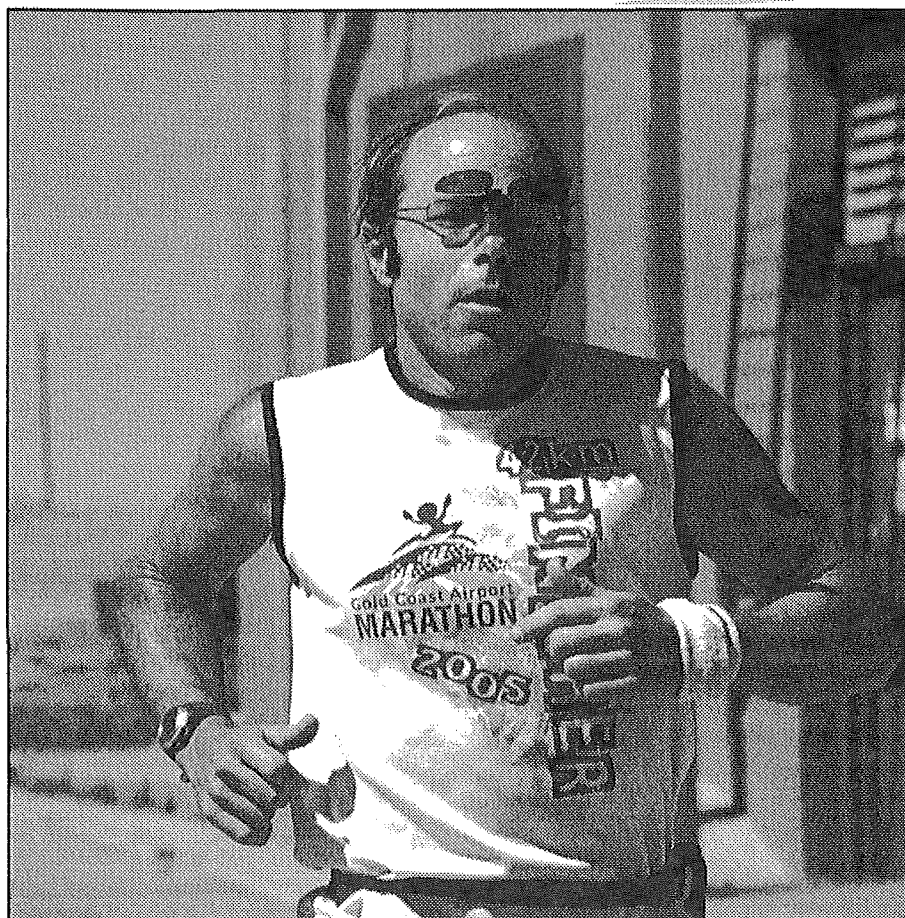
everyone else was on the start line. A few quick stretches for a warm up and Andrew was ready to race. In my years involved with race walking I have met a lot of wonderful people and made many life long friends of what we affection call the "racewalking family". I feel honoured and privileged to have been able to call Andrew a friend. We have lost a good mate."



Marysville on fire

Lachlan Fraser, Marysville GP and ultra runner, lost everything in the tragic Victorian bushfires of 7 February, when the town of Marysville was virtually obliterated. Here is an excerpt from an article in Melbourne's Herald Sun newspaper telling of Lachlan's ordeal:

"Lachlan Fraser has a methodical way. Patients like that in doctors. He fills the bath, wheelie bin, sinks and bottles with water. He is as prepared as he can be, yet his frantic efforts, which lead to a burned face and sliced tendons in his hand, will be futile. He runs about with a bucket of water like a confused contestant on a game show. Dousing spot fires, at the front and back, that spark and multiply when he puts them out and looks the other way. The neighbour's place (they are away) erupts like a blowtorch. His dogs, Indi and Lani..He must save the dogs. He ties them to furniture inside. He is armed with a hose when the jasmine trailing up the side of the neighbour's house catches light. Embers shower. He tries to splash the neighbour's home. Too late. Suddenly, despite his panic, he realises he needs to relieve himself. He lets go in his pants, which helps keep him wet."Two birds with one stone," he says. Fraser's eaves catch alight. He slips on the veranda and puts his hand through a window. Toilet paper stems the flow of blood, but he knows it will need surgery - as-



Lachlan Fraser crosses the finish line in January 2009 at Mt Buller

suming he survives. He wets his windbreaker and breathes through it. He grabs the dogs, telling them over the roar that they will survive. And, right then, Fraser gives up on saving his house."

There is an intention to organise a day of running based at Marys-

ville in late May, with possible distances of 10km, half marathon and marathon. Details can be found in the race threads section (entitled 'Marysville marathon') of www.coolrunning.com.au and also on the Marysville website at <http://marysvillecommunity.net/>



Bogong to Hotham 64km event

Victoria, 7 January 2009

1. Damon Goerke	7:35	11. Dave Byrne	9:37	19. Phil Murphy	10:54
2. Martin Fryer	7:37	12. Peggy MacQueen (1 st F)	9:45	22. Chris Yates	11:15
3. Chris Wight	7:47	13. Nadine Kahler (2 nd F)	9:50	22. Dave Waddington	11:15
4. Daniel Thompson	8:05	14. Nik Nikolaev	10:02	22. Rick Cross	11:15
5. Tim Harpur	8:13	14. Terry Coleman	10:02	25. Steve Kibble	11:30
6. Justin Scholz	8:15	16. Michael Miles	10:12	26. Nick Thompson	12:24
7. Michael Clarke	8:30	17. Robin Cameron (3 rd F)	10:35	27. Brett Saxon	13:13
8. Bryan Ackerly	8:31	18. Peter Bignall	10:50	27. Damien O'Connor	13:13
9. Lachlan Fraser	9:28	19. Tim Turner	10:54		
10. Wayne Gregory	9:36	19. Andrew Hewat	10:54		

Note that some results are unconfirmed



Narrabeen Allnighter

Mansfield to Mount Buller

New South Wales - 10/11 January 2009

50k - Victoria, 25 January 2009

12 hour event

Pl	Name	Total km	50km time	100km
1.	Andrew Johnson	130.06	4:23:21	9:10:30
2.	Michael Lovric	121.103	4:23:05	9:53:41
3.	Malcolm Gamble	110.198	4:59:56	10:52:26
4.	Kevin Heaton	106.856	5:03:28	11:17:23
5.	Glen Lockwood	103.351	5:22:04	11:37:06
6.	Michelle Thompson (1 st F)	101.40	5:32:25	11:48:37
7.	Mark Dakin	100	5:12:01	11:28:36
8.	Billy Pearce	99.369	5:31:10	
9.	Jane Trumper (2 nd F)	98.406	5:31:16	
10.	Nick Barlow	96.406	5:33:09	
11.	Allison Lilley (3 rd F)	96.137	5:31:31	
12.	Clare Holland (4 th F)	94.781	5:52:20	
13.	Marcus Warner	93.79	5:57:22	
14.	Dan Bleakman	91.255	5:55:22	
15.	Robert Osborne	88.634	6:17:59	
16.	Jan Herrmann	83.223	6:57:07	
17.	Ken Smith	82.609	6:46:21	
18.	Becky Oliver (5 th F)	75	8:17:46	
19.	John Mergler	75	4:16:27	
20.	Laurie Hennessey	73.647	7:40:08	
21.	Laura Petherbridge (6 th F)	63.045	8:43:48	
22.	Jackie Clear (7 th F)	61	9:42:46	
23.	Cecilia Densham (8 th F)	61	9:42:50	
24.	Paul Roper	50	6:06:59	
25.	Anth Courtney	50	8:07:26	
26.	Dane McIntosh	35		
27.	Tim Cochrane	30		

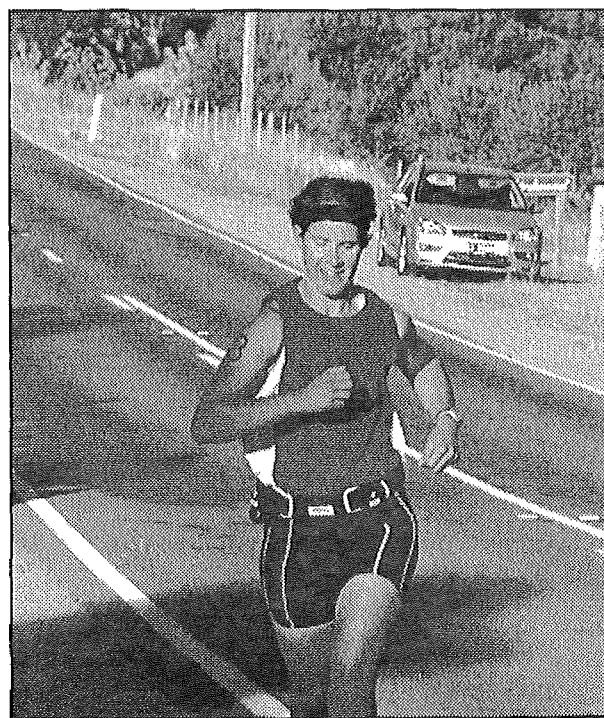
50km results

Pl	Name	Time
1.	Greg Love	4.34.16
2.	Kelvin Marshall	4.34.59
3.	Lachlan Fraser	4.48.36
4.	Stephen Callahan	4.52.44
5.	Shane Pettingill	4.54.03
6.	Greg Semmler	4.59.26
7.	Peter Black	5.07.51
8.	Benjamin Lucas	5.09.29
9.	Caroline Hodges (1 st F)	5.11.58
10.	Justin Scholz	5.17.02
11.	Deanne Nobbs (2 nd F)	5.28.55
12.	David Spencer	5.36.12
13.	Ngoh-Ngoh Nestor (3 rd F)	5.45.36
14.	Brian Gawne	5.51.15
15.	Trevor Marsh	5.51.23
16.	Michelle Thompson (4 th F)	6.04.47
17.	Kerrie Comer (5 th F)	6.14.40
18.	Brain O'Farrell	6.19.45
19.	Max Walker	6.49.40
20.	David Jones	6.51.09
21.	Martin Hunt	7.51.25
22.	Alan Kerr	7.51.25
23.	Peter Gray	10.26.15

100km event

	100km time	50km time
1.	Brendan Davies	8:07:16
2.	Michael Baldock	8:39:40
3.	Brett Worley	8:53:24
4.	Tim McKenzie	8:57:54
5.	Ewan Horsburgh	9:28:52
6.	Jason Dunn	9:44:16
7.	Marie Doke (1 st F)	11:12:41

Photo right courtesy of Justin Scholtz



Female event winner Caroline Hodges running strongly in the early stages



Caboolture Historical Village Dusk till Dawn

Saturday 7 - Sunday 8 February

Race Director's Report by Geoff Williams

A great night with a near full moon and star filled sky and no rain. What a great place to hold this 15th Dusk to Dawn Event. Before the event got under way we commemorated the passing of ultra walker Andrew Ludwig with a slide show and a minute's silence.

Toeing the line were 55 competitors made up of 16 solo 12hrs, 16 solo 6hrs, three solo 50ks, 17 teams for the 3 x 2hrs and three teams 2 x 3hrs. Two walkers were in the 12 hour, one walker in the 6 hour, and three walking teams in the 3 x 2hr relay. One participant was to start at midnight.

In the 50k solo event there were three competitors, two of whom were female.

Toowoomba lady Tressa Lindberg's 50km run was nothing short of fantastic. Shadowing her another Toowoomba runner Julie McCallum displayed her ease in covering the kilometres. The walking brilliance of Peter Bennett was once again displayed in his 12 hour event. Greatly missing his mate, he joined up with a colleague Iggy Jimenez who entered the 6 hour. His campaign was shortened with knee troubles.

As the night progressed competitors withdrew, others failing to meet their goal, while in the 12 hour event competitors pushed on, now joined by Barry Trayner who had started in the later shift.

John, Susannah and Roger were strong to the finish with Roger only ten laps down on Susannah who closed within six laps. I am sure she knew where she was positioned. Peter again displayed his

great walking ability was only three laps off 100km, while further back Kelvin was troubled with back pain allowing Elizabeth to close the gap. John Pearson and Susannah Harvey-Jamieson recorded their personal best times at this event.

This year we introduced a new 12 hour walker's category: The Andrew Ludwig Memorial Trophy

Caboolture Historical Village Dusk to Dawn 12 Hour Walker. This was proudly presented to one of Andrew's greatest mates on and off the track, Peter Bennett, whilst acknowledging the highest of respect to each other in competition.

Geoff's full race report is available at <http://geoffsrns.com/?p=51#more-51>

12 hour/100km event results

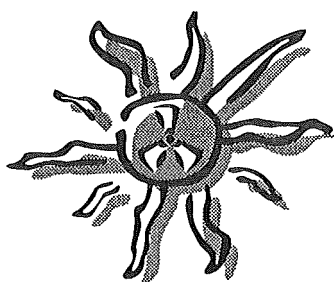
Place and Name	Total km	50km	100km
1. John Pearson	123.7138	4:18:52	9:33:13
2. Susannah Harvey-Jamieson (1st F)	117.5192	4:43:30	9:48:43
3. Roger Guard	115.0577	4:59:57	10:21:45
4. Michael Lovric	112.1737	4:52:07	10:49:50
5. Alun Davies	105.8873	4:56:39	11:17:43
6. Keith Sullivan	101	5:18:32	11:44:12
7. Nic Moloney	100	4:44:10	11:09:10
8. Peter Bennett (w)	98.5	5:52:50	
9. Kelvin Marshall	96.1737	4:52:08	
10. Elizabeth Swain (2nd F)	95.5	5:32:22	
11. Geoff Last	94.5	5:53:28	
12. Billy Pearce	94	5:59:58	
13. Ian Valentine (w)	80.5	6:47:58	
14. Steel Beveridge	67.5	7:58:07	

6 Hour event results

Place/Name	Total km	50km
1. Danny Hooley	67.5	4:22:05
2. Adrian Pearce	65	4:29:39
3. Eleena Rosevear (1st F)	63.5	4:30:57
4. Lyn Fulton (2nd F)	57.5	4:43:25
5. Jeff Backen	57	4:53:35
6. Eric Quevauvilliers	56.5	5:12:03
7. Doug Locke	53.5	5:36:48
8. Cassie Smith	53.5	5:37:04
9. Blair Venn	52	5:46:17
10. Peter Davies	50.5	5:52:23
11. Barry Scott	50.5	5:56:24
12. John Taylor	44.5	
13. Iggy Jimenez (w)	36	
14. Steve Lucas	30.5	
15. Brian Evans	26.5	
16. Lindsay Phillips	6.5	
Barry Traynor (started 12am)	42.5	

50km solo event results

Place/Name	50km time
1. Tressa Lindenberg (1st F)	4:04:24
2. Julie McCallum (2nd F)	4:16:53
3. Shane Lewis	DNF





Cradle Mountain Run

Tasmania, Saturday 7 February 2009

Report by Glen Wake

It was raining quite heavily as 6am approached and we all headed down to the start of the track. It was quite an uneventful start with the faster runners disappearing into the morning darkness and the slower runners fitting in behind them. I made sure that I was near the back as I didn't want to get stuck running with guys faster than me. I needed to pace myself as this was my first attempt at running 80km.

It really didn't seem like we had been running for long at all when the track started to head up for the climb up to Marions Lookout. It was getting very windy, quite cool and again started raining. As bad as the weather was it was still quite spectacular running on the top of Marions Lookout.

Kitchen Hut was passed and now we were running around the base of Cradle Mountain which was an awesome sight. The terrain so far was quite rocky and some sections required rock hopping. I think the term "track" has been quite loosely used here!

We then headed down past the Waterfall Valley but not down to the campsite. I almost got the map out here until I saw a runner on the other trail. The running through to Lake Holmes, Lake Windermere and Windermere Hut was quite straightforward with a mix of trails, including a good amount of duck boarding and board walk.

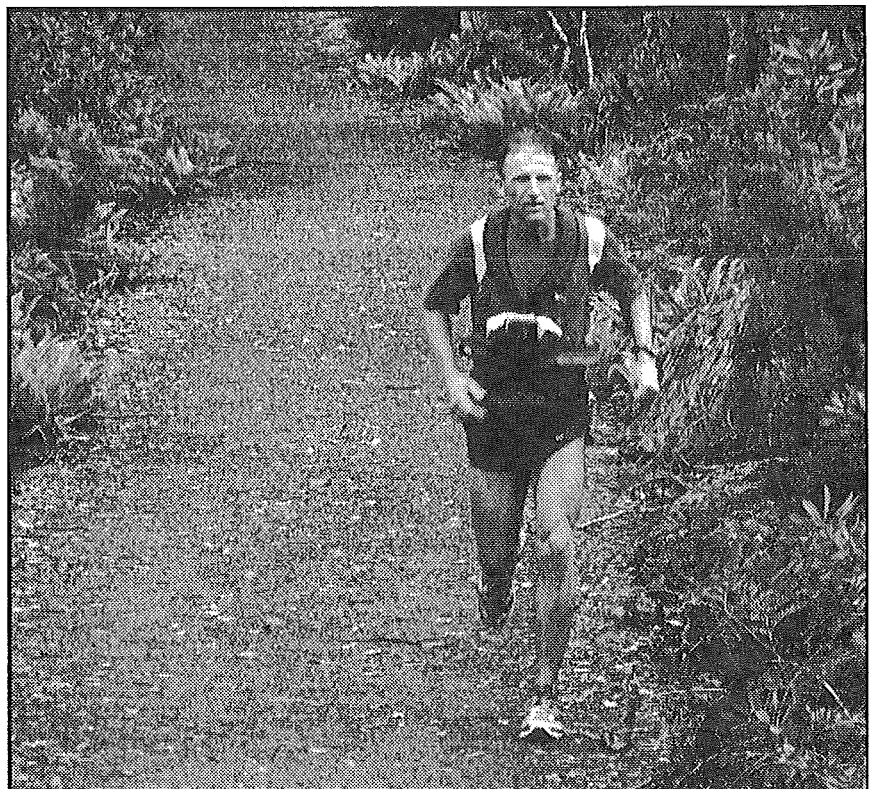
Heading through Pine Forest Moor the track conditions started to become a lot more difficult and I soon discovered what people are talking about with regards to the tree roots and mud that the Cradle Run is famed for. The mud didn't suck any of my shoes off, but at times I could feel it having a good go as I tried to pull my foot out of mud deeper than ankle deep. "How much worse could this get" I thought to myself? If it wasn't muddy or tree



Cathy, Peter and Stoyan

rooted then there was so much water running along the track that it seemed like we were running down creeks. I was running off and on with a 68 year old veteran of the

Cradle Run who has completed the run 11 times, and he said that the track conditions were on par with the worst that he has seen.



Tim Sloan

*"I was pretty much in a state of run, walk, run, walk but
I didn't at all feel like I wasn't going to make it to the end"*

Frogs Flats was next and I stopped to adjust my footwear. Pelion Hut (31 km) was now not too far away but I was actually worried about missing the main cut off time. This kind of threw me. Next I managed to twist my left ankle making things even worse. I'm known for having bad ankles so I hobbled on for a bit. Luckily my ankle seemed to loosen up but it did knock my confidence around and was probably a good wake up call, reminding me that I need to have 100% attention on where I'm placing my feet. I ended up making it to Pelion at 11:24am so I had 36 minutes up my sleeve, but I knew I had to run well and not lose much time over the next 30km. The furthest I had previously run was 56km so I was a little unsure how I'd fair getting to Narcissus (60km) considering what the track conditions were like.

Running through to Pelion Gap, along side Douglas Creek it was evident from the water falls about how much water was flowing as they were a raging torrent. The track continued with rocks, roots and more mud through to Kia Ora Hut and the checkpoint at Windy Ridge Hut (49km), where I arrived

at 2:58pm. This checkpoint had no cut off time associated with it. Alec Hove (the race director) asked how I was feeling; I was in good shape but really starting to feel the pain come on a bit stronger. Alec told me that there was tea and other refreshments available at Narcissus and it was encouraging that he didn't seem concerned about me not getting to Narcissus in time.

The track started to become a lot friendlier and it did seem like I was making good time, although I wasn't exactly moving fast. I got to Narcissus (60km) at 4:38pm so I only had 22 minutes to spare, but it was a relief knowing that I could continue and couldn't be forced to take the ferry ride home. There was Coke, Anzac biscuits and shortbread at this checkpoint and they all went down very nicely indeed.

I set off on the last leg of the run and I split it up into manageable chunks to make it easier to handle mentally, and just focused on each section. The short ups and downs combined with having to jump over logs and deal with more roots and mud makes the final section quite tough.

I passed a runner going in the opposite direction to meet some else and he told me "about an hour to go". I was pretty much in a state of run, walk, run, walk but I didn't at all feel like I wasn't going to make it to the end. I pressed on, passing someone waiting for a runner to come through and they said "20 minute to go". I'm always weary of comments like this from bystanders, but sure enough I eventually arrived at the Hugel River bridge where I was told that there was only about a kilometre to go. I looked at my watch and noticed that 14 hours was rapidly approaching so I pushed hard. At this stage due to the emotions and adrenaline flowing through my body resulting from knowing I was almost at the end of my biggest challenge, it allowed me to run pretty much pain free. I finished 6th from last but I didn't really care, I was immensely proud of my effort.

Glen's full report can be seen at www.cradlemtnrun.asn.au

Photo of Tim taken by Bruce Longmore

Photo of Catherine, Paul and Stoyan taken by Sue Drake

1. Tim Sloan	8:30:35	19. David Cole	11:18:10	37. Richard Pickup	13:16:44
2. Richard Mountstephens	8:38:55	20. Bruce Chetwynd	11:21:27	38. Fleur Grose (1st F)	13:19:01
3. Damon Goerke	8:38:55	21. Dave Ross	11:25:54	39. David McFarlane	13:25:58
4. Aubrey Henricks	8:58:23	22. Rod Cutler	11:30:37	40. Stoyan Shopov	13:32:12
5. Andrew Black	9:09:07	23. Buzz Burrell	11:52:18	41. Catherine Yates (2nd F)	13:32:15
6. Clarence Blake	9:12:58	24. Michael Slagter	11:57:28	42. Paul Black	13:32:15
7. Matt Cooper	9:28:18	25. Gary Farebrother	11:58:47	43. Nick Thompson	13:50:19
8. Dave Heatley	10:09:00	26. Julian von Bibra	11:59:50	44. Rob Taylor	13:54:04
9. James Taylor	10:14:01	27. Ross Kingsley	12:05:19	45. Glen Wake	13:58:13
10. Robin Hage	10:15:55	28. Stuart McFadzean	12:13:44	46. Paul Ashton	14:13:57
11. Andrew Williams	10:22:54	29. Matthew Chamberlain	12:24:26	47. Andrew Palfreyman	14:19:15
12. John Madden	10:41:15	30. Jonathan Worswick	12:25:19	48. David Stary	14:24:33
13. Bryan Ackerly	10:42:21	31. Malcolm Gamble	12:25:57	49. Stephen Kibble	15:09:53
14. Scott Macdonald	10:58:01	32. Neil Hawthorne	12:41:21	50. James Walsh	DNF
15. John Cannell	10:58:11	33. Gary Burgess	12:42:13		
16. Michael Page	11:07:33	34. Colin Francis	12:46:56		
17. Peter Hall	11:07:40	35. Damian Bowden	12:49:21		
18. John Wilson	11:08:03	36. Andrew Cox	12:49:23		



Coburg 6 Hour Championships

Victoria, Sunday 15 March

**Report by race director
Tim Erickson
Photos taken by Kevin
Cassidy**

The Melbourne weather was at its fickle best as the competitors battled early rain and wind, were tempted mid race by some weak late morning sun and then finished the event in overcast conditions. A large field of 38 contestants faced the starter's gun at 8am and all but four were still on the track when the final gun sounded at 2pm. This year saw the runners confined to lanes 1-2 and the walkers confined to lanes 3-4. This proved a successful experiment as it allowed both the faster runners and the faster walkers a clearer passage around the track.

On the provisional results, a number of competitors have beaten existing Australian records in the 6 Hour events

- Mick Francis bettered Max Carson's M50 record for the 6 Hour run.
- Max Carson set a new M60 6 Hour run record.
- Terry O'Neill bettered his own M50 record for the 6 Hour walk.
- Clarrie Jack set a new M60 record for the 6 Hour walk.
- Dawn Parris set a new W55 residential record for the 6 Hour walk.

The 6 Hour run for men was a high quality affair with the pace on from the gun. Early leaders Fergus McTaggart (running his first ultra) and Lachlan Fraser (having his first run since he lost all in the Victorian bushfires) were one lap ahead after 30 minutes but were soon caught by the three 100km entrants - WA running mates Mick Francis and Michael

Baldock and NSW Ironman triathlete turned ultra runner Jason Dunn - along with Nathan Fawkes and Allan Devine.

As time wore on, the three 100km runners gradually asserted their dominance and by the half way mark Baldock with 100 laps led Dunn on 98 laps and Francis on 96 laps. Nathan Fawkes was next on 95 laps and Lachlan Fraser was still up there on 93 laps. From there the complexion changed quickly with Jason Dunn starting to fade along with most of the followers and the gap to Michael Baldock and Mick Francis gradually blowing out.

By the time the final gun sounded, Baldock (76.760km) and Francis (74.565) were still in front and looking to the big picture 100km. Behind them Drew Arthurson and Justin Scholz had run very well judged races and moved right up through the field to finish third (73.168km) and fourth (69.666km) respectively. With the first 11 runners all in excess of 60km, it was a high quality finish and omens well for the Coburg 24H which will see many of these runners back on the track in five weeks time.

In the 6 Hour run for women, Caroline Pivetta forged to an early lead while Deanne Nobbs started out conservatively, treating this as a training run in preparation for her next International outing in the IAU World Champs. Mid race, Deanne picked up her pace and, with Caroline tucked in behind, the two girls ran home strongly.

A 100 km event was also scheduled for any elite runners seeking qualifying performances for the 2009 IAU World Championship. Four of the 6 Hour runners chose this extended option with three of them eventually completing the requisite distance. Michael Baldock broke his 100 km PB by over 30 minutes to finish

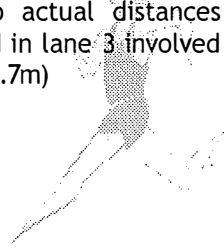
first with a very impressive 7:58:50. Mick Francis, after chasing his training partner for the first half of the event, fell off the pace a little in the second half but still recorded an excellent 8:37:53 to take more than 10 minutes off the existing M50 100 km record. Caroline Pivetta continued her rapid improvement with a fine 9:25:52 as the third 100 km finisher. Jason Dunn was on the pace early but was forced to retire soon after the 4 hour mark.

In the 6 Hour walk for men, well known Victorian ultra walkers Terry O'Neill and Clarrie Jack swapped the lead on several occasions before Terry eventually established a winning break. His winning distance of 53.191km was a new Australian M50 record while Clarrie's second place distance of 52.505km was a new Australian M60 record. Steve Jordan, Alex Poore and Rudolf Skrucany took the next 3 places with PBs of 46.201km, 45.246km and 44.183km respectively. Doug McKay improved a lot on his 2008 Sri Chimnoy Adelaide 24H walk to record 44.124km for 6th place while Deryck Skinner, the oldest in the field at 76 years of age, showed that he has lost none of his form with a fine 43.836km.

The women's 6 Hour Walk Championship saw a great battle between Dawn Parris and Karyn O'Neill with the two ladies never more than a lap or two apart. After chasing Karyn for the first 5 hours, Dawn finished the stronger to pass her in the last hour and win narrowly with 45.719km, a new Australian Residential W55 record. Karyn was close behind in second place with 45.320km while Sandy Howorth was third with 36.317km.

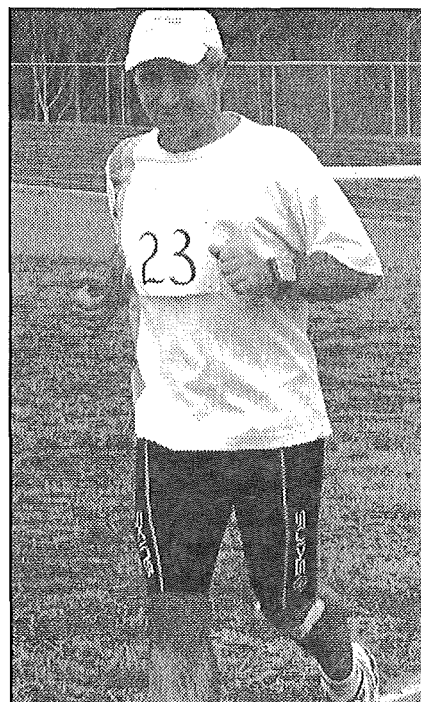
Because the walkers competed in lane 3, some additional calculations were required to convert their completed laps into actual distances (each lap walked in lane 3 involved a distance of 414.7m)

*"Deryck Skinner, the oldest in the field at 76 years of age,
showed that he has lost none of his form"*



"it was a high quality finish and omens well for the Coburg 24H"

Male	6 hours	100km	Female		
1. Michael Baldock	76.760	7:58:50	1. Caroline Pivetta	65.876	9:25:52
2. Mick Francis	74.565	8:37:53	2. Deanne Nobbs	63.212	
3. Drew Arthurson	73.168		3. Clare Voitin	58.865	
4. Justin Scholz	69.666				
5. Michael Murrell	67.290		Walkers - Male		
6. Max Carson	64.684		1. Terry O'Neill	53.191	
7. Lachlan Fraser	63.299		2. Clarrie Jack	52.504	
8. Lawrie Lolait	63.014		3. Steve Jordan	46.201	
9. Nathan Fawkes	62.908		4. Alex Poore	45.246	
10. Allan Devine	61.712		5. Rudolf Skrucany	44.183	
11. Zac Savage	60.356		6. Doug McKay	44.124	
12. Jason Dunn	56.800		7. Deryck Skinner	43.836	
13. Trevor Marsh	53.623		8. Gary Turner	41.671	
14. David Jones	52.710		9. Ken Carter	30.122	
15. Andrew Herman	51.760				
16. Robert Boyce	51.600		Walkers - Female		
17. Hugh Hunter	50.984		1. Dawn Parris	45.719	
18. Ahmed Al Mansoori	47.500		2. Karyn O'Neill	45.320	
19. Shadi Samir	44.715		3. Sandy Howorth	36.317	
20. Fergus McTaggart	35.200		4. Janet Hunter	19.118	
21. John Timms	29.200		5. Jean MacDonald	15.807	



The consistent Robert Boyce



Launceston 6 Hour Event

Tasmania, 22 February 2009

Race Director's Report by Dave Brelsford

The 6 hour race went off without a hitch and I thank you all for coming, running and helping in my first attempt at organising a race.

We had to wait a while for it to get light enough for the scorers to see their runners, but things eventually got under way in cold conditions which prevailed for at least three hours.

Local man Aubrey Henricks, who lives almost within sight of the track, was a runaway winner with 75.474km. He covered the marathon

distance in 2:57:06. It was a battle for second place but Tasmanian Simon Phillips eventually took that spot with 70.612km, and Malcolm Gamble was third with 69.445km.

Michelle Thompson took out the women's trophy with 61.919km from Launceston's Debbie West on 44.052km.

It warmed up towards the end and the runners were glad to be given icy poles with an hour to go.

Hopefully word will get around that Tassie now has an ultra track race and the event will grow. Keep an eye on the Tasmanian racing calendar for next year's race.

Results

1. Aubrey Henricks	75.474km
2. Simon Phillips	70.612km
3. Malcolm Gamble	69.445km
4. Peter Hoskinson	68.342km
5. Michael Murrell	66.642km
6. Michelle Thompson (1 st F)	61.919km
7. Chris Dalton	58.553km
8. Vlastik Skvaril	49.159km
9. Debbie West (2 nd F)	44.052km
10. Jack Unwin	42.400km
11. Daniel Skvaril	26.811km
12. Jacob Skvaril	24.476km

Team: Legana Gourmet Deli Girls
56.581km

"Hopefully word will get around that Tassie now has an ultra track race and the event will grow"





Ultras and Me – Vivienne Kartsounis

Vivienne Kartsounis is no stranger on the Australian ultramarathon scene. She is a mother of two teenagers, holds university degrees in architecture and land development and currently works for a hydraulic design consultancy in Sydney. South African by birth, she emigrated to Australia in 2002, but her running career started in Malaysia in 2000 where she lived at the time. Her first long race was the Kuala Lumpur Marathon of 2001. While living in Kuala Lumpur she ran with Pacesetters Athletics Club, started a Ladies Jungle Running Group three mornings a week, and was their sports-woman of the year in 2001.

Now Viv picks up the story:

"After arriving in Sydney I couldn't find a running group so started my own Wednesday morning ladies running group. It consisted of mums from my kid's school and was held on an oval near the school. Then in about 2004 due to life's pressures of full-time work, kids, separating from my husband, a few injuries, and reaching the age of 39 my philosophy to running changed: just run

and enjoy what each run has to offer. So I started to change the emphasis of my running and but still remain competitive. I decided on the advice of Nick Drayton to try ultra running.

"I began to run slower and further with an emphasis on strength, stamina, endurance, and running nutrition, running recovery and rest days. Also started stretching and weight training at a gym. I run because I love to run - this is how I fly. It's a very individual sport where you rely totally on yourself and your own abilities.

"My first real ultra was the Gold Coast 100k in June 2006, in which I qualified to run for the Aussie 100k woman's team in the 100k world cup in Korea. This year marked the start of my feet problems and I saw physios, podiatrists, acupuncturists, doctors and was eventually fitted with orthotics which I ran in for the world cup race. This pre-race injury kept me off my training for many months but I was determined to go and ended up doing my 100k PB on a very hot and hazy Korean day.

"I had a good break from running



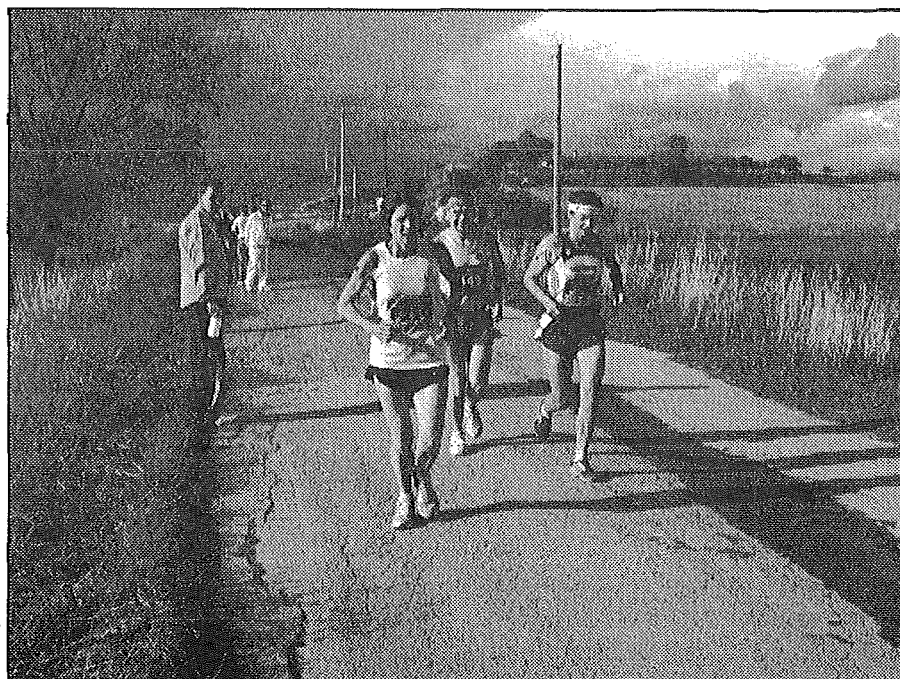
after this race and started afresh in January with some good strength training and the ever challenging feet issues and my quest to find the correct running shoes.

"It was also at this time that Nick Drayton and I started our own running group, the Millennium Milers, with a small group of new walkers/runners around an oval in Hornsby. Our group is still happily running along but now mainly consists of ultra-runners, although we welcome all runners for our challenging weekly strength training.

"After my 2006 100km run I wanted to improve on my time with better training and no injuries and this was my goal for the year. I did lots of strength training, races and time on my feet but in hindsight not enough distance - this has always been a problem being a single mum with kids waiting at home.

"I tried new shoes and eventually found some that kind-of worked and used these for the 100k World Champs in the Netherlands. This was the worst and best race of my life. I started well but had nausea and tummy trouble from 12km to about 70km where I came good. It would have been so easy to just quit when you still have 80k to go and you are walking the course and in tears of frustration, but it's these races that give us strength. Inner strength that show us what we are made of and we push on relentlessly so as not to let the Aussie team or ourselves down. What a good cry I had at the end of that race.

"This knocked my mental strength



Vivienne at the World Championships in Italy 2008

"All I wanted to do was have a better run than last year"

and perseverance back and I had no strength to compete for a long time. It was just too hard to push myself and my mind needed a break, as did my body so I took a break from hard running for the remainder of the year.

"I started the year with good strength training for the Six Foot Track. This went well with a PB and then another PB for the Canberra 50k. So I decided to try for the Aussie 100k team to bury the demons for the disastrous race of the year before. By this time I had figured that my foot problem was that I need a regular foot massage to keep my feet happy, and so the correct shoes were not hard to find. All was good. I ran more races and had a run with Billy Collis, who gave me some tips on ultra running.

"Preparation went well, Italy was great and the race was OK. It was a tough run with many mental and practical obstacles as the Italians just do things a little more relaxed and more slowly than we do. All I wanted to do was have a better run than last year, which I did, but there were still some foot cramping between 30 and 45km - still we push on.

"2009 has started with well with more good strength training and a wonderful Six Foot Track - not a race to win but to love my running and to train for the Comrades Marathon in South Africa in May, which I'll be running with my partner, Nick Drayton, and visiting family in Pietermaritzburg, the start of the race. The Canberra 50k is in April,

which is another good training outing."

Vivienne's running highlights:

Sydney Trailwalker 2004

Six Foot Track six times with PB of 4:49

Canberra 50kms four times with PB of 4:15

Gold Coast 100k - 2nd lady 9:28

Gosford 12 hour Track Race 2005 - 116.573km 1st lady second overall, and again in 2006 with 115.133km, 2007 - 1st and 100.372km

Aussie ladies rep for the 100k World Cup in 2006, 07 and 08, with PB in 2006 of 9:24:34 in Korea



Favourite run – Apollo Bay

By Julia Thorn

As I write this we are having the first wet day in Melbourne for many months. I have just been for a long run in the rain and what a pleasure that was. Running in wet clothes and with waterlogged feet hasn't happened for a while. But I'm not going to write about that one. I'm going to write about a long run I did in fine weather over Easter a couple of years ago. It still ranks as one of the nicest runs I have ever done.

The Great Ocean Walk is a long distance trail between Apollo Bay and Glenample Homestead, a point just east of the Twelve Apostles on the Great Ocean Road in Victoria. The walkway as a whole entity was officially opened a few years ago, but the individual sections have been popular walks for some while. There are designated campsites along the route and water tanks, although it would be a mistake to rely on these for drinking water; I didn't even notice a couple of them.

I thought it would be a neat idea

to run the whole way, but split the route up over three days. This would make a good project for Easter - three days of running and a day to recover at the end. My kind family would deposit me in the morning on the trail, collect me several hours later from a designated point, and then return me to that point the next morning. All I had to do between times was run.

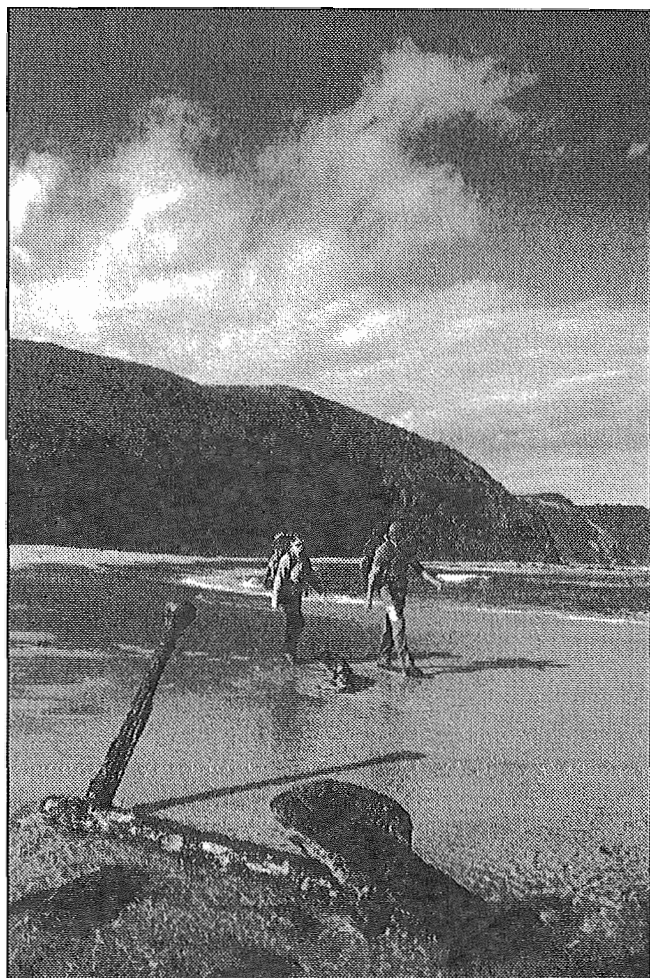
There is a little bit of confusion, in my mind at least, about the distance. The official national parks leaflet talks of a distance of 91 kilometres. If you add up all the individual distances of the sections of the route as shown on this same leaflet you will come to a total of 96.6 kilometres. The track marker signs tell a different story again. Needless to say, after running the route I felt as though it were 150 kilometres, but that's not a matter I can take up with Parks Victoria. I did query the discrepancy that anyone holding the leaflet and prepared to do a bit of mathematics would notice, and was

told that the distance of 91 kilometres mentioned was a 'concept'. That's one to ponder next time you see a distance written on a map.

So, in the true Good Friday spirit, I set out from Apollo Bay. There's a sign showing the start of the route outside the Visitor Information Centre and I made a point of going up to the sign and touching it, even though we were staying three kilometres into the route at Marengo and I need not have run the first wee bit. But I like to do things properly, and I told the family this when they questioned why we had to drive into town so I could immediately run back past our motel.

It was a sunny day and little wind, in a place where it often seems to be windy, so I was relieved. My husband ran with me for the first hour to Shelly Beach, then turned back for Apollo Bay and family duties. The first few kilometres are the least exciting of the route, alongside the road through town and into

"All I had to do between times was run"



Wreck beach

the satellite town of Marengo. But once we got past the caravan park at Marengo the atmosphere picked up and we enjoyed a mixture of beach running and patches of bush. The trail hugged the coast with several ups and downs, nice views and I still felt very fresh.

Beyond Shelly Beach the route turns inland for 13 kilometres into the forest and changes considerably in character. The running was easy on wide forest tracks. I met a family who were intending to cover the whole route in a week, with a child who can't have been older than eight. Once out of the wet forest at Blanket Bay there's a short stretch in dry forest with grass trees and lots of twists and turns. It was nice to have coastal views again but this part seemed long and I hoped I had not taken the previous section too fast.

I was wondering why I wasn't meeting more track users on such a clear day on a public holiday. In fact over

the three days I saw little evidence that the trail is much used. Most visitors seem to stick to the better publicised areas such as Cape Otway.

The cliff top running continued almost to Cape Otway. At Parker River there's a choice of inland or beach route because the inlet can be impassable, but there was little water in this and all the other rivers I had to cross; just as well since most of them lack bridges. The trail rounds a promontory then heads back inland, and the final kilometre

to the Cape is alongside the road. I tried to find an alternative to running on the grass verge but there wasn't one.

At this point, 30.5 kilometres into my run, I realised I was not doing so well for time. In fact I was at the Cape at the precise time that I should have been at our first meeting place some fifteen kilometres further along the road. And I was extremely dehydrated, having finished my water an hour ago.

I went into the shop at the Cape where you get your tickets to do the lighthouse tour, and was dismayed to see a sign that said only people who were buying the lighthouse tour could purchase drinks at the counter. Strange! But I probably looked such a mess having been running through the bush for many hours that they served me without question. Had they refused to serve me I might have collapsed in a heap, and who

wants that problem in their shop?

The lighthouse was busy. It's in a fantastic location, as is the custom with lighthouses. You can go inside this 150 year old piece of history and also do short walks around the base. Having been here previously in wild windy weather, when merely standing up can be a challenge, I appreciated the calm conditions and had a good look around as I quaffed a few drinks.

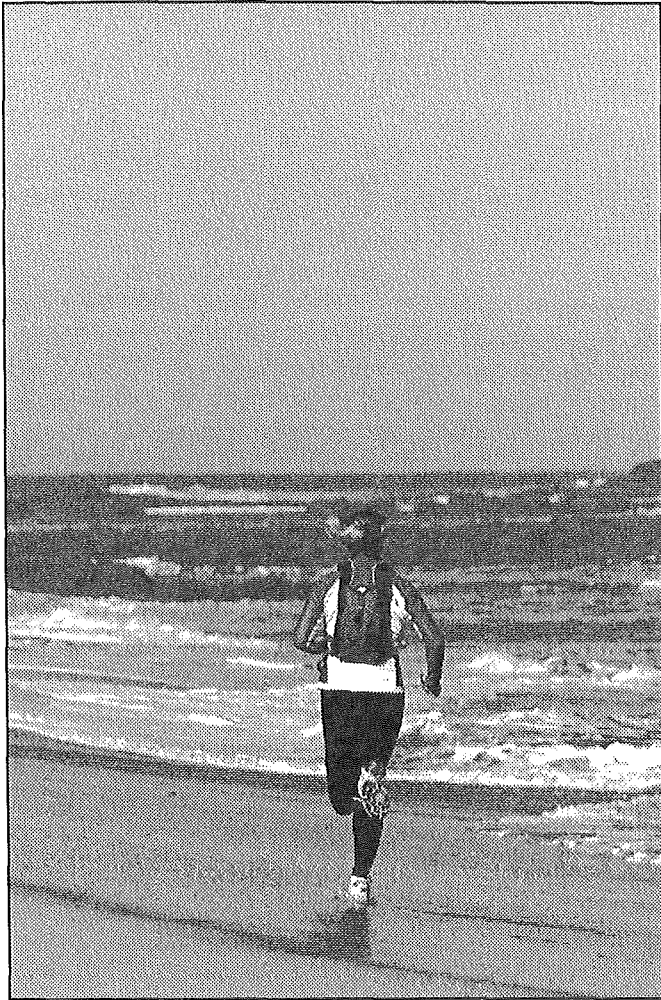
Beyond the lighthouse the scenery again changed quite dramatically. This was the start of a section with many long windswept beaches interspersed with cliff top tracks. The running was not speedy just because of the winding nature of the trail, but much of the trail was etched into the cliff edge and quite spectacular. I would have enjoyed it more had I not been rather concerned about arriving late at my rendezvous.

When I reached Aire River I was pleased to see a bridge over this wide river but I missed the trail and became quite confused about where to go. The trail was not well marked and although there were lots of tents around I had trouble finding someone who could tell me the way back onto the trail. So I lost more time.

The path returned to the cliff top and after a while I made it to Castle Cove, the end of this first day's run of 46 kilometres. This is a convenient place to end the day as the trail comes right back to the Great Ocean Road for the first time since Marengo. I was exhausted and pleased to be done, but when I flopped down onto the fence at the roadside parking area there was nobody there. My support crew were absent. I was entirely alone. Well, apart from a tour bus and a few parked cars.

But I did not panic. Not for the first forty minutes at any rate. I sat there and became colder and colder. I could not get a signal on my phone. I walked a short distance back along the track in case they had tried to come and meet me (while hiding the car somewhere), and walked on a short way for the same reason. But there was not much else I could do.

"I probably looked such a mess having been running through the bush for many hours"



One Great Ocean Beach

Eventually, an hour later, they turned up. I was in disgrace. It was unfortunate, really, because they had left the parking area just as the tour bus I had seen there was pulling in. So we only missed each other by a matter of minutes.

The next morning I was deposited at Castle Cove with instructions not to dawdle, and allowing myself a big cushion for slowing down. My run started with more of the cliff top wiggling path. I passed a couple of groups of walkers setting out for the day. Beautiful Johanna Beach was the first of several long desolate beaches I crossed. When you stand (or run) on one of these beaches and look up at the cliffs beside you there's a real feeling of seclusion, of being cut off from the rest of the world. Past Johanna I had easy running on old roads. Outside a house along here someone had put out a container of water and a couple of cups 'for walkers' - a lovely touch.

Milanesia Beach was another fabulous stretch of sand. It made for

*"My final day was short and sweet,
a mere half marathon"*

slow running even going right at the water's edge, but who could imagine somewhere nicer to run? There was a steep climb at the end to Ryans Den, another campsite which looked as if it saw little use. I stopped at a couple of lookouts and before I knew it I was at Moonlight Head. I saw a figure moving towards me, and it was my husband, with the good news that I had less than a kilometre to do for the day. This last kilometre was just on a gravel road.

This was a shorter day (28 kilometres) than the first day but I

must have been over extended the previous day because I felt tired, and that night at the pub I managed to eat not only my dinner but food from everyone else's plates too.

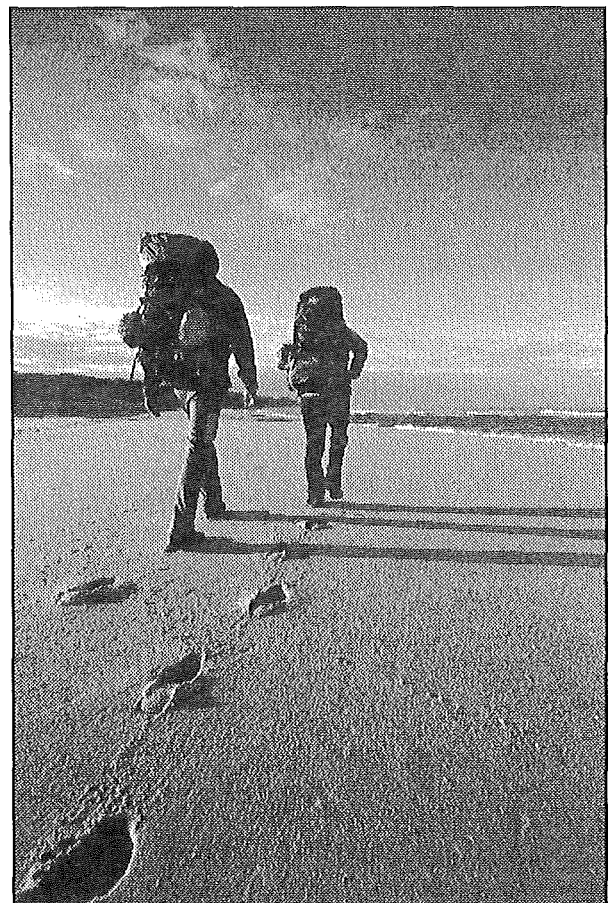
My final day was short and sweet, a mere half marathon. Wreck Beach was the highlight. It was a long series of steps down to the beach but worth the effort, not only for the beach itself but for the thrill of seeing a couple of anchors from long ago shipwrecks - I was lucky they were exposed at low tide.

Beyond here I had a few hours on sandy roads which seemed interminable. I began to get bored. Then I saw a snake lying on the road

and that kept me on my toes. The sandy road ended at Gellibrand River near Princetown; I felt I was back to civilisation, making contact with a sealed road.

The very last section was across heathland with great ocean views. This bit of track was full of people taking a short stroll from their cars. As I approached the point where the track meets the Great Ocean Road I got quite excited to be finishing this venture. I crossed the road and ran the final few hundred metres up to the Glenample homestead, where nothing much happens at all. But because it's on a hill the view's OK.

My family arrived and we headed off on the easier part of the day, visiting the Twelve Apostles. Lots of other people were visiting too, but I felt very smug since none of them showed any indication of having just run 97 kilometres.



Milanesia Beach



Great North Walk 100 Mile 2008

Lachlan Fraser tells "How not to do the GNW 100 Mile, but still finish"

We lined up for the start early on Saturday, all fresh and raring to go. Well, I was a bit off actually. I had had five days of sleep deprivation while power touring around California and Nevada, and missed a further day flying back from the US. Next thing it was Friday morning in Sydney, a couple of trains and a taxi got me to Newcastle, and another finish after midnight due to shopping and packing. It was probably just as well that I didn't realise what I was up for.

I settled into a pace with Phil Whitten, hearing about his gut problems and offering a diagnosis. By 10 km I moved ahead and missed seeing the post for the turn-off on the trail to the left. I must have gone three kilometres down these massive 4WD ruts, ended up at a T-intersection that wasn't meant to be there, flagged down a car and realised that I had to go back. I must have lost 40 minutes on that debacle but I was relieved to see some other runners.

I got to run through the field and eventually caught up with mates like Whippet with his ski poles and Kelvin with his drawl. I am a Victorian and had come from snow-covered trails in Yellowstone and Yosemite in America, so the cloudy conditions were a blessing in that muggy environment. The scenery varies so

widely, taking in forest roads, steep hill climbs, rainforest, open farm land, river valleys and the spectacular open sandstone plateau in the last section.

The track towards The Basin Campsite met a track heading uphill, itself marked with an enticing fluoro green arrow. Naturally, up I went and along the road, to find Phil broken down and unable to keep fluids down. "You've got to go back," he said, to my chagrin (and other unmentionable words). Coming down I passed runners coming up who I had earlier barrelled past. But just in that space of time there were five or so runners who had made the same wrong turn..

The volunteers at the checkpoints were marvellous, treating us like patients, meeting our various needs. Just what you need. The youngsters at The Basin even finished their sentences with "sir".

After a half hour kip, I was off from Yarramalong into the night. I bumbled at Bumble Hill, instead of going left on Cherry Lane I was looking for the next clue, turning onto a walking track. I muttered "aaagh" and other Arabic words as I realised my error two kilometres down the bitumen road. All up my scenic diversions added two hours to my total of 34.

At the final checkpoint I had 25 km to go. It was 11am. OK, I thought, do that in a conservative three hours and make it back to Sydney for the 5pm flight home. Not quite right - Sebastian caught up and stunned me by stating that this would take 6-7 hours. I didn't want to have to come back again just to finish it off one day, so I decided to hang the flight and forget about any refund. Wildflowers of all sorts flashed past as I hopped around the sandstone plateau like some oversized pot-roo. It certainly got hot out there and I was relieved that I wasn't lost when Sebastian caught up as I was contemplating phoning race director Dave Byrne for directions.

I forged ahead, following the GNW stick man who directed me practically to the top of Mt. Wondabyne (didn't need that), seemingly away from the direction I had been travelling. The sea glimpsed out east, looked so close, but the track later heads southwest to Broken Bay. I trudged head down most of the 7km gravel road winding up to Warrah Lookout. Scarcely enjoyed the view before the final run downhill to that glorious beach and cheering crowd of ultrarunners.

Afterwards, you could have run us down with an invalid scooter as we crossed the road to refreshments. I was a zombie as Mal drove me down to Sydney for a later flight. I sat down on the plane, buckled up and entered another dimension. I caught the flight but missed the take off. I couldn't tell if we had taken off or were taxiing. No reading of the in-flight magazine for this sick cookie. I was the slowest person walking down that long, long terminal, eyeing off the wheelchairs as I passed. A decent night's sleep was just what the doctor ordered, allowing me to resume work at the Marysville clinic the next day, full of fabulous memories.



The history behind: Comrades Marathon

What is the secret behind a great race? Good organisation, a large field, fine scenery - well Comrades has all of this. But as the 2009 race approaches it is interesting to see how this event has developed from humble roots - roots that gripped some very noble intentions. Do you know how it all got so big? The history behind this great event is fascinating. I had a look at the race website to learn more.

Thanks to Jane Sturzaker for the photo.

"The Comrades Marathon, about 90 kilometres between the cities of Pietermaritzburg and Durban, owes its beginnings to the vision of one man, World War I veteran Vic Clapham. Vic Clapham was born in London in 1886 and emigrated as a youth to the Cape Colony in South Africa. At the outbreak of the South African War (Anglo-Boer War 1899-1902) he enrolled as an ambulance man at the age of 13. He later moved to Natal and worked as an engine driver with the South African Railways. With the outbreak of the 1914-1918 world war Vic Clapham signed up with the South African Infantry and fought and marched 2736 kilometres of the eastern savannahs of Africa. The pain, agonies, death and hardships of his comrades which he witnessed during those awful days left a lasting impression on the soldier, especially the camaraderie engendered among the men in overcoming these privations.

When peace was declared in 1918, Clapham felt that all those who had fallen in this catastrophic war should be remembered and honoured in a unique way, where an individuals physical frailties could be put to the test and overcome. Remembering the searing heat and thirst of the parched veld through which he had campaigned, he settled on the idea of a marathon and he ap-

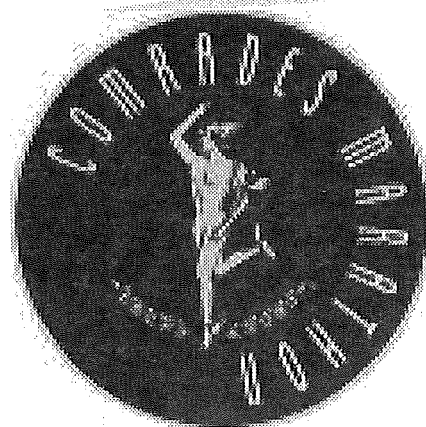
proached the athletic authorities of the day to sound their views. His enquiry led him to the doors of the League of Comrades of the Great War a corpus of ex-soldiers who had formed an association to foster the interests of their living companions who had survived the War.

Clapham asked for permission to stage a 90 kilometre race between Pietermaritzburg and Durban under the name of the Comrades Marathon and for it to become a living memorial to the spirit of the soldiers of the Great War This was strenuously resisted by the League, but Clapham persisted maintaining that if a sedentary living person could be taken off the street given a rifle and 28kg pack and marched all over Africa then surely a fit and able athlete could complete the distance. Applications in 1919 and 1920 were refused but in 1921 the League relented and gave permission.

The first Comrades Marathon took place on 24 May 1921, Empire Day, starting outside the City Hall in Pietermaritzburg with 34 runners. It has continued since then every year with the exception of the war years 1941-1945, with the direction alternating each year between Pietermaritzburg and Durban, the so called up and down runs."

Major changes came about in 1975 when women and blacks were able to run Comrades officially for the first time.

"Prior to 1975 Natal and South African Athletic Association rules prohibited women competing with men, juniors with seniors and except with government approval, blacks competing with whites. One of the obstacles to opening the race to all runners had been of one of purely organisational consideration and that was the possibility of a huge



increase in the number of competitors to unmanageable proportions. The organizers, then the athletic club Collegians Harriers, were mindful of the need to transform the Comrades into a truly international event, attracting runners from all over the world, but were also anxious not to eliminate the real spirit and true meaning of the race - the many hundreds of ordinary people who run not to win, but just to complete, in the allotted time, one of the worlds toughest challenges. 1975 also saw the introduction of a field limit of 1500 runners (since abandoned) and the necessity for runners to prove qualifying times.

After computerised pruning of 1686 entrants to the required 1500 there were 18 non-white runners and two women and the fear of a huge influx of runners did not materialise. The first unofficial black runner to run the Comrades Marathon was Robert Mtshali, who ran in 1935 completing the race in the creditable time of 9:30. Others were to follow, but not for many years. Just prior to World War 2 a separate event known as the SunCrush Marathon, was organised exclusively for black runners, but the allure was still to run the Comrades Marathon.

The first black runner to win an official Comrades Marathon medal was Vincent Rakabaele, who in

"the real spirit and true meaning of the race the many hundreds of ordinary people who run not to win, but just to complete, in the allotted time, one of the worlds toughest challenges"

"Elizabeth Cavanagh decided on an impulse to give running a go. She was in her mid thirties and had never taken part in any sport before"

1975 finished in 20th position in a time of 6:27. He ran again in 1976 and 1975 finishing 4th and 8th and sparking speculation as to whether he would be the first black winner of the race, but this was not to be. It was Sam Tshabalala who ran into the history books in 1989 when he won the down run in a time of 5:35:51. Another black winner was to follow in 1992 when Jetman Msutu was declared the winner after he had finished second to Charl Mattheus who was disqualified for drug use. Perhaps the best remembered of the emerging black runners was Hoseah Tjale (Hoss). In the 1980 event, after having run conservatively in the first half thus conserving his strength for the closing stages, he was leading the race at a crucial stage and looked a possible first black winner. He eventually finished 6th.

In the next few years Hoss provided Comrades King Bruce Fordyce with possibly the stiffest challenge from any black runner, scoring two 2nd and two 3rd places. He completed a total of 13 Comrades. Women runners entered the ranks

of official status along with the opening of the event to all races in 1975, but here also there had been a handful of women who had tackled the gruelling event without recognition. The first was Frances Hayward in 1923. She finished in a time of 11 hr 35 min in 28th position. (In the early days the time limit was 12 hours).

It was not until 1931 that another brave lady made an appearance at the start, Geraldine Watson, a Durban schoolteacher. She had done only six weeks of training and commented after the race that she had nearly given up at Kloof. She finished in a little over 11 hours. She ran again in 1932 and became the first woman to complete both an up and a down run. 1933 she ran her third consecutive Comrades, but this year put in six months of training and finished in 9:31. Geraldine Watson participated in nearly every Comrades Marathon as spectator, competitor, helper and attendant since the 1920s. She donated the trophy for the last runner to finish, the Geraldine Watson Trophy. In 1967 while waiting for her hus-

band Tony to finish his training session at Alexandra Park, Elizabeth Cavanagh decided on an impulse to give running a go. She was still in her mid thirties and had never taken part in any sport before. She bought a tracksuit and a pair of Tigers and her running career began. She ran her first Comrades in 1970, finishing with 10 minutes to spare. She ran again in 71, 72, and 73 and in 1975 became the first women in Comrades history to earn a finishers medal. Betty has secured her Green Number by completing 10 Comrades."

Comrades Course Records

Men Down: Leonid Shvetsov, Russia, 5:20:49 (2007)

Men Up: Leonid Shvetsov, Russia, 5:24:49 (2008)

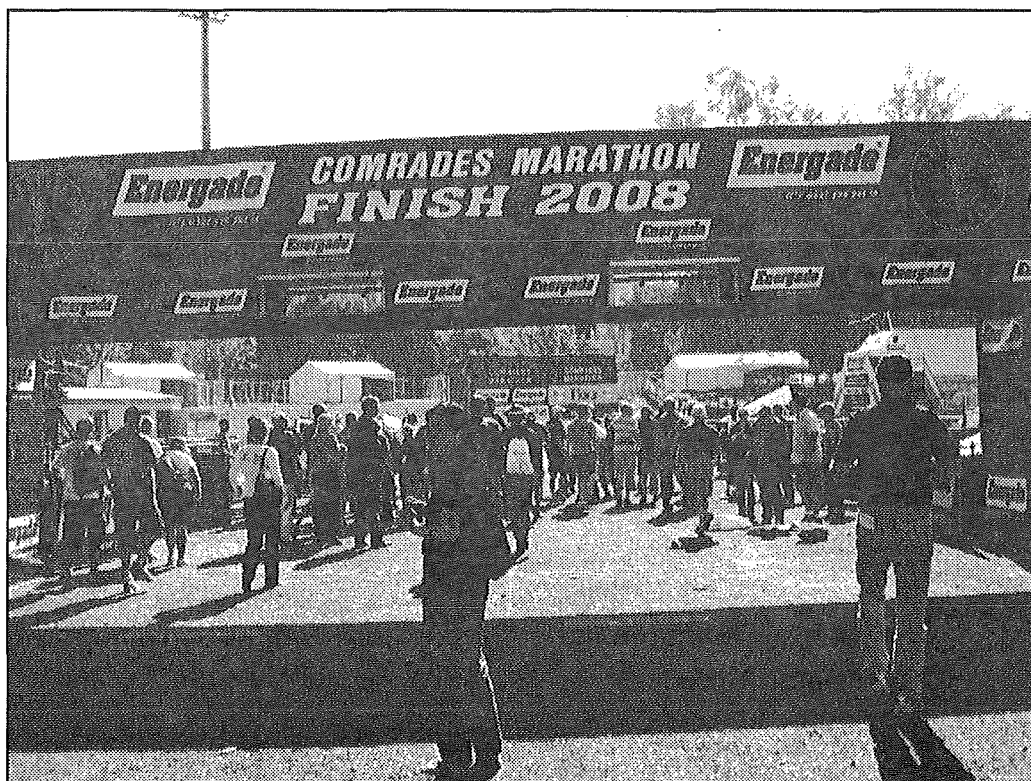
Women Down: Frith van der Merwe South Africa, 5:54:43 (1989)

Women Up: Elena Nurgalieva, Russia, 6:09:23 (2006)

2010 Comrades Marathon

You are a bit late to enter for the 2009 event but here is some info to help you on your way to Durban in 2010:

The 2010 Comrades Marathon will be a 'down run', starting at the City Hall in Pietermaritzburg and finishing at the Sahara Kingsmead Cricket Stadium in Durban. Entries will be capped at 20,000, with entries opening up earlier than normal to accommodate the expected large field. The period September to November 2009 will be set aside for previous Comrades runners only, with novices entries only opening up after then. There will be a special 85th Comrades Marathon/World Cup 2010 commemorative medal, and a once-off 'Back-to-Back Double-Down' medal for all 2009 novices who successfully complete 2009 and 2010.



Comrades Marathon - the finish line



Nutrition 1: Electrolytes and what they do

For all you seasoned ultra runners it's plain knowledge that you need to keep up the fluids while training, but here's a quick reminder on why you must pay attention to the electrolytes contained in those fluids. And if you are new to the longer distances here's some basic info on why you may need to adopt a different drinking strategy for those ultra training runs. Nutritional advice provided by Kim Mueller.

The five most important electrolytes are sodium, chloride, potassium, magnesium, and calcium.

Sodium: Sodium is needed for energy generation and allows cells to retain more water, helping to prevent dehydration. Ultra runners are susceptible to low sodium levels, when hyponatremia can result. Many ultra runners would show mildly depleted sodium levels at the end of a long run, but not to a dangerous extent. Hyponatremia can lead to damage of certain kinds of tissues in your body, especially in the nervous system. (There has been publicity over slower runners suffering this at the marathon distance, but this seems to be more a case of relatively untrained runners force feeding themselves water during the race under the belief that more is always better, although the end condition is the same.) Early symptoms include confusion, nausea, fatigue, muscle cramps, and weakness. To prevent hyponatremia you should avoid excessive consumption of just water during prolonged training, opting for a sports drink that contains salt. It is also recommended that you consume 100-250 mg of sodium for every 250ml of water ingested during endurance training and racing. Consumption of saltier foods leading up to race day and on race morning is also a way to help.

Chloride: This stuff holds hands (in lay language) with sodium. Adequate intake of sodium chloride is required for maintenance of extra-

cellular fluid volume and is generally consumed as table salt. Sports drinks use table salt to fulfill both sodium and chloride requirements during training, and it is unusual for your chloride level to be out of kilter if your sodium level is OK.

Potassium: Potassium is responsible for regulating total body water and stabilizing contractions. Low levels of potassium (hypokalemia) result in weakness, fatigue, confusion, heart irregularities, and sometimes cause problems in muscular coordination. The first sign of a potassium deficiency is usually a sensation of weakness. Insufficient potassium can also exaggerate the effects of a lack of available sodium. Ultra runners are at risk because of sweating over a long period of time, and you need to consume 50-80 mg of potassium for every 250ml of fluid taken during training, plus about 200 mg for every kilogram of weight loss after training.

Magnesium: As the fourth most abundant element (behind sodium, potassium and calcium) found in your body magnesium is a major player in meeting your body's structural (bone) and biochemical (muscle contraction, nerve transmission, enzyme production) needs. Magnesium is responsible for regulating virtually every body activity so magnesium balance is crucial for optimal health and peak physical performance. A magnesium imbalance is triggered by changes that occur in one or more of the stages of metabolism, such as reduced dietary intake, reduced absorption, redistribution and increased excretion. To prevent a magnesium imbalance resulting from sweat loss, runners who are out there for over three hours should aim at replacing 20-30 mg of magnesium per 250ml of fluid taken.

Calcium: Calcium is one of the most important nutrients for athletes, aiding bone health, nerve transmission, and muscle function. Bone mineral density can drop very fast

if calcium stores are depleted and not refilled. Also consistent major loss of calcium can enhance risk for muscle cramping during intense training and racing. To offset the calcium losses experienced during endurance training, athletes should aim at consuming 10-15 mg of calcium per 250ml of fluid taken.

Are Energy Drinks Safe?

But wait, there is more to consider, as shown by this article sourced from the Gatorade research team.

Energy drinks are fast becoming a standard in the athlete's arsenal for attaining optimal performance. Do drinks that tout "increased energy" and "reduced fatigue" keep their promises? They may also contain caffeine and herbal supplements

Carbohydrates: The main ingredient in all energy drinks is carbohydrates or sugar. Sugar is the energy source all of our cells use to function, so the more we ingest, the better we will perform. Right? Not exactly.

A well balanced sport drink will have between 19 and 25 grams of sugar per 250ml of drink. Research has shown that a concentration higher than 25g/30ml slows gastric emptying. That means that the water which dilutes the sugar will not enter the blood stream, enhancing dehydration. Also, if consumed too soon prior to competition, a high sugar drink may cause gastric distress (nausea or vomiting). A drink too high in fructose (a simple sugar) may lead to diarrhea. Both of these side-effects can exacerbate dehydration. Energy drinks should also not be used as a rehydration source after exercise for the reasons previously mentioned.

Ingesting high levels of sugar can also lead to a sugar high and crash.

That is, the sugar enters the blood stream and provides a “blast” of energy, the athlete feels good and performs well. Once that sugar is burned up, usually in about 30 to 45 minutes, there is a sugar crash. The athlete’s reflexes slow, they may feel dizzy, muscle power decreases and performance falls off.

Caffeine: Caffeine is a central nervous system stimulant that when consumed, may make the athlete feel “energized.” This effect is temporary and when done, the athlete will feel down and slow. Studies have shown that the effect from caffeine ingestion can last from 0 to 120 minutes. The dose needed to positively affect performance is 6 mg/kg of body weight. This would be comparable to an 81kg athlete drinking eight 350ml caffeinated sodas.

The problem with ingesting this large amount of caffeine is its side affects. Caffeine is a diuretic: it causes more urine output and therefore enhances dehydration. Caffeine also has a laxative effect which also enhances dehydration. Caffeine is addictive so the athlete may require higher and higher doses to achieve the same caffeine high.

Herbs: Many energy drinks have caffeine containing herbs such as guarana seeds, kola nuts, and Yerba mate leaves. You might feel that these natural caffeine containing supplements are better than synthetic caffeine. The natural substances do not have consistent

amounts of caffeine so manufacturers will often add synthetic caffeine to boost the effect of the natural source.

Other herbs included may include the alleged immune system enhancers: Astragalus, Schizandrae and Echinacea. Supposed memory boosters such as Ginkgo biloba and ginseng are also commonly added herbs. Additional common herbal additions are: Ciwjuia, hydroxycitrate, and ephedra (each boasts “at-burning claims”). Each of these herbal additions has little scientific proof as to their efficacy. Some of these herbs may interact with prescription medications to impede or enhance their chemical properties, a dangerous combination. Many people are also allergic to these herbal compounds. Allergic reactions range from mild (hives) to severe (death).

Other Ingredients: Pyruvate (a salt of pyruvic acid) is often added to energy drinks as a performance booster. Studies have shown that when given in a dose high enough to positively affect performance, the athlete became ill. The doses present in energy drinks have been shown to have no affect on performance.

Proteins and amino acids are often added to assist with muscle recovery and supply energy. Proteins are used in extremely small quantities as an energy source during exercise, so their addition as an energy source should have little effect.

Adding them to energy drinks will affect water absorption from the gut and give the drink an unpalatable taste. Addition of individual amino acid chains is a common trend in energy drinks. Amino acids such as glutamine, arginine and taurine have been added. Larger, branch-chained, amino acids such as leucine, isoleucine, and valine have also been added.

Glutamine has been thought to boost the immune system to decrease over-training and enhance muscle energy availability in endurance athletes. Studies have not shown this link. Adding glutamine to energy drinks did not positively affect the manufacture of muscle glycogen. Arginine was also thought to positively affect muscle glycogen availability. This has not been supported in scientific research. Taurine allegedly improves the contractility of cardiac muscle and may serve as an antioxidant. At this point, there is no independently reproducible scientific data to back up these claims.

Branch-chain amino acids have been shown to reduce the synthesis of serotonin in the brain. Serotonin, a neurotransmitter, production has been associated with early fatigue. Therefore, the theory is that ingesting these amino acids will delay fatigue by slowing the production of serotonin. Some studies have shown that adding these amino acids to energy drinks does not affect fatigue any more than the same drink without the amino acids.



Nutrition 2: Foods to aid recovery

Anti-inflammatory diets

Injuries are the bane of all runners and we tend to clutch at any advice we can find to promote healing and accelerate recovery. The American Ultrarunning magazine recently gave a list of guidelines to follow when choosing your food and drinks with a view to assisting healing and preventing injury.

The majority of injuries incurred by endurance athletes are overuse

problems such as those resulting from chronic stress to muscles and connective tissues. The idea is simply that the body can’t keep up with the small scale muscle, tendon and ligament irritations that occur daily during training - the body doesn’t complete the repair process before a new bout of training is initiated. As a result nagging irritations gradually increase in magnitude until they are full blown injuries.

Nutrients that can lessen the amount of damage done during the tearing down/ building up cycle may slow down or even prevent problems before they become real injuries.

1. Eat as much fresh food as possible and include plenty of fruits and vegetable. Grapes, blueberries, strawberries, oranges, kiwifruit and veggies from all parts of the colour spectrum. Include some cruciferous (cabbage family) vegetables.

"Excessive alcohol can have a reverse healing effect by either triggering inflammation and/or impeding healing"

2. Aim for variety and eat as close to the source as possible. Avoid highly refined and fast foods. Minimise processed foods. Avoid high fructose corn syrup.

3. Watch your intake of refined carbohydrates with glycaemic indexes such as white pasta and white rice. Eat plenty of whole grains such as brown rice, pilaffs, and bulgur wheat.

4. Minimise saturated fats and eliminate trans fats. Eat a good source of omega 3 fatty acids such as fish (tuna, salmon, herring) or fish oil supplements, flaxseed, pumpkin

seeds and walnuts. Cut back on omega 6 polyunsaturated fats.

5. Eat lean protein sources such as chicken, beans, soy and tofu. Cut back on red meat and full fat dairy foods. Reduce animal protein and increase vegetable protein.

6. Spice it up. Ginger, curry, turmeric, cayenne pepper, garlic and other spices can have an anti inflammatory effect.

7. Drink more white or green tea and cut down on coffee. If you have alcohol drink red wine preferably or beer (only when consumed in mod-

eration with food and no more than two alcoholic drinks per day). Excessive alcohol can have a reverse healing effect by either triggering inflammation and/or impeding healing.

8. Drink plenty of water. Water is vital for transporting nutrients to cells and flushing out waste products and toxins.

9. Eat dark chocolate with a minimum of 70 percent cocoa.

None of the advice is revolutionary but it doesn't do any damage to remind ourselves of these pointers



Childbirth Envy: Why Men Run Ultras

Dr. Blake P. Wood has a theory to account for the observation that participants in the sport of ultrarunning are overwhelmingly male. It is suggested that male ultrarunners suffer from "childbirth envy" - the subconscious desire to duplicate the painful experience of childbirth. (Editorial note: some people, like me, are sensitive about articles such as this. My advice is to not take it too seriously.)

In the sport of ultrarunning the great majority of participants are male. This is true in both road and trail ultras. For instance, of the 774 finishers of the 1998 John F. Kennedy 50 Mile Race, America's largest and oldest ultra, only 104 (13.4%) were female. Why is this? Anecdotal evidence suggests that this cannot be explained by lower finishing rates for women³, in other words, the low participation rate is present at the starting line. Some researchers have suggested this low participation rate is the result of a societal bias against women in sports, which discourages participation in athletics from early childhood.

The Evidence for Childbirth Envy

The theory of childbirth envy can be stated simply: men have a sub-

conscious desire to duplicate the painful experience of childbirth, and women, particularly those who have experienced childbirth, have no desire to repeat the experience. The evidence for this can be summarized as follows:

1. The majority of women ultrarunners have not borne children.

2. The ultrarunning phenomena of "fading memory" wherein runners swear at the completion of an ultra never to do it again, and then sign up for another a few days later, has a strong parallel in the rapid fading of the memory of pain in childbirth.

3. The declining birthrate in the U.S. shows a strong correlation to the increasing number of woman ultrarunners, suggesting that, even among women, ultrarunning can be an emotional substitute for the experience of childbirth.

4. Wives and mothers generally make excellent crew for ultras, by virtue of the empathy into the runner's physical and mental condition gained through the experience of childbirth.

The ultrarunner profile

A review of the "ultrarunner profile" column of UltraRunning magazine over the past five years shows that, of 16 profiles of women ultrarunners (out of 46 profiles total), only six (37.5%) report having children. This is consistent with the 38.3% of women ultrarunners (of a sample of 128) responding to a recent survey who report having children. In this same survey, only 20.3% of women ultrarunners report having children under the age of 16 - women who have "recently" given birth are apparently less likely to run ultras. These figures are significantly lower than the 56% of all women between the ages of 15 and 44 who have children, according to the U.S. Census Bureau. These numbers strongly suggest that either ultrarunning discourages childbirth, or that the experience of childbirth discourages ultrarunning. Strengthening this point is the fact that no male ultrarunners (nor males in general) are known to have borne children.

It is well known that ultrarunners, upon finishing a race, commonly beg their friends to beat them silly, or pray to God to strike them dead, should they ever even think of running another ultra⁸. Almost

*"This delayed return of strong memories of pain
also is common in ultrarunning"*

without exception, these same runners will be found, within a few days, planning their next ultra. This rapid fading of memories of the pain of ultrarunning is remarkably similar to that which occurs following childbirth. For instance, one woman reported a memory of the existence of pain during childbirth, while claiming to have no strong memory of the pain itself. Memory of the pain did not return until another childbirth, several years later. This delayed return of strong memories of pain also is common in ultrarunning.

The birthrate in most western countries has been declining precipitously over the past 40 years. Over the same period, ultrarunning has been growing, both in the number of races held and the number of ultrarunners participating. This increase has been particularly pronounced among women. It has been suggested that women, as well as men, find ultrarunning to be an emotional substitute for childbirth.

Paradoxically, although women who have experienced childbirth appear to shy away from participating in ultras, it is well known that

they make excellent crew for their husbands, sons, and friends who do participate. The reason should be obvious: due to the similarities between the pain of running ultras and the pain of childbirth, women who have experienced the latter have an understanding of and empathy for the former. At least one ultrarunner has gone so far as to declare "When you find a good crew, marry her!" Others employ more even more extreme methods to develop a good crew.

The Role of Ultrarunning in Human Evolution

Childbirth envy appears not to be a recent phenomenon. The running prowess of many Native American cultures, such as the Navajo and Tarahumara, suggests a long history of ultrarunning in human evolution. In light of the long history of ultrarunning in human culture, one leading anthropologist has suggested that the paradigm for development of the monogamous sexual relationship, "man the hunter, woman the child-raiser," should be replaced by "man the ultrarunner, woman the crew", hearkening back to the discussion in the previous section

about the value placed by modern ultrarunners on a good crew.

Conclusion

In this paper, we have proposed a new theory of "childbirth envy" to explain why men run ultras. This theory is shown to be consistent with observations about the relative participation of women in ultras, the selective memory of painful events common to ultrarunning and childbirth, the apparent correlation between the declining birthrate and increasing participation in ultrarunning, and the value of wives and mothers as ultra crew. It is shown that ultrarunning has a long history, perhaps dating back to prehistoric times, and may have exerted a great influence on the course of human evolution.

Blake P. Wood is a staff physicist at Los Alamos National Laboratory. He has completed dozens of ultras. He calculates that his total accumulated unpleasantness from running ultras adds up to about 1% of that endured by his wife in the course of producing three beautiful children. He has stated that "it would be interesting to be pregnant, maybe for an hour, tops."



"In the sport of ultrarunning the great majority of participants are male. This is true in both road and trail ultras"





Footnote: The Loneliness of the Long Distance Runner

By Julia Thorn

How many times have you told an acquaintance that you run long distances and had them throw this line at you? Often it's the only thing they know about running but they want to appear knowledgeable. Or else they've just decided to poke fun at you.

Many of us have heard this expression, and many of us know that it derives from a piece of English literature. But do you actually know what the story is about?

The story was written by Alan Sillitoe as part of a short story collection in 1959; all nine stories in the collection were about working class life in post war England. The Loneliness of the Long Distance Runner concerns

Colin Smith, a poor Nottingham teenager from a dismal home, with few prospects in life, and few interests beyond petty crime. When he is caught for robbing a bakery Colin is sent to a prison school (Borstal) for delinquent youth.

There he seeks solace in long distance running. He experiences freedom through running and the semi-philosophical pondering which he engages in while running. The story features a runner but is regarded more as a tale of rebellion against authority. Colin values the freedom that his running gives him in contrast with his imprisonment.

"What with thinking so much while I'm running" he says at one point

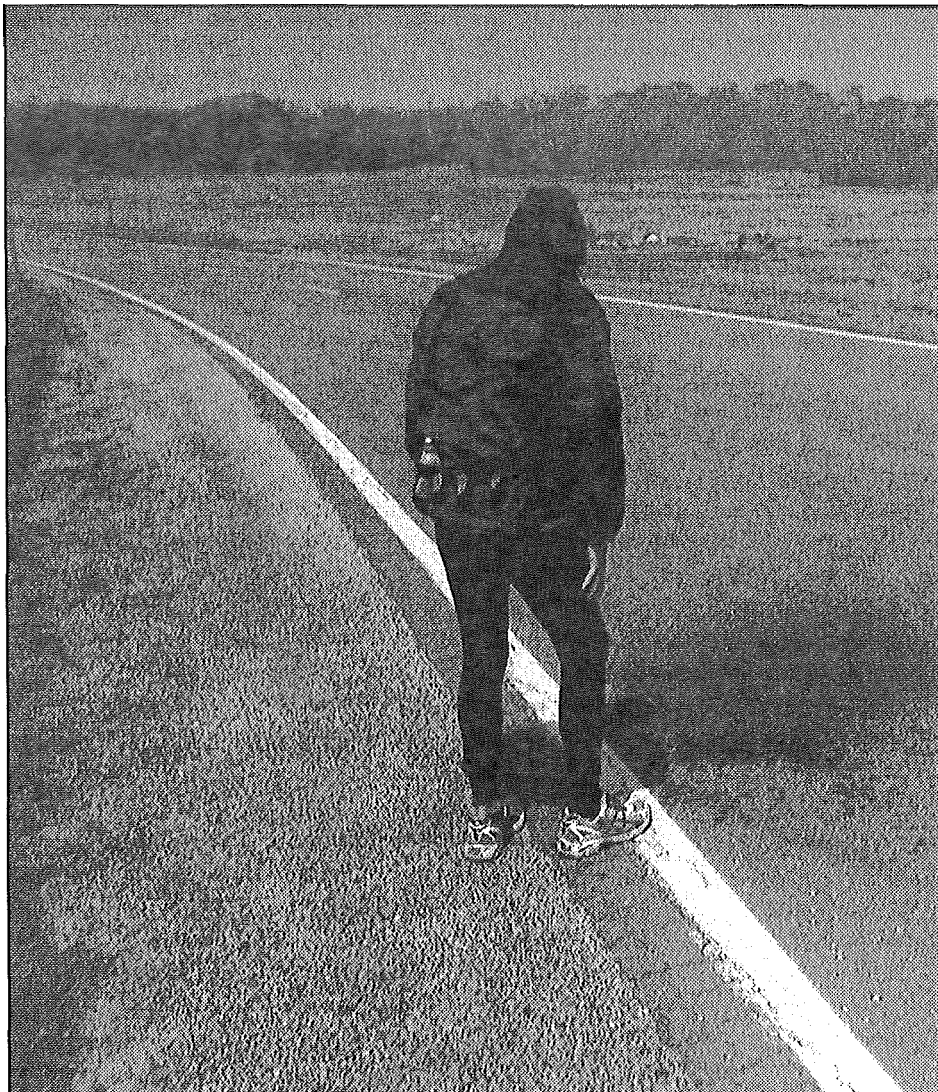
"I'm getting to be one of the best runners in the Borstal." And later "I had a picture of me running and beating everybody in the world."

The school authorities become aware of his ability and sign him up for an important race. with another prison school. The prison school governor offers the prospect of good things if Colin can win for the school, but mainly the honour will go to the school rather than to Colin. But during the race he stops running short of the finish line to defy the authority of his captors. Near the line Colin fears that the next runner may be too far behind for him to lose properly, but he decides that if need be he will stand still in front of the winning tape. At last another runner arrives to overtake Colin before the tape. Colin is punished by the governor as expected, and the story concludes by telling how Borstal has made Smith a more skilful burglar, rather than a reformed character.

The story was made into a movie in 1962. In contrast with movies of the era this one focused on the uglier side of life, showing the penal institution against a backdrop of the beautiful simplicity and freshness of the scenery the boy saw on his runs.

Alan Sillitoe was born in Nottingham in 1928 and is best known for his novel 'Saturday Night and Sunday Morning'. He was part of the group of English writers in the 1950s known in England as the 'angry young men'.

Following publication of the set of stories, the expression "loneliness of the long distance runner" has passed into the vernacular, and has been used by several rock bands in their lyrics, including Iron Maiden.





Australian Ultra Rankings

An excerpt from the data on Australian ultra distance rankings compiled and maintained by David Billett follows.
For the full rankings by category go to www.aura.asn.au/rankings.html

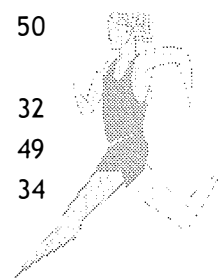
50km Road Rankings

Top 20 Female

	Surname	First Name	State	Time	Venue	Date	Age
1	Fairweather	Jackie	ACT	3:19:12	Canberra, ACT	13-Apr-08	40
2	Timmer-Arends	Sandra	VIC	3:23:22	Canberra, ACT	11-Apr-99	35
3	Meadows	Linda	VIC	3:27:22	Canberra, ACT	09-Apr-95	36
4	Morgan	Mary	WA	3:28:19	Canberra, ACT	14-Apr-96	38
5	Terjesen	Siri	QLD	3:35:19	Canberra, ACT	09-Apr-06	30
6	Petrie	June	VIC	3:35:38	Palermo, ITALY	14-Oct-07	43
7	Carroll	Nicole	QLD	3:38:03	Toowoomba, QLD	13-Mar-94	22
8	Hanns	Bronwyn	VIC	3:41:23	Shepparton, VIC	15-Sep-96	33
9	Kelly	Suzanne	NSW	3:41:38	Canberra, ACT	09-Apr-06	40
10	Petrie	Lavinia	VIC	3:41:57	Canberra, ACT	10-Apr-94	50
11	Stanger	Helen	NSW	3:46:52	Canberra, ACT	11-Apr-99	48
12	Thorn	Pip	NSW	3:50:30	Canberra, ACT	18-Apr-98	37
13	Lee-McGough	Lorraine		3:50:44	Canberra, ACT	10-Apr-94	35
14	Cowell	Debbie	ACT	3:51:53	Canberra, ACT	09-Apr-95	35
15	Ey	Carol	ACT	3:54:25	Canberra, ACT	18-Apr-93	
16	Nobbs	Deanne	VIC	4:01:14	Canberra, ACT	15-Apr-07	38
17	Bremner	Kerrie	ACT	4:01:16	Canberra, ACT	13-Apr-08	42
18	Carey	Lisa-Anne	NSW	4:02:36	Canberra, ACT	13-Apr-08	32
19	Nestor	Ngoh Ngoh	VIC	4:10:43	Canberra, ACT	13-Apr-08	44
20	Cooper	Sue	NSW	4:11:03	Canberra, ACT	18-Apr-04	38

Top 20 Male

	Surname	First Name	State	Time	Venue	Date	Age
1	Tucker	Mark	VIC	2:53:47	Canberra, ACT	13-Apr-08	28
2	McIntyre	Michael		2:54:57	Canberra, ACT	08-Apr-01	42
3	Evans	Steve	QLD	2:56:29	Canberra, ACT	09-Apr-95	34
4	Criniti	David	NSW	2:58:21	Canberra, ACT	13-Apr-08	29
5	Ingraham	Todd	WA	2:59:53	Canberra, ACT	08-Apr-01	27
6	Spehr	Peter		3:02:13	Canberra, ACT	09-Apr-95	33
7	Badic	Sanet-Safi	VIC	3:03:31	Canberra, ACT	09-Apr-95	34
8	Jacobs	Trevor	ACT	3:05:06	Canberra, ACT	18-Apr-93	41
9	Cochrane	Tim	NSW	3:05:20	Canberra, ACT	15-Apr-07	26
10	Hutchinson	Mark	QLD	3:09:05	Canberra, ACT	09-Apr-06	39
11	Large	Geoff	ACT	3:09:36	Canberra, ACT	18-Apr-93	
12	Blake	Jonathan	NSW	3:10:44	Canberra, ACT	10-Apr-05	40
13	Grimmett	Mal	VIC	3:11:36	Canberra, ACT	11-Apr-99	33
14	Francis	Mick	WA	3:12:46	Canberra, ACT	13-Apr-97	38
15	Barker	Carl	NSW	3:14:13	Fife, Scotland	12-May-96	36
16	Pelgrim	Bert	VIC	3:15:33	Canberra, ACT	15-Apr-07	50
17	Peters	Ron		3:16:11	Toowoomba, QLD	28-Mar-93	
18	Wallace	Don	QLD	3:16:42	Toowoomba, QLD	13-Mar-94	32
19	Williams	Kent	ACT	3:16:45	Canberra, ACT	10-Apr-94	49
20	Wheatley	Mike	VIC	3:17:17	Canberra, ACT	11-Apr-99	34



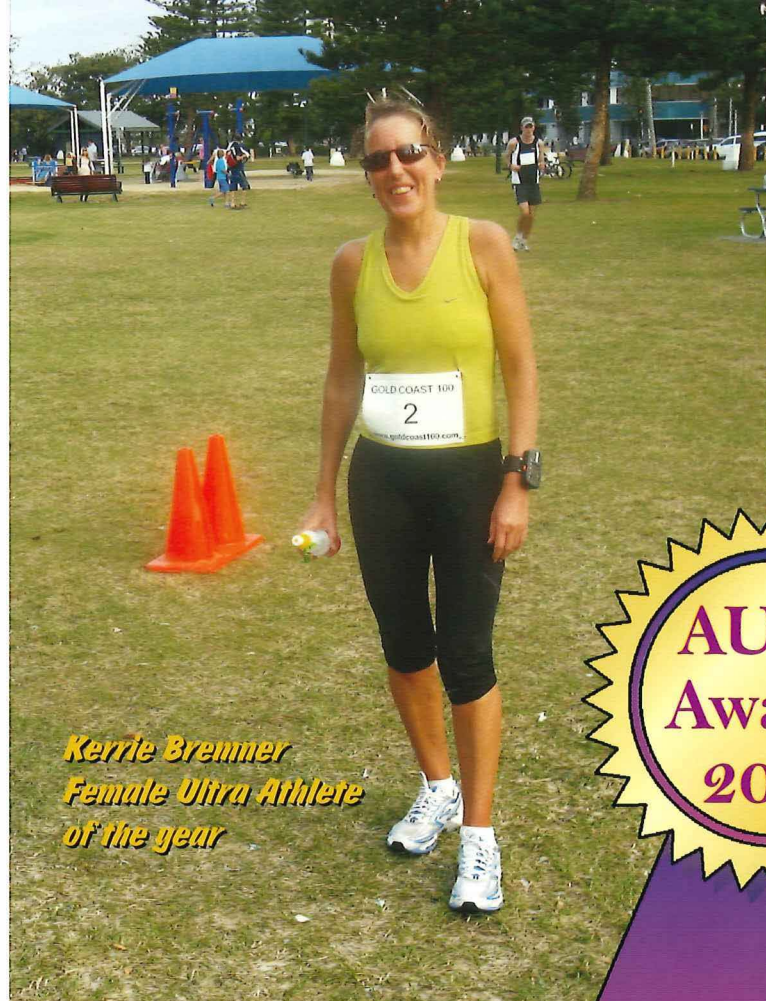
50km Track Rankings

Top 20 Female

	Surname	First Name	State	Time	Venue	Date	Age
1	Timmer-Arends	Sandra	VIC	3:38:18	Moe, VIC	30-Nov-97	34
2	Morgan	Mary	WA	3:44:18	Bunbury, WA	04-Mar-95	37
3	Meadows	Linda	VIC	3:45:53	East Burwood, VIC	18-Jun-94	35
4	Petrie	Lavinia	VIC	3:49:32	East Burwood, VIC	19-Jun-93	49
5	Whiting	Sue		4:01:53	Parramatta, NSW	04-Mar-90	
6	Stanger	Helen	NSW	4:12:10	Wollongong, NSW	26-Mar-94	43
7	Cameron	Cynthia	VIC	4:13:09	Box Hill, VIC	28-Jun-86	44
8	Petrie	June	VIC	4:16:53	Moe, VIC	28-Nov-99	35
9	Gordon-Lewis	Lynette	QLD	4:19:56	Caboolture, QLD	08-Jan-95	39
10	Baldwin	Cherie	VIC	4:23:46	East Burwood, VIC	25-Oct-92	40
11	Young	Shirley	VIC	4:28:44	East Burwood, VIC	21-Jun-92	62
12	Kerr	Sandra	VIC	4:29:35	Coburg, VIC	27-Feb-93	47
13	Lee-McGough	Lorraine	SA	4:30:00	Adelaide, SA	22-Oct-94	
14	Parris	Dawn	VIC	4:30:06	East Burwood, VIC	25-Oct-92	39
15	Woods	Sally	QLD	4:30:45	Coburg, VIC	28-Aug-88	
16	McConnell	Georgina	NSW	4:34:00	Parramatta, NSW	05-Mar-89	45
17	Hooper-Childs	Julie	VIC	4:36:07	Moe, VIC	06-Nov-05	32
18	Thompson	Michelle	VIC	4:38:10	Moe, VIC	06-Nov-05	36
19	Haarsma	Kay	SA	4:43:02	Adelaide, SA	13-Nov-82	
20	Grant	Dell	QLD	4:44:08	Ipswich, QLD	10-Apr-93	39

Top 20 Male

	Surname	First Name	State	Time	Venue	Date	Age
1	Criniti	David	NSW	3:07:14	Moe, VIC	12-Nov-06	28
2	Cook	Bruce	QLD	3:09:50	Parramatta, NSW	05-Mar-89	32
3	Clingan	Bill	NSW	3:10:36	Parramatta, NSW	11-Mar-84	38
4	Barker	Carl	NSW	3:11:28	Salisbury, SA	15-Jul-90	31
5	Isailovic	Dragan	VIC	3:11:38	East Burwood, VIC	19-Jun-93	30
6	Badic	Sanet-Safi	VIC	3:11:38	East Burwood, VIC	19-Jun-93	32
7	Visalli	Tony	NSW	3:12:31	Parramatta, NSW	11-Mar-84	
8	Woods	Graham	QLD	3:14:44	Coburg, VIC	28-Aug-88	41
9	Tutty	Peter	VIC	3:15:35	Box Hill, VIC	18-Jun-88	23
10	Love	Gregory	NSW	3:16:17	Parramatta, NSW	03-Mar-91	36
11	Thompson	Martin	NSW	3:16:56	Box Hill, VIC	18-Jun-88	42
12	Jacobs	Trevor	ACT	3:19:14	East Burwood, VIC	21-Jun-92	40
13	Inglis	Bruce	NSW	3:23:14	Box Hill, VIC	16-Jun-90	34
14	Kouros	Yiannis	VIC	3:24:58	Olympic Park, VIC	04-Aug-90	34
15	Tolliday	Owen	QLD	3:25:53	Olympic Park, VIC	08-Apr-90	40
16	Standeven	David	SA	3:27:48	Salisbury, SA	15-Jul-90	38
17	Cornthwaite	Ian	VIC	3:28:50	Moe, VIC	01-Dec-96	34
18	Aylott	Nigel	VIC	3:31:40	East Burwood, VIC	21-Jun-97	31
19	Wheatley	Mike	VIC	3:32:27	East Burwood, VIC	13-May-00	35
20	Evans	Steve	QLD	3:32:35	Caboolture, QLD	08-Jan-95	34



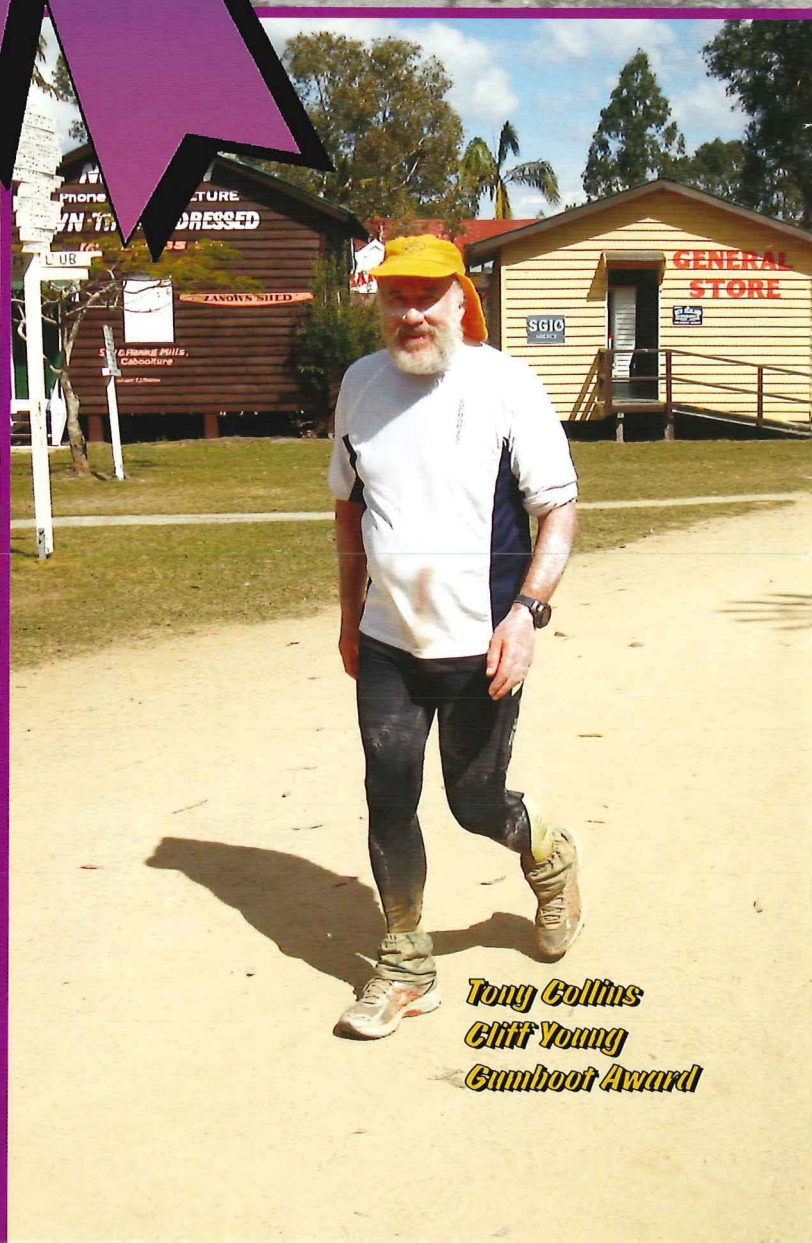
***Kerrie Bremmer**
Female Ultra Athlete
of the year*



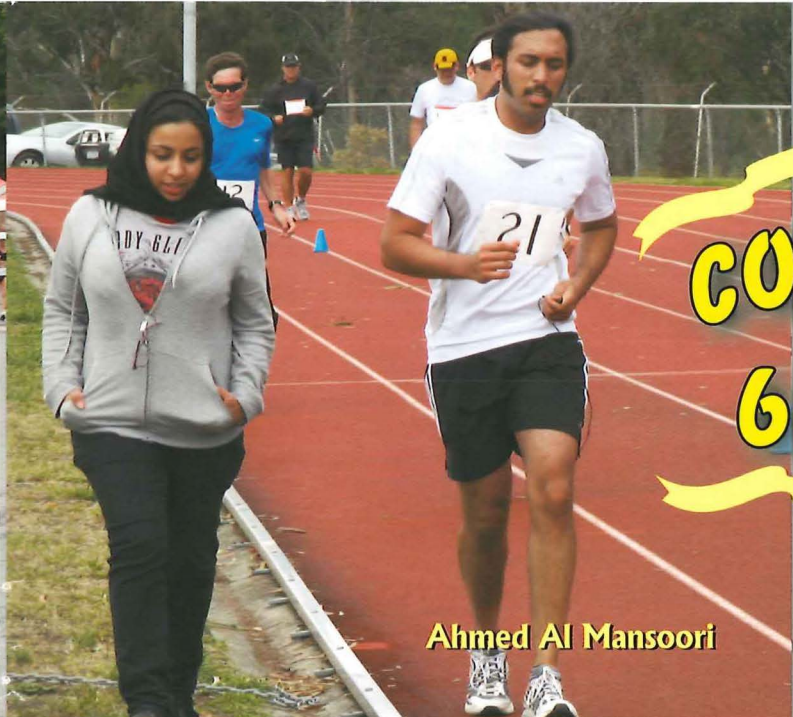
***Robert Boyce**
AURA Aggregate
Points Winner*



***Nathan Fawkes**
Rising Star Award*



***Tong Collins**
Cliff Young
Gunboot Award*

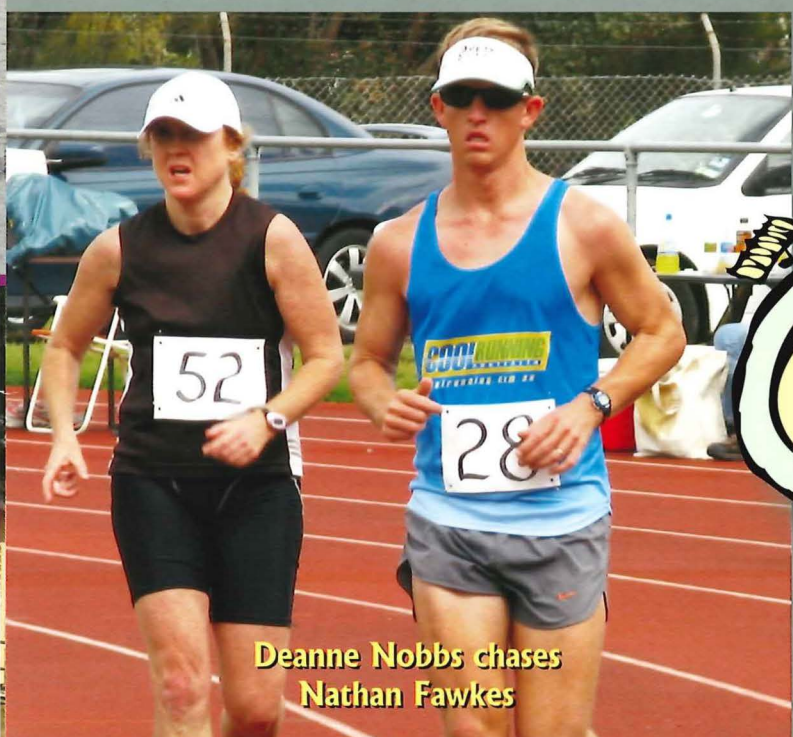


Ahmed Al Mansoori

COBURG 6 HOUR



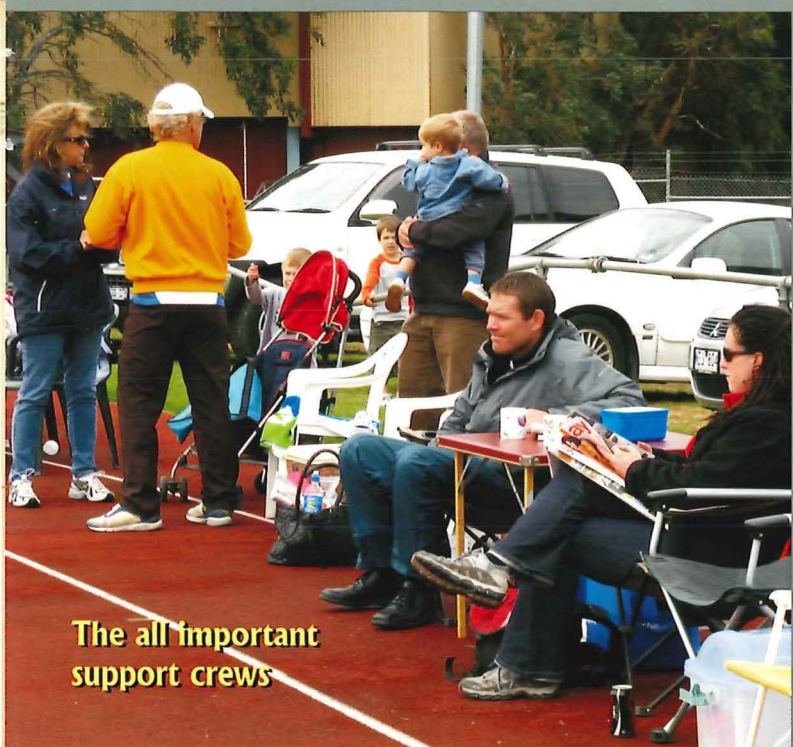
Caroline Pivetta



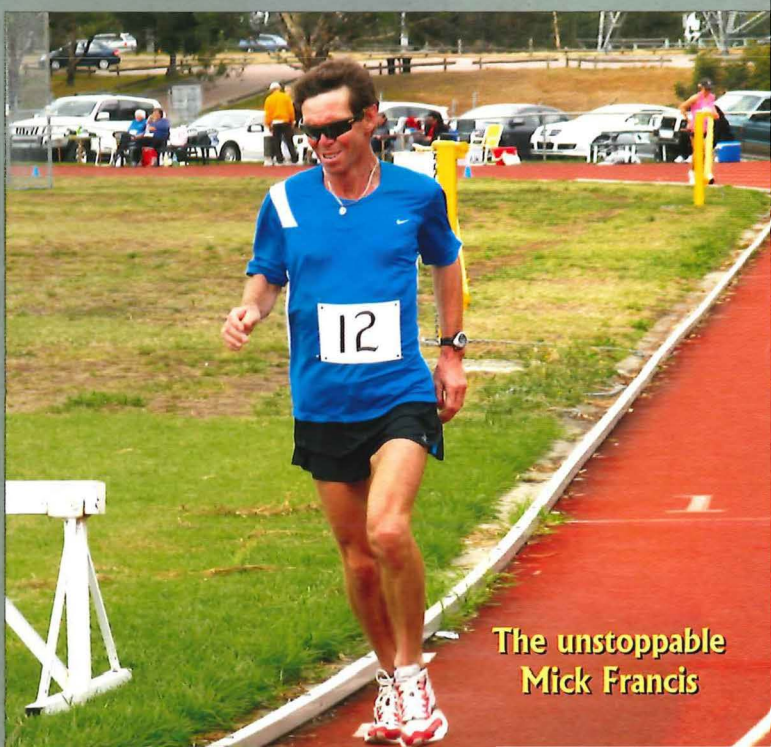
Deanne Nobbs chases
Nathan Fawkes



The lovely
Dawn Paris



The all important
support crews



The unstoppable
Mick Francis