

U L T R A M A G

Dave Criniti wins Canberra 50km

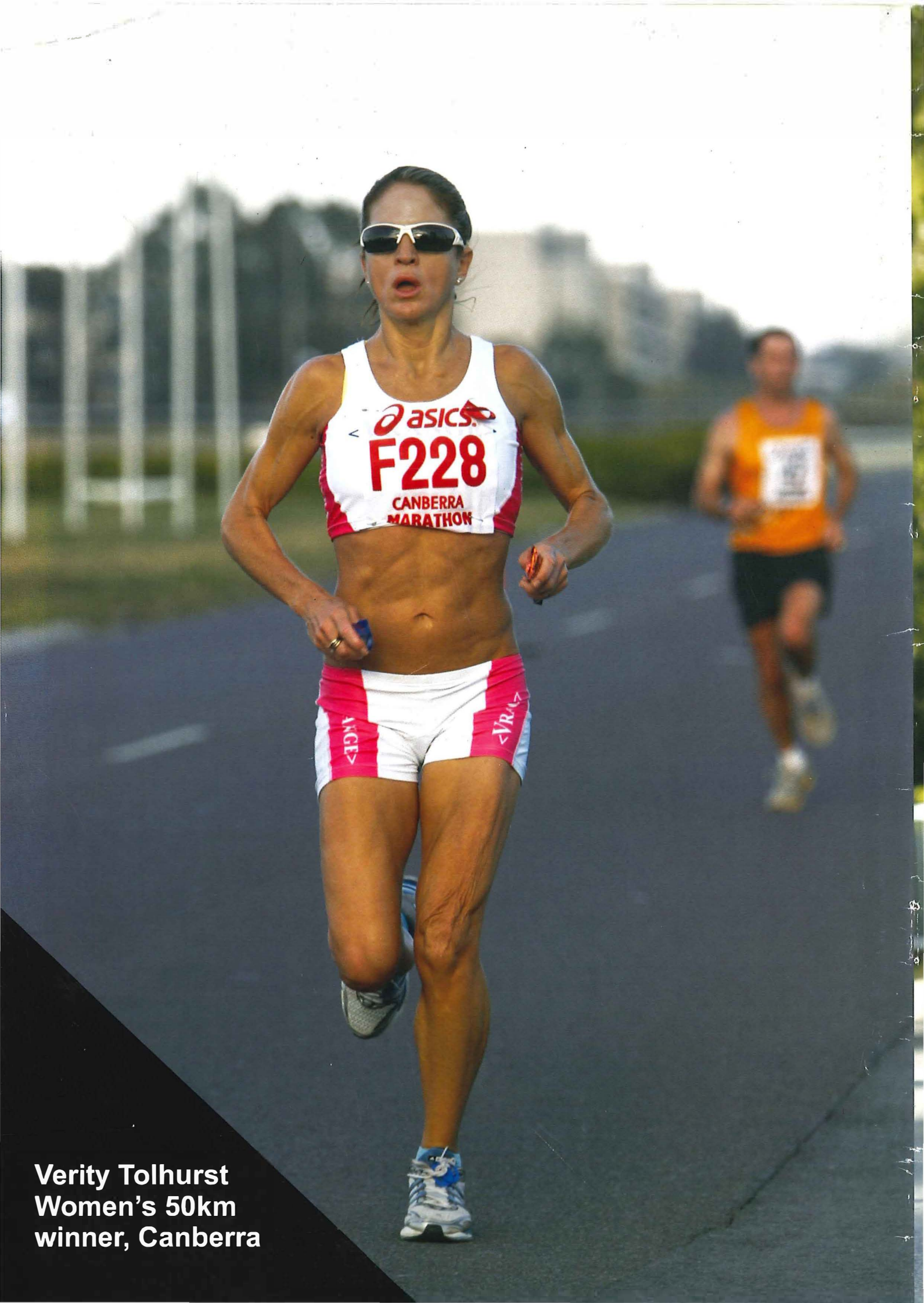


**AURA
Magazine**

**June 2009
Volume 24 No 2**

- Canberra 50km
- Coburg 24 hour carnival
- Frankston to Portsea
- Wilsons Prom
- Great Ocean Run

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A
ustralian
Ultra
Runners
Association Inc



Verity Tolhurst
Women's 50km
winner, Canberra



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Front cover: David Criniti on his way to 50km victory in Canberra

Back cover: Verity Tolhurst wins Canberra 50km

Inside front cover: other place getters from Canberra 50km

Inside back cover: Coburg 24 hour

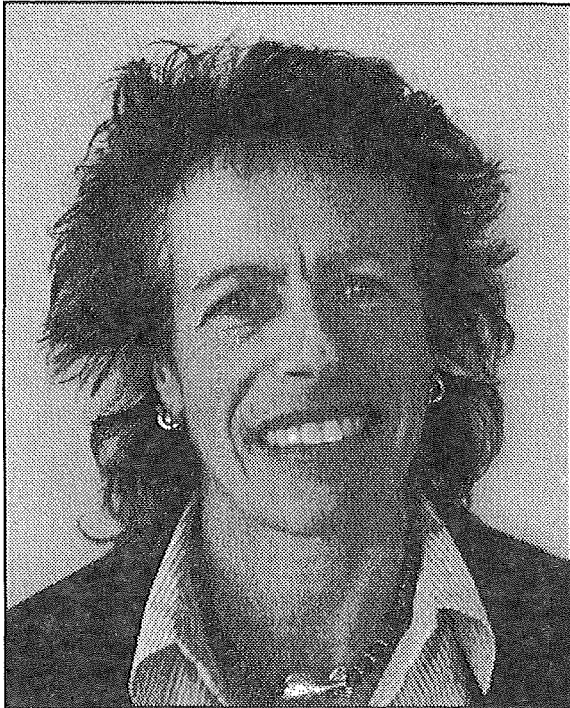
Canberra photos courtesy of marathon-photos.com





Editorial June 2009

By Julia Thorn



Editorial

You may be wondering why you have another issue of Ultramag in your mail box so soon after the last one. That's because we have decided to change our production schedule so that Ultramag will appear in late February, late May, late August and late November.

So here we are with a fabulous Coburg 24hour event this April, resulting in no fewer than six Australians qualifying for the Commonwealth 24 hour championships to be held later this year, a great achievement by all concerned.

At the time of writing our team of Rob Boyce, Michael Lovric, Mick Francis, John Pearson and Deanne Nobbs are in Italy for the World Challenge 24 hour race. Martin Fryer will shortly head for France for the world 48 hour championships. See the news pages for details of our team going to the World Cup 100km in June in Belgium.

Also at the time of writing Dipali Cunningham is on schedule to run

a world record during the 2009 Self Transcendence 6 Day race in New York.

The Canberra 50km is over for another year. Dave Criniti had an excellent day at the office taking out both the marathon and the 50km, and together with Verity Tolhurst who won the women's ultra in Canberra both have won a trip to Gibraltar for the final race of the IAU 50km Trophy.

I have nothing but admiration for these runners and for the many others who log major distances on our roads, trails and athletics tracks. It is always a joy to talk with ultra runners and to hear their stories. One runner whose story needed to be told is Wayne Gregory. Many of you will know him better as Blue Dog, or just plain Dog, and he has amassed a wealth of ultra experience in a few short years. Wayne profiles himself in this issue, and I have to warn you that you may feel exhausted after reading what he has achieved. This issue also contains a brief background of the Western States 100 mile run in America, an event which Blue Dog, among other Australians, will be contesting this year.

Inside this issue you will find reports and races from several other recent events, virtually all of which are continuing to show an increase in participation at all levels. That was also evident in our Annual Report which you received last issue. This is so heartening both to organisers and to participants.

The colder weather has now set in, in Melbourne at least, and we have many months of happy, healthy winter running ahead of us. For myself these are the best months for running, when dehydration and

sunburn are not such a risk. We are fortunate that in Australia it never gets so seriously frigid that you can't run, and it is always a great feeling to be able to go outside and do what you love doing while your non running colleagues are rugged up indoors complaining about the temperature and turning the heating up a notch.

We do like to include some advertising in this magazine as it can be informative to our members and helps to defray costs. If you know of anyone or any organisation that may be interested in advertising here please contact a member of the AURA committee (see AURA Contacts page) about obtaining a media pack.

Photo credits for this issue go to Tim Erickson (Coburg 24 Hour), Kevin Cassidy (Coburg 24 Hour and Frankston to Portsea), Brett Saxon (Coburg 24 Hour), Steel Beveridge (Great Ocean Run), Paul Ashton (Alpine Skyrun and Wilsons Prom), Phil Urqhart (Trailwalker). Please keep the photos coming.

Julia

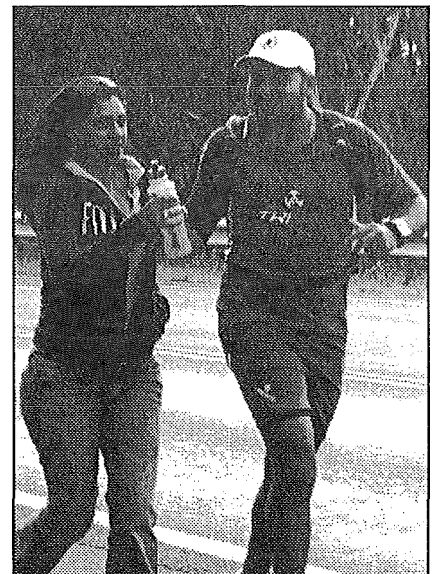
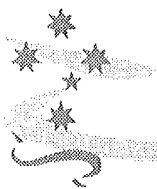


Photo above from Frankston to Portsea - Drinks on the run



Australian Ultra Marathon Calendar

Aspire to run beyond the marathon

This calendar contains only races sanctioned by AURA. 2009 sanctioned races will be eligible for the AURA aggregate points competition for 2009. AURA reserves the right to modify this calendar at its discretion

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@hot.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: elly.paul@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 4 December RAZORBACK RUN 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

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

January 2010

Saturday 9 - Sunday 10 Jan. NARRABEEN ALL NIGHTER (NSW) Date to be confirmed

100km and 12 hour events. Certified 100km course on bike paths. Contact: Ron Schwebel 0415 669 464

Email: rschwebel@bigpond.com . Website: <http://www.aura.asn.au/NarrabeenAllNighter.html>

Sunday 10 Jan BOGONG TO MT HOTHAM (VIC) Date to be confirmed

64km tough mountain trail run, with 3000m of climb. 42km, 35km and 25km options also available. 6:15am start at Mountain Creek Picnic Ground near Mt Beauty. Discount for Aura members

Contact: Michael Grayling 0433 420 530 or Paul Monks 0402 852 566

Email: paulmonks@gmail.com Web: www.aura.asn.au/BogongtoHotham.html

Sunday 24 Jan EASTERN TREE SERVICE MANSFIELD TO MOUNT BULLER 50KM ROAD RACE (VIC) Date to be confirmed

6am start. Discount for Aura members. Contact: Robert Boyce 0417 557 902

Email: rboyce@easterntrees.com Web: www.aura.asn.au/MansfieldtoBuller.html

February 2010

Saturday 6 February CRADLE MOUNTAIN ULTRA (TAS) Date to be confirmed

6am start at Waldheim, Cradle Valley at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthia Bay at southern end of the park. Approx. 82km of tough mountain trail running with lots of bog! Discount for Aura members. Contact: Alec Hove 03 6223 4456; fax 03 6223 4660

Email: ahove@hoveandhals.com.au Web: www.aura.asn.au/CradleMtnToLakeStClair.html

Saturday 6 - Sunday 7 February CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN 12/6 HOUR (QLD) Date to be confirmed

Run on the 500 metre gravel track at the Caboolture Historical Village. Starts at dusk on Saturday and finishes at dawn on Sunday.

Contact: Geoff Williams Email: gjcarpet@caboolture.net.au Web: <http://www.aura.asn.au/CabooltureHV.html>

Sunday 14 February AURA MAROONDAH DAM TRAIL RUN 30/50KM (VIC) Date to be confirmed
50 km race based at the Maroondah Dam, Healesville with 30km option.
Contact: Robert Boyce 0417 557 902
Email rboyce@easterntrees.com Web: www.aura.asn.au/AURADamTrailRun.html

Sunday 21 February LAUNCESTON SIX HOUR TRACK RACE (TAS) Date to be confirmed
6am start at the Launceston Athletic Club.
Contact David Brelsford dbrelsford@hotmail.com Web: <http://www.launcestonathleticclub.com/6hourrace/>

March 2010

Saturday 13 March SIX FOOT TRACK MARATHON (NSW)
45km mountain run, 8am start, Katoomba to Jenolan Caves. Approx 800 runners. Incorporating the AURA National Trail Championships
Contact: Kevin Tiller Email: raceorganiser@sixfoot.com Web: www.sixfoot.com

Sunday 14 March COBURG SIX HOUR TRACK RUN/WALK AND 100KM TRACK RACE (VIC) Date to be confirmed
Held at the Harold Stevens Athletic Track. Contact Tim Erickson on 0412 257 496 or 03 9012 5431
Email: terick@melbpc.org.au Web: www.coburgharriers.org.au

Saturday 27 - Sunday 28 March AUSTRALIAN ALPINE 100 MILE (VIC) Date to be confirmed
100 mile and 100 km alpine run in the Victorian Alps. Commences at 3am at Harrietville in Victoria.
Contact: Paul Ashton 0418 136 070
Email paul.ashton56@tpg.com.au Web: www.aura.asn.au/AustralianAlpine100miler.html

April 2010

Sunday 11 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 11 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

Sunday April 18 WATER WORLD GREAT OCEAN RUN (NSW) Date to be confirmed
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

Saturday 17 - Sunday 18 April COBURG 24 HOUR CARNIVAL (VIC) Date to be confirmed
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 17 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



AURA Contacts

Position	Person	email	telephone
membership secretary	Brett Saxon	brsaxon@bigpond.net.au	0418 557 052
race calendar	Robert Boyce	rboyce@easterntrees.com	0417 557 902
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ultramag editor	Julia Thorn	juliathorn@rocketmail.com	0414 776 766
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historian and archivist	Phil Essam	pessam@bigpond.net.au	0407 830 263
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ultraoz webmaster	Kevin Tiller	kevin@coolrunning.com.au	0419 244 406
treasurer	Paul Monks	paulmonks@gmail.com	0402 852 566
secretary	Jo Blake	jblake@cjeffery.com.au	0414 554 469
president	Ian Cornelius	icorneli@bigpond.net.au	0408 527 391



AURA Point Score

Leaders as at 24 April 2009

Name	Points				
1. Jo Blake	30	8. Verity Tolhurst (F)	17	16. Bernie Goggin	10
2. Susannah Harvey-Jamieson (F)	28	9. Robert Boyce	15	17. Allison Lilley (F)	10
3. Martin Fryer	27	10. Steel Beveridge	12	18. Ngoh Ngoh Nestor (F)	10
4. Malcolm Gamble	25	11. Brendan Davies	11	19. Deanne Nobbs (F)	10
5. Michael Lovric	18	12. Karyn Bollen (F)	10	20. Ron Schwebel (F)	10
6. Kelvin Marshall	18	13. Dave Brelsford	10		
7. Justin Scholz	18	14. Kevin Cassidy	10		
		15. Tim Erickson	10		

For full table of points see www.aura.asn.au/points_comp.html

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Australian Ultra News

★ **AURA AGM** to be held in Melbourne on Friday evening 29th May.

AURA is administered entirely by volunteers who unselfishly give up their time in the interests of the ultra running community at large. We receive no financial support from the Government and rely entirely upon levies on members and the generosity of sponsors. We are in desperate need of more help. The old saying "many hands make light work" could not be more apt. If we could find a half dozen more volunteers to give up just one hour a week of their time, it would enable the Association to run much more smoothly. If you can help, please contact Ian Cornelius on president@aura.asn.au or phone 0408 527 391. We would not give you any task which was in any way onerous or beyond your capability. We just need more hands to the wheel. In particular, we could use a person who has some website skills to assist in maintaining the website which is fast becoming a very useful resource. Thanks to Brett Saxon for making his home available for the meeting. If you can be there we would love to see you on 29 May at 7:00 pm.

★ **Coburg 24 Hour Carnival**

This event was held on the weekend of 18-19 April. Full results and reports can be found in this magazine. Jo Blake, Martin Fryer, Scott Orchard and Anth Courtney all attained the primary qualifying standard of 200km for selection to the men's team to represent Australia at the upcoming Commonwealth Championships to be held in the UK in September, while Susannah Harvey-Jamieson, Marie Doke and Allison Lilley all attained the primary qualifying standard of 180k for selection to the women's team. These are in addition to Mick Francis, John Pearson, Michael Lovric, Robert Boyce and Deanne Nobbs who are in Italy to contest the IAU 24 hr world challenge this coming weekend, who have already qualified.

Martin has qualified on numerous occasions earlier and was treating this as a training run for the Surgeres (France) 48 hour race to be held on 22-24 May. The other six had not previously qualified so it is gratifying to see that the strength of our elite 24 hr runners has been bolstered significantly, thus auguring well for our efforts at the Commonwealth championships.

The only other qualifying events will be the Sri Chinmoy 24 hour event to be held in Brisbane on 27-28 June and the Caboolture 24 hr to be held on 29 July.

This year saw four walkers reach the elusive one hundred mile goal and three new members were welcomed to the Australian Centurions. Belgian couple Rudy Schoors and Caroline Mestdagh won their respective divisions, adding Australian Centurion badges to their British and Continental Centurion badges. They both recorded 100 mile personal best times and obviously enjoyed their first track 24 hour walks. Ian Valentine, a former winner of the Coburg 24 Hour run, showed that he can walk as well as run. Using an impeccable race walking action nearly the whole way, he strolled through to a wonderful inaugural 100 mile time of 23:37:03.

★ **Canberra 50km**

In a great display of running NSW runner, David Criniti captured the double at the Canberra Marathon winning the Marathon and 50km. He took the lead in the marathon at about the 40km mark overtaking Tim Rowe (who was running his first marathon and on incredible pace early on). He went through the Marathon in 2.26.09 and then went onto win the 50km with a time of 2.57.42. It was an incredible performance considering four weeks ago, Criniti was using Canberra as training and had no intention of racing it. (From report by Phil Essam). Helen Verity Tollhurst was the women's winner in the 50km running 3:39 and with Criniti earn-

ing a free trip to the world 50km championships in Gibraltar in the northern summer. Tollhurst is currently ranked number three in the world on road 50km as at end April based on her Canberra time, and June Petrie who ran 3:46 in the Canberra 50km is ranked tenth in the IAU rankings.

★ **Correction**

In our 2008 Annual Report sent out with the March edition of Ultramag we gave the winner of the 2008 AURA National 24hour championships in Adelaide incorrectly. The real winner was Colin Brooks, who did not win the event but was the best performed AURA member. Congratulations Colin.

★ **Team for Belgium**

The Australian teams for IAU 100km World Cup to be held in Torhout, Belgium on 19 June 2009 have been announced:

Men; Dean Cook, NSW (captain), Tim Cochrane, NSW, Michael Baldock, WA

Women; Kerrie Bremner, ACT, Susannah Harvey-Jamieson, Qld. Caroline Pivetta, Vic

★ **Trail World Challenge**

AURA has been invited to send an Australian team to the IAU Trail World Challenge

12 July 2009 Serre-Chevalier, France

★ **The North Face 100**

Inspirational ultra-marathon man Dean Karnazes confirmed to run this event on 16-17 May. Athlete and best-selling author Dean Karnazes was recently ranked by a Time magazine poll as one of the "Top 100 Most Influential People in the World". Winner of the prestigious Atacama Crossing, running 250km across the Atacama Desert in Chile, the driest place on earth in 2008, eleven-time Western States 100

"Count on the magnificent scenery to help alleviate your pain"

Mile Endurance Run Silver Buckle holder, 1995- 2006 and having run 50 Marathons, in 50 US States, in 50 Consecutive Days in 2006 are among his achievements.

★ Great Ocean Road Marathon (45km race, not an AURA event)

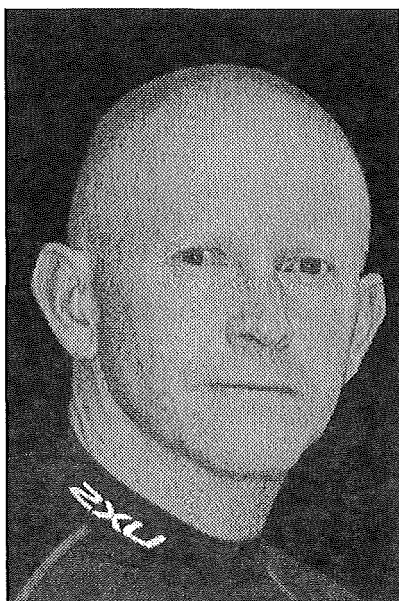
A book just released in the United States has ranked the Great Ocean Road Marathon in the world's top 100 races. The book, "Great Races, Incredible Places," was written by

Kimi Puntillo, the first woman to run a marathon on every continent. The Great Ocean Road Marathon is listed in a section titled "Spiritual Experiences." It lines up alongside the Mt. Everest Marathon in Nepal and the Inca Trail to Machu Picchu in Peru. "One of the most beautiful roads in the world is the race course for the Great Ocean Road International Marathon and Half-Marathon," Puntillo writes. "The two-lane highway is mostly covered by trees and vegetation reminiscent of sketches drawn in books for chil-

dren's fairy tales." Puntillo's glowing three-page report adds that the road's elevation is a challenge. "Count on the magnificent scenery to help alleviate your pain," she writes. "The course weaves around rugged coastal terrain with mighty waves pounding against jagged cliffs. Ocean spray carried by the wind lightly showers runners on the road above. A stretch of eucalyptus trees - Australian koala's natural habitat - lines the roadway. One runner who was fortunate to spot the cute furry creature said it's al-

INTRODUCE A FRIEND AND WIN - HELP US MAKE 300 in 2009

During 2009 AURA hopes to achieve a membership of 300. With that number fast approaching we are encouraging existing members to help grow our members list by introducing a friend, you and your friend can be eligible for some fantastic 2XU running gear. Prizes awarded to new member and referring friend if you are the 300th member for 2009, there will also be a random prize draw for all existing and renewing members. So come on, encourage your friend to become part of the growing Ultra Running Family. Send an email to the membership secretary with your name and your friends name to go into the draw. I would also like to remind our members that some of you have yet to renew for this year and may wish to do so soon to ensure you can get discounted entries, earn points in the competition, be covered by AURA insurance, and receive your quarterly UltraMag and much more.



Dear AURA members, welcome to the second issue of ULTRAMAG 2009. We hope the year has started well for you and your running has been very enjoyable and injury free.

It has been great to meet more of you over the past months at various events and I look forward to catching up with more members during the year.

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

There are lots of new and exciting things happening during the year with many new race events available on the calendar, we hope you are able to support these events and encourage your fellow running friends to become part of the AURA family. An exciting competition has been launched with some great prizes for new and existing members; see info on 300 member's competition.

For those who are contemplating the next step in their ultra running and striving for that longer distance, I say give it a go and remember,

You can do it, its all in the mind.

Brett Saxon



IAU News

This just in

At the World 24 hour event on 2-3 May in Italy our Australian team, the Emus, performed as follows: John Pearson 210.257km, 40th; Michael Lovric 206.464, 48th; Deanne Nobbs 184.026, 93rd; Robert Boyce 178.255, 108th; Mick Francis 113.394, 173rd... well done Emus

Several Records and World's Best Performance (WBP) and World's Age Best Performance (WABP) have been ratified. Congratulations!

- European 100 km (men) Mario Ardemagni (ITA) 6:18:24 Winschoten 2004
- European 100 km (women) Tatyana Zhirkova (RUS) 7:10:32 Winschoten 2004
- WBP 48hr & WABP over 40 (women) Sumi Inagaki (JPN) 382.717 km Surgeres 2008
- WABP over 55 (women) Galina Ermina (RUS) 357.686 km Surgeres 2008

Five IAU international races are scheduled for 2009

(1)IAU 24-hour World Challenge 2-3 May 2009 Bergamo, Italy
See top news item

(2)IAU Trail World Challenge
12 July 2009 Serre-Chevalier, France

The World Trail Challenge made its debut at the Sunmart Trail event in Huntsville, Texas

on December 8th 2007. After a very successful introduction, this year the race is being organized in Serre Chevalier (France) under the diligent management of the French Athletic Association. This is a 68km race in the mountain range going through the

French Alpine region along a well used alpine walking trail.

AURA seeks expressions of interest from trail runners to represent Australia. Full information about the

event is on the AURA website. The deadline for entries is 20 May.

(3)IAU 100km World Cup

19 June 2009 Torhout, Belgium

The 100 Km World Cup was the first international event organized by the IAU. Now, in its 22nd year, it remains as the most popular event with the elite athletes. Torhout, Belgium has the honour of being the hosts of the 100 km World Cup for a fourth time.

We had strong showing by the Italian Men's team and Tatyana Zhirkova in the women's race in 2008. This event promises to be an exciting race and is one of the few runs to start at night.

(4)Ultra Distance and Mountain Running Commonwealth Championship 17-20 Sept. 2009 Keswick, UK

Ultrarunning shares centre stage in Keswick, UK at the First Ultra Distance and Mountain running Commonwealth Championship. At this introductory event, two ultras are being contested --- 100km and 24 hours. The athletes from the commonwealth nations are excited and gearing up for an amazing event. Top athletes based on 2008 performances are Dominic Croft (men) and Emma Gooderham (women) for the 100 km, Martin Fryer (men) and Sharon Gayter (women) for the 24 hours.

(5)IAU 50km World Trophy Final

31 October 2009 Gibraltar

This is the brainchild of the IAU Executive. Qualifying 50km races are taking place around the world. Top male and female runners will qualify for the World Trophy Final in Gibraltar given that they run under the qualification times. The qualifying times are: 3:20 (men) and 3:50 (women)

IAU Celebrates 25th Anniversary

In 1984 a group of six like-minded

ultra runners came together and discussed the lack of a governing body of a quickly emerging sport. These trailblazers wanted to put ultra running on the running map.

And so this was the birth of the International Association of Ultrarunners (IAU). The inaugural Executive Council included, Dan Brannen (USA), Malcolm Campbell (GBR), Andy Milroy (GBR), Edgar Pattermann (AUT), Tony Rafferty (AUS) and Gerard Stenger (FRA).

This year the IAU celebrates its 25th Anniversary. The original mandate of the IAU has carried on to this day. The association still stands for developing the sport of ultrarunning under the patronage of the IAAF.

The IAAF granted its patronage to the IAU in 1988 and the 100km race became a standard distance recognized by the Federation.

Today, IAU organizes four major world events --- 100km World Cup, 24hr World Challenge, the World Trail Challenge and the 50km Trophy. Furthermore, IAU is supporting and playing an integral role in the inaugural Ultradistance and Mountain Running Commonwealth Championship. This is in addition to the IAU-labels that are attached to several races around the world.

With 47 federation members and thousands of elite athletes having participated in its events over the years, IAU has respectfully upheld its mandate of developing the sport of ultrarunning.

As the IAU celebrates its 25th Anniversary, the Executive Council is looking for new challenges and hoping to strive to achieve more goals. While it continues to serve the ultrarunning community, the IAU is looking forward to the next 25 years as it envisions reaching its 50th Anniversary.

"With 47 federation members and thousands of elite athletes having participated in its events over the years, IAU has respectfully upheld its mandate of developing the sport of ultrarunning"



More overseas news

In case you are looking for info on longer ultras and multi-day events, here's a round up of what has been happening on the planet this April.

The **2009 Athens Ultramarathon Festival in Greece** has wound down, and ultrarunners have taken on a new challenge in the **McNaughton Park Trail races** on 9 April in Pekin, Illinois, USA. Something for everyone is available with the current format of 50 miles, 100 miles, and Americas only 150 mile race. Lap scores can be seen at www.timeto-run.net

The 17th of April saw the start of the **Sakura Michi Nature Run** 250km run (if your command of Japanese is holding up you can read all about it at <http://shirotori.gujo.to/sakurainr/HP/sakurainr1.htm>) followed two days later by possibly the most spectacular ultra running event of the year - the **Trans-Europe 64 day stage race** which starts in Bari on the southeast coast of Italy. No Poms and only one American runner are taking part in this running extravaganza. The total distance is around 4500km; the shortest stage is 44km and the longest stage is 95km. At the time of writing 11 women and 57 men were in the race.

April 22nd sees the **Self-Transcendence 10 Day race** begin at Flushing Meadow, New York and features Wolfgang Schwerk who has just finished the 48 hour in Athens, and Canadian Michel Gouin who set a treadmill record a few months ago. The ladies race will see Kaneenika Janakova, Slovakia's top female multiday runner, with Sarah Barnett, fresh from her outright victory in South Africa at the **George Archer 6 day race** from 29 March to 3 April.

In 2009 the George Archer 6 day race was contested by 11 females and nine males. Aussie Sarah has

topped all the previous ladies results since 1995 and reached 594km. She reached 634km in 2008 to finish 4th overall while seconding herself from her own trackside tent. On July 1st this year, Sarah joined Jesper Olsen on his World Run II and they ran several thousand kilometres together through Europe. Sarah is living proof that you can be a vegetarian and still finish 10 day races and 6 day races and run part of the way around the world.

Also from Australia on the start line was Queenslander Graeme Best aged 57. Despite being laid low in his tent near the beginning of the 2008 race with a tickle in the throat, he put up a solid performance reaching 440km and one of only 4 to have a Day 6 distance higher than Day 1. In 2009 he completed 364 kilometres, with a solid 120km on the first day.

The **Self-Transcendence 6 day** this year started on the 26th of April and Australian world record holder (6 day on road title 2001) Dipali Cunningham will be racing with Pam Reed for the first time. Dipali

holds the race record in both the 6 day and the 10 day events and ran 467 miles in the 6 day in 2008. At the time of writing Dipali is on schedule to run a world record during this 2009 event.

In the men's 6 day a large contingent of Americans and top ultra runners will be present providing competition for Vlastimil Dvoracek, who tried his hand at the 3100 mile race a few years back. Americans Mark Dorion, Pete Stringer and Andy Cable will no doubt be tweeting away online whilst grappling with dinosaurs and the local wildlife of Flushing Meadow Park, in Queens, New York.

Just before the 6 day got underway the **American Odyssey Relay** took place on April 23/24. The race will start in Gettysburg, Pennsylvania and finishes some 200 miles later in Washington. The American Odyssey Relay Run Adventure is best suited for teams of 12 runners. Each runner runs 3 legs of the 36 segment course to be covered in 24 hours.

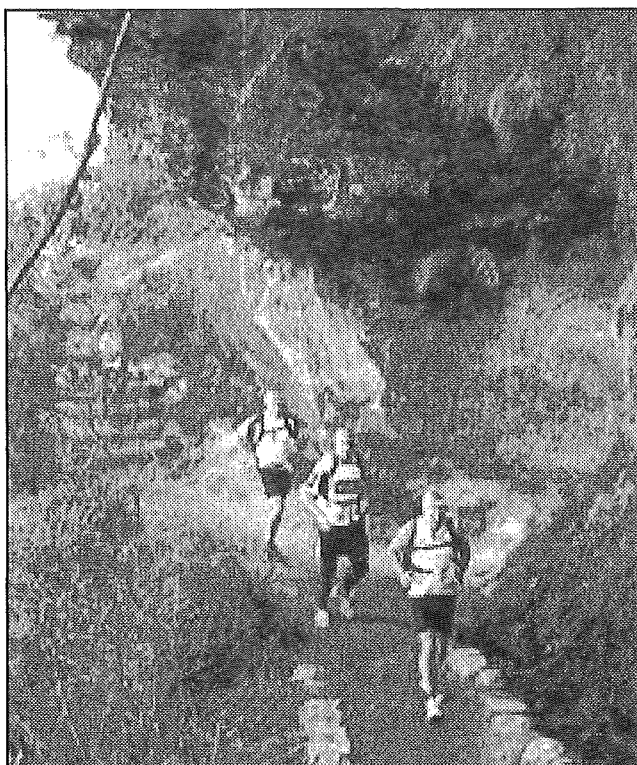
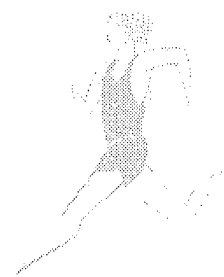


Photo right from Wild Endurance see page 36





> membership form

current memberships are due for renewal on January 1, 2009

Membership of AURA entitles you to discounts on all races appearing in the AURA events calendar, receive a copy of our quarterly glossy Ultramag, monthly email newsletter, eligibility for selection in Australian teams, eligibility for the AURA points competition, free personal accident insurance when contesting AURA races, shop discounts and more.

We send representative teams to contest the world challenges in 100km, 24 hour and IAU trail championships. Please lend your support by donating to this worthy cause.

membership application/renewal

GIVEN NAME	<input type="text"/>	FAMILY NAME	<input type="text"/>
STREET No.	<input type="text"/>	STREET NAME	<input type="text"/>
TOWN/CITY	<input type="text"/>	STATE	<input type="text"/>
		POSTCODE	<input type="text"/>
CONTACT PHONE	<input type="text"/>	DATE OF BIRTH	<input type="text"/>
EMAIL	<input type="text"/>		SEX male / female

OTHER FAMILY MEMBERS (one ultramag per family only)

NAME	<input type="text"/>	DOB	<input type="text"/>	SEX	male / female
NAME	<input type="text"/>	DOB	<input type="text"/>	SEX	male / female

remittance

Membership	Full members: \$80 Family members#: \$100 Age concession 60 and over, or pensioner or seniors card holder: \$40 Juniors - 20 and under: \$40 Non-competing members: \$30 Race Directors*: \$30 Volunteers*: \$30 Ultramag subscription only*: \$30 # immediate family only and one copy of Ultramag per family * non-competing, must register to get benefit of PA insurance) Note: add \$20 for postage if overseas address	\$
Donation for rep teams	Do / do not acknowledge (please circle)	\$
Apparel, see reverse		\$
TOTAL		\$

Please send cheque or charge against credit card (Visa or Mastercard only).

NAME	<input type="text"/>	SIGNATURE	<input type="text"/>
CREDIT CARD No.	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Exp date	/

Post to AURA Membership Secretary
 Brett Saxon P.O.Box 119 Keilor Vic 3036
 Fax: 03 9336 7767

aura
 in it for the long run



Frankston to Portsea 55km Road Race

Victoria, 5 April 2009

Report by race director Kevin Cassidy

I was thrilled when Wendy Crebin accepted an invitation to be our celebrity starter. Wendy [more often referred to as Pink Lady] was one of our more prominent middle distance runners of her time and trained diligently under Percy Cerutti at Portsea. She still visits Percy's widow, Nancy, quite frequently. Wendy reports that Nancy is as sharp as a tack and bubbling with life despite her 96 years.

The assembled field had travelled from many points of Australia. Adelaide, Brisbane, The Gold Coast, Launceston, Sydney, Mildura and Warrnambool were all represented in the annual charge down the Mornington Peninsula. Arguably, the lengthiest journey to the start line was made by Lachlan Fraser. Lachlan's appearance typified the old saying of "You can't keep a good man down". Having lost his home and medical practice in the horrific fires that destroyed Marysville, Lachlan's ability to rebound back to normality has been both heartening and astonishing. As one of the prime movers in the emotional and material reconstruction of his picturesque and beloved town, it was our privilege to hand Lachlan all the entry money to assist with what will undoubtedly be a prolonged process. Mindful of this, many runners gladly pitched in amounts in excess of the standard ten dollar entry. Illness prevented Tony Chow making it to the start, so he mailed a cheque for \$50. All up, we were able to hand over approximately \$550 for the benefit of the Marysville community.

The recent popularity of South Africa's Comrades Marathon amongst Australian runners has been the catalyst for our upsurge in numbers. The time slot on the calendar makes for a perfect lead up.

With a simple "Go" Wendy sent the 43 runners on their way. In an instant, Kurt Hourigan and John Keats had bolted ahead, establishing a sizeable gap in the first 20 kilometres. Rohan Day was scooting along nicely in his colourful attire matched only by his equally colourful car. Kelvin Marshall was sporting some serious headgear and a thick bushy beard. Robert Hall, Tory Trewitt and Michael Lovric all looked content as they settled into the rhythm that would carry them to Portsea. Ngoh Ngoh Nestor was leading the women ahead of Carmen Atkinson in what ultimately became an absorbing battle. Katherine Shone and Ali Holmes remained close by and looked threatening.

It was during this section that the ultra world's spirit of mutual cooperation began beating strongly. Runners without crews were now benefiting from the attention of the crews of their fellow competitors, attention that was given willingly and in the highest of spirits. Additional assistance to all was the presence and efforts of Steve Hyde, Brett Saxon, Malcolm Gamble and Sandra Stewart. These four selfless individuals turned out of their own accord with a stunning array of drinks and energy inducing snacks which they transported up and down the course keeping the entire field satisfied and smiling. These guys were priceless. Malcolm added a hefty degree of novelty value by dishing out the Gatorade in cocktail glasses.

Through Moats Corner and onto the beachside road at Safety Beach John Keats was. John was being capably looked after by his wife. Also at Moats Corner were Chris McTaggart's family, whose vehicle boasts a number plate of "BEFIT". Two attractive women were merrily serving up drinks to the seven runners that comprised the Tribal Team. Still chasing hard in second place. Kurt Hourigan was running unassisted, never having previously tackled anything longer than 20 kilometres.

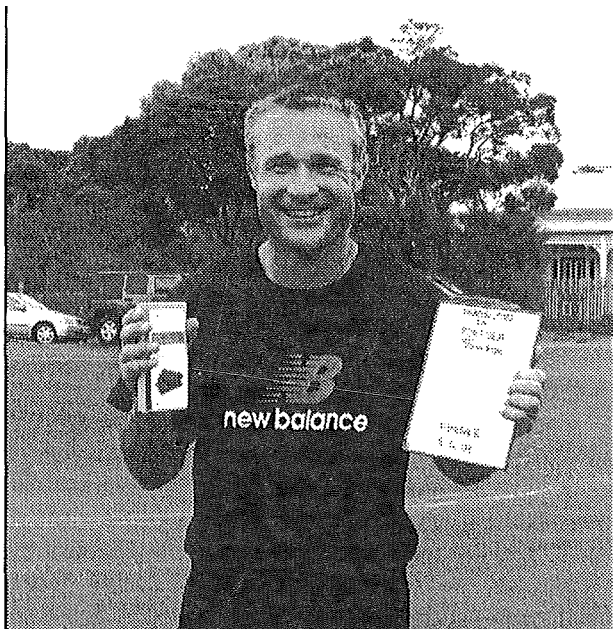
Needing to stay near the front of the field, I basically missed most of the midfield action as the race advanced firmly into the second half along Point Nepean Road with Port Phillip Bay providing a gorgeous aquatic sight for the remaining distance. I learnt later that Ngoh Ngoh Nestor had decided to take a walkabout tour near the 30 kilometre mark by turning left up onto the freeway. Despite losing several minutes, she returned to the correct course still holding onto her lead.

I caught up with the early starting Peter Gray in the vicinity of the 40 kilometre point near Rye as the race leader, John Keats, shot past the marathon point in 2:45. The inexperienced Kurt Hourigan looked to be out on his feet as a couple of us kept him watered and fed. He struggled through the marathon in 3:07 as Chris McTaggart and Kazuya Nakatani bore down upon him and appearing set to take over the battle for second place.

Catching up with the lead at the 50 kilometre mark in Sorrento, I was dumbfounded to see that Kurt had resurrected himself and had pushed on to maintain his second position in a genuinely commendable comeback.

I stopped the watch at 3:46:16 with John Keats producing the fourth fastest time in history. The long journey from Warrnambool had proved fruitful indeed. Kurt Hourigan collapsed across the line to snatch second place in a seriously gutsy performance just holding out Rohan Day and Robert Hall who were separated by a matter of seconds. Kelvin Marshall came home in a course PB.

"That's an hour quicker than last year", beamed a happy Matt McNamara who was amongst the 16 runners to break five hours. The steady pace by Carmen Atkinson paid dividends as she overtook the tiring Ngoh Ngoh Nestor in the final stages to take the women's prize by a margin of five minutes. Ngoh



Ngoh was left pondering the outcome of her wrong turn back in Dromana.

A persistent drizzle set in as the clock ticked beyond five hours, bringing with it a substantial drop in temperature.

Robert Boyce finished steadily. We were all treated to a stunning sprint finish by Lachlan Fraser and Barry Rosenberg that produced a dead heat. In

fact, Lachlan appears keen on these close finishes, having done similarly here 12 months ago.

Slowly, finishers were piling into any spare car seats they could find for the return to Frankston as others continued to flow into Portsea. Katherine Shone looked good crossing the line in third place amongst the women while Ashley Murdoch and Andrew Wood came in together.

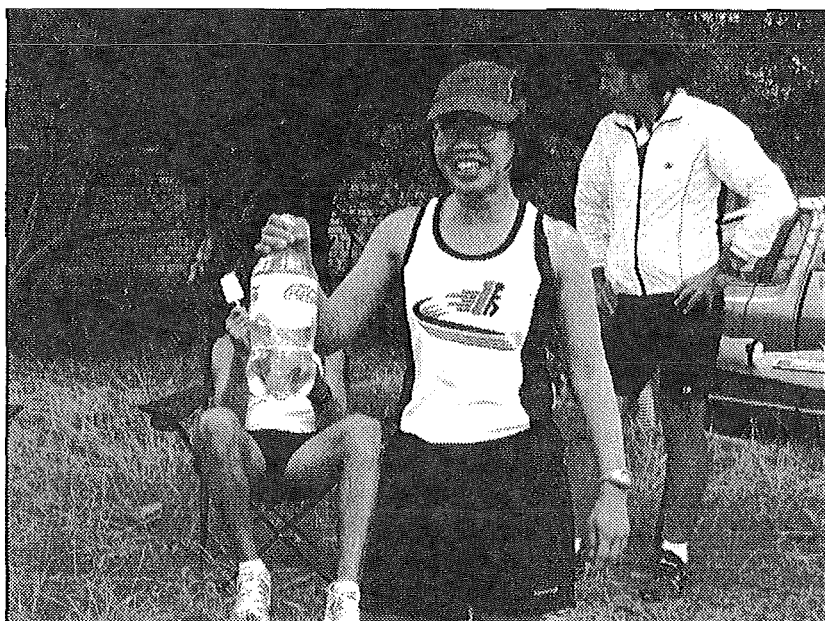
If the 2010 Frankston to Portsea run appeals to you, scratch a circle around Sunday April 11th and I'll see you then.

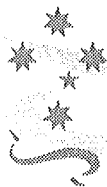
*Photos left: A happy Steve Preece
David Spencer ran a well paced race
Ngoh Ngoh Nestor always looks cheery*



Results

1. John Keats	3:46:16
2. Kurt Hourigan	4:24:09
3. Rohan Day	4:24:56
4. Robert Hall	4:25:56
5. Kelvin Marshall	4:32:44
6. Kazuya Nakatani	4:35:09
7. Michael Lovric	4:37:41
8. Cameron Staggard	4:40:26
9. Tory Trewitt	4:43:49
10. Matt McNamara	4:49:03
11. Carmen Atkinson (1st F)	4:51:17
12. Steve Preece	4:54:08
13. Chris McTaggart	4:54:51
14. James Clarke	4:56:18
15. Ngoh Ngoh Nestor (2nd F)	4:56:44
16. Nic Marie	4:57:33
17. Robert Boyce	5:01:15
18. Kevin Lieberthal	5:03:03
19. Lachlan Fraser	5:12:20
19. Barry Rosenberg	5:12:20
21. Katherine Shone (3rd F)	5:13:27
22. Bruce Hargreaves	5:18:14
23. Ashley Murdoch	5:18:50
24. Andrew Wood	5:18:50
25. Stephen van der Tang	5:23:36
26. Ali Holmes (4th F)	5:33:12
27. Richard McCormick	5:36:12
28. David Spencer	5:38:38
29. Kristine Banks-Smith (5th F)	5:45:14
29. Paul Baird	5:45:14
31. Alan Marlow	5:47:38
32. Phillip Crawford	5:54:36
33. John Dobson	6:06:10
34. Kym Williams	6:13:18
35. Andrew Herman	6:46:35
36. Brian Glover	6:50:23
37. Hugh Hunter	7:04:22
38. Shadi Samir	7:19:20
39. Ahmed Al Mansoori	8:34:02





Water World 45km Great Ocean Run

Coffs Harbour, NSW, 19 April 2009

Report by Race Director Steel Beveridge

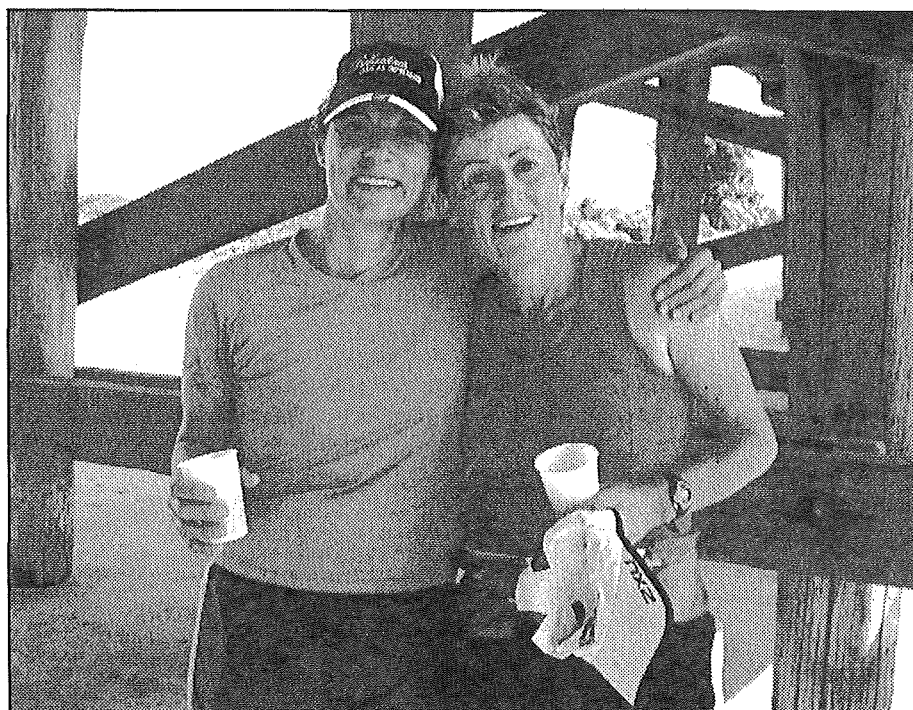
Stephen Sayers posted his third victory in this year's Water World Great Ocean Run from Red Rock to Coffs Harbour Jetty on Sunday. Although fifteen minutes slower than his time when he finished as runner-up last year his time of 3.41.16 left him well clear of his pursuers at journey's end. Only two other runners were able to dip under the 4 hour mark for the 45 kilometres trek along the windswept Coffs Coast beaches. Coffs local, Warren Turner had the legs at the end to hold off Armidale's Michael Smart by nine seconds, 3.57.09 to 3.57.18.

Earlier while Sayers had battled the wind on his own Turner had had the company of another run first-timer Scott Thomson from Bellingen while Smart had been accompanied by Gold Coaster David Loader. The storm beaches between North Sapphire and Diggers re-arranged things somewhat with a variety of options being used to complete that section of the run.

The women's race was less clear-cut with Yvla Kendrick finishing strongly to hold out previous winner, Penny Burgess who had Sherida McKean as company throughout and eventually tying as runners-up.

Amongst the first time runners was the second youngest to attempt the feat Lyle Mayes from Safety Beach who at sixteen completed the distance in fine style in 5.15.22 to place eighth despite not having run further than 11km previously. He has plenty of time to chase the run record still held by Jim Bennington at 3.18.15.

While numbers were down on last year's record of 65 entries and 63 finishers the fact that 41 individuals completed the course in the very trying conditions was testimony to their commitment. Also pleasing for the organizers from the W.R.A.T.S. was the participation of two teams, one of two men from Caboolture,



Red Rock female leaders at the end

Steve Hayes and Mark Parsonson, whilst the all-ladies team of three was more local with Sue Duncan of Yamba combining with Woolgoolga's Tina Benoit and Nicole Johnstone. The team concept had been floated previously but this was the first time it had become a reality.

With a large number of first-timers joining the crew who make this event an annual pilgrimage the 'war stories' being swapped at the post-run function at the Yacht Club should see further growth of the event if not in numbers at least in reputation as not only one of the most scenic but also one of the toughest short ultras on the calendar.

Male

1. Stephen Sayers	3.41.16
2. Warren Turner	3.57.09
3. Michael Smart	3.57.18
4. David Loader	4.06.44
5. Scott Thomson	4.01.07
6. Kelvin Marshall	4.31.37
7. Jim Bennington	4.59.00
8. Lyle Mayes	5.15.22
9. 'Bomber' Hutchinson	5.17.29
10. John Rose	5.18.54
10. Peter McKenzie	5.20.01

12. Geoff Last	5.20.01
13. Joe Mollica	5.37.21
14. Bob Beer	5.39.59
15. Damon Palliser	5.42.09
16. Neil Burgess	5.47.58
17. Chris Cohen	6.06.12
18. Russ Smith	6.06.13
19. Michael Wright	6.08.39
20. Gary Barton	6.10.24
21. Garry Sayers	6.11.44
22. Bob Miller	6.14.52
23. Peter Moore	6.19.45
23. Peter Gardiner	6.19.45
23. Mal Draper	6.19.45
26. Bob Jones	6.37.21
27. Tony Smith	7.13.06
28. Tom Holbut	8.47.59
29. Paul Chamberlain	9.43.06

Female

1. Yvla Kendrick	5.22.15
2. Penny Burgess	5.31.11
2. Sherida McKean	5.31.11
4. Tina Thompson	6.20.47
5. Kelly Groves	6.25.12
6. Julie Watson	6.28.31
7. Robina Unwin	7.08.46
7. Anne Grundy	7.08.46
9. Di Miller	7.23.31
10. Di Kever	7.25.18
11. Elly Chamberlain	8.00.16
12. Robin Barker	9.43.45
12. Mimi Parfitt	9.43.45



Coburg 24 hour Carnival

Melbourne, 18-19 April 2009

Report from race director Tim Erickson

The 2009 Coburg 24 Hour Carnival was spread over two weekends, with the 6 Hour events being held on Sunday 15th March and the 24 Hour events being held on the weekend of 18th - 19th April.

A total of 37 walkers and runners contested the 24 Hour weekend. The starter's gun was fired at 10am on the Saturday morning in sunny conditions but cloud cover soon swept across from the west, providing welcome relief for the entrants. This cloud cover stayed for the entire 24 hours of the event and ensured a mild night. This, combined with the still conditions, made for one of the best events we have seen. The runners and walkers revelled in the ideal temperatures and big performances were seen across the board. The men's 24 Hour run had been keenly anticipated given that so many of our top runners had entered and it lived up to all expectations. Jo Blake led from the start, covering 30 laps in the first hour and leading at that stage by 2 laps from Martin Fryer and one further lap to Justin Scholz, Lawrie Lolait and Nathan Fawkes. This lead grew to 9 laps by the 5 hour mark before Jo eased his pace and Martin started to gain on him. Jo passed the 100 km mark in just under 9 hours but was passed by Martin soon after. Justin Scholz was still holding third place with Scott Orchard now in fourth place after some very sensible early running.

At 3am on the Sunday morning (at the 15 hour mark), the race complexion changed again as Jo caught Martin at the 176km mark and forged ahead. Justin was still in third place with 152 km, Scott was fourth with 146km and Anth Courtney had risen to fifth place with 144km.

With Justin now struggling, the top four was settled once and for all. Jo powered on to win with an absolutely magnificent 243.651km, still full of running at the end. Martin, conscious that he faced an international 48 Hour event in only 5 weeks time, eased back and ran



Martin Fryer

comfortably through to take second with 234.647km. Scott Orchard, urged on by his vocal support crew, dug deep to pick up 7 laps on Anth Courtney in the last 2 hours and take third place by a small margin - Scott with 204.579km and Anth with 202.646km.

That gave us 4 male runners in excess of 200 km - a huge effort and an indication of the rapidly improving standard of Australian ultra running. Reading down the finishing list, a further 5 male runners ran in excess of 100 miles in the allotted 24 hours.

A number of late withdrawals from the women's 24 Hour run reduced the field to only 4 runners but the quality was still there with Susannah Harvey-Jamieson - 118km in this year's Caboolture 12 Hour - and Marie Doke -189km for 24 hours - the main contenders. As expected, Susannah and Marie took off at much the same pace, both covering 25 laps in the first hour. But whereas Marie was content to run an even pace, Susannah actually sped up over the next few hours and, after the first 6 hours, had covered an impressive 64km, now 12 laps ahead of Marie with Allison Lilley a further 10 laps in arrears.

From then on, the leading positions never changed and it was just a case of reviewing the hourly lap updates to see what sort of distance each runner was targeting. Susannah powered through 100km in around 9:35 and had 122.5km under the belt by the 12 hour mark. The Australian record of 229km looked in threat if she could hold on but, in her first 24 hour run, it was certainly not a fait accompli.

And so it proved. Eventually the early pace and the 24 hour format took its toll and, with about 5 hours to go, she slowed significantly. Her final distance of 209.458km is a great first up and she becomes one of only a very small number of Australian women to have broken the 200km barrier. Behind her, Marie Doke was suffering with an inflamed hip and limped home with 185.624km, not far outside her PB but probably a bit disappointing personally. Allison Lilley, running her first track 24 hour event, was the third place getter with an excellent first up 182.166km, not far behind Marie. Allison's effort earned her the Gordon Burrowes Endurance Award as the 'top effort' of the weekend and it was well deserved.

"a huge effort and an indication of the rapidly improving standard of Australian ultra running"

Results

24 Hour run

Male	km
1. Jo Blake	243.651
2. Martin Fryer	234.647
3. Scott Orchard	204.579
4. Anth Courtney	202.646
5. Rudolf Kinshofer	183.368
6. Malcolm Gamble	169.462
7. Colin Brooks	165.096
8. Lawrie Lolait	162.000
9. Justin Scholz	161.600
10. Tony Collins	153.449
11. Trevor Marsh	152.311
12. Shane Draper	133.662
13. David Jones	127.156
14. Alan Staples	125.815
15. Hugh Hunter	122.654
16. Nathan Fawkes	122.631
17. Peter Gray	105.790

Female	
1. Susannah H-Jamieson	209.458
2. Marie Doke	185.624
3. Allison Lilley	182.166
4. Grace Leung	95.600



Scott Orchard

24 Hour walk

Male	
1. Rudy Schoors	167.954
2. Ian Valentine	161.810
3. Geoff Hain	161.733
4. Doug McKay	138.687
5. Steve Jordan	129.801
6. Gerald Manderson	126.499
7. Louis Commins	118.372
8. Terry O'Neil	112.384
9. Rudolf Skrucany	102.812
10. Clarrie Jack	49.349

Female	
1. Caroline Mestdagh	164.636
2. Dawn Parris	137.445
3. Val Chesterton	115.578
4. Karyn O'Neill	92.478
5. Sandy howorth	85.930
6. Heather Carr	51.423



24 Hour Male race winners: Scott, Jo, Martin



Comments from 2009 Coburg 24 hour run

Here are some comments from runners at this fantastic event. The comments have been sourced from CoolRunning website - www.cool-running.com.au - with modifications.

Scott Orchard

Everyone who competed on the day has some fantastic tales to tell - some are great, others are not so great; however I think that every competitor deserves a big pat on the back for having a go at this event.

For me, I had one of those great athletic days where I achieved my goal of breaking 200km. However it did not all go how I planned it, but I am not complaining as I achieved what I set out to achieve. It was a very weird race for me - the first 6 hours went to plan where I wanted to click over a minimum 60km and I actually achieved about 62km which was perfect. The next 6 hours were meant to be about 50km and I went through the half way point on 112km - slightly faster than I wanted but it was nice to have 2km up my sleeve. The next 12 hours were a mix of highs and lows that we all experience in running. At about 11pm I started to feel a bit sick from all the different foods in my stomach and within the next 10 minutes I was violently throwing up most of what I had eaten over the past few hours. This happened for about 20 minutes and I started to worry that I was not going to be able to get going again. I started to walk and got back to my crew and had a small break. I was now behind schedule and I started to think that oh well, 190km or so is a huge performance. That was followed by absolutely dead legs at about 15 hours in. I was reduced to only covering about six to seven km for the next cou-

ple of hours which was a concern. I was just really tired, lacked a lot of energy because I simply did not have any food after not being able to keep anything down and my motivation was severely reduced. Michael Lovric was really supportive he had a good chat to me and started to get me going again. Basically his message was that there is still a good seven hours of running to go and a lot of distance can be covered during this time. I stopped for a massage and tried to re-group. The next few hours I was able to pick the pace back up. I needed to average about 18 - 19 laps per hour for the remainder of the race and that is what I solely focused on. I only afforded myself any walks once I had ticked off the minimum for the hour.

Martin Fryer

This year's Coburg 24h was my sixth 24hour race and it was by far the most enjoyable one. The Coburg 24h is an absolute classic event and I was pleased to see Tim and Bernie's first class efforts rewarded with such a great field of competitors (both running and walking) and the most outstanding set of results seen in Australia in a very long time. There was a great spirit of camaraderie amongst all the competitors which I believe contributed to a communal sense of support, purpose and achievement.

My race plan was simple. I have the Surgeres 48hour on May 22 so this was to be a training run. The pre-race goal was to do 200 to 220km, experiment with some different run/walk ratios and food options and not to do any damage by racing hard. The week before the race I did not taper much so as to remind myself that this was not a race - so I had about 100km in my legs for the

week prior to the race.

As I expected, Jo went out at a very solid pace (sub 2 min laps), consistent with his 100km pedigree and I felt comfortable running similarly for the first few hours. I then decided to ease off but was surprised to hear Michael Lovric announcing that my lap times were still around 2 minutes at the 6 hour mark. I was hoping to run around 11km/h for the first six and this was achieved comfortably and then some.

Between about 4 hours and 8 hours Jo moved well ahead as he kept running steadily and I slipped more walk laps in. I think he might have been a few kilometres ahead at one stage but I didn't think about it and tried to focus on a steady rhythm. Somehow I closed the gap and passed him before the 12 hour mark and posted a 12 hour PB split of 129.6km, which was a signal to me to back off as I was going to do some damage if I kept up this pace. The Mongrel side of me was thinking about 250K as a goal but then the Scientist side reminded me that this was a training run and that Surgeres was the key race for the year.

So, at 12 hours I dropped my run/walk ratio right down to four laps run and one lap walk. Jo gradually started closing the small gap. I was absolutely blown away by the quality of the 12hour splits of the field - Susannah with over 120 km and looking great and Justin, Scott and Anth with very solid totals.

The 12 to 20 hour period seemed to go really slowly and I did start to get very tight in the legs around 15-16 hours. I had changed into long tights and had a decent amount of food and drink so it was just a matter of plugging away and dealing with the inevitable bad patches which every one has to deal with at some stage. My average pace had fallen away but I did want to break 20 hours for

"There was a great spirit of camaraderie amongst all the competitors which I believe contributed to a communal sense of support, purpose and achievement"

"Things went to plan for about four hours and then started to get tough"

200km so I kept an eye on the board to titrate myself to just make this goal. I must have been hurting then as I was starting to think of going for 220km (550 laps) and then retiring. I thought about this for a while and it was very tempting but then I thought it wouldn't be a very classy way to end and more importantly, I could help people by staying out there and giving extra encouragement when it was needed, even if I was just walking.

I was pleased to see Jo had moved comfortably ahead and was still going steadily - with a few hours to go I congratulated him on such a phenomenal effort and made him aware that he had to break 240km (600 laps) to get an "A"- level qualifying distance for the World 24h Championships (IAU give some money to competitors for the Champs: A: \geq 240km, B \geq 220km, C \geq 200km).

For myself, I was very tight in the shoulders and lower back and I remember a walker asking me if I was aware of how I was leaning to the right. With a few hours to go I was walking like crap and taking more notice of the laps needed for those going for the 200km.

I told Susannah that she had it in the bag and that she now had to focus on passing the second highest all time women's 24h ranking which I thought was about 204km. I told her she could get this easily without panicking by running one lap and walking one.

Anth looked self assured and seemed certain for the 200km after executing a well thought out, consistent pacing program. The real drama of the last few hours was getting Scott through as he had a shocker of a bad patch in the 16 to 22h zone.

As usual, many competitors seemed to get injected with the Frankenstein serum in the last few hours and some great running re-started, albeit a bit slower than normal. Marie was moving along and it was clear that two more women would break the 180km qualifying mark for the Australian team, which was a fine effort. In the last hour I was keen to break 230km so I did a bit

of shuffling here and there with the encouragement of all the trackside crews and was relieved to hear the gun go and drop my little sandbag to complete another 24h event.

Nathan Fawkes

I've now completed two 24hr events and been lucky enough to witness some exceptional performances that will go down in ultra history. My race was always going to be tough and the 6hour five weeks before set off the alarm bells when my body didn't like the track running. Things went to plan for about four hours and then started to get tough. I'd been training on the only athletics track in WA for five weeks and struggling through some calf issues so realistically I knew it was going to be tough.

By the 8 hour mark I knew I was in serious trouble, had received a few massages to try and help the hip flexors (extremely painful, but they did help) but eventually something had to give. I sat down after 8 hours and knew my race was over. After a quick pep talk from the crew I got back out there knowing that although my body was trashed it wasn't completely trashed yet and I wasn't going to stop until it was.

Over the next four hours things picked up a little, I was managing around 8.5km/hr and I started to think that at least a PB was possible. This all came crashing down at 12 hours when the body just totally seized up and I could barely move. Stopping also brought

on the vomiting which didn't help. I decided to go to bed and see what happened in the morning. After a good sleep I returned to the track to finish the last four hours, walking, shuffling, 'running' to try and get the most out of the race. Obviously I was really disappointed with 120km, but when all is said and down my body just wasn't strong enough to be able to cope with the demands of the track. I know that I did everything I could during the race and in training prior to the race and I was still found lacking on the day; at least I now know where I stand and I can learn from it.



Anth Courtney



Canberra 50km

ACT, 19 April, 2009

Race report by Lisa Harvey-Smith

I drove down from Sydney with my partner the day before Canberra and we checked into the Brassey Hotel, which was near the start line and had a very pleasant ambiance. We wandered to the race expo, which was quite low-key, and I got my race number and the red ribbon for the ultra. I'd be wearing that proudly.

Being a Pom and a Sydneysider, I was pleasantly surprised to see the beautiful autumnal leaves of oak trees surrounding the lake. Canberra had always been described to me in rather disparaging terms, but I felt it had a certain calmness and dignity to it, rather like cities in Germany or Holland. The first 10km consisted of me trying to escape a pacing bus, but given that I was running at 4hr 30min pace in the early stages of the race, that was bound to happen. Despite this, the first loop around Parliament House was very pleasant and enjoyable. I barely knew I was running and had some nice little chats with people including the barefoot CoolRunner 'Slowmo', who seemed to be going well. The first full lap around the lake was great - no pain and no mental worries about 'could I do it?' I had no doubt that I would do it, after all my training. My only doubt at this stage was "why am I near the back of the pack?" This question often visits me in races in Australia, where big city marathon fields are much smaller than in the UK and the average pace as a consequence is much faster. I am sometimes torn between the feeling of pride at having achieved my goals and the knowledge that others have run faster than me. Anyway, the race was going very well for me and I chatted to some very nice people along the way. The race leaders lapped me just before the turnaround on the first big loop and they looked very strong. The race progressed well

and after 25km the usual aches and pains started, but nothing chronic. I soon noticed throughout the run that I was getting faster and faster. By the 30km mark I had more than six minutes in the bag. Instead of slowing down, I decided to throw away my home-made pacing wristband and just kept comfortable and steady, which worked well for me. The CoolRunning cheer squad greeted me at the Barton end of the loops and were a very welcome sight. My very supportive girlfriend was also there to give me Kendal Mint Cake (the stuff that got Edmund Hillary up Everest), which was a real life saver. The second big lap was also fun. I was leaving people in my wake at this stage. There seemed to be a lot of people who had gone off too fast and were struggling or walking and this is where all my long run training really kicked in. I got faster still and was pleased to cross the 42.195 finish line in 4:26:48, just 2 mins slower than my PB. The race announcer called out my name and said I was finishing, but I indicated to the marshals and kept plodding through the line, out through the 50km chute and back onto the course. Suddenly all the supporters got much more deferential, as if some magical point had been broken and suddenly I was a whole different runner. Before it was "go on, you can do it!" or "only 2km to go!" Suddenly it was "wow- you're crazy" and "go ultra-runner!" It's amazing what an extra 500 m can do for your street-cred. I felt a little like a fraud, because I realise that many in the ultra-running community would scoff at a mere 50km. I also remember when I was 14 years old and 10km felt like a very long way so I am not going to get hung up on this point. Judge me by what I achieved today and I am an ultra runner. This morning I ran 50km and I am bloody proud of myself. The last portion was a joy. Yes, I was tired, but I felt like I was on the home straight and I felt pretty much the same as I did at 35km. I kept running out to the lake and

along the beautiful shores through the parkland to the second bridge. All the runners gave an encouraging word or a nod to each other, as if we were all members of a secret society. I was very pleased to see the last turnaround and to scoop up three jelly beans for the way back. Go Glucose. The crazy CoolRunner supporters with the banners ("You're nearly Dunny!") were just packing up as I ran past for the final time. People were out riding bikes and strolling along the bike path, seemingly unaware that we had all been running for over 5 hours. It was a great pleasure to run the final kilometre along the road through the park and to see the finish line up ahead, powering on through the last marathon finishers and feeling strong. This is how I wanted it to feel. This is why I trained and sacrificed for months and months. This is why I run. I finished with a last sprint, kicking my knees up and powering my arms through the line. My time was 5:11:38, 18 mins ahead of my goal and very happy.

Race report by Mark Redding

[Ed: This is a modified version of Mark's post on www.coolrunning.com.au]

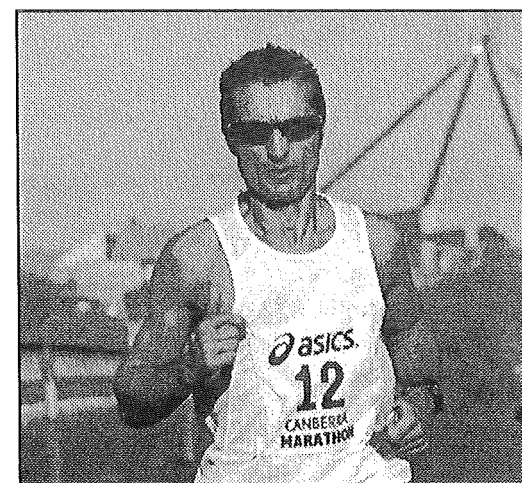
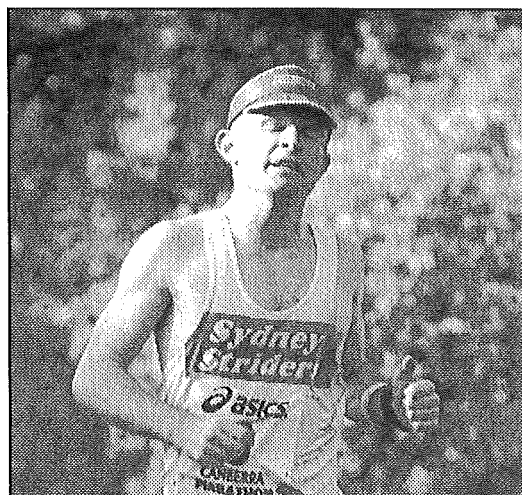
Well another goal ticked off for 2009. Although I now wonder if this is going to be a year broken by injuries. Having put in the kilometres last year and in the first few months of 2009, my goal was to do all the major marathons and trail ultras, especially the end of year 100's, and in between the road marathons would be a good gauge as to my fitness and speed. But very unusually I strained a calf muscle one week out from six Foot Track. As my right calf healed, my left shin started to hurt and I think it might be shin splints. So again, on a little downer, I turned up for Canberra, with a little lack of

long runs over the last few weeks. I wrapped a very small compression bandage around my ankle and hoped it would prevent too much pain. Gun and we were off, my goal was to try for a 3hr50, so up to the 21km mark I was about 30 seconds ahead of pace. Pretty consistent 5:10 to 5:15min/km for the first 22kms. Enjoying the chit chat with other runners and scenery made the trip worthwhile, and as I was feeling OK, no pain yet, things looking good. A few laughs at the Coolrunning spectators, the loonies under the bridge, the road kill, men in wigs and horns, and the look on the faces of the police as we ran past was a highlight. This was enjoyable.

Hit the 30km bang on pace, but not feeling well in stomach so decided to avoid too many gels. I kept to water and Powerade and tried a space stick but this too did not sit well. Maybe no more food. I did take my fuel belt with a few gels and two bottles - one with Powerade and the other with Sustagen as a reward for getting to the 42km mark, as knew I would need some extra fuel to get through the 50km, but decided not to touch it at all in the first 42km. From 33km my pace slowed gradually but I kept positive knowing I was still close to pace. But after 33km, and knowing I still had 9km to go, the legs started to feel heavy. Maybe the lack of runs was starting to set in. It did, and even though I only walked one drink station, I still hung on, just, to finish in 3:57. Happy for the sub 4hr, but I knew I could do better earlier in the year, my injuries keeping me pegged back a little. Now I still had 8km to go, but I could only manage a slow jog. So be it that would be how I will complete the 50km. I found the slow jog suited me better and even though not real quick, I started to feel good and was really enjoying the trip out and back until an emergency toilet break at the 47km turnaround. Coming home to a 5hr finish was a nice feeling. There were some marathon runners coming home at the same time, and I really enjoyed urging them on as I struggled myself.

	Name	Age	Marathon	50k Time
1	David Criniti	30	2:26:09	2:57:42
2	Anthony Farrugia	34	2:27:35	3:05:07
3	Tim McKenzie	25	2:39:59	3:12:14
4	Bert Pelgrim	52	2:47:35	3:26:28
5	Mike Le Roux	33	2:48:49	3:27:16
6	Carl Barker	49	2:55:26	3:29:16
7	Brendan Davies	32	2:51:14	3:30:41
8	Chris Graham	37	2:56:16	3:31:22
9	Peter Johnson	42	2:53:31	3:32:35
10	Andrew Letherby	35	3:08:13	3:33:47
11	James Bradley	33	2:59:52	3:34:13
12	Steve Nolan	41	2:57:59	3:36:50
13	Terence Bell	30	3:06:52	3:37:07
14	Chris Brown	38	2:59:53	3:38:17
15	Verity Tolhurst	42	3:03:17	3:39:00
16	Eric Louw	45	3:07:38	3:43:59
17	Greg Love	54	3:08:08	3:44:05
18	June Petrie	45	3:09:46	3:46:41
19	Peter Ramsay	45	3:10:08	3:47:25
20	Paul Gillan	37	3:14:44	3:49:18
21	Keith McKay	58	3:01:20	3:50:50
22	Niall Raeside	33	3:07:41	3:52:08
23	Eamonn Kenihan	32	3:17:21	3:55:05
24	Matt Hegarty	39	3:14:43	3:55:26
25	Grant Czartowski	23	3:19:15	3:56:59
26	Julie Quinn	36	3:22:28	4:02:29
27	Tristan Miller	32	3:27:24	4:03:08
28	Brian Groot	23	3:21:28	4:05:49
29	Nicolas Marie	30	3:27:24	4:06:52
30	Kerrie Bremner	43	3:26:59	4:06:55
31	Sean Muller	30	3:29:46	4:08:44
32	Patrick Hodgins	44	3:25:21	4:08:50
33	Peter Clarke	58	3:13:28	4:10:27
34	Jessica Robson	26	3:28:49	4:10:39
35	Michael Corlis	50	3:16:22	4:12:30
36	David Cannings	48	3:29:53	4:14:11
37	Nick Mesher	48	3:21:13	4:14:18
38	Barry Rutter	57	3:29:43	4:20:54
39	Max Carson	60	3:36:08	4:22:48
40	Paul Higginbotham	33	3:21:17	4:22:59
41	Kevin Lieberthal	29	3:39:23	4:23:04
42	Graham Ridley	47	3:41:36	4:24:46
43	Ngoh Ngoh Nestor	45	3:42:09	4:25:08
44	Pam Muston	49	3:35:29	4:27:29
45	Natalie Jennings	39	3:43:50	4:28:38
46	April Palmerlee	41	3:40:57	4:29:41
47	Jiri Janicek	52	3:39:53	4:31:52
48	Mat Scott	30	3:43:51	4:32:41
49	Kevin Heaton	45	3:30:15	4:33:32
50	Kurt Blessing	27	3:50:34	4:35:54
51	Nev Besant	50	3:46:44	4:38:08
52	Eoin Loftus	36	3:53:02	4:38:28
53	Robert Joscelyne	34	3:52:38	4:39:12
54	Natalie Best	27	3:54:14	4:39:22

55	Damian Goodwin	27	3:49:54	4:40:25
56	Glenn Lockwood	45	3:59:34	4:42:26
57	Robert Osborne	53	3:49:51	4:42:35
58	Mick Regan	57	3:48:11	4:42:42
59	James Riddett	30	3:54:08	4:44:05
60	Carol Wingreen	47	3:58:05	4:44:22
61	Bethany McCarthy Hall	32	3:58:22	4:45:49
62	Steve Holm	47	3:58:27	4:46:27
63	Olivia Collier	33	3:50:20	4:46:29
64	Michelle Manning	29	3:58:57	4:46:32
65	Clare Voitin	39	3:57:39	4:49:20
66	Ali Holmes	30	4:06:46	4:51:08
67	Meredith Quinlan	37	4:04:40	4:52:31
68	Keith Hong	32	4:14:21	4:53:58
69	Glen Morris	42	3:49:36	4:56:10
70	Zoe Howard	38	4:07:41	4:57:03
71	Clare Matthews	36	4:07:44	4:57:08
72	Arnold Cohen	52	4:06:05	4:57:26
73	Stephane Moulin	38	3:59:06	4:57:27
74	John Bussey	44	4:12:10	4:58:12
75	Peter Lisle	31	4:20:57	4:58:43
76	Alejandro Rico	46	4:11:44	4:59:49
77	Keri Vaughan	47	4:04:22	5:02:33
78	Mark Redding	49	3:57:28	5:04:46
79	John Waddell	66	4:05:10	5:09:51
80	Blair Venn	33	4:19:29	5:09:55
81	Mirco Hering	29	4:09:59	5:10:38
82	Graham Osborn	62	4:12:13	5:10:44
83	Angela Grattan	60	4:19:55	5:11:08
84	Lisa Harvey-Smith	29	4:28:14	5:13:04
85	Shaun Blankfield	26	4:17:28	5:15:43
86	Chantel De Abrey	22	4:17:28	5:15:43
87	Lynne Moeser	53	4:21:44	5:17:27
88	Diane Dixon	38	4:20:21	5:18:08
89	Ken Smith	49	4:27:01	5:30:00
90	Paul Every	44	4:43:26	5:37:26
91	Ibrahim Unat	44	4:30:31	5:37:28
92	Billy Pearce	44	4:37:28	5:40:31
93	Jeff Morunga	50	4:32:30	5:40:45
94	Eliza Leung	41	4:44:02	5:44:58
95	Alexandra Ho	37	4:49:12	5:45:23
96	James Doyle	64	4:41:00	5:53:24
97	Jude Quinn	30	4:45:15	5:53:25
98	Nick Drayton	52	5:07:23	6:05:56
99	Vivienne Kartsounis	44	5:07:23	6:05:56
100	Lachlan Lewis	71	5:39:23	7:05:03
101	Rod Rutherford	57	5:39:23	7:05:03



Photos right from top: 1st place Dave Criniti and Verity Tolhurst
2nd place Anthony Farrugia and June Petrie



Mind Alpine Skyrun

Victoria, 27-28 March 2009

Report by race director Paul Ashton

Two relay teams and five endurance runners had assembled with support crews, radio operators, and first aid personnel for the start of the Alpine Skyrun, a gruelling 160 km with over 6,000 metres of ascent and descent in some of Victorias most scenic and challenging alpine settings - to be completed within 48 hours, including a mandatory overnight stop.

Paul Monks back for his second time, aimed to finish and set a new record and I was running here for the second time but with a bad ankle. The rest, including Norma Bastidis visiting from Canada, were Alpine Skyrun virgins.

At 4.30am we were off - into the blackness and through the streets of sleepy Harrietteville. Paul Monks set the pace, and headed up the Bungalow Spur to Mt Feathertop in time for a glorious sunrise. Pre sunrise, I was surprised to see lights coming along the Razorback from Hotham, and only later discovered that the lead relay team and one of the ultra runners had headed off to Diamantina Spur before realising they had gone the wrong way and backtracked.

I hit Feathertop summit on schedule and then down Diamantina Spur to the Kiewa River, Andrew stuck with me. I continued down tentatively not wanting to aggravate a bad ankle and then surged up past Westons Hut to the first checkpoint in 6.45am, 45 minutes faster than in 2008. Taking on noodles and more

In the past I have loved this section of the run - 16km downhill on a well graded trail with only a few rocks to watch out for. That all changed - watching every footfall I became increasingly aware of the need to focus to avoid short stabbing pains and crimping the nerve in my bad ankle, instead I favoured my left

foot and got severe bruising of the ball of the foot I hobbled on desperate to get to the checkpoint, change into a new pair of runners with a firmer footplate and take on some Neurofen.

Finally Bogong Village. I had lost 45 minutes. At the car I moved fast, changed my runners, checked my feet, took on more food and got my overnight pack with bivvy bag, sleeping mat and sleeping bag, transferred the emergency location beacon from my daypack and then we headed off. I marvelled at Andrews pack - he'd bought a load of super lightweight gear for the run and when I commented how small his pack was he said that his support crew was going to meet him at Warby Corner. I turned and said - "no way - everyone carries all their gear up Spione Ko-

ppe, (a killer 1200m uphill climb), "you'll have to go back and get your gear and then catch me up". Crestfallen, Andrew headed back.



food Andrew and I exited the checkpoint in 15 minutes and headed off along the Fainter Fire Trail to Bogong Village.

With the heat intensifying, I stopped at a creek to soak my hat, stepping across, uttered an expletive and jumped backwards. Not two feet from where I'd been was a black snake waiting for dinner. Maybe it was the cool water that had slowed its metabolism. Awake and focused, I jogged to Rocky Valley Creek, soaked my top and hat, filled up with water and commenced the climb. Over thirty trees were down across the track - it was like a war zone: fallen trees, shattered limbs, exposed rocks and tree roots and the never ending climb and the heat, always the heat, beating down sapping the will to keep on going.

As we continued the climb I felt the effects of the pace of the morning climbs, combined with this relentless hill and the afternoon heat sapped not only my strength but also my resolve. Andrew pulled away and left alone I battled to overcome the mental challenge, thinking of our clients who battle to overcome their mental challenge everyday, of my sponsors helping me to raise funds to support Mind and my own desire to complete the run.

Eventually the heat won, I called Andrew and told him that I was going to stop at Warby Corner and complete a shortened 120km run, leaving out Bogong. Having made up my mind I continued on, relieved by the decision but disappointed - I was still 45 minutes up on my 2008 time and if I had kept going I would have reached Big River ahead of the cut off and could have continued up in the dark to Cleve Cole Hut.

In the gathering twilight I raced along the aqueduct, determined to cover as much distance before being forced to stop for my head torch and windproofs to ward off the night chill. This was running at its best, cool, clear, a stunning sunset and the end of the day insight. Cresting

Spione Kopje and came across the support team and two tents - it was like a little meeting place out in the wilderness.

After a brief discussion with Andrew about his options, he and Bryan headed off to Big River, whilst

"over thirty trees were down across the track – it was like a war zone: fallen trees, shattered limbs, exposed rocks and tree roots and the never ending climb and the heat, always the heat, beating down sapping the will to keep on going"

I settled into my bivvy bag for a night under the stars. I dozed, woke at 11pm to see Peter and Graham heading off to try and find the three overdue runners. They finally all turned up at 2am exhausted.

A chilly dawn brought the promise of a warm day and Norma and I headed

"I called after 500m, in that voice that causes an instant reaction "I haven't got any water – I forgot to fill my water bottles" and we had at least 2 hours until the next water"

off towards Watchbed Creek before proceeding along the aqueduct to Cope Hut and then across the High Plains to Pole 333 where Knox/TRV and then Team Mountain Goats caught us. Leaving Norma I headed down to Cobungra River, trying to get ahead of the heat of the day. It was hot, so hot that at the river I soaked my shirt, hat and bandana before tackling Swindlers Spur, a great climb with stunning views.

As I approached Mt Loch, I stopped at a ski tow to get out of the sun and called Smithie - "It's hot mate, I need a cold drink and I mean cold, I'm burning up out here". I hate running in the heat and latter found out it had been 21C at Hotham - pretty hot for the high country. Arriving at the car park I was greeted by yells from the support teams, radio ops and first aid crew. It was

great to rest, to top it all, Smithie turned up with ice, cool, wet ice. I stayed for an hour waiting for the heat to fade and then with Smithie for company headed down to Bon Accord Spur. "Smithie" I called after 500m, in that voice that causes an instant reaction "I haven't got any water - I forgot to fill my water bottles" and we had at least 2 hours until the next water. This was going to be ugly, but luck was with us and just before we got to the Razorback we came across some tourists who donated half a litre - wonderful, we were set and so we trotted off again. Four hours later in the black of night it was over. I crossed the finish line having completed 120km in 29.5 hours of running, not the full distance but still a good effort given my ankle and the heat. Norma also completed 120km.

Results

100 miles

Male: Paul Monks 32.45, course record holder

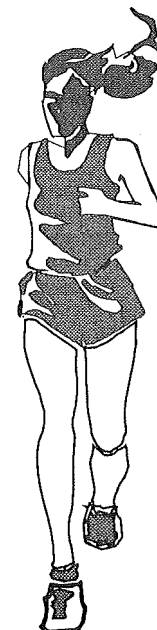
Female: Jessica Robson, 36 hours, course record holder

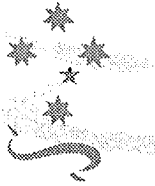
Team: Knox / TRV - 31.5 hours, team record

100km

Mt Bogong circuit - Andrew Moore

For March 2010 the event has been revamped to include a through run with no overnight stop, and categories for individuals, 2 and 4 person and relay teams.





Wilsons Promontory Runs

Victoria, 25 April 2009

Race report by Brett Saxon

With my debut visit to the Prom in 2008 a distant but pleasurable memory it was hard to go down again for the weekend injured and knowing I was likely to miss out on running the glorious trails. Coupled with the recent bush fires that savaged Victoria and the expectation of a moonscape waiting to greet us the feeling was a somewhat of trepidation. The anxiety related as much to the pending weather conditions, with Andrew Hewat's predicted arctic cyclonic conditions. All this and still not knowing if I could run at all let alone 44, 60 or 80km.

As we headed off under the light of head torches I was amazed to see a set of bare feet running down the sealed road and then to learn those very feet completed the 44km distance through all kinds of surfaces; that's tough.

The jog out of camp was uneventful, the climb up to Oberon Car Park was the usual power walk, and then the run to windy saddle indicated that the problems with my legs had not significantly improved with a month's rest. None the less the trail was everything I remembered; rolling gravel, rain forest and board walk sections all the way to Sealers Cove. The rain came and went and as I exited the board walk on to Sealers Beach, and it was like I had stepped into another world. The ocean was mirror calm, the early morning sun was rising and it was a place of peace and tranquillity.

Walking the beach section to Sealers Creek with Paul and Cliff was an opportunity to get in some solid food. The creek was low but still my plastic bag came out and I waded across the creek keeping my feet nice and dry. The climbs started again and it was a walk run see-saw all the way to Waterloo Bay. The weather varied as I wound my way around various headlands: at times windy and cold then warm and sunny.

Approaching Waterloo it was time

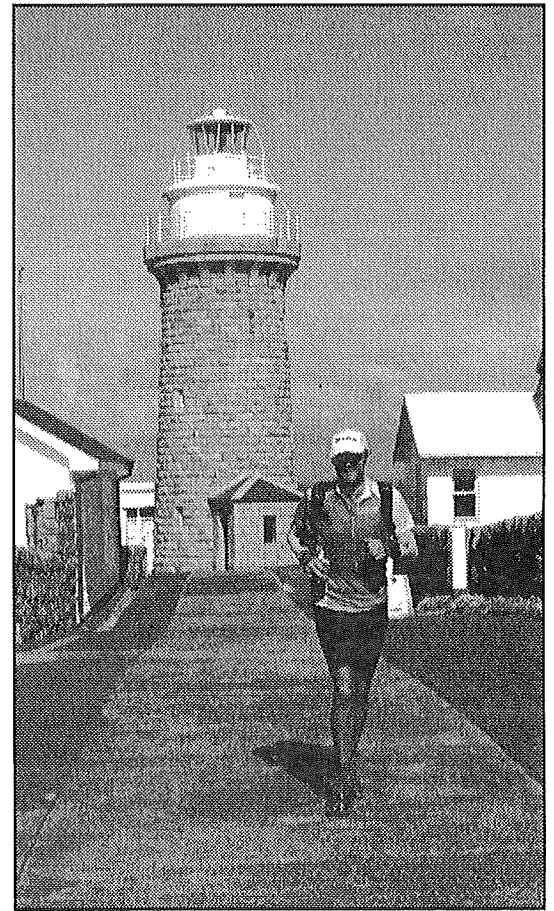
to choose between the 44, 60 or 80km options. I passed the beach exit and looked back several times before committing to the 60km option.

I ate well during the walk along the soft sandy beach while watching the crest of the waves whipped into frenzy by the strengthening offshore breeze. I set about tackling the relentless climb to the top of Mount Boulder. As I crested the top I was reminded as to what drew me on, the incredible aqua blue ocean and golden sandy beaches nestled in the calm waters of secluded little inlets.

With some new life instilled as the descent began I ran well for several km passing many bush walkers coming from the opposite direction. The trails narrowed and the moist ferny bush produced fresh odours. I found an extra kick in my step, possibly brought on by the aid of some pain killers and the challenge that I may be able to get to the light house before any of the 80km runners would coming from Roaring Meg.

I was happy to tick my first box by reaching and touching the lighthouse door and now it was time to get moving and beat any weather and darkness that may set in before reaching the camp.

Leaving the lighthouse and descending the concrete path is almost as difficult as coming up it. I reached the bottom and passed Cliff and Paul shortly followed by Phil Murphy. Phil was hot on Bryan's tail and possibly in a position to catch him. I pushed on along the southern trail with great views of the lighthouse and the waves crashing far below into the rocky coastline of the southern tip of the mainland. I was soon met by Andrew Hewat, Peter Mullins, Peter Bignell, Richard McCormick



and others as they made their way to the lighthouse in the 80km option.

By now the descents were also starting to take their toll on my legs with my quads doing their fair share of complaining, I found the slightest incline drew me to a steady walk with only the resemblance of downhill really getting me going. I pushed on through Roaring Meg and onto the telegraph walking track. The track seemed to take so much longer in this direction and had a distinct uphill feel to it. I was relieved to reach the main track knowing it was a good downhill runnable section the major junction, where I was pleased to see I had got there before Bryan Ackery, but only by seconds as he appeared from the Waterloo trail. I headed off down the track taking the first exit to Oberon beach. The sandy track had been demolished by heavy machinery obviously preparing a fire break just in case the fires made it this far south. Thankfully they didn't.

I reached the long Oberon beach and was pleased to see it both with tide

*""the incredible aqua blue ocean and golden sandy beaches
nestled in the calm waters of secluded little inlets"*

well out and in daylight. It was clear now that I would make the journey well before sunset. I had intended to walk the beach and eat but felt I could run all the way to the creek crossing.

Exiting the beach section is so much easier in day light and it was great to get a visual picture for the next attempt in case I don't make daylight to this point. By now my left knee was very painful as I had favoured it to do most of the lifting and taking the brunt of landing in the descents. Carefully picking the easiest path to minimise the height of the rises to negotiate I wound my way to little Oberon beach, seeing it in daylight gave a very different perspective to the crashing waves I heard last time in the cover of pitch black darkness. Walking through the soft sand I prepared for the final assault around Mount Oberon back to Norman beach.

Whilst keeping a close eye on the time most of the way I was now in a position to come in under 10 hours which given my condition I was more than happy with. Actually I was happy to still be moving forward. The trail was getting busier by comparison now that it was only a short walk from civilization. As I crested the peak of the trail Norman Beach came into view effectively showing me the finish line. With virtually all downhill now my knee was screaming at me, I gritted my teeth and ran hard to keep ahead of the 10 hour clock. As I reached the beach time was running short but knowing it was all but done I dug a bit deeper and ran to the required beach exit, entered the camp ground and turned the corner to see the finish line 100M ahead 10:00. 60km and one very happy runner.

80km

1. Bryan Ackerly	9.44
2. Phil Murphy	9.48
3. Andrew Hewat	10.27
4. Peter Bignell	11:40
5. Richard McCormick	12.21
6. Peter Mullins	13.27

60km

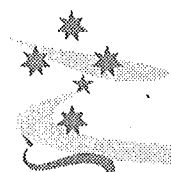
1. Malcolm Gamble	7.50
2. Nick Manning	8.28.30
2. Brendon Myers	8.28.30
4. Kate Sanderson (1F)	9.33
5. Brett Saxon	10.01
6. Cliff McKinlay	10.40
7. Paul Ashton	10.42
8. Mark Falls	10.56
9. Michelle Donnelly (2F)	10.56

44km

1. Tony Bird	5.23.37
2. Ruth Dover (1F)	5.23.37
3. Wayne Birchmore	5.50
4. Craig Newton	5.50
5. John Lindsay	7.29
6. Peter Gray	12.27

45km Lighthouse special

1. Cathy Philo (1F)	8.25
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Marathon des Sables 2009

The Marathon des Sables is a 6 day / 243km endurance race across the Sahara Desert in Morocco, taking place at the end of March / beginning of April.

Results for Australian finishers

Overall	Name	Time
160	David Deany	29.11.41
246	Adam Nicholas	31.01.03
305	Matthew Dyer	33.08.17
331	Paul Roper	33.56.09
364	Ineke Kuiper (f)	35.08.04
400	Anton Clarke	36.19.38
425	Luke Rowden	36.42.11
438	Richard Bryson	37.31.00
473	Keith Sullivan	39.01.43
512	David Kemp	40.51.15
516	Craig Braithwaite	41.07.35
518	Reinier Jesserun	41.10.46
651	David Croghan	47.39.05
744	Michael Smith	53.32.31
765	Jill Halabi (f)	59.49.33

Top men overall

1 Mohamad Ahansal (Morocco)	16.27.26
2 Aziz El Akad (Morocco)	+4.14 (time difference with top runner)
3 Salameh El Aqrah (Jordan)	+47.40s.(time difference with top runner)

Top women overall

1 Touda Didi (Morocco)	23.30.44
2 Meghan Hicks (USA)	+58.52 (time difference with top runner)
3 Luz Perez Carbajo (Spain)	+1.07.48 (time difference with top runner)

Mohamad Ahansal and Touda Didi, the two winners reiterated their

last year's exploit. Proof that the Marathon des Sables has gained an international reputation, 7 different nationalities were represented in the top 10. This race is not any more a private game for Moroccan competitors. On the women's side, no surprise, Touda Didi, won all the stages way ahead of her competitors. With a 8,60 km/h average speed, her timing would rank her in the top 30 men ranking. In top shape, the American Meghan Hicks finished at the second position for her first participation. She came in Morocco "to discover another part of the world.



Ultras and Me – Wayne Gregory

Wayne Gregory hails from the southern Sydney suburb of Sans Souci and turned fifty last year. His job: "I've had a wonderful career as a fire fighter for the past 29 years. Currently I manage the NSW Fire Brigades '000' emergency call and resource dispatch centre, covering the Greater Sydney area." Work can get busy and Wayne sees the decades of 14 hour shifts as good preparation for running ultras. He did quite a bit of running in his younger years and then took a long break, before returning to the sport in 2004. He has now become a familiar face at many ultras around Australia and frequently posts on Coolrunning. He likes the opportunity to challenge himself by running ultras and has enjoyed considerable success, which he modestly describes as "getting lucky".

He adds, "My wife of 8 years Bernadette is also a very competent runner in her own right, and will attempt her first major ultra later this year. I never take it for granted how lucky I am to have a running partner."

Since 2005 Wayne has completed the following ultras:

Red Rock to Coffs Harbour - twice
Canberra 50km - twice
Six Foot Track - five times
Brindabella Classic - twice
Bush Capital 60km
Bogong to Hotham - twice
The North Face 100km
Western States 100 miles
Glasshouse Mountains 100 miles - twice
Great North Walk 100 miles - four times
Coast to Kosciusko - twice

Wayne picks up the story:

"In the running boom that hit Australia in the 1980's most people that got 'serious' about their running eventually aimed up for a marathon. I was one of them, running my first marathon in 1983; I blame it totally on Deeks,

our very own world champion. Ultra-distance running must have been a very underground thing in those days, because I never heard much about it, with two exceptions; the magnificent Westfield Sydney-Melbourne races that enthralled most Australians, and politely declining a running mate of mine, Kevin Skelton - who had asked me to join in a race with him and some mates on some crazy trail in the mountains called Six Foot Track.

"After a 21-year break from running I returned to the sport and ran my second marathon, the Sydney Marathon in 2004. I ran another marathon about six weeks later, and five more in the next calendar year. [Wayne has a best Six Foot time of 4:10.]

"So after running a handful of marathons, the logical challenge was to say 'what next'?

"I'd recently fallen in with a crowd of people like 'Mr G' - Sean Greenhill and Phil 'Spud' Murphy who talked in whispers about The Dark Side- ultra running, and I was becoming intrigued. I love the running community, having made many good friends.

"In 2005 a new event appeared on the running calendar, the Great North Walk 100's. Over several weeks my wonderful friend Ray James and I convinced each other that we could actually complete this race. Talk about jumping in at the deep end. Anyway as history shows I somehow got through GNW100 that first year, and bam, I was hooked, head-over-heels, totally enraptured with this new sport.

"Definitely my favourite events are the 100 milers and beyond, but if forced to pick one it would be the Great North Walk 100-miles. It's a race that has been very kind to me. Apart from being the only person to finish the event in all four years to date, I've only missed being on the podium there once. In 2007 I finished in eighth position, when I was in the midst of a severe, chronic pelvic injury. I had

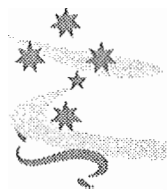
the great joy of mentoring Carol Lapsys in her very first ultra that same year. After a few training runs with her, we pulled her entry from the 100 km race and re-entered her in the 100 mile race. I knew she'd win, and she did, smashing the race record in a fantastic debut ultra.

"It's a very special event, a solid test of each runner's ability, and I feel a very close affinity with the terrain and trails there; it feels like home. It was my first big ultra, and holds many special memories.

"So far 2009 is pretty much on track for me. After quality runs at Bogong to Hotham, Six Foot Track and my first sub-3 hour marathon in Canberra, I'll be using The North Face 100 km and the Macleay River Marathon as solid preparation before heading to California for the Western States 100-mile Endurance Run in later June. I'll be hoping to avenge a previous sub-standard performance there, hopefully finishing in about 22 hours and putting myself in the mix for the 50+ age group.

"Later in the year I'll run the Glasshouse Mountains and Great North Walk 100-milers, finishing with the 240 km Coast to Kosciusko in December. Somewhere amongst that I'll run the Cities, Sydney and Fitzroy Falls marathons, the Mt Wilson to Bilpin race and find a race on every other spare weekend. Sounds like a lot, but hey, I'm a runner.

"If there's anything better than running one hundred miles or more through the bush, mountains and countryside with other very fit switched-on people, I haven't found it. It's the toughest, coolest, most demanding, rewarding, enjoyable, funniest, enthralling, addictive and empowering undertaking I know. It's become a huge part of my life; to the extent that my running year is based around the big events like Glasshouse Mountains trail runs, GNW and Coast to Kosciusko. In the next year or two I intend to try some track ultras, just to explore how far I can push the parcel and discover my limits."



Oxfam Trailwalker Melbourne

27 March 2009

This annual event is increasingly popular and available places fill well before the event deadline. Syd Bone tells the story of his team Ferny 7.30

Its 7am. It's dark. Here we are. Again. I can't believe we are actually back for more after last year's adventure. Ahead lies no less than a 100km trek across the Dandenong hills and out along the never-ending Warburton trail. Bushfires threatened but in the end our course was relatively unscathed, allowing the full complement of 700 teams to run, walk or whatever in the name of a great cause.

Team 471 is curiously named Ferny 7.30. It represents a gang of runners that share one common interest - a 7.30am (don't be late) Sunday morning rendezvous at Ferny Creek in the Dandenongs, for a two hour run and a cuppa afterwards. The team - Bruce, Liz, Jimmy and your scribe - had a crack at the Oxfam challenge last year, all getting home in just over 19 hours after many trials and tribulations including but not limited to Jimmy's dicky hamstrings and Bruce's delicate stomach. Our promise of never again has clearly been forgotten and as I said, here we are. Again.

But this year is surely different. Our training has been refined. Our support crew handpicked led by Phil the man. The lessons of last year have been well learned with diet and hydration all pre-tested in training bouts, and split times for the eight check points set with precision. Our target time of 17 hours is locked in. We're ready. We're confident. What could go wrong?

The gun is fired and off we trot. Perfect conditions are conducive to a steady pace for most teams. We were no exception. We made good time early, very good. Indeed by CP3 a third of the trek was behind us in less than four and a half hours, getting on to an hour ahead

of schedule. We pushed on. Feeling good. Camaraderie high. Jokes funny. Half way is reached in just over seven hours and our confidence is high. We keep pushing and by CP6, the start of the Warburton Trail, we greet our support crew with two thirds of the course done in a handy nine and a half hours. Photos taken. Smiling faces. A swift massage. Noodles eaten. Our support crew professionally get us back out on the trail with a quick turnover.

Here we go. Not. We were about to realise that lots of things happen in the last third of 100km. Jimmy was the first to struggle, battling through the next couple of hours complaining of dead legs and dizziness. We feared the pace had taken its toll. We worried the noodles were not from the pre-tested dietary log book. Liz eventually suggested that the dizziness may be linked to hydrating too much and promptly confiscated Jimmy's bottle. It did the trick. Jimmy slowly recovered and then actually moved to the lead for the second half of the never-ending trail. All was saved. We thought.

Bruce had been the strongest all the way. For 88km that is. Suddenly, he wasn't, becoming ill with the same delicate stomach issue from last year. This time, unfortunately, night time was upon us, and it was particularly cold. Bruce quickly developed the shivers and by CP8 he was sent to the sick bay with hypothermia. He was going to be OK but sadly for him his race was over 9km short of the finish. We were all stunned by the speed of this turnaround of fortunes.

The remaining three were united in our resolve to push on to the finish and do it for Bruce. With his race number duly packed in a plastic carry bag we set off on the final leg which is best described as the story of two scorpion tails - monster hills to be climbed in pitch darkness. By now all of us were suffering from our own personal torment. Liz com-

plaining from a foot so sore a stress fracture is the most likely diagnosis, and myself with knee caps that clearly announced their concerns about any step taken down hill. But we were determined and with great pride crossed the finish line in nine minutes less than the planned 17 hours. Bruce had managed to get out of his sick bed to join us in the celebrations and once more we happily shared vows of never again.

Three weeks on and bodies are mending slowly, although I have to say none of my training runs have been anywhere near normal pace so far. And it's funny how quickly we forget. Bruce is already planning his revised hydration strategy and evening running gear sounds like it will be upgraded. Maybe we will do it again next year after all. And what do we say to our dear readers who may contemplate the same despite reading this sorry tale?

Be there if you dare.

Oxfam Trailwalker 2009 from the support crew's perspective

The Oxfam Melbourne Trailwalker is over for another year and it is time to reflect on the long journey the runners and walkers have undertaken. Julia Thorn has run this event several years ago, and for the past two episodes has crewed for the same team. It has been an enlightening experience.

Trailwalker is an annual event of 100 kilometres. Runners and walkers in teams of four aim to complete the course within a 48 hour time limit, with all four members completing the designated route at the same time. It is more than a challenge in terms of the sheer distance; it is also a challenge to the bonds that bind the team members together. Trailwalker events are held all over the world, including in our region Sydney, Hong Kong and New Zealand.

*"at the end of each section every team has to check in at a control point,
as a complete team"*

Trailwalker is a very inclusive event and does not confine itself to seasoned athletes. This is very refreshing in the running world, which can seem a niche market especially when you talk about the longer distance events. During the event this year (after my team had finished, I hasten to add) I was sitting in a café in an exclusive Eastern suburb and at the next table two elegant ladies were discussing how their friend was doing 'that Oxfam walk' this weekend. You don't usually find people in Brighton and Toorak cafes chatting about the ultra marathons their friends are doing. In fact you bump into people all over the place who know about this event.

The Melbourne event follows a course starting from Jells Park, crossing Lysterfield Lake Park and the Dandenong Ranges, taking in almost all of the Warburton Rail Trail and finishing with a climb up and around Mt Little Joe before reaching the finish line at Wesburn near Warburton. The hardest part in terms of terrain is the section across the Dandenongs, with numerous hills and some very rough ground in places. The Rail Trail is challenging for being long (some may say monotonous in its lack of undulations) and the finish is grueling enough to sap all the participants' remaining strength.

The course is divided into nine sections, and at the end of each section every team has to check in at a control point, as a complete team. In addition to the official aid provided by the organisers (medical support, some food and water) support crews follow their team by vehicle and wait at these checkpoints to hand out food and drink, offer encouragement or compassion and generally cater for their team's every whim. This year I was part of the support crew for team 471 "Ferry 7.30".

Because of the number of teams - over 700 this year - there were three start times. Our team started at 7am and was aiming to better its finishing time from last year of 19 hours 4 minutes. They ended up finishing in 16 hours 51 minutes.

Ferry 7.30 had trained on the actual course extensively, which is a good thing because there is an advantage in knowing the terrain and which are the harder sections. They had done training sessions of up to 60 kilometres, alternating running and walking to get a feel for how they would perform on the actual day. Most of their training run/walks were in the region of three to five hours duration.

The day of the event was pleasantly cool with the air only really heating up in the late afternoon. This was most welcome because the event was held a month earlier than last year and the participants had feared that heat could be an issue.

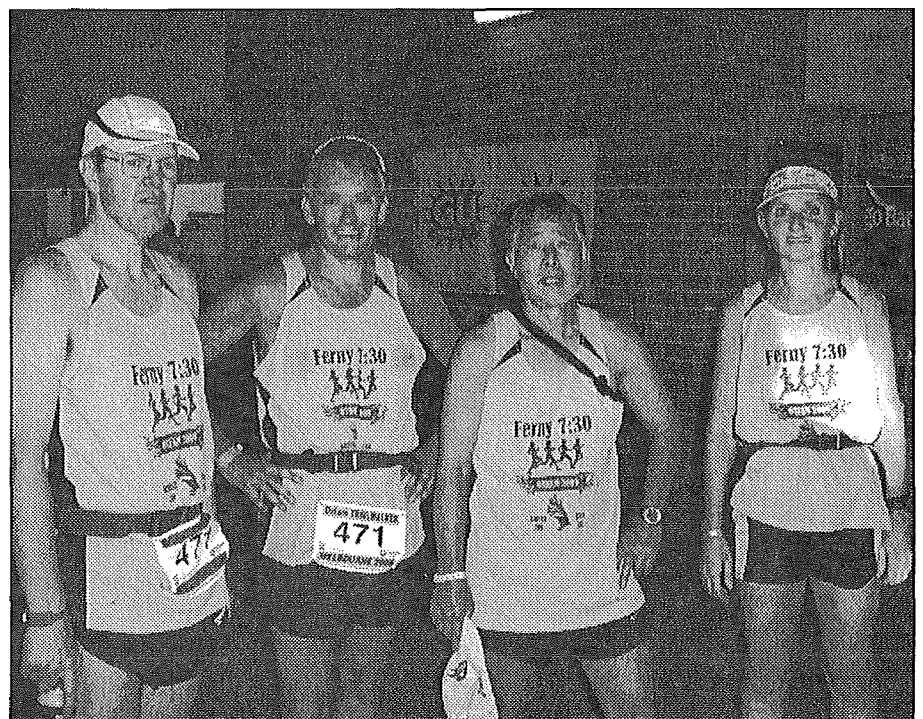
Ferry 7.30 got off to a good start and, reaching checkpoint 4 around 1.30pm (Olinda in the Dandenongs. This was the first checkpoint that their full support crew was able to attend as car access to the earlier ones is not possible. The runners took food on board, took drinks prepared by the crew of Phil Urqhart (chef de mission), David Sheehan and Greig McEwan, and I gave Jim a short massage to help with a tight hamstring. Unfortunately as soon as he stood up the hammie went into spasm, so I think I need to go

back and practise my technique. Other teams nearby were hoeing into plates of pasta but our team munched lightly on sandwiches (vegemite, peanut butter and marmalade, but not combined) before continuing.

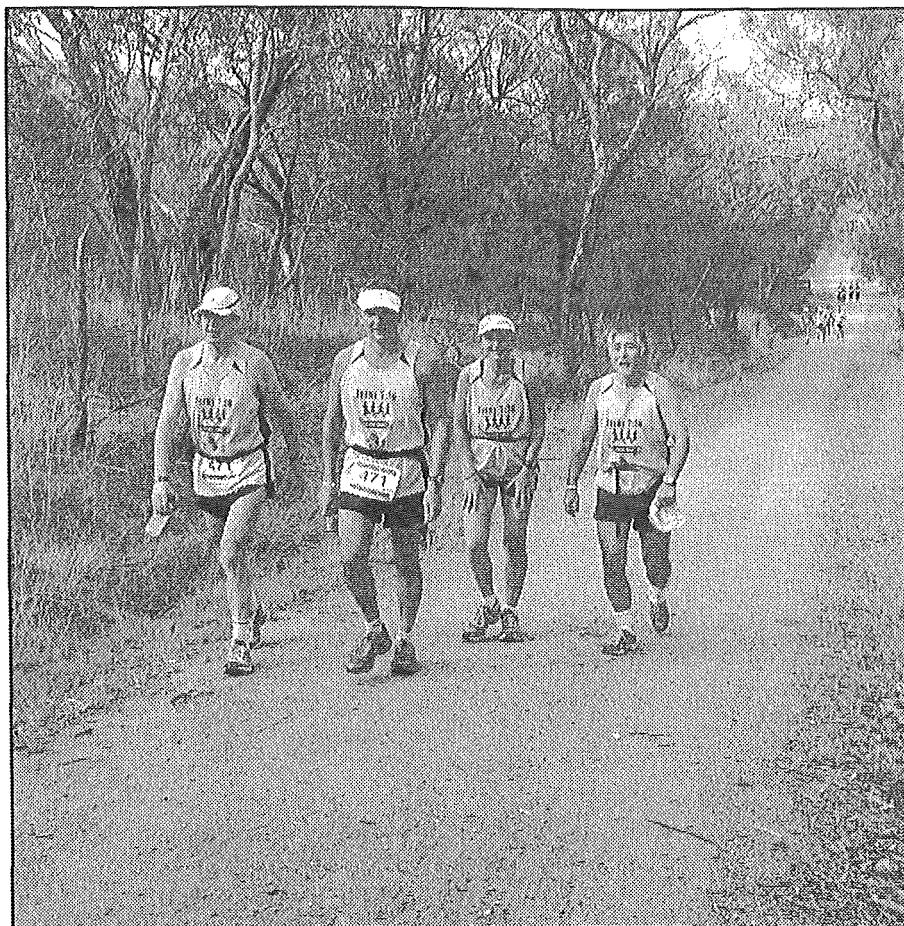
Checkpoint 5 was at Sylvan Reservoir Park below the dam wall, a lovely scenic spot. I reflected that support crews have a nice job lazing around in pleasant surrounds. But of course it is not really like that, and in the early stages we were flat out getting from one checkpoint to the next one. And that was by car.

We were settling into a nice routine of driving to the checkpoint, setting up chairs for the team (which they barely used), laying out the team members' clothing bags in case they wanted to change any item of attire, making a cup of coffee for ourselves to while away any spare time and ensure we could stay awake during the entire proceedings, start preparing any food that then team had requested at the previous stop. Then we sat around chatting and waited for them to come in.

At Sylvan our team again ate lightly, I gave Jim a more successful massage, and we sent them on their



Team Ferry 7.30



The team in Churchill Park

way to Graham Colling Reserve near Mount Evelyn. This was an important section as it took them well over half way through the course and also marked the end of the hilliest part. At checkpoint 6 the ranks of the support crew swelled as others joined us at the end of their working day. Ferny 7.30 were still in good spirits and enjoying the last of the sunshine. Jim's hamstring had come good; Helen van der Nagel was on hand to give him another massage. We still had daylight saving so they had an extra hour of sunlight compared with last year's race. Last year they had left Graham Colling in the dark, headlights disappearing over the horizon as they trooped off.

They were now onto the rail trail and had a couple of longer sections ahead. They were doing quite a bit of walking but feeling strong. As support crew we had a lot of time to kill at the next checkpoint, Woori Yallock Primary School, and

we caught up on a lot of gossip. But once Ferny 7.30 had covered the 13 kilometres we allowed them a quick change of clothes, some Coke and despatched them promptly. We felt it important they did not relax and sit around too much for fear of stiffening up and losing momentum. Annette Pelgrim walked the first few hundred metres with Jim and I walked with Liz for a while.

By this time, and facing a 14.5 kilometre section to Millgrove, things were getting harder. Having been on the running side of the fence in the past I find it fascinating to watch how runners cope over such a long event. I know how it feels to have run 70km or 100km but I don't often see how it looks to others. The runners remain hopeful as ever but they are tiring, they are worrying more and in many cases there are signs of injury. Their faces show the pain they are going through even if they do not voice this pain. They don't chat to us as much and they

haven't been chatting to each other as much.

The sun was gone and in its wake came a rather cold evening. We were worried the team had gone out dressed too scantily, especially as they seemed to be doing a lot of walking.

By Millgrove Jim, Liz and Bruce needed medical attention. Jim and Liz both had foot problems. Jim and Bruce went straight for the medical tent. Jim had a large blister on the ball of his foot treated by having the surrounding area padded so he would not be putting pressure on the blister. Liz declined aid at this stage and her problem turned out to be bruising. Bruce was sadly in a bad way and retired from the event at this checkpoint. He had hypothermia and fell asleep almost as soon as he lay down in the medical room.

By road the route to the finish was only a matter of five minutes in the car, but the teams had their hardest challenge yet with the prospect of the steepness through the bush on the Backstairs Track and the circuit of Mt Little Joe. We waited at the finish line at Wesburn Park, recently the scene of the firefighters' mustering point during the February bushfires in this area. It was relative luxury for the support crews, with a makeshift café selling hot drinks and cake set up on the oval.

A couple of us walked about two hundred metres up the route from the finish line and watched as runners emerged from the darkness in dribs and drabs. Some were surprisingly upbeat, especially when we called out to them with the evening's footy results, but others were limping or clearly over exhausted, unable to keep to a straight line.

Finally, nine minutes before midnight, Ferny 7.30 emerged from the bush to head for the finish line. They ran strongly to the finish and were pleased with their result. It had been a sterling effort.

"Their faces show the pain they are going through even if they do not voice this pain"



The history behind: Western States 100 Mile Endurance Run

A handful of Australian ultra runners usually aim to enter this American event. Here's a little bit about the origins of the race and trail it uses:

The trail

The Western States Endurance Run is a 100 mile trail race considered challenging for its long climbs and descents and its rugged terrain. Around 450 runners participate each year, selected by ballot, traversing the trans-Sierra portion of the historic Western States Trail, which stretches from Salt Lake City, Utah, to Sacramento, California. The trail was first used by the Paiute and Washoe Indians, then imprinted upon the high mountain ridges and through the deep river canyons by the boots of the '49ers (gold miners) and the hooves of their horses and mules.

For many years, the trail served as the most direct route between the gold camps of California and the silver mines of Nevada. Today, although portions of the trail follow dirt roads and three miles are on tar seal, most of the trail remains in its natural wild state - the last intact crossing of the Sierra Nevada. Between Squaw Valley and Foresthill, the trail follows the historic track covered in 1863 in survey for the State Geologist.

The race

In 1955, the late Wendell T. Robie with a party of five horsemen rode the Western States Trail from Squaw Valley to Auburn, proving that horses could still cover 100 miles in one day. Through his energy and vision, he subsequently founded the Western States Trail Foundation and organized the annual Western States Trail Ride (Tevis Cup Ride).

In 1974 ride veteran Gordy Ainsleigh joined the horses of the Western States Trail Ride to see if he could complete the course on foot. 23 hours and 42 minutes later Gordy arrived in Auburn, proving that a

runner could indeed traverse the rugged 100 miles in one day. In 1975 a second runner, Ron Kelley, attempted the same feat, only to withdraw within two miles of the finish with ample time remaining. In 1976 Ken "Cowman" Shirk ran the 100 miles, finishing just 30 minutes over the 24-hour mark.

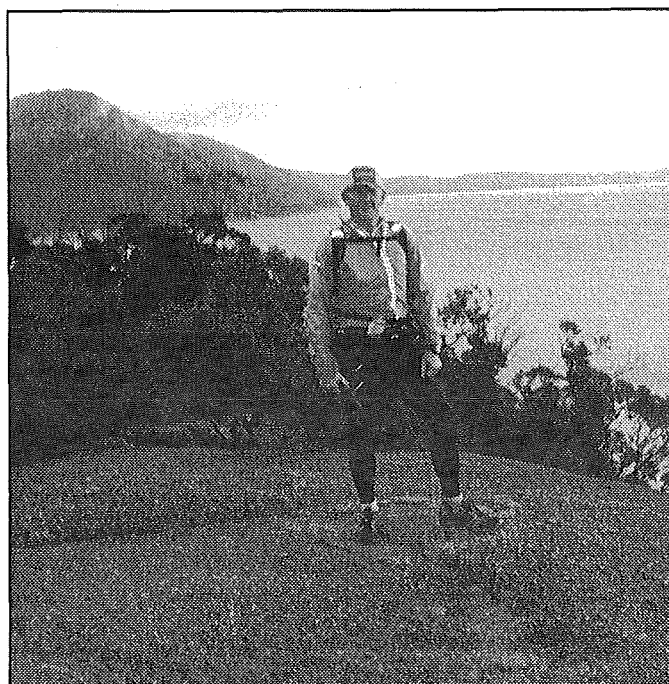
In 1977 14 men from four states participated in the first official Western States Endurance Run, which was held in conjunction with the Tevis Cup Ride. Runners were monitored by Dr. Bob Lind at the three veterinary stops set up for the horses, and although the race organization transported the entrants gear, runners were responsible for producing all of their own supplies, except water. Three runners finished the course: Andy Gonzales, age 22, in the record-breaking time of 22:57, and Peter Mattei and Ralph Paffenbarger, ages 53 and 54, who tied in 28:36 (and the 30-hour award was born).

In 1977 the Board of Directors for the Western States Endurance Run was formed as part of the Western States Trail Foundation. It was made up primarily of the handful of runners and riders who had

helped monitor the progress of the 14 pioneers earlier that summer. The Run organization later became its own entity and is now known as the Western States Endurance Run Foundation.

1978 heralded a dramatic increase in both interest and participation in the Western States Run. Culminating a year-long effort by the inspired Gang of Four (Phil Gardner, Mo Livermore, Shannon Weil, and Curt Sproul) to create an independent event, the race took place in June, a month earlier than the Tevis Cup Ride. The event mushroomed to include 21 aid stations and six medical checks, thanks to an ever-growing corps of loyal volunteers and the support of the Placer County Sheriff's Communications Reserve and the Search and Rescue Unit. 63 adventurers ran the race, and the first woman, Pat Smythe, finished in 29:34.

One hundred forty-three runners from 21 states and three foreign countries attempted the course in 1979. Since then, the Run has reached its full entrance quota and draws athletes from across the nation and around the world. Entry is by ballot.



*Photo left:
A great lookout
from The Prom
see page 24*





Should I change my shoes?

Andrew Taylor, Sports Scientist at Footpoint Shoe Clinic in Mosman, Sydney, gives some useful tips and draws on his personal running experience.

Exercising in old or worn out shoes can lead to an increase in injuries. Over time running shoes lose stability and shock absorption. When this happens the stress to the feet and legs increases dramatically. Over time such added stress can lead to an overuse injury. A simple prevention strategy includes replacing running shoes when they wear out. The midsole layer of a shoe provides the cushioning and stability. This area usually wears out before the outsole shows major signs of wear. When a midsole wears out the shoe loses functional stability. It is this loss of stability and cushioning that leads to increased stress and increased injury risk. It is recommended that you replace running shoes between 800 - 1000 kilometres depending on your running style, body weight, and the surface on which you run. Lighter runners can get closer to the upper end of the recommendation while heavier runners are harder on shoes and should consider replacement shoes more frequently.

Running Shoe Replacement Tips

Track your mileage. After 800 - 1000 km it's time for a new pair. You can check for signs of wear on the sole by placing your old shoes on a table and looking at them from behind. If the soles are worn and leaning to one side, the midsole cushioning is probably worn as well.

Spotting Midsole Wear

A shoe's midsole cushioning may be worn out long before the tread shows signs of wear. Because the bottom and tread of the shoe may look fine, identifying when the cushioning is shot isn't easy to do. Here are some tips for identifying midsole wear:

- First, pay attention to how you feel. As your shoes begin to

give out, you may begin to get some aches or pains in your bones and joints. You may also notice slight muscle fatigue, new tightness, or possible shin splints.

- Look for creasing of the midsole material in areas of high load (under the heel or the ball of the foot). A worn out midsole will have wrinkles and creases there.

- Try to twist the shoe. A worn out midsole will allow the shoe to twist more easily than a new shoe.

- Try on a new pair of the model that you are currently wearing. Compare this to your current shoes. If the cushioning in your shoes feels dead in comparison, it probably is.

Consider Rotating Shoes

If you run or work out frequently it's a good idea to have more than one pair of shoes. Think about buying two pairs at a time (or buying a second pair about midway through the life of your first). This will help increase the life of your shoe on average by three times. Each time you exercise in your shoes, the cushioning flattens a little. This then can generally take approx 8 to 10 hours to reform to its original shape. So if you run in the morning, then hit the gym at lunch then the shoes don't

get enough time to go back to their original shape and can wear down quicker.

I made the mistake when training for the Six Foot Track that I varied the shoes too much over a shorter period. As I was increasing my mileage I began using shoes which were too flexible for my foot type. I'm a bit of a naturalist when it comes to my footwear and like the theories around strengthening my feet. So I had been using Vibram Five Fingers, doing 15-20 km runs on the road and up to 30 when incorporating some tracks.

Two days before, I saw my Sports Doc with a sore foot, which he sent me for a bone scan. My doc being a bit of a runner explained I have two options, one was to inject the foot with steroids and run, or two if there was signs of a fracture don't run. The bone scan showed a large stress fracture above my second toe and put me out of this year's run. After dealing with people's feet and shoes for over 10 years I was my own worst enemy.

'Do as I say, not as I do'.

If you are experiencing any aches or pains, it is important to see a podiatrist or get your feet assessed by a specialist as they may make recom-

mendations which can be factored into your training.

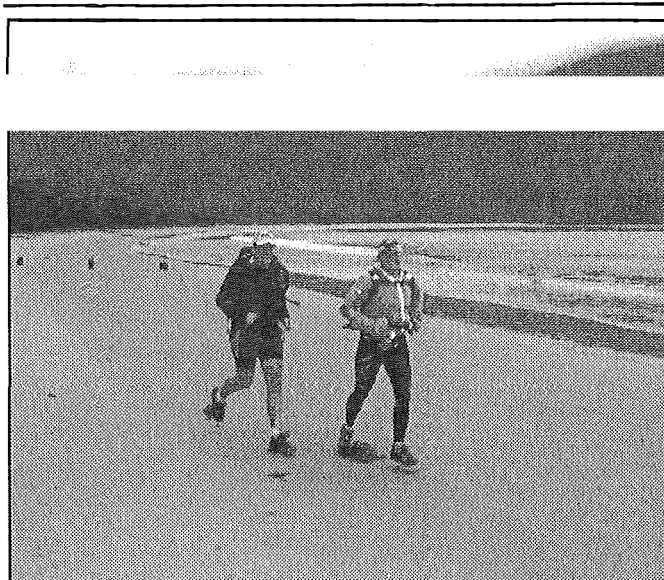
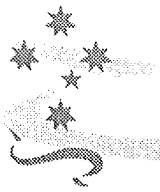


Photo left:
Low clouds on
The Prom run
see page 24



Why run 50km in Canberra?

Runners do ultras for all sorts of reasons. They want to be out there all day; they no longer find short races challenging enough; they feel they only really get going after the first forty kilometres.

In the case of the Canberra Marathon runners have the opportunity to continue past the marathon finish line and complete 50km. To some people this sounds like a bad idea - why go further than you have to, especially when the marathon is such an iconic distance? To others this is the logical progression for a long distance runner. I thought it would be interesting to ask a few runners who ran the 50km in this year's event, or have run it in the past, or have intended to run it at some time, why they would opt for the 50km option. Here are their responses:

Ann Owen has run 14 marathons, the Canberra 50km and also Sydney's Six Foot Track. She says an ultra demands more than a marathon and that is its appeal: "Marathons are focusing more on speed and endurance as ultras are based on not only extra endurance ability on the road, but also the endurance of the 'strong willed mind'. I would definitely go out and try an ultra road run longer than Canberra."

Wayne Gregory has done the 50km several times. "On two occasions I've gone on to run the 50km, but each time those extra eight km have gotten ugly, with finishes slightly either side of four hours. The 50km isn't a big thing with me; it's a bit of a novelty, but excellent that it's there. Canberra for me is all about the marathon; and then trying to hang on if going further. I do know some runners who've gone down there and ran a very good fifty, obviously sacrificing a quicker marathon time in the process; but for most that's the way to run a good 50km. If they made it 50 miles (80 km) or 100 km, yes - that would grab my attention."

Nick Drayton, who has run many marathons and ultras and completed several Ironman events, has run the Canberra 50km annually for many years now. He explains that when he started entering events he had to get special leave from his family commitments which made his running time very sacred and valuable. "If it was going to be a major episode for the family to have me be away then I was going to do the most difficult and time consuming run I could find, so that meant doing an ultra instead of a marathon in the case of Canberra. The habit has set in now and I would always do the 50km. If there were a 60km or an 80km ultra with the Canberra Marathon I would do that. It's an attitude formed over twenty years of participating in these events."

Sebastian Warner, an experienced ultra runner who has run up to 100 mile races, says, "With the marathon comes a new challenge. And we always like to set ourselves new goals. So with Canberra the idea to go beyond the marathon mark just becomes a matter of mind over body. As with any ultra, it is the ability to have determination, stubbornness and the willpower to push yourself beyond the limit. The body is hurting, but it just becomes a matter of wanting it. It is easy to stop, it is the mental willpower to keep on going and set aside what your body is telling you."

Neil Angel didn't get to run the Canberra 50km but had originally intended to until a sprained ankle got in the way of training. He has run one ultra, covering 58km on the track in the Adelaide 6 hour event in 2008. His reason for picking the 50km event in Canberra: "The whole experience in Adelaide was brilliant, and I tell you, the buzz and adrenaline rush at completing it was something like I've hardly ever experienced before. I haven't actually participated in an actual marathon event although, obviously, I passed that distance

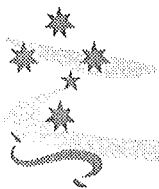
marker in Adelaide. With Canberra having the option of a marathon and a 50km event, I just chose the 50km event, because it was further to go."

The most obvious next question would then be: so why don't more people go for the 50km option? This year out of a total field of around 1200 runners only 101 went on beyond the marathon finish line to finish the ultra.

Continuing in Canberra requires considerable determination. Not only do you have to pass a finish line where most runners are collapsing to a stop with no intention of ever running another step, but the last section of the ultra is not on closed roads. So you have to contend with casual walkers, families out for a bike ride and other interruptions to your path. Most of the cheer squads are focused solely on the marathon.

Sebastian sees the reason as "42.2km is such an iconic distance, that the appeal to do another 7.8km is not that great. There are many first timers too, and they would have trained solely for the marathon distance as their goal. And also, the thought at 30km is hey, I have only 12 to go. That's much easier than to think another 20km to go."

Wayne feels that "Many marathoners are interested to some degree about progressing on to ultra distances, but it's accompanied often by some fears. We are experiencing a trail and ultra-running boom here in Australia, as people look for something more challenging and different from your standard road marathon. I've been approached by several runners who have asked my assistance to 'show them the way' for want of a better term. Once they've discovered the joys of ultras, it becomes their main running focus." He is talking more of trail ultras, but the Canberra 50km could be a starting point to a new running career.



Nutrition – More on Eating your Way to Recovery

This article by Sunny Blende, Sports Nutritionist is a more detailed continuation of the theme outlined in the previous issue of Ultramag

You're an ultrarunner and you have an injury. Bad combination for training, not to mention your sanity. While ice, rest and physical therapy are significant in the treatment of cuts, bruises, muscle and joint injuries, broken bones and swelling, researchers are discovering that what an athlete consumes after being injured and during treatment can either delay healing or promote recovery. The following article will talk about the macronutrients and how they can affect injuries in a positive way. Not only can nutrition facilitate the healing of injuries, but it can also aid in the recovery of delayed onset muscle soreness (DOMS) following intense or long runs. In addition, an anti-inflammatory diet is excellent for health in general, and post-workout muscle and joint recovery in particular.

Immediately following an injury, the healing process begins. Wounds and cuts heal, strained and torn muscles, tendons and ligaments are repaired and bone fractures mend and remineralize. First, "clean-up" cells are sent to the injured area to remove damaged tissue. This is followed by an appropriate inflammatory response that includes laying down collagen fibers and rebuilding healthy connective tissue. The normal healing process can include redness, heat, swelling and pain, but if this response goes on too long, or is too excessive, loss of function may continue and healing may be delayed. If, on the other hand, total elimination of the inflammatory response occurs (such as with cortisone or other drugs) delayed healing may also occur. With time and healing, full recovery can occur and an ultrarunner can be back on the trails and back to his or her training schedule. Nutritional support can make a big difference to speeding this process along.

The fact that nutritional aspects of recovery are overlooked is unfortunate, especially when it is clear that

a major injury alters an individual's nutritional requirements. For example, studies show that athletes who have broken their femur may experience an increase in basal metabolism of around 20 per cent. This is because their bodies "gear up" to repair the injured bone. Thus, an athlete who might require 8000 kilojoules during a typical day with no exercise could see their caloric requirements shoot up to 9600 kJ with a broken bone to repair. However, the changes in nutrient requirements in response to an injury are not simply a matter of increased calories. Various parts of the body have unique nutritional needs to heal a particular injury. Bone and cartilage tissue might require something very different from muscle or nerve tissue.

Below are the macronutrients, how they affect sports-injury healing and their mechanism of action. The best food sources and related research is included too.

Proteins

The body makes millions of new proteins every day to replace worn-out proteins that make up connective tissue, red blood cells and muscles. During exercise, muscle tissue is being broken down at a high level and additional protein building blocks, known as amino acids, are needed to make repairs and stop small injuries from becoming major ones. Long protein chains made from these amino acids make up the basic structural unit of a collagen fiber. Collagen fibers give connective tissue its tensile strength; a load of at least 22 pounds is needed to break a one mm (in diameter) cell fiber.

There are two types of proteins - animal proteins and vegetable proteins. Animal proteins include milk protein (or "complete milk protein"), which has both casein and

whey together. Casein protein prevents muscle breakdown, whereas whey protein builds muscles. Whey is easy to digest, absorbed more quickly than casein and is therefore the animal protein of choice for injuries. Vegetable proteins include soy protein (excellent for recovery), rice protein and legumes such as beans. Rice and beans are not a complete source of protein, meaning that they do not contain all the essential amino acids, but in combination they become complete. Soy protein is the only vegetable source of complete protein.

Top quality protein-rich foods like eggs (or egg whites), soy products, lean meats, fish and non-fat or low-fat dairy products will aid healing and are essential in coming back from a sports injury. And don't skimp on calories during an injury because this can delay healing. If you do not provide enough fuel for your brain, muscles or other organs to function, your body will raid your cells to function. If you are losing weight, be careful. You may not be getting enough protein to fully recover.

Branched Chain Amino Acids (BCAA)

The term "branched chain" refers to the molecular structure of three particular amino acids - leucine, isoleucine, and valine - and plays an important role in protein synthesis. Muscles have a particularly high content of BCAAs, making up approximately one third of skeletal muscle in the human body.

BCAA's are currently used clinically to boost recovery after musculoskeletal injury or surgery. Scientists have known that individuals suffering from physical trauma need to rapidly manufacture new body tissues while making sure that any cells not affected by the injury remain healthy and viable.

"Fat intake was the most useful dietary factor in predicting future injury in female runners in several current studies that reported correlations between low-fat diets and incidence of stress fracture"

To quickly create new tissues, the body uses amino acids to assemble mint-condition proteins that will be the foundation for new muscles, tendons and ligaments. Some studies have shown that branched-chain amino acids have a special capacity to boost protein synthesis and inhibit protein breakdown that none of the other amino acids have. Indeed, trials have suggested that BCAA supplementation, in addition to post-exercise carbohydrates, attenuates muscular damage during prolonged endurance exercise and reduces post-exercise CPK (creatine phosphokinase - a marker of muscle breakdown) activities as well as DOMS.

Glucosamine

Glucosamine is another amino acid that is increasingly being recommended by orthopedists and other doctors to decrease inflammation and pain associated with degenerative joint disease and osteoarthritis. The cells that make up cartilage in your joints are called chondrocytes and in order to function properly, they require glucosamine. Glucosamine is also used in the production of glycoproteins, which are found in ligaments, tendons and synovial (joint) fluid and may also assist in healing these tissues when injured. Studies have shown that oral ingestion normalizes cartilage metabolism by stimulating synthesis and inhibiting degradation while also decreasing pain and inflammation and increasing function. Although glucosamine is almost universally found in most foods, the lack of quantifiable levels and data on bioavailability makes supplemental forms the best source. The usual dose is 1,500 milligrams daily spread out over three doses.

Fats

Low energy production from reduced or low-fat diets results in poor tissue maintenance, incomplete repair of muscle damage and hindrance of bone matrix minerali-

zation. The consequences of severe fat reduction can result in disruption of bone resorption, suppressed bone formation and an increased risk of stress fractures.

Chemical mediators, including eicosanoids, regulate inflammation, blood clotting, vascular dilation and immune function suppression that occur with injuries. Eicosanoids (including prostaglandins) are short-lived, hormone-like substances produced from the polyunsaturated fatty acids (PUFA's) omega-6 and omega-3. One way of controlling the outcomes of injuries is by regulating these mediators. Eicosanoids can have pro-inflammatory effects as well as anti-inflammatory effects. It is all a matter of balance. Problems arise when one type of eicosanoids predominates over the other; the type produced is determined by the composition of cellular membrane fats and those are directly influenced by the type of fats included in the diet. Omega-6 fatty acids are much more predominant in foods and therefore it becomes necessary to specifically seek out omega-3 fatty acids. In the United States, the dietary ratio of omega-6 to omega-3 has been estimated to range between 20 - 25:1. A more balanced ratio would be 5 - 10:1

Fat intake was the most useful dietary factor in predicting future injury in female runners in several current studies that reported correlations between low-fat diets and incidence of stress fracture. These injured runners consumed a diet significantly lower in total fat and lower in percentage of total energy from fat. In addition, the studies revealed that runners consuming less than the commonly recommended 30 percent of total calories from fat were two-and-a-half times as likely to sustain an injury compared with runners consuming 30 percent or more. Interestingly, the higher fat intakes enjoyed the least injuries, as long as carbohydrate and protein needs were also met.

Include avocados and nuts (especially walnuts, cashews, almonds

and nut butters made from these nuts), extra virgin olive oil, canola oil and some sunflower or safflower oils. Reduce your intake of saturated fat, poultry skins and products made with coconut and palm kernel oils. Avoid margarine, vegetable shortening and all products made with partially-hydrogenated oils.

Carbohydrates

Carbohydrates are critical in sports injuries for their caloric value - supplying the energy needed to support healing - and the nutrients they bring with them in food sources. But they usually do not directly repair tissues, as they are not part of the structures of cells the way proteins and fats are. However, carbohydrates are the preferred fuel source used during exercise. Excess carbohydrate is stored in the muscles in the form of glycogen. During prolonged endurance exercise, glycogen levels begin to become depleted within the muscle and the body may start to utilize an alternate fuel source - protein - for energy through a process known as gluconeogenesis. The breakdown of muscle protein leads to soft tissue damage. It is because of this indirect process that carbohydrates become important. Many studies have shown that the benefits of a post-exercise carbohydrate-protein replacement regime include decreased fatigue, DOMS and reduced muscle breakdown as indicated by CPK levels. Protein, added to the carbohydrate mix, enhances additional absorption of carbohydrates not only for refueling muscles for the next exercise bout, but also for energy for repairing those same muscles.

The best sources of carbohydrates - vegetables, fruits and whole grains, all of which provide a low glycemic (less blood sugar-spiking) load.





Hitting the wall

Hitting the wall isn't just about running out of fuel. Your brain may have got too tired too. Scant scientific research examines the relationship between mental strategies and hitting the Wall per se, although a body of research dating back to the 1970s documents the relationship between a runner's thought processes and performance. Faster race times are generally associated with what have come to be known as associative strategies—thinking about physical sensations, such as breathing, muscle soreness, or blisters, and other race related issues such as pacing and competitive strategy. During competition, elite runners tend to use associative thinking strategies almost exclusively.

Athletes who achieve their peak performance usually experience something that has come to be known as "flow," a concept introduced to the world in the 1970s by psychologist Mihaly Csikszentmihalyi. Flow is "a state of consciousness where one becomes totally absorbed in what one is doing, to the exclusion of all other thoughts and emotions," according to Susan A. Jackson and Csikszentmihalyi, authors of *Flow in Sports*. "So flow is about focus." In other words, when you experience that running nirvana during which everything seems effortless, you are probably thinking associatively.

Unfortunately most of us are not able to maintain a state of flow for an entire ultra. Slower runners tend to use dissociative strategies—thinking about things not directly related to the race—in addition to associative strategies.

"There is some reason to believe that people with different levels of running experience may benefit more from using different strategies," says Britton Brewer, associate professor of psychology at Springfield College in Springfield, Massachusetts. "People who are more ex-

perienced in the sport may be able to make better use of associative strategies, because they won't be intimidated or panicky when they experience various symptoms that they encounter while distance running."

Kevin Masters, associate professor of psychology at Utah State University, agrees, even suggesting that average runners should learn ways to distract themselves during the marathon. "The overwhelming evidence shows that distracting yourself mentally makes time seem to go faster, and you feel that you are

"The overwhelming evidence shows that distracting yourself mentally makes time seem to go faster, and you feel that you are exerting less energy. Overall you will run a little bit slower, but for most people that's not a big issue."

exerting less energy. Overall you will run a little bit slower, but for most people that's not a big issue."

A 1998 study by Clare Stevinson and Stuart Biddle made a further distinction in marathon runners' mental strategies, describing four types of thinking used by non elite runners in the 1996 London Marathon.

The first type was internal association, or focusing on how the body feels while running. The second type of thinking was external association, in which the runner's attention is focused outwardly on things important to the race: calculating split times, negotiating water stations, or jockeying for position with competitors. The third mode of thinking was inward dissociation (or distraction): daydreaming, singing silently (or aloud!), or solving mental puzzles. Runners who used the fourth mental strategy, external association, tended to focus their

attention outwardly on events unimportant to race performance: the scenery, the cheering crowds, other runners dressed in kooky outfits.

The researchers found that the most prevalent mental strategy for all runners, whether they hit the Wall or not, was inward association. But those runners who reported hitting the Wall tended to use inward dissociation much more frequently than their wall avoiding competitors. The authors speculate that "It is likely that being distracted from sensory signals and important aspects of the task meant that runners were not able to judge their pace very well and failed to stay fully hydrated, contributing greatly to hitting the Wall."

While it might seem plausible that external dissociation might lead runners into a similar trap, the authors found this not to be the case, possibly because "noticing spectators, aspects of the scenery, or, in particular, other runners, made runners inadvertently aware of the speed at which they were running as they passed by them or were overtaken."

On the other hand, the researchers suggest that paying too much attention to the body (inward association) made their subjects magnify their discomfort, making the Wall seem to appear much earlier and for a longer period of time. Their advice is to make brief but regular checks on your body, rather than constantly monitoring every step of the race. Focus most of your attention externally: be aware of critical race-related factors and enjoy the atmosphere of the race.

WildEndurance 2009

Post-event report - 9 May 2009



The Blue Mountains were the scene of amazing feats of courage, endurance and strength over the weekend of the 2nd to the 3rd of May 2009. The second edition of the WildEndurance challenge went on without a hitch and will stay in participants' minds as a challenging yet exhilarating experience which will live on for a long time!

It was indeed a memorable event which saw some teams go beyond their physical limits, then keep on pushing and reach deeper to eventually cross the finish line and celebrate their achievement with their trusted support crews.

It all started with the sun rising into a clear blue sky over Dunphy's Campground in the Blue Mountains on Saturday 2nd May, heralding the start of a fantastic weekend... this was WildEndurance 2009.

As the campers roused themselves and more teams arrived by car, the air was filled with chatter, laughter and excitement. By the time the starting signal went at 8.05am, 68 teams (over 300 people) had crossed the line to set off on one of the greatest challenges they would ever undertake – walking 100km through the Blue Mountains in 48 hours to raise funds for The Wilderness Society.

The course meandered from the Megalong Valley up onto Narrowneck ridge, passing beneath the magnificent Katoomba cliffs, around the Three Sisters, back down through the beautiful Jamison valley, along the Andersons and Ingar trails, returning via Wentworth Falls and Echo Point to the finish at Katoomba Oval.

At 11.45am the first team, Sydney Marathon Clinic, arrived at Checkpoint 1 at Katoomba Oval. By now the oval had filled with the picnic tables and barbecues of the Support Crews eagerly awaiting the arrival of their teams, and keeping a close eye on the huge course map that the youngest Wilderness Society volunteer, Hannah King, was using to display the progress of the teams.

By 5.30pm all of the teams had passed through Checkpoint 1, and the temperature dropped considerably as darkness set in – teams were starting to rug up for a crystal clear, but very crisp night. By now the focus had moved to Checkpoints 2 and 3 at Queen Victoria Hospital. Many of the Support Crews had set up camp there for the night and as dusk set, the lights of the campsites brought a welcome sense of warmth. Overnight the First Aid crews were kept busy on 'blister alert' and other 'am-too-tired-to-continue- patrols' sending them left and right to pick up exhausted trekkers.

The first 100km team to cross the finish line was Sydney Marathon Clinic in a time of 16 hours and 30 minutes. This team of four guys lead the 100km event from start to finish and were only beaten to line honours by relay team Taxi who passed them at around the 70km mark. Wild Women On Top 1, the hugely impressive all female team, came in second in 18:38, cutting nearly 6 hours off their 2008 time. Krazy Kats were absolutely stoked to finish in third place in a time of 18:58.

The first relay team across the finish line was team Taxi in a very impressive 15 hours and 23 minutes. They had put a 3 hour gap on the next relay team, Happy Feet, who arrived in 18:21 not quite believing that they were the 3rd team to cross the line and had come second in the relay event. Greta and the goats came in 3rd in the relay event. Not all were running through the finishing arch, but all were smiling!

Sunday morning dawned bright and clear, and all – competitors and organisers – were grateful that the flooding rains that hit Sydney had stayed away from the mountains. Teams rolled in at frequent intervals over the whole of Sunday and right up until 10:28pm when the final 100km team fANZtastic walkers crossed the line with all four team members still intact. Amazingly, of the 68 teams who started the event, 53 teams completed the course with at least 3 team members still moving. Of these, 24 teams finished as full teams with every team member crossing the line. A further 8 teams managed to get at least one member to the finish line. That is even more commendable knowing that some participants had never walked further than 20kms in one go before!

The competitive side of WildEndurance is important but the most important part of the event actually happens not on the tracks, but online, with critical funds being raised for The Wilderness Society's environmental campaigns throughout Australia. The tally is at \$136,000 so far and fundraising is open on the Everyday Hero website until the awards ceremony on 21 May. So there is still time to support the incredible achievement of each of these teams, whatever their results, for taking part in this very special challenge requiring both commitment and passion.

A huge thank you to all The Wilderness Society volunteers for giving up their weekend to make the event such a success. Organisers would also like to thank the National Parks and Wildlife Service –Blue Mountains and Blue Mountains City Council who did so much to make the event possible. Thanks also to Aboriginal Elder Sharron Halls of the Gundungurra nation for her Welcome to Country, Lucas Trihey and all his wonderful first aid crews and finally Mother Nature for providing such a wonderful setting and some amazing weather.

For more information and photos from this year's event contact:

Jackie Buckingham
The Wilderness Society (Sydney)
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02 9282 9553





Footnote: It's a long way home

Gary Cantrell warns of the perils of rushing home after running an ultra

It was 3am and there seemed to be nothing on the road except for my little car. I was struggling, having been awake more than 24 hours, during which time I had run a challenging 80km in good time, stayed on to see the runners behind me finish, celebrated during the post race festivities and helped the race director pack up afterwards. But now I was locked in a grim struggle to stay alive. Despite frigid temperatures I had the fan on blasting me with arctic air. The radio, tuned to a station I dislike, was playing as loud as it would go without busting the speakers. And I was alternating between singing at the top of my lungs and slapping my face in a desperate effort to stay awake. I repeatedly caught myself veering off the road or slowing perilously.

Aspiring ultra runners have at their disposal a wealth of advice. We can learn what to eat and drink, how to run the race, how to train and how to recover. As runners we plan accordingly. We show up at the race

with everything we might conceivably need. Sometimes we arrive weeks early to acclimatise. What nobody mentions though is how to deal with what can often be the most challenging aspect of our run: how do we get our battered, blistered and weary body home safely after the event?

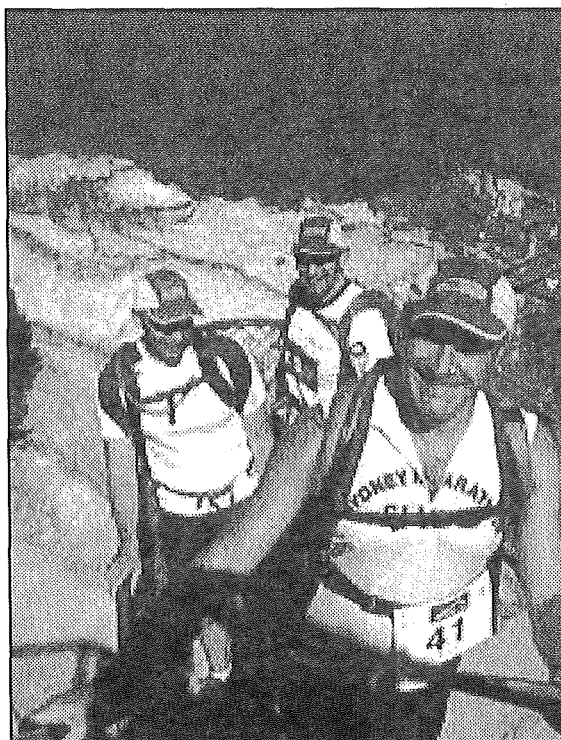
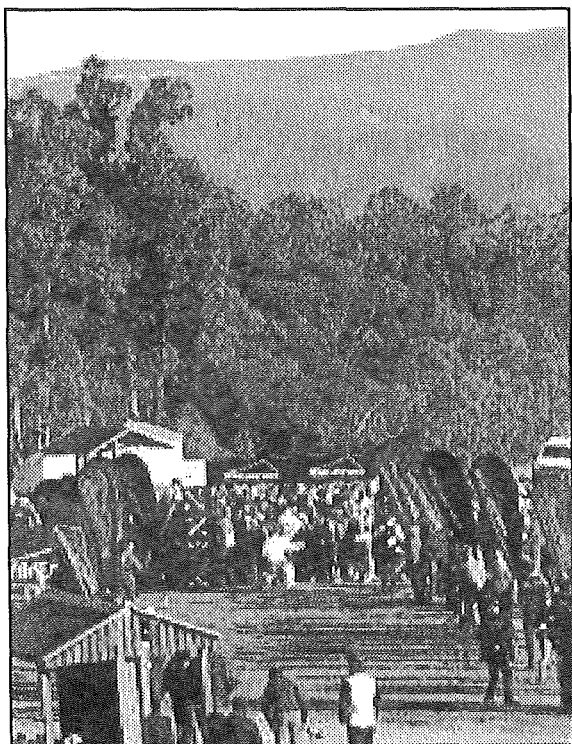
There is a certain illogic to the way many of us approach an ultra. The fear of being road weary in the start line makes us decide to have a motel room for the night before the race but not after. In reality the effects of arriving at the last minute will generally be overcome by the excitement of the event. A little stiffness will quickly work itself out and a sub par night's sleep is unlikely to be noticed during the race.

However following the race we submit ourselves to gruelling ordeals to get home as fast as possible. Making a stop at a motel after the race is a smart move. No longer must we rush away from the race to catch a flight or to sit in a small space for many hours behind a steering wheel

with no chance of standing up and moving around.

The ride home can be one of the most dangerous parts of your ultra experience in terms of health risk. Riding for hours in a car can be cramped. Flying home can mean you sit crammed into a seat with the back of the seat in front of you in your lap. Movement is nearly impossible. This is not just uncomfortable; it poses the risk of developing circulatory problems including blood clots.

The other consideration when deciding how fast you should get home is the very reason you signed up for the event in the first place: fun. If running an ultra is not going to be fun then why do it at all? So hang around after the race and enjoy a few drinks with those other hardy souls who suffered with you on the trails. What sense does it make to rush away from the finish line in order to commence some miserable horror of a trip home and then share our stories with people who not only do not comprehend what we did but cannot fathom why we did it?



Photos left from Wild Endurance 2009



AURA 24 hour rankings

Top 20 male

	Surname	First Name	State	Dist (km)	Venue	Date	Age
1	Kouros	Yiannis	VIC	303.506	Kensington, SA	5-Oct-97	41
2	March	Mike	TAS	260.099	Coburg, VIC	26-Feb-89	45
3	Standeven	David	SA	256.157	Adelaide, SA	29-Oct-89	37
4	Smith	Bryan	VIC	254.515	Olympic Park, VIC	20-Aug-89	45
5	Tolliday	Owen	QLD	253.063	Adelaide, SA	30-Oct-88	39
6	Blake	Jonathan	NSW	243.651	Coburg, VIC	19-Apr-09	44
7	Bloomer	Brian	VIC	242.598	Box Hill, VIC	16-Feb-86	45
8	Hepburn	Brickley	VIC	239.32	Coburg, VIC	24-Feb-91	39
9	Breit	John	VIC	238.469	Olympic Park, VIC	5-Aug-90	
10	Young	Cliff	VIC	235.969	Adelaide, SA	10-Nov-85	63
11	Parcell	Ashley	QLD	234.959	Hensley, NSW	24-Feb-85	29
12	Fryer	Martin	ACT	234.647	Coburg, VIC	19-Apr-09	47
13	Kinshofer	Rudolf	SA	232.431	Coburg, VIC	24-Feb-91	36
14	Molloy	Geoff	VIC	232.4	Box Hill, VIC	3-Feb-85	40
15	Fisher	Keith	VIC	232.207	Coburg, VIC	26-Feb-89	23
16	Francis	Mick	WA	231.26	Coburg, VIC	20-Apr-08	49
17	Gray	Peter	VIC	230.732	Coburg, VIC	24-Feb-91	26
18	Record	Joe	WA	230.029	Crystal Palace,U.K.	13-Oct-79	38
19	Mercer	Neville	VIC	229.755	Coburg, VIC	28-Feb-93	
20	Brooks	Barry	VIC	227.574	Box Hill, VIC	1-Mar-87	46

Top 20 female

1	Stanger	Helen	NSW	229.08	Coburg, VIC	23-Aug-98	48
2	Harvey-Jamieson	Susannah	QLD	209.458	Coburg, VIC	19-Apr-09	28
3	Parris	Dawn	VIC	203.65	Olympic Park, VIC	20-Aug-89	36
4	Cameron	Cynthia	VIC	200.615	Adelaide, SA	2-Nov-86	44
5	McConnell	Georgina	NSW	195.355	Olympic Park, VIC	20-Aug-89	46
6	Baird	Carol	ACT	194.945	Adelaide, SA	16-Oct-05	56
7	Spain	Trisha	WA	191.207	Perth, WA	28-May-89	47
8	Doke	Marie	NSW	185.624	Coburg, VIC	19-Apr-09	44
9	Scholz	Sharon	VIC	184.52	Coburg, VIC	20-Apr-08	31
10	Baird	Anubha	SA	183.24	Adelaide, SA	22-Oct-00	29
11	Lilley	Allison	NSW	182.166	Coburg, VIC	19-Apr-09	38
12	Gordon-Lewis	Lynette	QLD	178.413	Gold Coast, QLD	19-May-96	40
13	Smith	Margaret	VIC	177.6	Box Hill, VIC	3-Feb-85	49
14	Young	Shirley	VIC	176.81	Coburg, VIC	9-Apr-00	70
15	Grant	Dell	QLD	176.8	Wynnum, QLD	6-Jun-93	39
16	Clarke	Angela	QLD	175.541	Gold Coast, Qld	19-May-97	57
17	Lee-McGough	Lorraine	SA	172.791	Adelaide, SA	23-Oct-94	
18	Joyce	Felicity	NSW	171.543	Adelaide, SA	17-Oct-04	23
19	O'Connor	Helen	SA	171.426	Adelaide, SA	SA 02-Nov-86	35
20	Foley	Wanda	NSW	170.179	Kensington, SA	29-Sep-91	45





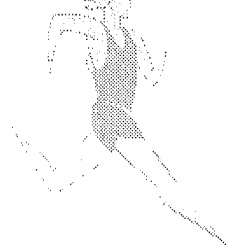
AURA 48 hour rankings

Top 20 male

	Surname	First Name	State	Dist (km)	Venue	Date	Age
1	Kouros	Yiannis	VIC	473.797	Surgeres, France	5-May-96	40
2	Fryer	Martin	ACT	393.504	Caboolture, QLD	31-Aug-08	46
3	Smith	Bryan	VIC	386.4	Colac, VIC	15-Nov-89	46
4	Woods	Graham	QLD	364.238	Aberfeldie, VIC	25-Jan-88	41
5	Standeven	David	SA	350.4	Colac, VIC	16-Nov-88	36
6	Record	Joe	WA	350	Colac, VIC	16-Nov-88	
7	Beauchamp	Bill	VIC	347.147	Aberfeldie VIC	25-Jan-88	42
8	Taylor	Maurice	NSW	340.4	Colac, VIC	15-Nov-89	41
9	Audley	George	WA	335	Perth, WA	18-Oct-87	52
10	Javes	Ian	QLD	330.8	Campbelltown, NSW	20-Nov-90	48
11	Hill	Ron	VIC	327.334	Aberfeldie, VIC	25-Jan-88	47
12	Collins	Tony	NSW	326	Brisbane, QLD	5-Jun-94	46
13	Fisher	Keith	VIC	324.834	Perth, WA	18-Oct-87	22
14	Burns	Bob	QLD	323.418	Uni., QLD	24-May-92	48
15	Gray	Peter	VIC	321.245	Wynnum, QLD	6-Jun-93	28
16	Perdon	George	VIC	318.8	Colac, VIC	26-Feb-86	61
17	Watts	Graeme	QLD	318.4	Colac, VIC	23-Nov-04	51
18	Bloomer	Brian	VIC	316.4	Colac, VIC	26-Feb-86	45
19	Brooks	Barry	VIC	312.845	Aberfeldie, VIC	25-Jan-88	
20	Medill	Graham	QLD	312.629	Caboolture, QLD	2-Jul-89	41

Top 20 female

1	Stanger	Helen	NSW	329.256	Lota, QLD	4-Jun-95	44
2	McConnell	Georgina	NSW	301.875	Wynnum, QLD	6-Jun-93	49
3	Baird	Carol	ACT	298.089	Gold Coast, QLD	14-Aug-05	56
4	Grant	Dell	QLD	268.824	Caboolture, QLD	24-Jun-90	36
5	Cameron	Cynthia	VIC	261.2	Colac, VIC	16-Nov-88	46
6	Parris	Dawn	VIC	246.8	Colac, VIC	21-Nov-95	42
7	Foley	Wanda	NSW	243.2	Campbelltown, NSW	20-Nov-90	44
8	Case	Valerie	QLD	220.143	Caboolture, QLD	24-Jun-90	53
9	Hall	Kerrie	QLD	211.488	Maryborough, QLD	22-Aug-99	38
10	Smith	Shelly	QLD	208.543	Gold Coast, QLD	19-May-96	38
11	Barnett	Sarah	VIC	207.6	Colac, VIC	22-Nov-05	
12	Tait	Merrilyn	VIC	187.2	Colac, VIC	15-Nov-89	
13	De Williams	Deborah	VIC	182.4	Colac, VIC	23-Nov-04	35
14	Buckland	Isobel	NSW	155.6	Colac, VIC	16-Nov-99	
15	Schrag	Julie	QLD	155.2	Colac, VIC	19-Nov-02	46
16	Parsons	Sharon	QLD	71.2	Lota, QLD	4-Jun-95	
17	Howorth	Sandra	VIC	58.8	Gold Coast, QLD	14-Aug-05	42



June Petrie
2nd female



Julie Quinn
3rd female



Anthony Farrugia
2nd male



Tim McKenzie
3rd male



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**Coburg
24 hour
female winner
Susannah Harvey-Jamieson**