

ULTRAMAG

Sept 2009 Volume 24 No 3



Australian
Ultra
Runners
Association Inc



- The North Face 100km
- World 48/24 hour and 100km
- Comrades Marathon
- You Yangs, Banana Coast, Walhalla, . . . and more

Tough minds Strong bodies Big hearts



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www.mindaustralia.org.au

Runners descending Mt Feathertop, March 2009

100
miles

100
km

48
hours

1
experience
of a lifetime

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Categories

Enter either the 100 mile or 100km events as:

Solo endurance runner

2-4 person endurance team: running/walking the entire distance together

4-8 person relay team: running/walking different stages in pairs (due to cut-offs, the 100 mile event is only open to runners)

Event schedule

Fri 19 March 18:30 Registration/briefing/dinner

Sat 20 March 04:30 Race start

Mon 22 March 04:30 Race cut off

Mon 22 March 08:30 Presentations

To register visit www.mindaustralia.org.au



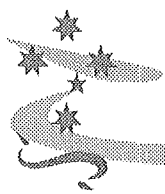
The course was tough... and we navigated the highest mountains in Victoria... I had my doubts at moments... But there was no way I was going to quit!

Jessica, first female to complete the 2009 Alpine Challenge



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Magazine of the Australian Ultra Runners Association

September 2009

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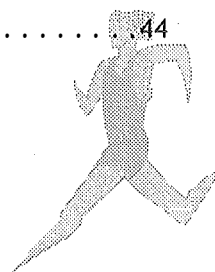
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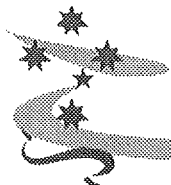
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Front cover: Julie Quin wins North Face 100km (courtesy of inciteimages.com - Mark Watson)

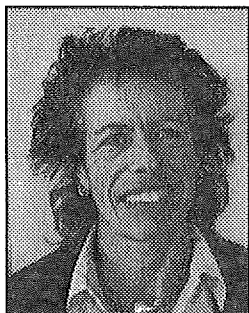
Inside front cover: Aussie team at Bergamo 2009 for 24hr championships





Editorial September 2009

By Julia Thorn



Michael Lovric, Mick Francis, John Pearson and Deanne Nobbs - took on the world at the World Challenge 24 hour race in Italy.

Later in the same month Martin Fryer had a stunning performance at the world 48 hour championships in France. He broke the course record with a run of 433 kilometres and his own 48 hour record, enjoying, as he puts it, the race of his life. He sits second only to Yiannis Kouros in all time 48 hour rankings. I've included an interview with Martin in this issue, even though it took place before this race.

Another team of three men and three women - Dean Cook, Michael Baldock, Tim Cochrane, Caroline Pivetta, Kerrie Bremner, Susannah Harvey Jamieson - headed to Belgium in June for the world 100km championships, and again did us proud. Unusually this race was held in the evening, and the need to run in the dark took its toll on some runners.

In an unofficial capacity Aussies have been travelling the globe to race in, among others, such far flung places as Durban (Comrades Marathon) and the USA (Western States 100 Mile, Hardrock 100 Mile, Badwater). There has always been a healthy number of Australians attending Comrades and this year in among the results you will see that some of our not so young females (I'm sure you ladies won't mind me saying this) did extremely well. Those who stayed home have also had a great time with events in re-

gional hotspots like Walhalla, Bunbury, Grafton and the Blue Mountains. Some of these events attract only a very small crowd, but it is great to see that they are being kept alive by the hard work of dedicated organisers, who are mostly ultra runners themselves. You will have noticed the same names cropping up as finishers at many of these events. As someone who is rather sensitive to being repeatedly told (albeit usually by non runners who know nothing about running) that I run too many races, I am always delighted to find kindred souls who do not hesitate to run an ultra every second weekend or so.

Brett Saxon's new race in the hills near Geelong, the You Yangs 50-50, is a welcome addition to the calendar and I hope this year's inaugural race will be the first of many more to come.

There has been plenty of track action with local 100km, 24 hour and 48 hour races. At the Gold Coast 100km Jackie Fairweather only narrowly (by 8 minutes) missed the Australian female record at this distance, and Terry Bell put in a superb effort. You will find plenty of race reports within these pages covering a wide range of events. Keep the reports coming, folks.

Meanwhile the Commonwealth Mountain and Ultra Distance Championships to be held in Keswick at the heart of Cumbria, the English Lake District are getting closer. The date is 17 to 20 September. The Championships will see athletes competing in three separate disciplines; mountain races, a 100km road race and a 24hour race. Why not go along as a spectator and support the Aussies? Spectators can expect fast-paced action in the most beautiful locations. Club and individual runners are invited to enter the event's open races held on the same championship courses. There's

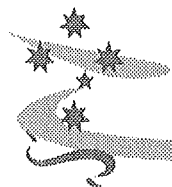
plenty for families and children too, with the Festival of Sport and lots of other attractions.

Finally, I would like to share with you the conclusions reached by a group of scientists who tested the memories of marathon runners before and after a race. I believe the results would equally apply to ultra runners.

The findings had a special relevance for me because of something that happened to me during a recent ultra: I started thinking about a movie I had seen not long beforehand on a plane trip. Then I remembered I had also seen another movie on that trip; I could not for the life of me recall what movie it was, even though at the time I had told a friend how good it was. I searched my brain for a full two kilometres before giving up.

The scientists tested the idea that the highly strenuous exercise involved in marathon running may result in neuro hormonal changes that alter the functioning of memory. Marathon runners were given implicit and explicit memory tasks before or immediately after they completed a marathon. (Implicit memory allows people to remember how to tie their laces or address a neighbour by their correct name without consciously thinking about these activities. Explicit memory is the conscious, intentional recollection of previous experiences such as movies seen.) Runners tested immediately upon completing the marathon showed impairment in the explicit memory task but enhancement in the implicit memory task on a par with brain damaged patients suffering amnesia.

So I got my children's names right when they greeted me on my arrival home after the race, but I had to search a list of recent movies to find out which one I had seen.



Australian Ultra Marathon Calendar

This calendar contains only races sanctioned by AURA. This does not purport to be a complete list of Australian ultras. 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

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 13 September 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 27 September YURREBILLA TRAIL 56KM (SA)

Trail run amongst the beautiful Adelaide Hills.

Contact: David Close 08 8278 4337 Email: david.close@flinders.edu.au Web: www.sarrc.asn.au/yurrebilla.html

October 2009

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

Contact: Geoff Williams 0412 789 741

Email: gjcarpet@caboolture.net.au Web: 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)

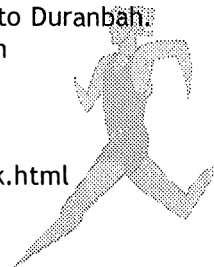
Start Kurrawa Park, Broadbeach on the Gold Coast and run south along the Gold Coast beachfront to Duranbah.

Contact: Peter Hall 0411 083 896 Email: peter@victorysports.com.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 January 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

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

Sunday 10 January 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 January 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@hoveandhalys.com.au

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

Saturday 6 - Sun 7 Feb 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: 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: 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 AND 100KM TRACK RACE (VIC) Date to be confirmed

Held at the Harold Stevens Athletic Track.

Contact: Tim Erickson 0412 257 496 or 03 9012 5431

Email: terick@melbpc.org.au Web: www.coburgharriers.org.au

Sunday 21 March 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 20 March followed by registration at VSR Hall, Woolgoolga. 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 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 11 April CANBERRA MARATHON AND ULTRA (ACT)
42.2km and 50km, 7am, Telopea Park High School, Canberra
Contact: Dave Cundy. Email: cundysm@ozemail.com.au. Web www.canberramarathon.com.au

Saturday 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

May 2010

Saturday 1 - Sunday 2 May THE WILD ENDURANCE 100KM TRAIL RACE (NSW)
Run through the spectacular Blue Mountains.
Contact: 02 9282 9553 Web: 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)
Current course is Grafton Post Office to Coff's Harbour Hotel 85km, but we may have to shorten this event to finish at Coramba (68kms) or Karangi. Own support vehicle / driver required.
Contact: Steel Beveridge 02 6656 2735 (home) or 02 6654-1500 (work) or 3B Surf Street, Emerald Beach, NSW 2456.
Email: steelyn@hotmail.net.au. Web: www.aura.asn.au/CoffsToGrafton.html

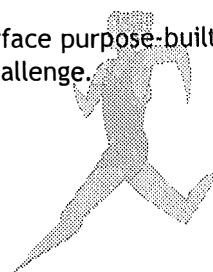
Saturday 15 - Sunday 16 May THE NORTH FACE 100 (NSW)
A 100km trail running event in the Blue Mountains open to individuals and teams of 2 (50km each).
Contact: Diane Chanut 0406 659 971 Email: diane@arocsport.com.au.

Sunday 16 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 2010

Sunday 6 June Gold Coast 100 SUPERMARATHON Date TBC
Incorporating the National 100km championships, with 50km option.
Contact: Peter Hall 0411 083 896 Email: peter@victorysports.com.au Web: www.goldcoast100.com

Saturday 27- Sunday 28 June SRI CHINMOY NATIONAL 24 HOUR CHAMPIONSHIP (QLD) Date TBC
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: www.srichinmoyraces.org/au/events/24hour/



July 2010

July KOKODA CHALLENGE (QLD) Date TBC

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 1 August NATIONAL 48HR CHAMPS and 24HR QLD CHAMPIONSHIPS (QLD) Date TBC

Starts 0900 Friday & finishes 0900 Sunday, with 6, 12 and 24 hour options, Caboolture Historical Village, Caboolture.

IAU labelling, selection race for IAU 24 hr World Challenge.

Contact: Geoff Williams 0412 789741 Email: gjcarpet@caboolture.net.au

If you have a race that you would like included in our race calendar, please contact our Events Director Robert Boyce (refer AURA contacts listing). Sanctioning requirements are posted on the AURA website

AURA Contacts

Position	Name	Email	Telephone
Membership secretary	Brett Saxon	brsaxon@bigpond.net.au	0418 557 052
Events liaison /Vice president	Robert Boyce	rboyce@easterntrees.com	0417 557 902
Apparel & trophies	Sandra Howorth	s_sandyhow@optusnet.com.au	0407 301 058
Ultramag editor	Julia Thorn	juliathorn@rocketmail.com	0414 776 766
Consulting editor	Kevin Cassidy	kc130860@hotmail.com	0425 733 336
Records and rankings	David Billett	davidbil@adam.com.au	08 8278 6623
Chairman of selectors	Paul Every	pevery@zoo.nsw.gov.au	02 9482 8276
Historian and archivist	Phil Essam	pessam@bigpond.net.au	0407 830 263
Aura webmaster	Ian Cornelius	icorneli@bigpond.net.au	0408 527 391
Ultraoz webmaster	Kevin Tiller	kevin@coolrunning.com.au	0419 244 406
Treasurer	Jo Blake	jblake@cjeffery.com.au	0414 554 469
Secretary	Brett Saxon	brsaxon@bigpond.net.au	0418 557 052
President	Ian Cornelius	icorneli@bigpond.net.au	0408 527 391

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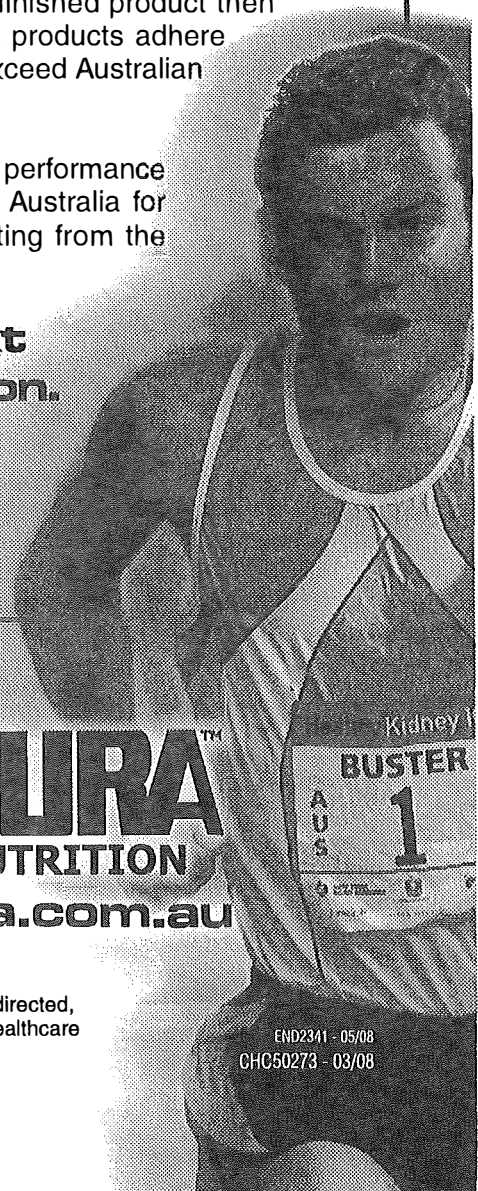
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Australian Ultra News

AURA AGM

The AURA AGM was held in Melbourne on 29 May. The Association is administered entirely by volunteers who unselfishly give up their time in the interests of the ultra running community at large. In the last few years AURA has grown somewhat to the point where its affairs can no longer be administered by a small executive. A call was made for volunteers to assist. In addition to the existing committee a number of people volunteered their services. As a result of this request and with existing help AURA has been able to appoint state representatives as follows:

ACT: Martin Fryer and Phil Essam
 NSW: Peter Brett and Kim Cook
 Vic: Malcolm Gamble and Scott Orchard
 Qld: John Pearson
 SA: David Billett (continuing)
 WA: Mick Francis and Dave Kennedy
 Tas: Dave Brelsford and Vlastik Skvaril

If you can help, please contact Ian Cornelius at 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, preferably experienced with Dreamweaver 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.

2009 World Cup 100km Torhout, Belgium, 20 June

Aussie results at this event were:

Male

Dean Cook, 41st place, 7:50:35

Michael Baldock, 76th place,

8:24:47

Tim Cochrane, 89th place, 8:36:17

Female

Caroline Pivetta, 131st place,

9:24:41

Kerrie Bremner, 132nd place,

9:24:41

Susannah Harvey-Jamieson, 157th place, 10:00:04

Kami Semick of Oregon won the women's race in 7:37:23 and led the American women to the team title. Semick's teammates Devon Crosby-Helms and Meghan Arbogast finished fourth and fifth respectively. Semick took the lead from Italy's Monica Carlin just before the 40km mark and pulled away steadily from there, beating Russian Irina Vishnevskaya by nine minutes. Semick averaged 7:20 per mile for the entire 100 kilometres.

Yasukazu Miyazatu of Japan was the men's winner in 6:40:43, edging Jonas Buud of Sweden by a little over a minute. Giorgio Calcaterra of Italy had the day's fastest finish, closing five minutes on the leader in the last 20km, but finished third, 15 seconds back from Buud. Japan also won the men's team title, edging out the Italians.

Surgeres 48 hours race

Martin Fryer ('the Flyer') posted a brilliant performance to win the world-famous Surgeres 48 hours race on 22 - 24 May 2009 with 433.686 km, becoming the best performed athlete of all time over 48 hours, behind only the legendary Yiannis Kourous. Martin displayed his normal coolness to conserve his energy while other runners chose to run faster during the early part of the event. Final results were

1. Martin Fryer AUS 433.686

2. Ryoichi Sekiya JPN 402.321

3. Mamo Kudo (F) JPN 385.130

See Martin's race report in this issue.

Sri Chinmoy 3100 mile race

Asprihanal Aalto, 38, from Helsinki, Finland won the 2009 Self-Transcendence 3100 Mile Race in 43 days and 16h 28.06s. He averaged 70.964 miles (114.206 km) per day. Aalto has run the race nine times as well finishing first a record six times. He

now owns four of the top six fastest performances in history.

Aussie Grahak Cunningham ran to a new Australian record by finishing second in the race in 44 days and 09:08:58. Grahak averaged 69.857 miles per day (112.417 km). He becomes the third ranked runner at the distance in the world, moving up from the fifth spot and besting his previous outing by over two days.

Kokoda Challenge

Team Nike ACG (mixed team of Peter Hall, Don Wallace, Nickey Carroll, Mike Page) won the **Kokoda Challenge** in 12:28:56 from Speedy Quattro (all women's team of Christine McDougall, Jackie Fairweather, Kim Beckinsale, Delina Rahmate) in 13:27:55. The event was held on 18 July on the Gold Coast. 37 teams took part, the last finishing in 36 hours,

Commonwealth Championships

AURA is pleased to announce the teams selected to represent Australia at the Commonwealth Championships to be held in Keswick, Cumbria, UK commencing 17 September 2009. Following her outstanding debut 24 hour performance of 201.463km in the AURA 24 hour championship held in Brisbane on 27-28 June, Meredith Quinlan has been added to the team. The purpose of the Commonwealth Championships are to showcase ultra running (beyond the marathon) to the Commonwealth Games Federation, the IAAF and the International Olympic Committee.

Men's 24 hour

Martin Fryer (ACT, capt)

Jo Blake (NSW)

Mick Francis (WA)

John Pearson (Qld)

Michael Lovric (NSW)

Scott Orchard (Vic)

Women's 24 hour

Allison Lilley (NSW)

Deanne Nobbs (Vic)

"In all, 75 of the 86 starters finished the race within the 60-hour time limit"

Kerrie Bremner (ACT)
Susannah Harvey-Jamieson (Qld)
Meredith Quinlan (NSW)
Men's 100km
Dean Cook (NSW, capt)
Tim Cochrane (NSW)
Michael Baldock (WA)
Terrence Bell (NSW)
Brendan Davis (NSW)
Women's 100km
Jackie Fairweather (ACT)
Caroline Pivetta (Vic)
Verity Tolhurst (NSW)
Elizabeth Bennett (NSW)

2XU

Sports apparel brand 2XU are providing sponsorship to the team for Keswick and it is hoped they will continue to support our rep teams through the years to reaching the Commonwealth Games. The value of this sponsorship is considerable and we have high expectations of the brand sponsoring our elite ultra athletes for many years to come.

On top of the estimated worth for this year athletes can purchase compression items at greatly reduced cost, reflecting a potential further sponsorship of up to \$4000 if each athlete chooses to purchase two compression items

IAU World Trail Challenge

Australia's sole representative in the IAU World Trail challenge, Andy du Bois, was in action at Serre Chevalier in the French Alps on Sunday 12 July. He completed the race in 28th place in 10:24:47. The race was a challenging event running over a 68km course through the Guisanne and Clarée Valley. Twenty countries sent delegations to participate in this event.

IAU 50km Trophy Race

With the IAU 50k trophy race to be held in Gibraltar on 31 October, David Criniti and Verity Tolhurst are assured of a start. They will receive an all expenses paid trip for winning the Canberra 50km. There are 12 qualifying races of which 3 are yet to be decided. Anthony Farrugia and June Petrie are still in with a chance.

Deb de Williams

Under the banner Running Pink, Deborah de Williams has been running around Australia as a solo female runner, aiming to cover 20,000 kilometres, 55 kms a day, every day, all for breast cancer research and support.

On the 5th of June 2009 after 10825 kilometres and 224 days Deborah under medical advice had to end her attempt to become the first female to run around Australia. Due to her fall over Maggie in Elliot (she tripped over her dog while coming into Elliott, NT under police escort) Deborah has fractured both the navicula bones in her feet and will require surgery to have them fixed. This means Deborah ran over 857 kilometres on fractured bones.

The good news is that under top medical supervision and an athletic recovery program in February 2010 Deborah will be making her second attempt to become the first female to run around Australia and will continue her fundraising effort for the NBCF. We ask you all to keep watching this space and follow Deborah's recovery journey back to the road.

Deborah and the team of Running Pink would like to thank everyone who has followed and supported them throughout the last seven months. Running Pink is happy to announce that the run so far has raised over \$100,000 for the NBCF and Deborah and Maggie can claim that she was the first female and Maggie the first dog to run from Hobart to Darwin, a huge achievement in itself.

Fire disrupts Badwater ultra, USA

At about 10pm on July 14, fire erupted in close proximity to the finish line, requiring evacuation of the

finish line officials. Race organizers moved the finish four miles down the course and determined that runners who had not completed the course by 10:30pm would finish at the 131-mile mark. At that point 33 runners had completed the original course, and 43 more were still en route. The road was re-opened at 7am on July 15. During the 8+ hours the road was closed 30 runners finished at the 131-mile mark.

Those runners were later given the option (but not the requirement) of finishing the entire 135-mile course. Oddly, race organizers indicated that those choosing this option would be penalized for the time that the road was closed. Only seven of the 30 impacted runners chose this option. Some slower runners were not impacted at all by the road closure, as they did not reach the 131-mile mark until after the road was reopened. In all, 75 of the 86 starters finished the race within the 60-hour time limit. Temperatures peaked at 120F (49C) at Furnace Creek on Monday.

New Caledonia trail race

The Great Trail New Caledonia is a 107km ultra Trail with 5000 metres of difference in height, between Dumbea and Prony to be held on September 12 - 13, 2009.

The trail will take place in the contrasting surroundings of the South of New Caledonia: The red of the earth, the blue of the lagoon, rivers and lakes and the green of the endemic Caledonian vegetation. This trail can be run individually or by 2 runner relays, and has been designed for experienced runners, used to long trails run self sufficiently. Join the organization of this sportive, humanitarian and ecological challenge at: grandraidnc@gmail.com





AURA Point Score

Leaders as at 24 July 2009

Name	Points for 2009
1. Jo Blake	57
2. Malcolm Gamble	53
3. Michael Lovric	38
4. Jackie Fairweather F	37
5. Susannah H- Jamieson F	33
6. Meredith Quinlan F	32
7. Kelvin Marshall	31
8. Robert Boyce	27
9. Martin Fryer	27
10. Justim Scholz	24
11. Steel Beveridge	22
12. Ron Schwebel	21
13. Allison Lilley (F)	20
14. Tim Cochrane	18
15. Deanne Nobbs (F)	18
16. John Pearson	18
17. June Petrie	18
18. Glenn Lockwood	17
19. Brett Saxon	17
20. Verity Tollhurst (F)	17

16 points: Lachlan Fraser; Kevin Heaton; Billy Pearce

14 points: Philip Murphy; Caroline Pivetta

13 points: Michael Baldock
12 points: Terence Bell; Carl Barker; Anth Courtney; Andy Hewat

11 points: Brendan Davies; Andrew Johnson; Stephen Kibble; Eleena Rosevear

10 points: Karyn Bollen; Dave Brelsford; Kerrie Bremner; Kevin Cassidy; Tim Erickson; Mick Francis; Bernie Goggin; Ngho Ngho Nestor; Bruce Salisbury; Elizabeth Swain

9 points: Stuart Cole; Wayne Gregory; Peter Johnson; David Jones; Lawrie Lolait; Darel Robbins

8 points: Peter Bignell; Gregory Love; Scott Orchard; Keith Sullivan; Nick Thompson

7 points: Val Chesterton; Dean Cook; Nathan Fawkes; Geoffrey Last; Andrew Lee; Nick Manning; Brendan Myers; Bert Pelgrim

6 points: Bradley James; Roger Guard; Belinda Lockwood; Richard McCormick; Lindsay Phillips; Stuart Price; Phillip Whitten; Brett Worley

5 points: Nick Barlow; Colin Brooks; Max Carson; Andrew Duhois; Brian Glover; Rudolf Kinshofer; Simon

Krantzke; Colleen Middleton; Rebecca Oliver; Jessica Robson; Anthony Scott; Alan Staples; Ian Twite; Lynda van Dyk; Bruce Webber

4 points: Dan Bleakman; Ewan Horsburgh; John Keats; John Lindsay; Andrw Macdonald; Richard Pickup; Deryck Skinner; Troy Trehwitt

3 points: Tony Fattorini; Barry Higgins; Sandra Howorth; Tressa Lindenberg; Sharon Scholz; Vlastik Skvaril; Stephen Wright

2 points: Tamyka Bell; Mick Corlis; Allan Devine; Nick Drayton; Peter Gardiner; Angie Grattan; Laurie Hennessey; Vivienne Kartsounis; Ben Storer

1 point: Noel Annett; Steven Appleby; Carol Baird; Elizabeth Bennett; Peter Brett; David Clear; Tony Collins; Kim Cook; Simon Fairweather; Bob Fickel; Peter Fitzpatrick; Bernadette Gregory; Jacquelyn Guy; Sharon Harrison; Trevor Jacobs; Amanda Underwood

For full details see www.aura.asn.au/points_comp.html

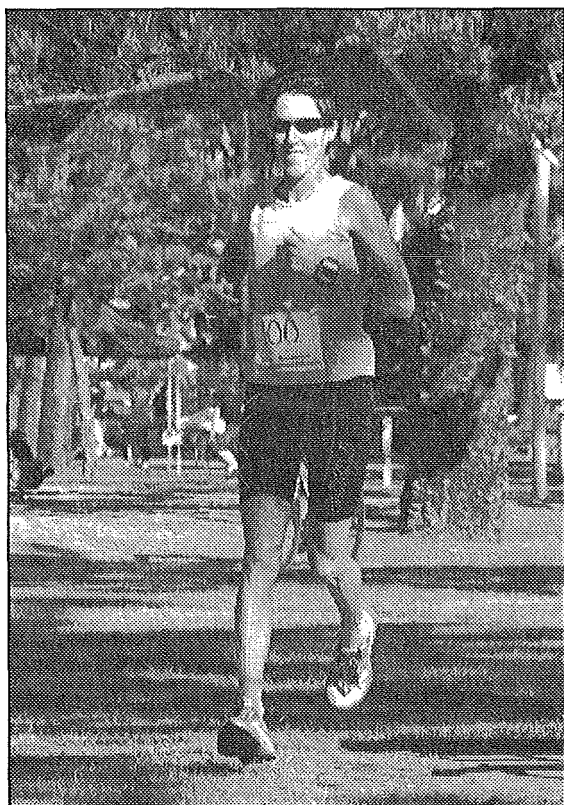
INTRODUCE A FRIEND AND WIN - HELP US MAKE **300** in 2009

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.

Photo: Jackie Fairweather wearing 2XU



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GU Energy Gel

Provides what you need for premium exercise fuel.
Available in 8 flavours



GU Ractane Energy Gel

Advanced formula amplifies GU's original Energy Gel recipe.
Available in 2 flavours



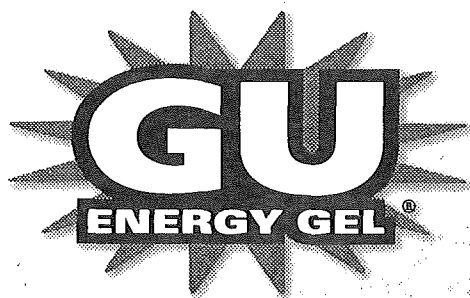
GU Chomps

Pure Performance Energy Chews offer a change of pace from gels.
Available in 4 flavours

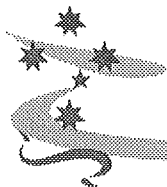


GU20 Sports Drink

Mix your own! When your body needs more than plain water to rehydrate.
Available in 4 flavours



Contact GU: Phone/fax: (02) 9524 1867 Email: gu.sports@bigpond.com www.gusports.com.au



The North Face 100

100km, Blue Mountains, NSW - 16 May 2009

Race organiser's report

Returning to the World Heritage listed Blue Mountains for the second year, the extreme endurance race was deemed a success and saw 333 solo runners and 31 pairs embarking on an exhausting but ultra-rewarding journey. They came from the four corners of Australia and beyond with runners hailing from across the Tasman, PNG, Hong Kong and Europe. Determined and geared up to face gruelling hours of running through the relentless terrain and rugged environment, the 395 ultra-runners departed on Saturday 16 May at 7:00am in crisp and cold conditions.

Winner Andrew Lee, 39, from Warimoo in the Blue Mountains, powered through the whole race and conquered the distance in 10: 20:51 beating last year's record by two minutes. Surprised by his stunning result as he had never run longer than 45 km in his life, the father of four was just hopeful of finishing around 11 hours.

"Winning and picking up the race record was a real bonus and I am pretty happy about that. I was in the Six Foot track marathon a few weeks ago, and that was a 45 kilometre race where I came second. After that I kept up some training for the Canberra marathon and straight after focused on The North Face 100 so I did a fair bit of trail running near by home for the past 3-4 weeks, leading right up to the race. I didn't know what to expect. I was hopeful that it wouldn't be too hard, but it is a tough and gruelling course, relentless at times, particularly coming out of the Kedumba Pass up near Wentworth Falls. It was a bit of pain coming up some stairs, I was getting sick of stairs towards the end; the last leg was really hard. Overall it was a really good day; the scenery is amazing, the organization very professional."

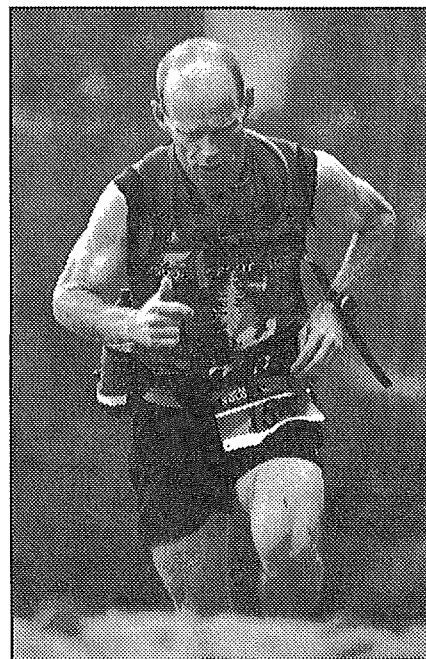
Following less a minute and a half behind was Tim Cochrane who fin-

ished 2nd in the Open Male category in 10:22:21 after an amazing acceleration between checkpoint 5 and the finish. He also thought that a good recovery strategy would be to ride his bicycle to the prize ceremony on Sunday from Parramatta, a return trip of over 150kms. Branden Haywood took third place in 11:39:22, leaving the first two winners far ahead. Defending champion Andrew Kromar was forced to pull out due to a pre-existing ankle injury after pushing it hard to the 54 kilometre mark. A shame as he was on track to beat his 2008 record. A notable feat is that of Wayne Gregory, winner of the veteran category (over 50) in a time of 12:37:47, who went back to Sydney to run the Sydney Half-Marathon on Sunday morning before coming to the prize ceremony in the early afternoon. James Pretto won the under 25 category in a time of 13:35:39.

Special guest Dean Karnazes set a steady pace and arrived approximately four hours behind the leader with a final time of 14:42:56. John O'Regan travelled for this event from Ireland to complete his 7 ultras in 7 continents, finishing in 15:51:56.

The women's race was taken out by ACT resident Julie Quinn (a New Zealander) who smashed the record in an outstanding 12:13:45, taking 8th position overall. She was followed in second position by Beth Cardelli in 13:34:53 and Robin Cameron in 14:16:48. First female under 25 was Margaretha Fortmann in 16:03:05 and first veteran (over 50) was Ann Mackie in 16:33:48.

In the Marathon Pairs relay event, Team Blackheart (Liam Davies and Alex Stuart) came back to win a second year in a row in 11:03:18 in the male category. Team Live Strong (Nicci Drew and Kellie Epis) took the female category in 12:23:50 while the first mixed team was Team Landsedge (Rhett Doyle and Fleur Harmelin) in 15:21:10.



Winner Andrew Lee at North Face

Runners continued to trek throughout the night and into the morning, with some finishing the race up to 26 and a half hours after they had begun. Altogether 282 participants made it over the finish line.

You can access full results at www.thenorthface.com.au

Race report by Andrew Hewat

Halfway up Nellies Glenn and a jet roared unseen across the sky high above me. Steps and more steps, ever upwards. Then another jet? No, that was the wind roaring through the trees on the ridges high above the valley. The hot sweat dripping off my nose will soon chill me once I am exposed back up on the ridge to Katoomba.

What a day of contrasts. That is the North Face 100 trail race. Highs and lows. Climbing and descending. Running fast and walking slow. Smooth, wide-open fire trail and narrow, gnarly singletrack. Soft, leaf-lined soil paths and brutally hard steel steps. Warm sun and bitter cold wind. This race has it all.

"The trail dropped back into the valley and I thought it would never end"

The early morning start saw the 300 plus runners stream out of the Fairmont Resort in Leura and wind our way around iconic Blue Mountain landmarks like the Three Sisters, Leura Falls and under the Scenic Skyway on smooth rolling trail. A conga line of runners kept the pace in check but allowed glances across the valley at the early morning light dancing over the escarpment. I was frustrated by the slow pace on the very runnable trail but sat back and enjoyed the view.

After a steep climb up the Golden Stairs, I was at Checkpoint 1. I knew the Tarros Ladder was in the next sector so I ran hard hoping to beat the queue. Mile after mile of firetrail rolled out as I climbed the Narrow Neck. Around every bend more runners to chase. Spectacular views unfolded on both sides as the world fell away to the forested valleys far below. The wind whipped across us as misty rain sprung from the low set cloud. After leaving the road, a short rock scramble led to the top of the infamous Tarros Ladder. Oh crap, around 20 runners were huddled in the biting wind, each waiting their turn to climb down the jury-rigged aluminium ladders, encased in a cobweb like rope net. 20 minutes seemed like an eternity but my turn eventually came. Down one step at a time, slow going. Releasing the bottom rung I cut loose and ran hard to warm up again, greeted by tight singletrack and steep, slippery gravel where I slid out of control and bounced off the trees like a pinball. After breaking from the trees more firetrail led down to the welcoming CP 2.

Shortly after leaving the comfort of the aid station the course climbed the Ironpot Ridge. Hand over hand scrambling. You could hear the deep breaths of runners gasping for air. At the top we were directed along the ridge on a technical out-and-back section.

Runners kept coming towards me, punctuating the rocky landscape. The exposed outcrop marking the turnaround provided great views. Back down weaving through the

trees and oncoming runners. Then a steep drop off the ridge, free falling through the forest. My feet clawed at the ground but slid forward inside my shoes, the soles burning as I slipped and slid down to the creek.

Then the track wound through farmland before emerging into the upper reaches of the Megalong Valley road. Horse country. My nostrils filled with the strong aroma of horses and horse manure, a total contrast to the crisp forest air just minutes before. I was feeling strong so ran the road hard to CP3. Mandatory gear check was the first priority. Refill and refuel. Done. And on my way onto the Six Foot Track headed towards Katoomba.

A couple of km down the track I realised I hadn't refilled both my bottles and suddenly felt very thirsty. I slowed to conserve what water I was carrying. Runners were few and far between. I passed a few. A few passed me. The climb up Nellies Glenn bunched us all up in a kind of communal effort. As we broached the top of the stairs we moved into yet another weather zone and suddenly the warm afternoon sun was but a distant memory as the icy wind tore at any exposed flesh. Sensing the next aid station and more fluids I ran hard through the fringes of Katoomba to the oval and CP4.

I collapsed on the damp grass and guzzled the soft drink my crew provided. I donned my light jacket and headlamp in preparation for the approaching night and headed off. Echo Point was buzzing with tourists and they looked on with perplexed amusement. I passed a little posse of runners before realising one of them was Dean Karnazes, the man himself. Cool. How many sports do you get to compete against international sporting celebrities?

A guy dressed in civvies and carrying a huge camera was running along ahead of Karno snapping pics. Then came the quad-busting Giant Staircase. Down, down, down. I thought it would never end. Relief came on the mossy forest trail at the bot-

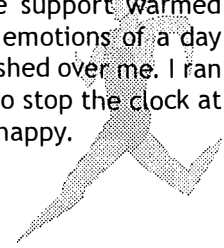
tom as the fading light struggled to reach the valley floor. I ran hard to use the last light before reaching the open firetrail that descended further down Sublime Point Ridge.

It was dark now as I wound down, down until my quads thought they would explode on the hard packed road. The reflective ribbons marked the course, reassuringly. I splashed through the shallow Jamison Creek before starting the long climb to Kedumba Pass and then the old Queen Vic hospital site. Head down and grind it out. CP5 was a welcome site in the now cold, lonely night. Crew huddled around a blazing fire, the warmth beckoning me.

Tim Cochrane offered me some pizza and he didn't have to ask twice. I knew he had finished second to Mark Lee, and here he was back out helping other runners. Great effort on both counts. I had been resisting trying to chase the 14 hour silver buckle cut-off but weakened now. I wondered how much time I needed. I asked him what would be a slow split for the last sector. He said he couldn't remember his time. I said a slow split! Never mind, I would just go as hard as I could.

Out on the road a young runner caught up and passed me. He asked how far we had to go and if he could make 14 hours. I said *no way* but he took off anyhow. I passed him about 3km later dragging his feet. A valiant but futile attempt. The trail dropped back into the valley and I thought it would never end. Then the new Lillian's Bridge and I started climbing for the last time.

The trail popped out onto mowed grass and I knew I was close. Glow sticks marked the way. I could see banners flapping in the wind. Across the lawns of the resort the finish chute was in sight. I dug deep. People were clapping. It was cold, dark and late but the support warmed my heart as the emotions of a day of honest toil washed over me. I ran hard to the line to stop the clock at 14:30. Tired but happy.





Banana Coast 85km ultra

Coffs Harbour, NSW, 10 May 2009

Report by race director Steel Beveridge

It has been said that it only takes one starter to make an event and two to make a race. On Sunday the Banana Coast Ultramarathon went one better with three starters. The equal smallest field to contest the event still managed to provide a slice of history as the three runners set and reset goals on the Orara Way to Grafton.

Only one runner, the indomitable Kelvin Marshall, made it all the way to the Crown Hotel finish line in Grafton. Finishing his 218th ultra, Marshall established his dominance early, charging ahead from the start to leave the other runners, Rodney Ladyman from Brisbane and Bruce Webber from Coffs Harbour, to keep each other company. For Marshall it was his sixth finish in the Banana Coast event and his fifth victory. He now has the distinction of having been the winner the only time the race was held on an out-and-back course and the only time only one runner made the entire 83 kilometres journey.

His time of 7:17:35 was a virtuoso performance. He only realized that his rivals were no longer pursuing him when Rodney Ladyman caught up to him riding in his car. Marshall was already in South Grafton by that time.

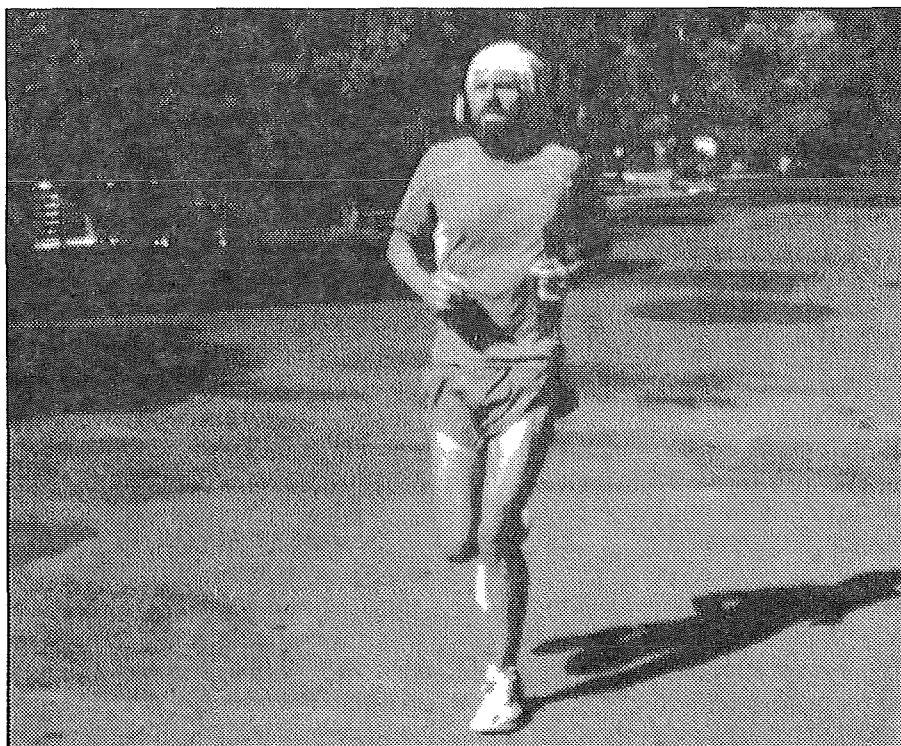
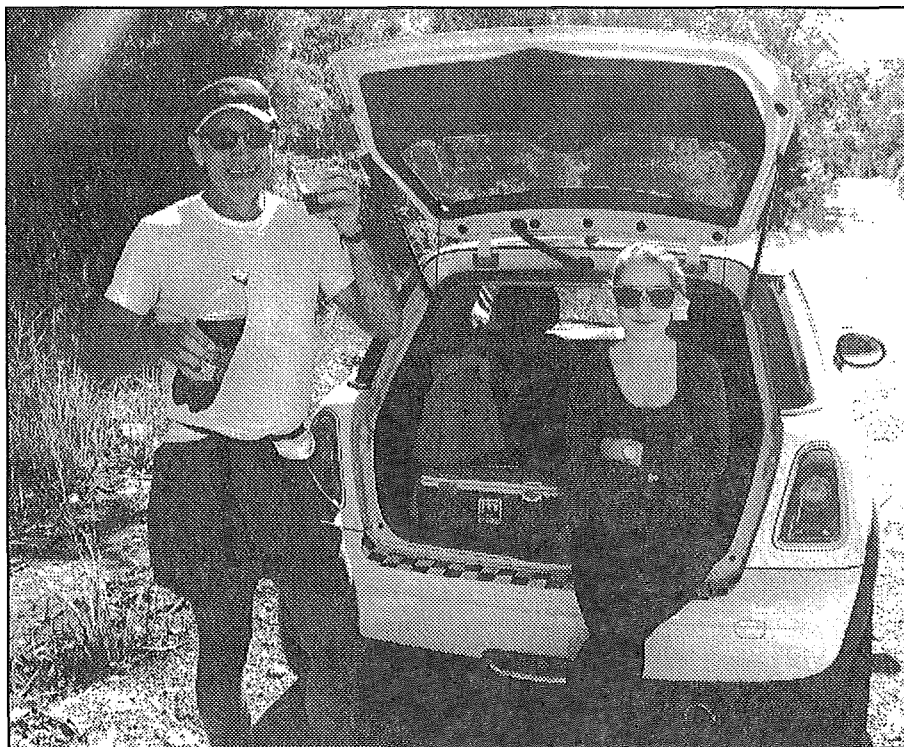
Apart from the satisfaction of the victory, somewhat muted by the lack of others to share the podium, the Gold Coast resident was pleased with the training effect of the run as he prepares for a second tilt at the Badwater 135 miles race across Death Valley in the USA. later in the year.

Both of the other runners were also looking for the added spice of competition as they prepared for longer races later this year so were quite

content with their efforts on the day. Ladyman reached the Lanitza service station in 6.27.00 while Webber made it there in 6.48.19. The pair had run together for the first 40kms before Webber backed off the pace to save himself for another day.

Photos below:

*Rodney with his support crew
Kelvin approaches the finish*





Walhalla Wound-Up 50km

Walhalla, Victoria, May 2009

Commentary from Ian Twite

When Bruce Salisbury started this event up in 2002 he wanted to bring an ultra event closer to our home town of Traralgon so we could enjoy our passion of ultra running without travelling so much. What he gave us is an absolute gem of an event that the majority of the running community unfortunately hasn't yet embraced. When you drive into Walhalla you are immediately at peace with life as it's that type of place. Its beauty and tranquillity make you feel that there is no better place to be. Although the three events on offer are 19km, 37km and 50km none of them actually feel that far.

There is so much to enjoy and see while running these events that time and distance do not seem to matter. It is amazing that so many runners will flock to Melbourne to do a race. They pay a high entry fee to battle large crowds run on a hard bitumen surface in an environment full of noise, pollution and traffic. In Walhalla you will find nothing but peace, beauty and an experience that will last you a lifetime.

This year's winner of the 50km event was Traralgon Harrier Richard Comber and it is very pleasing to see an honest club member like Richard crack a big race. He hasn't had a lot of success running ultras and marathons but he is always ready to have a crack. He had to push himself to run a 23 minute PB and thoroughly deserves his win and place in history.

Report by race director Bruce Salisbury

Again we were blessed with a perfect day for the running of the Walhalla Wound-Up. Unfortunately numbers were a little down but then paradise is only for those select few that are prepared to get up and embrace the dawn. With the weather gods

smiling on the beautiful township of Walhalla and surrounded by friends new, old and yet to be, how could you not enjoy the day and embrace the challenge ahead?

In the absence of our usual starter Mr Michael Leany, proprietor of the Walhalla Star Hotel, the honour fell to Jenny Comber who under immense pressure from others to do the 19k resisted and helped a fat, old ex-athlete follow his destiny of running another failure.

Before I go any further and get to the part you have skipped over this bit for, to see your name immortalised in print, or to scoff at the times run and say I could have done better than that if I had run, and yes you probably could have if you had been there but you weren't so what you think doesn't matter a bit, I am going to thank my little band of helpers who do a mighty job and whom without, the event wouldn't happen.

*"This year's winner of
the 50km event was
Traralgon Harrier Richard
Comber and it is very
pleasing to see an honest
club member like Richard
crack a big race"*

I cannot express my gratitude enough to these people who roll out in the early hours of the morning to make my life easier and allow me to confuse my A's (Ambition with Ability) expecting nothing in return, and as a by issue assist you the runner, in the name of friendship. It humbles me. Thank you Barry and Carol Summersgill, Jenny Comber, Margaret Salisbury, Leith Manson, Shannon Bailey, Ben Bailey, Jenny Pruscino for the cakes

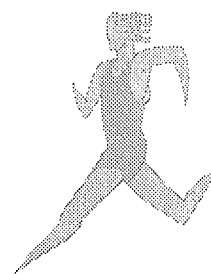
and Duncan Orr, Richard Comber, Peter Evans for their kind offer of assistance. I also thank the runners who keep supporting the event and hope you will keep coming back even after the day I get to call you all "Wally". Special mention to Rob and Leanne Embleton who drove all the way there to offer me a ride but unfortunately were unable to wait the extra 20 minutes at the rendezvous point for me. Apologise to Jemma and Hunter Bailey for the long day.

This year I was pleased to welcome Ian Twite, Brian Glover and Peter Gray in the 50k and Darrell Cross in the 37k into the Wally Club, also Jenny Comber, Barry and Carol Summersgill as honorary Wally's for services rendered. I would like to tell you something about the races but I was so far back that I saw nothing and nobody and was able to waddle along marvelling how one could feel so miserable on such a fantastic day and ponder why I was alone.

Now on to the bit that you have been waiting for or have you already read it?

50km Results

1. Richard Comber	4.43.39
2. Ian Twite	4:49:50
3. Matt Franke	5:05:13
4. Georgia Shaw 1 st F	5.28.21
5. David Styles	5.28.49
6. Robert Sutton	5.39.55
7. Barry Higgins	5.57.41
8. Ken Lancaster	6.00.38
9. Brian Glover	6.46.01
10. Peter Gray	12.14.49





Gold Coast 100km

Race report by Jackie Fairweather

After achieving my 2008 goal of sub 4:00min/km for 50km, I figured the logical progression for 2009 was sub 5:00/km for 100km. Early this year I picked out the inaugural Commonwealth Championships 100km in Keswick, England in September as my major goal race for the year. Ian Cornelius from AURA had told me it wasn't essential for me to run a 100k to qualify for the Commonwealths Team, but I was keen to somehow experience one if I could work it in. I had Gold Coast 100 in the back of my mind but was worried it was a bit early.

My biggest worry was going to be pacing and nutrition. I was going into uncharted territory with this race. My longest previously was Bush Capital 60k in 2007. I received great advice from Flyer, Kerrie and also my friend Christine who was helping out with organising the race. Still, I knew I had to experience it all for myself to really know what it would be like. My aim was at least under 5:00/km but my best case aim was sub 8hr. Really though I just wanted to see what it was like and learn from the experience.

The gun went off at 6am Sunday and for me it almost felt like: "ready, set, run slowly". I really tried to hold back early, but was torn between going with the six guys who took off in front of me and finding a pace that was comfortable - I was worried too slow might be worse than too fast, making me feel sluggish, but too fast might be suicide. Soon enough I decided to run with some others and just talk and relax the first lap or so (the course was 4 x 25k out and back). So one by one I caught and ran/chatted with the guys in front of me. The first lap went by pretty easily, although the drink stations took a bit of getting used to. Even though they had

helpers on the drink stations, it was pretty well help yourself. I had put a bag of drinks and food options together for the two drink stations that would be each 5k mark (plus one for the start/finish area, making 25,50,75k), but my 10km bag had ended up at the far turn around (12.5k) so that threw my nutrition plan out right from the start. Even once I worked that out I had to find my bag and fossick through it each time I wanted something from it, which cost time.

8hr pace meant 1hr for each 12.5k and 2:00hr for the full out and back lap. By 10k into lap 2 (ie 35km), I was on my own in 3rd place and in a comfortable rhythm. At 44km we had a 10 minute storm with wind and heavy rain. Even though we all got saturated, the rain was welcome as it both cooled things down and cleared the paths of morning walkers. The rain did however, have a negative effect of knocking the rhythm a little and also making me get a bit cold and tight - but it was soon back to 22 degrees and sunny and all was fine.

The 50k turn around came in about 3:50.33hr (3:14.05 through the first marathon by my Garmin). I was on my own now and feeling good. I wanted to let loose a bit. I was getting a bit impatient and chomping at the bit. I got down to the 62.5km turn with a 56:32 split, my fastest of the race. At the turn I found out that one of the two guys in front of me had pulled out, so now only one (Terence) and he was about 8-10min in front of me. I later worked out I really didn't eat enough this third lap and I was starting to pay for it - I got a bit too confident I think.

I got to the end of the 3rd lap and the 75km mark in approx 5:45.20. If I could hold the same pace, then I realised I was going to go close to the Australian women's record of

7:40hr. We were at the business end of the day now and I was feeling rather daunted by another 25km. Christine headed out with me as my lead bike (she'd been lead bike for me on lap 2, with race director Peter Hall chaperoning me on lap 3). My brother and his wife had also arrived to support. And I had several other friends out on the course throughout the day - but especially on that last lap.

I first faltered at 80km - the Nobby's Beach stairs. With my friend Lizel cheering for me from the top, I really struggled up the stairs and went quite lightheaded and nauseous. But I pushed on. Where in previous laps I had been smiling and talking to other runners, friends and just people on the course, this lap I was very much internalised and saving my energy all for myself. Christine was great - rode in front of me and forewarned people I was coming but knew not to ride beside me and talk to me at all. I got to the final turn around (87.5km) with a 59:17 split - better than I had expected (second marathon had been 3:15.29). But at the turn I nearly lost it - felt very sick and light headed.

I told Christine I needed to walk for a bit. Her ultra experience came in very handy here and she made me try to get another GU down, despite me feeling like I just couldn't. After losing almost 3 minutes I got going again and back into about 4:40-45 pace. Feeling a little better, determination kicked in and I was on a mission to finish this thing. Apart from a walk over Nobby's Hill again (it was bloody steep at this stage) and a stop for another GU at the last drink station (5km to go) I managed to hold onto 4:45/km and finish it off.

The finish was a welcome sight but I did for a moment in the last km relish the fact that I had done over 99km. I crossed the line well under my goal times and lay straight down

in the shade. Then I couldn't get up because my hips would cramp every time I tried to sit up. Friends at the finish all stood around talking to each other almost oblivious to me on the ground - I guess it is kind of expected that you'd lie on the ground for a while after 100k.

Race report by Terence Bell

Participating in the Sydney Oxfam Charity events was my first exposure to ultramarathons and these team-based events inspired me to complete an individual 100km race at some stage. Why not add the Gold Coast 100 Super Marathon to my running achievements and tick this off the list?

After developing a solid base building up to the Six-Foot Track in March, my specific training began 10 weeks out where I followed Don Wallace's training program (http://www.goldcoast100.com/GC100/data/TrainingFor100km_DonWallace.pdf), whilst also taking guidance from the well-respected NZ coach the late Arthur Lydiard. Essentially the focus for my training was endurance and stamina with the final few weeks dedicated to strength and speed.

Training went to plan and with a few road races mixed in (Canberra 50k, Sydney Half Marathon, Sydney Striders 10km) I felt like it was all coming together for a sub 8hr finish. With my body working in overdrive my immune system was lower than normal and I got sick two weeks out, forcing me to cut back on the training and focus on restoring my health. Plenty of rest supplemented with herbal remedies allowed me to shake it in a week, however the next small setback was the most frustrating. I was experiencing tightness in my right leg which was being caused from tightness in my right lower back. Remedy: heat pack, tennis ball and an expert in myotherapy massage. Right up until race day I wasn't comfortable that everything was OK and I did feel nervous standing on the start line, not sure if I was even going to complete the event.

Lining up I knew I had done the work to run a decent time, however

I was still anxious about my acute injury and how this could affect my race. With a full moon lighting up the start line, the gun went off at am on a chilly but clear morning at Broadbeach. I went out at the predetermined pace of 4.25-30 per km and held this for the first 25km. The course is relatively flat and consists of 4 x 25k laps but the organizers also threw in 80 sharp stairs at Nobby's and a few small hills at Burleigh. Apart from that the flat course allowed me to run pretty consistently and maintain my pace throughout which is how I love to run. I maintained 4:25-30 pace for the second 25k and was feeling strong and very comfortable at the 50km mark. Just after that point I passed the lead runner (who pulled out due to a calf injury) then continued to hold the same pace for the rest of the loop.

After running next to one of the race marshals on a bike, I cruised through 75km and although my body was fatiguing, everything had gone to plan. After turning around for the final lap this was the point where I really started to feel the physical pain (especially in the quads) and where mental strength would play a key role. At the 77km mark I could feel my body overheating internally and with the sun glaring down on me, I felt a bit delirious with my mind wandering for the first time in the race. I was in desperate need of water to cool my body down and I managed to keep it together, albeit dropping the pace to 5:15-5:30. The aid station at 80km was enough to refuel me with water and a much-needed kick from a Leppin gel. I pushed on and was able to pick up the pace from the turnaround point, knowing most of the hard work had been done - it was just a matter of staying in the zone.

Running the final 12.5km I didn't feel much physical pain as I had my eyes on the prize. So I kept my head down, focused on the white line on the road and stayed relaxed, eventually crossing the line in 7hours 42mins in first place. It was an amazing moment seeing my ecstatic parents and friends and although I was sore, I was definitely satisfied.

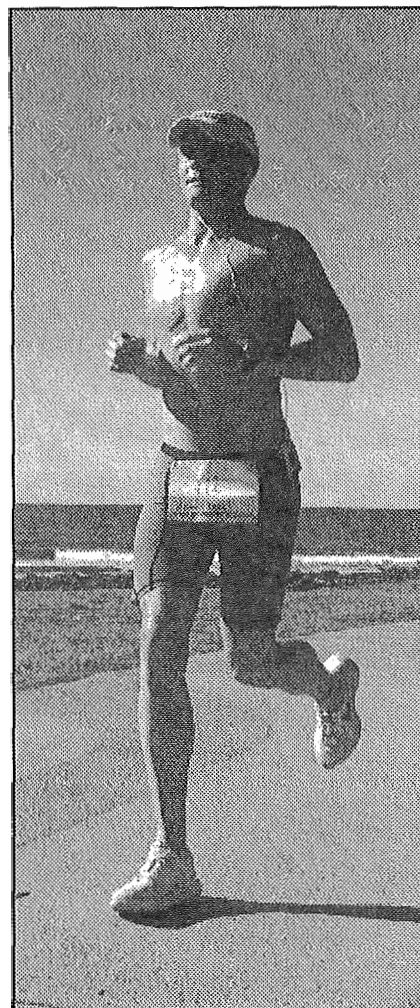
Results 100km event

1. Terrence Bell	7:42:08
2. Jackie Fairweather 1 st F	7:48:51
3. Malcolm Gamble	8:54:45
4. Martin Edwards	9:06:51
5. Kelvin Marshall	9:19:46
6. Michael Lovric	9:21:53
7. Pam Muston 2 nd F	10:35:45
8. Lachlan Fraser	11:11:21
9. Cassie Smith 3 rd F	12:36:50
10. Glenn Dobson	12:53:30
11. Geoff Dixon	13:09:42

50km event

1. Mike Page	3:49:30
2. Troy Trewitt	3:59:45
3. Michael Rogan	4:01:23
4. Megan Wei 1 st F	4:05:38
5. Eleena Rosevear 2 nd F	4:18:46
6. Stephen Wright	4:22:04
7. Adrian Pearce	4:22:59
8. Mark Barrett	4:37:53
9. Ben Steele	4:47:17
10. Ben Storer	5:13:17

*Photo provided by Brett Saxon
Terry Bell at the Gold Coast 100*





IAU 24 Hour World Challenge

Bergamo, Italy 2 - 3 May 2009

Report by Mick Francis

This year's 24 Hour World Challenge was held in the northern Italian town of Bergamo. Australia fielded a four man team consisting of Mick Francis (captain), John Pearson, Michael Lovric and Robert Boyce (team manager and runner) and once again a lone lady runner Deanne Nobbs.

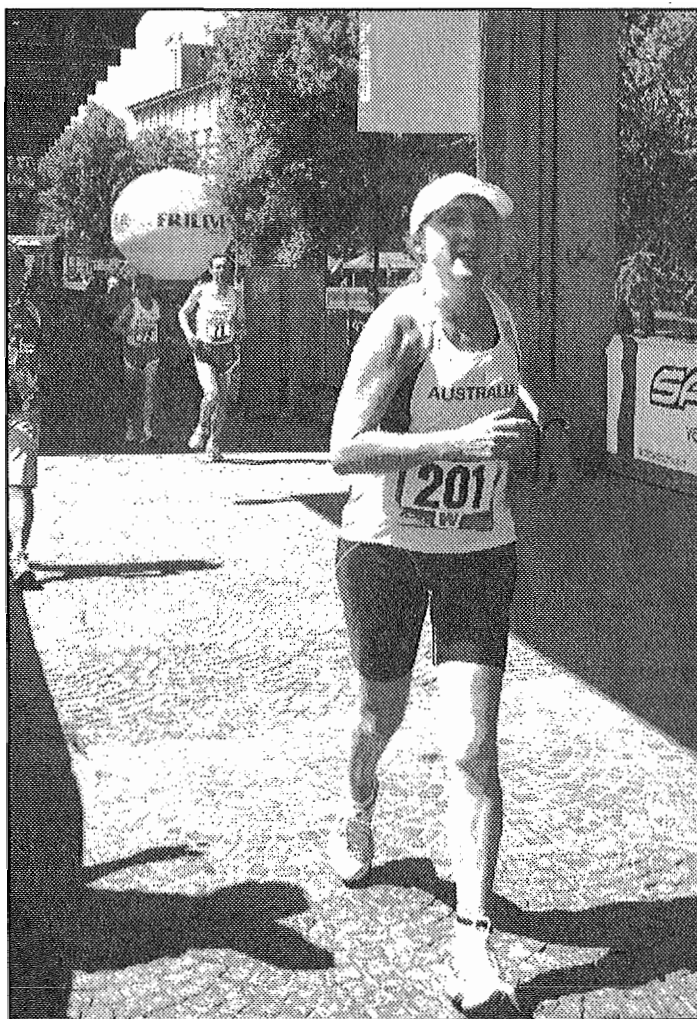
As the teams assembled in the days leading up to the race it was evident that this was going to be a very well organised event. Nothing seemed too much trouble for the organising club: 'Runners Bergamo' and they were very keen to please. This year the teams, 28 in all, were accommodated in hotels around the town and we were lucky to be in the Mercure Hotel overlooking the race loop. The course was in the lower town centre and consisted of an 1134m rectangular loop of bitumen and a section of cobbles. The crewing area was situated along a 200m straight which is usually the bus station.

Race day dawned bright and sunny and from our hotel breakfast room we could see the many helpers and officials hard at work setting up the course, which by now looked great with banners, balloons and carpet to cover some of the cobbles.

At 10am we were off with the usual chaotic start which took a while for everybody to settle down to their respective paces. With 200 runners it is easy at times to get dragged along faster than is sensible.

The day as expected turned out

to be hot and the sponge station on the back straight was being stretched to their limit. Crews were kept busy providing ice as the organisers couldn't keep up with demand. Crew member Tony used his initiative and chatted up the female



Deanne at the 24 hour Worlds

staff at the nearby McDonalds to produce ice in abundance but still not enough to keep his runner happy. John's need for ice cold drinks even after the sun went down kept Tony on his toes.

My race was most definitely not going to plan. By 4 hours I felt unusually fatigued despite a modest start. Slowing didn't help and was followed at 7 hours by total collapse after nausea; dizziness and weak-

ness took its toll. I was picked up off the ground by Irish runner Eddie Galen who passed me onto Michael who passed me on, relay baton style to Rob who managed to fend off the enthusiastic medics keen to get me off the course. Eventually we made it back to the crew tent where I was tended to by Valerie Banham and Dr Andy Lovey from the American team who makes himself available to us Aussies in return for a supply of Vegemite.

I made many attempts to get back but by now there was obviously something wrong with me. Visits to the portaloos also showed up a potentially serious problem which worried Andy and me. I was getting weaker and the dizziness was making it very difficult to even stay upright let alone make forward progress. The rest of the team were also concerned for me and this was taking their minds off their own race.

John, Michael and Deanne were making good steady progress, each were having their own issues and working through them. Rob was aware that an interrupted preparation and work commitments were beginning to take their toll and had modified his race plan.

At 13 hours I went into the tent and that was it. After 4 hours passed out on the concrete floor I was taken back to the hotel to sleep but that was virtually impossible. My head was spinning and I was bitterly disappointed.

At 6:30am I staggered back to the course. On arrival I found that the team were going well. John and Michael had powered through the



Mick Francis in a bad way



John Pearson

night and 200km plus were within their sight. Rob, now 3rd scorer, had worked hard through the night and was running more than walking. Deanne was running as she always does, strong and totally focussed. As the race drew to its conclusion it could be seen that the heat of the previous day and the difficult surface had taken its toll, with many runners having pulled out.

Finally a gunshot signalled the end. The race was won by Swedish runner Henrik Olsson with a tally of 257.042km. This is much lower than the usual winning distance which probably was an indication of the difficult conditions. But Anne-Cecile Fontaine ran an amazing 243.644km. She came 3rd overall against some of the best male runners in the world and missed the female world record by just 13 metres.

John Pearson ran a PB of 210.257km, speeding up over the last hour finishing really strongly. He was followed by Michael Lovric who also pushed hard towards the end and finished with a total of 206.464km. Rob Boyce rounded off the team with a strong 178.255km despite having problems early on. This gave our team 11th place.

Deanne Nobbs ran a typically strong run never leaving the track and pushing right to the end, achieving 184.026km. Another fine performance, from a tough, determined lady.

At this point I must mention our wonderful hardworking crew of Valerie, Pitsamai and Tony who at times really had their hands full, especially when I was having my horrors. They gelled together as a team and worked like a well oiled machine and still kept their humour right to the end.

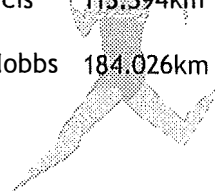
Australian Results

Male

40	John Pearson	210.257km
48	Michael Lovric	206.464km
108	Robert Boyce	178.255km
173	Mick Francis	113.394km

Female

30	Deanne Nobbs	184.026km
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100km World Championships

19 June, Torhout, Belgium

Race report by Caroline Pivetta

The days leading up to the race were great. We spent time in London, Bath, and Cardiff, before heading to Belgium to meet the team. Our hotel was in a small town between Brugge and Torhout (race location) so we did a bit of sightseeing around the region. For a group of runners we sure did eat a lot of pastries and chocolate.

The technical meeting and then official opening ceremony was a nice way to remind us why we were in Belgium (apparently it wasn't just for the chocolate). I wore the Aussie tracksuit with pride and was very excited to see all the countries represented and just how many other people in the world run these crazy distances. The pasta party reminded me of a flock of seagulls descending on a bag of chips left in the park; I've never seen such desperation. The cheer from the Aussie team when it was announced over the loud speaker that we would be served in alphabetical country order was impressive.

Race day was interesting as race start was 8pm. It did however provide lots of time to prepare drinks and food, attend team meetings etc. All the Aussies were feeling pretty good and we had expected (hoped) the three women to run sub 9hrs and the men to all go under 8hrs with one under 7hrs.

The start was bedlam. At least the world cup competitors were starting at the front (approx 200 of us), then there were the marathon competitors and other 100k runners. We were crammed like sardines at the front until the gun went off and fortunately everyone was sensible enough to be careful until we were able to spread out. There were numerous aid stations but the Aussie team only decided to man two of them, so we had

aid at about 12k and also at the start/finish point. It was a 22k loop, then 4 x 19k circuit course.

I planned on running 4.45min/km for about 2 hours, then would drop back to 5 - 5.15 min/km until hopefully about 50kms. At about the 5km mark, I thought, gee I feel tired. Not such a great feeling to have with 95kms to go! Anyway, I got into a rhythm and ran with various marathoners at a reasonable clip before going through the marathon at 3.35hrs. I was happy with that. However as soon as marathoners finished I found myself alone on the dark country roads with my pace rapidly decreasing. I kept trying to pick it up but realise now just how much I rely on company during these long events. At this point I had been the leading Aussie female, but if everyone was running to plan then with my diminishing pace, it was only a matter of time before Kerrie and Susannah picked me up.

Sure enough Kerrie and a friendly male Belgian runner came up beside me at about 55kms and I quickly joined them. Instantly I felt better and picked up the pace without any problems (I must have race concentration issues.) We chatted and settled into a good pace but realised at this point that sub 9hrs was off the radar for us. For the next 45km we worked together and fortunately seemed to hit the low points at the same time. Our rewards at each aid station ranged from allowing a 20 metre hydration walk, perhaps a "no doz" tablet, a gu, or whatever else was required to keep spirits at a reasonable level. In the early stages of the run I had suffered from a left hamstring problem and acute lower back pain, however by 60km the pain all just blended in. I'm not sure what happened given that previous runs indicated no issues at all. Unfortunately it didn't turn out to be the day for the rest of the Aussie team either. Kerrie and I stayed together for the re-

mainder of the race and I thoroughly enjoyed Kerrie's company and encouragement. I hope I provided at least a small bit of that to her.

We crossed the finish line just before 5.30am with a time of 9.24hrs. It was actually a one minute PB for me so at least I'm consistent. By the time the runners and support crew got back to the hotel it was about 8am and the support crew crashed sound asleep in their respective rooms. The runners of course couldn't sleep a wink due to the sugar, caffeine etc pumping through the body. Despite exhaustion I don't think anyone slept until late Saturday.

Australian results

Male

41	Dean Cook	7:50:35
76	Michael Baldock	8:24:47
89	Tim Cochrane	8:36:17

Female

131	Caroline Pivetta	9:24:41
132	Kerrie Bremner	9:24:41
157	Susannah Harvey Jamieson	10:00:04

Race report by Dean Cook

The course was woven through Belgium's historical townships and the Flanders Fields of World War 1.

This year the race was started at 8pm. At first a night race seemed not to register much concern from the team. The flat five lap course and cooler temperature even had some assume it was to be an inviting challenge towards personal best pursuits. I found that night racing affected running rhythm and distance detection, which had brutal bearing on constant physical judgments, biomechanical abilities and psychological strength. The night race required much more mental application than previous races. Without pace and distance perception, as lap after lap was looped it just seemed as though each lap

"The speed of the group seemed to fluctuate on a comfortable 14.5 to 16 km/hr pace"

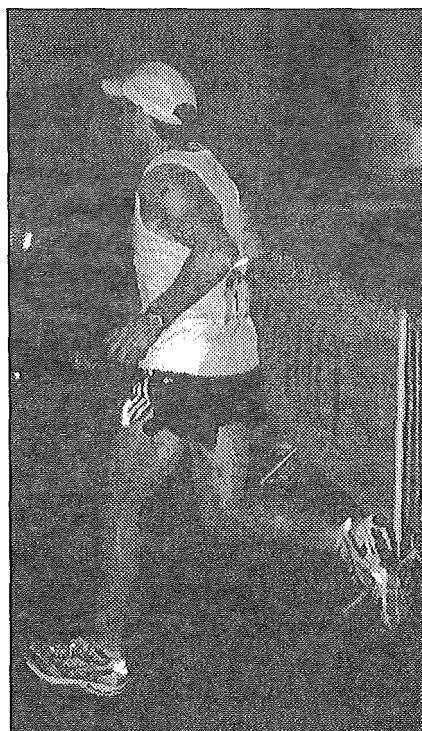
was getting longer. Runners ahead where hidden by the darkness, locations along the course seemed similar with only the consistent sounds of your breathing pattern with the foot strike breaking the night silence. The Night of Flanders World Cup 100km mentally surprised with overwhelming feelings of confusion while surrounded by silence; this required continual self reinforcement to restore or rebuild a race plan.

The summer light had faded at around 10pm, so the flat and open green agricultural pastures and the restored medieval towns were observed before the darkness surrounded the race. We all had comfortable starts, or more to the point we were all comforted by finally starting. Tim Cochrane nested within a reputable pack of runners, some who have performed commendably from recent World Cups. So to be on the back of that pack for as long as possible seemed an intelligent move; I too held on. The speed of the group seemed to fluctuate on a comfortable 14.5 to 16 km/hr pace. Many of the team realised a rhythm early on.

Up until the hunger grumbles grabbed Susannah at the 20km mark, all was going great including the taped ankle. Once the hunger pains caused her compulsion to eat, things began to weigh down Susannah's stride. With gluten in many popular foods of today, the antagonist to Susannah's fitness, the two portaloos along the 20km loop were required for the remainder of the race. At the marathon most managed to continue on comfortably, with the fellas rolling in either before or just after the 3 hour mark, Caroline passing at 3.5 hours and with Kerrie not far behind. The damage had been done to Susannah's diet, when she clocked a 3:45 marathon it was a sign of something troubling. The girls and Jason at the aid stations supplied and encouraged the wearied team through the cold and long night. We all leaned heavily on the support team while on the night course; there would be possibly no tougher race to support

than the Night of Flanders so their help was gratefully received.

Soon after the 42 km mark I missed an aid station and swung back to grab the needed gear. Working up a tempo for the next 5 to 10 kms, keen to find the rail I was riding within the pack, I realised that I lost sight of Tim. The maths of turn-



*100k World Championships
at night - Michael Baldock
Photo by Shannon Savage*

ing the legs over in catch up to the group equalled early exhaustion; I was resigned to running my own race.

The darkness brought on many moments of silence and concentration. Piercing thought these moments when passing through the two towns that the course flowed through, were sounds of police sirens, concert music and the thud of dance music or the hundreds of wild revellers and ravers. As the night passed, the clapping faded and spectators seemed more inclined to smoke cigarettes and party hard rather than offer support to the athletic display going on around them. It was a contrast of interests; one side of the fence was the ultra

healthy runner and the other side a health-losing raver. However the interesting activities going on in the townships broke the boredom of the dark. The concert music in one town was of 1980s tunes, sung so painfully my bodily cramping that could kill a small child was momentarily numbed. The other rave party's beat gave the feet something to keep time with, along with the occasional rugby step which was required to get around unaware groups of groovers who were using the course to relocate rather than pushing through the crowd.

Michael had a sticking point within his race; he had mentioned that it was unexplained troubles beyond the halfway mark that caused a pace above 5 minute kilometres. He was within a group of mainly European runners who were eventually able to help him to a pace within the last 20kms of a sub 5 minute step. Michael finished as the second Australian in 8:24, and 76th position within the mix.

At some stage throughout the course a problem had occurred in Tim's race. Over the years I've been impressed by Tim and known of his consistent podium finish. When something has happened to cause extra time on what's normally to be expected from Tim's calculated race plan, I can only image that a tractor plough has unknowingly hooked his shoe laces and he's dragged it to the finish. It must have been tough to the finish with whatever had happened; yet he is beyond approach with a finish in the Australian uniform and as the 3rd Australian with a time of 8:36.

Kerrie met a Belgian competitor during the middle of the race. She lit the course up and dragged him along with her. It was soon after the middle of the race that Kerrie and competitive companion caught Caroline. This was just what was needed to bring Caroline's spirits up. They supported each other until the finish.

I couldn't escape the cold during my race. I was surprised that my water

"One by one we collected at the finishwe focused on a team result"

intake was very high and the level of internal relief I felt after pouring the last half of the cup of water on my head and back, while it was so cold. The last few hours were hard. Each knee lift brought the line closer, I knew it was there and that I would get over it, but it just seemed to feel further away. I felt from around the half way point, but only noticed late in the race that I was showing an uncontrollable bodily reaction towards the temperature. My chafed nipples resulted in soaked playing card sized patches of blood by the finish. My end result of a 7:50 time was welcome.

One by one we collected at the finish concerned for the team members still to finish. Susannah was

on everyone's worries. Above any of the personal physical discomforts we wrestled with, including the freezing chill exacerbated by a complementary iced tea and cold bottle of water, rather than a space blanket at the finish, we focused on a team result. We all had our heads facing the dark depths of the final stretches of the course, while we also noticed the race structures being dismantled around us. The stage and the lights were shut down and shifted into a large truck.

Teams had left their athletes, many who were still finishing. Australia was the only group at the finish, holding on to the knowledge that Susannah is firing towards the finish. We had the occasional update

from people who had run with Susannah; they let us know she was still putting out a good gait.

The scaffolding, tents, spectator numbers and teams were all gone. The new day wasn't yet breaking when some of the organisers who were shaking hands at the finish started walking away after apparently working long hours. That was when Susannah came rocketing through to the roar of the Aussie's support, with a tear in her eye. Susannah will be regretful and determined from her result; although from the team's reflection she possessed the strength that we all would dream to have in those situations.



The Australian team at the World 100km Championships



> 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.

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EMAIL			SEX	male / female	
OTHER FAMILY MEMBERS (one ultramag per family only)					
NAME			DOB		SEX male / female
NAME			DOB		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			SIGNATURE		
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Post to AURA Membership Secretary
Brett Saxon P.O.Box 119 Keilor Vic 3036
Fax: 03 9336 7767



48 Hour world championships 2009

Martin "Flyer" Fryer ran 433 kilometres at the 48 hour world championships at Surgeres, France on 22 to 24 May. Here he tells about his amazing race

More than a week after the race I was still sore and really tired, despite at least 12 hours of sleep a day and heaps of eating. I had lost 10% of my bodyweight (down to 55kg from 61kg pre-race) despite eating as much as I could throughout the race.

I can honestly say that the support and messages that I received from Oz did inspire me to dig deep and finish off the race with style, which I'm glad I did as I knew there was some significance about 433 km and I was keen to give it a shot.

It was way cool to be King of Surgeres for a few days and the locals spoilt me rotten. I had a great lunch the day after the race with the volunteers and organising committee and no one spoke English; amazingly my French just got better and better with each glass of Bordeaux red.

I had been promised a local crew for the race but it was only intermittent and I largely self-crewed for Day 1, which did get me a bit frustrated, particularly when it got hot and I had to stop and mix up drinks. However I did start getting some help from Tony Mangan's (Ireland) crewperson Alan and by the second day and night he was fully crewing for me after Tony crashed out with some bad patches. So Alan became my guardian angel and egged me along with his Billy Connolly-like thick accent - even the French-English translator had trouble understanding him - and was just brilliant at providing me with a variety of food and drinks I hadn't tried before (including non-alcoholic beer, which went down a treat).

My key principles for the race that I had thought about carefully were

the following: 1) Run my own race aiming for 400km, 2) Focus and flow rule supreme, 3) The Law of Averages - keep moving and minimise any huge hourly variations, 4) Use a run/walk strategy to preserve

process of the race rather than the outcome, 6) Above all - approach the race with good karma, show sportsmanship, be friendly to all and spread goodwill as an ambassador of Australia.

For me it was probably as close to the perfect race as I will ever have, even though it was only my third 48hr race. I used every bit of ultra knowledge and tactic I knew for every second of the whole 48hr. But it was not a fast track- at 301m it felt like you were running curves a lot of the time. The race started at 4pm and it didn't get dark until 10pm so we had 3 consecutive afternoons of 28 to 30 degrees C, which I had not anticipated and I had not acclimatised for. The track was really dry and very dusty- I wore gaiters for the whole time and didn't do one shoe or sock change. I also found the surface difficult to generate the walking speed that I normally get.

I was blown away by the sheer quality of the field- particularly the women who were strong and consistent and, aside from Sekiya in the men's, I considered the Japanese women and Czech woman Dimitradou as the biggest threats to a podium finish as the race wore on.

The last 4 hours of the race were horrendous as the sun broke out of a foggy morning and we had to endure 30 degrees again with no wind around to give any cooling effect. I had achieved my goal of 400km and had a big lead on Sekiya but I had had no sleep and I was absolutely trashed. All I wanted was to just walk it in and end up with a total in the 420's.

Then Alan started to feed me a steady stream of messages from home and I felt a strong sense of



*Martin Fryer at the World 48 hour Championships
Photo taken by Alan Young*

muscle groups and maintain better running speed for longer (I was the only one in the field to walk from the beginning), 5) Focus on the

"As the last hour progressed there was more and more noise from the crowd that was lining the circuit"

obligation to bring it on home in style- so I hatched a plan to stay steady for the 3rd and 4th last hour and eat and drink well then maybe launch a final attack in the last 2 hours. A few times when the messages from home were read out to me I started to get emotional and felt tears welling up and the hair on my arms would literally stand on end as the enormity of the whole thing was embracing me. But I still had 4 hours to go in the heat and I battled to not let the emotions interfere with my focus and flow.

With 2 hours to go I had changed my mind about running hard as it was really damn hot but then a few things happened: firstly, some unknown French bloke looking like a shady drug dealer kept walking up to me and telling me that I had to go for the record, though I was not sure what record that was. Then Alan poured the messages from home on to me thick and fast and told me that I was never going to get this opportunity again and that every kilometre counted. He explained that I needed 2 hours of 9kph to make 430km, which seemed to me to be doable and hence changed my focus to a more positive one. With about 90 minutes to go the unknown Frenchman and Alan teamed

up to help me - it was hot and on alternate laps they would give me a sponge or a swig of drink.

As the runners had to wear a fluoro vest with the sponsor's name on it for the first and last hours of the race they planned a fast Formula One style pit stop for me 5 minutes before the last hour started. They ripped off my shirt, sponged me off, put on my fluoro vest and told me that I had to do 1:45 per lap for an hour to make 430km. This was great help to me as even my poor tired brain could do the maths to realise that this was somewhere not too far under 6 minutes per km. I started pushing a bit and I didn't see my lap times but Alan told me that I did not need to go any faster and not to overcook it too early in the hour.

As the last hour progressed there was more and more noise from the crowd that was lining the circuit with shouts or "Allez, allez Martin" and lots of encouragement in general. I was finding it hard to have to run around many of the runners that were walking in pairs on the inside of the track, thus making me run wide.

With about 40 minutes to go I distinctly remembering the unknown

French guy telling me I needed 4km in 25 minutes but wasn't sure what this meant.. With about 30 minutes to go the announcer was getting hyped saying "C'est incroyable!" and I sensed I was closing in on 430km as I could translate the French. I was next told I needed "quatre tours" to break 430 and Alan told me I could just ease off and take it all in.

Everyone went nuts when I broke 430 and then all of a sudden things went all quiet. But I knew there was some kind of record around at 433 and saw that I had about 18 minutes to go so I didn't stop to smell the roses like everyone else was doing. I was quite totalled at this stage but locked into a steady but relaxed rhythm and tried to think how close it was to all of this being over. I managed over 11km in the last hour which capped off a hell of a run.

These are Martin's key splits from the race:

50km: 4.52.27
100km: 10.16.52
100 miles: 16.54.43
200km: 21.09.53
24hrs 224.38km
300km: 33.59.38
200 miles: 35.30.11
48hrs: 433.68km

Welcome to the following new AURA members

Trevor Allen
Graeme Best
Patrick Hogdens
Clare Holland

Natalie Jennings
Michael Maher
April Palmerlee
Daniel Taylor
Serbastian Warmerdam



Sri Chinmoy National 24hr Championships

Brisbane, 27 - 28 June 2009

Results

24 hour

	Distance
1. Jonathan Blake	224.229
2. Meredith Quinlan 1 st F	201.463
3. Ron Schwebel	201.247
4. Peter Bennett	186.533
5. Malcolm Gamble	183.145
6. Justin Scholz	182.400
7. Michael Lovric	178.352
8. Stuart Cole	172.030
9. S Keith ullivan	164.490
10. Billy Pearce	161.200
11. Peter Kemp	149.615
12. Stuart Price	127.200
13. Trevor Allen	124.381
14. Anyce Melham	112.800

15. Steve Jordan	111.133
16. Anth Courtney	110.800
17. Cliff McKinley	100.000
18. Graeme Best	70.400
19. Tony Collins	42.400

12 hour

1. Carl Barker	107.484
2. Paul Black	100.400
3. John Harris	89.271
4. Grant Cameron	86.249
5. Lindsay Phillips	55.200
6. Bruce Webber	51.600

6 hour

1. Peter Johnson	71.366
2. Elizabeth Swain 1 st F	55.733
3. Steven Titmus	54.560
4. Patrick Sela	45.687
5. Sam Ryan	44.065
6. Debbie Dunchue 2 nd F	36.942
7. Diana Melham 3 rd F	36.942
8. Tina Fiegel 4 th F	33.663

Bunbury 50km ultra

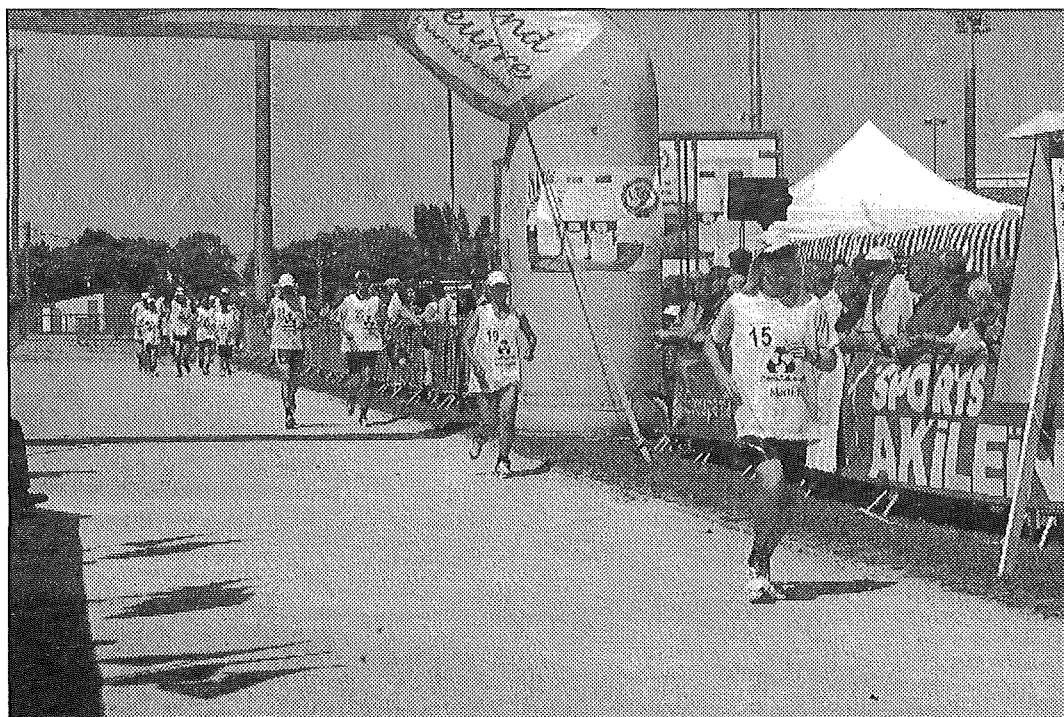
WA, 17 May 2009

Results

1. Grahaj Cunningham	3.57.51	5. Josephine Brown 2 nd F	4.51.03
2. Tony Miniards	4.04.32	6. Robert Boyce	4.55.14
3. Mitch Cleasby	4.07.51	7. Keith Miller	5.02.23
4. Christine Pattinson 1 st F	4.24.54	8. Cheryl Symons 3 rd F	5.03.52

Photo right:

Martin Fryer in the foreground on the Surgeres track





You Yangs 50/50

Victoria, 26 July 2009

Report and photos by race director Brett Saxon

As the sun rose over Port Phillip Bay shining golden rays onto the granite peaks of the You Yangs, wedged tailed eagles soared high above watching the flurry of runners preparing for the inaugural running of the You Yangs 50/50.

31 runners headed off down the trail once there was sufficient light at 7.15am. Event favourite in the 50 mile (actually measured to be 80km) John Keats charged to the lead early, with Rob Hall, Andrew Hewat and Mal Gamble hot on his tail. Peter Bignell settled in to a steady pace. Nick Manning and Rick Cross ran together encouraging each other along the trails; this typifies what ultra running is all about. You can always rely on a fellow competitor to encourage and support you.

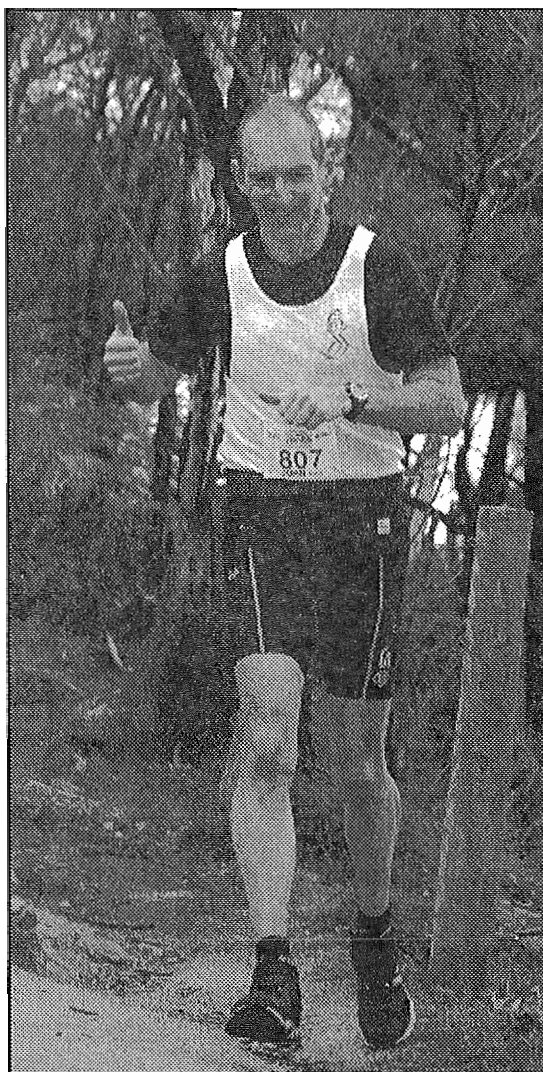
Rob Sutton, a new comer to the ultra scene, stepped up from the 50km event to the 80km when his work mates and friends offered to sponsor him on a per kilometre basis. Rob was raising funds for his preferred charity and figured a few more kilometres meant a few more dollars.

The only female to enter the 80km, Anna Papij, kept pace with the main group putting in a solid performance and ultimately running 50km.

With what was proving to be one of the tougher courses on the calendar runners were showing signs of a hard day as they checked in and out of the aid stations. The relentless hills and technical trails took all their concentration, and while the open fire trails were very runnable, they offered little relief as they mostly offered a constant uphill gradient.

The 50km event with a starting field of 22 runners set off at a fast pace dragging some of the 80km runners along for the ride; whether the pace could be maintained remained to be seen. The lead fluctuated between Scott Orchard, Dave Eadie and Barry Loveday early on. Unfortunately

up an estimated 52 kilometres in under 5 hours. Having never ran a marathon before and with a 15km time of one hour flat Barry will be a force to be reckoned with in future events. Scott Orchard, Dave Eadie and Simon Marcus took out the men's 50km.



John Keats finishing 50 miles at the You Yangs

due to a couple of course markings and lack of map in hand Barry found himself off course and adding extra distance to his run. Barry would have most likely taken out the event on the day having clocked

The women's 50km had a strong field with six taking the start line. With only two minutes separating the first three positions it made for an exciting event. Ruth Dover held onto the lead to finish ahead of Robyn Fletcher and Natalie Esparon in a tie for second place. Ruth ran the first 30km barefoot which on such an abrasive course was simply amazing, then changed to her five fingers for the comfortable run home.

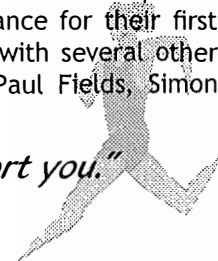
Dave Hughes stepped up to the ultra scene and enjoyed the company of fellow runners as he took the challenge head on. Always smiling you knew he was enjoying himself out there; more so with a golden wedged tailed eagle draped around his neck.

Mark Falls and Michelle Donnelly went stride for stride enjoying the views and camaraderie of fellow runners. Regulars Richard McCormick, Peter Mullins and ultra stalwart Peter Gray (clocking up his 239th ultra on top of 202 marathons), ticked off yet another challenge in fine form.

Elder statesman for the event Davis Jones crossed the finish line with a grin from ear to ear in a time of 8:14. It was great to see you smiling all day on what was a very challenging course.

Jon Gee and Shaun Oliver put in sterling performance for their first trail ultra along with several other new comers in Paul Fields, Simon

"You can always rely on a fellow competitor to encourage and support you."



"It was great to see you smiling all day on what was a very challenging course"

Marcus, David Leggo, Lisa Lucas and Damien Waddington.

The 80km event had John Keats crossing the finish line in a time of 8:27 with Andrew Hewat in second place in 9:01; Andrew having just returned from overseas competing in the Hardrock 100. Apparently the rocks here are just as hard. In third place was Rob Hall just 2 seconds behind, having battled minor illness in the lead up week.

The You Yangs 50/50 included a 15km and 30km event to bring runners together to experience the trails, with the hope of them building to the ultra distance. This proved to be a real success with over 50 runners taking the start line for the event.

As the race director I have to confess it was a huge challenge which could not have been carried out with the help of some special people: my wife Robyn and children for supporting the idea and helping on the day, my brother in law Chris, Mal Gamble, Peter Mullins for helping map the course and setup the course for race day. Huge thanks to Peter Mullins who also spent the entire day after the event removing all the course marking.

8. Robyn Fletcher (F)	6:14	15. Mark Falls	6:55
8= Natalie Esparon (F)	6:14	15= Michelle Donnelly (F)	6:55
8= David Leggo	6:14	17. Kate Sanderson (F)	7:22
11. Paul Field	6:17	17= David Hughes	7:22
12. Shaun Oliver	6:23	19. Anna Papij (F)	7:22
12= Lisa Lucas (F)	6:23	20. David Jones	8:14
14. Peter Mullins	6:42	21. Peter Gray	11:33



Results

50 mile

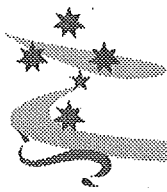
1. John Keats	8:27
2. Andrew Hewat	9:01
3. Rob Hall	9:03
4. Malcolm Gamble	9:21
5. Peter Bignell	10:15
6. Nick Manning	11:29
6= Rick Cross	11:29
8. Robert Sutton	11:47

50 km

1. Scott Orchard	5:27
2. Dave Eadie	5:32
3. Simon Marcus	5:42
4. Richard McCormick	5:53
5. Jon Gee	6:01
6. Damien Waddington	6:13
7. Ruth Dover (F)	6:13



Rob Hall finishing 50 miles at the You Yangs



Comrades Marathon 24 May 2009

Down run, Pietermaritzburg to Durban

Australian Finishers - Thanks to Bruce Hargreaves for help in compiling this information

Male				Female	
Magnus Michelsson	6:00:38	Julian Von Bibra	9:58:36	Vivienne Kartsounis	8:26:42
Paul Gillan	7:15:49	David Rabe	10:19:29	Cory Newman	8:29:26
Mike Le Roux	7:27:59	Andrew O'Brien	10:20:27	Agni Ziogos	8:45:42
Kevin Matthews	8:28:10	Alec Hill	10:21:03	Lyn Fulton	8:48:36
Sean Muller	8:30:16	Anthony Bremner	10:21:40	Natalie Wallace	8:50:28
Brett Coombes	8:36:02	Peter Ferris	10:24:26	Carol Wingreen	8:58:07
Chris Watson	8:41:43	Eddie Martin	10:51:26	April Palmerlee	9:30:24
Callum Law	8:46:53	Arnold Cohen	10:51:53	Carmen Atkinson	9:37:01
Nicolas Marie	8:56:47	Shaun Blankfield	10:52:40	Clare Voitin	9:44:21
Tristan Miller	9:18:23	Travis Giansiracusa	10:57:45	Emily Novak-Niemela	9:45:11
Peter Couperthwaite	9:28:22	Jeff Coleman	10:57:45	Susan O'Brien	10:20:28
Kevin Lieberthal	9:28:31	Jon Whelan	11:12:59	Ali Holmes	10:40:42
James Clarke	9:30:52	John Bussey	11:18:49	Chantel De Abreu	10:52:40
Glen Morris	9:38:31	Robert Segal	11:30:53	Lauren Lieberthal	10:57:56
Bruce Hargreaves	9:39:39	Nick Drayton	11:39:40	Pamela Williams	11:04:01
Phil Selfe	9:40:52	Rich Russell	11:39:48	Allison Ratcliffe	11:13:30
Chris Dixon	9:46:29	Damian Stephensen	11:42:08	Jane Elton	11:19:42
Andrew Wood	9:53:00	Matti Novak-Niemela	11:50:15	Angela Chong	11:39:47
				Robyn Kirk	11:44:20
				Alexandra Ho	11:46:46

My Comrades Marathon Story

Mike Le Roux, who is now an Australian citizen but was born in South Africa and lived for most of his formative years on Cowies Hill, on the Comrades course, tells of his first experience of running the Comrades Marathon in May 2009. (This account appeared in an expanded form on the CoolRunning website www.coolrunning.com.au)

I'm standing nervously at the start line while Chariots of Fire, the rousing beats of Shosholoz and the solemn South African National Anthem play through the murky light and make the skin on my arms go to gooseflesh. Surreal, I think, that 25 years ago I would now be watching this on TV as a youngster growing up in South Africa. My mom would say "there, they're off on the cock's crow", then

she'd bundle me up in warm clothes, fill the thermos flask and we'd drive to the Cowies Hill Aid Station that my dad was in charge of manning for his work's branch, situated about 16kms from the start line (or the finish line if it was a down run). On the down runs (from Pietermaritzburg to Durban) the delivery truck wouldn't be there yet, and when it came I would help take out boxes of water, ice cubes, coke, sports drinks, massage creams and cups (there were no fancy sachets like there are today).

We'd borrow the local service station's hose to fill up the trough and shake the sponges into the water floating with ice cubes (sponges from aid stations are no longer available to runners for hygiene reasons!). My dad would tell me which were the key runners to look out for, and who could maybe this year give Bruce Fordyce a run for his money. The starter's gun sounds and we all

shuffle forward, I'm near the front and I'm filled with dread and the undeniable knowledge that these are the first steps of a very long day. Fifteen km in and I'm settling down, the gaps between runners are still small and I'm having to concentrate on the space in front of me, wary of tripping up in the dawn light. I reach the Lion Park (at 17kms) and my folks spot me excitedly at the same time as I spot them. My heart swells with pride. I left South Africa ten years ago and only really got into ultra running in the last few years while living in Australia.

My folks have never seen me race - at anything. When I left I was 38kgs heavier and a Flanker for my local club Rugby side. I grabbed my drink bottle from my mom and shouted out my thanks at their words of encouragement, swallowing the lump in my throat, concentrating on regaining my rhythm, trying to settle my pace and stride.

"Each kilometre marker I recalculated my pace and my chances of making it"

The well of emotion made me think of the warning that my friend in Australia, Larry Lawson (eight time Comrades finisher), had told me about getting caught up with the athlete buses as they go through the black settlement areas of Drummond and Inchanga. He cautioned me that the pace can quicken from 5 minutes to 4 minutes per km as the ululating, cheering and singing of their families inspire them to pick up their speed.

As the kilometres went by I was aware of being flanked by two black runners, footfall to footfall. One chap explained "it is our plan to stay with you the whole way to Durban, because you look like you are running a consistent pace for a silver and we also want a silver." I laughed and said confidently that it was my hope to finish with a silver medal. Ironically it wasn't long after that conversation that I started to feel nauseous, and the humbling battle for my silver really began. For me the dynamics of the race changed between Drummond (halfway) and Hillcrest. The din of drums and ululating through Drummond is indescribable; it puts you on such a high.

Then you start the most brutal of climbs for eight kilometres up to Hillcrest. At this stage I started to notice that I was overtaking a lot of runners, who were often walking. I train to run up hills, but thinking back I'm not sure that I have ever run up eight kilometres of hill after 45 km of intensity, and I paid for it. I forced myself to continue to try, waves of nausea buffeting me. At the crest of Field's Hill I lowered my head and my peak cap, the view of Durban's high rise buildings was so far off and hazy in the distance that it made me feel like sitting on the roadside barriers and waiting for the bailing van.

The gruelling down hill trashed my quads and made my toes numb with pain. Coming up Cowies Hill is the part of

the course I'm most familiar with, as I lived there and drove it daily. It made me feel calmer and more hopeful somehow to recognize the sites around me. Also I started to be recognized - cousins, family friends, old school colleagues shouted out to me with - often with surprise as they hadn't seen me in a decade. Flickers of recognition on the faces of some spectators kept me distracted and entertained.

Nineteen km to go, and 1 hour 40 until the silver medal cut off. I realized how dramatically I'd slowed down over the climbs. Then I was at the corner of Woodside Road, almost at the bottom of Cowies Hill and my legs were stiff

"But somehow I still kept running. I thought of all the runs, in Cairns' tropical heat, that I had suffered through in training for this race, and I thought of all the people in Cairns waiting for the text messages of how I had gone today, and I thought of all the occasions I had expected others to dig deep. And I decided I wanted this"

and threatening to cramp. This was the spot where both my families waited for me, a traditional vantage point at the top of my home's old road where I had watched the Comrades myself countless times. Now they were all watching me. My exhausted brain continued to calculate and recalculate my pace, I just couldn't let it go.

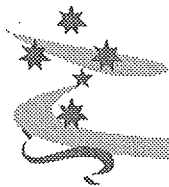
I got to the 16km mark, the petrol station where my dad's aid station used to be. There wasn't one at that spot today but all the memories came flooding back: Picking up the littered cups and sponges while being yelled at to keep well out of the runners' way; being drenched in coke and sports drink on the up runs when the runners would come

through in a large bunch and overwhelm us; the smell of deep heat on tired, rubbery legs; my mom gagging when runners projectile vomited liquid stomach contents behind us into the guttering; up and down the verge the smells of bacon, eggs and fried toast on the skottel or boerewors (sausage) sizzling on the braai (bbq); the delight of treasures discarded by front runners like Nike bidons or Reebok tops, and dodging runners to pick them up; and the excruciating pain on the faces of the cramping, exhausted comrades being stretchered off from the aid station - their dreams of the race in tatters. I struggled on through Westville and past my old high school.

When I was there I would never have believed that I would ever run this event. Twelve kilometres to go and 1 hour to the silver cut off, as I plotted the rest of the course with two significant hills that I knew I would have to walk up in part. Each kilometre marker I recalculated my pace and my chances of making it.

I considered that I was probably doing irreparable damage by pushing like this, and it would benefit me in the long term to slow down. But somehow I still kept running. I thought of all the runs, in Cairns' tropical heat, that I had suffered through in training for this race, and I thought of all the people in Cairns waiting for the text messages of how I had gone today, and I thought of all the occasions I had expected others to dig deep. And I decided I wanted this. I ran the last three kilometres in fourteen minutes, and crossed the finish line in 7 hours 27 minutes and 59 seconds to earn that silver medal, with two minutes to spare.

I thought I'd feel more emotional at the end, but I think I'd used it all up on the course. I just felt shattered. I vaguely remember my elated family finding me on the grass as I writhed around on the ground, cramping in every conceivable muscle.



Ten things to do when running Comrades

Bruce Hargreaves shares his tips for getting the most out of your Comrades experience

1-Run with the Ambassadors

Arrive in Durban on the Wednesday before Comrades, so that on Thursday morning at 9am you can go on the Ambassadors run. (The Comrades Marathon Association has a group of volunteers spread around the globe, who are Ambassadors for the Comrades Marathon, and they all meet in Durban once a year.). This is a slow and lazy 3 to 4km run down and along the seafront. It's free and a chance to meet other internationals as well as find your land legs after a long flight.

2-Sundowners with the Ambassadors

On Thursday evening (6pm) join in with Drinks with the Ambassadors. (In South Africa, pre-dinner drinks are known as 'Sundowners'. This is an informal function where the Ambassadors meet with the International competitors. Again, it's free, except you must pay for what you drink. And if you only want water or powerade, then that's OK too.

3-The Course Tour

Go on the Friday morning course bus tour. This is a must for all international Comrades virgins. Besides seeing the course, you will have morning tea at Comrades House in Pietermaritzburg, which is probably the best running museum in the world. You will also stop and hear the children of the Ethembeni School sing, where you can open your wallets and make a donation at the coal face of charity. You will see Arthur's Chair, the point on the course where legendary runner/coach used to stop for a rest while running Comrades. At the Comrades Wall stop, you get panoramic views of the Valley of 1000 Hills, and a chance to see who actually has a plaque on the wall. The tour ends in the finish complex, which in a down year is Kingsmead Stadium, Durban. Your guides on the tour will be ex-

perienced Comrades runners and the International Ambassadors.

4-The Runners Expo

Spend as much time as possible in the Comrades Expo, because as far as marathon expos go, it's one of the best. Take your camera because photo opportunities pop up all the time. Previous winners always oblige for a photo opportunity, whether it be the nine times winner, Comrades King Bruce Fordyce through to the female sensations of the 21st Century, the twin Russian sisters Olesya and Elena Nurgalieva, who between them have 13 Comrades medals, including six 1st places, five 2nd places and one 3rd place.

5-The Pasta Party.

Go to the Friday night Pasta party. If the previous two days haven't got you into the spirit of Comrades, then this Pasta party will.

6- Sing Sholosha

Learn the words to Sholosha, because you are certainly going to need to know them, when on race day 10 minutes before the start, the whole field assembled in the streets will start singing it. If this doesn't get the hairs on the back of your neck standing up or bring a tear to your eye, you haven't got a soul. From the start of Sholosha you will now be engulfed by the raw emotion of Comrades, and for virgins the reality hits home. You are at Comrades, there is no turning back, and this is not a race, it's a life changing experience. Quickly following Sholosha is the South African National Anthem, the Chariots of Fire, then Max Tribold's Cock Crow, and the starting gun (which is actually a cannon). You are now part of a wave of humanity, which will flow 89km down the road to Durban, engulfing everything in its way. The front of the wave will be moving at about 17km/h and the back of the wave at 7.5km/h.

7-Wear your national colours

Wear a singlet/shirt which from the front clearly shows your home country. Then the 250,000 course spectators will treat you like a superstar, as will the South African runners around you (particularly if you also have your country of origin on the back as well).

8-Run with the Zulus

On the northern half of the course (Pietermaritzburg to Durban) run with the Zulus. This section of the course is home to many of the Zulus actually running Comrades. All through the field they form small groups, and there will be one near to you. Tuck in behind for 10km or so. They will sing and chat and give you a true African experience. But be warned, as near the front of the pack they may surge when they approach their home town, but at the rear they will slow down to make their group bigger.

9-Hi-five all the kids waiting for you outside the Ethembeni School for the physical disabled and visually impaired, as you run past.

10-Enjoy the final steps

As you break out of the streets of Durban into the world famous Kings Mead Stadium, enjoy the moment. This is the closest a normal weekend Warrior will get to experience what the Olympic marathon winners feel when they burst into the Olympic Stadium to claim victory. If you thought the start line was emotional, nothing will prepare you for the last 300 metres inside Kingsmead.

And then -Stay for the final countdown

Now you have finished, a medal around your neck at about 11 hours after the cock crowed in PMB, the headcount starts. All small groups of friends start wondering where is "George", where is "Shirley"? Are

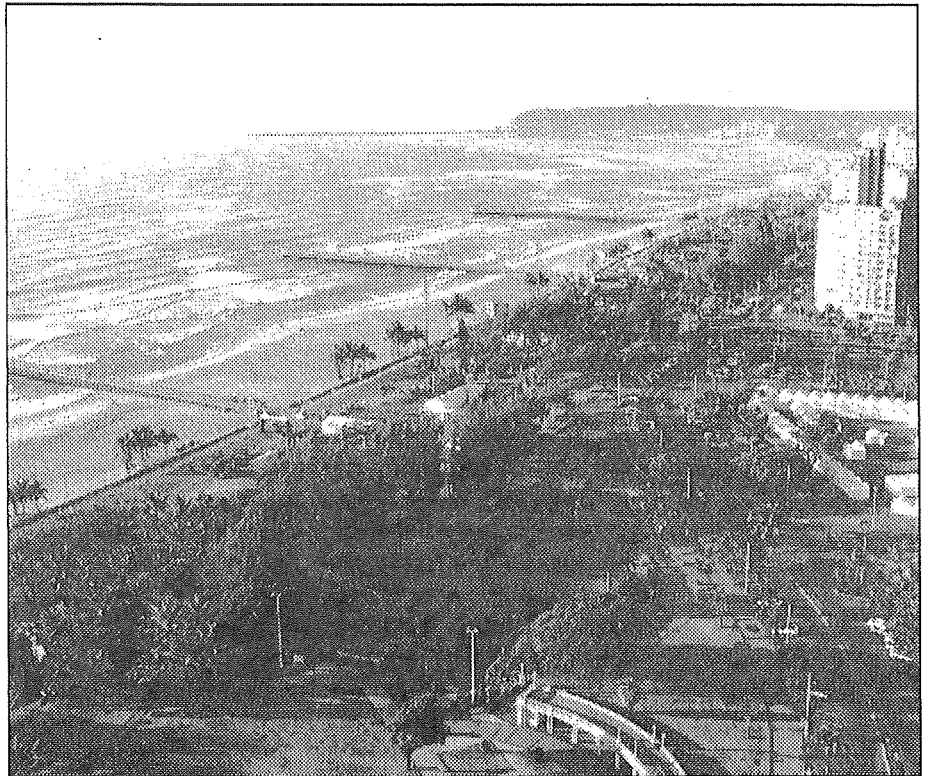
"The runners trapped on the wrong side of the finish line are devastated"

they still out on the course? The clock ticks relentlessly towards 12 hours and the tension builds. In the last hour, over 5000 runners will cross the finish line, some will run, some will walk and some will crawl, but some won't beat the clock. At 11 hours 58 minutes into the race, all 50,000 people in the stadium are focused on the finish line, because it takes the tail-enders about 2 minutes to run from the gate to the finish, and now those in the streets of Durban won't make the final count-down.

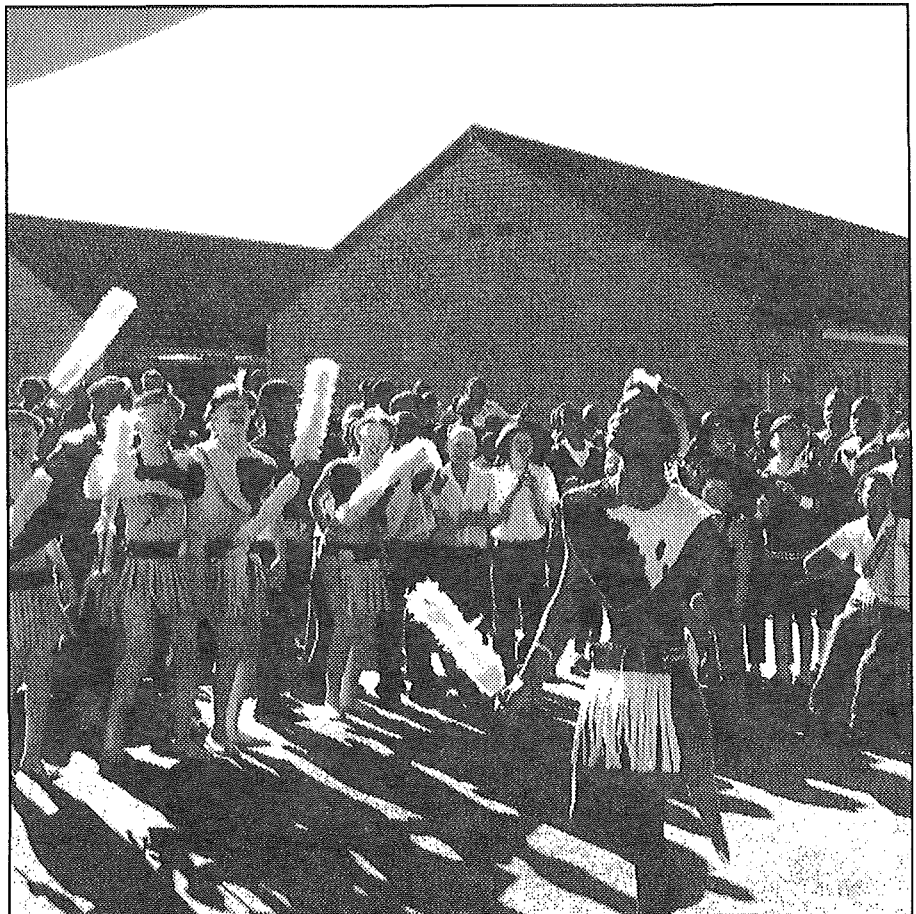
At 11 hours, 59 minutes, 45 seconds after the cock crowed, David Bishoff, chairman of the Comrades Marathon Association takes up his position on the finish line with his back to the finishing runners, raises a pistol, and fires a solitary shot into the air, at precisely 12 hours after the cock crowed that morning. Instantly the front row of the Springboks Rugby team block the finish line. It's over, no more medals, no more finishes this year. This solitary shot, not only echoes around the stadium and down the streets of Durban, but via television across South Africa, and via the internet around the world.

The runners trapped on the wrong side of the finish line are devastated. They sit down, and ponder their situation. To some, it's 6 months of hard training, and long miles for no Comrades medal. To some, it's a lifetime dream of finishing Comrades shattered.

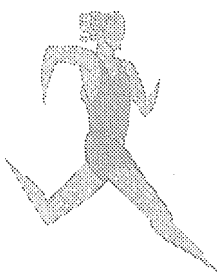
These shattered runners will take weeks, months and maybe years to cope with this disappointment, and to virtually all, the only way to truly erase this disappointment is to return in the future, and beat the Grim Reaper who cruelly fired that final shot.



Photos provided by Jane Sturzaker - an aerial view of Durban



Dancers at Ethembeni school





USA 100 mile race round up

A quick roundup of 100 mile races in the northern summer in the USA

On May 17 Karl Meltzer of Sandy, Utah dominated the field in winning the **Massanutten Mountain Trails 100-Mile Endurance Run**. Meltzer, who won the race for the second time, ran 18:29:57. Amy Sproston of Washington, DC was the women's winner in 24:59:55. The race director said "We had it all -- heat, humidity, rain, cold, wind, hail, etc. There were traffic accidents, dead batteries and, at least 63 runners who dropped out." At the 30-hour mark, only 40 of the 173 starters had finished. The race has a 36-hour time limit.

On June 7 Zach Gingerich of Aurora, Illinois broke Eric Clifton's seemingly unassailable course record at the 14th annual **Kettle Moraine 100 Mile Endurance Run**, running 15:17:31. The previous record was set in 1999 when the race started at 3 pm and required him to run all night; the race now starts at 6am. Jenny Chow of Long Valley, NJ won the women's race in 20:26:54

On June 7 Suzanna Bon of Sonoma, California broke the women's course record in winning the **San Diego 100-Mile Endurance Run** in

19:32:19. Bon, who also holds the course record at the Angeles Crest 100, broke Kim Holak's 2007 record by 16 minutes and finished fourth overall. In the men's race, Ben Hian of nearby Carlsbad, California completed a successful year-long comeback and edged local veteran Tom Nielsen for the win in 18:15:45. Hian, a four-time Angeles Crest 100 winner, last competed in a 100-mile race in 1998. 82 of the race's 125 starters completed the race within the 31-hour time limit.

On June 21 Karl Meltzer dominated from start to finish at the **Bighorn Trail 100-Mile Endurance Run**. Meltzer won the race by more than two hours in 19:15:26. Ashley Nordell of Mt. Baldy, California was the women's winner, finishing comfortably in 24:51:36. 72 runners finished the demanding course within the 34-hour time limit.

On June 28 Hal Koerner (16:24:55) successfully defended his championship and Anita Ortiz (18:24:17) won her first 100-miler under blistering conditions at the **Western States Endurance Run**. Koerner dueling with Dave Mackey for most of the first 55 miles before pulling away in Volcano Canyon, stretched his lead down an oven-like California Street loop, and won the race by nearly half

an hour over a spate of challengers. The race was held under extremely hot conditions, with temperatures peaking at 99F on Saturday. For the later finishers, Sunday was even hotter, with Auburn reaching 103F. The heat had a deleterious effect on both times and finishing rate; only 238 of the 399 starters (59.6%) finished the race within the 30-hour time limit.

On July 11 Diana Finkel of South Fork, Colorado broke the women's course record in 27:18 and Karl Meltzer of Sandy, Utah posted the second fastest time ever in 24:38 winning the 16th annual **Hardrock Hundred Mile Endurance Run**

On July 19 Jack Pilla of Charlotte, Vermont won the **Vermont 100-Mile Endurance Run** at age 51, which is believed to be the oldest winner of a major 100-mile run ever. Pilla finished in 16:36:21 well clear of a pair of 28-year-olds for the win. Stephanie Case of New York City was the women's winner in 18:38:42. The race was held under ideal weather conditions, with partly cloudy skies and temperatures reaching only the low 70s. Heavy rains on Friday did create several sections that were more than a little muddy. Of the 249 starters, 176 finished within the 30-hour time limit.

National 48 Hour Championships/Queensland 24 hour Championships Queensland, 1-2 August 2009

Results

48 hour

	kms
1. Ron Schwebel	310.288
2. Norio Iro	306.268
3. Collin Brooks	267.75
4. Tony Collins	240.908
5. Alan Staples	210.166
6. Tim Cochrane	160.017
7. John Timms	144.750

24 hour

1. Michael Lovric	201.032
2. David Kennedy	179.524
3. Peter Bennett	177.297
4. Mark McGowan	140.847
5. Steven Appleby	135.526
6. Michelle Thompson (1 st F)	130.5
7. Jason Dunn	100
8. Sharon Scholz (2 nd F)	100
9. Justin Scholz	100
10. Graeme Best	76

12 hour

1. Martin Fryer	131.979
2. Malcolm Gamble	115.565
3. Michael Murrell	109.532
4. Susannah Harvey Jamieson (1 st F)	104.550
5. Eric Quesavilliers	104.982
6. Chris Horwood	101.012
7. Michelle Warren (2 nd F)	47.017
6 hour	
1. Alun Davies	62.251
2. Lindsay Phillips	44.17



Ultras and Me - Sebastian Warnerdam

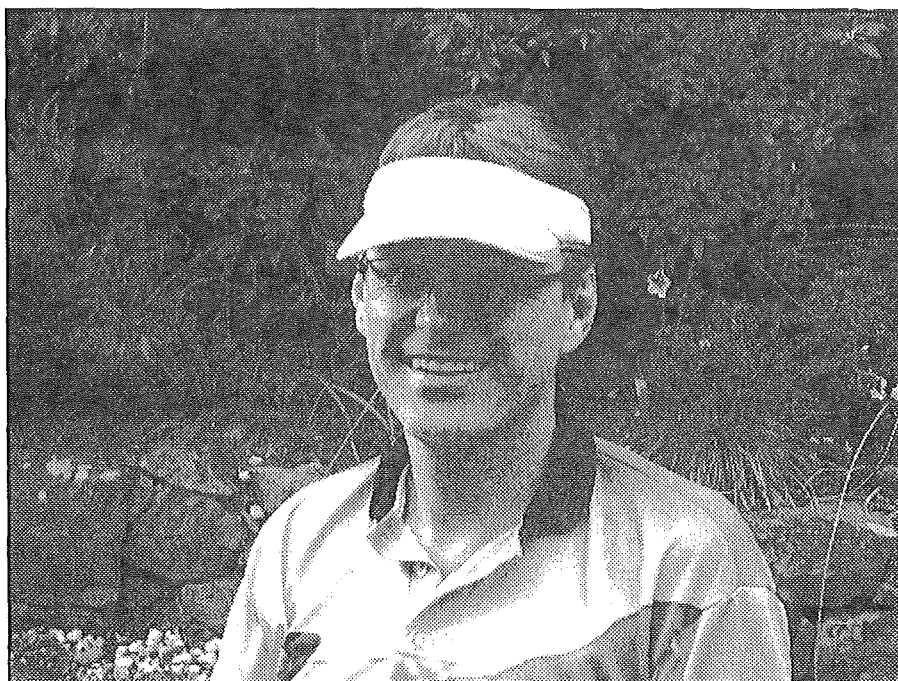
Sebastian Warnerdam is a 48 year old banker in Sydney who has burst onto the ultra scene in the last few years and is to be found at numerous long distance races all over New South Wales, the ACT and southern Queensland. He has a fifteen year old son who has already run three half marathons and four City to Surfs.

Here he tells his story:

"I didn't run as a child. I played first grade soccer for University of Western Australia, then some social B grade tennis in my mid twenties and early thirties when I was working overseas. I didn't start running until relatively recently. After having plodded a few City to Surfs, I suddenly broke 70 minutes in 2003. I thought an extra seven kilometres would be quite achievable and a month later did my first half (Sydney Half Marathon in 1:45). It was then that I thought a marathon would be nice to tick off the "must do" list.

"I Joined Sydney Striders early in 2004 and started training for the Sydney Marathon. I enjoyed the social aspect of the running community, (such as CoolRunning) and through which I have met all my recent friends. I did the 2004 Sydney Marathon in 3:52. My first marathon was a fantastic feeling - the amount of training that went into that was part of the journey of self belief and overcoming adversities. Then I turned my attention to the Six Foot Track in 2005, and haven't looked back since.

To date I have run five Sydney Marathons, five Six Foot Track Marathons, five Canberra Marathons, two Brindabella 53km Classics and three Gold Coast Marathons. If there is a choice between a half and a full marathon, I will always go for the marathon. It is such an iconic distance which will keep on testing your mental strength and willpower.



Sebastian

"I have to say I much more enjoy the ultra trail runs though, having done eight 100km Trailwalkers and one 100 miler (Great North Walk). Trail running for me is being at peace with myself, surrounded by nature. Pure heaven.

"This past May was a busy month. I did the Wild Endurance 100km, and then two weeks later the 100km North Face, both in the Blue Mountains. I ran the Sydney Half Marathon a few hours after finishing the North Face 100km.

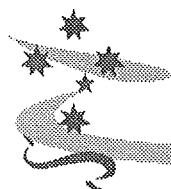
"I plan on running a few more ultras this year - Trailwalker, Glasshouse and Great North Walk 100 milers definitely.

"I would say most memorable ultra experience was finishing the 100mile (175km to be exact) Great North Walk in November 2008. I previously attempted it in 2006, but was overcome with heat exhaustion, and had to pull out after just 53km. Older and wiser, the feeling of hitting the beach at the finish at Patonga and kissing the marker was a very emotional moment. Couldn't walk

for days afterwards, the soles of my feet were very tender and bruised.

"I am a low mileage runner, having to juggle raising a child on my own, and work commitments. I don't get any injuries. In between taking my son to cricket or soccer games on weekends, I tend to hit the trail, doing anything up to 40-75km in a single session, both Saturday and Sunday when training for a particular event, such as the Great North Walk last year. During the week I do three 11 to 14 km runs, late in the evenings or when I can at lunch time.

I find that my endurance, strength and fitness are maintained by consistently keeping up the long weekend runs. It worked for me when I finished the Great North Walk 100mile last November. And again this was the secret to running both the 100km Wild Endurance and 100km North Face events in the Blue Mountains in May and managing to do the Sydney Half Marathon just hours after finishing the North Face."



Interview with Martin Fryer

Nadeem Khan of the International Association of Ultrarunners recently interviewed Martin for his online newsletter. Note that this interview took place before Martin's extraordinary run at Surgeres in June this year.

Martin has been a regular at international ultra events. His major accomplishments include a 233 km run at the IAU 24hr World Challenge in Taipei (2006) finishing 11th and a 247 km run at the IAU 24 hr World Challenge (2008) finishing 10th.

He has also won the Australian 48 hr National Championship in 2008 and several Australian Ultramarathon events including the epic Coast to Kosciusko 240 km race.

Martin's future goals include a 400 km plus run at the Surgeres 48hr race in France (2009), Commonwealth Championships in September where he will try to run 250 km plus, a sub 27 hr run in the Coast to Kosciusko in December and try to get 900 km plus in a 6 day race in 2010.

Nadeem Khan (NK): What are your thoughts on running in the Commonwealth Series?

Martin Fryer (MF): I see the Series as an exciting opportunity to not only represent my country in the 24 hour event but also to see the Mountain Running and 100km athletes in action. I hope the Series will bring out the best in Commonwealth athletes.

NK: How will this race be different from your other international races?

MF: Most of my international races have been in non-English speaking countries, so this will make a nice change. This race will be quite different for several reasons. Firstly, the incredibly strong 24hr teams from countries like Japan and



Martin at the Coburg 24 hour

France will not be there. Secondly, the 24hr race is combined with Mountain Running and 100km at the same championships, unlike the IAU races.

NK: The thing you are most looking forward to at the championships?

MF: I've always wanted to visit the Lakes District so this is a golden opportunity to do so.

NK: Most memorable athletic moment?

MF: Achieving a top ten finish in the 2008 World 24 Hour Championships in Korea with 247.187K, a big improvement in my Personal Best distance for 24h.

NK: What is your typical training week?

MF: Total distance for the week ranges anywhere from 80km to 160km. Typically, each week contains one long run beyond 35km plus quite a few runs of 20 to 25km or so, and at least a few harder paced short sessions each week.

NK: If you were not a runner, you would be?

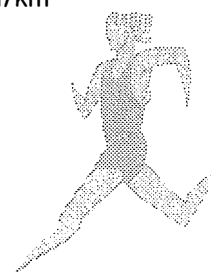
MF: Continuing my skydiving adventures. Running training spelt the end of my skydiving days after a skydiving career of 880 jumps over 20 years.

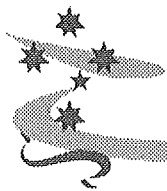
NK: Your biggest supporter in your running career?

MF: My wife Lynn and my son Luke. They selflessly give me the time and support required to chase my indulgent running goals.

NK: If you could train with a marathon celebrity, who would you pick?

MF: Haile Gebresellasie. The only problem is that I wouldn't be able to keep up with him for much longer than a minute or so at his marathon pace of sub 3 min/km





How much should I spend?

Andrew Taylor of Footpoint Shoe Clinic in Sydney explores your spending options with regard to running shoes

During times of uncertainty, there are a number of things which we can be sure about. The things we can control don't change with trends or market fluctuations and often are the most important things to us. Family, health, happiness, our ability to run.

There is often a common misconception about the price of running. Shoes, clothing, entry costs, special foods, travel expenses, etc. All of these things combined can make it a relatively expensive exercise. However it's really the value of running that is important, rather than the cost. Although sometimes short lived, the 'runners high' we get put it into perspective.

There have been a number of different articles, TV reports, blogs on running sites which suggest a number of different views on the price of footwear. One in particular struck me, suggesting 'Don't buy expensive shoes; they are wrecking your feet'. This has been followed by a number of other articles which have various arguments. There is an argument that people and feet have evolved over the last 4 million years to adapt to the surfaces we use. However the caveman days are over. While some might still run the hills and club the woman over the head, we mostly run on hardened flat surfaces which our bodies are not really designed for.

Whilst the instruction not to buy the most expensive shoes is correct, we have to keep in mind every foot is different. The shoe's value becomes relative to the person, therefore there are a number of different factors we have to bear in mind when buying shoes.

Shoes have six different characteristics which determine the type of shoe it is. Each characteristic is an important part to the shoe; but consumers will often buy the shoes due to their

features rather than characteristics. Often the more features the shoe has, the more expensive the shoe can become. There are typically three different levels of shoes, these are often determined by the amount of features the shoes have.

Every brand has developed a number of different features which make each shoe unique; however the features have been designed to give each shoe a different characteristic. These characteristics are;

- Stability
- Motion control
- Durability
- Breathability
- Cushioning
- Fit

These are the matters we should take into account when we buy shoes; but the market is often driven by the newest up to date technologies, brand reputation and a number of other reasons. Often experience will tell us the difference between a good and a bad shoe; however this can be an expensive exercise to get wrong.

The characteristics are the reason we will buy a shoe, however we must keep in mind the other important factors. Everyone's motive for buying a shoe is different. Whether it be to increase performance, reduce injuries, give more comfort etc. The characteristics of each shoe are made up of a number of different features to suit different foot types. The challenge is often matching the correct features to the person's motive and needs. The most common cases which are seen in shoes stores is a small framed woman in a bulky heavy stability shoe, or conversely the 120kg male in a lightweight trainer. The shoe's characteristics must match the person wearing

it. The shoe's characteristics can be seen the same as a person's characteristics, and it's a matter of tying these six characteristics together to have a happy and harmonious relationship. I have had visions of a shoe that loves long runs by the beach, warm sunny days, and wind rustling by its side finding its 'soul' mate.

The important message is to ensure you are correctly fitted with a shoe that matches you. Have an experienced running-shoe salesperson look at your gait. There are a number of different tools which can assist with finding the correct shoe; however many of these are more marketing tools rather than assessment tools. Video analysis is currently the more accurate way to measure the ideal function. This is often done on a treadmill but this will also change a person's gait. Given every foot is different, some people with 'abnormal' foot types or chronic injuries may also need to see a podiatrist, and in some case need custom-made shoe inserts and/or arch supports.

As running is a high-impact activity, the first and foremost job running shoes have is to lessen that impact. This means the shoe should be the proper size. There should be about one quarter of an inch between your longest toe and the tip of the shoe, or about a thumb space. Since your feet swell as the day goes on, try on shoes at the time of day you usually go for a run. And be sure to wear the same kind of socks, orthotic devices, or braces you wear when running.

Your feet bend only at the toes, so make sure that's where the shoe bends, too. Try bending the shoe in half. If it folds in the middle or near the heel, don't buy it.

Another rule, which can sometimes be a cruel reminder, is that approximately once a year, the

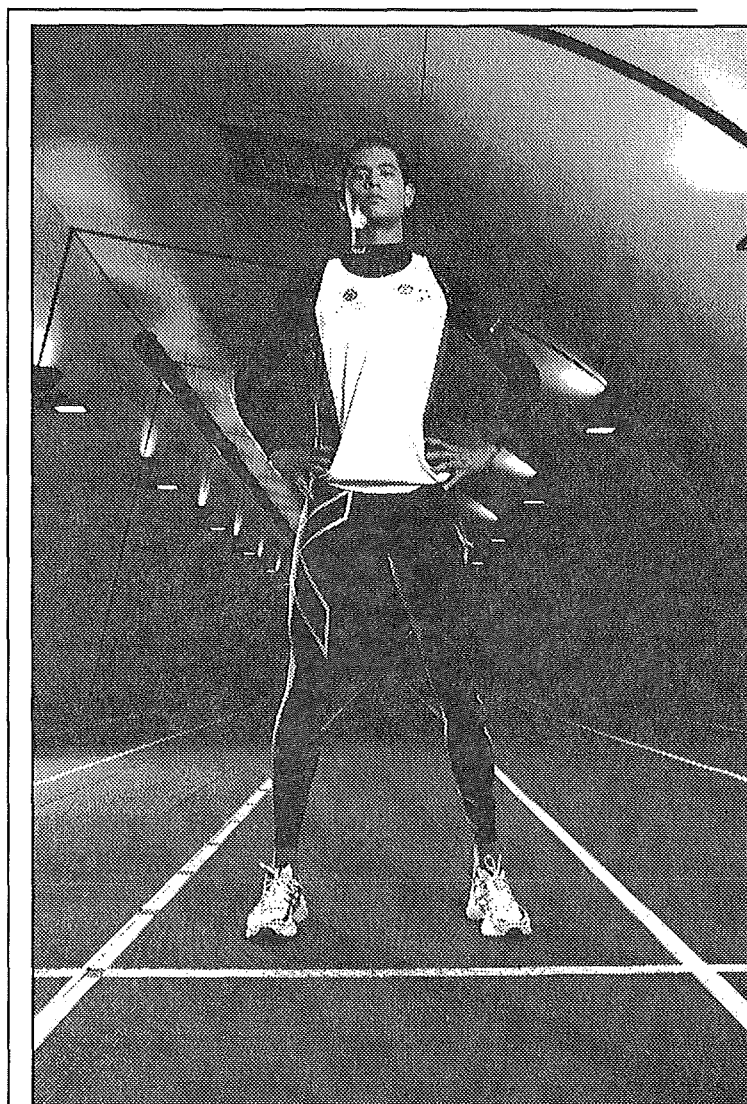
"A vegemite sandwich or a packet of nuts on my 3 hours plus runs can give me enough energy to sustain good levels of energy"

technology changes in each of the shoes. Which means the newer model may not always be right. This really highlights the importance of having your feet assessed each time you buy shoes.

The value in the shoe comes from having the correct shoe which helps you run faster, longer and more comfortably. So in uncertain times, go to the good running specialist, get the right advice; you can't afford not to.

And as for what you consume on your run - the same principles of value can apply with foods. I was reminded a short while ago, by an ultra runner with plenty of event experience, about the importance of hydration and foods. As a sports scientist I am very conscious of different nutritional benefits, but as a late 20 something, spritely and youthful as I am, I am realising I don't have the same kick as my early 20's. I

had succumbed to the consumerist world and fallen in the trap of all of the energy bars and gu's. A vegemite sandwich or a packet of nuts on my 3 hours plus runs can give me enough energy to sustain good levels of energy rather than the sometime costly alternative. However, again everyone is different and it's a matter of finding what is right for you.



2XU
HUMAN PERFORMANCE. MULTIPLIED.

Press release: 2XU

Melbourne, August 2009 – 2XU's high-performance Compression category has now been officially recognised as a world-class collection, with the range being selected by pre-eminent sporting body, the Australian Institute of Sport (AIS). The new alliance is a testament to the superior quality, reliability and consistency of 2XU Compression – a true leader in the field of high performance apparel.

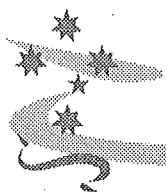
Renowned for its superior fabric and tangible benefits, 2XU Compression garments have supported AURA teams in 100km and 24 hour events for some time. Offering improvements to circulation for faster flushing of exercise by-products, a quicker recovery time and muscle containment properties to reduce tissue damage, 2XU Compression has proven to withstand the demands faced by ultra distance runners.

From elite compression tights, shorts, long sleeve tops and calf guards through to socks for racing and recovery, the 2XU collection responds to the many

and varied courses traversed by AURA running teams.

With an obsessive focus on delivering superior fabrics and tangible benefits for the wearer, 2XU has built a highly technical range of sports apparel that reflects relentless research and development. With stronger fabrics and a superior, well researched design, 2XU sets the benchmark in high performance compression. Boasting circular knit structure, a 50/70 Denier fabric for unparalleled strength and the most accurate, graduated compressive design, 2XU supplies the premier compression products on the market today.

For more information on 2XU compression, visit www.2xu.com/compression



The history behind: Sri Chinmoy 3100 mile race, New York, USA

The 3100 Mile race is sponsored by the Sri Chinmoy Marathon Team. This year it took place between 14 June and 4 August. In this grand test of endurance and survival, a small group of athletes attempt to negotiate 5649 laps of a .5488 of a mile course (883 metres) in the time span of 51 days - an amazing challenge. Runners must average 60.7 miles per day to finish within the 51day limit. Here is some history about this unique annual event, the longest foot race in the world:

The predecessor of this race was the 2700 Mile Race (held in 1996), in which five intrepid runners finished the distance well within the 47-day time limit. In 1997, Sri Chinmoy, race founder, upped the distance to 3100 miles. Two runners finished the inaugural 3100 Mile race in less than 51 days, showing that athletes indeed believe in self-transcendence. Last year 14 finished 3100 miles out of 15 starters.

The SCMT has been sponsoring multiday races in the New York area for the last 23 years. In 1985 we offered our first 1000 mile race in Flushing Meadows Park, the first of its kind in this hemisphere in this century. Three runners actually completed the distance in the allowed timeframe.

In 1987 Sri Chinmoy increased his vision of the running world. He felt that a longer race of 1,300 miles would inspire a challenge for the ultramarathon runners. The Ultra Trio was born- a set of three ultra races of 700, 1,000 and 1,300 miles. World class distance specialists began to attempt the increasingly difficult mileages. The Marathon Team held national and world championship events in 1988 and 1989 at Flushing Meadows Park.

The 1988 1,000 mile event was the I.A.U. (International Association of Ultrarunners) World Championship. Yiannis Kouros of Greece ran 1,000 miles in 10 days, 10 hours, breaking the previous record by 1 1/2 days.

Suprabha Beckjord of Washington D.C. won the women's 700 mile race in American Record time. Sandra Barwick of New Zealand set a new world standard for women at 1000 miles in 14 days, 20 hours. One year later Al Howie of Scotland became the first person to complete the 1,300 mile distance in a certified race (17 days 9 hours).

1990 saw the women's world best for 1000 miles claimed by Suprabha Beckjord as she broke Sandra Barwick's time by a mere 27 minutes. The 1991 Ultra Trio had a field of over 60 runners for all three races- unheard of considering the great distances being attempted. Al Howie came back to break his own record for 1,300 miles by 13 hours and Sandy Barwick became the first woman to run 1,300 miles in a certified race; as well she smashed the 1,000 standard by two days! In 1992 Beckjord returned to join the elite group who have run 1,300 miles in a certified race. In the 1993 1,300 miler, Istvan Sipos of Hungary broke Al Howie's record by nearly two hours. In 1994 Antana Locs of Canada won the 1300 miler overall, and was the first person to ever complete the 1300 three times. In 1995 Georgs Jermolajevs of Latvia broke the world mark for 1300 miles in 16 days 14 hours.

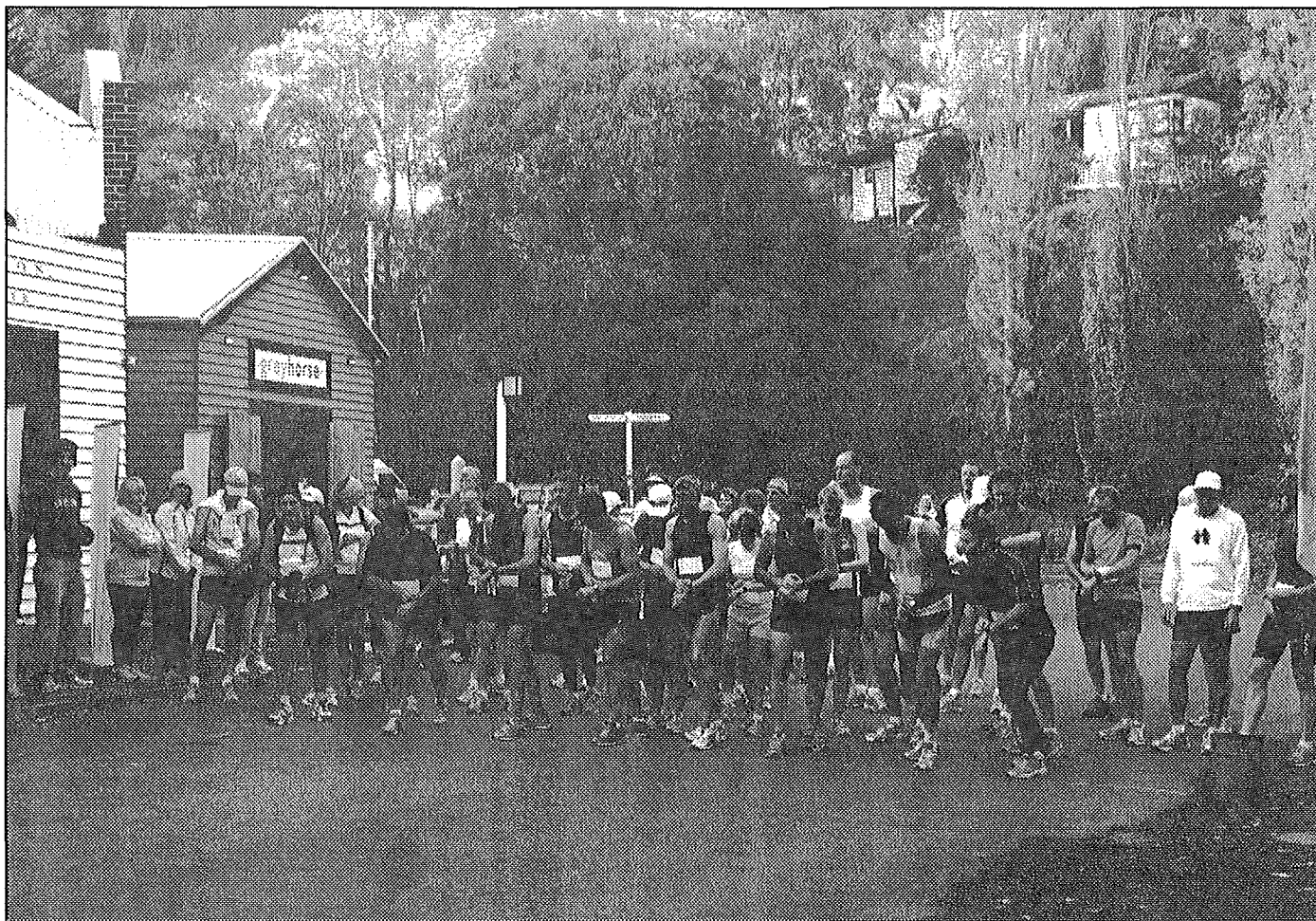
In 1997, Edward Kelley of California conquered the heat and humidity of the New York summer to win the inaugural 3100 mile race in 47 days, 15 hours- averaging 65.1 miles per day. Suprabha Beckjord became first female ever to finish 3100 miles in 51 days two hours. The runners managed the equivalent of New York to California on foot. In 1998, Istvan Sipos of Hungary outdueled Ed Kelley, leading four finishers across the line in 46 days 17 hours, a remarkable 66.3 miles per day. Five starters in 1999 were subject to temperatures reaching between 90° and 100°F for much of a record setting July, but somehow Edward Kelley won for the second time in 48 days 12 hours. In

2000, the four starters experienced cooler days, with three finishers led by Asprihanal Aalto of Finland in 47 days 13 hours. Aalto repeated his win in 2001 in a small field with three finishers.

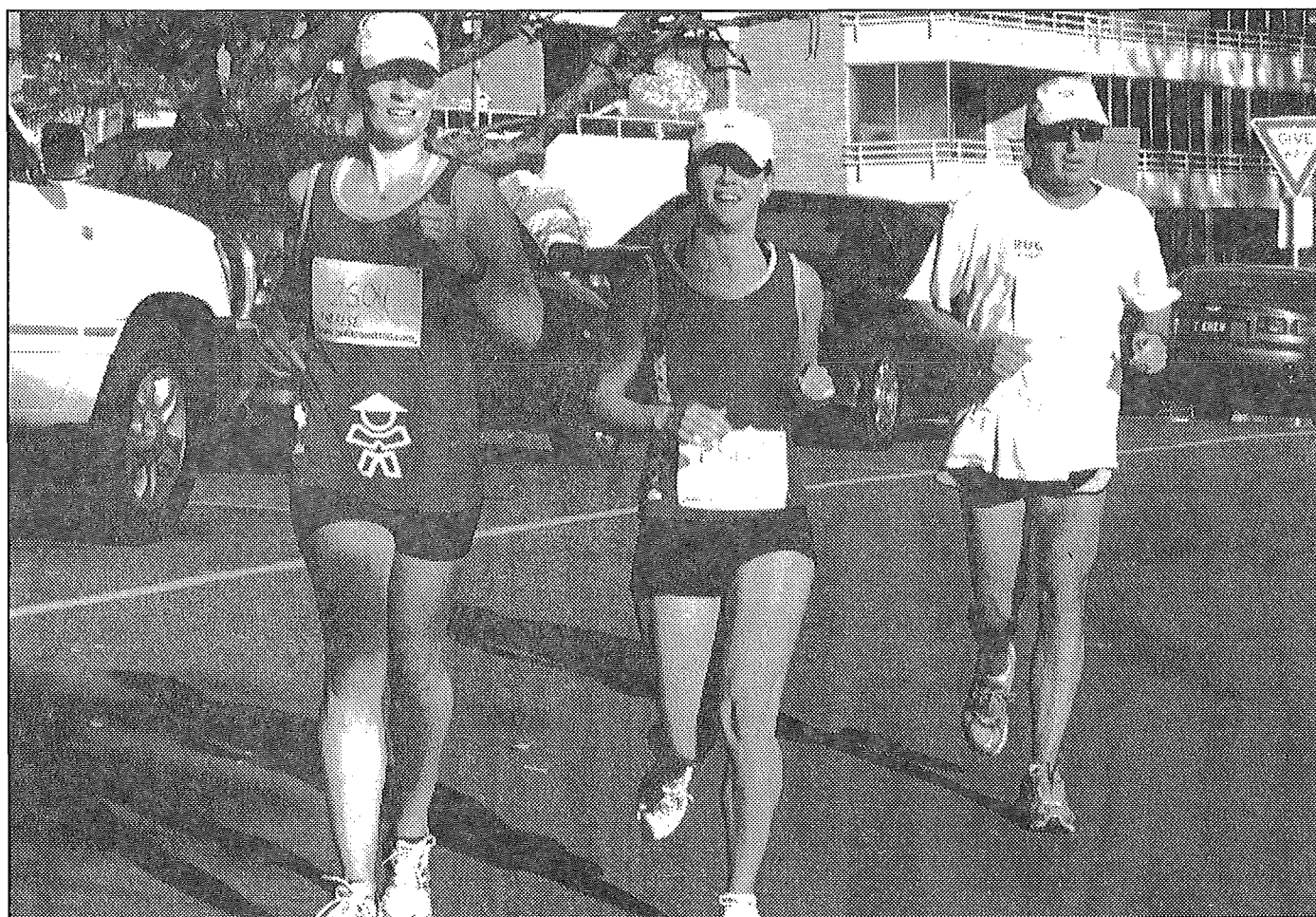
The number of finishers doubled in 2002 as Madhupran Wolfgang Schwerk of Germany broke the world best by over four days in 42 days 13 hours, averaging an astounding 72.8 miles per day. Asprihanal Aalto also slipped under the previous record by a few hours to finish second, and Suprabha Beckjord made her sixth finish in as many attempts. In the 2003 race, Namitabha Arsic from Yugoslavia prevailed over a field of seven. Suprabha continued her string of finishes with seven straight. In 2004, Asprihanal Aalto made it three wins in four tries, running a personal best of 46 days, six hours- second in the world all-time. Suprabha Beckjord continued her string with eight consecutive finishes. Srdjan Stojanovich from Serbia dominated the 2005 event in 46 days, ten hours, the fastest first timer ever.

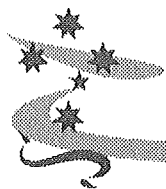
The 2006 race was the biggest and fastest ever with 14 finishers, 10 personal bests, and a new world record by Madhupran Wolfgang Schwerk in 41 days, eight hours, an average of 75 miles or 120 km per day. Suprabha Beckjord continued her record of ten finishes in a row, extended to eleven and twelve in 2007 and 2008.

Grahak Cunningham, 32, from Perth has run the race three times, including this year. Last year in his second attempt, he finished 3100 miles in 46 days, 11 hours, setting a new Australian record. He moved up to fifth in the 3100 rankings from 14th place. In 2007 with little multi-day experience he completed the 3100 mile race in his first attempt in 50 days, three hours. His recent second placing established a new Australian record and moved him up to third in the rankings.



Photos: Above - Starters at Walhalla; Below - Gold Coast 100





Nutrition - Getting enough iron

This article originally appeared in Northwest Runner magazine.

Iron. The word conjures up images of barbells, steam-engine locomotives, and . . . red blood cells? It should. After all, 60 to 70 percent of your body's iron is contained in haemoglobin, the oxygen-binding protein in red blood cells. But that's not iron's only biological role; it also is a necessary component of myoglobin (an oxygen storage protein), antioxidant enzymes, and electron-carrying enzymes which harness the energy of the food you eat.

What happens when you don't get enough?

In extreme circumstances, iron depletion leads to anaemia, a shortage of red blood cells and thus a reduced oxygen-carrying capacity.

How much do runners need?

The US Recommended Daily Allowance of iron is 10mg for adult men. Interestingly only about 10% of the iron you ingest gets absorbed by the small intestine, so if you consume the recommended 10mg per day, only 1mg or so actually gets incorporated into your body. Nevertheless that's enough to replace a male's daily iron losses which are likewise quite small.

Premenopausal women have greater iron losses and thus a greater need for iron in their diet. These women "donate" about 30ml of blood per month to menstruation; that's an additional iron loss of 0.33 to 0.5mg per day. For this reason, the US RDA for adult women has been set at 15mg above the standard for adult men.

titions may only need about as much iron as non athletes, not more.

Are you getting enough?

Whether or not you're consuming the USRDA of iron, your intake may or may not be sufficient to cover your losses. For those who are concerned about a possible imbalance, a good first step is to get a blood test. As mentioned above, reduced levels of iron-containing ferritin and transferrin in the blood indicate that your iron intake may not be adequate.

Obviously, having one's blood analysed takes time and money. Wouldn't it be easier just to eat lots of iron rich foods? As with most things in life, taking in too much iron can be as dangerous as taking in too little; for example, 2% of people of

"runners who avoid gut wrenching intervals and competitions may only need about as much iron as non athletes, not more"

Full blown anaemia occurs in about 0.2% of US men and in 2 to 3% of US women; however, as many as one in five US women shows signs of being iron-depleted. Although these women (and some men) have a red blood cell count that is within the normal range, their blood contains below normal amounts of iron bound to ferritin and transferrin. Ferritin and transferrin are proteins which store iron and transport it through the blood.

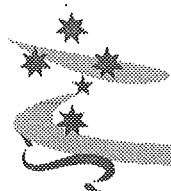
In some studies, iron depleted but non anaemic subjects have improved their exercise capacity by taking iron supplements. These results suggest that a lack of iron can hinder endurance performance even if it doesn't cause anaemia, and conversely that adding more iron into one's diet can be beneficial to non anaemic people as well as anaemic ones.

Just as women need more iron than men, serious runners need more iron than sedentary people, according to a 1996 study of elite German distance runners. Radioactive iron was fed to eight runners - it's not nearly as dangerous as it sounds - and the researchers monitored how this iron was absorbed and released by the body. They found that, during periods of intense training and racing, the amount of iron lost in the faeces rose by 300 to 500%. Iron losses in sweat and urine were minimal.

While this study hints that runners have an increased risk of developing an iron deficit, another indicates that gentle, moderate endurance training programs do not appear to compromise the body's iron reserves. Therefore runners who avoid gut wrenching intervals and compe-

Northern European descent have a condition known as haemochromatosis, in which excessive quantities of iron are deposited in the body's organs. In other words some people should ingest less iron rather than more, and blood tests can help identify who needs less, as well as who needs more.

For those who do need to keep their iron intake high, it is important to note that iron is much easier to absorb from some foods and dietary supplements than from others. Supplements which contain ferric iron (iron atoms with a net charge of +3) are much less efficacious than supplements of iron in the ferrous (+2) form. As a general rule, though, when it comes to dietary sources of iron, red meat is hard to beat.



Walking breaks during ultras

Ultra runners who don't take at least a few walking breaks during an ultra are few and far between. Sometimes this is due to tiredness, especially when you see runners doing it towards the end of a race. But in many cases it is deliberate - a conscious decision to conserve energy by taking it a bit easier from time to time. Julia Thorn offers this perspective.

The benefit of taking walking breaks was pointed out to me when I did my first ever ultra, the Maroondah Dam 50km several years ago. I tried to run the whole thing, and by the 30km stage I was reduced to having to walk because of sheer exhaustion. I ended up walking a fair bit until the final eight or so kilometres of descent. But I was overtaken quite early on by a runner who was using a run/walk pattern with great success. He explained afterwards that the walking used different muscles, saving his running muscles rather than exhausting them, and gave his body a break so that he could perform at a higher level later on in the race.

This sounded a good idea, and I found that there has been a large amount written on this topic, fuelled by what is known as the Galloway approach. Galloway applies his ideas to the marathon, but they are equally applicable to ultras. Galloway believes runners can complete marathons in a faster time and with greater comfort by taking frequent and regular walking breaks throughout the race. The important words are frequent, regular and throughout.

I have used this system a few times during marathons. Galloway suggests a ratio of running to walking of three to one, or four to one if you are experienced and fit, but he wants you to take your walking breaks too frequently for my liking. This is a personal decision, but for me to run for eight minutes and walk for two, as he recommends, is too disruptive to a schedule. I have settled for running for half an hour and walking for between two to four minutes, depend-

ing on the difficulty of the course; the decision must be taken in advance of the race and adhered to.

The down side, apart from a perception that you are losing time due to covering ground more slowly while walking, is the disruption to your pace, the constant change from slowing down to speeding up rather than staying in a set routine of running. On a trail ultra you change your pace a lot anyway.

I have to admit I have not used this system often in marathons for two reasons: firstly I know that I am capable of running a whole marathon, and secondly it is hard to walk after only half an hour of a marathon because you feel that all the other runners are thinking to themselves *she's walking already - how will she be able to complete a whole marathon?* It's just too much when they ask what's the matter as they pass.

But when it comes to ultras the situation is different and I have used a run/walk strategy many times. I once discussed this with another runner, saying how hard it can be to walk in the earlier stages of a race for the second reason given above. He said that one answer is to walk as soon as the gun goes off, without having run at all. In this way the field goes away from you and you are left to your own devices. You will also then probably be in the enviable position of passing people right from the first half hour.

I have never tried this because I have not had a problem deciding to walk during ultras here in Australia. With the exception of events like the Six Foot Track the fields are sufficiently small that you can do your own thing when and where you like.

Many ultra runners simply decide to walk the uphill and run the rest. Doing this is a great idea since you lose the least time in this way, and who likes running uphill anyway? Just kidding. The only problem is that you cannot impose a regular pattern on

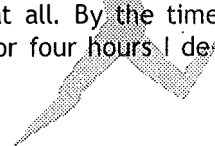
your runs/walks because the hills may not be evenly distributed over the course. In races like Maroondah Dam and Mansfield to Mount Buller you cannot walk all the hills and run the rest because you will be walking for hours in the middle (Maroondah Dam) or late stages (Mt Buller) and running without a break for far too long. But much of the time this method works.

The clear benefits of a running/walking system are that you feel so much better in the latter stages of the race, say after 35 kilometres, or after passing the marathon distance, when traditionally fatigue sets in. The other benefit is that this regime breaks up the race nicely into sections which is a great mental help. It is very comforting to think *only half an hour to my next break* rather than thinking *about three hours to the finish*. And it is also very comforting to think after each break of the amount of race you have completed - when you think in chunks the race seems to pass quicker.

I tried to impose a regular run/walk pattern when I did the Bush Capital event in July in Canberra. The course was rolling to hilly and I wanted to run 30 minutes then walk for five.

My first break came at a suitable time and I walked. But the second break came on a downhill and there was no way I was going to walk downhill. When gravity does half the job it's a shame to waste the free help. So I kept going and walked later than I should have. But I was able to take my next break early, which was a real mental boost.

I found I was able to plan a strategy because the race was on an out and back course. I waited if I knew there was a long uphill coming, and one time I walked for longer because I wanted to get over a particular hill. So in other words there was little regular pattern at all. By the time I had been out for four hours I de-



*"taking the walk breaks frequently, if not strictly regularly,
I was able to run the last 13km section much more fluently"*

cided to just walk the hills and run everything else. So I abandoned my plan, but I still managed to feel really good during the late stages of the race and blast down the final hills.

I had a similar experience of not sticking to a regular plan at the

Glasshouse Mountains 50km. Since I had been taking the walk breaks frequently, if not strictly regularly, I was able to run the last 13km section much more fluently (I hesitate to say fast) than I would otherwise have managed. It is crucial to take the walking breaks right from the

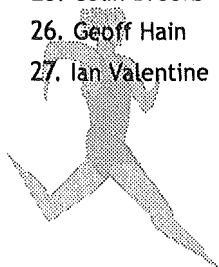
beginning, or in my case after the first half hour.

So I've found it's best to have a plan but be flexible. You can still reap the benefits.

AURA 100 Mile rankings

- track 2009

Name	Time	Venue	Date
1. Jonathan Blake	15:00:00	Qld Uni, QLD	27-Jun-09
2. Martin Fryer	15:17:08	Coburg, VIC	18-Apr-09
3. Jonathan Blake	15:26:08	Coburg, VIC	18-Apr-09
4. Martin Fryer	16:54:45	Surgeres, France	22-May-09
5. Susannah Harvey-Jamieson F	16:56:35	Coburg, VIC	18-Apr-09
6. Justin Scholz	18:00:00	Qld Uni, QLD	27-Jun-09
7. John Pearson	18:26:29	Bergamo, Italy	02-May-09
8. Michael Lovric	18:46:21	Bergamo, Italy	02-May-09
9. Scot Orchard	18:52:59	Coburg, VIC	18-Apr-09
10. Anthony Courtney	18:58:44	Coburg, VIC	18-Apr-09
11. Meredith Quinlan	19:00:00	Qld Uni, QLD	27-Jun-09
12. Justin Scholz	19:29:35	Coburg, VIC	18-Apr-09
13. Rudol Kinshofer	19:48:10	Coburg, VIC	18-Apr-09
14. Ron Schwebe	20:00:00	Qld Uni, QLD	27-Jun-09
15. Peter Bennett	20:00:00	Qld Uni, QLD	27-Jun-09
16. Deanne Nobbs F	20:28:14	Bergamo, Italy	02-May-09
17. Marie Doke F	20:29:44	Coburg, VIC	18-Apr-09
18. Allison Lilley F	21:27:37	Coburg, VIC	18-Apr-09
19. Robert Boyce	21:45:58	Bergamo, Italy	02-May-09
20. Malcolm Gamble	22:00:00	Qld Uni, QLD	27-Jun-09
21. Lawrie Lolai	22:30:05	Coburg, VIC	18-Apr-09
22. Malcolm Gamble	22:59:50	Coburg, VIC	18-Apr-09
23. Stuart Cole	23:00:00	Qld Uni, QLD	27-Jun-09
24. Michael Lovric	23:00:00	Qld Uni, QLD	27-Jun-09
25. Colin Brooks	23:23:55	Coburg, VIC	18-Apr-09
26. Geoff Hain	23:32:02	Coburg, VIC	18-Apr-09
27. Ian Valentine	23:37:03	Coburg, VIC	18-Apr-09



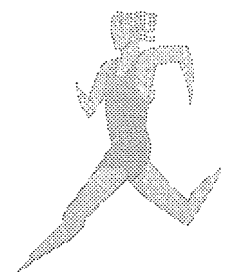
Track- all time

Top 20 Male

Name	Time	Venue	Date
1. Yiannis Kouros	11:57:59	Kensington, SA	4-Oct-97
2. George Perdon	12:25:09	Olympic Park, VIC	24-May-70
3. Martin Thompson	12:42:50	Tipton, UK	25-Oct-75
4. David Standeven	14:02:47	Adelaide, SA	02-Nov-86
5. Anyce (Kip)Melham	14:05:05	Adelaide, SA	29-Oct-89
6. John Breit	14:14:00	Coburg, VIC	26-Feb-89
7. Owen Tolliday	14:17:10	QLD Univ	06-Sep-87
8. Bryan Smith	14:21:00	Coburg, VIC	11-Mar-90
9. Peter Schultz	14:27:37	Adelaide, SA	14-Nov-82
10. Cliff Young	14:37:54	Manly, NSW	03-Apr-83
11. Mike March	14:45:00	Coburg, VIC	26-Feb-89
12. Brian Bloomer	14:51:07	Box Hill, VIC	16-Feb-86
13. Neville Mercer	14:54:04	Coburg, VIC	28-Feb-93
14. Tim Cochrane	14:59:31	Coburg, VIC	20-Apr-08
15. Brickley Hepburn	15:06:19	Coburg, VIC	24-Feb-91
16. Mick Francis	15:07:04	Adelaide, SA	24-Oct-99
17. Keith Swift	15:10:52	Manly, NSW	22-Apr-84
18. Alistair Wallace	15:16:05	Manly, NSW	30-Mar-86
19. Graham Woods	15:28:27	Aberfeldie, VIC	24-Jan-88
20. Keith Fisher	15:38:20	Auckland, NZ	23-Aug-87

Top 20 Female

1. Margaret Smith	16:01:43	Manly, NSW	22-Apr-84
2. Helen Stanger	16:02:00	Coburg, VIC	23-Aug-98
3. Dawn Parris	17:52:53	Olympic Park, VIC	20-Aug-89
4. Cynthia Cameron	18:11:37	Adelaide, SA	02-Nov-86
5. Carol Baird	18:36:45	Adelaide, SA	01-Oct-06
6. Georgina McConnell	18:47:20	Olympic Park, VIC	20-Aug-89
7. McGough Lee-	19:51:21	Adelaide, SA	23-Oct-94
8. Trisha Spain	20:05:16	Perth, WA	28-May-89
9. Dell Grant	20:10:43	QLD Univ., QLD	06-Sep-87
10. Sharon Scholz	20:29:07	Coburg, VIC	20-Apr-08
11. Geraldine Riley	21:49:34	Box Hill, VIC	16-Feb-86
12. Felicity Joyce	21:52:19	Adelaide, SA	17-Oct-04
13. Anubha Baird	21:54:40	Adelaide, SA	24-Oct-99
14. Helen O'Connor	22:17:32	Adelaide, SA	02-Nov-86
15. Kay Haarsma	22:25:31	Adelaide, SA	14-Nov-82
16. CheryStandeven l	22:44:40	Adelaide, SA	30-Oct-88
17. Lynette Lewis	22:46:54	Coburg, VIC	14-Apr-02
18. Wanda Foley	22:47:15	Kensington, SA	29-Sep-91
19. Kim Talbot	22:48:48	Coburg, VIC	26-Feb-89
20. Sandra Kerr	22:55:22	Coburg, VIC	11-Mar-90





Footnote: Born to Run

Christopher McDougall's book *Born to Run* explores the life and running habits of the Tarahumara Indians of Mexico's Copper Canyon and throws up many interesting insights into our intrinsic suitability as humans for running. Here are some comments from the author:

The key secret hit me like a thunderbolt. It was so simple, yet such a jolt. It was this: everything I'd been taught about running was wrong. We treat running in the modern world the same way we treat childbirth—it's going to hurt, and requires special exercises and equipment, and the best you can hope for is to get it over with quickly with minimal damage.

I was constantly being told by people who should know better that "some bodies aren't designed for running." One of the best sports medicine physicians in the country told me exactly that—that the reason I was constantly getting hurt is because I was too big to handle the impact shock from my feet hitting the ground. Just recently, I interviewed a nationally-known sports podiatrist who said, "You know, we didn't ALL evolve to run away from saber-toothed tigers." Meaning, what? That anyone who isn't sleek as a Kenyan marathoner should be extinct? It's such illogical blather—all kinds of body types exist today, so obviously they DID evolve to move quickly on their feet. It's really awful that so many doctors are reinforcing this learned helplessness, this idea that you have to be some kind of elite being to handle such a basic, universal movement.

Then I meet the Tarahumara, and they're having a blast. They remember what it's like to love running, and it lets them blaze through the canyons like dolphins rocketing through waves. For them, running isn't work. It isn't a punishment for eating. It's fine art, like it was for our ancestors.

I decided to train for a 50 mile race in Tarahumara territory. I'd met an adventure-sports coach from Jackson Hole, Wyoming named Eric Orton. Eric's specialty is tearing endurance sports down to their basic components and looking for transferable skills. With some 70% of all runners getting hurt every year, the athlete who can stay healthy and avoid injury will leave the competition behind.

So naturally, Eric idolized the Tarahumara. Any tribe that has 90-year-old men running across mountaintops obviously has a few training tips up its sleeve.

I didn't think I could do it without breaking down, and I told Eric that from the start. I basically defied him to turn me into a runner. And by the end of nine months, I was cranking out four hour runs without a problem.

Eric figured shock and awe was the best way for me to build durability and mimic Tarahumara-style running. He'd throw something new at me every day—hopping drills, lunges, mile intervals—and lots and lots of hills. There was no such thing, really, as long, slow distance—he'd have me mix lots of hill repeats and short bursts of speed into every mega-long run.

Ultra runners tend to be amazingly healthy, youthful and—believe it or not—good looking. I couldn't figure out why, until one runner explained that throughout history, the four basic ingredients for optimal health have been clean air, good food, fresh water and low stress. And that, to a T, describes the daily life of an ultrarunner. They're out in the woods for hours at a time, breathing pine-scented breezes, eating small bursts of digestible food, downing water by the gallons, and feeling their stress melt away with the miles. But here's the real key to that kingdom:

you have to relax and enjoy the run. No one cares how fast you run, so ultrarunners don't really stress about times. They're out to enjoy the run and finish strong, not shave a few inconsequential seconds off a personal best. And that's the best way to transition up to big mileage races; as coach Eric told me, "If it feels like work, you're working too hard."

We're born with such remarkable natural endurance that humans are fully capable of outrunning horses, cheetahs and antelopes. That's because we once hunted in packs and on foot; all of us, men and women alike, young and old together.

I thought I'd have to go on some kind of prison-camp diet to get ready for an ultra, but the best advice I got came from coach Eric, who told me to just worry about the running and the eating would take care of itself. And he was right, sort of. I instinctively began eating smaller, more digestible meals as my miles increased. You can get away with garbage for a while, but you pay for it in the long haul.

When things look worst, we run the most. Three times, America has seen distance-running skyrocket and it's always in the midst of a national crisis. The first boom came during the Great Depression; the next was in the '70s, when we were struggling to recover from a recession, race riots, assassinations, a criminal president and an awful war. And the third boom? One year after the Sept. 11 attacks, trailrunning suddenly became the fastest-growing outdoor sport in the country. I think there's a trigger in the human psyche that activates our first and greatest survival skill whenever we see the shadow of approaching rap-tors.

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