

ULTRAMAG

Dec 2009 Volume 24 No 4



- Commonwealth Champs
- Great Ocean Walk 100s
- Yurebilla Trail
- Tan 100kmand more







Magazine of the Australian Ultra Runners Association

December 2009

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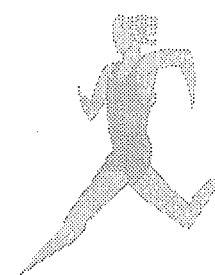
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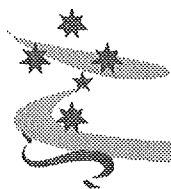
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Front cover - Darrel Robbins at Great Ocean Walk 100s (photo by Katrina Ablett)

Back cover - Phil Murphy at Great Ocean Walk 100s (photo by Brett Saxon)

Inside front cover - Commonwealth Championships Australian 100km team (Ian Cornelius)





Editorial December 2009

By Julia Thorn

Two ultra events have stood out in the past quarter, at either end of the spectrum. The first was the Commonwealth Championships in Ultra Running, held in Keswick in England's Lake District in September. The key competitions for ultra runners were the 100 kilometre champs and the 24 hour track champs. Australian participants put in a stellar performance in both these events and did their country proud.

In the 24 hour race Martin Fryer continued what has been a remarkable year by not only winning the race but also achieving a new Commonwealth record. In the 100 kilometre road race Jackie Fairweather continued her highly successful foray into ultra running with a gold medal. The other members of the Aussie team also achieved highly. You'll find full results in these pages.

The other major event was a new trail ultra, the Great Ocean Walk 100s. Two races made up the occasion, a 100 kilometre run and a 100 mile run, although the longer race was actually much longer than 100 miles. Participants have raved highly about this event and it is sure to become a certain fixture in future years. The event takes place on the lesser known and less touristy half of the Great Ocean Road coastline in western Victoria, and much of the trail can only be accessed on foot or from the sea. This is a magical area, although prone to some very adverse weather at times.

It is very satisfying to see new races come onto the calendar, and 2009 has been a good year for new events. There is already a new event scheduled for the

northern Tasmania coast in late February next year. Let us hope this trend continues. As I write I am recovering from the inaugural Marysville Marathon and Ultra, a new set of events master minded by keen ultra runner Lachlan Fraser to support the community devastated by the February bushfires. It was wonderful to see the turnout of runners at this event, and we all felt a marvellous sense of achievement to have completed our race in the hot conditions the day threw at us.

Every time I read the magazine from our equivalent organisation in the US

success.

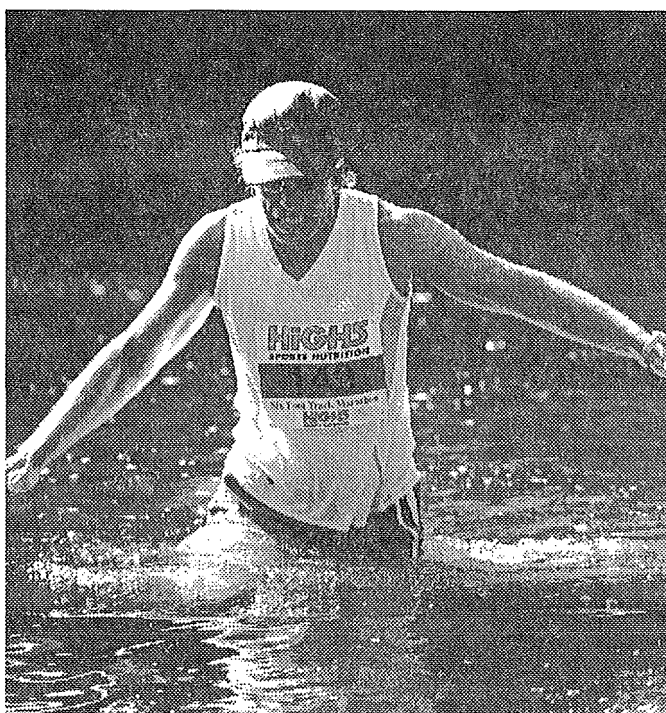
The next three months will continue to be busy ones for ultra runners as we head into the best months for running in the mountains. Truly hardened runners have the chance to participate in the Coast to Kosciusko 240 kilometre epic in December, while less ambitious runners may prefer the Bogong to Hotham challenge or the jaunt up to Mount Buller in the New Year.

This issue marks the end of my first year as editor. It has been an enjoyable year for me and I hope you are finding the magazine to your liking. Please remember that I am always on the lookout for contributions to this magazine. I am especially keen to receive articles which are not race reports, such as articles on nutrition or training or just general stuff about long distance running. For those of you who are curious about the direction taken by our ex-editor Kevin Cassidy you can hear of his swimming exploits in this issue.

It has been drawn to my attention that the results of the Kokoda Challenge event in Queensland earlier this year were incorrectly reported in our previous issue. The winning female team should have been reported as 13.48.47: Merryl Fletcher; Judy Briscoe; Glenda Banaghan and Tressa

Lindenberg. The winning male team was 14.51.57: George Takis; Nigel Waddington; Rolf Collett and Glen Thompson. I would also like to apologise to Sebastian Warmerdam for mis-spelling his name in the last issue.

Now I would like to wish you all a Happy Christmas and a New Year free from injury and snakes.



Julia at six foot track

I am amazed at the number of ultras held over there. Ultra running is enjoying unprecedented attendance and there is every prospect of a spill over effect here. Many runners are turning to ultras in preference to marathons because marathons are becoming too big and congested, not to mention expensive. Ultras have long had the reputation for being low key, friendly and the organisers have a genuine interest in the event's



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

November 2009

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

Sunday 10 January BOGONG TO MT HOTHAM (VIC)

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

Saturday 23 - Sunday 24 January LAUNCESTON 6 HR / 12 HR TRACK RACES

6am start at the Launceston Athletic Club (Times to be confirmed closer to date)

Contact: David Brelsford dbrelsford@hotmail.com Web: www.launcestonathleticclub.com/6hourrace/

Sunday 24 January EASTERN TREE SERVICE MANSFIELD TO MOUNT BULLER 50KM ROAD RACE (VIC)

6am start. Discount for Aura members.

Contact: Robert Boyce 0417 557 902

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

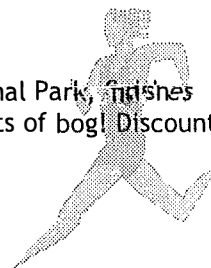
February 2010

Saturday 6 February CRADLE MOUNTAIN ULTRA (TAS)

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 - Sunday 7 February CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN 12/6 HOUR (QLD) Date to be confirmed
Run on the 500 metre gravel track at the Caboolture Historical Village. Starts at dusk on Saturday and finishes at dawn on Sunday.
Contact: Geoff Williams Email: gjcarpet@caboolture.net.au Web: www.aura.asn.au/CabooltureHV.html

Sunday 14 February AURA MAROONDAH DAM TRAIL RUN 30/50KM (VIC)
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 28 February THE FOUR BEACHES 50KM TRAIL RUN (TAS) *NEW EVENT*
Narawntapu National Park, Northern Tasmania. 6am start. An out and back coastal trail run starting from Greens Beach, at the mouth of the Tamar River, through the national park on a coastal track of pine needles, dirt and unspoilt sandy beaches, passing West Head, Badger Beach, Badger Head, Copper Cove Beach to Bakers Beach.
Contact: Peter Brett 0419 609696 Email: peter@pbrunning.com.au

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 7 March COBURG SIX HOUR RACE (VIC)
Held at the Harold Stevens Athletic Track, 8am.
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)
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. Shorter events on previous evening
Contact: Dave Cundy. Email: cundysm@ozemail.com.au Web www.canberramarathon.com.au

Saturday 17 - Sunday 18 April COBURG 24 HOUR CARNIVAL (VIC)
Harold Stevens Athletic Track. Coburg. 24 hour event only, includes the Victorian 24 Hour Track Championships and the Australian Centurion Walk, 10am.
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

August 2010

Sunday 22 August TAN ULTRA RUN 100km and 52km (VIC) TBC

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 2010

Sunday 12 September TAMBORINE TREK, GOLD COAST 62 KM (QLD) TBC

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 26 September YURREBILLA TRAIL 56KM (SA) TBC

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



MARYSVILLE MARATHON TBC
45km multi loop run. Also shorter events
Email: snow.doc@hotmail.com Web: www.marysvillemarathon.com.au

October 2010

Sunday 10 Oct. BRIBIE BEACH BASH 46KM AND SHORTER OPTIONS (QLD) TBC
Contact: Geoff Williams 0412 789 741
Email: gjcarpet@caboolture.net.au Website: www.aura.asn.au/BribieBeachBash.html

November 2010

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

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 liason /Vice president	Robert Boyce	rboyce@eastertrees.com	0417 557 902
Apparel & trophies	Brett Saxon	brsaxon@bigpond.net.au	0418 557 052
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
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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Ultra News

Martin Fryer has run a new Commonwealth record over 24 hours at the Commonwealth ultra championships held in Keswick, England in September. Full details are in this issue.

The Great Ocean Walk 100s (96km and 192km) were held for the first time this quarter and were well attended. Read the reports in this issue and come along for the trip next year.

The Tamborine Trek in Queensland scheduled for 13 September this year had to be cancelled.

At this year's **Bribie Beach Bash** the longest event was a standard marathon so the results do not appear in this magazine. You can find them online at <http://geoffsrns.com/>

Victorian 6 Hour and 50 Km track championships are to be held on 21 November at the Newborough track near Moe, Victoria with a 4pm start.

Bogong to Hotham update There has been tentative approval from Parks Victoria to lift the ceiling from 50 to 150 runners for the 25th Bogong to Hotham 64km race. The race is to be followed by prize giving dinner on the Sunday evening. These and many other changes and refinements are due to the efforts of new race organiser, Paul Monks. The race date for this race, possibly Australia's premier trail classic, is 10 January and entries are to open soon.

The Launceston track ultra Following the success of the inaugural Launceston 6 hour track race last February, the Launceston Athletic Club is adding a 12 hour race to the itinerary in 2010.

The events will be held on the weekend of January 23/24 although race director Dave Brelsford is not sure yet of the exact arrangements. "It will be one of two scenarios", says

Dave. "Either (a) both races being held on Sunday 24 Jan, or (b) the 6 hour starting at 3 p.m. on Saturday 23rd Jan and the 12 hour starting at 6 a.m. on Sunday 24 Jan.

Negotiations are still under way to decide which scenario it will be. "Of course," Dave said with a grin, "If it turns out to be two separate events, there's nothing to stop people running in them both. Wouldn't that make for a great weekend?"

Dave hopes that timing chips will be available for the runners too, but once again negotiations are continuing in that respect.

"Even if we do have timing chips, it's a good idea to have a personal scorer anyway, so that you can immediately analyse your performance. We will provide scoresheets in any event." Renowned Tasmanian long distance runner Vlastik Skvaril will be running again. Last year Vlastik coached his two grandsons through the 6 hour whilst running himself. His wife Jo timed for the three of them, making it a real family occasion.

The winner in 2009 was local man Aubrey Henricks who covered 75.4 km. Female winner was Melbourne's Michelle Thompson with 61.9 km. Michelle has already indicated she will be returning to Launceston, but will possibly step up to the 12 hour. Details of the event can be found at www.launcestonathleticclub.com/6hourrace or by contacting Dave on dbrelsford@hotmail.com

The Cradle Mountain Run takes place on 6 February 2010. Entries for that year's run filled within twelve hours of web registration opening this October and the waiting list is also full. The entry requirements have been tightened up, so check the website before putting in your entry for 2011.

Endura products have introduced new packaging which you will gradually be seeing in the shops

and brought out three new flavours of energy gel - grape, raspberry and coffee - to add to their existing range. See www.endura.com.au

50km Trophy Final in Gibraltar has just taken place. Hundreds of athletes, tens of hours of running, 40 selected individuals, 13 races and 1 Trophy Final. Gibraltar has been the host of the 2009 IAU 50km Trophy Final. This small nation, about 2 hours from Malaga, housed selected athletes, officials, visitors and open runners attending the events during the race weekend. The Trophy Final was scheduled for 2.30pm (Gibraltar time) on 31 October. The opening ceremony was on 30 October at 7 pm and the closing ceremony on 1 November at 11 am. Alongside the selected athletes were many open runners to participate in the event vying to take home the title of the 50km Trophy Final Winner.

The 50km race was on roads and the time limit five and a half hours. 29 runners finished the event. The course was an 8 kilometre loop, and conditions were tough, with the temperature in the high twenties.

June Petrie and Verity Tolhurst represented Australia. Anthony Farrugia and David Criniti also qualified.

Coming into the final Nonyana and Semick were the favourites.

Male overall:

1. Lucas Nonyana 02:58:03
2. Paul Molineux 03:00:15
3. Michael Wardian 03:00:56

Female overall:

1. Kami Semick 03:29:48
2. Monica Carlin 03:37:10
3. Lesley Train 03:38:23
4. June Petrie 03:44:35 AUS
5. Amanda Stickel 03:52:38
6. Heather Foundling-Hawker 03:58:58
7. Verity Tolhurst 04:06:54 AUS

This years Spartathlon 246 km ultra from Sparta to Athens in Greece was won by Japanese runner Ryoichi Sekiya in 23 hours 48 minutes 24 seconds.

IAU Representatives Dirk Strumane, President and Nadeem Khan, Director of Communications had the opportunity to promote ultra running at the IAAF Congress in Berlin. The World Congress was on the occasion of the 12th IAAF World Championships in Athletics. Over 200 IAAF member federations were in attendance and they made some very important decisions pertaining to the future of athletics.

The IAU representatives took the opportunity to promote ultra running to the member federations. They spoke to many interested representatives and made several useful contacts over the duration of the congress and the championship. Upon interaction with several representatives, they learned that ultra running is a more widespread sport than originally thought. Several countries have ultra runners in their mix and these countries would like to be associated with the IAU in the near future.

Several member federations appreciated the opportunity to learn about the IAU and several more were amazed by the sport of ultra running. The former were introduced to the association and the latter were introduced to the sport. Both groups of people walked away with a much wider appreciation of what the sport of ultra running has to offer.

The IAU booth at the World Congress was an important opportunity for the association to promote the sport and also to inform them of events that the IAU has to offer.

Run for a safe climate is the name of an ultra distance run which is taking place this November. Firefighters, police, paramedics, military and state emergency service workers are

getting together for a 6000 kilometre relay run to raise awareness of climate change. Down the eastern seaboard from the Daintree Rainforest to Melbourne, the month-long run will pass natural icons under threat from global warming – from the wet tropics and the Great Barrier Reef, to the Australian Alps, Murray-Darling Basin and river red gums. Run for a Safe Climate will finish on St Kilda Beach on November 29, before the crucial United Nations climate change conference in Copenhagen. Among the 35 runners, who will donate their annual leave to take part, is Michael “Ace” Acreman, 26, who graduated as a firefighter two months before searching for survivors of the deadly Kinglake and Kinglake West fires.

For many of the runners, February’s bushfires were a catalyst for action, quashing any doubts about the threat of climate change. Altona firefighter Dan Condon, 32, battled Black Saturday blazes in Gippsland and Whittlesea. “The fires we fought this summer were unstoppable. I think they’ve gotten bigger and worse,” he says.

Former US vice-president Al Gore launched Run for a Safe Climate in Melbourne this month. “No nation is more vulnerable to the impact scientists have predicted,” Mr Gore said.

Victoria Police Leading Senior Constable Matt Astill, 34, is among the 35 relay runners, who will each clock 15 kilometres a day on average. He says Black Saturday was a rude awakening of how climate change places demand on emergency services.

Hihett firefighter Dave Rylance, 36, recalls trying to save homes at Narre Warren. “I had been in the brigade for just under 12 months, but to hear firefighters with 40 years’ experience say they have never seen fires like that is concerning,” he says. “The run is something I can do to educate people about the environment.”

The Kepler Challenge 64 km trail ultra is on again soon in New Zealand on 5 December. Competing in the Kepler Challenge is in itself a huge

undertaking. But most who do it will come into the event well rested after a long taper. So imagine how it would feel turning up in Te Anau on the eve of the race having just run 300km over the previous six days. It may sound like madness but this is exactly what one competitor in this year’s Kepler Challenge will be doing. Malcolm Law is aiming to be the first person ever to run the seven mainland Great Walks of New Zealand in seven consecutive days. Malcolm wants to raise at least \$50,000 for the Leukaemia & Blood Foundation. His brother died of leukaemia and this is his way of trying to help others battling this awful illness. If you’d like to find out more about this epic adventure, and perhaps make a donation to the charity, visit www.7in7.org.nz

A new book for Comrades followers, ‘Tea With Mr Newton’ - 100,000 Miles the longest ‘Protest March’ in history” by Rob Hadgraft. Order from: www.desertislandbooks.com Arthur Newton a self-taught runner became an ultra-distance running legend. In his later years he became guru to many international runners who were happy to ‘take tea’ with him at his home in Ruislip, London. He was a very modest and private man. He always avoided publicity and often never revealed physical or medical injury problems he had during his competitive years. Some of his private life he does mention in his books but now at last we have a far more detailed version. It makes fascinating reading.

After very lengthy and detailed research, experienced author Rob Hadgraft launches his fourth book about a running legend. He reveals many previously unpublished facts about his every day life style, relevant to his training and racing. He also records previously little known or published reports on some of the events Arthur took part in as well as illustrations.

Not sure how seriously to take this: Madonna is apparently in training to run the 243 kilometre six day Marathon des Sables next April. A source told America’s *Star* magazine: “She’s always been in great shape, but she is now taking things to a whole other

"If you are not in good health your vocal cords will suffer"

level. She is serious about doing it." The 51-year-old star is so keen to triumph she has warned her management to keep her schedule free for the whole month. Madonna is known for her super-toned physique and adheres to a strict eating plan and exercise regime. Madonna said:

"My body is an important instrument as well as my voice. Does working out really help with singing? Yeah, absolutely. Using your diaphragm properly is connected to having good posture. Your body is one organism. You can't separate it. If you are not

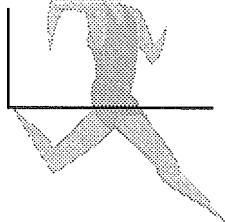
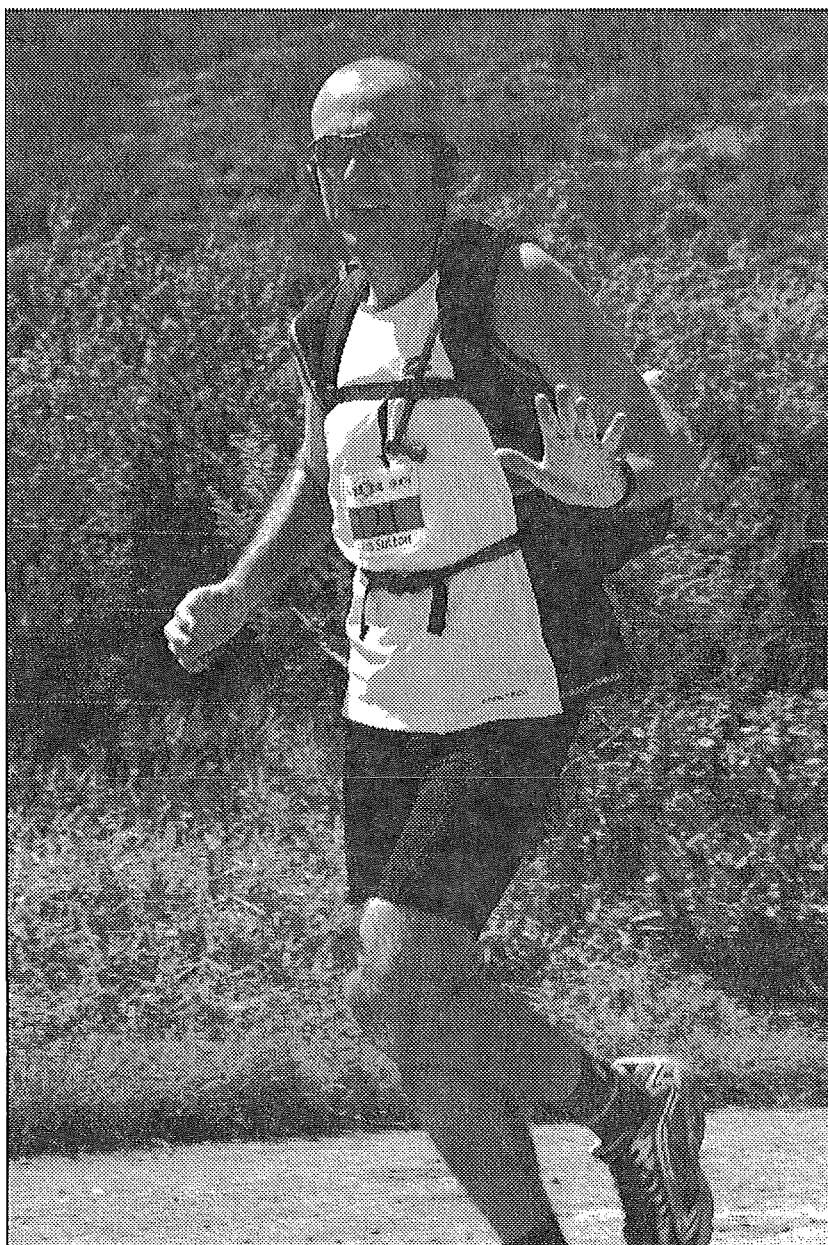
in good health your vocal cords will suffer. Everything will suffer."

Gerald Manderson, a Centurion, completed his solo walk from Melbourne to Brisbane in July/August, finishing in 33 days 6 hours including a three day break.

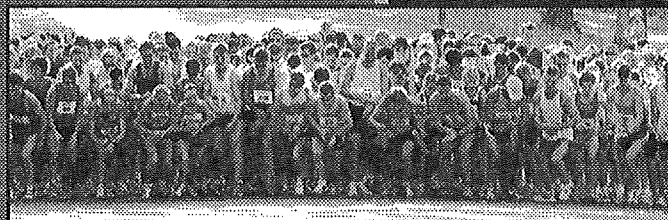
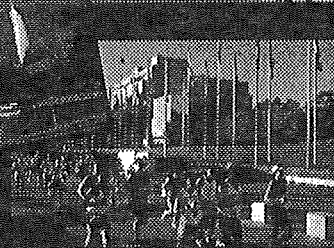
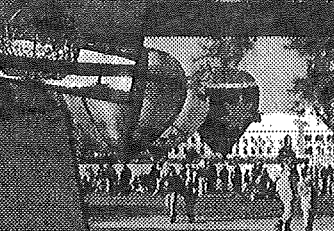
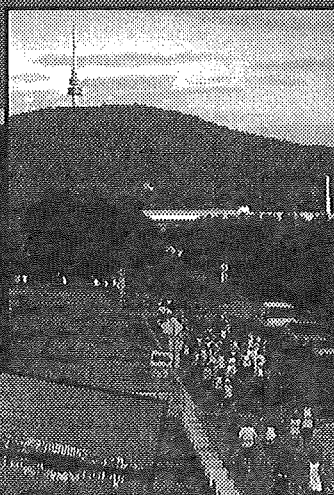
AURA 300th member competition

From Brett Saxon: During 2009 2XU have supported AURA and the membership secretary's drive to see our Number 300 member sign up. We are very pleased to announce that the 300th member signed up during October to claim a fantastic prize of \$300 worth of 2XU gear which can be claimed through the AURA membership Secretary.

Congratulations to Rob Sutton from Werribee in Victoria. Rob has recently starting running ultras including the You Yang's 5050 and GOW100. Rob also raised funds for his charity when running the 80 km at the You Yang' and has become a passionate member of the running community. I am sure Rob will enjoy the benefits that 2XU gear provides and no doubt Rob will perform 2X as well in the future. Thanks to Aidan and Nicola from 2XU for their support of Ultra Running.



Canberra 50km Ultra Marathon



Canberra MARATHON

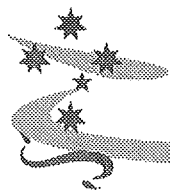
The Canberra 50km Ultra Marathon is an optional event held in conjunction with the annual Canberra Marathon. It incorporates the Australian and AURA 50km Road Championships. It is a qualifying event for the IAU 50km Trophy Race in each year that race is held, with male and female winners in Canberra receiving trips to the World Final, courtesy of the IAU.

- Fast and scenic course • Events for all the family
- Asics Marathon Eve 5km and 10km Fun Runs, 50km Ultra Marathon, Kids Marathon, Expo, Pasta Party, After Party • Special Arrangements for slower runners • Brilliant autumn weather with an average range 6°C to 15°C • Boston and Comrades qualifier • Inaugural winner of AIMS/ChampionChip Innovation Award • Photographs by Marathon-Photos.com

10-11 APRIL 2010

Telephone +61 2 4342 7611
Email: cundysm@ozemail.com.au

www.canberramarathon.com.au



AURA Point Score

As at 9 October 2009

1 point: Annett Noel, Baird Carol, Bennett Elizabeth, Brett Peter, Clear David, Cook Kim, Fairweather Simon, Fickel Bob, Fitzpatrick Peter, Gregory Bernadette, Guy Jacuelyn, Harrison Sharon, Jacobs Trevor, Underwood Amanda

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

3 points: Fattorini Tony, Higgins Barry, Howorth Sandra, Lindenberg Tressa, Skvaril Vlastislav, Worley Susan, Wright Stephen

4 points: Bleakman Dan, Field Paul, Horsburgh Ewan, Horwood Chris, Lindsay John, McDonald Andrew, Palmerlee April, Pickup Richard, Skinner Deryck, Trewitt Tory

5 points: Barlow Nick, Carson Max, Dubois Andrew, Glover Brian, Kinshofer Rudolf, Krantczke Simon, Middleton Colleen, Murrell Michael, Oliver Rebecca, Scott Anthony, Twite Ian, Van Dyk Lynda, Webber Bruce

6 points: Best Graeme, Bradley James, Guard Roger, Lockwood Belinda, Price Stuart, Whitten Philip

7 points: Appleby Steven, Chesterton Val, Cook Dean, Fawkes Nathan, Kennedy David, Last Geoffrey, Lee Andrew, Myers Brendan, Pelgrim Bert

8 points: Eadie David, Love Gregory, Sullivan Keith

9 points: Cole Stuart, Gregory Wayne, Johnson Peter, Keats John, Lolait Lawrie, Robins Darel, Worley Brett

10 points: Swain Elizabeth, Scholz Sharon, Bollen Karyn, Brelsford Dave, Bremner Kerrie, Cassidy Kevin, Collins Tony, Erickson Tim, Francis Mick, Goggin Bernie, McCormick Richard, Nestor Ngoh Ngoh, Phillips Lindsay, Salisbury Bruce

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

12 points: Barker Carl, Bell Terence, Bignell Peter, Courtney Anthony, Manning Nick, Orchard Scott, Robson Jessica, Staples Alan

13 points: Baldock Michael, Jones David

14 points: Murphy Phillip, Pivetta Caroline

16 points: Heaton Kevin

17 points: Lockwood Glenn, Saxon Brett, Tolhurst Verity

18 points: Hewat Andrew, Nobbs Deanne, Pearce Billy, Pearson John, Petrie June

19 points: Brooks Colin

20 points: Fraser Lachlan, Lilley Allison

22 points: Beveridge Steel, Thompson Nick

25 points: Cochrane Tim

27 points: Boyce Robert

28 points: Scholz Justin

31 points: Marshall Kelvin

32 points: Quinlan Meredith

35 points: Fryer Martin

36 points: Schwebel Ron

37 points: Fairweather Jackie

40 points: Harvey-Jamieson Susannah

48 points: Lovric Michael

57 points: Blake Jonathan

75 points: Gamble Malcolm

For full details see http://aura.asn.au/data/PointsRace/AURA_PointsRace_09-10-2009.pdf

Follow the Leaders



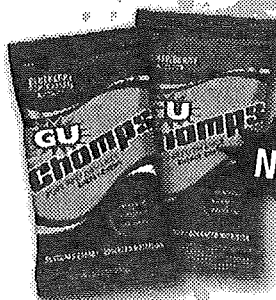
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> membership form

current memberships are due for renewal on January 1, 2010

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

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

membership application/renewal

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

OTHER FAMILY MEMBERS (one ultramag per family only)

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

remittance

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

Membership

\$

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) or join/renew online at www.aura.asn

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

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

aura
 in it for the long run

Commonwealth Ultra championships

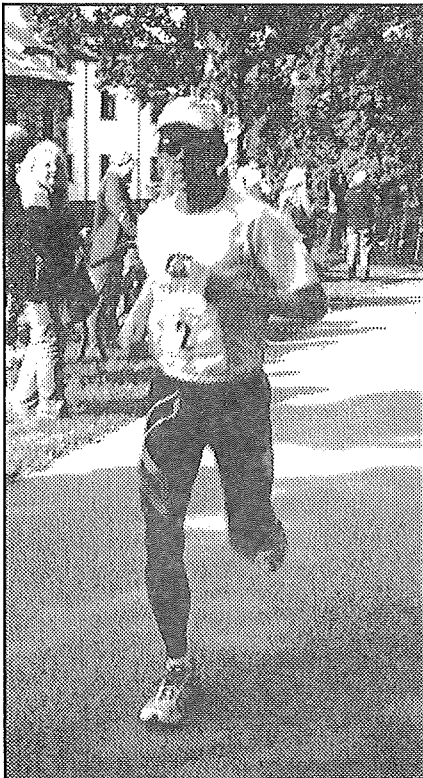
Keswick, England 17 – 20 September 2009

Report by Ian Cornelius

The inaugural Commonwealth championships for ultras and mountain running, held under the auspices of the Commonwealth Games Federation, the IAAF, the IAU and the WMRA were conducted in Keswick, Cumbria, UK from 17 to 20 September, 2009. In the ultra section, these events consisted of 24hr and 100km races for both men and women. In addition to the individual results there were also teams sections, with the first three to count in the team results.

Australia did particularly well in the championships. Martin Fryer broke the Commonwealth best performance in the 24 hour event with 255km. Jo Blake was not too far behind with 248km for 2nd and with John Pearson running a very creditable 224km for 7th, Australia won team gold.

In the women's 24hr, Susannah Harvey-Jamieson finished a very creditable third (206km) despite



Martin Fryer



The Australian team for the 24 hour race

carrying injuries from a heavy fall two weeks earlier. Meredith Quinlan (200km) and Sharon Scholz (195km) ran very well to achieve 6th and 8th thus giving Australia the silver medal in the teams section.

In the 100km Jackie Fairweather easily won the women's 100km in the very smart time of 7:41:23. Caroline Pivetta ran a PB with 9:04 but unfortunately Australia didn't have a third runner which prevented us from gaining a teams placing. In the men's 100km, Terence Bell ran an excellent race in 7:16 which gave him 4th, Tim Cochrane 7:20 for 5th and Brendan Davies 7:31 for 9th. These results gave Australia the silver medal in the teams section.

All athletes acquitted themselves very well indeed. Much credit must go to the respective crews, especially in the 24 hour event. A special mention of Robert Boyce's efforts in organising, managing, crewing for both Martin and Jo in the 24 hour race and then being out on the course manning the special drinks table in the 100km the following day. Well done and thank you very much to Robert for

his untiring work, not just at these two events but right throughout the year. His work has been a major contributing factor to Australia's improved performances at 24 hours and 100 km events these past 2 - 3 years.

Official IAU Report 24 hour race

The 24 hour race started at midday on Thursday 17 September and took place entirely within Fitz Park, with runners completing laps of a 1 km course around the park. Runners continued through the night and the following morning, with the finish at midday on Friday.

Martin Fryer (AUS) won the men's division with a Commonwealth best performance mark of 255.93 km. Jo Blake (AUS) and John Pares (WAL) won the silver and the bronze medals respectively.

Fryer led the race for majority of the run and had a good season coming into the race with earlier victory at Surgeres 48 hour in May. Blake and Pares also ran consistent races to post 249.11 km and 244.38 km

"Martin Fryer (AUS) won the men's division with a Commonwealth best performance mark of 255.93 km"

respectively. Fryer got himself the Commonwealth Best Performance record.

Australia took the men's crown followed by strong runs from England and Scotland to take second and third place respectively.

Sharon Gayter (ENG) won the women's title to cap another amazing season which included strong runs at the IAU 24 hour world

Challenge in Bergamo, Italy and Badwater Ultra run in the US. Vicky Skelton (ENG) and Susannah Harvey Jamieson (AUS) won the silver and bronze medals respectively.

Gayter, Skelton and Harvey-Jamieson exchanged leads for the first third of the race. Following which Gayter solidified her lead and extended her personal best to a new level.

Gayter ran 226.49 km followed by Skelton and Harvey-Jamieson who

ran 212.68 km and 206.979 km respectively.

Strong run from the English athletes led them to the gold medal spot in the team event. They were followed by Australia and Scotland in the silver and bronze medal spots.

Runners took advantage of the cool weather conditions to post personal or season bests.

Results

Male	Kms	Country
1. Martin Fryer	255.934	Australia
2. Jo Blake	249.106	Australia
3. John Pares	244.377	Wales
4. Steve Mason	236.942	Scotland
5. Chris Carver	231.506	England
6. Jim Rogers	228.214	England
7. John Pearson	224.785	Australia
8. Guy Gilbert	217.783	Canada
9. Ben Scott	216.329	Isle of Man
10. Pat Robbins	215.818	England
11. William Sichel	214.006	Scotland
12. Chris Finill	208.330	England
13. Ken Fancett	206.742	England
14. Michael Lovric	203.546	Australia
15. George Biondic	189.906	Canada
16. Bruce Barteaux	189.000	Canada
17. Ritchie Cunningham	169.936	Scotland
18. Mick Francis	165.229	Australia
19. Arun Kumar Bhardwaj	146.435	India
20. Scott Orchard	94.520	Australia
21. Aleaxnder McKenzie	17.094	New Zealand

Female	Kms	Country
1. Sharon Gayter	226.489	England
2. Vicky Skelton	212.683	England
3. Susannah Harvey Jamieson	206.979	Australia
4. Marie Doke	201.631	England
5. Valerie Muskett	201.431	New Zealand
6. Meredith Quinlan	200.692	Australia
7. Pauline Walker	200.183	Scotland
8. Sharon Scholz	195.252	Australia
9. Vivian Cheng	191.708	New Zealand
10. Charlotte Vasarhelyi	190.432	Canada
11. Lynne Kuz	190.259	Scotland
12. Allison Lilley	187.625	Australia
13. Sandra Brown	187.119	England
14. Deanne Nobbs	184.013	Australia
15. Sue Armstrong	177.475	Canada
16. Bethany Clague	176.315	Isle of Man
17. Fiona Rennie	172.820	Scotland

18. Sylvie Boisvert	167.228	Canada
19. Lisa Tamati	161.712	New Zealand
20. Manon Jacob	124.267	Canada
21. Kerrie Bremner	121.670	Australia
22. Ramona Thevenet Smith	110.609	England

Teams

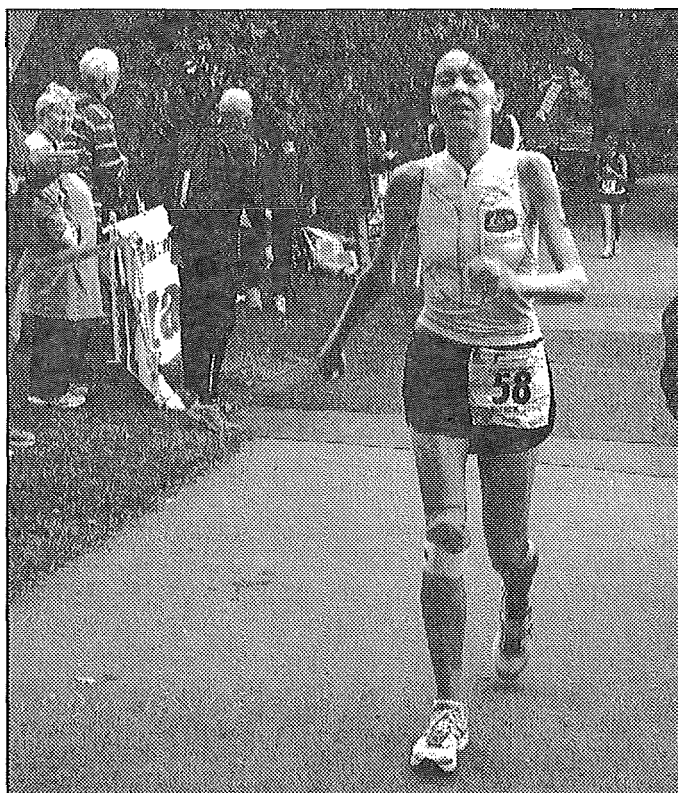
Male

Gold --- Australia 699.825 km
Silver --- England 675.538 km
Bronze --- Scotland 620.884 km

Female

Gold --- England 640.803 km
Silver --- Australia 602.923 km
Bronze --- Scotland 563.262 km

Susannah Harvey Jamieson finishing the 24 hour



Official IAU Report

100 km race

The 100 km race took place on Saturday 19 September at 8am. Starting from Fitz Park in the centre of Keswick, the course follows a steep route out of town before turning south through St John's in the Vale to Thirlmere. The race then takes 6 laps of Thirlmere via the back road before returning through St Johns in the Vale and finishing at Fitz Park.

Jez Bragg (ENG) won the men's division with a time of 7:04:01. He was followed into the finish by his teammates Matthew Giles and Matthew Lynas. Giles and Lynas ran times of 7:05:28 and 7:09:52.

Bragg and Giles exchanged leads up until the 95th kilometre of the race when Bragg took the lead and went past Giles. Lynas ran a very consistent race all the way through Keswick and neighbouring towns and villages.

England won the men's title followed by Australia and Scotland in the silver and bronze medals respectively.

Jackie Fairweather (AUS) won the women's title in a time of 7:41:23. Emma Gooderham (ENG) and Lucy Colquhoun (SCO) finished in silver and bronze medals respectively. Gooderham ran a time of 8:04:09 and Colquhoun ran 8:19:45 to get on the podium.

Fairweather led the race from the start steadily building on her lead during the race. Gooderham and Colquhoun ran a very good race to bring individual titles to their countries in addition to their team medals.

England won the women's team title. Scotland grabbed the silver and Canada won the bronze.

The course was quite difficult but the athletes took advantage of cooler weather conditions to run very good times.

Results

Male	Time	Country
1. Jez Bragg	7.04.01	England
2. Matt Giles	7.05.28	England
3. Matthew Lynas	7.09.52	England
4. Terence Bell	7.16.56	Australia
5. Tim Cochrane	7.20.49	Australia
6. Grant Jeans	7.24.05	Scotland
7. Martin Lukes	7.28.02	New Zealand
8. Allen Smalls	7.28.19	England
9. Brendan Davies	7.31.15	Australia
10. Darren Froese	7.32.33	Canada
11. Iain Ridgeway	7.40.50	Wales
12. Andrew Rankin	7.49.06	Scotland
13. Dominic Croft	7.49.15	England
14. Michael Baldock	7.51.07	Australia
15. Darin Bantley	7.57.03	Canada
16. Hassan Lotif Pour	8.03.05	Canada
17. Paul Hart	8.04.45	Scotland
18. Thierry Austin	8.16.28	Canada
19. Graeme Butcher	8.51.50	New Zealand

10. Laurie McGrath	9.40.45	Canada
11. Sandra Bowers	10.22.06	Scotland
12. Lisa Gagne	11.25.27	Canada

Team result

Country	Indiv	Total
1. England	2,4,5	25.20.23
2. Scotland	3,7,9	26.37.42
3. Canada	6,10,12,	29.56.31

Shorter mountain races were also held. For full results see www.cumbriacommwealthchampionships.org

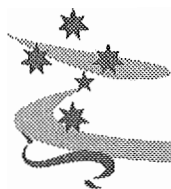
Team result

Country	Indiv	Total
1. England	1,2,3	21.19.21
2. Australia	4,5,9	22.09.00
3. Scotland	6,12,17	23.17.56
4. Canada	10,15,16	23.32.41

Female	Time	Country
1. Jackie Fairweather	7.41.23	Australia
2. Emma Gooderham	8.04.09	England
3. Lucy Colquhoun	8.19.45	Scotland
4. Angie Sadler	8.32.56	England
5. Heather F- Hawker	8.43.18	England
6. Lisa Leskien	8.50.19	Canada
7. Gail Murdoch	8.56.20	Scotland
8. Caroline Pivetta	9.04.02	Australia
9. Isobel Knox	9.21.37	Scotland

The starters line up for the 100km





Yurrebilla Trail Ultra

South Australia, 27 September 2009

Race report by David Close, race organiser

The Yurrebilla Trail extends through a series of national parks on the western escarpment of the Mt Lofty Ranges. It is 56 km in length during which it ascends in total 1865 m and descends 2060 m. The length includes a slight detour to a refreshment stop, and the elevation figures were measured by a Suunto Core belonging to one of this year's participants. No part is more than about 18 km, or 30 minutes drive, from the centre of Adelaide.

Nor is any part of the trail more than about 3 km from a bitumen road. About 9 km of the trail lies along roads. Yet for most of its length it runs through native vegetation which is constantly varying, and through unspoilt scenery which in some

places is spectacular. In September, the wildflowers are at their best, the birds singing strongly, and the streams and waterfalls running.

The location of the trail has encouraged us, the organisers, to avoid prerequisites for entry. We have made it easier for slow runners by allowing 11 hours from start to finish, and providing 10 refreshment stops along the way. Many relatively inexperienced runners have managed to complete the event; yet conditions are challenging for strong and experienced runners.

First run by a group of friends in November 2007 (of whom 23 finished), it became an official South Australian Road Runners Club event in September 2008 (when 39 finished), and for the first time as a race - with much more publicity than before - in September 2009,

when 102 finished. These included 18 entrants from interstate and 3 temporary visitors from overseas. The leading man ran it in 5 hours 27 minutes, and the leading woman in 6 hours 23 minutes.

The work of organisation has been shared among many enthusiastic participants, with their friends, families and other volunteers. Weather conditions this year were rather cold and damp for the volunteers, but quite acceptable for the runners.

The organisers know of a great deal that needs to be done better next year; but have been encouraged by strongly favourable feedback from participants, including experienced trail runners. So we have every hope of making the event even bigger and better in 2010.

Results (top ten only)

Male

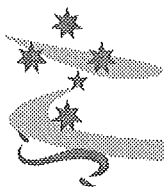
1. Matthew Kinsele	5:24:09
2. Malcolm Gamble	5:32:38
3. Matt Bixley	5:36:04
4. James Owens	5:59:28
5. Colin Francis	6:02:45
6. Brett Worley	6:03:00
7. Richard Tyson	6:06:36
8. David Schmarr	6:12:32
9. Zac Savage	6:14:12
10. Andrew Cohen	6:16:57

Female

1. April Palmerlee	6:23:06
2. Catherine Yates	6:37:50
3. Lee Piantadosi	7:13:51
4. Olivia Thorne	7:20:11
5. Michelle Donnelly	7:36:01
6. Sharla Hall	7:44:45
7. Julianne Young	7:53:47
8. Christie Groves	8:15:09
9. Sarah Murphy	8:15:22
10. Lyndi Gepp	8:24:28

For full results go to www.sarrc.asn.au/Results/yt09_results.pdf

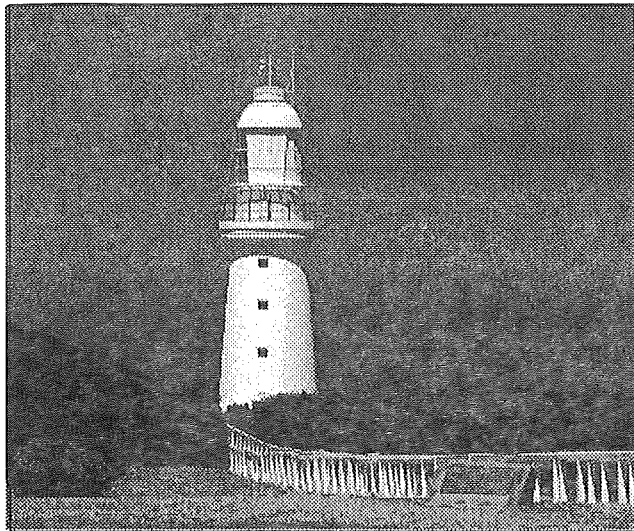




Great Ocean Walk 100 Mile / 100 Km

Victoria, 10 – 11 October 2009

*This inaugural event has been judged a great success by both participants and organisers.
The races took place along the Great Ocean Walk in Victoria's west.*



Cape Ottway lighthouse

A few words from the organisers

Congratulations to the 100 mile winners, Wayne Gregory and Jane Trumper, and the 100 km winners, Phil Murphy and Kate Sanderson. In the 100 mile, Wayne finished in 31:06 and Jane finished in 37:55. Both took home a pair of shoes from The Athletes Foot. Wayne also collected the perpetual winner's 'ships wheel' trophy, and Jane collected the perpetual last finisher's 'ships anchor' trophy. In the 100 km, Phil finished in 13:07 and Kate finished in 17:00. Both took home 2XU vouchers. Congratulations also to all other finishers, who received belt buckles.

Photos by Brett Saxon, Paul Monks and Kevin Cassidy

Lynda van Dyk's report

This account appeared on coolrunning.com.au

Although my race didn't go to plan, I had an amazing adventure.

Start to CP1 (Blanket Bay)

I played leap frog with Runbare and

Bloodnut, with the sweeper always just behind somewhere. I had to push myself just to get to CP1 on the cutoff time. Runbare and Bloodnut had crew and left first. I was now the last runner.

CP1 to CP2 (Aire River)

I struggled in this section, and after the lighthouse, I thought the next cut off was 11am (it was 11:30)

and I that I wouldn't make 11am and would be cut at CP2. I kept going anyway. I saw three snakes in this section - nearly stepping on the second one. I yelled and the snake got as much of a shock as me. I waited a few minutes for the sweeper (Paul) and he assured me that they weren't really snakes as they were too small. I was a bit freaked never the less. He tried to reassure me as we went along by telling me of a couple of his near death experiences with some snakes. I got a bit emotional coming into CP2 (I had never been cut from a run before or DNFed. I kept telling myself not to be a sooky girl and cry and I didn't. I decided once I got cut I would go an and volunteer at a checkpoint if they needed me. As it turned out I wasn't cut. The course was over distance and I was still in. So a quick change of mental attitude and off I went.

CP2 to CP3 (Johanna Beach)

I loved this section. My race wasn't over. I saw an echidna. It seemed a bit cooler and there were ups and downs in the terrain. The sweeper caught me intermittently

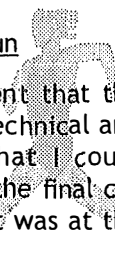
and pushed me along. There was the most beautiful section of track near Rotten Point - full of black boy ferns, just breathtaking stuff. Life is very, very good. Eventually we came out on Johanna Beach and I had made up some time and caught sight of Runbare and Bloodnut. The beach was beautiful, but a real slog. Nowhere could you find any firm sand. I got wet feet and legs which was very refreshing, but I should have tried to keep those shoes and feet dry. At the CP I fixed some blisters and changed my socks.

CP3 to CP4 (Moonlight Head)

Off I went, a bit sad to have lost my sweeper. It had been reassuring to know he was behind me somewhere. Up and up over the green grassy fields, the roads and eventually the new sweeper Mal caught me just before Milanesia Beach. Onto the beach then the swiggly bits of the course (up and down around some headlands). I love this terrain. I caught Runbare and Bloodnut and went ahead. It was getting darker. There was a magic time at dusk flowing through some glorious patches of rain forest. A song came on my iPod that suited my mood perfectly. It was a perfect moment alone in the bush. Just before full dark I stopped and put on my thermal/headlamp/reflective vest. The others caught me and we leap frogged into the CP. Mel gave me some great vegetable soup and hot potatoes, and after a quick pit stop I was on my way. The final cut seemed unobtainable, but I wasn't about to give up.

CP4 to the end of my run

It soon became apparent that the terrain was a lot less technical and more runnable and that I could make up time. Maybe the final cut was within reach. Brett was at the



"I was starting to think that maybe I wasn't meant to finish this run"

last checkpoint and had told us to look out for 100 milers coming from the other direction; Blue Dog was in the lead. After a while I spotted someone. It was a 100 km runner Anna. I told her she was going the wrong way. She stopped to look at her map, and then sped off down the track in the right direction. Blue Dog appeared and gave me some encouragement. Congratulations Blue Dog - what a fantastic win! A few kilometres on and I took a wrong turn and ended up on Wreck Beach (scaring one very large kangaroo

to ring Brett to tell him that I was fine and continuing on, but my phone was now dead. On I went and along came another 100 miler Hermie. He pulled out his phone and tried to ring Brett for me, but no reception, so off he went. Next, my headlamp died. No warning, one minute fine, the next minute dead. I tried to find my backup light but couldn't. So I completely unloaded the pack in the pitch dark. Along came Seris and Bluebel. Bluebel offered me her spare torch, but luckily I found mine at the very bottom of my pack.

a lift to the finish where I got a lift back to Apollo Bay with Anna and her crew.

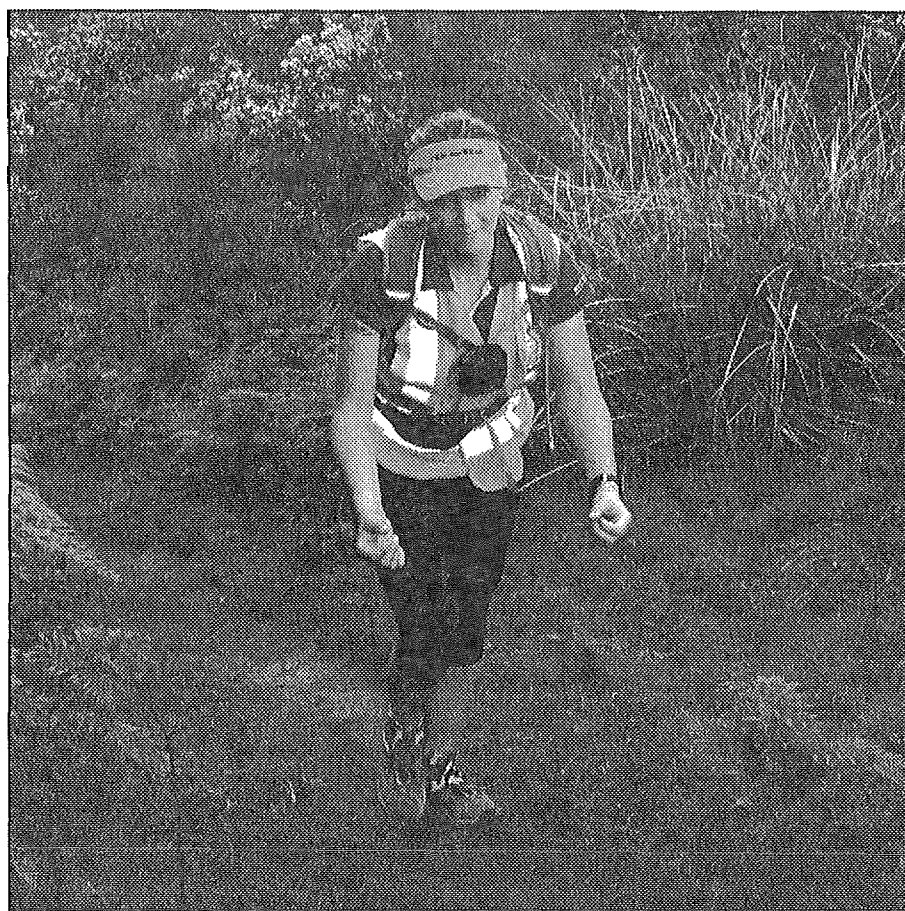
Wayne Gregory's report

On examining the ingredients, the race recipe had success written all over it:- an 80% single-trail course traversing an iconic part of Australia renowned for its incredible natural beauty, and two synchronised races of 100km and 191km; this event provided all the necessary punch to become something uniquely special. Little wonder that when entries opened on-line the race was swamped, filling to its imposed maximum number in under three hours.

About 4km in, after passing the sleepy hamlet of Marengo, the trail deposited us onto the first of several beaches. Cresting the top of each headland would provide a whole new and magnificent panorama, with the beaches and craggy cliffs of the Shipwreck Coast stretching away into the distance. Along some of the cliff-tops I looked down at the inaccessible beaches where rider-less waves were forming perfect 2-3 metre barrels breaking both left and right, a sight to take any surfer's breath away.

Several times I rounded a bend in the trail to find a startled black wallaby leap high into the air and bound off into the bush, or caused a koala to scamper up the closest tree. Less welcome were the occasional Tiger snakes. Fortunately they were pretty shy and happy to depart the trail as fast as they could slither.

Reaching Aire River, just short of forty kilometres into the race, Tim Cochrane had opened up a 40 minute lead. So I was surprised that by 51 km, at Johanna Beach, the gap had remained constant at 40 minutes. At Moonlight Head, 71 km, he'd stretched it to 46 minutes, but the aid station crew informed me he'd left there walking. I didn't read too much into their comments; everyone experiences a dark moment or two during an ultra.



100km winner Kate Sanderson

along the way down). There was a sign stating that there was an inland route and to take it - so I realised I had taken a wrong turn. I tried my phone, but no signal on the beach, so up the hill I trudged (thinking what an idiot I was to get lost) Back at the next junction I rang Brett. After a few phone calls, I had back tracked and found the correct route.

Any chance of making the final cut now gone due to my stupidity. I tried

They continued on. I changed my headlamp batteries, re-packed my pack and off I went.

I was starting to think that maybe I wasn't meant to finish this run. The sweeper Mal caught me and stayed with me along the sand track, all the way to the road, where Paul cut me from the run (maybe 5 or 10 km from the finish). I wasn't sad. I expected to be cut after getting lost. I had had a fantastic time. Paul gave me

"wanting to stick with the nutritional plan that had me feeling terrific right throughout race"

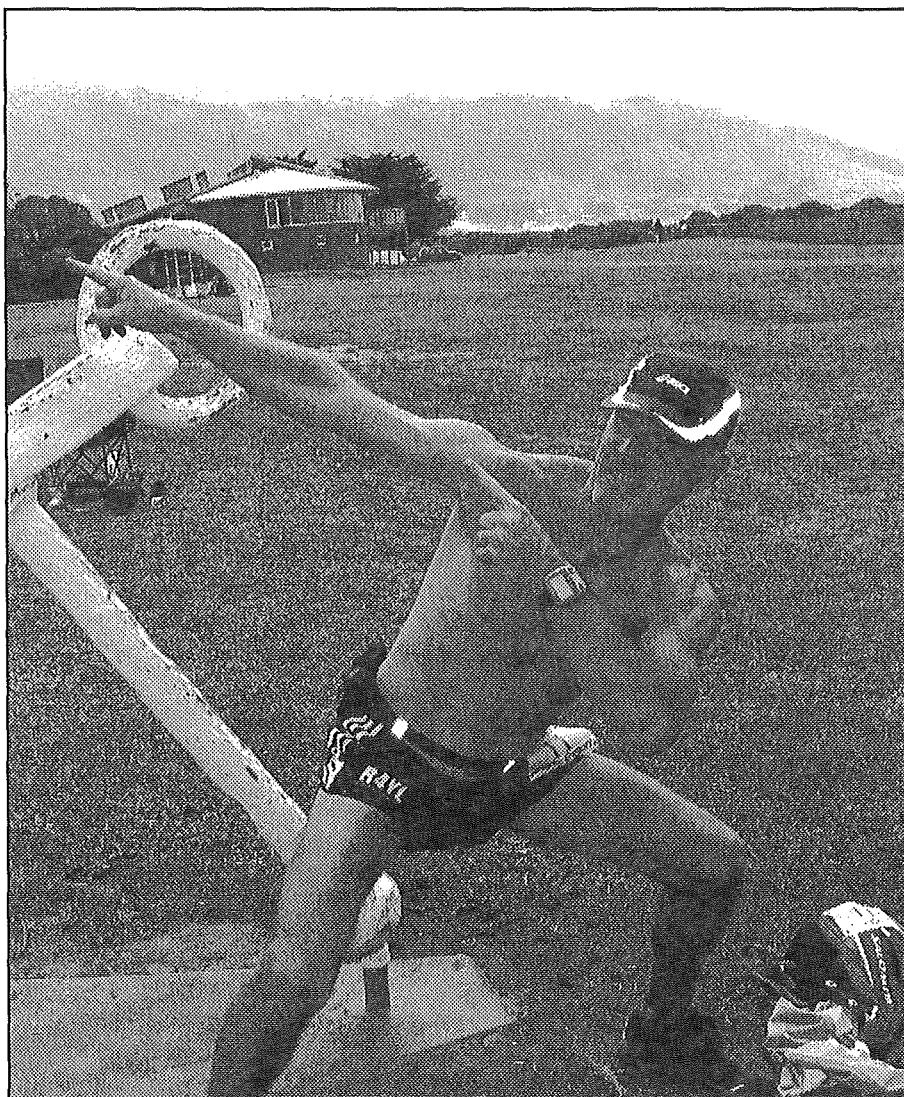
Over the remaining 13 km to the Twelve Apostles checkpoint (96 km) the trail contained long sections of soft sand, making progress slow until reaching Princetown, where the trail surface improved and made for good running. I'd been expecting entrants in the 100 km event to come past me for some time (they had to complete an extra 4 km loop early in the race) so I was surprised to find myself running the last kilometre or so on sealed road and be first in to the Twelve Apostles checkpoint. This is where the 100 km race finishes, but for me it was simply a turn-around point. I spent ten minutes refuelling and preparing for the return trip, double-checking all the gear required for night-running.

Five minutes after leaving the checkpoint I came across Tim steaming up the road, and shortly behind him was Phil 'Spud' Murphy, who was about to win the 100 km race by the big margin of well over an hour.

As night closed in I was holding a good pace and arrived at a track junction around 112 km. Not recalling the intersection, I stopped, considered, and was finally swayed by the 'Great Ocean Walk' sign leading to the right. A separate sign pointing in the same direction also said 'Devil's Kitchen campsite'. The alternative, straight ahead, was unmarked. About 1.5 km after turning right I entered the Devil's Kitchen hike-in camping area, and after exploring all five off-shoots found that each

ended in a secluded campsite, with no through trail. I back-tracked and yelled for assistance at the only occupied area, the first campsite I had passed. A nice bloke appeared and after hearing my predicament instructed me to return to the track junction and take the other option.

I walked right up to the fork, turned around to face the sign and considered which of the two trails the sign mainly faced toward. Right or left? It definitely faced the left. I turned back around and went left. It looked good from memory, even at night.



Wayne Gregory celebrates his win

Arriving back at the junction I knew I'd cost myself about 25 minutes, and after setting off along the alternative option was very relieved when a few minutes later I saw headlamps coming the other way showing I was on the correct trail.

I cranked it out solidly for the next 30 minutes or so and arrived at a fork in the trail. There was a 'GOW' sign about ten metres along the trail from where the fork merged.

24 minutes had elapsed since I'd left the fork in the trail. It took me 20 minutes to return, including ploughing through a flock of sheep that had taken possession of the grassy area. As the scary heavy-breathing night-intruder with the one huge shiny eye scattered them in all directions, hundreds of pairs of panicky eyes reflected in the beam of my headlamp.

Arriving back at the fork and having carved 44 minutes from my lead, I went right. After about 50 metres the trail ended. Huh? I moved closer, and ducking under and around a fallen tree I re-discovered the correct trail. I had zero recollection of that fallen tree

on the outward journey. I suppose things look different coming from the opposite direction in the dark. I took off, hoping I was still leading the race.

Reaching Johanna Beach checkpoint at 140 km I found that I was still in front. It was welcome news and I fuelled up, taking a few minutes longer than normal but wanting to stick with the nutritional plan that had me feeling terrific right

"I looked back along the beach for the tell-tale glimmer of headlamps"

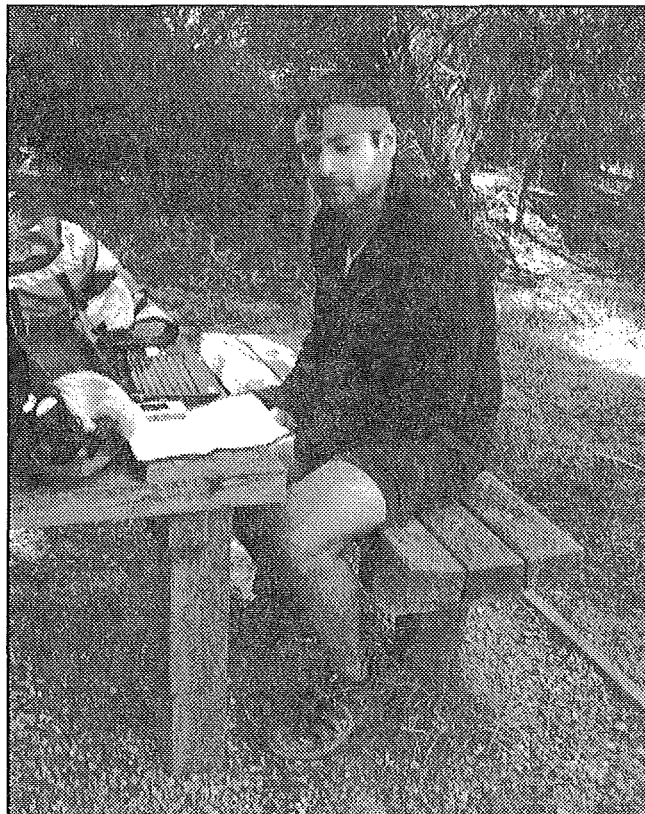
throughout race. At the end of the beach, before taking the trail up into the dark coastal forest, I looked back along the beach for the tell-tale glimmer of headlamps. It was all good; nothing but inky blackness under a carnival-canopy of millions of stars, with a little phosphorescence occurring in the breaking surf as a sideshow.

Four kilometres on the trail again dropped onto a beach at Castle Cove. I crossed the little freshwater stream which winds down from the hills and bisects the cove before veering left toward a pair of old run-down cottages, looking for the trailhead back into the forest. I was certain it was near those old cottages. It wasn't. I retraced my steps and headed to the right, where I found the trailhead. Another extra kilometre, another ten minutes burned looking in the wrong place.

The next 5 km to Aire River checkpoint at 153 km seemed to take forever. For the first time in the race I was starting to feel the pinch, but persisted in pressing hard to the river. Winding down the final slope I passed beside the popular camping-area; there were no early-risers sitting around their fires at this hour; they were all enjoying their last hours of sleep. I needed to kick-start my body with a boost of caffeine and carbohydrates, but as it turned out I was disappointed; there was nothing hot available; no coffee, no soup, no hot water. As the joyful chorus of birdsong built to a crescendo and heralded the dawn, I was off and running eastward into rising sun. Behold; Shangri-La, the earthly paradise exists; I was running through it.

That harmonious feeling carried me effortlessly over the next fifteen kilometres to Blanket Bay, which serves as both the first and last checkpoint for runners. At 170 km it leaves only 21 km; a mere half-marathon to the finish at Apollo Bay. Arriving at the checkpoint I was informed that at Aire River my lead

had been 19 minutes, although I suspected I may have padded it out a little over the last section. Doing the distance/time/energy-requirement equation for the remaining 21km, I fuelled up on some boiled potatoes dipped in salt, more fruitcake, and packed enough supplies from my drop-bag to meet demands. I left the checkpoint and headed down onto the beach, where a short trip along the sand would lead me to the trail-head.



Race organiser Paul Monks twittering

Finding the trail-head I followed its path which led me straight back to the Blanket Bay checkpoint; I'd run a completed circle. I yelled for assistance and a guy from the checkpoint came and kindly accompanied me back down onto the beach and pointed out my error. Back on track I followed the trail away from the beach and up a demanding climb through the forest. I came to an unmarked intersection and guessed to head to the right. A kilometre or so further on I recognised some fallen saplings that I'd hurdled on the outward journey.

While sparring with a nasty little uphill gradient I quite rapidly felt ill; in addition my legs had begun suffering and were becoming acutely painful. This was far different from anything I'd experienced during the race; I knew it wasn't good. As the trail began to top out I reached some gentler slopes and tried to run, however even after four or five unsuccessful attempts things weren't improving.

I kept walking solidly up the easy slope, feeling like crap. Passing beside the trunk of a big eucalypt, a subtle movement caught my eye. Turning my head to the left, right there beside me at exactly head height, and turning his head to face me, was the biggest koala I have ever seen. Our eyes locked. We were so close I could have reached out and tickled his chin.

I imagined the runners behind me making up ground. I'd walked about four kilometres before the trail finally flattened out, so I broke into a run. It didn't last more than a few seconds; I became physically ill and started throwing up. It was one of those body-purging experiences that prohibit forward movement and continue on and on until there is nothing left. After expelling everything I felt much better but my energy levels were completely sapped. I had two tins of baby food and two minicans of Coca Cola on me, which I had figured was the minimum I would need to get to the finish. I hadn't planned on using anything this early in the final leg, but realised what had to be done and consumed a tin of baby food as I walked up the trail. After a minute or two I tried to run, but the mojo still wasn't happening. I sank the other can of baby food. I gave it a couple of minutes to settle and broke into a lazy trot, and as the terrain eased into a long gentle downhill I was again in control and began running freely.

"The final few kilometres had been effortless"

I reached Shelley Beach and discovered I was again off-course. I raced about 600 metres back up the trail to an intersection I'd paused briefly at on the way down. Was I still in the lead? Had someone just sneaked past while I was down on Shelley Beach? The course directions said to go to 'Marengo via Shelley Beach'. It definitely wasn't via the beach. The intersection I stood at had a sign pointing east that said 'Three Creeks Beach, 750 metres.' It didn't



"Jane Trumper receives her trophy"

have one of the small blue 'Great Ocean Walk' plaques attached to the sign which the course followed. However the sign on the trail I had come from, pointing north, did have one of those plaques.

Physically and figuratively I was at a crossroads. I felt it was cruel that with only eight kilometres to go, after racing well over 180 kilometres previously, I was now forced to throw all my eggs in the one basket and follow the only trail that I believed led in the correct direction. I weighed up that if I was wrong, I'd travel 1500 metres just to be standing back where I now was, and *then* have to travel further back from where I'd come and find the correct trail. And while I stood there contemplating, runners were coming from behind; hell, for all I knew, one

might even be in front of me. I took off toward Three Creeks Beach.

Three-quarters of a kilometre later the trail delivered me to a beach. It didn't look all that familiar, but as I tentatively trotted along, things became clearer. I had an inkling we'd run this beach in the grey dawn some 30 hours ago, heading in the opposite direction. I moved closer to the water where the sand became slightly firmer and to my great

delight stretching out right there in front of me was the irrevocable tell-tale evidence; dozens of running-shoe footprints in the sand, untouched by the rise and fall of the tide. I picked up the pace, laying the first set of tracks along the beach that pointed back toward Apollo Bay. Yeah, I was smiling.

As I crested the headland, the handful of houses that comprise the small village of Marengo were laid out below me in the foreground, and five kilometres away off

in the distance I could see the town of Apollo Bay nestling the coastline. I stood and looked back; there was still an absence of movement down on the beach so I relaxed and let gravity do its thing and pull me down the sloping path, onto the last short stretch of sand.

Exiting that short beach the trail morphs into a man-made boardwalk, and as I rolled along following its flow through the coastal heath toward Marengo I snuck a peek back at the headland. There was no sign of life until I turned back around just in time to avoid the large tiger snake that lay across the boardwalk

After winding through the Marengo caravan park I joined the walkway that runs beside the Great Ocean Road for the final three kilometres

to Apollo Bay. Following it along the coast I breached the last small hill, passing houses on the edge of town. Once over the hill the path kicks left into a pleasantly spacious waterfront park, which sits between the beautiful beach and downtown Apollo Bay. The final few kilometres had been effortless; it was nice to run along reflecting on the whole experience and soaking up the atmosphere.

Results

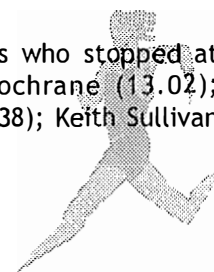
100 Mile finishers (191.2 km)

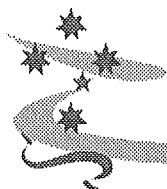
1. Wayne Gregory	31:06
2. Darrel Robbins	31.28
3. Kevin Heaton	34.16
4. Michael Lovric	37.06
5. Rodney Ladyman	37.43
6. Jane Trumper 1 st F	37.55

100 Km finishers (95.6 km)

1. Phil Murphy	13.07
2. Gareth Parker	14.22
3. Dan Bleakman	14.28
4. Neil Hawthorne	14.34
5. Michael Handley	14.42
6. Michael Tong	15.26
6= Tim Turner	15.26
6= Rob Sutton	15.26
9. Nick Manning	15.55
10. Davied Lacey	15.59
11. David McKinnon	16.20
12. Paul Field	16.44
13. Simon da Roza	16.45
14. Kate Sanderson 1 st F	17.00
15. Tim Ablett	17.18
16. Lee Rice	17.38
17. Cameron Gillies	17.53
18. Mark Falls	18.00
18= Michelle Donnelly 2 nd F	18.00
23. Sean Greenhill	18.18
24. Kathy Garnett 3 rd F	18.47
25. Anna Papij 4 th F	20.09

100 Mile runners who stopped at 100 km: Tim Cochrane (13.02); Nick Barlow (14.38); Keith Sullivan (16.38)





Dwellingup 100 mile fat-ass run

Western Australia

Report by Dave Kennedy

This year we ran our third annual fat-ass 100 miler. Our course starts and finishes in the small country town of Dwellingup about 90 minutes south east of Perth. It is basically an out and back with 17 km to Nanga, where we complete two 64 km laps before heading back to Dwellingup, where we started and finished at the caravan park.

I started slowly with Rob until 35 km at Waroona Dam as planned. We went through Nanga in 2.02 and then arrived at the dam in 4.25. I picked up the pace for the 15 km to Willowdale Rd trying to run it in 1.30 which I did almost to the minute despite this section offering some tough hills including one monster I took 13 minutes to walk

I ran through the 2.7 km single track near Willowdale hoping to make enough noise to scare any keen tiger snakes away. I'm hoping the dugites will still be hibernating. I was now really looking forward both to running with my daughter Hannah from 60 to 81 km and to the approaching AFL Grand Final which I planned to listen to on the radio. This section went smoothly with the lowlight being a full bladder (Nate had given me 1.5L for 8 km) and the highlights meeting Bernadette for a few kilometres and then Hannah bolting out to meet me at the 60 km aid station. I left with Hannah and the pram

. Despite having a few puddles to negotiate we made good progress and I listened to most of the first quarter of footy before being put on story duty. Hannah soon fell asleep so I left the radio off planning to turn it back on for the second half. A few rough sections necessitated slowing to a walk and I was continually looking for the best line but overall it was great to have the company. However with about 3 kilometres to go to Nanga we ran into another 4WD (about eight altogether) who informed us we were approaching a

mud hole he didn't think we would be able to negotiate. Well that was all the challenge I needed. We had to sidestep across a mud wall whilst Hannah held my hand and I got her across without much trouble but then I had the pram. I was able to drive the pram up the 6ft vertical mud wall (this was once an old railway I believe) and then climb it with the help of a tree one-handed whilst still holding the pram.

From here it was a fairly straight forward bush bash with pram before driving it down the other side of the cliff and continuing our journey. A lot of steep (though short) climbs tested the arms in the last few k before arriving at Nanga in 10.01. At Nanga I took 15 minutes listening to the end of the footy, eating and packing away the pram. Also had to refill the pack with food and water which Nathan did for me at all other stops. Finally I got away at 10.16 and was feeling really good as I ran through Nanga at a reasonable clip.

After about 20 minutes I ran into Rob again. I was informed he was coming up by the same guy who had doubted our ability to get through the mud puddle. We had a brief chat and told him Geelong had won.

I think the next section was the key to my race. I was running quite quickly and probably would have just pushed hard until I ran out of energy. However as is often the case with these long ultras I started to chat with God and he told me to do some more walking. (You can read more about these experiences on my blog at offroadwa.blogspot.com)

I was feeling guilty about long walk breaks when I was feeling good but then when I would start running I was flying (around 5min/km) and I eventually saw the point of the strategy. At Caboolture I had gone out hard (too hard) and had dropped back onto my heels rather than the mid foot running I have been doing this year. This caused my Achilles problems I believe which troubled

me right until the week of the 100 miler. Once I got this revelation I started running lots more and was really enjoying it. Pretty much just running until I wanted to walk and walking until I wanted to run.

I passed the hut 20 minutes quicker than with Hannah but I still had the long gradual climb to Nanga Road. I began to get a sniff of 20 hours which was very motivating and when I came out at Nanga Rd I had made up about 5 minutes on the first lap despite running mainly uphill.

I arrived (103k) about 12.41 and after a brief stop to check my water and grab my headlamp I took off for the short section to Willowdale Rd. My goal now was to try and negative split each section. If I could do this by a total of 16 minutes I was on for a sub 20 hour race. I arrived at Willowdale Rd (111K) in 58 minutes despite another largely uphill section and eating at least two muesli bars. From memory this was about three minutes slower but I made that up by running straight past Nathan and arranging to meet at the other Willowdale Rd crossing. I flew through the short single track section with my headlamp on. I felt no pain I was just steering and flicking the occasional branch out of my face. I pulled a negative split of a few seconds and sat down to drink my first caffeine.

The next section was going to make or break my 20 hour push. I had run the easy direction in 1.30 and now had 2 large hills to ascend as well as a steep long descent which would slow my progress. I was also really looking forward to running with my wife, Bel, who was going to be my pacer from Waroona Dam to Nanga. I put on my iPod and took off into the night. I have a great play list and despite it's incredible difficulty this section was quite possibly the most enjoyable. I arrived at Waterous picnic site determined to run as much as possible up the approaching 5 km ascent. Nothing seems as steep in the dark and this helped as I was able to make good progress. Down the steep de-

scent I was amazed my quads were pain free but I had my serious face on as tried to take the best line and avoid any hazards.

The hill up the other side is shorter but steeper with some soft sand sections just to add some variety. I don't know where I lost all the time but when I came out at the Waroona Dam trailhead I was already late with about 2 kilometres still to run to the aid station. Consequently it was a very short pit-stop at Waroona Dam where Bel hopped out of the car. After about 2 kilometres of slow running my legs were feeling better and I put my foot down: I told Bel we had a long climb coming so we should try and make up some time.

Finally we finished this section and I grabbed some more energy drink and waited while Nathan tried to find my gloves. Eventually I could wait no more and with a sense of urgency took off down the trail. I had the iPod back on and the second song was Shannon Nolls classic "Lift". By this stage I had basically

given up on 20 hours and was thinking either a negative split (20.17) or 20.30 being more appropriate goals. But the music did its magic and before long I was flying down the track with the lyric "let them know that you took a good shot and you missed" going through my head, thinking that I should at least give the 20 hour beast a shot. The equation was simple 16 km in 1.40. I just had to run 6 minutes kilometres and I even had 4 minutes up my sleeve to walk the two steepest hills. History was repeating itself as I trashed myself on the long slow climb out of the campsite.

I was running with very little walking but it seemed an eternity before I finally came out onto Murray Valley Rd which is majestic in daylight. I flashed my light through the trees trying to see the river below. I could take it easier now 20 hours was dead and buried, unless I could run 5 minute kilometres uphill on trails in the dark. There was also the matter of three tough hills, the least steep one of 1.7 km I was go-

ing to have to run. I set myself with the goal that if I could run it's whole length 20.30 should be a shoe-in. Mentally all I had to do for the last 6 or so km was run. It seemed easy but physically this is one tough section. I finally made it to 157 km with no more scary hill climbs to negotiate. Nate's dog jumped out the window and ran with me for awhile.

I asked Nate to drive alongside and I turned my headlamp off. I was enjoying this once more as my speed picked up again. Halfway up the last hill with 1500m to go Nathan left to go and meet me at the Caravan Park finish line. I negotiated my way through town proud I was nearly there. But as I ran the last 300 metres through the caravan park it felt anti-climatic. There was no doubt I felt too good. I arrived at the back of the chalet where we had started but Nathan was out the front. There was one advantage of having heaps left. I was able to recreate the finish for Nathan four times as he tried to get a good shot.

Marysville 45 km Ultra

Victoria, 8 November 2009

By Lachlan Fraser, race organiser

The inaugural Marysville Marathon Festival staged in challenging conditions was a great success. The Black Saturday bushfires practically destroyed the tourist town of Marysville, including my clinic and home, despite my efforts. As an ultramarathon runner I determined in that first week that we must have our own marathon, in defiance of the calamity that overwhelmed us. The support from Australia and overseas in the recovery process has been heartwarming, and the Marathon Festival allows runners and walkers to have an enjoyable visit and demonstrate their solidarity.

Delays in the approval for the use of the Buxton-Marysville Road meant that the scheduled date in late September had to be moved to Sunday November 8, aware of the Melbourne Marathon a month earlier and the Melbourne Cup weekend just be-

fore. Preliminary work underway, in August the arduous organising began with only a small committee - Cassandra Church (Race Secretary), Neil McKern and Fiona Dixon - and never stopped until the last runner crossed the finish line. We were assisted by sports event agency Jeremy Francis and Andrew O'Loughlin from Limelight Sports. We even had a night shift, and the publicity drive was so successful that 2000 entries were recorded, with a further 1000 who signed up on the day. The events were the Westpac Marysville Marathon (optional 3 km extra for the Ultramarathon), Half Marathon, and a very popular 3 km Run/Walk, with the 10 km Run/Walk attracting the most interest and nearly 1000 competitors in that section alone. An unseasonable burst of hot weather in late spring, ten to fifteen degrees above average across the state, meant a top of 31 degrees in Marysville. Race start for the marathon/ultra had been set at

9am for the proposed September date to allow visitors time to travel from Melbourne up the Black Spur. Parking was at a premium in a town that hasn't seen such a crowd this year, and due to the interest generated the registration desk was soon stretched and drink stations on the course struggled at times to maintain the demand. Next year it is envisaged to start the marathon/ultra at 7am, followed sequentially by the shorter runs and hold the Festival in late September.

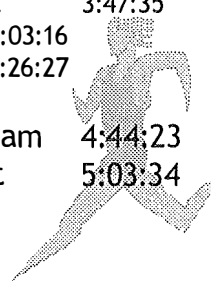
Results

Male

1. Malcolm Gamble 3:45:13
2. Kelvin Marshall 3:47:35
3. Robert Hall 4:03:16
4. Rob Sutton 4:26:27

Female

1. Lourdes Kellam 4:44:23
2. Jo Parlevliet 5:03:34





Six Day Race, Gothenburg, Sweden

31 August – 5 September 2009

Race report by Sarah Barnett.

The Six Day Race in Gothenburg, Sweden was very well organised, and a beautiful venue chosen - a circuit around a lake, inside a nature reserve. Forest, hills and green fields with flamingos and other birds surrounded the area. Race helpers were constantly cheerful and served selflessly (and sleeplessly).

Probably the most enjoyable aspect of the race was the presence of runners from various countries. We all left the race having made many new friends. Also it was lovely to catch up with old friends - Abichal Watkins (who ran while also updating his website "multidays.com" during the race), and Jesper Olsen, who was having a short break from his "Worldrun 2", and had travelled from Tanzania just for the race (see info at worldrun.org).

The race became an excellent opportunity for me to learn from the running styles and personalities of all the runners. It seemed to me like a world family uniting, coming together in friendship, to try to transcend our capacities. The French, with their fighting spirit and often theatrical and entertaining performances out on the course, the relentless drive of the young Danish runners, the will-power and determination of the Germans, the quiet consistency of the Swiss...

I was also very much inspired by Geoffrey, a blind man who ran the entire race holding on to the left shoulder of a seeing runner. Constantly cheerful and humble, he

reminded me that these races are not about the desire for independence or superiority, but interdependence: All the runners and helpers need to work together in harmony to create what the race director calls the "six day family".

Spanish runner Eduard was also an example of pure selflessness. Having

hours per day, creating an amazing food/drink station (also catering well for us vegetarians).

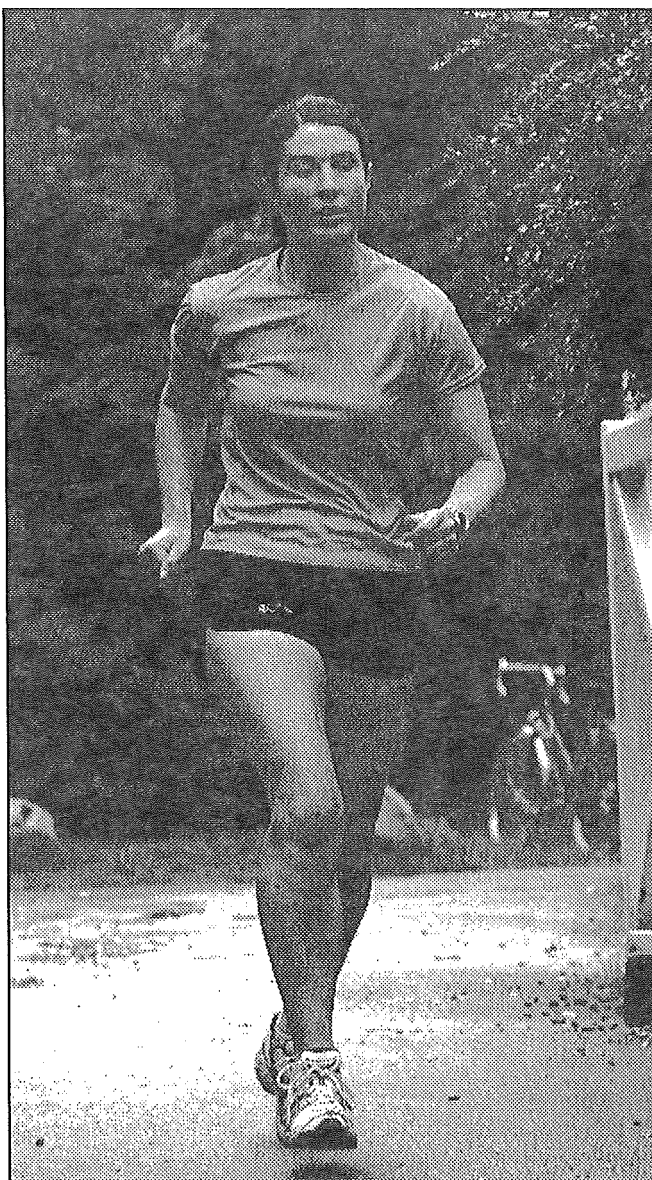
During these events I am becoming more aware of the descent of some kind of grace or cosmic energy that enables runners to continue, often beyond the point of near exhaustion. The best runners tend to be the ones who can dive within and draw upon inner strength.

The overall winner, a Danish runner attempting his first six day, was a fine example of the silent runner who would dive within, and eventually clock up more than 850km.

German runner Martina Hausman simply does not sleep for the entire six days. A yoga teacher, she says she has learned some inner secrets to deal with fatigue.

Having been a student of spiritual teacher Sri Chinmoy for about a decade, I try to remember many of his teachings during the race. He would encourage runners to strive for self-transcendence; to compete only with yourself and try to go beyond what you think is possible. It is good to strive to better yourself, not for your own personal superiority, but as a small step for humanity's progress, and to hopefully inspire others.

At the same time, we must try to be detached from the results, and not be too elated or disheartened by the final results. If we can cheerfully offer the results, and try to have one-ness with the joys and sorrows of others, then we will find nothing but happiness.



Sarah Barnett's performance of 713 km gave her fourth place overall

to leave the race due to injuries on about day three (abandoning his hope of PB 800km), he chose to stay and serve the runners for about 22

The Self-Transcendence 3100 Mile Race

August – September 2009

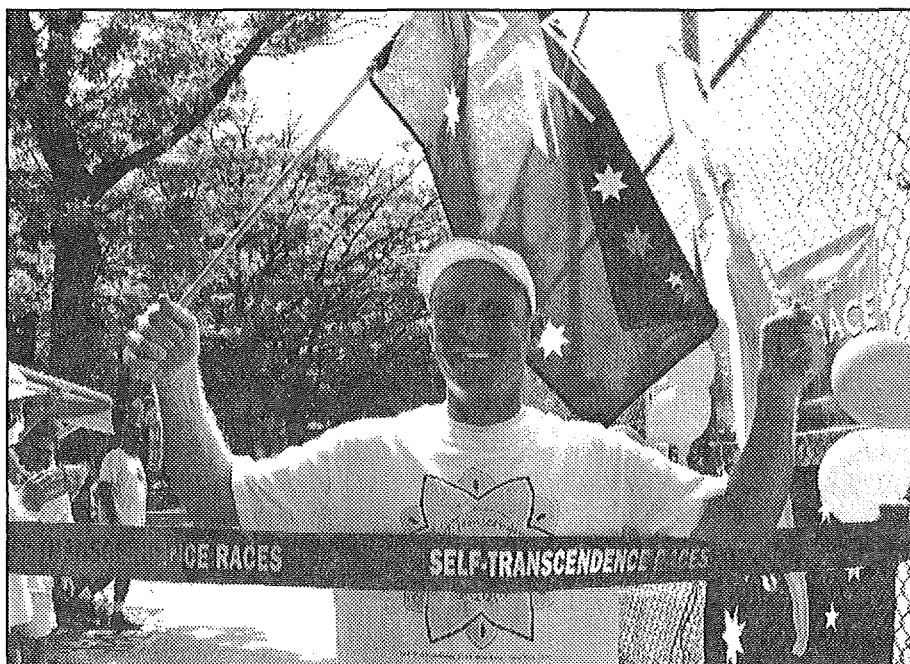
Race report by Grahak Cunningham

Ten of the twelve runners managed to finish the the Self-Transcendence 3100 mile race this year. It is held on a cement footpath around an 883m block in Queens, New York. Runners are given 18 hours a day (6am to midnight) for 51 days to run a minimum of 96 kilometres a day. Sri Chinmoy founded the race to demonstrate the unlimited possibilities of human potential. Self Transcendence can be applicable in many aspects of our life; it is moving outside the boundaries you set yourself and taking that extra step to achieve something inspiring for yourself and others

During the race I would get around five hours sleep a night. I would rise at 5.25am each day and meditate briefly then ride to the course in the morning for the 6am start. On an average day for me, once I got in a routine (which can take a week or two as my body adjusts to the surface and constant running) I would run until 2.30 pm and have a break for 15 minutes and then run until 7.30 pm and have a break for 10 minutes then run until it was time to go home. Then I would go home and shower, have a protein shake and some supplements and tend to any injuries or blisters. I would get my running gear ready for the next day, meditate briefly and go to sleep. Sleep usually consisted of nightmares of running around the course so it was hard to switch off.

Over the duration of the race I wore through ten pairs of shoes and my feet swelled an extra two sizes. In the times I have run the race this was the least amount of shoes I have used. A local supporter was repairing the worn out soles with car tyre rubber. It sounds crude but you couldn't tell the difference and it saved a lot of expense.

A team of four cooks provided vegetarian meals for the runners and helpers. Everyone eats on the run. I would have my food put into cups



Garak Cunningham finishes

to limit the portions I was ingesting and to lose less time.

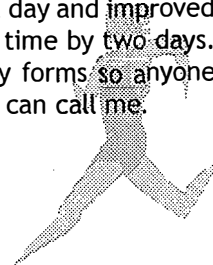
As the title self-transcendence implies my goals were to beat my last year's time but also I just wanted to stay happy. If you can stay positive and happy then you can overcome many physical and mental hurdles. You find out how important this is for the race and life in general pretty quickly. On days where I was stressed or anxious mentally I would suffer physically more than usual. On days or even hours where I stayed positive and peaceful I was able to enter into more of a flow where I could run a lot faster and more consistently. I try not to think about the race until April, it is so difficult it is hard to deal with mentally. During the race I use many of the meditation techniques that Sri Chinmoy taught me: breathing techniques, visualization, reciting his positive aphorisms, anything that lifts me up beyond the problems of the mind and body. My favourite aphorism was 'Determination and impossibility are never to be found together.'

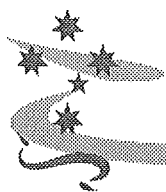
This is the third time I have completed the race. I was a bit of a novice when I first entered though. I

had run 13 marathons and completed two 75 km races prior to entering in 2007. I trained a lot for the first race but found the second time round in 2008 I didn't need to train as much so I stuck with pretty much the same schedule for 2009. I started my training mid April with one month of training then a month of tapering. I did a week of 220km, then three weeks of 160 km which would consist of two runs a week between three and seven hours. I concluded training with the Bunbury 50km race which is held in late May.

To train you just run everywhere. Run to and from work, run to post a letter or return a video and so on. Training for a race where you are running well over 100km a day for 50 odd days is almost impossible so putting in the effort before hand really just gives you some confidence at the start line.

I managed to come in second taking 44 days 9 hours and 8 minutes. I averaged 112km a day and improved on my last year's time by two days. I have some entry forms so anyone who is interested can call me.





Not quite Hardrock

Life doesn't always turn out as you expect, especially when you are an experienced 100 mile racer. **Bill Thompson** tells of his recent experiences in the US at a couple of 100 mile events.

After a fifth unsuccessful attempt to get into Hardrock, I emailed Carol Laplant in California for ideas. Many readers will know Carol from her support of Glasshouse Trail runs, Coast 2 Kosciusko and those runners who venture to America. She suggested I have a go at the Headlands Hundred where she and Phil could crew me and also recommended a run east of Seattle called the Cascade Crest. As the closing date for the Cascade Crest was fast approaching I bit the bullet and entered both hundreds although they were only three weeks apart.

I arrived in California ten days before the Headlands Hundred and Carol and Phil duly dumped me on the course to do a bit of training. The course is just north of the Golden Gate Bridge in a National Park. I managed to camp in three different spots, legally, at no cost, within walking distance of San Francisco. Unfortunately I succumbed to some bug, possibly swine flu, so spent most of the time trying to recover in time for the run. Curse these cheap air fares; I knew I should have travelled first class.

Headlands Hundred

Because of state financial difficulties the course had to be radically changed so we now had to complete a 25 mile loop four times, washing machine style. There were six sections in each loop with nearly 1,000 ft of ascent and descent in each - over 20,000 ft in total. The trails were mostly runnable through open heath, with great views of San Francisco and the Pacific coast.

After a 7am start I managed to keep to my schedule to the half way point and left just under the cut off. I had hardly eaten anything all day but

didn't feel too bad. However, after the first steep climb I just hit a wall and my heart told me in no uncertain terms "That's it mate". So I pulled the pin and spent a pretty miserable night shaking and cold, waiting for daylight and the return of Carol and Phil. The aid station people were great and did what they could.

Doing loops has advantages and disadvantages. You get to see lots of people and the aid station people get to know you and your desires but the thought of doing some sections again and one hill in particular eight times, preys on the mind a bit. Probably not one of my favourite hundred courses but well worth a go and the aid station people were all very friendly. So a disappointing start to my mission of doing three hundred milers in five weeks.

Cascade Crest 100

Race preparation

A couple of days later I coughed my way north on the train to Portland Oregon where I was met by Gail Snyder who, via the wonders of the internet, I had met in Australia earlier in the year and who was also running the Cascade Crest. She also had a bug but we ventured out to the Columbia Gorge a couple of times for some training hikes.

There are some great trails around Portland and even in the city itself. I wanted to get up to the course that is centered around the small town of Easton. Although it is on a railway line and the I-90, an interstate freeway, there was no public transport to the town or anywhere near it. Luckily Gail had running contacts at Ellensburg that had a Greyhound service, and Tim Englund kindly offered to take me to the course. Tim was off in a week to do the Mont Blanc run where he came in 83rd.

After stocking up with food at the local Safeway, we cruised down the I-90 to Easton where Tim said he could drop me at the RV park in town which had good access to the course.

This sounded like the last place I wanted to stay and after listening to my preferences Tim, who marked the course last year, said he knew the perfect spot to dump me. I therefore found myself on an obscure part of the course very near the start of the "Trail from Hell" - more on that later. With 12 days' food including two dozen eggs, three gas cylinders as there was a fire ban, all my smart clothes, running gear, drop bags etc there was no way I could carry all the gear in one hop. So I moved a load of food etc forward, slung it away from the bears in a tree or over a cliff, and then went back to camp. The next day I would move the camp forward carrying a pack on the front and back.

This way I got to do the last 35 miles of the course three times. Not a bad way to get fit, and the only time I coughed was when choking on huckleberries. At one point I staggered up 3,000 feet with two gallons of water in temperatures over a hundred [40 degrees Celsius]. On the next day I found good water about ten minutes along the track. I couldn't have asked for a better preparation for a run, great camping spots, difficult terrain, wonderful views with active volcano Mount Rainier dominating, great side trails to explore, plenty of fresh fruit and even the bears were friendly.

Race day

I had found an excellent place to camp under five minutes from the start, so on race day I leisurely rolled out of the sleeping bag at 7am, had two cups of tea, packed up camp and arrived at the start about 8am where the local fire brigade (the run supports it) were putting on a full breakfast. I gorged on scrambled eggs, ham, huckleberry pancakes and more and then had the race briefing at 9am. Then plenty of time to relax, digest the breakfast and attend to toiletries before the 10am start. It was a wonderful time to start a hundred and it meant that

"Another couple of hours of mainly uphill saw us on the famous Pacific Crest Trail"

the front runners also had to contend with night time running.

Within a few minutes I had settled into my preferred position of last. With 21,100 feet of climbing and descent ahead there was plenty of time to haul in a few stragglers. At the race briefing we were informed that the famous tunnel section was closed and a new alternative had been found that included an extra 700 feet of climbing - free of charge. Like the Western States, the first section had us climbing about 3,000 feet up a pretty good trail onto the range and this was followed by some really nice trails to the first aid station.

Every aid station had real food and there was always something to eat that I felt like. Typical of most American hundreds it was almost impossible to get a coffee or tea anywhere. I managed my first drug hit at mile 54 around 2am. Another couple of hours of mainly uphill saw us on the famous Pacific Crest Trail (PCT) and into the fog which remained until early the next morning. This was now to be followed for over 30 miles with various aid stations scattered along the way, mainly in passes. The first half of the PCT section was really easy going, although it was difficult to go past all the fresh fruit. I got quite good at plucking berries on the move. By nightfall the trail had deteriorated to some very rocky sections that needed full concentration. We were asked to go very quietly past Mirror Lake where there were expected to be a few campers experiencing the wilderness. One thing for sure, most of them were experiencing good hangovers next morning.

The tunnel alternative turned into a bit of an epic. The new route saw us climbing to the top of a ski run and then descending to the I-90. The fog became so thick that I took a wrong turn at an intersection, not even knowing that I had got to an intersection. Luckily, the road I took ran out after 10 minutes or so and I retraced my steps and as the fog had lifted a little all was revealed - a well marked intersection with a couple of glow sticks showing the way. To make sure we got right to the top they posed

a question that had to be answered at the next aid station. "Who is in Grants Tomb?" The descent to the I-90 was designed to be done on skis in snow and was pretty treacherous. I managed to get down unscathed but not after doing some parallel turns. After passing under the I-90 I arrived at the Hyac Aid Station (mile 54) about 30 minutes behind schedule. My reply to the question was "After that descent - the race director" and this apparently was a popular response.

I was still feeling OK so I cut my rest time back a bit and worked out a strategy to make up time. My concern was the cut-off at mile 80, No Name Ridge, where I was scheduled to just make the cut. The next section paralleled the I-90 for a while and then climbed relentlessly four miles up a dirt road. There were quite a few people here that were going nowhere, including Gail. I managed to down some potato soup and a bit of turkey and left 20 minutes behind my schedule on a downhill section described as the fastest on the course and a good place to make up time. I had scheduled a speed of 6.5kph but decided to run the steeper sections and was delighted to arrive at the lake only one minute late.

The sun was now up. I had some breakfast, cleaned my teeth and now felt confident of finishing as I knew the rest of the course intimately. The "Trail from Hell" along the edge of Lake Kachess looks benign on the elevation chart but consists of lots of steep ups and down, over logs, creeks, rocks etc, just the sort of terrain I love. I had scheduled 150 minutes but was pretty confident of making up time and I passed quite a few people on the way to Mineral Creek. There is then a seven mile, 3000 feet climb to No Name Ridge on a dirt road. I arrived at 11am, half an hour before the cut-off. The prettiest and most difficult part of the course now follows. There are great views of snow capped ranges and Mount Rainier. The first section is known as the Cardiac Needles. You are asked to keep the following words in mind

"Don't call for your doctor, even he knows it's too late. It's not your lungs this time, it's your heart that holds your fate."

There are basically five steep climbs along this section and after 80 miles they really slow you down to a crawl. The first aid station is at Thorp Mountain where you are invited to climb to the top to the lookout to retrieve a marker, about a 20 minute detour. This is the second needle. So another three needles to go with another aid station along the way, before a long downhill section to Silver Creek Aid Station, the trail getting very steep towards the end. I met one poor bloke at the bottom of one of the needles who was going the wrong way. He had got disorientated at the top and did a 180. I'm glad to say he finished OK and as I told him he was getting his money's worth.

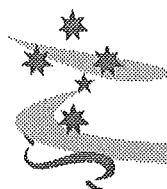
There is then a boring five mile slog along dusty roads to the finish. I came in second last in 31 hours 18 minutes with plenty of time to spare. I got a very nice pack for being the last male finisher.

This is one run where apart from being lost in the fog for a while, just about everything went well. It's a funny sport where you can come last but still feel immensely satisfied. This is one of the harder hundreds I have done in the United States and is highly recommended.

I managed to scrounge a lift to Seattle with a couple of "Dudes" who dropped me at hotel way out of my class. I can still see the receptionist's face as I staggered in with three packs, two drop bags, bare feet and covered in dust, still sporting my race number. He was happy when I produced the appropriate plastic card. I now had under two weeks to recover for the Glasshouse Hundred (and I finished that OK). Three cheers for huckleberries and KT26's.

A special thanks to Gail and Sid Snyder, Carol Laplant and Phil Brown, for looking after me while in the USA.





Ultra trail Tour du Mont Blanc

Race reports

Three Australians finished this ultra in August 2009. It is widely recognised to be one of the hardest ultras in the world. Here are a few comments from the Aussie contingent, as posted on www.coolrunning.com.au

Phil Murphy

Finishing time 35:55:49

What a fantastic experience, I was overwhelmed by the enormity of those mountains. This course is relentless, climb after climb. Think of climbing the Bogong spur from Mountain Creek campground every few hours, one after the other. I felt like the only person on the start line without poles. The second day was very tough with my climbing speed reduced significantly where I finally resorted to using a tree branch for the final 30kms with two big climbs left, saving my knees and hammies.

If I were to do this race again I would use poles for sure, a massive advantage. That said it was kinda cool to be one of the few who completed the course on two pegs instead of four.

Jim Villiers

Finishing time 25:25:29

It's hard to describe this event. "Relentless" is the best I can come up with. There's barely a moment when you're not either battling an uphill or a downhill. I've had a couple of half-hearted attempts at this event over the last two years, so decided to commit to an honest effort this year. This meant specific mountain training and that made all the difference - as the locals say, you can't train in the lowlands for a mountain race. I'd love to see some of our good mountain/trail/ultra runners have a crack at this course - it's time we had an Aussie vying for the podium. I'm not sure how this event compares

with other 100 milers, but this one makes the Marathon des Sables seem like a walk in the park. No comparison. Full respect to all finishers - awe at the Contador-like performance of Kilian Jornet and the strength of Krissy Moehl who blew past me in the last quarter, to Scott Jurek who hobbled home on one leg (determined to finally finish the event), but particularly to those who spent two nights out on the course. Courage.

Patrick Hodgens finished in 40:36:13

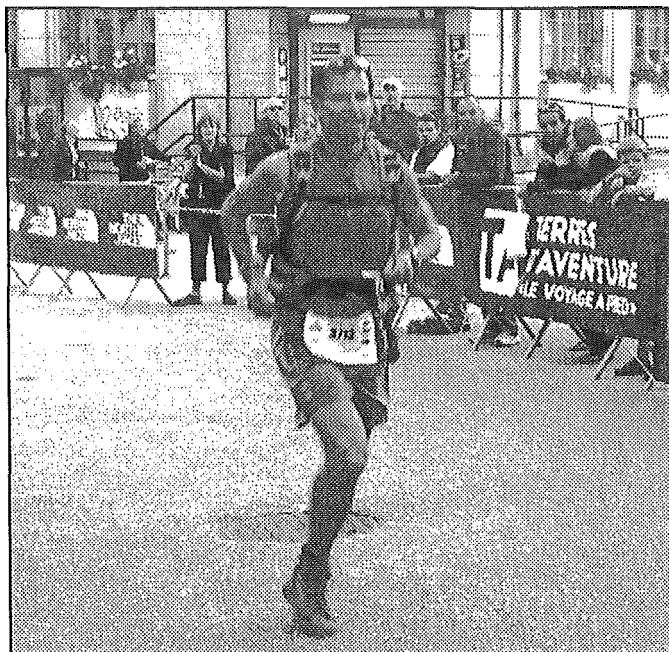
The top finishers were:

Male

- | | |
|------------------------|----------|
| 1. Kilian Jornet | 21:33:18 |
| 2. Sebastian Chaigneau | 22:36:45 |
| 3. Tsuyoshi Kaboraki | 22:48:36 |

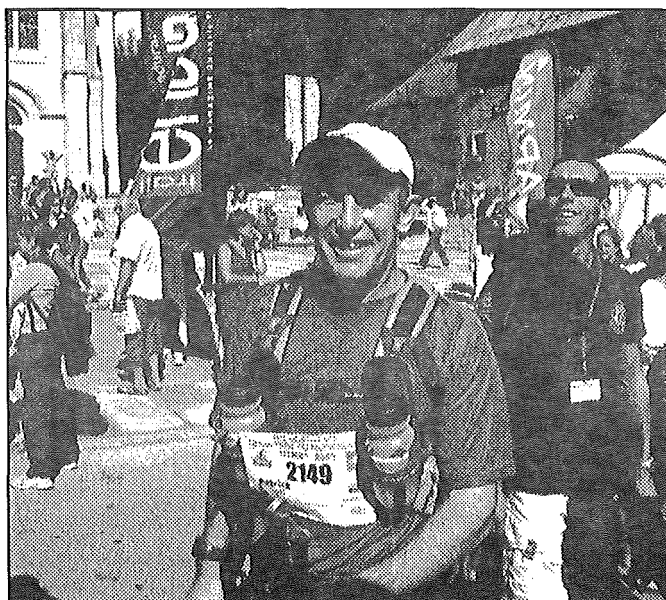
Female

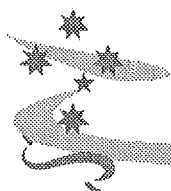
- | | |
|------------------------------|----------|
| 1. Kristin Moehl | 24:56:01 |
| 2. Elisabeth Hawker | 26:04:42 |
| 3. Monica Aguilera Viladomiu | 29:17:31 |



*Jim Villiers
and
Patrick
Hodgens*

*Thanks to Kevin
Cassidy for the
photos.*





Ultras and me – Jackie Fairweather

If you have read anything in this magazine over the past couple of years you will know that Jackie Fairweather is proving herself as a sensational ultra runner, her great performance in Keswick being the latest in a long line of achievements. In April 2008 she set a W40 world record over 50km at the Canberra 50km ultra, and at the Gold Coast 100km in 2009 she missed the Australian record by eight minutes (and then missed it by 26 seconds in Keswick). Here she tells the story of her pre ultra years:

It wasn't until 1982 (grade 9) that I really started to get into distance running. Around that time a work colleague of my Dad's took me for a couple of runs (when Dad could no longer keep up). I don't even remember her name, but I do remember her encouragement and that she was an ultra marathon runner. I started training with the distance squad at Cumberland Women's Amateur Athletic Club and keeping a training diary, which I still have (all of them). In 1982 I logged 1940km.

I had some reasonable early success - nothing earth shattering but enough to know I really liked running, and other sports started to take a back seat. There were some excellent female runners in NSW around my age at that time who were much better than me (Kerryn Hindmarsh (McCann), Krishna Wood (Stanton), Sharon Dalton, Tania Adams, the Saxby girls, Kerith Duncanson - just to name a few). I spent most of my time trying to keep up, however I did usually manage a minor medal at state champs. I also did quite well at fun runs up to 14km like City to Surf.

Through my school and university years (having moved to Brisbane for grade 12 and Uni), I seemed to have

improvement years every second year and stagnate in between. In 1987/88 I won my first state open titles (1500m and 3000m) but also started to get the Achilles problems that have plagued me ever since. In 1989 I started riding a bike - partly for transport (I was a typical poor uni student) and partly because of my troublesome Achilles. I entered some local duathlons and won easily, prompting the question from others "can you swim?" The answer was "no".

In 1991 I went to the US for a year to complete my Masters (in Exercise Physiology) and dabbled in a couple of triathlons, doing quite well, but didn't really think much of it. Then

"My 10k (track) PB improved from 35:11 to 33:14 within six months of starting triathlon training and I never looked back."

back home, at track nationals in early 1992, a triathlon coach approached me after the 10,000m (where I finished 5th in 35:21) and said. "You are overweight and unfit, but you are one of the gutsiest runners I have ever seen. I know you can also ride a bike and I think you can be a very good triathlete". I thought he was mad but he hassled me for weeks and finally convinced me to be totally irresponsible, put my career on hold and move to the Gold Coast to train full time for triathlon.

I won the national series my first year in the sport (1992/93); won triathlon world championships in 1996, was runner up in '95, '97 and '99; I won two duathlon world titles ('96 and '99). I won 62 of 140 triathlons and 29

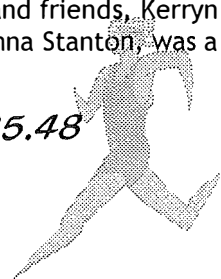
of 34 duathlons in what was a pretty good career in hindsight - although you are never satisfied at the time. At the same time I really learnt to train. I learnt that the 50k/week I averaged for the ten years ('82-'91) was not enough, although the fact that I loved to go hard and did lots of quality set me up very well in terms of speed, technique and mongrel mindset. My 10k (track) PB improved from 35:11 to 33:14 within six months of starting triathlon training and I never looked back.

I retired from triathlon in late 2000 after having literally trained myself into the ground, resulting in severe overtraining syndrome and missing the team for the Sydney Olympic Games. It was not a nice experience, but life changing in many ways through what I learnt

In late 2001, having been employed as the inaugural head coach for the AIS triathlon program, I decided I needed a new challenge. I also wanted to see if my body could handle hard training again. I had always said I would try a marathon - once. I had also said I didn't want to be out there for longer than 2:45hr - and couldn't imagine ever running for longer than that. Before I started training for my first marathon my longest ever run was 90min. Training for a marathon was quite a challenge for both my body and my head (which preferred me to go anaerobic rather than aerobic).

Under the guidance of Dick Telford, I ran my first marathon at Boston in 2002. I placed 11th in 2:35.48 and was completely satisfied with the effort. That would have been the end of it except that my run qualified me for the 2002 Commonwealth Games team. Winning the bronze medal and sharing the podium with my contemporaries and friends, Kerryn McCann and Krishna Stanton, was a

"I ran my first marathon at Boston in 2002. I placed 11th in 2:35.48 and was completely satisfied with the effort"



"Last year my goal was sub 4:00min/km for 50k and this year sub 5:00 for 100k, both of which I have achieved"

very special moment in my sporting career...

Then I thought I could run a faster marathon and qualify for the 2004 Olympics. My husband Simon came out of retirement (archery) so we could make the team together. He made it and I missed by 40 seconds. But I was very proud of my 2:32.40 especially considering the time, travel and people demands of my full time job.

At the end of 2005 after eight marathons in three and a half years all between 2:32.40 and 2:37.16, my old Achilles problem caught up with me and I spent most of 2006

not running at all - and not sure if I ever would again. Meanwhile Simon had gotten the ultra running bug (we have always run together) and when I finally got back into it he was out doing 4hr+ runs. Due to my Achilles I was not going to be able to do the same volume or intensity as I had done in the past, so the only choice was to go long.

And here I am in 2009, almost 42 years old, still running (thank goodness) and continuing to challenge myself with new events, distances and terrains. These days I typically run 100-120km/week with one to two quality sessions, done with a great

group of young women that Dick coaches and I assist/mentor/train with. I can still handle the odd week of 150-160 km (marathon mileage). But mostly I am happy to run once a day and set goals within the context of the rest of my life.

Last year my goal was sub 4:00min/km for 50k and this year sub 5:00 for 100k, both of which I have achieved. I'm not sure what is next, but I just love being out there, doing the best I can, and sharing the experiences with like-minded souls. Hopefully I can continue to do so for a few years and a few km yet.



Jacki Fairweather wins the Commonwealth 100km Chammpionship



Lachlan Fraser runs from Marysville to Melbourne

On 27 September Lachlan Fraser ran 96 kilometres from Marysville to Melbourne to promote the Marysville Marathon Festival scheduled for 8 November. Here is his account of the run, as originally posted on coolrunning.com.au

There was a lot of preparation just to run the promotional run. I'm pleased to report that everything went pretty much according to plan, with no mishaps and a great success in terms of publicity.

I had a restless sleep of under two hours and was up just before 4 am (it's raining) for the 5 am gathering at Marysville's Big Screen (donated by Federation Square in central Melbourne where they installed a new one). I was farewelled by Bernie Culhane (residing at the caravan park) and part-time local Vicki Moritz (with husband Russell a few kilometres down the road at their place).

We set off at 5:30. Neil McKern and his wife Carol drove two crew cars, with our new signs, as well as the fancy flashing lights borrowed from Tony Lawson at Traffica, our traffic management group. Peter and I had a unique experience in having Cassy trot along behind on her horse Dixon all the way to the Black Spur Inn at Narbethong, whip in hand if we needed some encouragement in the cool dawn drizzle.

The dress code through the day was rain jackets, 2XU leggings for me and hats (when Pete's stayed on), as we battled headwinds, rain/drizzle and cold (4-6 degrees through to Lilydale) all day, just to add a degree of difficulty. We were greeted at the Black Spur Inn by Cassy's folks, Max and Maureen and mate Laurie and a dog barking somewhere. Dixon popped into his float as Pete and I headed for the Spur, carefully shepherded by Neil and Carol front and back with the crew cars, attentive to our pit stop needs all the way. The run was

surprisingly quick (as I gave Pete a guided tour of the bushfire damage), and we hopped off the road well out of the way of the few cars travelling at that time.

Barry Higgins from Traralgon had joined the run (to continue on to Lilydale), as well as Fiona, Dixon and Alan Davis to help with crewing/media enquiries, as we arrived outside the Healesville office of Fran Bailey (Federal Member for McEwan) just before 9 am for a warming cup of coffee and fruit cake from Fran Lenny The Leadbeater Possum from Lake Mountain Alpine Resort and his wrangler Trudi Ackerman came along to wish us well, captured on film by Kath Gannaway from Mountain Views newspaper. So on to Rocheford Winery to the grand sight of Healesville CFA tanker and crew, and Graeme and two of his staff serving us champagne -- what a refreshing drink stop! Four-legged Dixon joined in for more photos, then we were off into the headwind in the open towards Coldstream, where an anonymous lady donated \$20 as we jogged past.

I had a few quick interviews by phone with 3AW and 3LO at Healesville and Coldstream, and all newspaper/TV/radio outlets had media releases sent out in the previous days by Ron Smith via the Federation Square organisation (thanks also to Shirley and Andrea).

So we made news headlines early in the day and these continued hourly through the morning on 3LO, which explained the amount of waving and cars friendly toots up to about Mitcham. At Lilydale another cup of coffee was appreciated from the CFA crew, having completed a difficult marathon (with a number of stops) and one and a third marathons to go. I was starting to flag, not having had time to train for long distances through this difficult year of bushfire recovery Shepparton Marathon a month earlier, two 20 km jogs and a three hour jog was about it in the previous fortnight. Pete was going

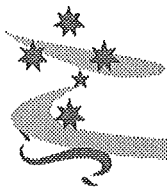
well, thanks to his weekly three hour session with Knox athletics club (with Bryan Ackersley, who himself joined in between about Chimsdale and Mitcham), but 95 kilometres is not easy in most people's books. So, joined by Michael Clarke (to Chimsdale Park) we gratefully accepted the offer of CFA tanker escort front and back to get us up the long hill out of Lilydale and on to their border at Exeter Road. Near the 60 km mark, I had to start mixing up the running with some walks but stayed upright. Cassy must have joined us about that time, but there's a rather vague patch as we soldiered on to Ringwood and then Mitcham, to be joined by Jeremy Francis all the way to the end. We pushed on through Box Hill, finding previously un-noticed hills along the way (and a good excuse for a walk).

With 20 km to go it looked like it might be possible to make our Fed. Square appointment at 5:30. A few Nurofen, a can of V and I found my running legs again, as the kilometres really ground down. The lazy chairs and sun lounge outside a Balwyn shop looked nice but there were well wishers and 20 Chinese drummers awaiting us at the finish.

Cassy and Fiona took a small scenic diversion, Brett Saxon joined us on his bike, and we knocked off the last rise before rolling down Flinders Street to the best welcome finish I've ever had on a run, straight up to the stage, joined by Pete, to the crashing of cymbals and beat of drums by the colourful troupe. WOW! Family, friends, well wishers, jubilant crew, The Age reporter were all there, as well as more radio interviews and a huge congratulations message on the Big Screen.

"We're not running back" I said, so happy to finish and promote the good cause. Thanks crew and supporters.





Ann's Story

Ann Parrott never dreamt she would become an ultra runner and finish the North Face 100 km event earlier this year - with a broken arm. Here she tells how it all came about.

My journey began, simply, as weight loss.

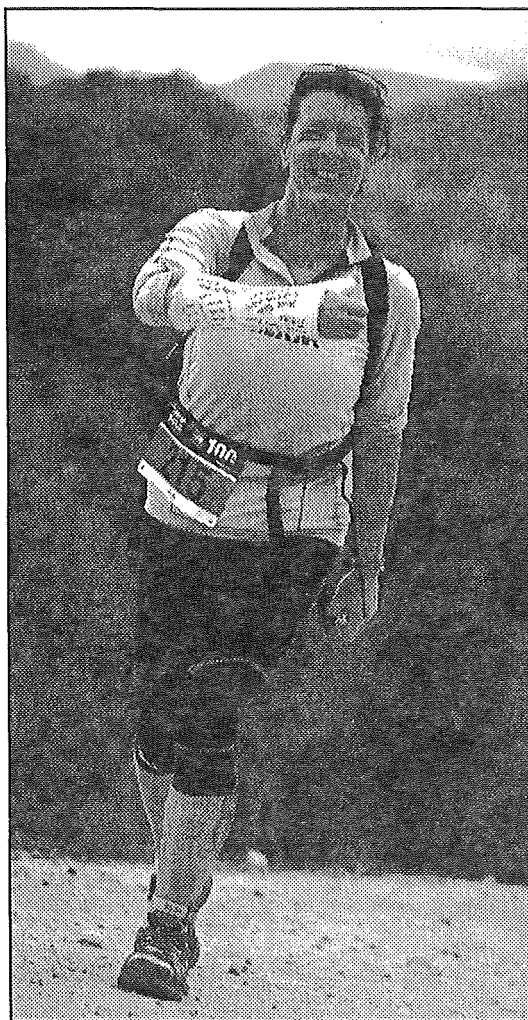
A long and lonely struggle with drugs and alcohol resulting in a teenage injury, I was told by the time I was 30 I would be in a wheelchair. Still walking, I made it to 37 before I had my lower spine and sacroiliac joint fused. It took six months to learn to walk again, then, I simply used it all as an excuse to become lazy.

I woke up suddenly one morning at nearly 120kgs, and had no idea how I had reached that size so unknowingly. The gain comes slowly, stealthily over years somehow, I don't think anyone sees it coming to them ... but I woke, knowing somehow that day was the beginning of change, and that it was necessary, mostly for myself, but also for my children, Storm and Tobias. I also knew it would be a difficult and ongoing journey.

My first battle in a long war became conquering sleep. I was constantly lethargic. My sleep patterns weren't that great and I knew I needed to get past it and improve the habit and that, along with a wiser choice in food, would work hand in hand to make me a healthier person. At that stage exercise in any way didn't even really come into the equation. I couldn't even imagine walking around the block without becoming breathless. I'd become very lazy over time from both a health and an exercise point of view. I worked incredibly long hours and used the argument that I had 'no time' and the fact that I had no movement in my lower back, as my excuse. I never socialised nor talked to others at all. I avoided people, they scared me. Why would

they even want to be talking to me anyway right? I was embarrassed to be me.

Slowly the weight goes on and slowly it would have to come off. It would be a hard slog, but I'd faced so much adversity, and survived, I knew I could do it. And that day, I was ready. I told nobody, because I feared their laughter and there wasn't really anyone to tell. I simply ate less. It took nearly four months, and I had lost nearly



Ann at the North Face

20kgs, when someone first asked me had I lost weight? Even then I was embarrassed, and mumbled, "not that I was aware of".

It was the small changes that I noticed, the looser clothes, the

first time I hopped in the car and the seatbelt went easily around me and I could see my legs and feet, buying jeans with a zipper and button that done up and no elastic waist, are some that come easily to mind. I guess at this stage I realised I somehow had to do some form of exercise. I wouldn't dare to go into a gym, everyone would look at me and wonder what the fat woman was doing there.

Instead I walked on the spot in my lounge room, for hours, with dvds. Occasionally, in the dark of night, I would walk outside, when no-one would see me ... months passed and I had got down to 90kgs, but then nothing was budging. I had hit that plateau.

I checked out a few gyms, but didn't want to join any of them because of fear. It took me a few more weeks before I made myself join one. For six months I went in every day, religiously hopping on the same machine in the corner where I thought no one could see me for anywhere from 30 minutes to two hours.

I hated running. The roadside was boring, the route I took mind-blowingly boring and I was so slow. It was exhausting. But I had got my 7.5km time, which started at around an hour and a half, down to around 45 minutes, and that impressed me at the time. I eventually got to about 77kgs. Then I moved to a new town.

All of a sudden, I was cross training. I had stopped running due to the distance to the gym but I was doing combat, step classes, pump, my own weight sessions, cross trainer, treadmill, bike, rower, you name it I was doing it, always, always still with the intent of losing weight. The gym owner, who over time had taught me a lot about food and eating, persevered with me and kept encouraging me to find a new goal other than weight loss; but for three years, that was all I had known, and

"I now knew what I loved doing, I simply loved trail running"

that had been my reward, so every week, if I had no loss (and there was nothing left to lose), or especially if I gained even the slightest amount, I was totally disheartened.

I didn't know what else I wanted to do. I toyed with weights, thinking maybe I could just work on getting some muscles, it didn't interest me but I tried to make it so.

They held a boot camp - so I joined up and I loved it. For the next few months, I still toyed inside my head with what my 'new goal' could be, this continued for many agonising months actually. I ran now and again, 5 kms seemed such a long distance and took me so long to do; I did it mostly because I thought it was good for me, not for enjoyment. I struggled with the addiction of the goal to lose weight, battling the negative thoughts associated with that and the gruelling exercise and eating regime continued.

Speed through to October 2008 and months of this behaviour with the never ending patience of the gym owner, and my trainer, still encouraging me to set a new goal and get myself away from losing weight. I work at a newspaper and we receive books each month to review. In October 2008, in came a book called 50 marathons, 50 days by an American guy I had never heard of, Dean Karnazes. I took the book home and read it, cover to cover in a couple of days. A section in his book talked about 'going walkabout'. Setting one foot in front of the other and just not stopping.

So one Saturday, I set out to do this, my goal would be the waterfall, near where I lived, 16km away or 32km return. I walked all the way there, running briefly now and again, I feared running out of energy and not making it back, but was surprised how easy it was. I ran the 16km to home, mostly road, but all country. Once again I used one of his strategies, 16kms seemed such a long way, yet it was only from 'tree to tree', or 'sign to sign', all the way. It goes quickly. I decided I loved the longer distance, just not the repetitiveness of the same foot fall each time.

I knew I loved walking the trails around the area, and anywhere I went to visit, so over the next couple of months ended up running most of them, slowly at first, then building up both in distance and in speed. I loved the magic of it all. I was seeing things other people never did. I ran through many a tropical storm and was awed by the beauty of it all, and by the fact none of it seemed like 'exercise'. I ran up hill and down, building up the distance over time and had only the occasional road run, adding in tempo runs and intervals, both on flat terrain and on hills.

I now knew what I loved doing, I simply loved trail running - the challenge of it, the change that every run brought, the changing of nature around me brought different scenarios every single time I ran. There was no run, even on the same trails, that was ever the same. And every single foot fall was different.

Then, January 2009, I saw an advert for the North Face 100 in the Blue Mountains. In my naivety I thought this was the only race of its kind in the world - for a few days in a row I kept turning to it, thinking, wondering, could I do it? I had never run a single race in my life, a marathon certainly never interested me in the least. I could never run 42kms on a road. Then, boom, just like the weight loss, I woke up on January 9, knowing I was going to do it. I wasn't going to tell anyone until afterwards, I would simply just do it.

However, at that point, I realised I would need the help of my trainer, as I had no idea where to even begin to train for such an event. So, off to the gym I went to face her, fearing only laughter. But she was behind me a hundred per cent from the beginning. With her support, then over time with the support of others who learned of my journey I was on my way. We studied the map and the area, got advice on the area from others, then came up with a plan of action. We found similar terrain here in the Whitsundays to work with to get the best training possible. We worked together on leg strength and core strength. We worked on food.

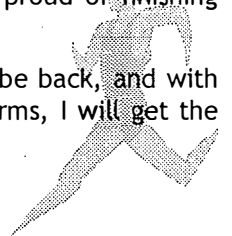
I did the 27km Whitsunday Great Walk countless times, each time with a different goal in mind; one focused on food, learning to eat while running; one focused on time, how long would it take me; one focused on the strategy of walk up hills, run the flats and trails. Each time seeing what worked best and what didn't work at all.

The journey of endurance running goes way beyond the actual run. I've met fantastic people along the way all eager to help and give advice and share their own adventures. My socialisation skills have improved because of it, I actually don't mind having conversations with people and like that they genuinely care. And of course over these past few short months I have learned of the endless trail runners similar to me. I am simply amazed the peace and beauty trail running has brought into my life on so many levels beyond running.

Breaking my arm only a couple of weeks before the race during a combat class was a horrid thing. My trainer and I ran together to see the affect the plaster would have and to trial a different way of running and adapting, coming up with strategies to get through 100kms with a broken limb. Until we don't have it to use, we don't realise how much arm usage there is in simply running, let alone powering up the hills. Off I went, of course not realising the extent I would need to use it over all the rocks and trails of the Blue Mountains. But what an adventure. What a high. What a reward.

After the hour and 10 minute wait at the ladders and also hurting my knee along the way on the golden staircase, I knew I wouldn't make my 20 hour goal, that through training times I thought I could easily achieve. But I simply kept moving forwards enjoying the campfires and the camaraderie and journeys of all the other runners along the way as we ran and talked together, and I was really proud of finishing 24:34:41.

Next year, I will be back, and with the use of two arms, I will get the goal.





The history behind: Ultra trail tour du Mont Blanc

The Ultra Trail tour du Mont Blanc takes place once a year in the Alps, this year it was held over the weekend of 28 -29 August. It is basically a circuit of the Mont Blanc, one of Europe's best known mountains. The race enters France, Italy and Switzerland. The route follows the Tour du Mont Blanc hiking path, which is usually completed in seven to ten days by walkers. Slight variations are applied to the route every year. In 2009 the distance was 166 kilometres, with a total elevation gain of around 9400m. The race is run as one continuous event. Some believe that it is the most difficult foot race in Europe.

While the top runners complete the loop in slightly more than 20 hours, most runners who actually finish take 30 to 46 hours to reach the finish line. 46 hours is the time limit. Over the years shorter events have been added.

The main race starts from Chamonix (1035m) and goes up to the Col de Voza (1653m) to reach Les Contamines (1150m). It then climbs to the Croix du Bonhomme (2479m) before going down back to Les Chapieux (1549m), which is the first aid station. The path then runs up

to the Col de la Seigne (2516m) to enter Italy, follows the ridge of the Mont-Favre (2435m) before going down to Courmayeur (1190m), the second aid station. It climbs again to the Refuge Bertone (1989m) and Arnua (1769m) before reaching its highest point, the Grand Col Ferret (2537m), which also marks the border with Switzerland. The path goes down again to Praz de Fort (1151m) via La Fouly (1593m) before reaching the third aid station, Champex d'en Bas (1391m). The last part includes two rather low cols: Bovine (1987m) and Les Tseppes (1932m) separated by Trient (1300m). On the descent to Vallorcine (1260m), the path enters back France, crosses Argentière (1260m) before terminating at Chamonix, its starting point.

The race was first held in 2003. It was created in 2003 by a string of close knit friends passionate about trail running and the Mont Blanc landscape; their group was called "les Trailers du Mont-Blanc".

This event has been remarkable for the growth in its popularity. In 2003 and 2004 around 700 and 1400 runners respectively entered the race. In 2005, the 2000 runners limit was reached for the first time,

7 months after registration opened. In 2006, the organisers decided to create a second, shorter race in order to allow more runners into the event. All registrations were sold out in only two weeks.

In 2007 it was decided that the runners must qualify by running qualifying races beforehand, on a system of gaining points. To enrol in the "big circuit" each runner must have finished a trail of at least 80 km, or two trails of at least 50 km. That year the 2000 runners limit was reached in less than ten hours of opening. For the 2008 event, 2000 runners registered in only seven minutes, and this was five months before the race.

For the 2009 event, the qualifying criteria were raised to limit runners and a ballot system was also introduced to make entry fairer, and make registration more orderly. The qualifying system is very complicated, as you not only have to have proved yourself under arduous race conditions but the races have to have been recent, they have to meet certain elevation criteria as well as distance, and you can only use two races rather than adding up all your accumulated experience.

Over the years the number of applicants has increased dramatically; the number of runners beating the cut-off is relatively low but as a proportion of entrants it is increasing:

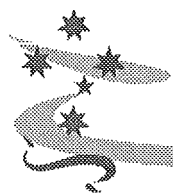
Year	entrants	finishers
2003	722	67
2004	1383	420
2005	2000	774
2006	2535	1151
2007	2319	1437
2008	2500	1269
2009	2500	1382

Pre-enrolment for the 2010 event opens on 23 December 2009. You can only enter online.

See www.ultratrailmb.com



The eventual winner in 2009



How to be a tourist

Your Editor has a few suggestions for livening up your running routine.

Try being a tourist in your own back yard. That's the beauty of being a long distance runner: you can really get places. While the sprinters like to circle the track you can be out there filling your senses with new sights and sounds.

Recently I purchased a copy of the new Cheap Eats café guide for Melbourne. I decided to make it a goal to try out a new café that I had never been to for our Saturday breakfast after our run, a routine my partner and I share. We would identify a suburb to head for, look up what was available in terms of cafes, and go.

Our first foray was up to Brunswick where we had picked Birdman Eating, for no better reason than that the name was appealing. By sheer coincidence we were there on Moomba weekend. If you are not a Melburnian I'll explain that Moomba is a huge community festival which takes place annually before Easter. It has been going since 1955 and is based on central Melbourne parks and the Yarra River. One of the key features since the late 1970s has been the Birdman Rally, a competition for home made gliders, hang gliders and other human powered air craft.

We made it to Brunswick and searched for the café. It turned out to be a tiny place, the kind of café you would not notice unless you were looking for it, and even then you could run right by. The specialty was baked eggs and it was delicious.

Another time we ran to Carlton. This was not such an auspicious occasion because it was an extremely hot day and well before Carlton yours truly was feeling nauseous and slowed to

a walk. When we reached the designated café I could not face eating, as I was a liquid mess. I mean I sweated a great deal on that run. Fortunately I recovered after a while and managed a fruit salad before heading home. On the train.

We also headed to Carlton another, cooler, day, in the middle of winter. We ventured further up Lygon Street than before and started to look for the café we had earmarked from home. We simply could not find it. Part of the problem was that we could not remember the name - I knew it was an unusual name and that I would recognise it if I saw it. But this did not happen. I ought to know better: that it is always risky to rely on memory when out running. Remarkably, as we were in despair I heard my name called out, turned and saw that a friend had rushed out of the University Café (a café that I have always enjoyed) on seeing us run past. So we joined her and her partner for bacon and eggs. Her non-running partner might have been hoping for a quiet romantic date, but we put an end to that.

You can use your running for all sorts of sightseeing. Explore parks, rivers and lakes you have only heard about. I recently discovered Central Park in Melbourne. It's a lovely park and the streets around have the most gorgeous Victorian houses. The streets are quiet and well suited to running.

I discovered great running in Frankston on the edge of Melbourne. I had been cycling there, as every Melbourne cyclist does. One of my routes used to pass a bushland reserve but I had never been beyond the boundary. This time I ran into the reserve and found trails aplenty. I also discovered the running available beneath the cliffs on the Sorrento side of Frankston. Usually you just head up Olivers Hill and say Goodbye

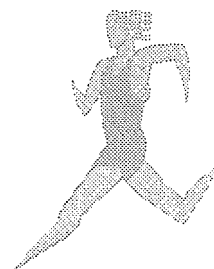
Frankston, but there is excellent running close at hand.

This is really the beauty of urban tourism. Whereas you might be more comfortable with a designated, tried and tested, trail out in the bush, in the city you can go as you please. You make your own route and detour if something pops up that looks inviting.

Gary Cantrell from *ULTRARUNNING* magazine adds the following:

"I have stumbled onto picturesque college campuses and lost-in-time neighbourhoods where I least expected them. I have spent hours working my way alongside rivers before locating a crossing. I have discovered fantastic attractions worth returning to for a real tourist visit, and restaurants that have made the others in my group ask - however did you find this place? The one thing all this running had in common was that the time and the kilometres passed almost unnoticed as I went on my voyages of discovery.

"Never forget the greatest advantage we have as ultra runners. All we need to go new places and see new things are shoes, shirt, shorts and a little time. As runners we get to see the things that flash unnoticed for those unfortunates who must tour by car. Next time you travel, for business or pleasure, throw out the guide books and ask no one for advice. Just lace up your shoes, head out the door and go exploring. Before you know it you will be the one passing along the secret spot to visit."





Race psychology – confidence

*Thanks to Kevin Sayers
ultrnr.com*

The more ultras you've attended, the more you have probably become aware of the role played by confidence. I've assembled here some comments made by experienced ultra runners (Americans) about how they feel as they approach a 100 mile race.

Rick Cooper asks:

Do any of you have feelings of doubt or hesitation about the run you are about to undertake?

How many people feel 100% confident that they will finish?

How many of you feel like you could have trained more wisely?

How many people just go into it with the thought, "we will see what happens along the journey"?

I think that apprehension before a 100 miler shows great respect for the distance and luckily, it seems determination and perseverance have a way of making all apprehension melt away after that first step is taken into the journey. One's mental status before a 100 is a big curiosity for me though. Anyone care to express their honest feelings about this?

Bill LaDieu:

I usually feel out of shape (despite hard training and being in shape), sore and generally very low. I have a tough time dealing with the taper. I know it's necessary (for me) but confidence usually goes out the window. The night and day before the race I'm a wreck. Rarely sleep more than an hour or two the night before. If the race starts on Saturday morning I'd better sleep on Thursday because it ain't going to happen on Friday. Usually after the race starts things sort back to normal and I'm fine.

John Prohira:

I've started and finished only three 100 milers to date in the last two years but in all cases finished at the back of the pack. And that was my

mindset - to finish. Those races were Vermont twice and the Massanutten Mountain race. Of course I was uncertain at my first but kept in mind that I'd finish if I used my head, that a lot of ground can be covered while walking and that as long as I was moving forward progress was being made. I'd probably be more intimidated by the western courses, I've never run at altitude. Once my entry fee cheque clears the bank I'm committed and I stop thinking about how long 100 miles really is and come race day accept the fact that I'll be out there a long time.

After my first I was certain that I would finish others barring bad luck like a serious fall or such. Remember, people do this all the time. I'm always certain that I could have trained or rested more wisely, but again those thoughts are put out of my mind as race day approaches. I've thought "I'll see what happens along this journey to completion".

I forget who said that "the toughest part of a 100 mile race is that it is 100 miles long." It's a big piece of real estate and should be respected. I joke with myself and others while running these things that what we do is a most important thing. And it is.

Dave Olney:

In my experience, at least, the confidence quotient is not a static entity; it stands in inverse relationship to the time remaining before the run.

Three to six months out, I'm like a kid whose parents have just announced a trip to Disneyland next summer. Wild joy!

One to three months out, it's fantasy time. The 100 begins to dominate my waking thoughts, especially when I'm running. Brief flashes of reality from past 100s intrude on the fantasies, but the high level of excitement and anticipation carries me forward.

One to three weeks out, I begin to ask myself a lot of questions that have no answers: "Why didn't I train harder?" "What if it's hot (cold, rainy, etc.)?" "What if I feel like dropping?"

"What have I gotten myself into?"

Two or three days out, I arrive on site and check out the course. I'm immediately awestruck by the terrain. Somehow, I didn't picture it being quite so steep, quite so...far. The day before the 100, I'm beset with abject fear and terror as the reality of the undertaking engulfs me. Nerves are totally frayed. Brought books along to read and tapes to listen to, but can't concentrate on anything. Try to keep these thoughts at bay via mindless activity and humorous banter with other runners.

Then the start line, and we're off and running. Suddenly the fear evaporates. We're doing it. Whatever happens, happens. Physical activity is great for the nerves. Long way still to go, but what the hell--this is what I've been training for all this time.

The best advice I've ever heard, and I wish I could recall who said it, was "Don't forget to enjoy yourself."

Aaron Leitner:

Yeah, usually the week before, I'm wondering if I have done "All that I could have". Well, chances are you have. But the one thing I try to keep in mind when it's getting close to a race is a saying that I believe Lady G said. "A race is not so much a race, but a celebration of all the hard work that you have done". So Rick, enjoy the Celebration!

Tom Hendriks:

In general I'm starting to feel worse about one to two weeks before the race. Usually I get a sore throat and all kind of pains in tendons I didn't know existed. In the past I also had the feeling I wasn't ready for the race, but I just got rid of that by training the way I feel. I just start the run and decide during the run how far and at what effort. Maybe I could perform better with a proper schedule but it's the fun that matters for me not the time. Another important thing is let things come the way they are, you can't change your training state the week before

the race. The best you can do is start and let things come their way. I also found out that the mental feeling is something totally different than the physical state I'm in. I once ran a 60 km, while just a week before I started with antibiotics because of a severe strep throat. Because I would not take the antibiotics the day of the race I stretched the timeframe a little so I could take the remaining pills the days after the race. When I started there was confusion about my start number so I was left with only five minutes to change and go to the start. Despite the sore throat the hustle before the start and my general doubts, I ran a great race in a normal time. So if I start feeling bad before the race I just let it come over me as a pre-race phenomenon and try not to pay too much attention to all the aches which pop up. With this attitude I'm not too stressed when a race is in sight.

There are only a few races I started healthy, but after most of the races I felt great.

Rock Cogar:

To keep from being nervous the week before a long ultra or long triathlon, I do a big swim week, complete with distance and time goals. This way, a week without running does not bother me.

Also, a big swim week (with little or no running) after a long ultra works well to aid recovery.

Dana Roueche:

I always wring my hands before a 100. It's not about whether I'm going to finish but about whether my strategy is consistent with my level of fitness. Since I want to do the very best I am capable of, I don't want a strategy that leaves something behind. I want to be as aggressive as I possibly can to squeeze every minute out of me that there is. On the other hand, a strategy that is overly aggressive will backfire and send you into a sub-optimal survival mode far sooner than necessary. There is no way you can have your best run if you've gone out too fast. Not a lot you can do about it when you discover this halfway through the run.

It is hard to precisely predict your level of fitness and impossible to predict how you will feel on race day. This leaves you with the need to take risks in your strategy and hope that luck falls your way. That you have picked a strategy that fits exactly to your level of fitness. If you want to be conservative, that's fine but there is a price and that is that you may have started too slow to realize your best possible time.

When I first started running 100's and didn't have the history I now have to support my confidence in finishing, I used the next best alternative. I ran my buns off for months and months before the first several 100 milers I did. On race day, I had no doubt in my mind about whether I trained enough. The only question left which still remains for me today and for everyone else is the fact that things can happen to prevent you from finishing that are uncontrollable. No need to worry about that stuff, if it happens, there is nothing you can do about it except play the hand you are dealt.

Tan Ultra 100km and 52km

Tan Track, Melbourne. Sunday 23 August 2009

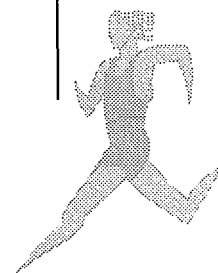
Results

100km event

1. Jason Dunn	15:25:53
2. Malcolm Gamble	15:39:44
3. Robert Hall	15:51:58
4. Jessica Robson 1 st F	17:27:44
5. Dennis Harris	17:53:06
6. Lisa Lucas 2 nd F	18:04:59
7. Paul Black	18:47:20

52km event

1. Barry Loweday	3:46:15
2. Bryan Ackerley	4:23:55
3. Lachlan Fraser	4:53:03
4. Dave Eadie	5:00:21
5. Croyd Zongier	5:04:17
6. Shaun Bourke	5:10:19
7. Cameron Gullies	5:24:52
8. Paul Monks	5:46:16
9. Terrie Stevens	5:49:42
10. Dave Hughes	5:49:44
11. Michelle Donnelly	5:49:46
12. Seal Yates	6:06:46





Nutrition – carbo loading

Written by the AIS Department of Sports Nutrition

'Carbohydrate loading' is probably one of the most misunderstood terms in sports nutrition. People commonly think anyone involved in sport needs to 'carb up' and the way to do this is to eat 'flat out' in the days leading up to an event. Read on to get the facts on carbohydrate loading.

What is carbohydrate loading?

Carbohydrate loading is a strategy involving changes to training and nutrition that can maximise muscle glycogen (carbohydrate) stores prior to endurance competition.

The technique was originally developed in the late 1960's and typically involved a 3-4 day 'depletion phase' involving 3-4 days of hard training plus a low carbohydrate diet. This depletion phase was thought to be necessary to stimulate the enzyme glycogen synthase. This was then followed immediately by a 3-4 day 'loading phase' involving rest combined with a high carbohydrate diet. The combination of the two phases was shown to boost muscle carbohydrate stores beyond their usual resting levels.

Ongoing research has allowed the method to be refined so that modern day carbohydrate loading is now more manageable for athletes. The depletion phase was demonstrated to be no longer necessary, which is a bonus for athletes as this phase was very difficult. Australian marathon runner, Steve Moneghetti has described the depletion phase as making him feel like "death warmed up". Today, 1-4 days of exercise taper while following a high carbohydrate diet (7-12g/kg body weight) is sufficient to elevate muscle glycogen levels.

Does carbohydrate loading improve performance?

Muscle glycogen levels are normally in the range of 100-120 mmol/kg ww

(wet weight). Carbohydrate loading enables muscle glycogen levels to be increased to around 150-200 mmol/kg ww. This extra supply of carbohydrate has been demonstrated to improve endurance exercise by allowing athletes to exercise at their optimal pace for a longer time. It is estimated that carbohydrate loading can improve performance over a set distance by 2-3%.

Who should carbohydrate load?

Anyone exercising continuously at a moderate to high intensity for 90 minutes or longer is likely to benefit from carbohydrate loading. Typically, sports such as cycling, marathon running, longer distance triathlon, cross-country skiing and endurance swimming benefit from carbohydrate loading. Shorter-term exercise is unlikely to benefit as the body's usual carbohydrate stores are adequate. Carbohydrate loading is generally not practical to achieve in team sports where games are played every 3-4 days. Although it might be argued that players in football and AFL have heavy demands on their muscle fuel stores, it may not be possible to achieve a full carbohydrate loading protocol within the weekly schedule of training and games.

What does a high carbohydrate diet look like?

The following diet is suitable for a 70kg athlete aiming to carbohydrate load:

Breakfast: 3 cups of low-fibre breakfast cereal with 1 1/2 cups of reduced fat milk; 1 medium banana; 250ml orange juice

Snack: toasted muffin with honey; 500ml sports drink

Lunch: 2 sandwiches (4 slices of bread) with filling as desired; 200g tub of low-fat fruit yoghurt; 375ml can of soft drink

Snack: banana smoothie made with low-fat milk, banana and honey;

cereal bar

Dinner: 1 cup of pasta sauce with 2 cups of cooked pasta; 3 slices of garlic bread; 2 glasses of cordial

Late Snack: toasted muffin and jam; 500ml sports drink

This sample plan provides ~ 14,800 kJ, 630 g carbohydrate, 125 g protein and 60 g fat.

Are there any special considerations for females?

Most studies of glycogen storage have been conducted on male athletes. However, some studies suggest that females may be less responsive to carbohydrate loading, especially during the follicular phase of the menstrual cycle. They may also have difficulty consuming the larger amounts of carbohydrate required for a complete CHO load. Further research needs to be conducted specifically on females.

What are the common mistakes made when carbohydrate loading?

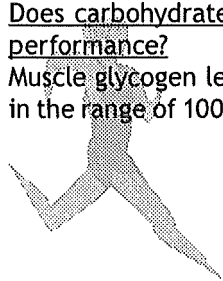
Research indicates that many athletes who attempt to carbohydrate load, fail to achieve their goal.

- Carbohydrate loading requires an exercise taper. Athletes can find it difficult to back off training for 1-4 days before competition. Failing to rest will compromise carbohydrate loading.

- Many athletes fail to eat enough carbohydrate. It seems athletes don't have a good understanding of the amount of food required to carbohydrate load. Working with a sports dietitian or using a carbohydrate counter can be useful.

- In order to consume the necessary amount of carbohydrate, it is necessary to cut back on fibre and make use of compact sources of carbohydrate such as sugar, cordial, soft drink, sports drink, jam, honey, jelly and tinned fruit. Athletes who include too many high fibre foods in their carbohydrate loading menu may suffer stomach upset or find the

"Shorter-term exercise is unlikely to benefit as the body's usual carbohydrate stores are adequate"



"It seems athletes don't have a good understanding of the amount of food required to carbohydrate load"

food too bulky to consume.

•Carbohydrate loading will most likely cause body mass to increase by approximately 2kg. This extra weight is due to extra muscle glycogen and water. For some athletes, a fear of

weight gain may prevent them from carbohydrate loading adequately.

•Athletes commonly use carbohydrate loading as an excuse to eat everything and anything in sight. Consuming too many high fat foods will make

it difficult to consume sufficient carbohydrate. It may also result in gain of body fat. It is important to stick to high-carbohydrate, low-fat foods while carbohydrate loading.

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Come to Tasmania next year

Launceston 6 - 12 hour

Where: Northern Athletic Centre track, Launceston, Tasmania

When: Next race 23-24 January 2010

Status: official 400 metre artificial surface purpose-built athletics track.

No. of finishers 2009 - 12

How long in existence: since 2009

The Four Beaches

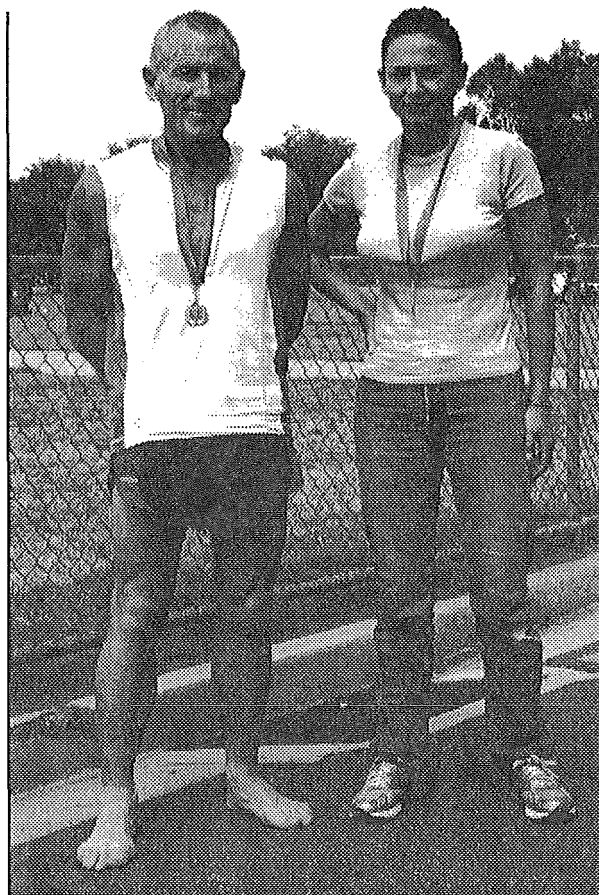
Where: Narawntapu National Park, Northern Tasmania. An out & back coastal trail run starting from Greens Beach, at the mouth of the Tamar River, through the National Park on a coastal track of pine needles, dirt and unspoilt sandy beaches. Passing West Head, Badger Beach, Badger Head, Copper Cove Beach to Bakers Beach.

When: The inaugural race will be held on 28 February 2010, starting time 0600.

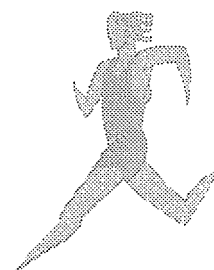
Status: Non-certified trail race.

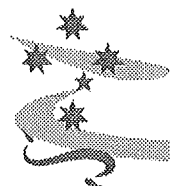
No. of finishers: coming soon....

How long in existence: Since 2010



*Launceston track race 2009 -the winners
Michelle and Aubrey*





Australian 100 km road rankings

Top 20 male all time

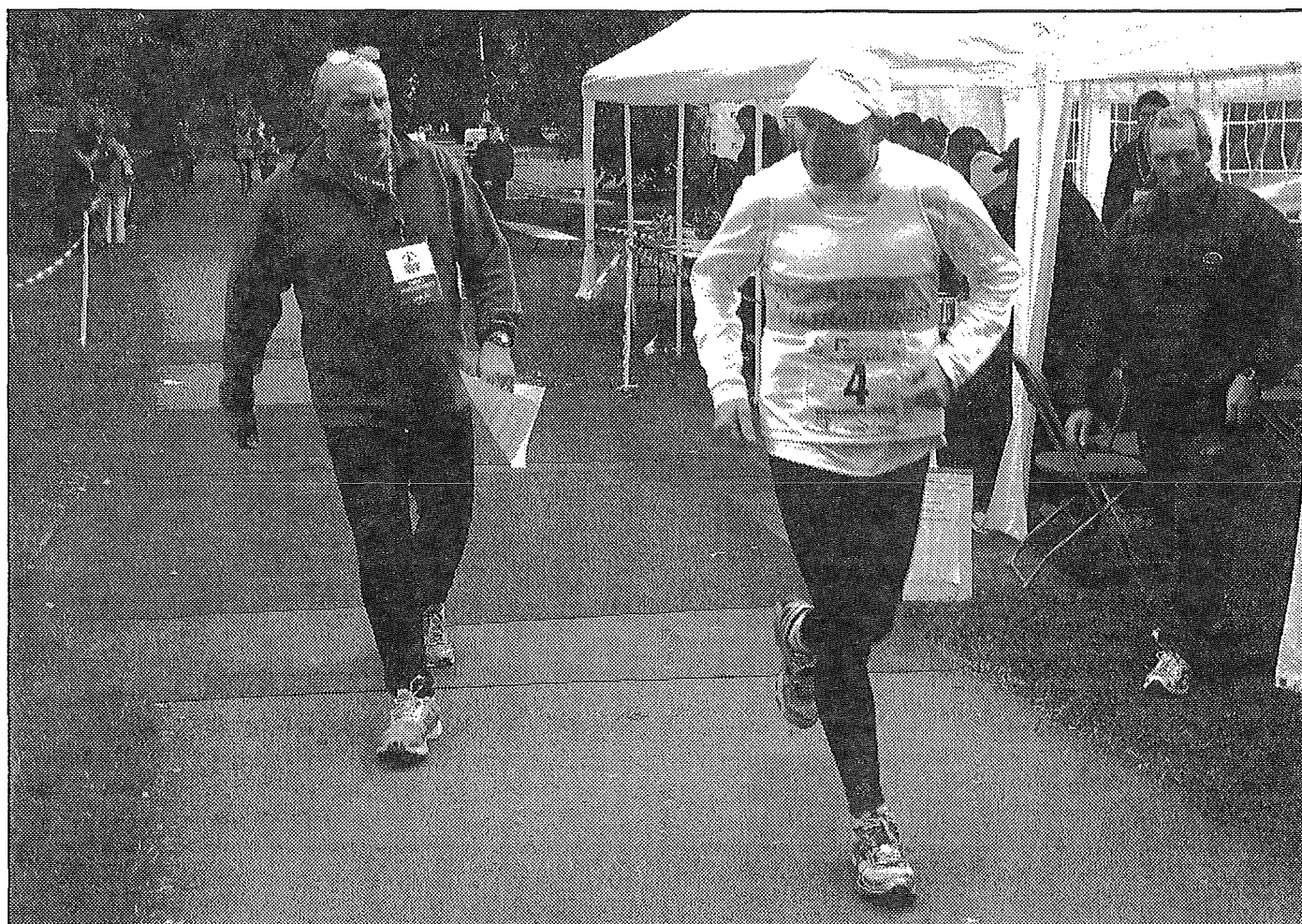
Name	Time	Venue	Date
1. Tim Sloan	6:29:26	Ross to Richmond, TAS	23-Apr-95
2. Sanet-Safi Badic	6:37:17	That Dam Run, NZ	18-Nov-95
3. Don Wallace	6:39:26	That Dam Run, NZ	28-Dec-92
4. Yiannis Kourous	6:56:46	Shepparton, VIC	15-Sep-96
5. Jo Blake	7:05:54	Misari, Korea	08-Oct-06
6. Tim Cochrane	7:08:19	Winschoten, The Netherlands	08-Sep-07
7. Trevor Jacobs	7:08:55	Torhout, Belgium	08-Aug-93
8. Darren Benson	7:17:35	Misari, Korea	08-Oct-06
9. Andrew Law	7:17:54	Ross to Richmond, TAS	23-Apr-95
10. David Criniti	7:23:30	Winschoten, The Netherlands	11-Sep-04
11. Greg Barton	7:32:05	That Dam Run, NZ	31-Dec-94
12. Mike Wheatley	7:32:31	Winschoten, The Netherlands	09-Sep-00
13. Peter Spehr	7:36:14	Shepparton, VIC	15-Sep-96
14. Dean Cook	7:38:31	Winschoten, The Netherlands	08-Sep-07
15. Owen Tolliday	7:39:48	Duluth, USA	27-Oct-90
16. David Eadie	7:40:18	Gold Coast, QLD	08-Jun-08
17. Mark Hutchinson	7:41:45	Gold Coast, QLD	12-Jul-03
18. Warren Holst	7:42:11	Torhout, Belgium	22-Jun-02
19. Don Keysecker	7:42:33	Christchurch, NZ	04-Nov-78
20. Tom Gillis	7:42:36	Christchurch, NZ	25-Oct-80

Top 20 female all time

Name	Time	Venue	Date
1. Linda Meadows	7:40:57	That Dam Run, NZ	18-Nov-95
2. Mary Morgan	7:45:04	That Dam Run, NZ	31-Dec-94
3. Sandra Timmer-Arends	8:19:25	Chavagnes, France	15-May-99
4. Lavinia Petrie	8:22:17	That Dam Run, NZ	28-Dec-92
5. Margaret Smith	8:54:52	Coburg, VIC	09-Sep-84
6. Nicole Carroll	8:56:04	That Dam Run, NZ	28-Dec-92
7. Helen Stanger	8:58:06	That Dam Run, NZ	28-Dec-92
8. Kerrie Bremner	9:00:55	Italy	09-Nov-08
9. Zoe Lawrie	9:06:42	Gold Coast, QLD	11-Jun-06
10. Susannah Harvey Jamieson	9:08:23	Italy	09-Nov-08
11. Dawn Parris	9:10:47	Duluth, USA	27-Oct-90
12. Vivienne Kartsounis	9:24:34	Misari, Korea	08-Oct-06
13. Julie Hooper-Childs	9:35:31	Misari, Korea	08-Oct-06
14. Deanne Nobbs	9:35:44	Gold Coast, QLD	08-Jun-08
15. Mignon Augustyszczak	10:00:15	Gold Coast, QLD	17-Jul-04
16. Robyn Wallace	10:10:10	Qld Univ., QLD	25-Jun-88
17. Sandra Kerr	10:21:27	Torhout, Belgium	08-Aug-93
18. Dell Grant	10:43:30	Caboolture, QLD	05-May-90
19. Shirley Young	10:47:13	Shepparton, VIC	15-Sep-96
20. Monika Mohr	10:53:13	Gold Coast, QLD	12-Jul-03

Top 20 performances 2009

Name	Sex	Time	Venue	Date
1. Terence Bell	M	07:42:08	Gold Coast, QLD	07-Jun-09
2. Jackie Fairweather	F	07:48:51	Gold Coast, QLD	07-Jun-09
3. Dean Cook	M	07:50:35	Torhout, Belgium	19-May-09
4. Brendan Davies	M	08:07:16	Narrabeen, NSW	10-Jan-09
5. Michael Baldock	M	08:24:47	Torhout, Belgium	19-May-09
6. Tim Cochrane	M	08:36:17	Torhout, Belgium	19-May-09
7. Michael Baldock	M	08:39:40	Narrabeen, NSW	10-Jan-09
8. Brett Worley	M	08:53:24	Narrabeen, NSW	10-Jan-09
9. Malcolm Gamble	M	08:54:45	Gold Coast, QLD	07-Jun-09
10. Tim McKenzie	M	08:57:54	Narrabeen, NSW	10-Jan-09
11. Martin Edwards	M	09:06:51	Gold Coast, QLD	07-Jun-09
12. Andrew Johnson	M	09:10:30	Narrabeen, NSW	10-Jan-09
13. Kelvin Marshall	M	09:19:46	Gold Coast, QLD	07-Jun-09
14. Michael Lovric	M	09:21:53	Gold Coast, QLD	07-Jun-09
15. Kerrie Bremner	F	09:24:41	Torhout, Belgium	19-May-09
16. Caroline Pivetta	F	09:24:41	Torhout, Belgium	19-May-09
17. Ewen Horsburgh	M	09:28:52	Narrabeen, NSW	10-Jan-09
18. Jason Dunn	M	09:44:16	Narrabeen, NSW	10-Jan-09
19. Michael Lovric	M	09:53:41	Narrabeen, NSW	10-Jan-09
20. Susannah Harvey Jamieson	F	10:00:04	Torhout, Belgium	19-May-09



Jo Blake at the Commonwealth 24 hour race

Footnote - Kevin's Channel Swim

English Channel, 17 August 2009

Kevin Cassidy is the immediate ex-editor of this magazine and well known throughout the running community in Australia. In August this year he completed a long term dream of swimming the English Channel. Here is his story:

Fitness and a lean physique are obvious by-products enjoyed by a routine of regular running and with this in mind I never dreamt that I would choose to undertake a sport that would require the complete opposite. I'd always thought that darts and Sumo were the only sporting pursuits that required high degrees of body fat.

When a rapidly deteriorating set of legs put paid to my ultra running days, I felt myself drifting into the land of the lost. Enter one Mick Whiteoak, ultra runner from the 70s and early 80s. Insisting I should try swimming, it took Mick two years of ear bashing before I finally succumbed. I had no idea at the time where it would lead but I guess the "obsessive personality" that I have been told I possess must have decreed that I would be heading to the English Channel at some future stage

The channel swim was an undertaking that I looked upon as an aquatic version of a 100 mile trail run. Despite my self anointed comparison, the swim threw up some unique physical and mental challenges. The type you most likely wouldn't have to deal with if running.

Cold water was the main concern, particularly the amount of time spent in it. Not being allowed to wear anything other than the time honoured "budgie smugglers", there was no escaping it, hence the need for ample amounts of body fat.

One of the more notable differences

to a lengthy running event was the lack of opportunity to enjoy the scenery, although even if you could take in the surroundings, the continual sight of unending water would hardly be appealing. The inability to enjoy a brief sit in a chair or the luxury of a shoe change was also paramount.

Stroking arm over arm over arm for hours on end is arguably the only way I could describe a long swim. No way of enjoying someone else's company or occupying your time by doing the mental arithmetic about pace per



kilometre required, digging deeper mentally than ever before.

The uncertainty of if and when you would make a start was nothing short of a dose of the old Chinese water torture. Focusing on an exact start date is something every runner starts doing many weeks in advance knowing full well that things will kick off right on cue. My attempts to stay focused were a roller coaster of emotional ups and downs as weather reports and boat pilots advice on the varying conditions took over my train of thought. Not knowing each day if I would possibly be starting that night or the next morning (or whenever) had me reluctant to do anything that would physically tire me out. The result was the torment of staring at the hotel room wall for days on end.

Once my swim was well underway, the unknown time and distance remaining whilst ploughing through the water in pitch darkness was like nothing else I had ever experienced. Lights in the distance that never seemed to get closer along with waves hitting me from the right side without warning were something of a new dimension for me. In every ultra I ran, I was always conscious of how much further I had to go and approximately how much longer I would take. There was no such luxury crossing the English Channel.

Stepping onto the French Coast on the dot of midnight after 16 hours in the water completed what had been a three year journey of preparation. The feeling was actually one of sadness because I knew that the journey I had relished so much was now gone. As I get older, I have come to appreciate more and more that the things we do in life are all about the journey. The destination is all very well but it's the journey that matters and remains

indelibly etched into our psyches.

Asked in the days afterwards, I asserted that the swim was tougher than any ultra I had ever run. A huge statement in the heat of the moment but the passing of time has allowed a little reflection. I don't back away from it much but looking back, the Angeles Crest and Wasatch 100 milers in 1993 and 94 are two ultras that were at least the equal for me in the requirement of mental focus.

Preparing to swim the channel was a way of life for the entire three years, an experience that I had almost forgotten as my ultra running days faded deeper into my memories. The chance to live that type of existence again was something for which I'll be eternally grateful.



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