

# ULTRAMAG

Mar 2010

Volume 25 No 1



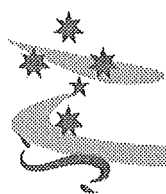
- **Bogong to Hotham**
- **Coast to Kosciusko**
- **Narrabeen Allnighter**
- **Launceston 6hr/12hr**
- **Fabulous features...and more**



The Rooftop Run  
BOGONG to HOTHAM  
64km  
Alpine National Park  
25th Anniversary 2010

131

John Winbury



# Magazine of the Australian Ultra Runners Association

March 2010

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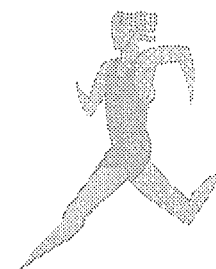
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*Front cover - Beth Cardelli is first female at Bogong to Hotham (photo Ian Cornelius)*

*Back cover- John Winsbury wins Bogong to Hotham (photo Ian Cornelius)*





# Editorial March 2010

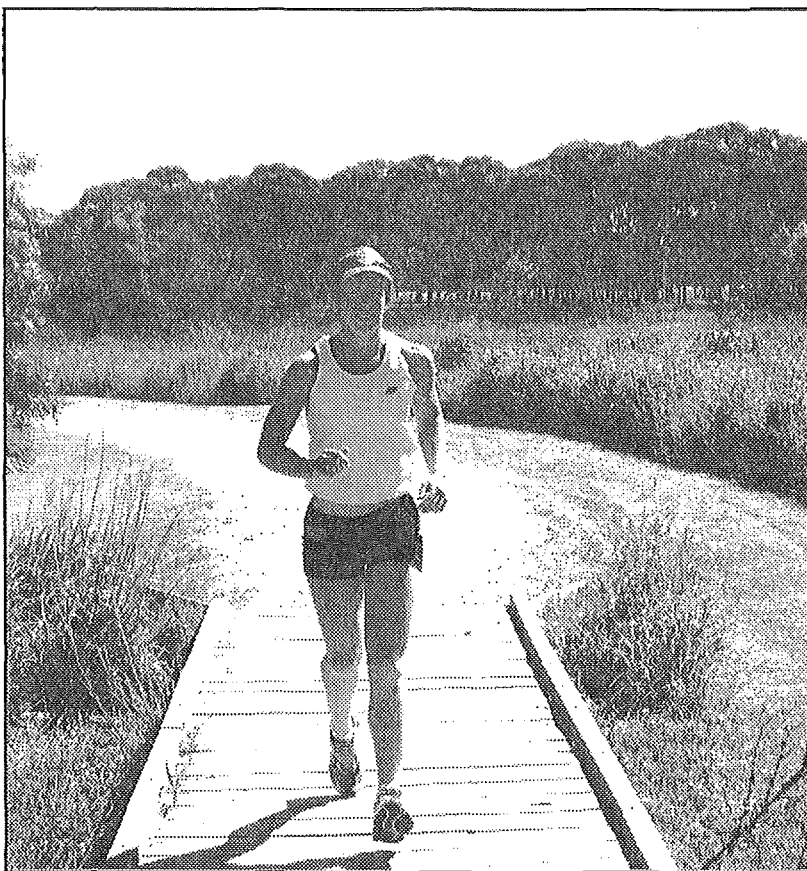
By Julia Thorn

Happy New Year to all of you! May this be another successful and enjoyable year of running.

The final months of 2009 and the start of 2010 have shown a strong interest in ultra running, with race participation up at every event. This is wonderful to see and augurs well for the future of our sport. You will notice in this issue that the results lists are longer than before with plenty of runners new to the world of ultras coming along to have a go. They all seem to comment on how friendly the atmosphere is at an ultra, and to contrast this with the competitive nature of road marathons.

There are some major ultras coming up in the next few months. The Six Foot Track is almost upon us. This year, with a new race director, the event filled in a very short space of time, although I am not suggesting these two matters are related. Kevin Tiller has done a remarkable job for many years and he leaves big boots for his successor to fill. We await with interest the future of this iconic race.

The Maroondah Dam trail run is back on schedule following cancellation last year due to bush fires, to be followed a few weeks later by a new ultra along the beaches in northern Tasmania.



On the international scene there are IAU championships planned for Brive, France (World 24hour Challenge), Galway, Ireland (50km trophy series final), Gibraltar (100km world cup) to which we will be sending teams. We would also like to send a team to the IAU world trail challenge next year.

We are one year on from the devastating bush fires of Black Saturday 2009. Three Melbourne runners are supporting ongoing relief efforts with a run around Port Phillip Bay on the anniversary weekend in a highly laudable attempt to raise sponsorship for the affected areas. We will be covering their run in our next issue, but details on how to donate are on the Ultra News page in this issue. The outcome of the inaugural Marysville Marathon and Ultra, also a fund raiser for the bush fire victims, just snuck into the December 2009 issue, but you

will find photos from that event in these pages. Many thanks to Brett Saxon for these images.

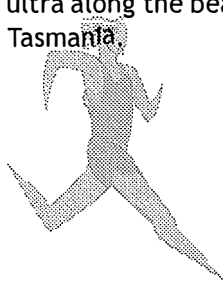
We run ultras for all sorts of reasons. Some people run for the challenge. Some run for the solitude. Undoubtedly some people need an excuse to eat lots of gels and power bars. The important part is that we are out there doing it.

You will see that this issue contains several features about ultra runners and the reasons they came into the sport. I always find this fascinating, since no two runners move up to ultras for the same reason. It's true that many of us come in via the marathon portal. In my case I made a foray into ultras, then returned to stop a while in the marathon world while I complete my hundredth 42.2km marathon this autumn - I hope you'll agree that is a lot of marathons, even if the distance is short by this magazine's standards.

The AURA Annual Report is included with this issue. You will also see a subscription renewal form in the magazine. Please keep your sub up to date and get your running friends to join up. There are all sorts of options for membership, or you can elect to just receive the Ultramag.

I'm sorry the results from Cradle Mountain Run did not make it into this issue. You'll be reading about this race in the next issue.

Happy running for 2010!





# 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.

Always check the AURA website for late changes to race details at [www.aura.asn.au](http://www.aura.asn.au)

## March 2010

### 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](mailto:terick@melbpc.org.au) Web: [www.coburgharriers.org.au](http://www.coburgharriers.org.au)

### 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](mailto:raceorganiser@sixfoot.com) Web: [www.sixfoot.com](http://www.sixfoot.com)

### 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](mailto:steelyn@yabba.net.au) Web: [www.aura.asn.au/WaterWorld\\_RR2CH.html](http://www.aura.asn.au/WaterWorld_RR2CH.html)

### Saturday 27 - Sunday 28 March AUSTRALIAN ALPINE 100 MILE (VIC)

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](mailto:paul.ashton56@tpg.com.au) Web: [www.aura.asn.au/AustralianAlpine100miler.html](http://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: [kevinetof@gmail.com](mailto:kevinetof@gmail.com) Web: [www.ultraoz.com/frankston](http://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](mailto:cundysm@ozemail.com.au). Web [www.canberramarathon.com.au](http://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

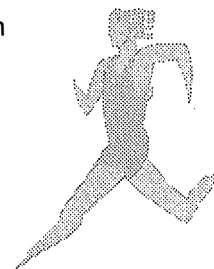
Email: [terick@melbpc.org.au](mailto:terick@melbpc.org.au) Web: [www.coburgharriers.org.au](http://www.coburgharriers.org.au)

### 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](mailto:paul.ashton56@tpg.com.au) Web: [www.aura.asn.au/WilsonsProm100.html](http://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: The Wilderness Society 02 9282 9553

Web: [www.wildendurance.org.au](http://www.wildendurance.org.au)

Sunday 9 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](mailto:steelyn@hotmail.net.au) Web: [www.aura.asn.au/CoffsToGrafton.html](http://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](mailto: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

Incorporating the National 100km championships, with 50km option.

Contact: Peter Hall 0411 083 896

Email: [peter@victorysports.com.au](mailto:peter@victorysports.com.au) Web: [www.goldcoast100.com](http://www.goldcoast100.com)

Saturday 26- Sunday 27 June SRI CHINMOY NATIONAL 24 HOUR CHAMPIONSHIP (QLD)

6-12-24 Hours. University of Queensland Athletic Centre. Brisbane. Official 400 metre artificial surface purpose-built athletics track. AURA 24 hour championships, IAU labelling, qualifying race for IAU 24 hr World Challenge.

Contact: Avirgyan Rogan 0435 201 805

Email [david\\_rogan@goldenboat.net](mailto:david_rogan@goldenboat.net) Web: [www.srichinmoyraces.org/au/events/24hour/](http://www.srichinmoyraces.org/au/events/24hour/)

## July 2010

Sunday 18 July KOKODA CHALLENGE (QLD)

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/](http://www.kokodachallenge.com/)

Sunday 25 July YOU YANGS 50/50 (VIC)

Trail runs of varying distances in You Yangs national park between Geelong and Melbourne.

Contact: Brett Saxon 0418 557 052

Email: [brsaxon@bigpond.net.au](mailto:brsaxon@bigpond.net.au) Web: <http://aura.asn.au/YouYangs5050.html>

## August 2010

Sunday 15 August TAN ULTRA RUN 100km and 52km (VIC)

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

Contact: Nick Thompson 03 9889 7463 or 0400 332 155

Email: [nickthompsonn@optusnet.com.au](mailto:nickthompsonn@optusnet.com.au)

## September 2010

WALHALLA WOUND UP TRAIL RUNS (VIC) Date TBC

Trail Runs from Walhalla's Star Hotel starting at 8am, distances 50km, 37km, 19km.

Contact: Bruce Salisbury 03 5174 9869.

Web: [www.traralgonharriers.org](http://www.traralgonharriers.org)



## October 2010

### Sunday 3 October YURREBILLA TRAIL 56KM (SA)

Trail run amongst the beautiful Adelaide Hills, both a group run and a race.

Contact: David Close 08 8278 4337

Email: david.close@flinders.edu.au Web: [www.sarrc.asn.au/yurrebilla.html](http://www.sarrc.asn.au/yurrebilla.html)

## November 2010

### Sunday 7 November MARYSVILLE MARATHON (VIC) Date TBC

45km multi loop run. Also shorter events

Email: snow.doc@hotmail.com Web: [www.marysvillemarathon.com.au](http://www.marysvillemarathon.com.au)

### Saturday 13 –Sunday 14 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](http://www.aura.asn.au/GNW100.html)

### Sunday 21 November MOE 6HR/50KM (VIC)

Contact: Shane Petingell 0407 843 509 df

## December 2010

### 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](http://www.aura.asn.au/MtFeathertopSkyrun.html)

### Saturday 4 December BRUNY ISLAND JETTY TO LIGHTHOUSE 64 KM (TAS)

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

Contact Paul Risley 0427 517 737

Email riz5@netspace.net.au Web: [www.dreamwater.org.au/ultr.html](http://www.dreamwater.org.au/ultr.html)

### Sunday 12 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](http://www.goldcoast100.com)

### Friday 10 - Sunday 12 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](http://www.aura.asn.au/c2k.html)

### Sunday 19 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](http://www.aura.asn.au/SixInchTrack.html)

## January 2011

### Saturday 8 - Sunday 9 January NARRABEEN ALL NIGHTER (NSW) Date to be confirmed

100km and 12 hour events. Certified 100km course on bike paths.

Contact: Ron Schwebel 0415 669 464

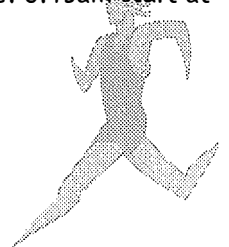
Email: rschwebel@bigpond.com . Web: [www.aura.asn.au/NarrabeenAllNighter.html](http://www.aura.asn.au/NarrabeenAllNighter.html)

### Sunday 9 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](http://www.aura.asn.au/BogongtoHotham.html)



Saturday 22 - Sunday 23 January LAUNCESTON 6 HR / 12 HR TRACK RACES

6am start at the Launceston Athletic Club

Contact: David Brelsford dbrelsford@hotmail.com Web: [www.launcestonathleticclub.com/6hourrace/](http://www.launcestonathleticclub.com/6hourrace/)

Sunday 23 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](mailto:rboyce@easterntrees.com) Web: [www.aura.asn.au/MansfieldtoBuller.html](http://www.aura.asn.au/MansfieldtoBuller.html)

## February 2011

Saturday 5 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@hoveandhals.com.au](mailto:ahove@hoveandhals.com.au) Web: [www.aura.asn.au/CradleMtnToLakeStClair.html](http://www.aura.asn.au/CradleMtnToLakeStClair.html)

Sunday 13 February AURA MAROONDAH DAM TRAIL RUN 30/50KM (VIC)

50 km race based at the Maroondah Dam, Healesville with 30km option.

Contact: Brett Saxon 0418 557 052

Email: [brsaxon@bigpond.net.au](mailto:brsaxon@bigpond.net.au) Web: [www.aura.asn.au/AURADamTrailRun.html](http://www.aura.asn.au/AURADamTrailRun.html)

Sunday 27 February THE FOUR BEACHES 50KM TRAIL RUN (TAS)

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](mailto:peter@pbrunning.com.au)

If you have a race that you would like included in our race calendar, please contact our Events Director Robert Boyce (refer AURA contacts listing). Sanctioning requirements are posted on the AURA website [www.aura.asn.au](http://www.aura.asn.au)

# AURA Contacts

Position	Name	Email	Telephone
Membership secretary	Brett Saxon	<a href="mailto:brsaxon@bigpond.net.au">brsaxon@bigpond.net.au</a>	0418 557 052
Events liason /Vice president	Robert Boyce	<a href="mailto:rboyce@easterntrees.com">rboyce@easterntrees.com</a>	0417 557 902
Apparel & trophies	Sandra Howorth	<a href="mailto:s_sandyhow@optusnet.com.au">s_sandyhow@optusnet.com.au</a>	0407 301 058
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Treasurer	Jo Blake	<a href="mailto:jblake@cjeffery.com.au">jblake@cjeffery.com.au</a>	0414 554 469
Secretary	Brett Saxon	<a href="mailto:brsaxon@bigpond.net.au">brsaxon@bigpond.net.au</a>	0418 557 052
President	Ian Cornelius	<a href="mailto:icorneli@bigpond.net.au">icorneli@bigpond.net.au</a>	0408 527 391
Advertising and race liaison	Peter Brett	<a href="mailto:peter@pbrunning.com.au">peter@pbrunning.com.au</a>	0419 609696

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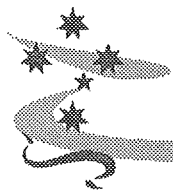


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# Ultra News

## **AURA Athletes of the Year:**

**Male Ultra Athlete of the Year.....  
Martin Fryer (ACT)**

Martin's achievements in 2009 included two world-class performances. In May he ran 433.686km at Surgeres to win easily, the distance giving him the number one ranking in the world for 2009. Then, in September at Keswick he ran 255.934 km in the 24 hr Commonwealth championship for a win and a new Commonwealth record. He also won Bogong to Hotham in January, 4th in the Six Foot Track in March, placed second in the Coburg 24 hr race in April and won the 12 hr at Caboolture in July/Aug with 131.979km. Martin captained the team to represent Australia in Keswick and has always represented Australia with distinction.

**Female Ultra Athlete of the Year.....  
Jackie Fairweather (ACT)**

Jackie had a stellar year, winning the AURA trail championship (Six Foot track) in March, the National 100km road championship on the Gold Coast in June with 7:48:51 and the 100km Commonwealth road championships in Keswick in 7:41:23km. Her time at Keswick was less than one minute outside the Australian record, held by Linda Meadows since 1995.

### **Rising star award**

The Rising Star award is awarded to the ultra runner of 25 years and under (male or female) with the most impressive performances for the year. There were no contenders for this award this year.

**Bryan Smith Award.....Martin Fryer**

The Bryan Smith award is awarded to the ultra athlete with the best 24 hour performance for the year. That person was Martin Fryer, with 255.934km achieved at the 24 hour Commonwealth championships held in Keswick, UK in September 2009.

**Cliff Young Gumboot award.....Tony Collins**

The Cliff Young award is made to the athlete of 60 years and over with the best 24 hour performance for the year. That person was Tony Collins with 141 km achieved at Caboolture as a 24hr split in the 48hr race held in July/August 2009.

**AURA aggregate points competition.....Mal Gamble**

This competition is based on a complex formula with points being awarded for wins and placings, bonuses where the races are AURA championships, bonuses for world class performances, bonuses for Australian and world records and points per km for distances run. The winner for 2009 was Mal Gamble with 101 points followed by Jo Blake and Michael Lovric on 69 points each and Meredith Quinlan 53. Mal contested a huge 17 races for the year, with wins at Cradle Mountain, Launceston 6hr, Wilson's Prom 60, The Tan 100, Yurrebilla, Marysville 45 and Moe 6 hr. More details are at [www.aura.asn.au/points\\_comp.html](http://www.aura.asn.au/points_comp.html)

**Many thanks to Scott Orchard for his donation of \$160 to AURA.**

**Walhalla Wound Up** race date has been moved from May to September. Organiser Bruce Salisbury will keep us posted with details.

**The Coburg 6 hour** race has 22 runners registered, and the **Coburg 24 hour** race has 22 runners registered at the time of writing. This means there are still spots left, but don't delay in getting your entry sent in.

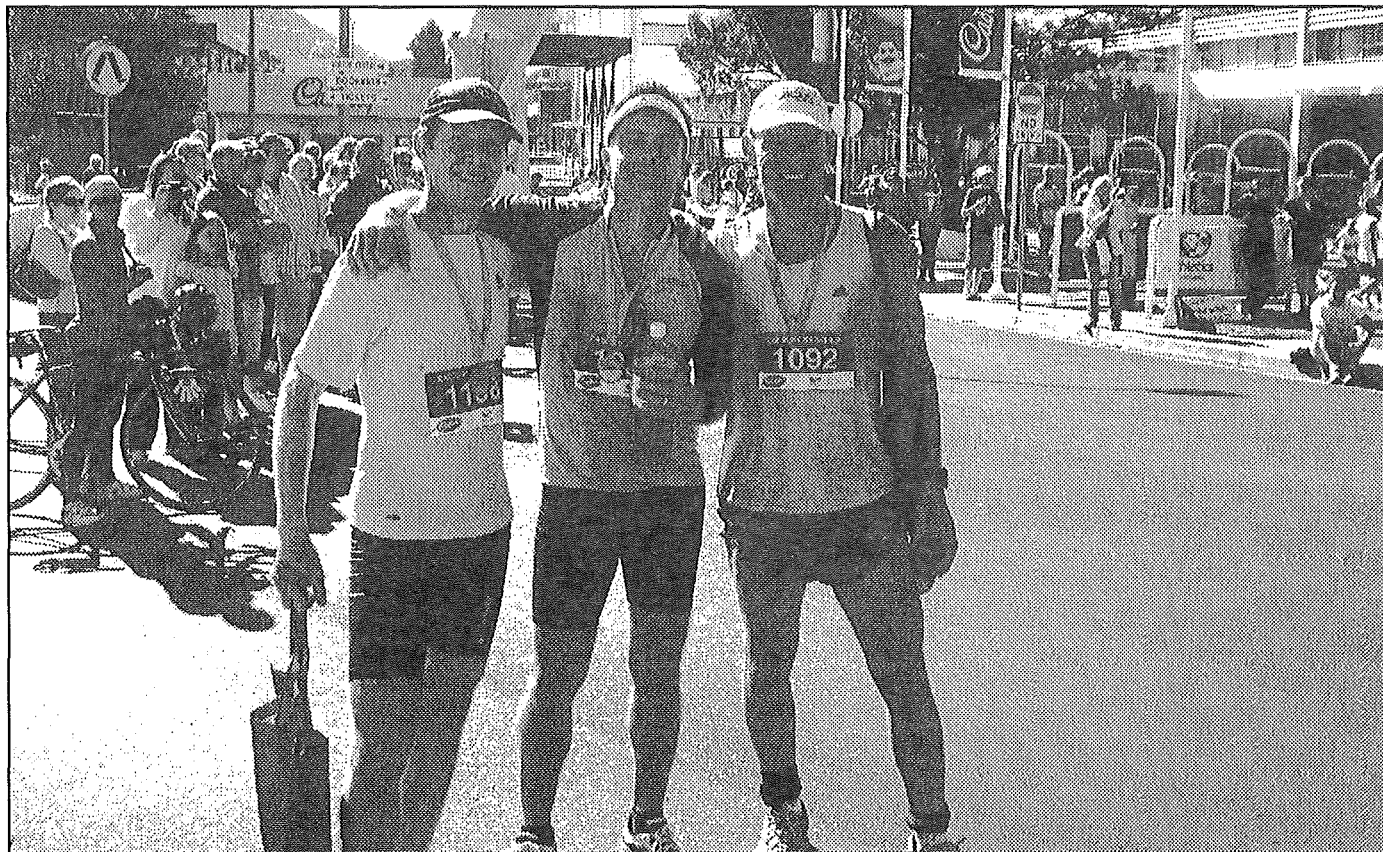
**Trio to run 220km around Port Phillip Bay to remember Black Saturday**

Three Melbourne businessmen will run 220 kilometres around Port Phillip Bay to commemorate the devastating Black Saturday bushfires one year ago where over 2,000 homes were lost and 173 people perished.

On the eve of the first anniversary of the Black Saturday bushfires, Eric Louw, Martin Edwards and Jarrod Kanizay, will depart at 5:00 am from Federation Square and run to Queenscliff, covering distance of around 120 kilometres on day one. On February 7, day two, the trio will set off from Sorrento and run back into the heart of the city.

Event organiser and run participant, Jarrod Kanizay, says the marathon run was inspired by the tragic bushfires that changed the lives of hundreds of Australians. "Black Saturday holds great significance for most Australian's. Whilst there has been a massive recovery effort, it is incredibly important that we continue to remember the victims of bushfires and the communities who have suffered and continue to strive to rebuild their townships. "Eric, Martin and myself were deeply moved when we participated in the Marysville Marathon last November. We see the Black Saturday Run as a way of helping Melbournians to remember the anniversary and as a way to demonstrate our support for the survivors of the bushfires and their communities. "Rebuilding townships such as Marysville will take many years and they need our ongoing support. We hope the Black Saturday Run will help by making a contribution that can deliver real benefits to those who need it. "Giving our support to all the townships affected by Black Saturday is imperative to helping them move ahead and by participating in the Black Saturday Remembrance Day we might help to encourage people to visit the towns and show their support for local tourist operators, cafes and attractions. We also seek donations to the Black Saturday Run appeal to support the Black Saturday bushfire-affected communities," Mr Kanizay said.

To donate or to obtain further Information about Jarrod, Eric and Martin and the Black Saturday Run visit the



*Black Saturday run participants Eric Louw, Martin Edwards and Jarod Kanizay*

Black Saturday Run website at [www.blacksaturdayrun.com.au](http://www.blacksaturdayrun.com.au)

#### **Grand slam**

Four of our ultra runners are to be congratulated on achieving the grand slam of Australian 100 milers in 2009. They were Jane Trumper, Rodney Ladyman, Wayne Gregory and Kevin Heaton.

The races they completed were: Great North Walk 100mile, Great Ocean Walk 100mile, Glasshaouse 100 mile and Coast to Kosciusko

#### **IAU World 24hr Challenge**

Applications are sought from athletes to represent Australia at the forthcoming IAU 24hr World Cup to be held in Brive, France, on 13 & 14 May, 2010. The annual 24 hr World Challenge race is the one international race at which AURA has fielded an ultra distance team for the last four years. Australia will be represented in the 24 hr event by a team of up to six men and up to six women ultra runners. The team will be selected by the AURA International Team Selection Committee, which is made up of past and present Australian

ultramarathon running representatives.

#### **IAU 100km World Cup**

This event will take place in Gibraltar on 6 November 2010. To be considered for Australian selection, the primary qualifying standard is sub 8 hours for men and sub 9:30 for women.

#### **IAU 50km trophy Series Final**

The 50km Trophy Final will take place on 29 August 2010 in Galway, Ireland. The IAU conducts a 50km trophy race each year. There are several (approximately twelve) selection races held throughout the year between January and end August. The winner (male and female) of each selection race plus a number of wildcards (performance based) will then contest the final race.

#### **Asian 100km Championship**

The inaugural Asian 100km Championship takes place on 27 March 2010 on Jeju Island, South Korea, 450km from Seoul. The course is flat and scenic. There are also 200km, 148km and 50km races being held concurrently

with the 100km race.

#### **IAU Executive Council Meeting, Monaco, January 2010**

The Executive Council Meeting in Monaco was held over two days and a considerable number of reports were given and decisions made. Some of these will be announced separately over the next few weeks so watch this space. A few more general ones appear below

The IAU presents an annual report to the IAAF - the latest edition was presented at the meeting of the IAAF Road Running Commission after the World Half Marathon Championship in Birmingham UK in October 2009. The IAAF congratulated the IAU on a good year's work and this report can be found in the download section of the website.

Currently there are 50 IAU Member Federations with the latest, Mongolia recently joining the IAU family. Mongolia will be sending athletes to the inaugural IAU 100K Asian Championships in Jeju, Korea on 27<sup>th</sup> March, as will Japan, Korea, The Philippines and Taiwan. The

*"it's tough and you need to train, but with the right preparation, age and experience are no obstacle"*

latest list of IAU Member Federations can also be found in the download section of the website.

The Executive Council discussed various suggestions to improve the IAU Constitution and will be discussing proposed amendments in May. The next Congress (used for Constitutional Matters) will be held at the IAU 100K World Championships in Gibraltar where any possible amendments will be proposed to Member Federations. If there are any constitutional issues that Member Federations want to raise for the early Executive Council consideration please let me (the General Secretary) know before the end of April. Obviously a more formal announcement about the Congress will be made later on in the year giving MFs formal opportunity to present amendments themselves.

IAU labelling progress. In 2008, there were 125 IAU labelled races. This rose to 229 IAU labelled races in 2009. At the end of January 2010 there are 64 races labelled for 2010. This is the opportunity to remind both athletes and race organisers that only performances achieved in IAU labelled races will be recognised in the IAU rankings, for recording best performances and for travel grant rankings. Jan Vandendriessche has recently revised the IAU Labelling Guidelines and these can be found in the download section.

The IAU major events for 2010 and 2011 have already been announced on the website with the two final events for 2011 being decided at the meeting in Brive in May. The competition for events to be held in 2012 and 2013 is now open and some applications have already been received. The deadlines for both 2012 and 2013 will be end September 2010 for decision in January 2011. There will be a separate announcement with the details to Member Federations, on the website and by e-news.

#### **Dates for overseas ultras**

Here are the 2010 dates for a selection of overseas ultras, principally events in which Australians have shown interest in recent years:

Comrades Marathon, South Africa - 30 May  
Kepler Challenge, New Zealand - 4 December  
Marathon des Sables, Morocco - 1 - 12 April  
Badwater, USA - 12 - 14 July  
Western States 100 mile, USA - 26 June

#### **Wild Endurance 100km**

The Wilderness Society announces the third annual WildEndurance event will be held over the weekend of 1/2 May 2010. Registrations open on 2nd November and intending competitors can log on and register at [www.wildendurance.org](http://www.wildendurance.org)

WildEndurance is a 100km team trek event that gives groups of 4-6 people the opportunity to test their stamina and fitness in the stunning Blue Mountains World Heritage area. The event is The Wilderness Society's major fundraising event for the year and helps to fund many important campaigns such as protecting our climate, water supplies and wonderful wild places.

"WildEndurance 2010 is growing to become a destination event for adventure tourists, fitness and environment lovers, and even corporate, social and sporting groups looking for a new challenge and a fun group activity. The trek provides a challenging and exhilarating team experience in one of NSW's most spectacular wilderness areas," said Event Co-ordinator Sarah Rimmer from The Wilderness Society."

"Whilst the event will maintain its friendly, personalised appeal, we are aiming to double the number of teams participating this year," said Sarah. "Teams will be supported

by a new, interactive fundraising website and social media tools to communicate with their supporters and donors to raise those all-important funds.

There are also great prizes available in different category groups, including a World Expeditions travel voucher for the whole team".

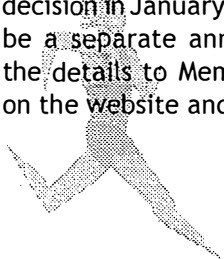
The spectacular course offers iconic views of the Three Sisters, Mount Solitary and the Jamison Valley during daylight hours. Whether they are completing the whole 100km together or dividing into two relay groups each travelling 50km, teams will be treated to some of the best wilderness spots in the Blue Mountains. There will also be less road sections compared to the inaugural event and an easier route into the finish line.

The event will still have a strict 48 hour time limit, with regular checkpoints where teams can meet with their support crews for rest and refreshment.

"It's an event for everyone" said Sarah, "it's tough and you need to train, but with the right preparation, age and experience are no obstacle"

#### **Ultra running seminar in Perth**

The West Australian Marathon Club held a seminar on ultra running on 30 January which was a tremendous success. 70 people attended, and heard prominent ultra runners Mick Francis, Rob Boyce and Grahak Cunningham speak. Mick Francis' talk is included in this issue, with the first part in the Ultras and Me section and the main part as a stand alone article.





# > membership form

current memberships are due for renewal on January 1, 2010

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

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

## membership application/renewal

GIVEN NAME		FAMILY NAME	
STREET No.		STREET NAME	
TOWN/CITY		STATE	POSTCODE
CONTACT PHONE		DATE OF BIRTH	
EMAIL			SEX male / female
OTHER FAMILY MEMBERS (one ultramag per family only)			
NAME		DOB	SEX male / female
NAME		DOB	SEX male / female

## remittance

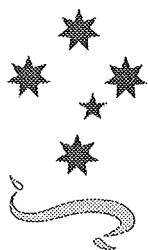
Membership	Full members: \$80 Family members#: \$100 Age concession 60 and over, or pensioner or seniors card holder: \$40 Juniors - 20 and under: \$40 Non-competing members: \$30 Race Directors*: \$30 Volunteers*: \$30 Ultramag subscription only*: \$30 # immediate family only and one copy of Ultramag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

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

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

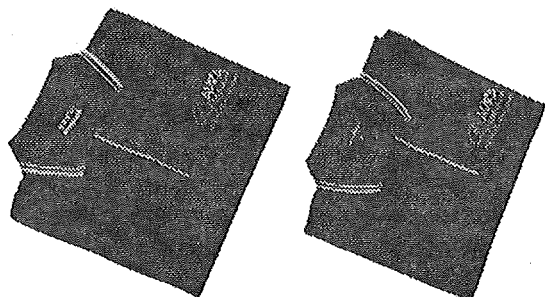
Post to AURA Membership Secretary  
 Brett Saxon P.O.Box 119 Keilor Vic 3036  
 Fax: 03 9336 7767





**aura**  
australian ultra runners association inc.

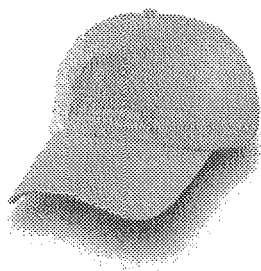
apparel



» **AURA 100 Club shirt**

The AURA 100 club shirt is featured below. To be eligible to purchase this shirt, you must have completed 100 miles in 24 hours on the track. A listing is included on the AURA website of those who are eligible.

Price: \$40



» **AURA mesh cap**

White mesh.  
One size fits all.  
Price: \$20



» **AURA singlets**

Quality moisture wicking fabric.  
Mens S, M, L  
Womens 10, 12, 14  
Price: \$30



» **AURA polo**

Quality embroidered logo  
Mens/womens S, M, L  
Price: \$40



» **AURA t-shirt**

Quality moisture wicking fabric.  
Mens/womens S, M, L  
Price: \$40

**Order Form**

	Price	Size	Quantity	Total
AURA 100 club shirts	\$40			
AURA polo shirts	\$40			
Men's singlets	\$30			
Women's singlets	\$30			
Tee shirts	\$40			
Cap	\$20			

Postage anywhere in Australia add \$10. overseas add \$20

TOTAL COST (transfer to other side of sheet)

\$

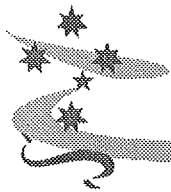


# AURA Point Score

at 31 December 2009

Gamble Malcolm	101	Ashton Paul , Brelsford Dave, Bremner [f] Kerrie,
Blake Jonathan	69	Cassidy Kevin, Collins Tony, Erickson Tim, Field
Lovric Michael	69	Paul , Francis Mick , Goggin Bernie, Last Geoffrey,
Quinlan [f] Meredith	53	McCormick Richard 10
Harvey-Jamieson [f] Susannah	52	Nestor [f] Ngoh Ngoh, Phillips Lindsay, Salisbury
Marshall Kelvin, Schwebel Ron	43	Bruce, Scholz [f] Sharon 10
Murphy Phillip	41	Cole Stuart, Johnson Peter, Lolait Lawrie, Worley
Heaton Kevin, Hewat Andrew	38	Brett , Wright Stephen 9
Fairweather [f] Jackie, Lilley [f] Allison	37	Eadie David, Love Gregory 8
Cochrane Tim, Fryer Martin	35	Appleby Steven, Bell [f] Tamyka, Chesterton [f]
Petrie [f] June	34	Val, Cook Dean, Garnett [f] Kathy, Hodgens Pat-
Gregory Wayne, Lockwood Glenn	33	rick, Lee Andrew , Lindenberg [f] Tressa , Myers
Boyce Robert	31	Brendan, Pelgrim Bert, Spink [f] Lisa 7
Fraser Lachlan	30	Best Graeme, Bradley James, Glover Brian, Guard
Scholz Justin	28	Roger, Price Stuart 6
Robins Darel, Saxon Brett	27	Carson Max, Dubois Andrew, Kinshofer Rudolf
Trumper [f] Jane	25	, Krantczke Simon, McKnight Rory , Middleton
Barker Carl	24	[f] Colleen, Murrell Michael, Oliver [f] Rebecca,
Thompson Nick	23	Scott Anthony, Thompson Bill, Twite Ian, Webber
Beveridge Steel, Pearce Billy, Tolhurst [f] Verity	22	Bruce 5
Manning Nick	20	Edwards [f] Diane, Holland [f] Claire, Horsburgh
Bignell Peter, Brooks Colin	19	Ewan, Horwood Chris, Lindsay John, McDonald An-
Nobbs [f] Deanne, Pearson John	18	drew, Miller [f] Kolya, Palmerlee [f] April, Pickup
Kennedy David	17	Richard, Skinner Deryck, Trewhitt Tory 4
Keats John, Swain [f] Elizabeth	15	Ban Paul, Fattorini Tony, Higgins Barry, Howorth
Bollen [f] Karyn, Monks Paul, Pivetta [f] Caroline, Whit-	14	[f] Sandra, McKinnon David, Skvaril Vlastislav,
ten Philip	13	Worley [f] Susan 3
Baldock Michael, Barlow Nick, Jones David, Lockwood	12	Allen Trevor, Corlis Michael, Devine Allan, Donker-
[f] Belinda, Van Dyk [f] Lynda	11	sloot Robert, Drayton Nick, Gardiner Peter, Grat-
Bell Terence, Bleakman Dan, Courtney Anthony, Fawkes		tan [f] Angie, Hennessey Laurie, Kartsounis [f]
Nathan, Orchard Scott , Robson [f] Jessica, Staples Alan,		Vivienne, Maher Michael, Storer Ben, Sutton Rob
Sullivan Keith		2
Davies Brendan, Johnson Andrew, Kibble Stephen, Ros-		Annett Noel, Baird [f] Carol , Bennett [f] Elizabeth,
evear [f] Leah, Solomon Colin		Brett Peter, Clear David , Cook Kim, Fairweather
		Simon, Fickel Bob, Fitzpatrick Peter, Gregory [f]
		Bernadette, Guy [f] Jacuelyn, Harrison [f] Sha-
		ron, Jacobs Trevor, Taylor Daniel, Underwood [f]
		Amanda 1

For full details go to [www.aura.asn.au/data/PointsRace/AURA\\_PointsRace\\_31-12-2009.pdf](http://www.aura.asn.au/data/PointsRace/AURA_PointsRace_31-12-2009.pdf)



# Tan Ultra

Melbourne, 16 August 2009

## Race Report and Results by Nick Thompson, race director

Race Field - 28 (12 starters in 100k, 14 starters in 53.5k)

### 100k (26 laps + 250m out & back)

#### Male.

1 <sup>st</sup> - Jason Dunn	8:25:56
(new record)	
2 <sup>nd</sup> - Malcolm Gamble	8:39:47
3 <sup>rd</sup> - Robert Hall	8:52:01

#### Female.

1 <sup>st</sup> - Jessica Robson	10:27:47
2 <sup>nd</sup> - Lisa Lucas	11:05:02

### 53.5k (14 laps)

#### Male

1 <sup>st</sup> Barry Loveday	3:46:15
(course record)	
2 <sup>nd</sup> Bryan Ackerly	4:23:55
3 <sup>rd</sup> Lachlan Fraser	4:53:03

#### Female

1 <sup>st</sup> - Kate Sanderson	5:37:04
(course record)	
2 <sup>nd</sup> = Terrie Stevens -	5:49:42
2 <sup>nd</sup> = Michelle Donnelly	5:49:42

For a second time event I believe it was a great success with 28 entrants for both runs, with brilliant performances by Jason Dunn in the 100k and Barry Loveday and Kate Sanderson in the 53.5k run, all setting new records for this event.

The weather was bad with frequent rain showers, some heavy at times with gale force winds which blew over chairs and runners alike. Basically a horrible day, only in the afternoon did it start to warm up a bit and the odd interlude of sunshine. The only positive regarding the wind was that at times it blew the runners up Anderson Street which would have helped, but blew them sideways when running down towards the Shrine, making the whole day very difficult. So good was the 100k run this year, that the very creditable 3<sup>rd</sup> place by Rob Hall would have won the race last year. I must also make

mention of Malcolm, who could not in the early stages of the race keep up with Jason's relentless lap times, but I think as Jason tired in the later stages of the run, Malcolm just kept on bashing consistent lap after lap.

Jason took 15 minutes off his winning time last year. Our first female finishers in the 100k event was Jessica Robson taking out the run in convincing style after suffering with cramps in the mid stages. Jessica just seemed to keep on smiling lap after lap with a real determined and gutsy run. Lisa, who at times looked really well and at others (like the rest of them) didn't, slugged it out to finish well in second place.

The DNF rate (+40%) was similar to last year just proving that this event is really tough.

I must make mention of the truly brilliant time set by Barry Loveday smashing to bits last year's time by a remarkable 34m 57s in the 53.5k event - (that's an average of 16 min laps) - amazing and all the more impressive under the weather conditions, with Bryan and Lachlan (last year's winner) taking out the minor places. I must also make mention of Lachlan who most of us know

suffered badly in the bushfires, it's a great pleasure to see him back running and with next-to-no training this year, you did really well. Kate Sanderson took out the female run bettering last year's time by 23m - well done and Michelle and Terrie taking out jointly second place, with Terrie hanging on, in the last few laps, a great effort.

Finally, three of the other DNF's in the 100k are very worthy of a mention here, in that Saraya I understand had not ever run over 40k before and made it to over 80k before running out of time and to Tabatha, who continued under her own steam to finish the run, probably around 9pm, determined to complete this run come what may, to both of you and to Billy Pearce who was less than two short laps from the finish, you all did very well and I know you won't fail next year.

To all the other runners not mentioned above, you all deserve a big thank you from me firstly for how you all behaved and showed to others around the Tan just what a great sport ultra running is, you all put in brave and brilliant runs yourselves - it was a pleasure to organize.



Kepler Challenge, New Zealand - typical Kepler scenery

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# Race Results

6hr/50km Victorian Track Championships Moe / Bruny Island 64km

## 6hr/50km Victorian Track Championships Moe, Victoria, 21 November 2009

### Results

1. Malcom Gamble	73:035
2 John Keats	69:968
3 Simon Trusler	66.859
4 Mark Swinkels	60.592
5 Ron Schwebel	58.170
6 Ken Lancaster	55.947
7 Cameron Gillies	55.738
8 Albin Hess	52.637
9 Terry O'Neil	50.560
10 Mark Caldecourt	48.000
11 Brian Glover	47.931
12 Peter McDougall	46.995
13 Michelle Thompson 1st F	44.292
14 Steve Jordan	42.938
15 Karen O'Neil 2 <sup>nd</sup> F	42.496

## Bruny Island 64km Tasmania, 28 November 2009

### Results

1. Michael McIntyre	5:41:31
2. Iestyn Lewis	5:55:27
3. Leigh Anderson	5:56:41
4. Matthew Chamberlain	5:58:27
5. Sean Williams	6:03:34
6. Chris Gates	6:06:18
7. Michael Lees	6:10:16
8. Cameron Crawford	6:36:47
9. John Cannell	6:37:22
10. Peter Hoskinson	6:40:32
11. Luke Palmerlee	6:40:34
12. Karl Jones	7:26:57
13. Bill Loftus	7:28:14
14. James Crotty	8:03:53
15. Lidsay Tuffin	9:16:06
16. April Palmerlee 1 <sup>st</sup> F	6:15:49
17. Jessica Strugnell	6:17:08
18. Christine Andrews	6:38:19
19. Anna Papij	8:27:18

These results are for the solo event only. In addition 44 teams participated in the teams event over the same course.

**Hey, we've spotted you reading someone else's copy of Ultramag.....**

### Join AURA now

AURA members are entitled to discounts of 10% or more at almost all races appearing in the AURA race calendar.

AURA members are entitled to discounts at the following shoe and apparel outlets.

**Nike Victory Robina**, Qld 15% - free delivery anywhere in Australia freecall 1800 302 211 - ask for Peter Hall.

**The Run Inn, Enoggera**, Qld (mail order available) 10%. Tel 07 3354 3425 ask for Phil Hungerford.

**In Training Brisbane**, 10% tel 07 3367 3088

**The North Face**, 10%

**Runner's World, Perth** 15% on all items not on special. Tel 08 9227 7281, ask for Bob Braid.

As an AURA member you will:

1. **Receive your free copy** of Ultramag (published quarterly)
2. **Receive your monthly** email newsletter
3. **Be eligible to contest** AURA-sponsored championships (Six Foot Track marathon (trail championship), Canberra 50km, Gold Coast 100km, Caboolture 48hr, Brisbane (previously Adelaide) 24 hr)
4. **Be eligible for inclusion** in Australian records
5. **Be eligible for inclusion** in Australian rankings
6. be eligible for selection in teams to attend IAU World Challenges (50km, 100km, 24 hour and trail WC)
7. be eligible for travel grants to attend IAU World Challenges (50km, 100km, 24 hour and trail WC)
8. be eligible for the AURA points competition, which carries valuable prizes

### Membership fees and charges 2010

Full members - Australia \$80

Full members - overseas (to cover extra postage) \$100

Family members (immediate family only and one copy of Ultramag per family) \$100

Age concession 60 and over or pensioner or seniors card holder/ Juniors (under 20) \$40

Subscription for Ultramag only - Australia \$30

Subscription for Ultramag only - overseas (to cover extra postage) \$60

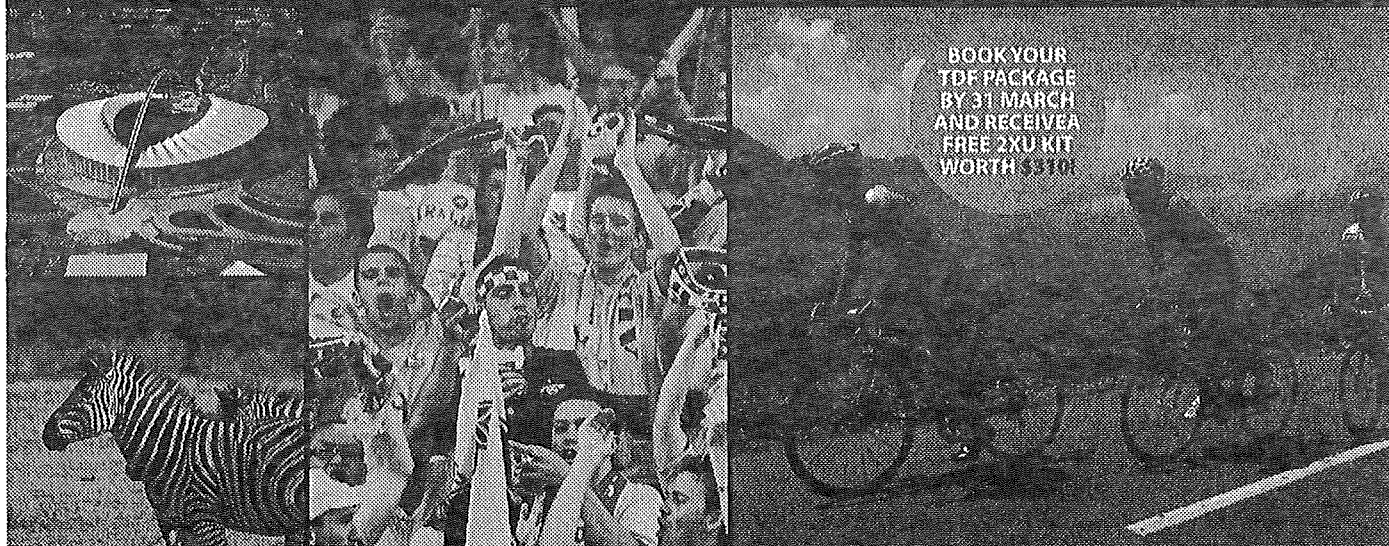
Non-competing members (receive free copy of Ultramag) \$40

Race directors (non-competing, receive free copy of Ultramag) \$30

Volunteers (non-competing, receive free copy of Ultramag) \$30

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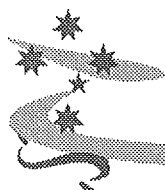
- 10 nights accommodation in 3 star hotels inc. breakfast daily
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- Return coach airport / Paris hotel transfer
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# Razorback Run

Victorian Alps, 5 December 2009

## Results

64km

1. Peter Bignell 11.10.10
2. Cameron Gilles 13.55.00

58km

1. Paul Monks 9.11.10
2. Diane Edwards 1st F 10.46.55
3. David McKinnon 11.34.10
4. Tamyka Bell 2<sup>nd</sup> F 12.40.33

44km

- 1= Rob Boyce 8.57.42
- 1= Paul Ban 8.57.42

For results from the shorter events go to [www.aura.asn.au/data/Razorback2009\\_results.pdf](http://www.aura.asn.au/data/Razorback2009_results.pdf)

## Race report by Ruth Dover

This report was originally posted on [coolrunning.com.au](http://coolrunning.com.au)

Whatanawesomeday-perfectweather, amazing scenery, just running, running, running, in the mountains. I'd decided to begin in bare feet, then pop my aquasocks on when needed. I taped my toes, mainly for prevention of blisters whilst wearing aquasocks. The climb began soon enough, and I wished I'd warmed up a bit more. Even so, I was surprised that it wasn't steeper. Compared to Mt Donna Buang, this ascent was mild, but longer of course.

Maybe I was feeling fresher, but I enjoyed the steady climb. The time passed quickly, made easier by the fact that Peter Bignell was just within sight up ahead, keeping me honest. Thanks Peter. A highlight for me was the arrival at Federation Hut. A few campers were relaxing, just cooking their breakfast on a sunlit ridge within view of Mt Feathertop. What a fantastic place to camp! I passed a couple of walkers who were in awe of my barefootedness, but I was in awe of their effort in carrying their huge backpacks. The tape had come off both my big toes, and I'd bashed one of my little toes on a rock, but my feet were feeling great, if

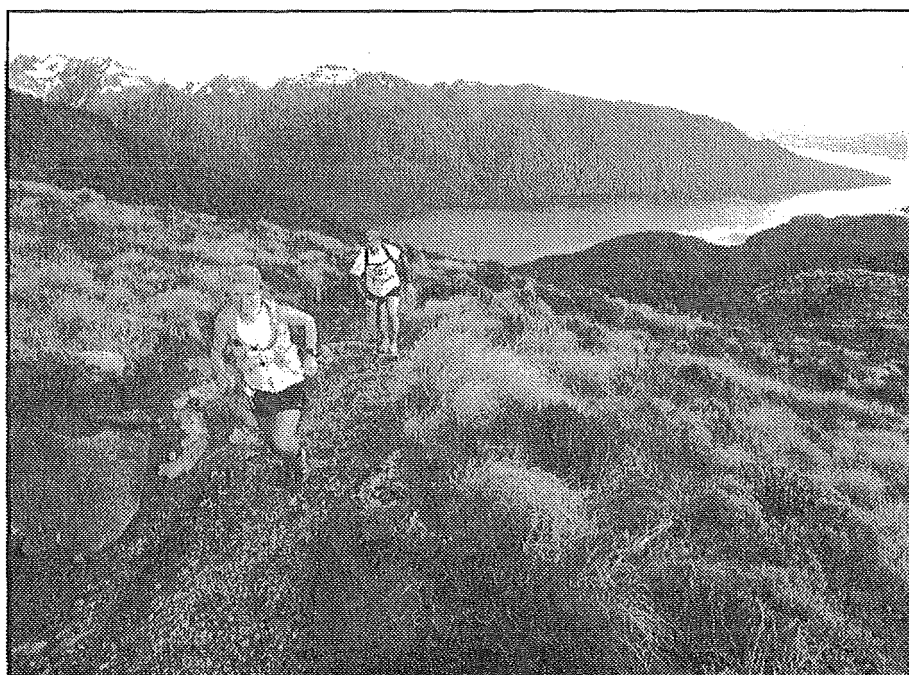
a bit numb in the cool weather. The final exposed climb to the summit was a bit windy and rocky, but exhilarating. My time to here was exactly 2 hours. Suddenly, there was no wind, and I was alone in silence on top of the world. Wow!

After taking a minute or so to look around and pop on my aquasocks, I began the descent to the Razorback. I was slightly disappointed with the Razorback. For some reason, I expected it to be more exposed and treacherous, with immediate dropoffs to either side. I also expected it to be easier running, but the winding, rocky trail was anything but fast and flat. It was interesting and fun though, with sections through the snowgums and up and down rocky hills.

At the Bon Accord track junction I filled up with a bit of water, added a V to my camelback and re-taped one of my big toes which had blistered due to being squashed in my aquasock. Pity about the other big toe. Don't ask me why I didn't re-tape it too, but it later developed a massive blister where it rubbed on

my 2nd toe. Anyway, down, down, down, steep, but not as bad as I expected Bon Accord track. Just where I began to feel sick and tired of downhill, the trail flattened out a bit. What a relief! Then it was nicely undulating for the remainder. It was strangely good to have a few uphill to break up the monotony of the quad thrashing.

Probably about halfway down, there was a new sound to be heard in the scrub and leaves at the side of the track - the scuttling of lizards, I guessed. But, where there are lizards, there are SNAKES! Arrrrr - a black one blocked the track ahead. I made a bit of noise in the hope that it would bugger off, but the best it could do was saunter (can a snake saunter?) partly off the track so that its tail (does a snake have a tail?) remained within sight. I must have stood there for a good minute wondering what to do, but I finally made a break for it and bolted past, heart in my mouth! Thankfully there were no more snakes (that I knew of) and the rest of the run was uneventful.



*Kepler Challenge - two runners beyond Luxmore hut*



# Coast to Kosciusko 242km

NSW, 12 December 2009

**Race report by Rob Hall.**  
This previously appeared  
as a post on [coolrunning.com.au](http://coolrunning.com.au)

For me this all started at Christmas Eve last year when I whispered to my wife, "Do you think I could do the Coast to Kosci?" She got excited and announced to all the guests that I was going to do it. I immediately recoiled and corrected her and said I was thinking of entering. She then said "You know you'll do it." To do this run I knew I basically needed to have excellent recovery which is what I had seen in the other runners that had done this before. So during the year I started doing what seemed to be ridiculous back up runs which culminated in the last of these being to compete to win the Upstream 50km and then survive the Marysville Marathon 45km the next day. Unfortunately four days after Marysville I developed a calf spasm; this was due to me re-collapsing my arches at Marysville and having a huge depletion of electrolytes. After spending \$500 on massage, manipulation and even chiro I was still unsure whether it would just go bang again within 10km of the start. Then something the chiro said stuck in my mind, he said I had incredibly flat feet. I thought he didn't know what he was on about but then remembered how to tape my arches up from when I originally collapsed them. So the weekend before C2K I taped them and went for a 25km run over the crazy hills out the back of Eltham and Diamond Creek.

The tape hurt a lot but the calf was fine so I decided not to pull out. At the start I was last to the beach and remained inconspicuous. My feet were taped up and every single step hurt. We were sent off at 5:30am and I milled around the back of the group as we were climbing some big hill and I didn't want to get carried

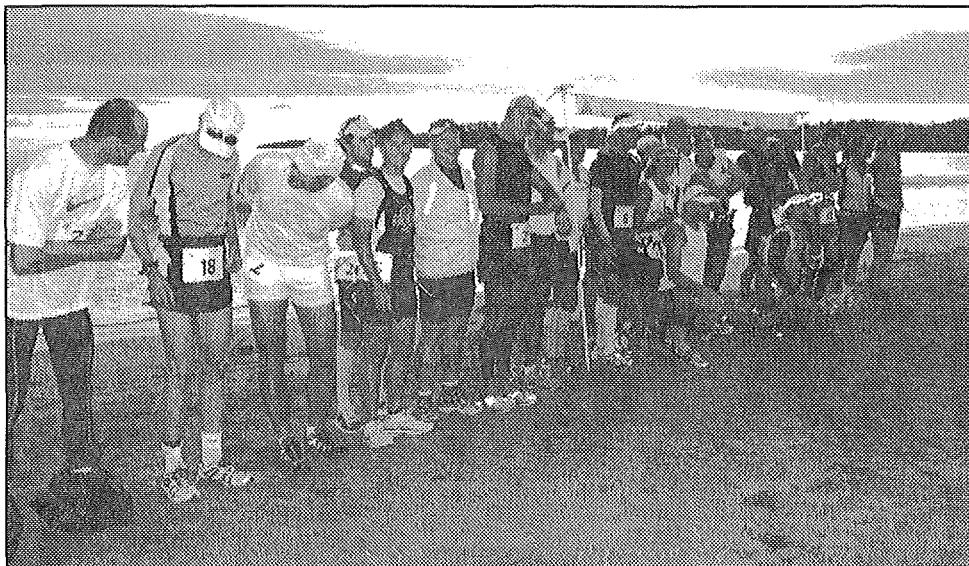


*Jane Trumper on the road*

away too early. Others bolted, I couldn't believe their confidence. Then when we started heading down hill I started to pull away and eventually sat in about 10th. We got to big Jack Mountain after 57km of big undulating countryside. Half way up Michael Lovric pulled away and Pam Muston went flying up ahead on the uphill. We got to the top and I realised I still felt like I hadn't warmed up. Even when we got up to the Monaro Hwy I didn't feel warmed up but the wind was getting pretty nasty so I figured it could be that. I kept going as hard as I could without breathing through my mouth. I figured that was the best way to keep my speed down except for walking up hills. I started to get concerned I had gone out too fast as I estimated doing 100km in 12-14 hrs. I ticked over 100km in 12:01 which

made me feel a lot better. I tended to yoyo with Pam a bit. I thought she was a goner as she was going so fast up the hills. At 14hrs I had done around 120km so I was pleased to have a bonus 20km up my sleeve should I want to sleep later. Soon after the night set in and Richard McCormack told me I had a 27km downhill section to Dalgety. I felt so much better; the thought of a heap of downhills and, being from Melbourne, a long cold night was just what I was looking for. Over this period I moved up to 4th position (throwing my plan to not overtake Michael out the window). Everyone else seeming to slow down I went bananas and loved it. Rob from my crew ran through the night with me and poor Mal had to do all the crewing overnight by himself. By the time I got out of Dalgety the others support cars weren't close. The last person I overtook was Wayne Gregory.

We got to the 100mile point and I thought I had done 19:35. (Michael's crew believe it was 18:15) We could see Phil Murphy's crew just up the big climb up the Beloka range about 10mins in front. I went full steam ahead from the top and got to Jindabyne before first light. I was ecstatic so just took a walk on the bike track. At the end of the bike track I ended up in the caravan park. I got lost for about 10 mins before I got back on the road. Then just after the turn off to Corryong I had another 10min break. I checked my calves and they were like jelly, normally they go hard. Even though the tape hurt it was doing the job. I was still way ahead of schedule for a 36hr run. I was thinking of about 33hrs knowing I am not that good at climbing hills. Just before Thredbo River Pam overtook me. I thought I would fix her wagon by taking off down hill and getting the spot back. I felt a tendon go pop in the back of my right knee. That is not good. Pam went on ahead. By 195km I was



*Coast to Kosci start line*

stopping regularly for shooting pain to subside, trying to run with my right foot at odd angles to prevent the pain. At 200km exactly Michael came past looking strong. I knew then I would be swamped by runners to the finish. At about 205km I

figured I would try to stretch it out and it worked. I could now walk about 3-5km between stretches. Someone reported I was throwing up but I was leaning on the guard rails to help stretch. The course just kept climbing unrelentingly. It

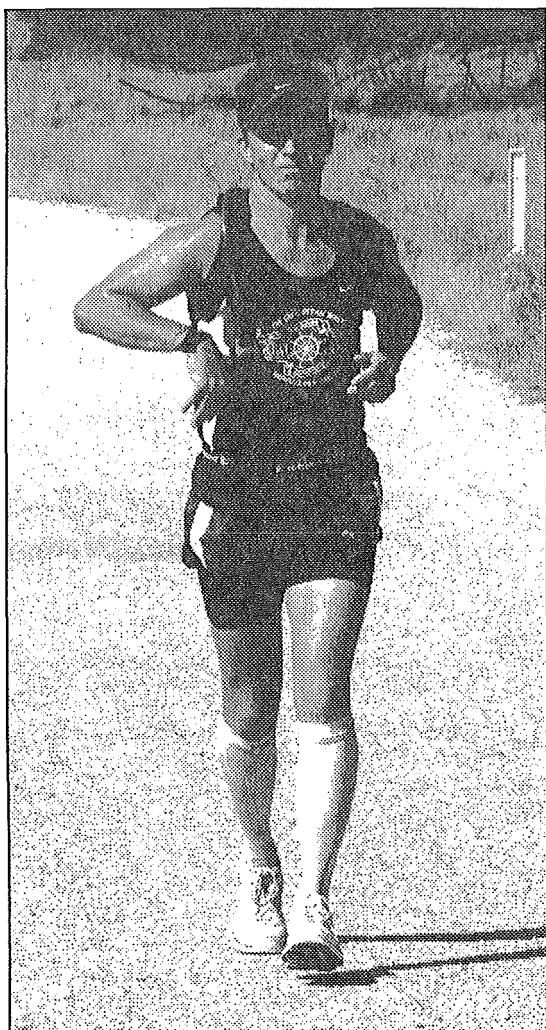
just seemed to take so long to get to Charlottes Pass. I got overtaken by Beaver while in a romantic embrace with Rob to stretch and a bit later by Sussanah, who cruised effortlessly past. At about 215km Rob suggested I should probably change my shoes as they would be a little flat. So I took off the Nike Frees and put on the old Asics. They made a nice change for my feet but I instantly got the ITB tension that they cause me. But ITB was the least of my problems. I eventually made it there and we sorted out what I needed to get to the top and back: 6 gels and 2 powerades. Paul Every advised that I should take it all in up the top and enjoy it; I told him I was going to touch the can and head straight back down. At that stage only one finisher had made it back- Jo Blake. We set off and Meredith overtook me less than 1km into the climb. I really struggled. Although I couldn't have done the rocky bit in the Frees. It took 2:20 to

get to the top. I was freezing and didn't know how I would get back down. The photographer had some NSAIDs so I took them and they got me going back down the hill. Then Brick came the other way and came straight back down and overtook me. Going by the time I knew I was going to beat 36hrs so I just cruised down. I saw Marie, then Kelvin came the other way at Seamans Hut. I knew he wasn't going to overtake me but he was moving quickly. I got to the finish in 35:31 and I said "That was shit". And it was. You just cannot imagine that climb unless you've done it. As a first time C2K, the first 160km don't matter. Although I am massively happy that I have probably gone sub 19 for 100miles. You need to be good at steady consistent climbing, which is not my strength.

*Thanks to Brett Saxon for the photos*

#### Results

1. Jo Blake	26:01:40
2. Carl Barker	31:27:08
3. Phil Murphy	31:44:57
4. Michael Lovric	32:07:15
5. Pam Muston 1 <sup>st</sup> F	32:31:47
6. Andrew Vize	33:18:22
7. Sussanah Harvey-Jamieson 2 <sup>nd</sup> F	34:16:20
8. Meredith Quinlan 3 <sup>rd</sup> F	34:48:53
9. Kevin Heaton	34:55:41
10. Rob Hall	35:31:47
11. Kelvin Marshall	36:03:10
12. Marie Doke 4 <sup>th</sup> F	36:16:31
13. Wayne Gregory	37:41:17
14. Rodney Ladyman	38:16:49
15. Allison Lilley 5 <sup>th</sup> F	39:36:50
16. Danny Hooley	39:40:31
17. Glenn Lockwood	39:42:38
18. Tim Turner	40:26:49
19. Lisa Spink 6 <sup>th</sup> F	40:53:43
20. Rick Cross	41:07:16
21. Jane Trumper 7 <sup>th</sup> F	41:39:20
22. Mal Gamble	42:35:07
23. Colin Solomon	42:55:07
24. Jan Herrmann	45:38:15
DNF Keith Hong 230k	
DNF Billy Pearce 71k	
DNF Tim Cochrane 42.195k	



*Mal Gamble 130km along the road*



# Kurrawa to Duranbah 50km

Gold Coast, 13 December 2009

## Results

### Male

1 Jason Sewell	3.36.27
2 John Drysdale	3.53.34
3. Daryl Watts	3.57.29
4. Chris Noble	3.59.30
5. Michael Rogan	4.12.55
6. Nic Maloney	4.23.38
7. John Nuttall	4.28.07
8. David Cox	4.31.51
9. Mal Davie	4.33.12
10. Stephen Wright	4.39.26
11. Daryl Dyde	4.41.52
12. Jordan Bishop	4.44.41
13. Shaun Hackney	4.47.05
14. Mark Barrett	4.50.09
15. Alphonso Ferreira	4.52.51
16. Geoff Last	4.56.49
17. Warren Lane	4.58.13
18. Robert Middleton	5.11.37
19. Neil Soden	5.11.37
20. Graeme Kirkpatrick	5.13.32
21. Matt Mekenstock	5.15.30
22. Rob Griffiths	5.16.09
23. Peyton Eickert	5.16.59
24. Trevor Allen	5.16.59

25. Peter McKenzie	5.20.28
26. Sean Corr	5.22.07
27. Dave Fitter	5.25.23
28. Lee Murphy	5.28.55
29. Ross Evans	5.40.45
30. John Borg	5.44.25
31. Keith Slater	6.09.39
32. Geoff Williams	6.20.32
33. Chris Cohen	6.32.46
34. Alan Cossey	6.44.03
35. Dale Newman	7.00.40
<b>36. Eric Bremner</b>	<b>7.47.00</b>

### Female

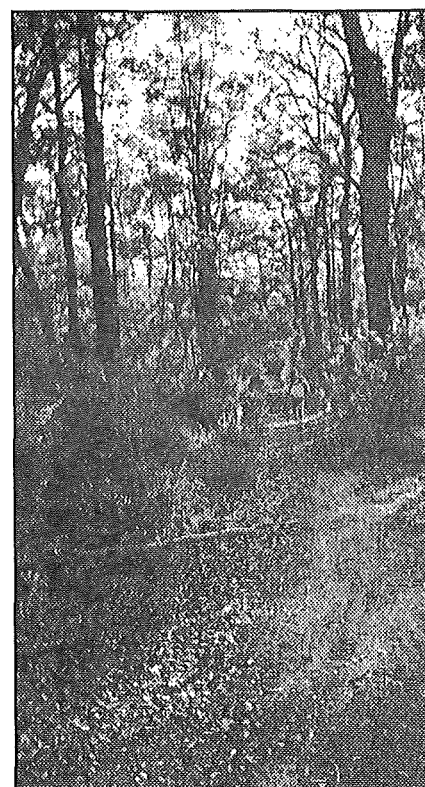
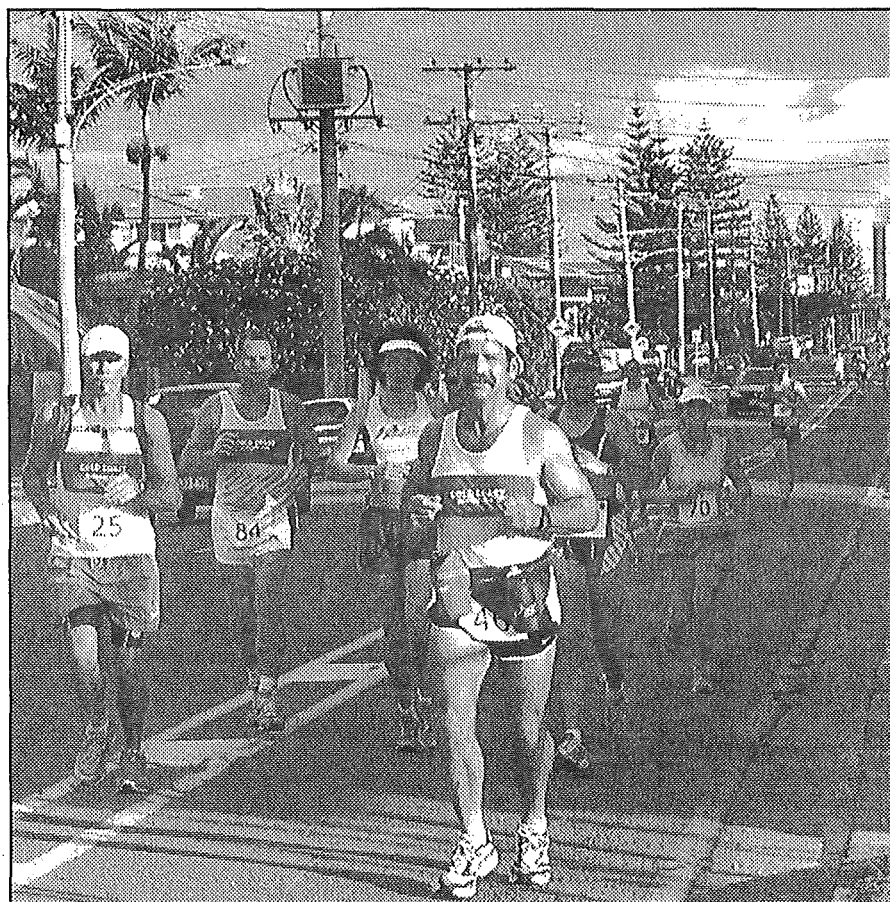
1. Tressa Lindenberg	3.54.42
2. Marita Eisler	4.19.07
3. Jenni Paxton	4.27.32
4. Sarah Joyce	4.57.07
5. Fyst Joanne	5.19.08
6. Karen Wiersma	5.30.06
7. Lyndie Beil	5.30.34
8. Cassie Smith	5.37.14
9. Michelle Healy	6.02.42
10. Mallani Maloney	6.20.51
11. Elizabeth Swain	6.20.51
12. Amanda Mugridge	6.44.03

## Six Inch Trail Ultra 46km

Dandalup, WA, 20 December 2009

## Results

1. Dave Kennedy	3:52:18
2. Bruce Hogg	4:00:43
3. Craig Berg	4:02:53
4. Nathan Fawkes	4:11:57
5. Jeff Gray	4:29:40
6. Brett Coombes	4:37:03
7. Kevin Matthews	4:37:03
8. Jason Greer	4:51:03
9. Mark O'Keeffe	5:01:20
10. Rob Donkersloot	5:13:56
11. Bruce Haustead	5:16:25
12. Grant Wholey	5:17:45
13. Peter Yeates	5:20:26
14. Rob Adams	5:30:46
15. Nigel Furse	5:30:59
16. Aaron Pederson	5:37:23
17. Jonathon Phillips	6:16:25
18= Talia Raphaely 1 <sup>st</sup> F	8:08:49
18= Mike Murtha	8:08:49





# Narrabeen Allnighter 100km/12 hour

NSW, 9 January 2010

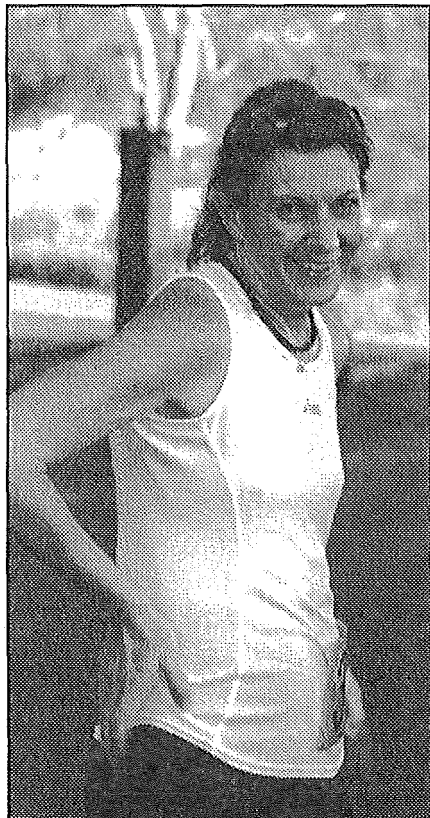
## Race Report by Ron Schwebel, Race Director

On one of the hottest nights that Sydney can dish up, 27 runners fronted the start line in the Narrabeen Allnighter. It was near 30 deg at the 8pm start and still 27 at midnight. High humidity and minimal breeze were conditions that made any movement a sweaty effort.

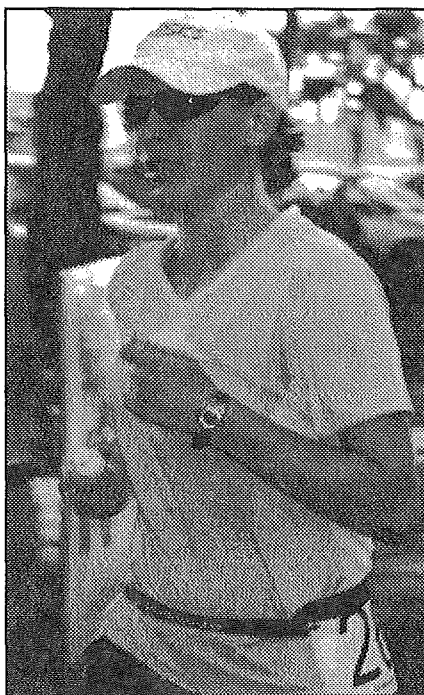
Runners however, were still able to pump put some good distances and times, including 2 race records

Mal Gamble with 122k prevailed over Michael Lovric, 115k, in the men's 12 Hour.

Michael led until almost 50km, after which Mal hit the lead and extended it until the end. Mark Dakin, who stopped at 100km last year, kept going all the way for 3<sup>rd</sup> place. His distance of 104.5km was 500m in front of the fast finishing Gareth Parker.



Amanda Smith



Lisa pushes near the finish

Lisa Harvey-Smith set a new Women's 12 hour race record of 103.7km, running an almost perfectly even paced race to win. Her 50k/100k splits were 5:47:33 and 5:47:49. Bethany McCarthy started well and led until about 45km. From then she was hampered by digestion problems, but did not give up and bravely reached a respectable 86.5km

In the 100km, only females braved the evening. The three entrants swapped places early in the race, and were having a great duel.

After 20km, 20secs covered the field. Amanda Smith was leading, but a few slower laps from Amanda saw Natalie Jennings lead from Larissa Tichon. At 38km, Amanda regained the lead and was never headed. A strong finishing 10km saw her set a new race record of 10:55:59. Natalie with 11:29 and Larissa, 11:44, both ran great races to join the 100km club.

Four potential Australian age records were also set. Amanda broke the two W45 records set by Jane Trumper last year, with 56.5km in 6 hours and 100km for 12 hours.

In the men's race, M60 Graham Osborn - 47km in 6 hours and M60 Alan Staples - 11:05:31 for 50 miles, will both be submitted for verification.

Ken Smith won the age adjusted trophy, limited to non podium finishers.

Ken ran approx 64.6% of the World Standard for his age, to edge out Gareth Parker and Alan Staples.

Thanks to Belinda and Glen Lockwood, who helped out for the whole race, and the other helpers doing timing and breakfast preparation.

*Thanks to Belinda Schwebel for the photos.*

## Results

### 100km

- |                                       |          |
|---------------------------------------|----------|
| 1. Amanda Smith 1 <sup>st</sup> F     | 10.55.43 |
| 2. Natalie Jennings 2 <sup>nd</sup> F | 11.29.03 |
| 3. Larissa Tichon 3 <sup>rd</sup> F   | 11.44.29 |

### 24 hour

- |  |         |
|--|---------|
| 1. Malcolm Gamble                      | 122.008 |
| 2. Michael Lovric                      | 115.065 |
| 3. Mark Dakin                          | 104.573 |
| 4. Gareth Parker                       | 104.065 |
| 5. Lisa Harvey-Smith 1 <sup>st</sup> F | 103.778 |
| 6. Nick Barlow                         | 100.420 |
| 7. Marcus Warner                       | 100.420 |
| 8. Dan Bleakman                        | 98.054  |
| 9. Kevin Heaton                        | 95.142  |
| 10. Ken Smith                          | 91.794  |
| 11. Alan Staples                       | 88.490  |
| 12. Peter Erlandsen                    | 86.794  |
| 13. Robert Osborne                     | 86.628  |
| 14. Bethany McCarthy 2 <sup>nd</sup> F | 86.589  |
| 15. Tony Collins                       | 85.493  |
| 16. Graham Osborn                      | 84.265  |
| 17. Gavin Judd                         | 83.996  |
| 18. Marcus Millgate                    | 72.732  |
| 19. James Maher                        | 71.710  |
| 20. Tony Spano                         | 70.950  |
| 21. Greg Tegart                        | 68.001  |
| 22. Mark Tuxford                       | 52.560  |
| 23. Byung Kim                          | 47.0000 |



# The Great North Walk 100s

NSW, 14 November 2009

## Race organiser Dave Byrnes has provided this account of the day:

Entries for the 2009 Great North Walk 100s closed at the maximum of 100 within three weeks of opening. On race day, which proved to be quite warm, 59 100-Mile runners were joined by 40 100-Km runners for their journey south along the Great North Walk hiking trail through rugged and scenic country about two hours north of Sydney. Despite the heat, which resulted in an attrition rate of 60% in the 100 Mile, some good times were run including a new female 100-Mile record of 27:18 by Peggy Macqueen from Queensland.

The story of the race is best told by the runners themselves in these edited excerpts from the [www.coolrunning.com.au](http://www.coolrunning.com.au) chat room.

"Arrived at the start to find the air filled with a mix of excitement and nervous energy."

"...ERB sailed past looking very comfortable on the furnace of Congewai Rd"

"Met 3 young fellas who told me they were pulling out at the school as they were out of their depth. When I got onto the road it was unbelievably hot."

"It felt really lonely as well so got out the mobile and rang Lotsahare to find out how she was feeling and how far behind me they were?"

"...Arrived at the Watagan Creek crossing and refilled the water containers before heading up the next hill where I passed about 5 runners who were sitting down, most sick with nausea...."

"Well the plan was to run with Eagle and Tall Geoff. That lasted until Bill

Thompson went past us in the first section and Ray told Geoff and I to go on without him. There is nothing worse than having to go on without a mate but we knew Bill gets to the finish with 10 minutes to spare and the plan was to not ever see Bill...."

"Bill was already at Yarramalong when we left..... not a good sign."

"Hot indeed, Darrel (and his pacer Joel) over took us 3km past Yara and we never saw them. Terry fell sick a couple of times and he had to shut his eyes at Mooney Creek for 15 minutes. Finished strong for a 4th position (29.32hrs)"

"We picked up Brick and then found Grant lying in the dirt."

"On our way out saw Dave and was happy that he managed to make it to the Basin. Then we met Lotsahare, Lynda and Eagle they were 40 mins from the Basin and would arrive at the Basin 1hr after cut-off by my calculation. I was very disappointed for them knowing what they had gone thru to get to this point."

"We passed by this house on the road where the music was pumping that time of the morning and the guests were calling out 'run forrest run'... which they found really amusing!!"

"...came in 5 mins after us. It was so awful to see him. I have never seen someone as ill as this guy. Looks like as soon as he stopped everything went wrong. He was throwing up and in lots of pain chafing/blisters, nausea etc"

"I don't think there was anyone out there that wasn't affected by the heat, nausea and how difficult it was to keep hydrated. To not pee

from the unmanned water station at 70kms at around 5pm Saturday till I got home last night just shows I didn't drink enough.... and I reckon I drank around 20/25 litres."

"I entered my first 100 mile not really knowing what to expect. I kinda thought it would be like running 100km but longer. But it turned out to be completely different. I was battling very different demons, mostly deep fatigue, crushing sleepiness at night, the knowledge that at the pathetic pace I was going even 10km was going to take 2-3 hours."

"Did everyone see the great big python curled up two feet off the track just before Walkers Ridge Rd? He was a beauty."

"...the fireflies at Cedar Brush head were awesome...."

"...he was busy eating 800 odd spider webs between Yarramalong and Patonga. Some webs were so thick that they would cover your eyes...."

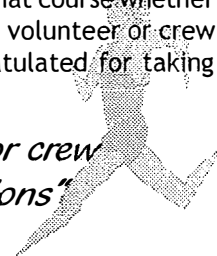
"I had a great run on Saturday and enjoyed every minute of it... well ok the climb out of Congewai completely sucked but the rest of it was outstanding"

"I LOVED the night running, particularly through the rainforest sections."

"Low lights:.....Seeing way too much vomiting. There was one runner at the Basin who really could have entered the Guinness Book of Records. I've never seen anything like it in my life."

"WOW. That was totally insane every minute and every step of the way. Every person on that course whether a runner, official, volunteer or crew should be congratulated for taking

*"Every person on that course whether a runner, official, volunteer or crew should be congratulated for taking on that beast in those conditions"*



on that beast in those conditions.”

“I’ve never felt so good in any race to finish like that with people yelling our names and cheering. That was awesome.”

“Must be a record for the amount of water I’ve drunk in one day.”

“It was an amazing event and probably my favourite of all time. Being out on the trail for a day and a half and witnessing first hand what people had to endure in those conditions was something that I will never forget.”

“The organisation gets bigger and better each year.”

“....MQ and Allison both finished strong. MQ kissed the pole, ignored EVERYONE else and went straight into the sea.”

“Stepping on to the beach at Patonga was awesome beyond words.”

## Results

### 100 mile

#### Male

1. Andrew Vize	25:15
2. Philip Murphy	26:29
3. Darrel Robbins	27:13
4. Terry Coleman	29:31
5. Philip Whitten	30:24
6. Wayne Gregory	30:33
7. Michael Lovric	32:16
8. Rory McKnight	34:25
9= Neil Hawthorne	34:33
9= Rodney Ladyman	34:33
11. Luis Vazquez-Recio	34:53
12= Gareth Parker	35:26
12=Kevin Heaton	35:26
14. Stephen Lowndes	35:28
15. John Wood	35:30
16=Nikolay Nikolaev	35:48
16=Tom Silk	35:48
18= Nick Barclay	35:50
18= Geoff Evison	35:50
18= Andrew Hewat	35:50
19. Bill Thompson	35:51
Glenn Lockwood	36:36

#### Female

1. Peggy Macqueen	27:18
2. Robin Cameron	29:16
3. Meredith Quinlan	29:52
4. Allison Lilley	30:37
5. Jane Trumper	35:26
Belinda Lockwood	36:36

Official cut-off was 35:00

### 100 km

#### Male

1. Clarke McClymont	12:28
2. Matt Cooper	12:56
3. Tim Cochrane	13:27
4. Dave Coombs	13:46
5. Michael Miles	14:14
6. Patrick Hodgins	14:58
7. Colin Solomon	15:25
8. Stephane Benayoun	15:32
9. Andrew Bowen	15:34
10. Malcolm Gamble	15:37
11. Rob Mason	15:57
12. Trevor Tingate	16:01
13. Rod Cutler	16:28
14. Steven Guest	16:36
15. Adam French	16:41
16. Martin Price	16:53
17. Mark Williams	16:54
18. Paul Hewitson	17:49

19. Levi Martin	17:49
20. Jason Markezic	17:56
21. Matthew Webb	17:56
22. Gavin Judd	18:31
23. Bart Cupitt	18:53
24. Mark Redding	19:00
25. Symon Grindlay	19:12
26. Lee Rice	19:14
27. Matthew O'Shea	19:17
28. Karl Miller	19:19
29. Greg Brown	19:43
30. Tim Turner	20:02
31. Grant Campbell	20:57
32. David Austin	21:03
33. Kolya Miller	21:03
34. Graham Wye	21:03
35. Robert Gluer	21:08
36. Milan Dolezal	21:27
37. Gerry Quinn	21:27

#### Female

1. Marie Doke	16:41
2. Kelly Books	18:31
3. Kirrily Dear	19:16
4. Clare Holland	19:34
5. Bethany McCarthy Hall	20:02
6= Carol Adams	21:03
6= Kate Sanderson	21:03

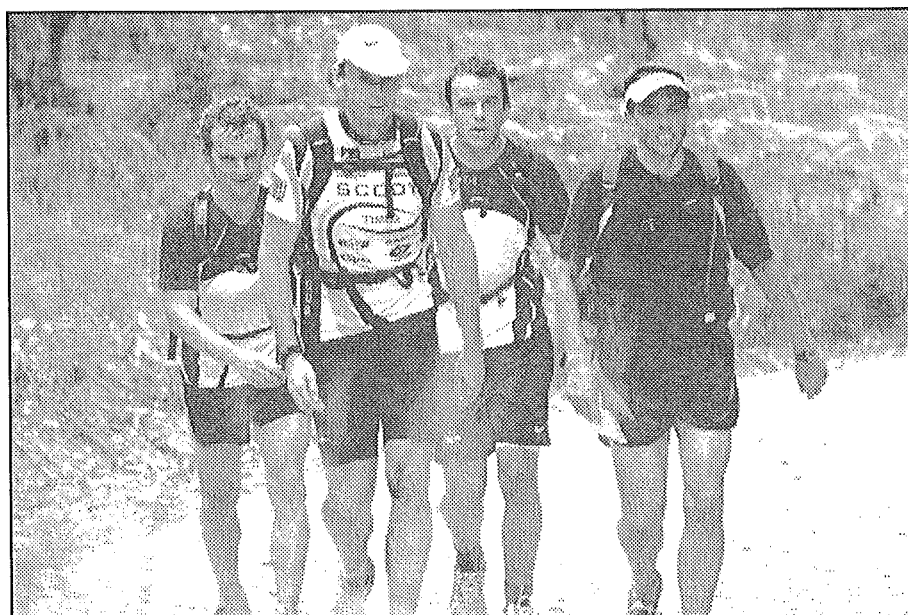


Photo from Great North Walk 08



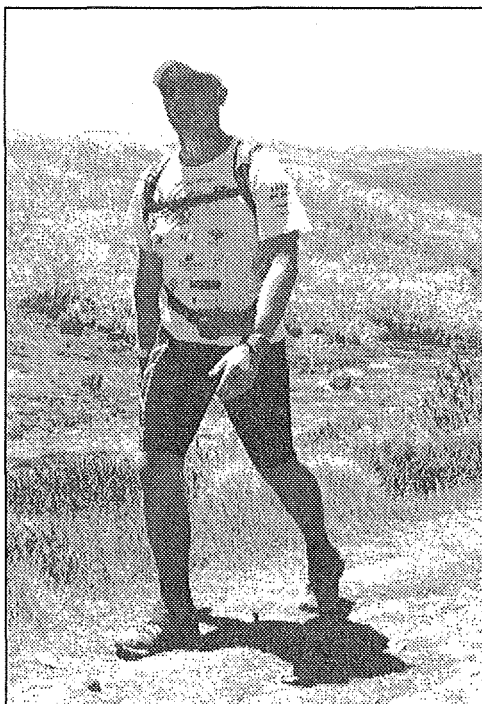
# Bogong to Hotham 64km

Victoria, 10 January 2010

Race report by Noel Annett. This account previously appeared on the author's personal blog

The first 2km were on 4WD track that wasn't too bad under foot, a little more light would've been nice though. I went reasonably quickly not wanting to get stuck in a conga line at the bottom of the mountain. Staircase Spur would be our trail up the mountain. The 6km climb rises from just on 700m altitude to nearly 2000m, that's an average gradient of 21%. Needless to say this is no place for running, walking is the order of the day (except for the superhuman) and I settled into a comfortable rhythm and prepared to grind out the kms, one of which took over 20 minutes. Not long after this I turned to find Beth at my heels. This would prove to be a pattern for the next 5 hours as we stayed together for most of the first half. I reached the summit and would have loved to stop and admire the view a little longer but after a short stop Beth and I headed for the first piece of downhill since the start.

Descending to Cleve Cole Hut we picked up Mick from Terrigal Trotters and he set the tempo down to the Big River. We were back down to 1000m with the final part of the descent being very steep and technical. The trail was quite densely covered here, I could feel my shins being scratched to pieces and there were times that you couldn't see where your feet were landing; snakes were always in the back of my mind. 2:45 into the event and all was going well, I'd been eating and drinking and was slightly ahead of my planned splits. Low on water I decided to fill my drinking bladder with water direct from the river; the nausea I was soon to experience may or may not have been due to the water but I would soon regret this decision. The climb out of Big River was another monster, back up the Duane Spur to Mt Nelse at 1880m. A similar gradient to the Bo-



Andrew McDonald at  
Bogong High Plains Road

gong climb but more difficult under foot. Beth and I managed to pass about 8 runners going up, again just walking at a relentless tempo. Now on the Bogong High Plains proper the scenery was spectacular. Undulating track at 1600m to 1700m should have been easy going but as with much of the course you had to concentrate on every step. We had learned at Roper Hut that we were sitting in 11th and 12th spots. On the plain we spotted the 10th runner and went after him. At the top of the climb out of Big River I had started to feel sick, still taking in water I was finding it impossible to eat anything. If I allowed this to go on I would soon go into kilojoule deficit, which sure enough started to happen.

We were joined by another runner from behind and when he went past Beth went with him, this was the end of our running together. On my own now I had no navigational problems and made it into Langfords Gap in just over 5 hours, right on target. 35Km down, a little over half way. This was one of the few spots we could receive outside as-

sistance. There was also a cut off here (6.5hrs), I had made it in plenty of time but the heat and punishing terrain would mean that many would end their race at Langfords today. Beth was still there receiving aid from Brian when I arrived. I tried to eat my instant noodles and only managed about 3 mouthfuls, the broth was good though and I managed to get that down.

I had Brian completely empty my drinking bladder and fill it with fresh water, so at least I could drink. I walked the whole first km out of the checkpoint hoping that my stomach would settle. Then I started the shuffle that would hopefully get me to the end. The next 15km or so was on flattish ground through tufty grass that was always one step away from turning an ankle or knee. I had met a guy from Tumut the night before, as I progressed I saw him coming towards me. He had hurt his knee and had been forced to make the long trek back to help. I was even more cautious now. Mixing running and walking I was making steady progress to Pole 333. Much of the route follows snow marker poles, each one with its own identifying number, they had started at Bogong at 1278 and would eventually finish at 1 (which as it turned out was not the end as I had thought). The sun was beating down and though the temperature was approaching 40 in the valleys it was only mid 20's up at altitude.

I was desperate for some cold water and one of the generous volunteers at Pole 333 gave me some of his ice water - this was heaven. I sat and chatted and gave myself a short break. Meanwhile Carl came through. He is a much better runner than me and I was surprised to see him behind. It turned out he had taken a wrong turn earlier and I had passed him while he was detouring and adding about 7km to his run. Terry came through soon after and this gave me the impetus to get off my backside and continue.



*Nathan Timms and Rick Cross*

Looking ahead we could see a large heard of horses on and around the track. They were majestic looking creatures, not sure if they were brumbies but I watched carefully as Carl and Terry approached to see what they would do. Fortunately they moved on as we approached. There was still one big descent and climb to come and I wasn't looking forward to it. The plunge into Cobungra Gap was really tough.

I was wasted at this point and even moving down hill was a huge effort. I got swooped by a magpie here which really annoyed me, I had to get some food into me or my day was over. I was pretty certain there was a creek at the bottom and was much relieved to find one. I took my pack off and just dived in. I washed the grime off and came out feeling refreshed, relatively speaking. 8 hours had passed and my 9 hour goal was well out the window even with less than 10km to go. I was dizzy when I tried to get up so sat down again, I ended up spending 15 minutes here after taking my emergency gel and waiting for the sugars to kick in. While sitting by the creek I was passed by Ian Wright (whose 2008 splits I had been following) and Mick who had been with Beth and I hours before. Mick was a bit like me, unsteady on his feet and in desperate need of a break.

He pushed on, commencing the climb up Swindlers Spur. I don't know how it got its name but I expect it's because it

steals everything you have left. About a km up Swindlers I came across Mick, sitting by the side of the track. He looked like he was about to pass out. I stayed with him for a couple of minutes to make sure he was OK before pressing on. Mick did eventually make the finish in about 10:30 I think, a monumental effort.

As I was walking again here I decided to get myself a walking stick. I will never bag anyone I see with those walking bush walking poles again, this was a real improvement. I eventually tripped and while trying to save myself my stick broke, I was devastated. Now I had to find another one, it became an obsession and I wasn't going on until I had a stick. I spent some time looking around, eventually finding a stick that was too long. I tried to break it with my foot, immediately sending an agonising cramp up my leg - no more stick breaking. I soon found another suitable one that was strong and fitted my hand - this one I carried right to the end, it was my saviour.

Having not done this event before I was a bit uncertain as to how and where it finished. I should've realised that it would be at the top of the highest point I could see. I was actually feeling OK again and the 10 hour mark looked possible if I just ran all the flats and downhills. I reached pole 1 and found I still had some way to go. I ran up to the Hotham summit road as we had been instructed and made my way to the top of the highest ski lift

I could see. When I reached it there was nobody there, this was clearly not the end. Then I looked up and saw another higher ski station and the trig marker.

The peak of Mt Hotham is at 1868m and I had to use every ounce of strength to reach it. The last 200m was relatively flat, I looked at my watch, 2 minutes left. I ran as fast as I could and just scraped it in. 9 hours, 59 minutes and 20 seconds. Beth had beaten me by nearly an hour to finish 1st female and 6th overall. An awesome effort. I was about 15th. Of the 103 starters for the full event less than 40 actually made it, quite an attrition rate.

Thanks to Brett Saxon for the photos

#### Results

1. John Winsbury	7:20:32
2. Stuart Gibson	7:32:51
3. Damon Goerke	8:28:08
4. Mick Donges	8:39:31
5. Allan Hood	8:57:00
6. Beth Cardelli 1 <sup>st</sup> F	9:00:15
7. Wayne Heath	9:08:02
8. Ian Franzke	9:10:00
9. Ewan Horsburgh	9:10:01
10. David Turner	9:19:21
11. Nigel Waddington	9:25:42
12. Carl Barker	9:33:26
13. Terry Coleman	9:35:50
14. Ian Wright	9:52:54
15. Noel Annett	9:59:20
16. Arnstein Prytz	10:10:48
17. Rod Cutler	10:16:49
18. Brian Jones	10:18:39
18=. Caroline Pivetta 2 <sup>nd</sup> F	10:18:39
20. Simon Marcus	10:20:25
21. Rudi Kinshoffer	10:24:25
22. Michael Miles	10:25:14
23. Lachlan Fraser	10:40:21
24. Keith McKay	10:47:43
25. Michael Tong	10:56:18
25=.Matthew Webb	10:56:18
27. Michael Clarke	11:12:31
28. Kurt Hourigan	11:26:20
28= Chris Yates	11:26:20
30. Jessica Robson 3 <sup>rd</sup> F	11:27:46
31. Nathan Crowley	11:36:36
32. Andrew McKenzie	11:45:44
33. Keith Mearns	12:03:22
34. Josh Collingwood	12:06:15
35. Stewart Cowey	12:14:01
35=Del Lloyd 4 <sup>th</sup> F	12:14:01
37. Clive Vogel	12:15:11
38. Robin Cameron 5 <sup>th</sup> F	12:17:55
38=Peter Hyland	12:17:55
40. Lee Rice	12:40:42
40= Paul Sholl	12:40:42
41. Graham Ridley	12:55:31



# Launceston 6/12 hour

Tasmania, 23 January 2010

## Race report by organiser Dave Brelsford

Popular and well-respected Victorian ultra runner Malcolm Gamble was the winner of the Launceston 12 hour track race held on 24 January in warm and breezy conditions.

Malcolm started steadily, taking almost 4 hours to cover the marathon distance, at which point he was lying fourth out of six running competitors. But he paced himself perfectly, taking only just over 8 hours for the double marathon distance and continuing to forge ahead to finally cover an excellent 122.430k.

Ron Schwebel led early in the race, covering 42.2k in 3-21-57, but faded - as he knew he would - to take second place with 116.438k. On the way Ron broke his age group AURA

records for 50 miles, 100k and 12 hours. Well done Ron!

Michelle Thompson made a welcome return from injury to score a personal best distance of 109.055k, ahead of April Palmerlee who did 101.430k at her first attempt at a 12 hour track race.

Steve Jordan was the only walker and was well pleased with his distance of 74.7k

Stephen Courtney travelled from West Australia to take out the 6 hour in 76.581k, just ahead of local man and last year's winner Aubrey Henricks, who covered 75.497k.

Lyndie Beil, from Townsville, was the first woman with 54.534k. ahead of local girl Sharon Gunton with 50.800k

## Results

12 hour	kms
<b>Male</b>	
1. Malcolm Gamble	122.430
2. Ron Schwebel	116.438
3. Michael Murrell	110.549
4. John Nuttall	92.743
<b>Female</b>	
1. Michelle Thompson	109.055
2. April Palmerlee	101.430
<b>6 Hour.</b>	
<b>Male</b>	
1. Stephen Courtney	76.581
2. Aubrey Henricks	75.497
3. Chris Dalton	66.118
4. Peter Brett	63.200
5. Michael Dickins	54.00
6. Andrew Moore	51.2
7. Vlastik Skvaril	50.603
<b>Female</b>	
8. Lyndie Beil	54.543
9. Sharon Gunton	50.800



*Sandra and Andrew*



*Michelle, Ron and Michael*



# Mansfield to Mount Buller

Victoria, 24 January 2010

**Race report by Baz Skelton**, as posted on coolrunning.com.au

I knew that the last third was going to be a struggle. Much as my hill climbing has improved since my weekly visits to Churchill/Lysterfield, those climbs are pretty short, so I figured I'd be reduced to a walk at some stage, and was aware that when that started then it'd be really difficult to break into a jog again. I was just a bit indecisive about how to tackle the first 30km, so I sat in a small bunch and just contented myself there to see what would unfold.

After about 8km I ditched my trail belt into a support car (thankyou so much) and instantly felt at ease without the extra weight. This just meant that I had to carry my gels in a handheld pocket (taken off the belt). By 15km I was getting a bit restless sitting at what I think was 4:50ish pace. I then subconsciously found myself increasing my pace a bit. Actually I hadn't realised that I'd gotten a bit faster til I picked up on the fact that I couldn't hear any footsteps around me.

After a couple more kms I was a really surprised that no one had come with me. I tried to slow down a bit and just maintain the gap, but then there would come a downhill and the pace would pick up again and I'd just go with it. At this stage I just told myself that I'd build up whatever gap I could because I was sure that whatever pace I ran at, I'd be walking on the hill at some stage. Plus, a 16km hill didn't actually register with me that it would quite literally be 16km uphill with no respite. And that's despite having been warned about it. The first 5km of the climb went pretty smoothly.

I didn't feel like I was under any real duress. I had a look down across

some of the switchbacks and couldn't see anyone, so after those first 5, I decided to allow myself a 100m walk in an effort to conserve some energy and hopefully get a bit of a recharge. That was probably the first mistake (or second if you think running too hard earlier was the first). Trying to get started again on an uphill isn't easy. So I ended up going through a series of running 900m, walking 100m. This obviously caused me to lose a heap of time, and really when I saw 3 people closing in on me fast (with Rob leading the charge) I was gutted. All I could think was "you \*\*\*, you've blown it".

I ran for a bit with Rob, when the funniest moment of the run occurred. I think Rob was sitting right behind me when I heard a rustle from the leaves on the side of the road. I glanced over quickly, saw a snake (my 1st live one not behind a cage), and excitedly said "\*\*\*\*, snake". All I remember is Rob shouting "shit" and darting to the other side of me, making sure that I was gonna be the first in line of any attack. After that he just took off. Shortly after that Justin was closing in. He offered me some encouragement as he passed, and I tried to get things into a rhythm again, but it was really short-lived, and then he was gone.

From that point on it was just a case of grinding things out. I was reasonably confident that no-one else would catch me, knowing that there wasn't much further to go. The most cruel bit was the stretch from the last aid station (which doubled up as the finish on the way back again) to the summit. Not just physically, but mentally it was a real blow. Someone mentioned to me that the view at the summit was fantastic, and that it was well worth the effort. Well, to be honest, I didn't see shit at the summit. I half-

heartedly touched the stone, turned on my heels and made my way down again. There could have been a yeti up there for all I know. At the finish I struggled into a chair and I didn't vacate it for probably an hour. Sorry to anyone else who wanted to sit down - I was dead to the world and had no intention of giving up relative comfort.

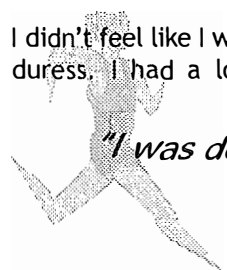
## Results

### Male

1. Martin Fryer	4.11.22
2. Carl Barker	4.19.51
3. Stephan Callahan	4.24.30
4. Stuart Elliott	4.33.16
5. Justin Scholz	4.34.51
6. Rob Hall	4.40.38
7. Baz Skelton	4.48.10
8. Kelvin Marshall	4.58.37
9. James Savile	5.06.01
10. Gary Pickering	5.11.00
11. Mark Swinkles	5.31.51
12. Dave Byrnes	5.45.34
13. Jason Anderson	5.55.03
14. Brain Gawne	6.02.50
15. Michael Williamson	6.12.58
16. Dave Hughes	6.48.27
17. Brian O Farrell	7.11.55

### Female

1. Sharon Scholz	5.06.28
2. Sharon Harrison	5.06.36
3. Kerrie Bremner	5.16.38
4. Kerrie Comer	5.48.58
5. Sue Olley	5.55.03
6. Terrie Stevens	5:58:25



*"I was dead to the world and had no intention of giving up relative comfort"*



# Kepler Challenge

Te Anau, New Zealand, 6 December 2009

The Kepler Challenge Mountain Run is described as "the jewel in NZ's mountain running calendar". The event is organized by a voluntary committee with the support, on race day, of approximately 200 Te Anau residents. This gives the event a truly community feel.

The 60km event plus the sister race the Luxmore Grunt (27km) is held on the Kepler Track in Fiordland National Park, part of the South Westland World Heritage Area.

Limited to 400 competitors in the Challenge and 150 in the Grunt, fills in very quick time when it opens "online" on the first Saturday in July each year. The events attract a wide range of competitors in both nationality and age groups.

*Many thanks to Graeme Dainty for the photos*

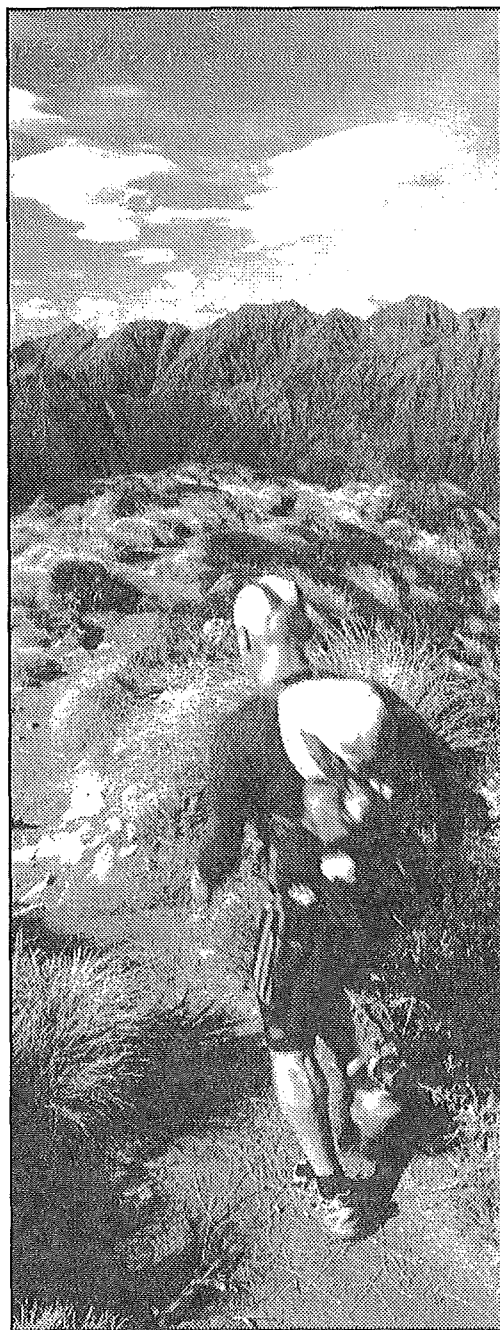
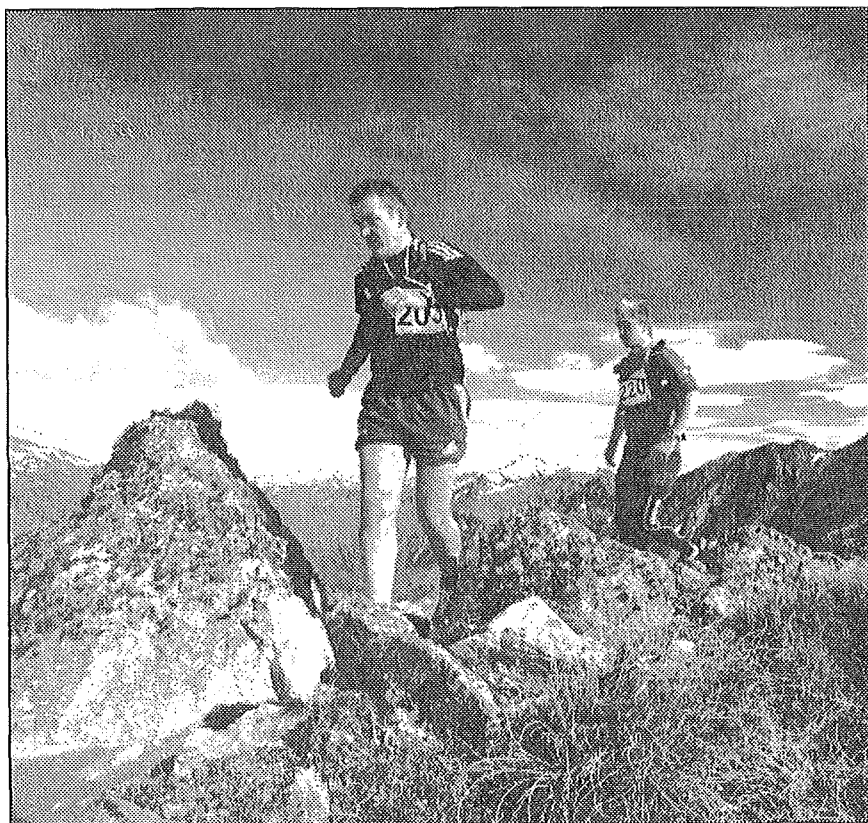
## Australian results

### Male

3. Galen Burrell, NSW 05:17:40  
 8. Stephen Moneghetti, Victoria 05:48:22  
 Gary Noall, Melbourne 06:31:06  
 Robert Costello, Sydney 07:01:56  
 Alasdair Halliday, Sydney 07:05:49  
 Peter Hall, Gold Coast 07:09:42  
 Peter Brett, Sydney 07:23:09  
 Marcus Warner, Sydney 07:24:13  
 James Owens, NSW 07:26:55  
 Russell Trotter, Sydney 07:40:24  
 Arnstein Prytz, Townsville 07:41:30  
 Patrick Hodgins, Sydney 07:47:53  
 Timothy Hardiman, Bayview 07:52:46  
 Paul Coull, NSW 07:55:52  
 Luke Baxter, Sydney 07:56:56  
 John Steer, Victoria 08:14:23  
 Matthew Tompson, Perth 08:14:50  
 Matthew Hole, Canberra 08:35:15  
 Steve Bruggeman, Sydney 08:46:25  
 Tony Golden, NSW 09:05:21  
 Lance Greenfield, Perth 09:12:34  
 Geoff Underwood, Sydney 09:18:02  
 Peter Jolly, Sydney 09:51:51  
 Trevor Warr, Noosa 10:01:33  
 Graham Osborn, Kellyville 10:51:23  
 Ronald Ripple, Perth 10:56:27

### Female

1. Vanessa Haverd, Canberra 05:53:08  
 Margaretha Fortmann, NSW 07:34:00  
 Jane Shadbolt, Melbourne 07:38:48  
 Megan Hall, Sydney 07:44:15  
 Colette Woodliffe, NSW 08:09:20  
 Sally Brook, Perth 09:23:02  
 Cindy Briscoe, Female 42 Act, Australia 09:48:16



# North Face Endurance Championship

Marin Headlands, San Francisco, 50 miles, 5 Dec 2009

Race report by Verity Tolhurst  
[an AURA member now resident in California]

*"Once we hit the flat and I sniffed that finish line I found exactly what I hoped I had saved, my last little breath of wind"*

- \* The race is held within and over the visually stunning Marin Headlands. Terrain is both fire roads and single track with some hectic/technical descent sections.
- \* Total elevation gain 10,731 feet
- \* Lowest elevation point 40 feet.
- \* Total elevation change 21,462 feet.
- \* Highest elevation point 1,822 feet.

I had thrown myself in the deep end of the pool entering this event after being inspired by the strength and power of Kami Semick at the World 50km Road Championships in Gibraltar. Fortune favours the brave they say so off I went in to the darkness, headlamp firmly affixed knowing the longest adventure of my lifetime had commenced. Running in the dark was new...surreal.

A bad direction by an aid station attendant and at least ten of us got a bum steer; we quickly turned around 1km down the wrong track cussing amongst ourselves. Unfortunately the blind leading the blind we did it again, but this time far further and far higher....A wrong turn up a solid ascent! the peak reached it dawned upon all of us, the Japanese woman ahead had stopped bewildered stating "I not now which way?" Damn!!! I

mumbled, "bloody hell" I stated out loud followed quickly by "you're kidding me". I had extended myself by simply signing up for 80km of hard core running, I had just run an extra 4 or so km's that I possibly could not afford.

I have always lived by the rule of focusing on next steps, the power of choosing my response to difficult and or frustrating scenarios and challenges. Immediately I deleted my angst regarding this, noted it was a lesson and I had to choose to press forward regardless and believe in myself and my legs...

From here it was ascent after descent after ascent, every mix of stunning scenery imaginable. At one point I found myself wondering if I had landed in heaven or Narnia perhaps. A dense heavily wooded section, mossy, green, dark but beautiful given the sunlight had been thwarted by the intensity of the woods.

At some point I was amazed at the views, the Pacific Ocean far far away down the steep sides of the climbs. A technical section had me thinking I may accidentally slip over a massive tree branch as I skipped across or under them and be swallowed up in to Alice in Wonderland's playground. It was so damn beautiful. The imagination runs wild...

My mental mud map of the course slowly emerged at each aid station,

I continually felt compelled to dig deep, ignore the quads yelling at me on the descents and move on to the next one. I was full of commitment to finish and place top ten in spite of the mistakes early on.

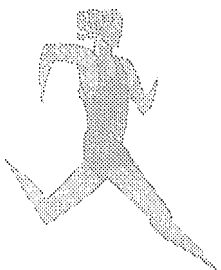
I noticed some women I had been tracking down were dawdling at the aid stations, so these opportunities I snatched and in true Aussie spirit grabbed exactly what

I needed fast and kept on trucking.

My wing man, fiancé and awesome crew man Randy was as planned waiting to run the last 10km with me. I was thrilled to see him, I focused on this knowing I had him beside me for the last haul. He was patient as I walked, ran, jogged and grimaced at times over the last hard sections.

Once we hit the flat and I sniffed that finish line I found exactly what I hoped I had saved, my last little breath of wind. We were pumped, I spotted a woman 400m away and without speaking we knew it was another 50 miles and I just had to try to take one more scalp. She looked as we came upon her and was so gracious and lovely, giving me a hurrah as we flew by. Where did I find this wind? it still makes me wonder but I can not express enough how much it ROCKED crossing that line, finishing 8<sup>th</sup> female overall.

*From here it was ascent after descent after ascent, every mix of stunning scenery imaginable. At one point I found myself wondering if I had landed in heaven or Narnia perhaps.*



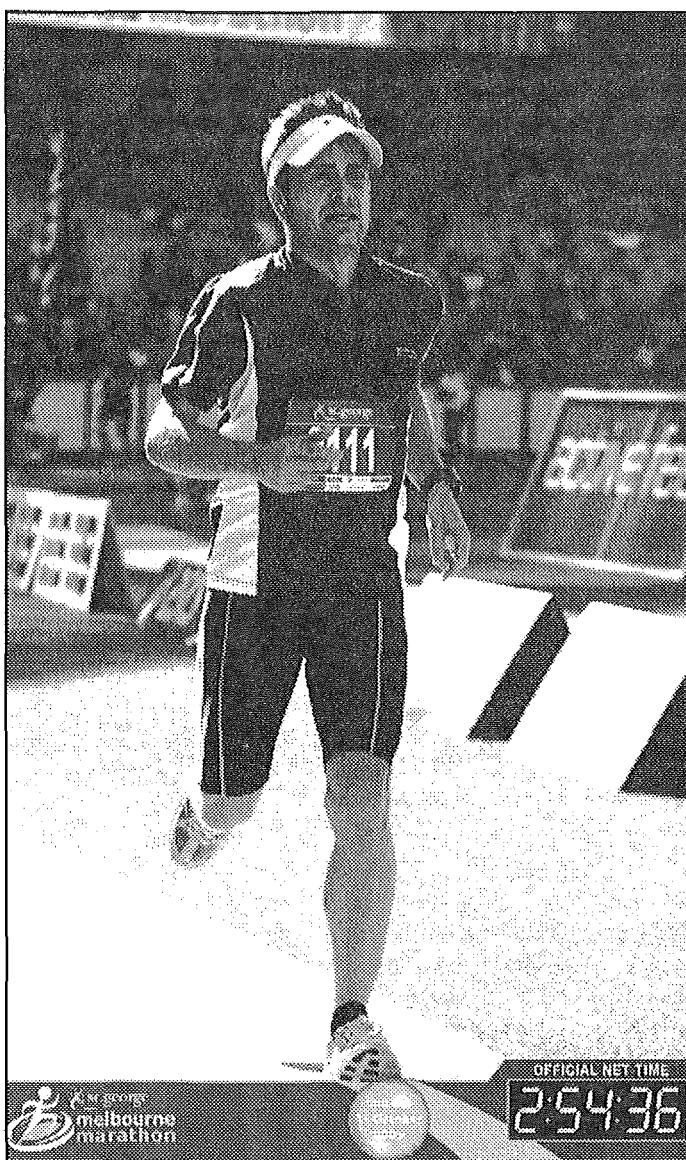
# **Ultras and Me: Martin Edwards**

Over the weekend of 6-7 February Martin and two running mates set out to run 2220km around Port Phillip Bay in an effort to raise funds for the victims of the Victorian bushfires of February 2009, exactly one year after the worst day of the fires. As you would expect from someone who takes on such a major challenge, Martin is no newcomer to the world of ultra running. Here is his story:

Being born and bred in Bayside Victoria, running seems like the obvious thing to do. A large amount of activities are based around getting out there along the beachfront and getting amongst it. This said, running began for me at an early age trotting around the primary school fun runs and then getting a bit more serious with cross country at secondary school, winning the St Leonard's Cross Country three years in a row. Once released from high school my other passion took over and running took a back seat to music for a while.

At 25 I was bitten by the marathon bug. I entered the Melbourne Marathon quite naively and struggled through to the end sore and sorry in about 3:30. A definite lesson learnt and on to more marathons I went, but incorporated a lot more training than my first outing.

After competing in half a dozen marathons or so I was living in England and became friends with a South African who talked about this ridiculous race called Comrades:



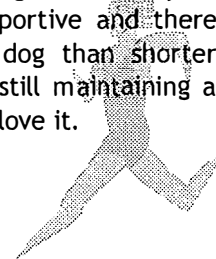
87.3km between Durban and Pietermaritzburg. Insane! How could anyone do such a thing? I instantly entered. If my first marathon in Melbourne in 1996 was a slap in the face then Comrades was like being hit by a truck. Nevertheless I finished and received a Bill Rowan medal for finishing in under 9 hours. I was pretty happy with that. So there I was bitten again. As anyone who knows Comrades knows, you cannot do an "up run" without a "down run" to match. Needless to say I went back the next year to complete the set and happily did. I do however have unfinished business with Comrades and have promised

myself now I'm a bit older and wiser I'll go back and try for a Silver medal. Stay tuned.

The thing that appeals to me about ultra running is it is always an adventure. There are all these magnificent runs in exotic places just beckoning. That's how I ended up in Morocco for the Marathon Des Sables. What a whirlwind experience this turned out to be. My friend Paul Gladwell and I combined the running challenge with a fundraising effort for St Vincent's Hospital Melbourne's Cancer Social Work Team. The run itself was a wonderful adventure, just a brutal experience. Running 245kms through the Sahara desert with temperatures up to 50 degrees, carrying your food, clothes, medical etc in a backpack, sleeping in an 8 man tent with only 2 sides on a rug.

By the time this article goes to print 2 friends and I will have completed a 2 day run around Port Philip Bay taking in 220kms with 120kms on day 1 and 100kms on day 2. Myself, Eric Louw and Jarrod Kanizay are raising money to support the Black Saturday bushfire-affected communities.

To donate please go to [www.blacksaturdayrun.com.au](http://www.blacksaturdayrun.com.au). For me ultra running brings challenge, satisfaction and peace. The ultra running community is friendly and supportive and there is less dog eat dog than shorter distances whilst still maintaining a healthy rivalry. I love it.





# WA Ultra marathon man: Mick Francis

**Mick Francis spoke at the WA Ultra Running seminar in Perth on 30 January. In this part of his talk he explained how he came to the sport of ultra running:**

I guess it all started for me when I was 13 years old at high school. Up until then I was never much good at sport; I loved soccer but really wasn't at all talented and certainly never made it into the school team or any team.

Then one day it was time for the annual school cross country which was thought of by most as some sort of hideous torture. I remember running as hard as I could for the approximately 5km loop and being surprised that I was actually not last. In fact I ended up near the front and definitely in the top 10. I'm not sure who was more surprised, me or the sports teacher.

I ended up being picked for the school team to race other schools, I'm not sure if I really enjoyed running at that stage but I had found something I could do half decently so that was good enough for me so I stuck with it.

This all happened whilst at school in Malta where my father was based with the Royal Air Force. On returning to England I went to a school which happened to have a very strong cross country team due to the enthusiasm of the school cross country coach Mr Carrol who was the religious education teacher during the day.

Mr Carrol was a very good distance runner himself and it was he who basically taught me how to train as opposed to just running, introducing me to hill reps, intervals and something which seemed alien to a 14 year old: slow running emphasizing that not everything had to be done flat out.

After leaving school I joined the Royal Air force to train as an aircraft engineering technician. My first

posting was to a base in Oxfordshire in the south of England which had an extremely talented group of distance runners. Distance running in the UK in the 70's and 80's was very popular and of an incredibly high standard. One of the runners at my base, Steve Jones went on to run in the Olympic 10,000metres and then on to break the world marathon record in 1984. Some of the others were not that far behind him. Although being very young and relatively talentless these guys were very encouraging, their warm up jog was my training session.

With in a year of trying to train with these guys I decided to have a go at a marathon. A few of them were doing the Armed Forces Marathon Champs so I decided to tag along. I followed a schedule given to me by the coach of the future world record holder.

So in April 1979 I ran my first Marathon, I remember the first half being OK and the second half getting gradually worse until I had to finally walk/jog to the finish which I finally arrived at 3h 06m 53s. I was pleased to finish and as a bonus we won the team prize with 4 runners to count. Our first 3 came in between 2:30 and 2:35 and then me at 3:06, so it must have been an agonising wait for those guys. I felt very important as they needed me, especially as our team had never won this prestigious event before.

After further trade training courses I was posted to the north of Scotland at the beginning of 1981. It was here that I met the man who was to become a great friend and definitely the biggest influence on my running and life.

For those of you who haven't heard of him, Don Ritchie in the late 70's early 80's was virtually unbeatable in ultra running up to 100mile distances. He held many world records and still holds the world record for 100km at 6h 10m set in 1978 and the 100mile on the road at 11h 30m also set that year.

Don was the most unassuming character and was just one of the guys at the local club where I quickly became a member and got into the group.

Training with my new team mates, I saw some great improvement in speed and endurance and in April broke 3 hours for the marathon with 2h 52m again at the Armed Force Marathon Champs.

It was in 1981 that I had my first experience of ultra distance running. Don had entered a 24 hour race in England and was aiming to break the world record which at that stage stood at 270ish. At the last minute he was let down by his crew so I volunteered my services. It was scary, I was about to crew for the best ultra runner in the world at the time in a world record attempt.

Anyway as it happened Don's race was over by 8 hours with an injury but we hung around for the rest of the race. I got a good look at this strange event and I must admit my first impression was those guys are nuts, I will never be doing one of those.

However Don's influence began to rub off on me and in 1983 I lined up for my first ultra: The Two Bridges in central Scotland at 58kms was the UK's equivalent of the Two Oceans in South Africa. Being young and ambitious the inevitable happened and I went off far too fast and by 30 odd kms it wasn't pretty; soon after I decided to stop. Only problem: how to get to the finish. I waited at a feed stop feeling miserable and hungry, the nice lady at the feed station gave me all she had in her shopping bag: a bag of tomatoes and 2 cans of beer. After devouring that lot I started to feel better and decided to carry on. I somehow got to the finish in just under 5 hours exhausted but happy to finish. I wouldn't recommend my race nutrition to anyone though. Don won the race in about 3h 30m and then came out to look for me thinking I had got lost.

*"So I was now going to be one of those nutty old men in an event  
I said I was never going to do"*

After that I started to run more ultras with thankfully a bit more success. I also concentrated on shorter races wanting to keep some speed. In 1985 I ran no long races and I managed to get some reasonable PB's in the shorter distances i.e. 2h 33m for the marathon, 70m 50s for the half marathon and 32m 26 for 10km but it was the ultras I decided were where my future lay.

In 1989 I made another big step, my first really long ultra: The 96 mile West Highland Way trail race. In my first attempt I managed 3<sup>rd</sup> place in 18hrs 50mins which was by far the longest I had ever been on my feet.

This race got me an invite to that years UK 24Hour Track Champs which I jumped at.

So I was now going to be one of those nutty old men in an event I said I was never going to do.

My sister Hilary crewed for me and we were both clueless but somehow

we both got through. I found the early pace very slow so soon got impatient and bolted to the front, just imagining what the wise old experienced runners were thinking about this young upstart. I lead through 100 miles in about 15hrs 30min and then the wheels well and truly fell off.

Somehow I hung on and was passed by just 2 runners and was delighted and shocked with my bronze medal and a final distance of 226kms.

That was it. I had found my event.

From there on I decided I was now a 24 hour runner. I represented the UK in the European 24 Hour Champs in 1993 coming 4<sup>th</sup> and won the Scottish Champs in 1993 also.

In 1996 I made the huge decision to move to Australia. It took a while to adjust to the differences. "What - you want me to race at 7:00am!"

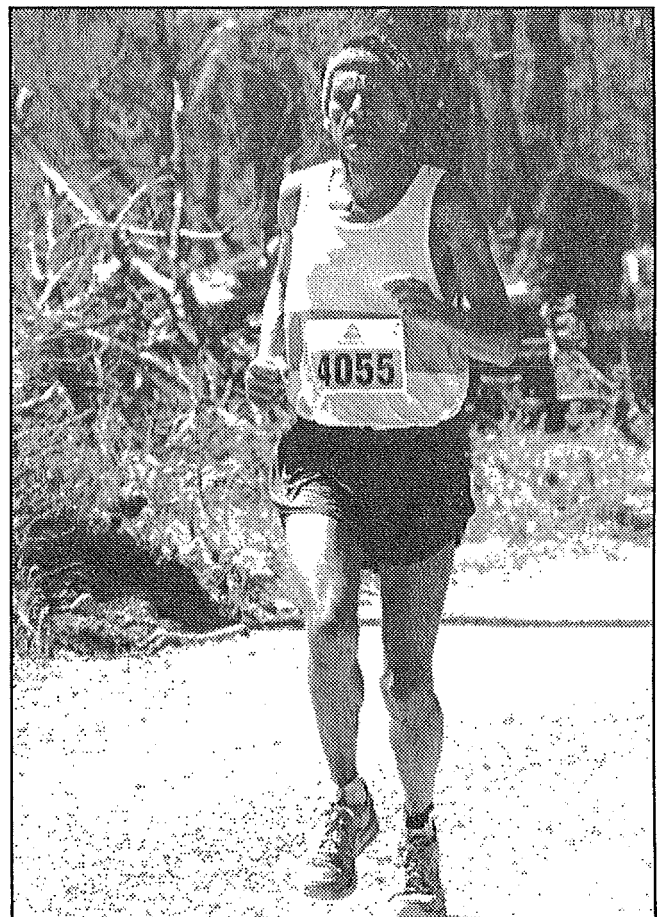
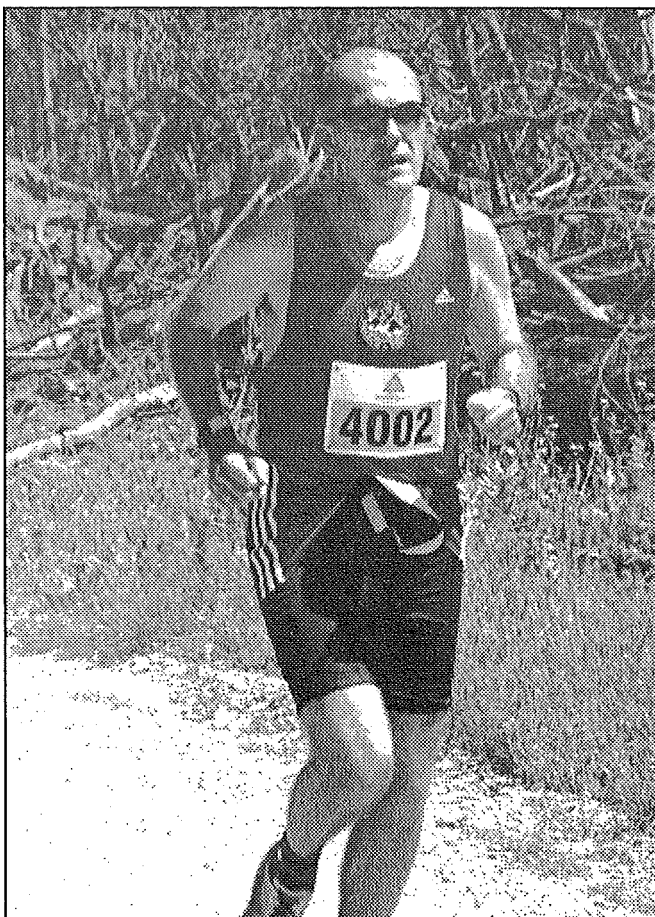
I took a couple of years running shorter races but in 1997 ran for

Australia for the first time in the World 100km Champs in Holland which was a great thrill to be wearing the Green and Gold. We later found out that I shouldn't have been in the team as I only had residency and not citizenship: at that point but I guess the authorities didn't really care about the guy who came 75th out of 200 and nothing was said.

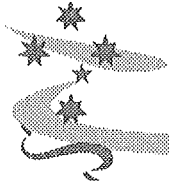
In 1999 I ran my first Australian 24Hour Champs in Adelaide which I was really happy to win and over the next few years I managed to follow that up with a further 4 titles of which I am very proud.

Some thing else I am very proud of is being selected to represent Australia a further 5 times for 24 Hour races, 4 World Champs and 1 Commonwealth race.

I've been around for a long time now but that still gives me a huge buzz.



*Marysville Ultra - Rob Sutton and Kelvin Marshall*



# Munda Bididi Trail

By David Kennedy

I thought it would be a good idea for members to contribute articles about their favourite trails to give other runners another running option to use or aspire to.

In WA we are blessed with 2 long distance trails: the 964km Bibbulmun walking track and the 550K Munda Bididi mountain bike trail. The Bibbulmun has been around for a little while with a re-alignment and extension completed in 1997. This saw the track extended from about 100 miles to its final length arriving in Albany after a meandering trip from Kalamunda near Perth. The Bibbulmun is the more popular of the 2 tracks with a vibrant foundation and regular users.

My favourite however is the Munda Bididi. The first 330km of the Munda Bididi from Mundaring in the Perth hills to Collie (Stage 1) in the southwest was completed in 2004. A further 220km was added from Collie to Nannup (Stage 2) and officially opened in 2009. Funding has been approved to finish the trail all the way through to Albany. Although officially a mountain bike trail the trail's maps say that walkers are welcome and the track is a great off-road running option. I have now run the entire stage 1 and plan on completing stage 2 this summer.

We have run many fat-ass races on the Munda Bididi starting with 6 Inch trail marathon in 2005. We have now gained approval from the Department of Environment and Conservation (DEC) for this race for 2009 after 4 fat-ass editions. We have also run two 100km events between the towns of Mundaring and Jarrahdale. Based around the small country town of Dwellingup we have held three 100 milers for a very small crew of hardy ultra runners using the Munda Bididi and its daytrip extension, the Waterous loop.

After so much time out on the track you might think I was sick of it but far from it I'm keen to up the ante.

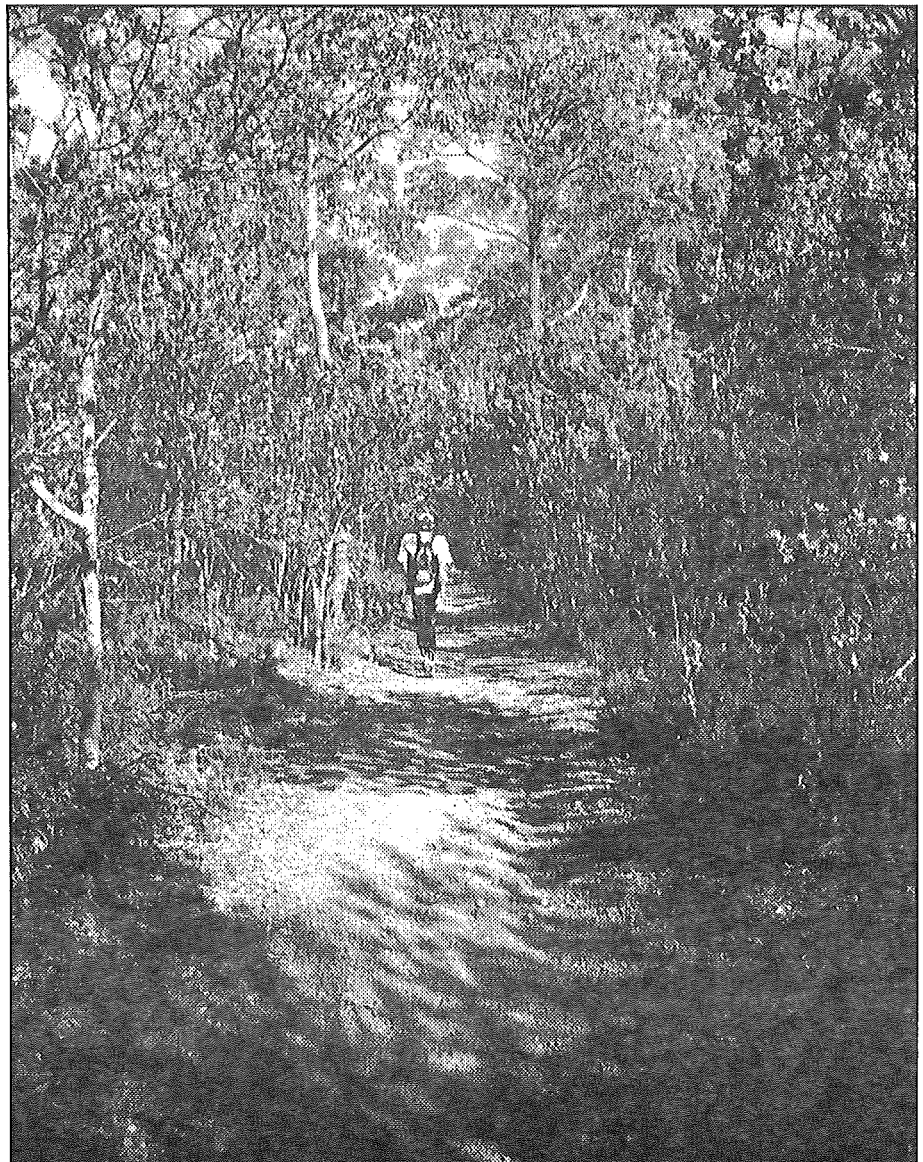
I'm proposing a 200 miler using the whole of stage 1. Whether or not DEC comes to the party I would like to hit the trail Easter 2011. The plan is to start at dawn Good Friday and hopefully be finished in time to run or watch the local 40 Miler on Easter Monday morning. This will be a race (run) for teams of two who will need to self-support. Much like a long weekend fast-packing trip.

Some things that excite me about the run include planning around towns where you can re-stock with food and planning sleep around shop opening times to minimise time taken. Towns or shops are located at Logue Brook

Dam (90km), Dwellingup (160km) and Jarrahdale, (220km). Additional water is available at sleeping huts approximately every 40km.

I hope that we can get a small crew as excited as me about this concept race. If we can get approval from the relevant authorities I plan to offer a cash prize to help offset travel costs for teams travelling from the east coast. In the tradition of the great Sydney to Melbourne races of the 80's I think we need a continuous point to point race on the Australian calendar.

*Photo by David Kennedy*





# The right mental approach

*This article by Gary Cantrell about the mind set needed to run 100 miles first appeared in Ultrarunning magazine*

At last the sun was coming up. The much bally-hooed restorative powers of daybreak were my final hope. Stumbling and weaving my way down a rough gravel road I was very near the end of my tether. It was hard to believe that a mere 20 miles earlier I had been confident of breaking 20 hours for 100 miles.

However nothing good had happened over that last 20 miles. First my leg muscles had begun to stiffen, slowing my pace to a crawl. Then my crew had gotten lost leaving me with no aid for a couple of hours. Caught in a downward spiral of despair I had been powerlessly watching my hops and dreams slip away. Now with 91 miles behind me hopes for even a 24 hour finish were dwindling fast. The sun came up but no life returned to my weary legs. I was miserable, just plain flat out miserable.

Then I stepped on a fist sized rock that rolled away under my foot. Muscles screaming I tried to regain my balance. Instead I managed to twist and catch myself on one knee before slipping down into a seated position. The relief washed over me like a wave. No weight on my feet, no longer propelling myself along, I was glad to continue collapsing until I was flat on my back.

After a few minutes of heaven I remembered why I was out in the middle of nowhere. Glancing at my watch confirmed that I could not continue to lie there any longer. I rolled over onto all fours, pulled myself onto my feet and staggered onwards. But now the rocky road was calling me like a feather bed. I struggled on a few hundred yards before giving in and lying down on the road once again. My crew pulled up looking for me and I clambered into the passenger seat to surrender, physically broken.

Or so I thought. The truth is that I was mentally, not physically, broken. Finishing in 24 hours was well within my ability although 20 might have been a stretch. Unfortunately although I believed

myself to be mentally tough I was not ready mentally to finish 100 miles. To reach one's potential at ultrarunning the proper mindset is a necessity. This concept transcends the boundaries of different sports. Yogi Berra said "baseball is 90% mental, the other half is physical". At Leadville they say "...you can..." Raw talent may determine how fast a runner can go but it is mental approach that determines how far. Mental toughness is the term usually used, but that is misleading. Most ultrarunners, even those who fail, have more than enough innate toughness. The key is how that toughness is applied. Using the example above, here's what I did wrong and what I should have done instead:

1. I got excited too early. Ultras are long haul events. Extrapolating results at any intermediate point is a fool's errand. As a runner gains experience it becomes amusing when spectators or commentators start announcing that runners are on race/national/world record pace at an early stage in the race. Go into the race with a solid race plan and stick with it. Most runners feel great 50 miles into a hundred. No one will complete the next 50 without a struggle. If you start extrapolating your time at double your 50 mile split it is easy to perceive a slower but decent finish as a failure and suffer a let down.

2. I became distracted by the inevitable hitches. Ultras last a long time and not everything will go right. There is the ever present potential to go off course. Aid stations might not offer the aid that was advertised. Your crew could get lost. As distressing as these sorts of incidents can be they are rarely a threat to your finish unless you let them be. Most of the damage from mid race issues comes from the runner's response to them. Fretting, complaining and being upset will only damage your outcome. These reactions will not change anything else. The proper response is to settle

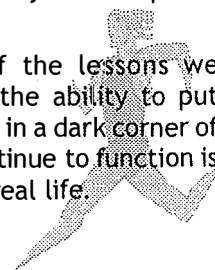
on a new course of action and go on. If the aid station is out of orange pekoe tea then drink Gatorade instead. If the shoes your crew were meant to bring you are missing then retie your laces and keep going. No matter what the issue, the important thing is to waste no more mental energy on it once you have moved on.

3. I did not know how to put the pain away. This is for many of us the most difficult obstacle. Ultrarunning is in many ways a learning experience about which obstacles are real and which are mental. Most of you late race issues are mental and one mistake we make is trying to beat down the pain. We imagine ourselves ploughing through the pain like an ice breaker when what we need to do is push it from our consciousness. Rather than facing down pain like an enemy we need to learn to ignore it like going to sleep next to a dripping tap. Most of us must learn to do this. The ultimate goal is to be able to wall off the pain in a dark corner of the mind and simply run, not thinking about either the discomfort or the finish.

There are some tricks to help us learn how to do this. One is to set small goals, the "run to the next tree" approach. By setting intermediate goals so close that there is no doubt we can make it, we can begin the process of simply running without thinking of the discomfort, or the distance to the finish.

Another is to consider how we would approach walking to the corner shop to buy a loaf of bread. On a journey like that we would simply start walking and the next thing we know we are there. We arrive so soon because we do not think about every step. Running the last 30 miles of a 100 miler in this way is an acquired skill.

Like so many of the lessons we learn in sports, the ability to put unpleasant things in a dark corner of the mind and continue to function is just as useful in real life.





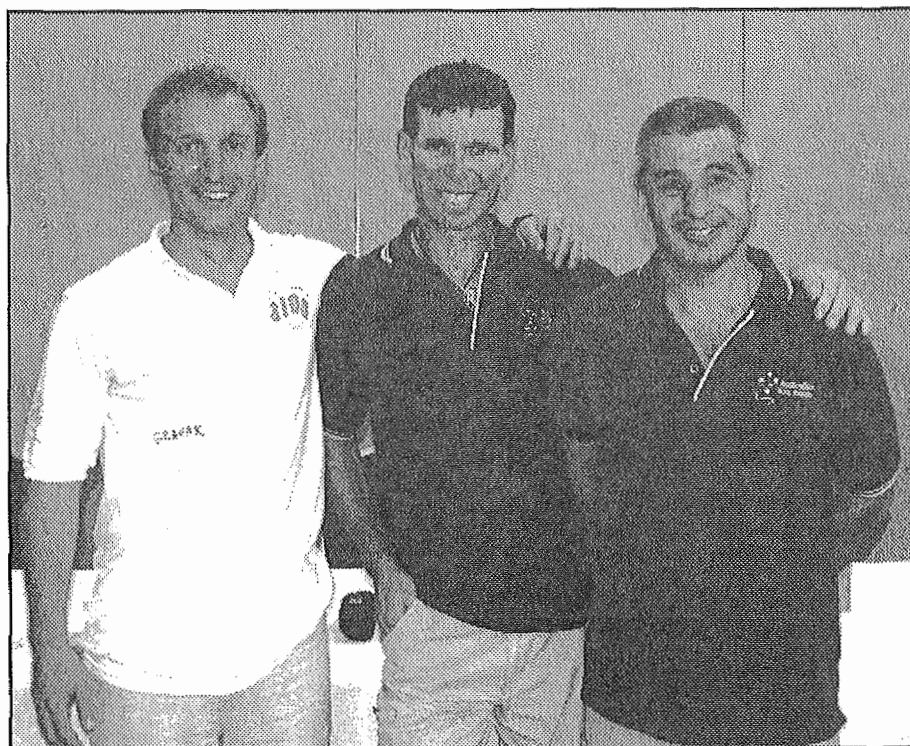
# Ultra Marathon Seminar at WAMC

By Kate Sommerville and Jane Elton

On Saturday 30 January 2010, 64 people attended the Ultra Running Seminar at the WAMC club rooms in Perth.

## Speakers included

- Grahak Cunningham: 3 times finisher of the 3100 mile Sri Chinmoy Self Transcendence race in New York
- Robert Boyce: AURA vice president, 24 hour Australian representative, race director in a number of events and finisher of Comrades and Western States Endurance 100 Mile Race
- Mick Francis: 5 time Australian Champion in 24hour race, multi-day 4000km Trans Australia race. Val, Micks partner, was also on hand to lend advice on crewing



*The panel of Grahak, Mick and Rob*

Each of the speakers gave a talk on their experiences in ultra distances. They then shared some of their tips with us. A panel question and answer session followed.

We learnt on the day that keeping positive translates to a good pace. Even if things get tough - try to turn things around to have a positive frame of mind. We also learnt that preparation is a must, there are no short cuts in long races - the training and crewing are important. We also need to practice eating real food.

What motivates these runners to continue to sign up for events is the realisation that there are really no barriers. As we age we can continually prove to ourselves that we can still try new things and grow personally. The Sri Chinmoy male and female champions are both in their fifties. Probably more interesting is that the crews required for long events are likewise excited by the challenge of keeping their runner moving and working out what they need. It is a buzz for them. Make

Panadol extend and Neurofen your friend and stay away from codeine based products as they upset your stomach.

Training for events has similar rules to the marathon in that you cannot cheat on your homework. A 12 week build up off a solid base is recommended. The overall load is more than a marathon with running twice a day, but surprisingly the long run does not have to be more than 50km. Mick kindly gave us a sample program. Some runners use other ultra races as training runs, perhaps doing 15-20 ultras a year, but focusing only on two to three to do well. For enormous 40+ day events such as the Sri Chinmoy, one 200km+ and four weeks of 160km was all Grahak did and he used the first 2 weeks for his body to adapt. Training to race conditions still applies with walking, night running, hills, trails and single track. It's also a handy skill to be able to run down hills fast. Speed work is still handy for efficient

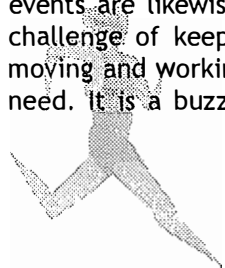
running technique.

Whether it's walking the hills or working to a schedule, even the best walk in long events. Mick does a 28/2 minute walking regime. Towards the later end of track races Rob walks the curves and runs the straights, Mick says, "It's the longest fartlek session he's ever seen".

Race time prediction does not follow rules like the conversion equations for shorter races. The 4 hour marathoners are often more successful at these distances than faster runners. Tips are to stay comfortable, don't go too slow, as you will naturally slow down. Keep moving forward all at times, eat in 20 seconds, don't sit down and in 100mile trail races limit the stop to 2 minutes. There seem to be barriers at 120km, 160km and 180km. It's how you deal with them that count.

Doing such events means making pain your friend. Chaffing tips included Vaseline and cornstarch. Blisters are

*"Doing such events means making pain your friend"*





*Participants in the Ultra Seminar*

inevitable and there was a story of gangrene and amputation to make us all sit up and ensure we don't go popping with the nearest pointy object. Ideas for blisters include taping, Vaseline, olive oil, good socks and swapping wet inner soles. It's really important to be positive to maintain good performance but even the most enlightened need something to take of the edge. Neurofen plus and Panadol extend were mentioned. Magnesium supplements are also used.

Gear is a personal thing, but in long events the list is long. The usual guide of using what you have tried in training applies. It's important to put on warmer clothes before you think you will need them. There's a fair bit of kit that comes along to the long races, 7kg first aid kits, food, cutlery. Preparation for all weather is needed. Whilst the panel agreed that we were born to run, they still wear sneakers. Grahak went through shoes every few days.

One of the major differences between a standard marathon and the longer races is drinking and eating. It's impossible to survive on Gu and one type of sports drink. The body is burning huge calories and wants real food and drink and a variety of it. Continually switching drinks between the branded drinks and water is a common tip. At 2am Mick gets a nice

warm baby sippy cup of Milo and it hits the spot. Coke is something to come in later on starting with a 1/3 coke water mix increasing it to 2/3 later on. People eat between every 15 and 30 minutes. Foods such as honey or peanut butter sandwiches, salty food, porridge, pumpkin soup, chicken noodle soup and rice pudding were all listed as favourites. Sri Chinmoy races are rated as the best for their organisation and catering standards. It is important to check out races before to ensure their suit. Sometimes it's best to bring your own. The Sri Chinmoy race Grahak did only served vegetarian food, so there was quite a bit of interest in this. If all this food upsets the stomach then remedies included ginger beer, ginger tablets, liquorice and charcoal tablets.

Pacing in longer trail races has positives and negatives. It's nice if someone knows the course, knows you and can keep you positive. If you have trouble staying alert it can also be a help. It can be tough if they are all excited and go too fast. On trails there's not always the opportunity to run side by side and chat. Sometimes at that part of the race you just want solitude. The 24 hour track races are a really good way to practice staying up all night in a safe environment and practice staying alert. In all cases, whether it be a pacer, aid station or crew it's vitally important to have manners and say thank you. These

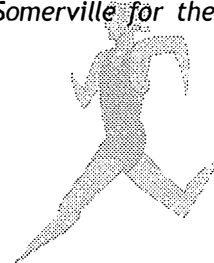
people are helping you achieve your dreams.

Keeping the special people in your life is important too. Many training guides suggest that Sunday is family day and you do two sessions daily to make up. Run everywhere, run before the family awakes, and run to and from work. It's also a good idea to make the race part of a bigger holiday.

We had great feedback from attendees about how generous the speakers were with their time and tips. We thanked them for not making us learn the hard way.

Sometimes we think that we are isolated here in WA, and all the ultras/big races are elsewhere. Mick reminded us that "We can do a long run in the Darlington hills on Saturday and back it up with a WAMC race on Sunday - and we have a program". We are more fortunate than we know. We now have a 12 hour race, 100km KEP track and 6 Inch Trail and an unofficial 100 mile race. We even have our own Ultra marathon Man (Mick).

*Thanks to Kate Somerville for the photos*





# My favourite Races

**Mick Francis spoke at the WA Ultra Running Seminar about his most cherished races:**

When I was first asked to talk at this seminar I was asked to cover my most memorable/happy race. I'm going to have to cheat here as I have three which for me really stand out.

So here we go:

## **My perfect race: The West Highland Way Race 1992**

After my 3<sup>rd</sup> place in 1989 I returned in 1990 and managed to win, I started in 1991 but ran a bad race: went off too fast and ended up pulling out.

I returned in 1992 determined to make amends. Earlier that year I had not been running well and had a string of poor results and DNF's, so I made up my mind that this had to stop.

This race runs from Glasgow to Fort William covering some of Scotland's most scenic but rugged countryside.

I soon found myself at the front and having to hold back to stay with the lead group I was feeling uncomfortable running at a slow pace (I later found out it wasn't slow and we were on record pace at that early stage) So after 2 hours I took off and that was the last I saw of anybody apart from the marshals and my crew.

I spent the whole day trying to slow down scared that I was going to blow it but it was one of those days where I felt fantastic, very rare! By about 100kms I decided that I was OK and then really went for it.

I finished first in 16hours 38mins feeling no worse than I had felt in

some marathons and was very proud that my record lasted a decade before it was broken.

## **My proudest PB: Sri Chinmoy London, Incorporating UK 24Hour Champs**

Of all my PB's over various distances the 250kms I achieved in this race is the one I am most proud of. After a spell working down in England I returned to Scotland arriving 3 months before this race. I spent the 12 weeks following a strict training plan: 40kms on Saturday, 50kms on Sunday and twice daily running on my own during the week. I knew I was in good shape when 2 weeks previously I managed a 2h 41m marathon with no taper. That race was my last hit out before the taper began.

The race was good for me as I had worked out a race strategy for the first time i.e. run 4 hours non stop then every ½ hour 200m walk break taking on food and drink. I stuck to this all the way and was surprised how effective it was. The walk breaks really helped and kept me fresher later on into the race.

I was crewed for by my Dad who by then was getting quite experienced and we worked well together. I was delighted to come 2<sup>nd</sup> with a PB of 250.034km and was beaten only by a flying Don Ritchie who also ran his PB of 266km

It was this race that got me selected to run for the UK for the first time.

## **My ultimate race: Trans Australia 2001**

This was an amazing experience, 2000 had been a really bad year with huge personal upheaval and I was ready to do this race for me. The race was held over a period of 65 days with 63 days of actual running starting on January 6<sup>th</sup> from the Perth Bell Tower and finishing on March 11<sup>th</sup> in Canberra. (We actually hit the other side of Australia 5 days earlier at Eden so the crossing was actually 60 days)

The days ranged from 42km to 101km with the average distance being 68km for a total of 4283kms. We faced many obstacles on the way, the obvious one being the heat especially across the Nullarbor. One day reached 51degrees. The organisation left a lot to be desired and some days we had no idea where or how far we were going until we got there but it was the mixed bag of runners that made this such a great event. I loved the concept of a stage race; each day was treated as a separate race. I attacked each day trying not to worry about the next. I was pleased with myself that I can honestly say I pushed every day and was delighted to come in 5<sup>th</sup> place and 1<sup>st</sup> Australian. 24 runners started the race and out of the 14 who finished three were Australian, the others were Paul Every and George Audley.

I feel looking back that race changed me; I feel it made me stronger but unfortunately slower. I immediately lost 10mins from my average marathon time. I don't regret doing it; I loved the experience but would never do it again.

*"I spent the whole day trying to slow down scared that I was going to blow it but it was one of those days where I felt fantastic, very rare"*

*"Remember your crew is giving up their time for you to reach your dreams"*

### **My experience at 100 km**

This was a hard event for me; whereas I feel I got the most of myself in both marathons and 24hr events. I never really got to grips with this despite being lucky enough to be able to train with the world record holder for 16 years. I'm not sure why this was but I certainly tried enough and eventually got my PB down to 7h 52m which I consider to be my weakest PB. Training was similar to marathon training; we generally used a 12 week build up with a 2 week taper. My weekly distance used to be practically the same as marathon training peaking at about 160kms.

The majority of running was at a steady comfortable pace to build up a base and try and put strength into the legs and long runs, once a week peaking at 50kms. I personally don't think there is much benefit in going further; I only exceed that if I miscalculate or get lost.

For the 100kms I would include speed work. I used to have some favourites: for example, 20min warm up then 6 X 5mins hard effort with 3 min jog. I tried to make the efforts at approximately 10km racing speed. I also liked to include shorter races as ideal tempo work. I think you can get bogged down with too much steady paced running. I always looked at the race I was training for and tried to train appropriately i.e. hilly course lots of hill training, flat course and flat training.

The 2 week taper used to be coming down in distance but keeping the speed work, just a diluted version for the first week and then second week little more than a few easy jogs.

I used to try and treat race day as a

long marathon. Walk breaks weren't planned as, if properly prepared, you should be able to run the distance non-stop.

### **My 24 hour events**

Now I come to what I regard as my pet event. These races can be held on a standard 400m running track or as in the case of most international events a small road circuit typically between 1-3kms long. I find the idea of trying to keep moving for an entire 24 hour period a great challenge and one I have never tired of.

Of all the ultra events I have done I definitely find this the toughest mentally as I try to spend the whole race moving forward. I don't plan rest breaks as I consider that wasting time and remember that the clock doesn't stop.

My approach for this is different from the training I used for 100kms. The majority of the running is steady pace. I still believe that it shouldn't be too slow. I don't feel I need to practise running slow, believe me that happens naturally after about 8 hours. The weekly distance would be a bit higher adding a few kms to the morning and evening runs. I still tend to keep the long run to about 50km but I tend to slow it down a bit and occasionally practice the run/walk strategy that I use in the race during these runs. There wouldn't be much speed work, maybe an occasional race to break things up but I find the high weekly total could make me susceptible to injury so I'm very careful to listen to my body especially in the latter stages of the build up. Nowadays I start off a bit easier and start my half hourly walk breaks from the start. I take on the same drinks as the 100km but also food from the start, like rice pudding,

pasta, pumpkin soup, potato, jam or honey or peanut butter sandwiches. Later on in the race I tend to change to a Coke/water mix (1/3 coke, 2/3 water) making the Coke stronger as the race progresses.

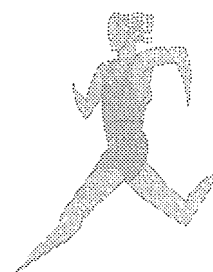
I feel of all the ultra events this is the one where a crew is almost essential to a good performance. Find a good one and keep him or her... I did! As you run more races together your crew gets to know you and gets more involved with the race strategy, feeding decisions and feedback to the runner. Val does everything for me during a race apart from the actual running.

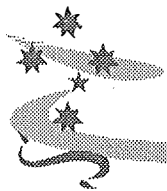
She hands me something and I, either; eat, drink or rub it on. She does also tell me which to do or the outcome could be disastrous! To get to crewing at that level there has to be total trust so as I said find a good one and keep her. I have other rules: always say please and thankyou and if you do blow up at them always apologise at the earliest opportunity. Remember your crew is giving up their time for you to reach your dreams.

I have now completed 20 of these events and still find them a challenge. I would never take one lightly and always try to prepare as best I can. You see so many under prepared runners hoping to wing it and I can almost say without exception: it never works. I like to stand at the start knowing I have done everything possible to get me there in the best condition I can be.

24 hour races can be a hugely satisfying experience.

*"I don't feel I need to practise running slow, believe me that happens naturally after about 8 hours"*





# Nutrition and Your Mental Edge - Fuelling Your Attitude

**By Sunny Blende,  
Sports Nutritionist**

**Food for Thought** - Ultrarunning requires some mental stamina and the question, "Can we feed the mind with any special nutrition?" seems intriguing. Certainly lack of food can produce some pretty negative thoughts and a bad attitude, but is there some food that can help us think positive thoughts and improve our race strategies and therefore performance. Does the mind only require intellectual nourishment for sound decision-making and a good outlook?

**The Science** - Looking at this from the brain's side, glucose is virtually the only fuel the brain uses, unlike our muscle tissue, which uses both glucose and fats. The brain also does not store any glucose - as glycogen, as the muscles do - and is totally dependent on blood glucose for its energy supply. In order to function normally, the brain requires a relatively normal blood glucose level. So what happens to an ultrarunner when he or she is running hours and hours with an increasing demand for glucose? If our ultrarunner does not ingest adequate amounts of carbohydrate (glucose) along the way, hypoglycemia (low blood sugar) sets in. And with prolonged hypoglycemia comes central nervous system fatigue - the progressive shutdown of the part of the brain that drives the muscles. Bad news for attitude and bad news for performance.

In one of Tim Noakes's studies from *The Lore of Running*, he found that two percent of marathoners, six percent of those who ran 50 kms and 11 percent of those who ran 100 kms were hypoglycemic. He cites the symptoms as a "reduced ability to concentrate, a sudden feeling of

weakness, and the intense desire to stop running. Typically, the athlete senses the impossibility of completing the race". Sound familiar? Obviously foods containing glucose would have helped these athletes perform better, but an explanation of the mechanism of action might make this concept easier to understand.

The main supplier of glucose into the blood is the liver. This happens directly from its own store of glucose or indirectly by a process known as gluconeogenesis (the production of glucose by the liver from substances other than carbohydrates, for example, proteins).

Training also helps the liver's ability to produce glucose from circulating blood lactate. However, because the liver is so small compared to the body's muscle mass and only stores about 250 - 500 calories of glucose, it could never keep up with the muscles' demand for glucose when exercising hard or long. In a trained athlete, this amounts to three or four hours of running at a moderate pace. And the muscles are prevented from using too much circulating blood glucose in order to protect the brain.

Fortunately our body has provided the muscles with other ways of obtaining glucose; namely a good supply stored in its own tissues and the ability to use fat as a source of energy. And remember, the supply stored in the muscles can be doubled if post-exercise carbs were consumed within thirty minutes or so. But even this generous supply will only last about five to six hours. The rate that the liver releases glucose and the muscles take it up during exercise is increased six-fold from a resting state. When tissues increase their rate of usage faster than the liver can produce it, blood levels fall and body function is impaired.

In order to prevent brain drain and preserve our mind's ability to think and strategize effectively in an ultra event, it becomes crucial to ingest carbohydrates during the race. If the muscles become fatigued, the brain will reduce the number of muscle fibers activated and in order to continue running, the ultrarunner will have to slow down. This is the body's way of surviving. It may limit the runner's physiological capabilities, but preserve the neurological function of the brain. Exhaustion, in this case, may be defined as a decrease in signals from the brain to the muscles, not a direct change in glycogen levels in the muscles - in other words, central fatigue (see "Demystifying the Bonk, UltraRunning, August 2008).

More recent research is pointing to central fatigue, due to neurochemical changes in the brain, as the most common reason that runners stop running. Aside from very highly motivated runners, most people don't usually push themselves to complete muscle failure. J. Mark Davis, a professor of exercise science and the director of the exercise biochemistry laboratory at the University of South Carolina, explains that during prolonged exercise, the brain's production of the neurotransmitter (a chemical that carries signals from one neuron, or brain cell, to another) serotonin increases steadily. Elevated levels of serotonin can cause feelings of tiredness, sleepiness and lethargy. The rising levels of serotonin are caused by increased delivery of tryptophan to the brain and what's interesting, Davis says, is that the increase in free tryptophan in the blood is very much related to the increase in free fatty acids in the blood.

"While many people believe that the increase in free fatty acids is very important to delaying fatigue in

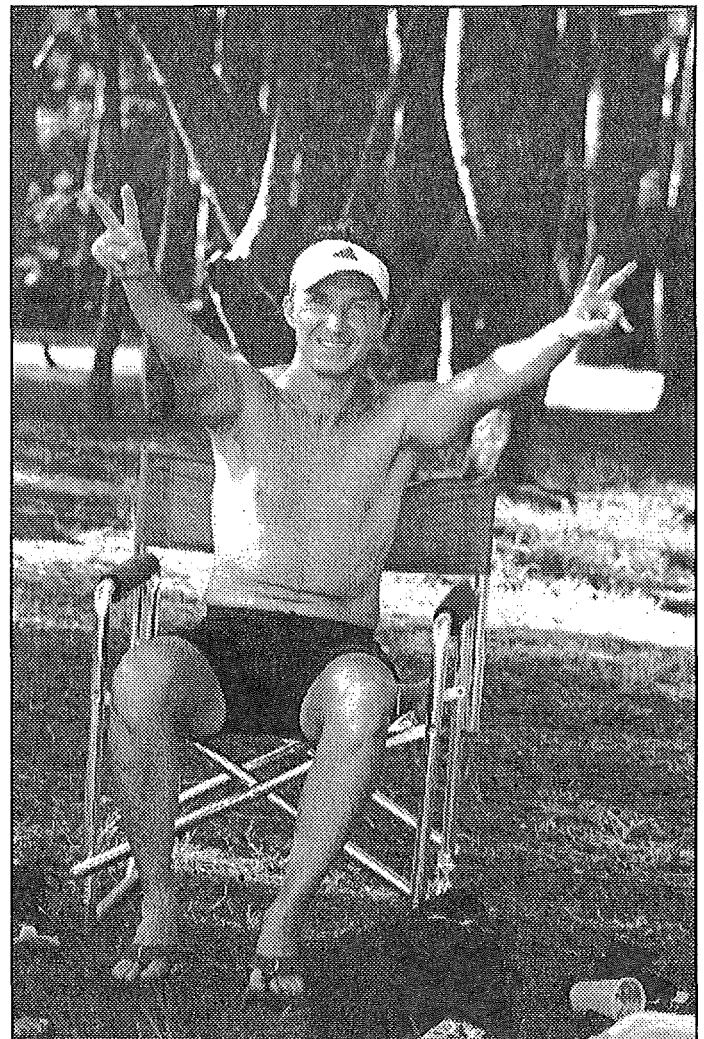
*"caffeine plays another, perhaps more important role, in delaying fatigue by increasing the levels of dopamine in the brain"*

the muscle," says Davis, "we think it has a negative effect in terms of central fatigue." To make matters worse for the ultrarunner, the brain's production of dopamine (the neurotransmitter responsible for generating feelings of excitement, reward, motivation and pleasure) begins to drop even as serotonin levels are rising. Davis is beginning to investigate new nutritional approaches to prevent dopamine levels from dropping, but one thing runners have been using for years to delay fatigue is caffeine. Most scientists agreed this was due to caffeine's ability to increase the blood level of free fatty acids available for

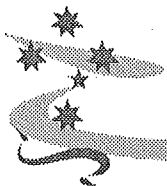
metabolism. Recent research by Davis and others, however, indicates that caffeine plays another, perhaps more important role, in delaying fatigue by increasing the levels of dopamine in the brain.

**The Solution** - The time to ingest carbohydrates is before exhaustion occurs. Our intestine cannot process carbohydrates and deliver them fast enough to keep up with the high rate of usage by the muscles. The amount of carbohydrates to ingest is approximately one gram per minute of exercise, ideally every 15 - 20 minutes or so. Start with this amount

and experiment. Our bodies cannot absorb more than 240 - 280 calories per hour so don't try to replace all carbohydrates lost - however, athletes are able to increase the absorption rate with practice and training. Caffeine may help with brain fatigue later in the race. Read the labels on the sport drinks, gels and bars you consume. Feed your brain and improve your mental edge for a better performance in your next race.



*Narrabeen Allnighter (story page 22) - Greg Tegtart heads out for another lap; Mal celebrates in style*



# French Ultrarunning Icon

By Nadeem Khan

Some runners contemplate on ultrarunning as the next step after a marathon. Few join the sport as a rookie runner and stay in ultrarunning. But majority of the ultra athletes graduate through the track, road and other disciplines of athletics before they try ultrarunning prior to hanging up their running shoes.

Sunday, June 20th 2009 will be a date that will go down as a significant milestone in the history of French ultra running. This is the day that one of the best ultra runners that France has presented to this world retired.

Pascal Fetizon is an icon and a cornerstone of ultrarunning in France. He is an international ambassador for the sport as he went through all the different disciplines of athletics and found his niche in ultrarunning.

His first introduction to the international circuit was when he qualified for France at the World Cross Country Championship in 1992. He describes his feelings wearing the French vest for the first time, "It was a great honour to find myself alongside my running heroes but at the same time I felt an enormous pressure to perform well."

I asked a bit about Fetizon's transition as it is evident that he has been internationally placed in every distance he has tried. He said, "I started running at the age of 13 and moved up through all the track distances from 800m onwards. My international career includes cross country, half-marathon and marathon before moving on to the 100 km."

It is true that the best adrenaline for a champion is victory. Victory doesn't necessarily mean crossing the line in first place. But it also refers to accomplishing one's personal goals and completing one's tasks.

I asked Fetizon on his biggest running achievement. He said, "For me it is my time of 1:02:11 in the World Championships halfi-marathon at Tyneside in 1992, but also my World title in 2000 at Winschoten for 100 km."

*"He is an international ambassador for the sport as he went through all the different disciplines of athletics and found his niche in ultrarunning"*

He has consistently run under 7-hours for the 100 km since 1999. With a personal best of 6:23:15 at the 100 km distance in 2000 and a time of 6:47:10 from Winschoten 2007, the discussion is ongoing on the number of other amazing feats Pascal could have accomplished in this sport.

However, he competed at the 2009 IAU 100 km World Cup in Torhout and retired after the race. So why does one who is at the pinnacle of his running career pack his bags and leave? In response to this Pascal commented, "It is a natural process which comes after many years of intensive training and competition with the wear and tear which comes with it."

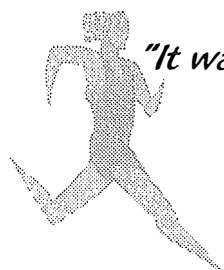
Ultrarunning has been through a series of progressions over the years. The number of runners has increased over the last decade, so have the number of events and the IAU endorsed world events. But are we seeing a transition in the sport.

I wanted to get another view of the progression, Pascal noted, "It seems to me that after a steady progression up until 2002 there is stagnation or even decline over the 100km distance with athletes more attracted to 'trail' events. In France there is a revival in the 24 hour event with some excellent results."

True to his humble attitude, that is quite representative of numerous ultrarunners, Pascal values team accomplishments more than his individual victories. His most memorable running memory, "At Cleder in France in 2001 by taking the third, fourth, fifth and sixth places we become World Team Champions over 100km."

As all of us can relate that running is a big part of our lives. And we will never be able to get too far away from it. Even though Pascal is retiring from international competition, he will remain a figure in the local French running scene.

It is always sad to see an icon such as Pascal bring the curtains down on a fairytale ultrarunning career. But it is also a time of celebration for the amazing career of an outstanding champion. Bravo Pascal!



*"It was a great honour to find myself alongside my running heroes but at the same time I felt an enormous pressure to perform well."*



# Australian all time rankings – 12 hour track

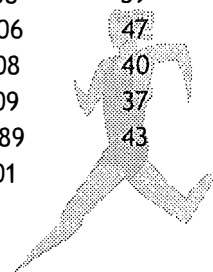
*An excerpt from the data on Australian ultra distance rankings compiled and maintained by David Billett follows. For the full rankings by category go to [www.aura.asn.au/rankings.html](http://www.aura.asn.au/rankings.html)*

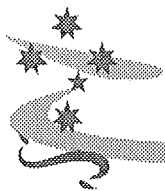
## Male top 20

	Name	Kms	Venue	Date	Age
1	Yiannis Kouros	161.400	Kensington, SA	04-Oct-97	41
2	George Perdon	155.800	Olympic Park, VIC	23-May-70	45
3	David Criniti	142.495	Gosford, NSW	11-Jan-04	25
4	David Standeven	142.060	Rosebud, VIC	05-May-90	38
5	John Breit	138.000	Coburg, VIC	25-Feb-89	31
6	Bryan Smith	137.438	Box Hill, VIC	16-Jul-88	44
7	Jonathan Blake	137.200	Qld Uni, QLD	27-Jun-09	44
8	Owen Tolliday	135.990	Adelaide, SA	29-Oct-88	39
9	Trevor Jacobs	134.380	Woden Park, ACT	25-Feb-90	38
10	Mick Francis	134.100	Bunbury, WA	04-Mar-95	36
11	Tim Cochrane	134.000	Coburg, VIC	19-Apr-08	27
12	Martin Fryer	131.979	Caboolture, QLD	29-Jul-09	47
13	Mike March	131.600	Coburg, VIC	25-Feb-89	45
14	Peter Tutty	131.391	Box Hill, VIC	16-Jul-88	23
15	John Presley	130.208	Bunbury, WA	29-Feb-92	
16	Anyce Melham	130.000	Macquarie Fields, NSW	14-Apr-90	32
17	Peter Gray	129.816	Rosebud, VIC	05-May-90	25
18	Jeff Smith	129.798	Rosebud, VIC	04-May-91	31
19	Greg Wilson	128.858	Toukley, NSW	23-Jan-94	41
20	Bruce Donnelly	128.500	Macquarie Fields NSW	14-Apr-90	

## Female top 20

1	Mary Morgan	130.832	Bunury, WA	03-Apr-94	36
2	Helen Stanger	125.200	Coburg, VIC	22-Aug-98	48
3	Susannah Harvey-Jamieson	122.400	Coburg, VIC	18-Apr-09	28
4	Linda Meadows	118.163	Frankston, VIC	30-Apr-94	35
5	Dawn Parris	117.600	Olympic Park, VIC	19-Aug-89	36
6	Vivienne Kartsounis	116.573	Gosford, NSW	09-Jan-05	40
7	Cynthia Cameron	115.251	Adelaide, SA	01-Nov-86	44
8	Dell Grant	113.268	Wynnum, QLD	05-Jun-93	39
9	Caroline Pivetta	111.400	Coburg, VIC	19-Apr-08	33
10	Carol Baird	111.304	Adelaide, SA	30-Sep-06	57
11	Georgina McConnell	110.800	Olympic Park, VIC	19-Aug-89	46
12	Trisha Spain	109.600	Olympic Park, VIC	19-Aug-89	47
13	Sharon Scholz	109.600	Coburg, VIC	19-Apr-08	31
14	Marie Doke	107.200	Coburg, VIC	18-Apr-09	44
15	Michelle Thompson	105.970	Coburg, VIC	19-Apr-08	39
16	Theresa Fabian	105.529	Caboolture, QLD	05-Feb-06	47
17	Deanne Nobbs	105.230	Caboolture, QLD	31-Aug-08	40
18	Meredith Quinlan	105.200	Qld Uni, QLD	27-Jun-09	37
19	Sandra Kerr	104.450	Rosebud, VIC	06-May-89	43
20	Bernadette Robards	104.040	Gosford, NSW	07-Jan-01	





# Footnotes

## Run barefoot

The best running shoe may be none at all, United States researchers have found. Runners who eschew shoes may be less likely to do serious injury to their feet, because they hold their feet differently, Daniel Lieberman of Harvard University in Cambridge, Massachusetts and colleagues found.

Writing in the journal *Nature*, they said runners who wear shoes tend to hit the ground with their heels first, whereas barefoot runners put the balls of the feet down first. "People who don't wear shoes when they run have an astonishingly different strike," Lieberman said in a statement. "By landing on the middle or front of the foot, barefoot runners have almost no impact collision, much less than most shod runners generate when they heel-strike," Lieberman added. "Most people today think barefoot running is dangerous and hurts, but actually you can run barefoot on the world's hardest surfaces without the slightest discomfort and pain.

All you need is a few calluses to avoid roughing up the skin of the foot." Lieberman and his colleagues at Harvard, the University of Glasgow, and Kenya's Moi University studied runners who had always run barefoot, those who had always worn shoes and runners who had abandoned shoes. Barefoot runners had a springier step overall, and used their calf and foot muscles more efficiently, they found. People used to running in shoes

should not start barefoot trotting right away, Lieberman cautioned. "If you've been a heel-striker all your life, you have to transition slowly to build strength in your calf and foot muscles," he said. But he noted that evolution is on his side. "Humans have engaged in endurance running for millions of years, but the modern running shoe was not invented until the 1970s," Lieberman said. Rival German companies Adidas and Puma made running shoes a household item. Running shoes are big business. Nike had \$US4.4 billion in revenue in its second quarter.

## Running and your brain

The health benefits of a regular run have long been known, but scientists have never understood the curious ability of exercise to boost brain power.

Now researchers think they have the answer. Neuroscientists at Cambridge University have shown that running stimulates the brain to grow fresh grey matter and it has a big effect on mental ability.

A few days of running led to the growth of hundreds of thousands of brain cells that improved the ability to recall memories without confusing them, a skill that is crucial for learning and other cognitive tasks, researchers said.

The new brain cells appeared in a region that is linked to the formation and recollection of memory. The work reveals why jogging and other aerobic exercise can improve

memory and learning, and potentially slow down the deterioration of mental ability in old age.

The research builds on a body of work that suggests exercise plays a vital role in keeping the brain healthy by encouraging the growth of brain cells. Previous studies have shown "neurogenesis" is limited in people with depression, but that their symptoms can improve if they exercise regularly.

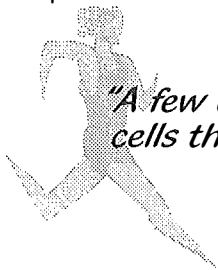
Scientists are unsure why exercise triggers the growth of grey matter, but it may be linked to increased blood flow or higher levels of hormones that are released while exercising. Exercise might also reduce stress, which inhibits new brain cells through a hormone called cortisol.

The Cambridge researchers joined forces with colleagues at the US National Institute on Ageing in Maryland to investigate the effect of running.

They studied two groups of mice, one of which had unlimited access to a running wheel throughout. The other mice formed a control group.

After training sessions the mice in the exercising group scored almost twice as highly as the other mice in a repeated memory test for a sugar reward, a report in the *Proceedings of the National Academy of Sciences* said. The sedentary mice got steadily worse at the test.

*"A few days of running led to the growth of hundreds of thousands of brain cells that improved the ability to recall memories without confusing them"*





*Grand slam 100 mile runners: Rodney Ladyman, Wayne Gregory, Jane Trumper and Kevin Heaton  
(photo Brett Saxon)*

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