

# ULTRAMAG

June 2010 Volume 25 No 2

- *Four Beaches*
- *Great Ocean Run*
- *Alpine Challenge*
- *Frankston to Portsea*
- *Five Year Review...and more*

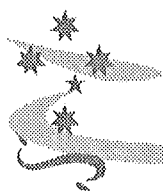


 Australian  
Ultra  
Runners  
Association Inc









# Magazine of the Australian Ultra Runners Association

June 2010

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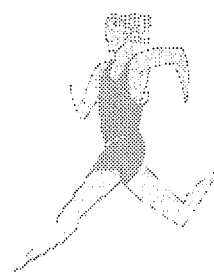
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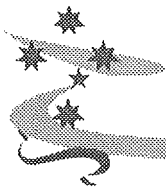
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Front cover - Phil Whitten in the Alpine Challenge (Paul Ashton)

Back cover- Dave Kennedy at Coburg 24 hr (Tim Erickson)

Inside front cover - Deb Nicholl at Caboolture (Ian Cornelius)





# Editorial June 2010

By Julia Thorn

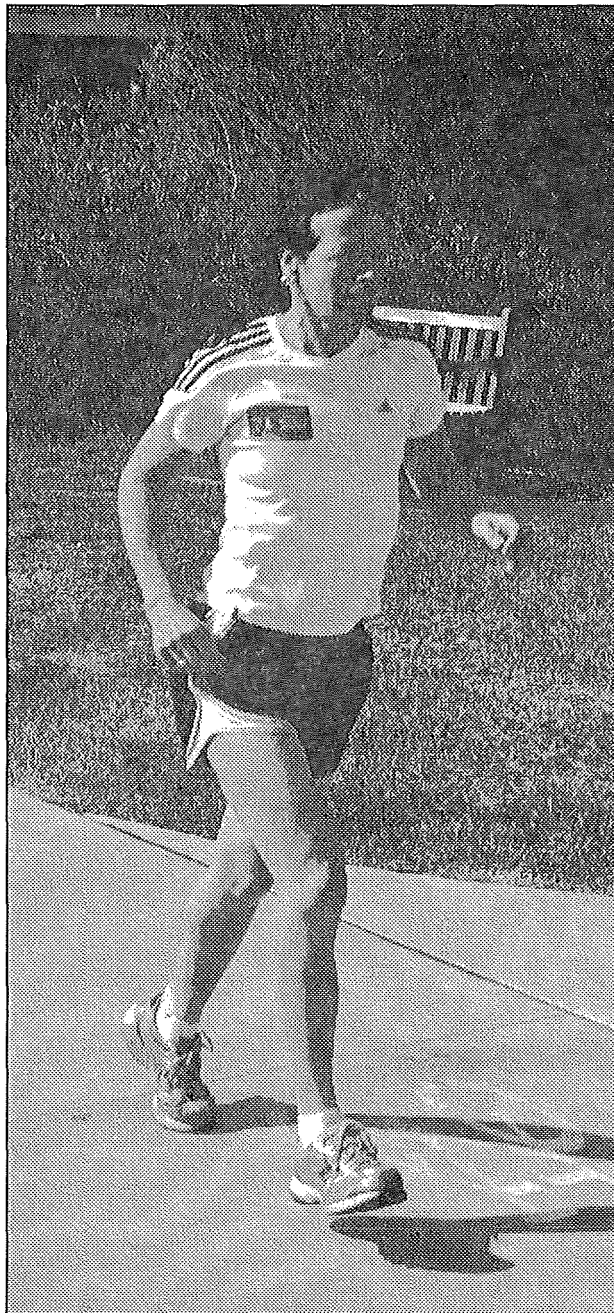
The more I read about ultra running, the more I realise what a personal thing this is. You can take on board all the advice in the world and find that when you get out on the trails, or the roads, or the track, that it is not the best advice for you. Quite simply, you have to learn by experience.

Of course there are certain truths that must be observed. You need a modicum of training to run an ultra. You need to attend to your hydration and food intake. You need to minimise your chances of injury and illness.

But whether you are a seasoned runner or an innocent beginner, most of your learning will be by trial and error. What worked for the guy who wrote the article you read may work for you but is not certain to work for you.

I plough through volumes of material about running in the course of my days and I am constantly updating myself with new tips and techniques. Many of these I have already forgotten about by the time I get out for my next run.

A running partner recently asked me what advice I would give to a novice ultra runner. I focussed almost entirely on the mental strategies needed to cope with having to run a huge distance - breaking the race into chunks, planning in advance for what you will say to yourself when the going is really tough, and that sort of thing. When I asked her the same question she replied with her main



*"The past three months have seen an upsurge in ultra running in our part of the world – again"*

two training rules: four long runs before the race, and one long run of at least 75 percent of the race distance.

How's that for two different approaches?

It's like asking people what they like to eat during a race: some like fruit and some like potatoes. But I like jelly babies.

Enough of this waffle.

The past three months have seen an upsurge in ultra running in our part of the world - again. The great news continues.

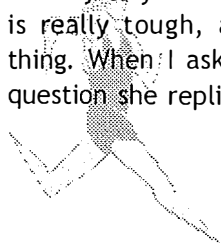
Frankston to Portsea, Alpine Challenge, Cradle Mountain Run and many other events have had a big increase in participation. The cancellation of the Canberra 50km was a disappointment to many ultra runners, and the Australian/AURA championships have been moved to the Gold Coast in June.

There have been outstanding performances in the first part of this year, notably at Caboolture earlier this year and at Coburg.

On top of this we look forward to another good year on the international scene with our best runners heading for several IAU competitions in the coming months. The first of these, the 24hr World Championships, took place in Brive, France in May.

Many Aussie runners have headed off for the Comrades Marathon and we look forward to hearing of your experiences.

Actually, we don't just want to hear about your Comrades experience, we want to hear about all your running experiences.





# Australian Ultra Marathon Calendar

This calendar contains only races sanctioned by AURA. This does not purport to be a complete list of Australian ultras. 2010 sanctioned races will be eligible for the AURA aggregate points competition for 2010. 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)

## June 2010

Sunday 6 June KEP TRACK (WA)

100km and 75km trail races, Northam to Mundaring, WA

Contact: Rob Donkersloot 0411 748 479

Web: <http://www.kepultra.com/>

Saturday 13 June GOLD COAST SUPERMARATHON (QLD)

100km and 50km races, Australian 100km and 50km champs, starts 6am at Kurrawa on the Gold Coast. 12.5km loop.

Contact: Peter Hall 0411 083 896

Email: [peter@victorysports.com.au](mailto:peter@victorysports.com.au)

Saturday 19- Sunday 20 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) Team limit has been reached

Teams of 4 people trek a 96km course through the Gold Coast Hinterland within a 39 hour time limit.

Contact: Doug Henderson 07 55963942

Web: [www.kokodachallenge.com/](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>

Friday 30 July CABOOLTURE 24 - 48 (QLD)

6-12-24-48 hr races

Contact: Geoff Williams 0412 789 741

Web: <http://geoffsrns.com/>

## 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: [nickthompson@optusnet.com.au](mailto:nickthompson@optusnet.com.au)

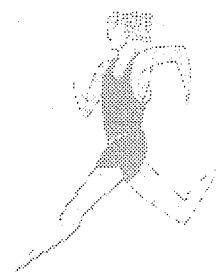
## September 2010

Sunday 12 September WALHALLA WOUND UP TRAIL RUNS (VIC)

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

Contact: Bruce Salisbury 03 5174 9869.

Web: [www.traralgonharriers.org](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)

### Saturday 16 October GREAT OCEAN WALK 100/100 (VIC)

100 mile and 100km along the Great Ocean Walk trail in western Victoria.

Contact: Andrew Hewat 0421 040 700

Web: [www.gow100.com/](http://www.gow100.com/)

### Sunday 17 October SPINY CRAY TRAIL (QLD)

56 km trail in northern Queensland

Contact: Shane White 0438758862

Web: <http://adventuresportnq.info/events/trail-running>

## November 2010

### 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 8805 784

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

## 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)

### Sunday 5 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 TRAIL 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](mailto:rschwebel@bigpond.com)

Website: [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](mailto: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 (TAS)

6am start at the Launceston Athletic Club

Contact: David Brelsford [dbrelsford@hotmail.com](mailto:dbrelsford@hotmail.com)

Web: [www.launcestonathleticclub.com/6hourrace/](http://www.launcestonathleticclub.com/6hourrace/)

Sunday 23 January 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@hoveandhalys.com.au](mailto:ahove@hoveandhalys.com.au)

Web: [www.aura.asn.au/CradleMtnToLakeStClair.html](http://www.aura.asn.au/CradleMtnToLakeStClair.html)

Sunday 13 February 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)

## March 2011

Sunday 6 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)

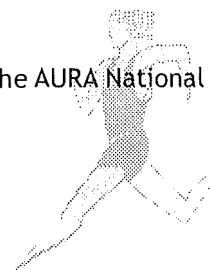
Saturday 12 March SIX FOOT TRACK MARATHON (NSW)

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 20 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 26 - Sunday 27 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 2011**

**Sunday 10 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)

**Saturday 16 - Sunday 17 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 16 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 2011**

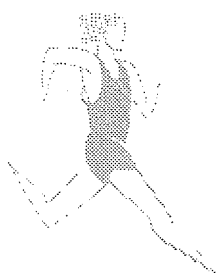
**Saturday 30 April - Sunday 1 May THE WILD ENDURANCE 100KM TRAIL RACE (NSW)**

Run through the spectacular Blue Mountains.

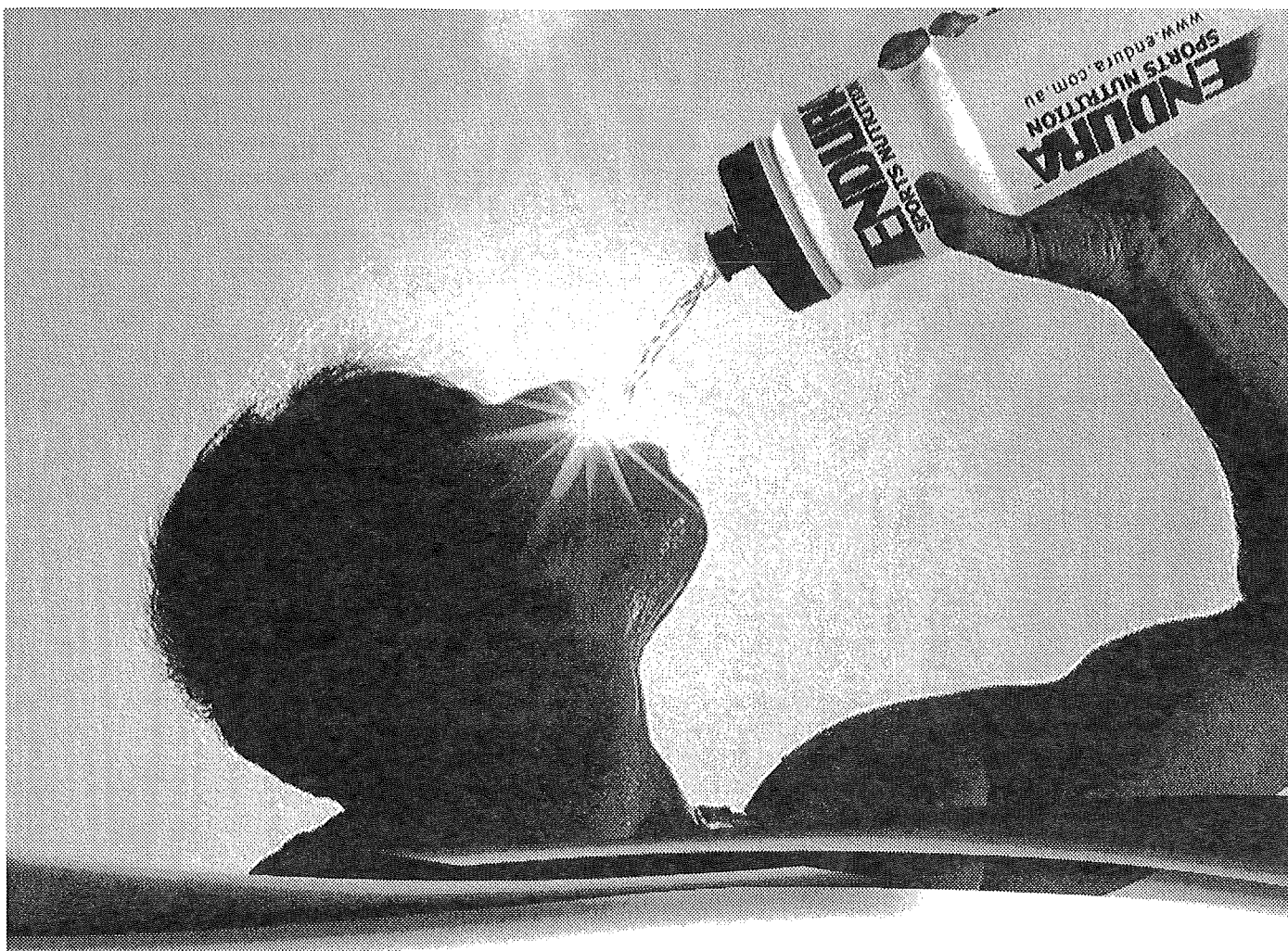
Contact: The Wilderness Society 02 9282 9553

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

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)







# WHAT'S IN YOUR SPORTS DRINK?

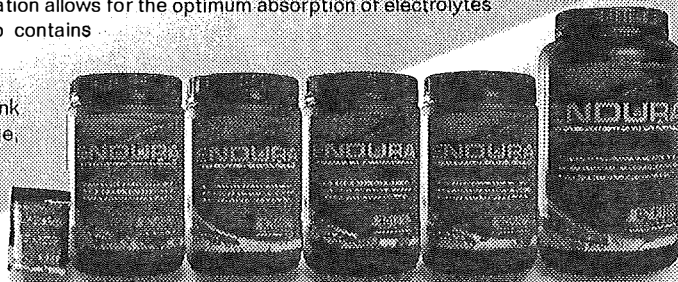
No matter what your sport, if you want to perform at your best you need to give your body the correct fuel. There are many products on the market to choose from, all promoting their own benefits. Endura Sports Nutrition is a range of sports supplements designed to help provide your body with the necessary nutrients required during physical activity. But what makes Endura different from the rest?

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Endura Sports Nutrition is available at all good specialty sports stores, pharmacies and health food stores. For your nearest stockist visit the website or call Health World Limited on 1800 777 548. Ask in-store how to join Endura's loyalty club and visit the website to sign up for your Endura E News at

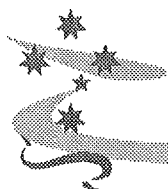
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Always read the label. Use only as directed. If symptoms persist, consult your healthcare professional.

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# Ultra News

As of 15 March, the **Australian 50km and AURA 50km championships**, normally held as part of the Canberra Marathon & 50km (which has been cancelled because of an ongoing legal dispute), will be held this year as part of the Gold Coast 50km/100km race to be held on Sunday 13 June. First male and first female will automatically qualify for the IAU Trophy Final to be held in Galway Ireland on 29 August 2010. Airfares and accommodation will be provided, if not in full then in large part.

**Deb Nicholl wins Caboolture 12 hour** with stunning 131.741km. This is a race record and likely an Australian all-comers record and New Zealand record (Deb is a Kiwi).

There were sensational performances in the **Coburg 24 hour**, won by Barry Loveday with 232.400km from Dave Kennedy with 223.600.

**Six Foot Track results** did not quite make it into the main part of the last issue. Alexander MATTHEWS won Six Foot Track in 3:20:57 from David CRINITI (3:24:33) and Andrew LEES (3:30:23). Colleen MIDDLETON won the women's in 4:03:18 from Angela BATEUP (4:06:05) and Muchelle McADAM (4:12:54).

A new race on the calendar is the **Kep 100/75km**, an ultra marathon being held just outside of Perth, Western Australia on the Kep Track, which runs from the Mundaring Weir to Northam. Two distances are being run, 100km, and 75km.

It's being held on the Foundation Day long weekend, Sunday 6 June, 2010, which is the week after the running of the Comrades Marathon in South Africa. This allows Kep runners to sync their training with people going over to do Comrades if they wish to do so.

The race will start in Northam at 7am for both the 100km and 75km runners. The Kep Track has been built mainly on rail reserve, the trail

has a low gradient and compacted gravel surface

The 75km route follows the complete Kep Track, while the 100km run also includes a large section of the Railway Reserves Heritage Trail which runs from Mt Helena down to Belvue and back up to Mundaring.

The track runs through numerous towns along the way, so water and toilet facilities are nearly always quite close at hand.

Two more new events are:

**Washpool & Gibraltar NP's 50km trail race**, northern NSW on 18 April 2010 and

**Spiny Cray 56km trail race**, Mt Lewis, north of Cairns, FNQ on 17 October 2010

Australian Stuart Gibson came 11<sup>th</sup> in the recent **Marathon des Sables** in Morocco, in a time of 25 hours and 21 minutes. Five other Australians completed the race.

The **World 24 Hour Cup** took place in Brive, France on 13-14 May. The Australian team comprised Jo Blake (NSW, captain), Anth Courtney (NSW), Michael Lovric (NSW), John Pearson (Qld), Ron Schwebel (NSW), Susannah Harvey-Jamieson (Qld), Alison Lilley (NSW), Meredith Quinlan (NSW), Sharon Scholz (Vic). Results to follow.

A **medical conference/seminar** was conducted in Brive. in combination with the 8th IAU 24 Hour World Championship.

The matters discussed were:

- Neuromuscular fatigue induced by ultramarathon running

Guillaume Millet, Professor Sports-physiologie at the Saint-Etienne University

- Kidney, bowel, medicines and ultra

Dr Arthur Brulé, FFA doctor (non stadia)

Dr Jean-Michel SERRA, FFA team doctor

- Determining factors of performance in ultramarathons

Guillaume Millet, Professor Sports-

physiologie at the Saint-Etienne University

We look forward to hearing the outcome.

It looks like **Stan Miskin** has finally won his long standing discussion with IAU, the world governing body of ultra running. In 2006, Stan set a new M80 World Record of 140.018km for 24 hours but it was never accepted by IAU as their records process was in the throes of change. Not one to let such things rest, Stan has recently re-opened the topic and this time they have agreed to fully process the record applications. This is great news - it is not often that a walker can set a world running record (while walking). "I suspect that this M80 record will last a long time," says Tim Erickson.

**Treadmill 50km record**, Stephen Courtney, 33, beat the current world record of 3 hours, 10 minutes and 19 seconds by just over a minute at Edith Cowan University's Joondalup campus. The event, which was monitored by sports scientists, has provided a rare opportunity for researchers to study the type of muscle damage the body suffers during endurance events and how much water and sugar is lost. Courtney has taken part in some demanding events in the past, including the Comrades Marathon in South Africa, but he said this run pushed him to the limit. "It was really exciting run and at the end there was about 40 people cheering and music playing," Courtney said.

"I really had to push myself hard, but I managed to get it (the record)." Senior lecturer of exercise science at Edith Cowan's School of Biomedical & Health Sciences Dr Michael Newton said scientists plan to write a research paper based on the information they recorded during the run. "It is rare to encounter subjects who are willing to push themselves to such extreme limits," Dr Newton said. "Stephen's record attempt will allow us to gather useful information about the human body while under-



taking endurance exercise such as hydration, muscle damage and the control of sugar levels to prevent hypoglycaemia”.

**Martin Fryer and Jo Blake** ranked 5th and 6th in 24hr men's world rankings for 2009. **Susannah Harvey Jamieson** ranked 21 in women's world rankings for 24hrs. **Andrew Johnson** was ranked 3rd in men's 12 hrs

In March in Athens, **Wolfgang Schwerk** won the 1000 miles World Cup 11:23:18:32, establishing a new M50 age group record. This race was part of the IAU Athens International Ultramarathon Festival 2010, and distances/times contested were: 24 hrs, 48 hrs, 72 hrs, 7 day, 1000 miles.

**Mongolia and Monaco** have been received as the 49th and 50th IAU members respectively.

**The upcoming IAU events for 2010 and 2011 are:**

**May 13 2010:** 24 Hour World & European Championship, Brive (France)

**August 29 2010:** 50km Trophy Final, Galway (Ireland)

**November 7 2010:** 100km World &

European Championship, Gibraltar  
**July 2011:** World Trail Challenge, Connemara (Ireland)

**September 10 2011:** 100km World & European Championship, Winschoten (Netherlands)

The IAU has struck a new agreement with the **World Masters Athletics (WMA)**. The two associations have a long history of joining forces in providing ultra events to our athletes. This year will see a return of the Masters event with the 100km World Championship in Gibraltar.

There have been some **changes to IAU Guidelines** in recent months. The most important change is related to the **drinking and refreshment zones**.

**IAAF rule 240. 8. e:** Such authorised persons may not enter the course nor obstruct any athlete. They may hand the refreshment to the athlete either from behind, or from a position no more than one metre in front or to the side of, the table.

The consequence of this change in the rules is that from now it is forbidden to accompany the runners in the refreshment zone. It is only permitted that Supporters can only

hand over drinks or provide other support, by their own table.

**IAAF rule 141 Age groups**

The following definitions apply to the age groups recognised by IAAF:

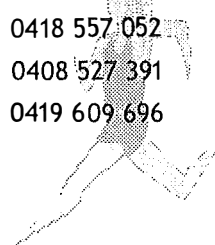
**Master Men and Women:** Any athlete who has reached his/her 35<sup>th</sup> birthday for stadia events and his/her 40<sup>th</sup> birthday for out-of-stadia events.

**Athletes with prosthesis** may compete in a race, *if the racecourse is suitable for disabled athletes*. The artificial limb, with or without a shoe, must not be constructed so as to give an athlete any unfair assistance, including by the incorporation of any technology which will give the wearer any unfair advantage (IAAF rule 143. 2). All types of competition shoes must be approved by IAAF.

The **AURA AGM** was held on April 20. Originally scheduled to be held at Brett Saxon's home, the venue had to be changed at the last minute when Brett was stranded on the other side of the world due to air travel disruptions caused by the volcano in Iceland.

# AURA Contacts

Position	Name	Email	Telephone
Membership secretary	Brett Saxon	brsaxon@bigpond.net.au	0418 557 052
Events liason /Vice president	Robert Boyce	rboyce@easterntrees.com	0417 557 902
Apparel & trophies	Sandra Howorth	s_sandyhow@optusnet.com.au	0407 301 058
Ultramag editor	Julia Thorn	juliathorn@rocketmail.com	0414 776 766
Consulting editor	Kevin Cassidy	kevinetof@gmail.com	0425 733 336
Records and rankings	David Billett	davidbil@adam.com.au	08 8278 6623
Chairman of selectors	Paul Every	pevery@zoo.nsw.gov.au	02 9482 8276
Historian and archivist	Phil Essam	pessam@bigpond.net.au	0407 830 263
Aura webmaster	Ian Cornelius	icorneli@bigpond.net.au	0408 527 391
Treasurer	Jo Blake	jblake@cjeffery.com.au	0414 554 469
Secretary	Brett Saxon	brsaxon@bigpond.net.au	0418 557 052
President	Ian Cornelius	icorneli@bigpond.net.au	0408 527 391
Advertising and race liaison	Peter Brett	peter@pbrunning.com.au	0419 609 696



**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





## > membership form

current memberships are due for renewal on January 1, 2009

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

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

### membership application/renewal

GIVEN NAME			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

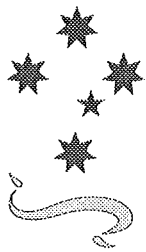
Membership	Full members: \$80 Family members#: \$100 Age concession 60 and over, or pensioner or seniors card holder: \$40 Juniors - 20 and under: \$40 Non-competing members: \$30 Race Directors*: \$30 Volunteers*: \$30 Ultramag subscription only*: \$30 # immediate family only and one copy of Ultramag 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"/>	Exp date	<input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/>		

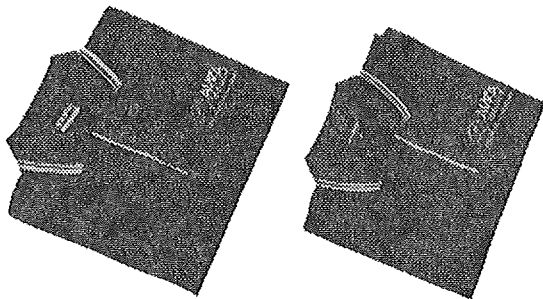
Post to AURA Membership Secretary  
 Brett Saxon P.O.Box 119 Keilor Vic 3036  
 Fax: 03 9336 7767

**aura**  
 in it for the long run



**aura**  
australian ultra runners association inc.

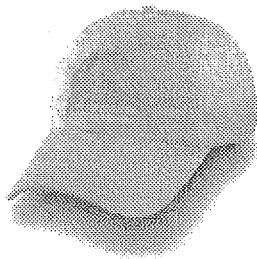
# apparel



## » 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



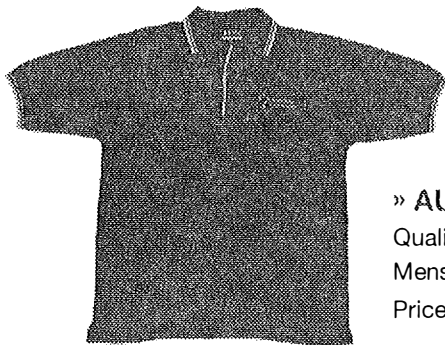
## » AURA mesh cap

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)				\$



# Follow the Leaders



## GU Energy Gel

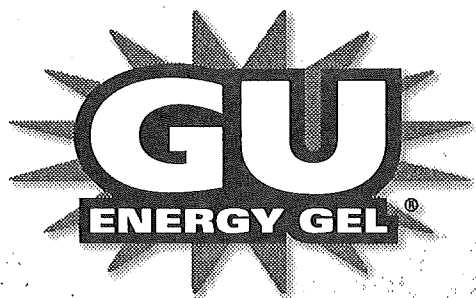
Provides what you need for premium exercise fuel.  
Available in 8 flavours



## GU Ractane Energy Gel

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

**Simple to take, simple to digest, GU Energy Gel provides just what you need for premium exercise fuel and none of the extras that slow you down.**



## GU Chomps

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



## GU20 Sports Drink

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

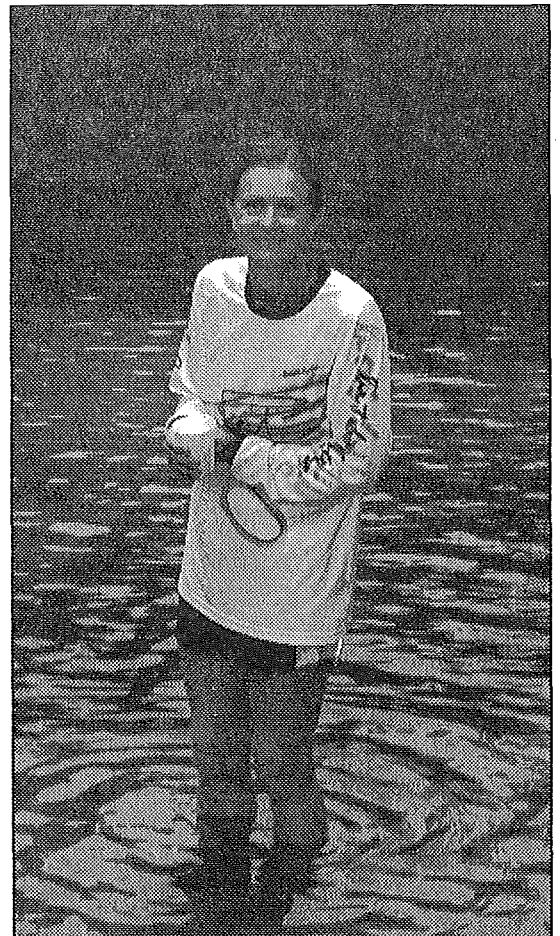
Contact GU: Phone/fax: (02) 9524 1867 Email: [gu.sports@bigpond.com](mailto:gu.sports@bigpond.com) [www.gusports.com.au](http://www.gusports.com.au)

## **The following members have joined or renewed**

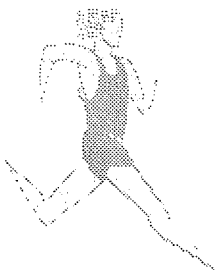
for the current year, and it is a pleasure to meet you or have you back:  
Annulf Riedl, Mark Swinkels, Chris Noble, Baz Skelton, Matt Blundell, Lisa Harvey-Smith, Robert Partridge, Chris Kelly, Bethany McCarthy, Ruth Dover, Lee Rice, Andrew Selby Smith, Stephen Courtney, Delyth Lloyd, Nicole Mueller, Marcus Warner, Graham Osborn, Kerrie Muir, Simon Tru-sler, Michelle Thompson, Laurie Hennessey, Mark Wenn, Marie Boyd, Cheryl Symons, Steve Jordan, Matt Cheesman, Dan Beard, Carole Adam, Neil Hawthorne, Warren Ansell, Sarah Thompson, Stuart Gibson, Marie Doke, Leanne March, Dave Graham, Stuart Elliott, Terry Cunningham, Deb Nicholl, Melanie Ward, Angela Lemanis, Andrew Tuckey, Myles Bouvier-Baird, Terrie Stevens, Eric Louw, Rohan Day, Natalie Esparon, Brian Jones, Beth Cardelli, Lisa Lucas, Cameron Gillies, Karen Tainton, Miranda Price, Jane Allardice, Michael Jones, Emily Novak-Niemela, Eoin O'Beara, Mick Banfield, Karen Tainton, Mike Harvey, Colin Williams, David Staehr.



*Left: Peter Gray finishes his 10th Frankston to Portsea*



*Right: Lynn Davies at Washpool*





Born in 1916

**KARHU** 

# Finland's Legendary running brand.



**Pekka Vasala**  
1972 Olympic Gold Medalist



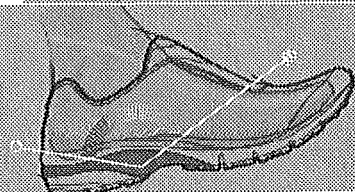
BEST  
**RUNNERS**

DEBUT  
MARCH 2009

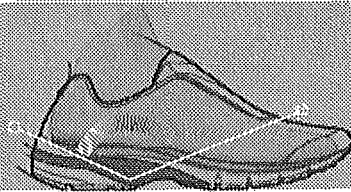
Our patented fulcrum technology

»»»»» fulcrum 

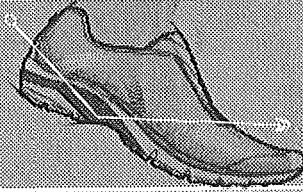
**1 FEEL** »» TRANSITION OF PRESSURE TO ENERGY »»



**2 RIDE** »» ACTIVATION OF FORWARD MOMENTUM »»



**3 STRIDE** »» MAXIMUM HORIZONTAL VELOCITY »»



»» Experience the natural ride and feel™

[www.karhu.com](http://www.karhu.com)





# Race Results

## Maroondah Dam 50km Victoria, 14 February 2010

1 Stuart Gibson	4:41:26
2 Bryan Ackerly	5:03:57
3 Rohan Day	5:21:23
4 Greg Love	5:23:22
5 Geoffrey Moulday	5:25:00
6 Brett Worley	5:26:12
7 Justin Scholz	5:33:48
8 Raymond Waschl	5:39:32
9 Jeff Rudd	5:41:45
10 Joe Murphy	5:50:59
11 Nikki Wynd (1F)	5:51:36
12 Kelvin Marshall	5:53:35
13 Steve Appleby	6:00:30
14 Dan Beard	6:02:35
15 Malcolm Gamble	6:05:18
16 Nick Mesher	6:07:15
17 Arnstein Prytz	6:11:57
18 Vance Smith	6:13:05
19 Lisa Wilkinson (2F)	6:16:37
20 Zara Culican (3F)	6:16:55
21 Shane Lewis	6:26:20
22 Robert Hall	6:29:40
23 Mark Wenn	6:30:29
24 Matthew Webb	6:31:05
25 Peter Hyland	6:36:24
26 Toby Wiadrowski	6:36:24
27 Baz Skelton	6:36:24
28 Chris Wilson	6:39:35
29 Suzie Spangler (4F)	6:40:20
30 Darren Mooney	6:41:50
31 Marcus Warner	6:43:54
32 Lisa Lucas (5F)	6:54:12
33 Alistair Cowan	6:59:57
34 Terrie Stevens (6F)	7:22:51
35 Paul Field	7:22:57
36 David Stevens	7:22:57
37 Natalie Esparon (7F)	7:22:57
38 Patrick Carey	7:26:23
39 Barry Green	7:26:23
40 Jon Gee	7:29:44
41 Mick Corlis	7:52:28
42 Richard McCormick	7:52:28
43 Michael Thompson	8:05:07
44 Andrew Hewat	8:05:25

## Perth 6hr/12hr WA, 28 February 2010

This was the inaugural race, held on the track at Cannington, an eastern suburb of Perth. Race director is Nathan Fawkes.

12 hr	km
1. David Kennedy	118.491
2. Nathan Fawkes	110.864
3. Susannah Harvey J 1 <sup>st</sup> F	103.866
4. Daniel Kehoe	91.43
5. Steve Hince	80.37

6 hr	
1. Mark O'Keefe	59.784
2. Rob Donkersloot	57.748
3. Kate Sommerville 1 <sup>st</sup> F	46.209
4. Jonathon Phillips	45.003

## Coburg 6 hour Victoria, 7 March 2010

### Male

1 COOK, Dean	79.594
2 TRUSLER, Simon	69.384
3 WEBB, Matt	67.073
4 SCHWEBEL, Ron	66.074
5 BEARD, Dan	64.586
6 DEVINE, Allan	63.524
7 SCHOLZ, Justin	62.213
8 BLACK, Paul	60.210
9 MARSH, Trevor	59.656
10 MURRELL, Michael	59.039
11 FIELD, Paul	58.458
12 MARSH, Ken	58.430
13 SAMIR, Shadi	48.633
14 AL MANSOORI, Ahmed	45.986
15 WILLIAMS, Roland	43.200
16 BREE, David	43.200
17 MOORE, Andrew	42.800

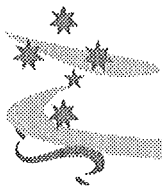
### Female

1 SCHOLZ, Sharon	71.927
2 BREMNER, Kerrie	67.464

## Wild Endurance 100km Teams event Blue Mountains, 1 May 2010

### Results - top 20 teams

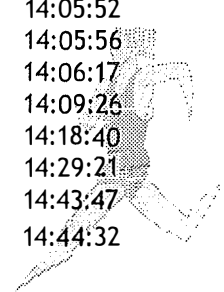
Team name	Category	Hours
1. Grass is Greener	Male	13:14:00
2. Sweat	Male	15:53:00
3. iRun	Mixed	16:36:00
4. Mountain Walkers	Mixed	17:20:00
5. Happy Feet	Female	19:59:00
6. The Koala Eaters	Mixed	20:01:00
7. Wallys Walkers	Male	21:25:00
8. Monkey Magic	Mixed	21:51:00
9. Alcoholics Anonymous	Male	22:52:00
10. Veldtskoens	Male	22:54:00
11. The Blister Sisters	Female	22:56:00
12. Team Anteater	Male	22:59:00
13. 8 Peaks	Female	23:23:00
14. Hard Yards	Male	23:24:00
15. Barking Mad 2	Female	23:28:00
16. Faithful Loins	Mixed	23:35:00
17. Eager Beavers 1	Female	23:43:00
18. TBS	Mixed	23:45:00
19. Pommie Granites	Male	24:03:00
20. Attunga1	Male	24:59:00

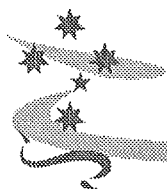


# Cradle Mountain Run

Tasmania, 6 February 2010

Name	Pelion Split	Windy Ridge Split	Narcissus Split	Lake Split	Finish Time
1. Allan Hood	3:22:41	2:11:51	1:05:17	2:03:17	8:43:06
2. Dave Heatley	3:22:47	2:21:30	1:08:02	2:11:07	9:03:26
3. Aubrey Henricks	3:20:55	2:18:22	1:26:53	2:12:06	9:18:16
4. Damian Smith	3:28:28	2:45:31	1:08:13	2:12:15	9:34:27
5. Roland Trease	3:50:36	2:45:25	1:08:11	2:20:50	10:05:02
6. Keith Mearns	3:57:59	2:35:41	1:10:44	2:25:21	10:09:45
7. John Cannell	3:49:26	2:48:35	1:12:16	2:22:38	10:12:55
8. Michael Taylor	3:46:31	2:47:59	1:20:06	2:21:13	10:15:49
9. Brian Jones	4:11:44	2:43:29	1:12:11	2:12:01	10:19:25
10. John Claridge	3:31:12	3:02:12	1:17:59	2:36:42	10:28:05
11. Iestyn Lewis	4:03:07	2:53:30	1:31:37	2:38:52	11:07:06
12. Jason Vaughan	4:15:55	3:01:34	1:24:51	2:24:56	11:07:16
13. Caroline Pivetta 1 <sup>st</sup> F	4:15:51	3:01:33	1:24:50	2:25:03	11:07:17
14. Paul Carmody	4:39:25	2:57:29	1:17:30	2:27:36	11:22:00
15. Will Morrie					11:25:02
16. Chris Turnbull	4:30:30	3:00:41	1:21:55	2:33:16	11:26:22
17. Simon Krantzcke	4:22:39	3:04:02	1:19:16	2:40:49	11:26:46
18. Sue Rundle 2 <sup>nd</sup> F	4:24:03	2:55:15	1:23:13	2:48:56	11:31:27
19. Gary Noall	4:27:30	2:43:35	1:21:46	3:01:12	11:34:03
20. Patrick Hodgins	4:38:58	3:02:40	1:18:38	2:39:21	11:39:37
21. James Terpening	4:08:17	3:00:08	1:29:32	3:02:08	11:40:05
22. Keith McKay	4:15:41	3:16:42	1:28:03	2:44:40	11:45:06
23. Andrew Hewat	4:16:12	3:08:04	1:26:39	2:58:38	11:49:33
24. Nathan Timms	4:30:18	2:56:49	1:26:56	2:56:53	11:50:56
25. Marcel Brown	4:26:37	3:01:39	1:29:50	3:00:15	11:58:21
26. Jane Shadbolt 3 <sup>rd</sup> F	4:40:09	3:00:51	1:28:22	2:49:03	11:58:25
27. Mick Purton	3:37:20	2:55:57	1:37:38	4:07:26	12:18:21
28. Lee Rice	4:44:12	3:20:53	1:33:26	2:47:36	12:26:07
29. Michael Handley	4:48:37	3:13:11	1:29:26	2:59:53	12:31:07
30. Justin Jones	4:48:56	3:36:25	1:17:53	2:55:06	12:38:20
31. Karen Todd 4 <sup>th</sup> F	4:23:08	3:34:40	1:39:00	3:13:19	12:50:07
32. Cameron Gillies	4:56:16	3:28:29	1:37:06	2:49:27	12:51:18
33. Jenny Casanova 5 <sup>th</sup> F	4:23:49	3:27:02	1:40:46	3:22:04	12:53:41
34. Richard Barnes	4:55:25	3:14:36	1:32:47	3:11:12	12:54:00
35. Virginia Forbes 6 <sup>th</sup> F	4:39:21	3:21:03	1:39:29	3:14:26	12:54:19
36. Julie Huggard 7 <sup>th</sup> F	4:39:14	3:21:12	1:39:42	3:15:05	12:55:13
37. Kevin Collins	4:55:05	3:26:59	1:33:59	2:59:41	12:55:44
38. Joanna Sinclair	4:55:00	3:09:52	1:33:47	3:17:55	12:56:34
39. Andrew Palfreyman	4:30:22	3:33:40	1:39:01	3:14:24	12:57:27
40. Paul Monks	4:23:55	3:46:14	1:44:06	3:15:55	13:10:10
41. Doug Strohfield	4:38:39	3:25:16	1:46:50	3:20:36	13:11:21
42. John Marshall	4:40:13	3:30:02	1:52:30	3:22:55	13:25:40
43. Dale Lancaster 8 <sup>th</sup> F	5:02:01	3:36:06	1:47:50	3:20:16	13:46:13
44. Dave Ross	4:30:16	3:52:24	1:54:30	3:29:06	13:46:16
45. Karen Pedley 9 <sup>th</sup> F	5:03:55	3:48:17	1:45:32	3:16:14	13:53:58
46. Karen Cole 10 <sup>th</sup> F	5:03:52	3:48:38	1:41:58	3:19:31	13:53:59
47. Peter Brett	4:20:48	4:05:05	2:09:14	3:30:13	14:05:20
48. Sarah Leslie 11 <sup>th</sup> F	5:01:22	3:37:42	1:46:57	3:39:22	14:05:23
49. Pip Jamieson 12 <sup>th</sup> F	5:01:56	3:31:37	1:43:44	3:48:35	14:05:52
50. Peter Duncan	4:48:02	3:45:24	1:43:56	3:48:34	14:05:56
51. Jonathan Papalia	4:48:09	3:45:14	1:44:04	3:48:50	14:06:17
52. Glen Wake	5:12:08	3:41:52	1:46:51	3:28:35	14:09:26
53. Paul Albanis	5:04:28	3:48:55	1:47:36	3:37:41	14:18:40
54. Steve Pizzey	5:11:18	3:40:11	1:49:10	3:48:42	14:29:21
55. Elizabeth Bennett 13 <sup>th</sup> F	5:13:53	4:00:49	1:33:48	3:55:17	14:43:47
56. Andrew Mathers	5:38:03	3:47:27	1:27:59	3:51:03	14:44:32





# Caboolture Dusk to Dawn

Queensland, 13 February 2010

## Race report by Deb Nicholl

Six weeks out from the Caboolture Dusk 'till Dawn a fellow ultra runner Warren Lane sent me an email link with the words "what do you think about this one Debs". I was intrigued to read of multiple races being run simultaneously on the same 0.5km off road circuit within the Caboolture Historical Village on Queensland's Sunshine Coast.

Buoyed by my 100km Glasshouse Mountains trail run back in September 2009, I thought "How much harder can an extra 2 hours of running be?" The fact that most of it was going to be run in the cooler hours of darkness (or so I thought) added to the appeal. I responded with an emphatic "Why not".

In the days leading up to the event I treated myself to a few sleep-ins knowing that being well rested would be vital. When the day finally arrived I ventured to the supermarket to stock up on all the goodies that would help me thru the night. Not the least Coca Cola to keep me awake during the midnight hours.

I arrived in plenty of time so I could relax and socialise with my running friends, their families and other support crews. At 6pm the record number of entrants set off at various paces depending on the respective times or distances they were aiming to achieve. The first few hours passed with lots of fun and laughter and for me at a pretty solid pace. As the race progressed, lap after lap, the inspiration and support I received from the likes of Carol Lane my awesome lap scorer and so many of the other runners and supporters helped keep me on track.

My iPod was a saviour during the wee small hours when the mental battle in the heat and humidity really

kicked in. I focused on trying to keep a good rhythm going, allowing myself the respite of a couple of walking laps. These helped me to a better place, mentally and physically. In the last few hours Chris Noble (winner of the 6 hour event), Carol Watson Wingreen, Bruce Hargreaves and many others provided me with the fuel and encouragement that I desperately needed to get to the finish line.

As day dawned and the race clock neared 12 hours I was overwhelmed with all the amazing support I was receiving from so many people around the circuit. When the countdown was completed I felt relieved and emotional that I had DONE IT. My reward was 131.741kms and the bonus of a course record.

The event was extremely well run thanks to Geoff Williams and his team. The funds raised will help keep the Caboolture Historical Village going and hopefully alive to host future events. The camaraderie was amazing.

Ed note: Debbie's performance is also a New Zealand record, an Australian all comers record and bettered the best ranked female performance in the world for 2009.

## Results

12 hour	Kms
1. Deb Nicholl (F)	131.741
2. John Pearson	123.593
3. Colin Solomon	115.784
4. Michael Lovric	115.657
5. Malcolm Gamble	105.900
6. Lisa Spink (F)	103.581
7. Geoff Last	100.440
8. Belinda Lockwood (F)	100.273
9. Eric Quevauvilliers	98.347

10. Peter Davies	96.534
11. Peter Bennett (w)	95.241
12. Paul Ewing	94.668
13. Peter Robinson	91.775
14. Elizabeth Swain (f/m)	91.898
15. April Parmelee (f/m)	89.449
16. Ian Valentine (w)	85.000
17. Alun Davies	83.100
18. Richard Bryson	80.660

6 hour	
1. Chris Noble	71.5
2. Danny Hooley	67.598
3. Nigel Waddington	66.752
4. Brendan Grey	65.507
5. Baz Skelton	60.763
6. Julie McCallum (F)	62.361
7. Barry Scott	55.606
8. Michael Bostock	54.710
9. Cassie Smith (F)	48.519
10. Andrea Colbert (F)	43.307
Paul Black - midnight starter	54.500

50km	hrs
1. Glenn Lockwood	4:33:51
2. Kelvin Marshall	4:39:13
3. Roger Guard	4:43:07
4. Di Miller	6:39:37

100km finisher  
Warren Lane



*"many others provided me with the fuel and encouragement that I desperately needed to get to the finish line"*





# The Four Beaches 50K - trail

## Report by Holly Ranson

Northern Tasmania's first ultramarathon looks to have booked itself a permanent spot on the state's running calendar after a successful inauguration earlier this year. Thirty-four competitors representing Tasmania, Victoria, NSW and even France attempted the first Four Beaches 50 kilometre run on Sunday, February 28. The race started at Greens Beach, a small coastal town where the Tamar River meets Bass Strait, when the first rays of light allowed runners to see the silhouettes of trees in the semi-darkness.

It was single file only to start with, a soft sandy track providing a nice running surface but a canopy of trees keeping visibility to a minimum. After 6km of this coastal track the field ran into the open to find cool overcast conditions on the 5km stretch of Badgers Beach. At low tide the beach was flat and hard and the far end marked the first aid station of the course.

From there it was into the bush on the narrow undulating walkers' track through Narawantapu National Park. A cove made of deep soft sand and loose rocks provided a brief break mid-way and it was necessary to keep a keen eye out for fluoro tape to avoid missing the track where it turned back into the bush. Seven kilometres from the half-way mark runners emerged onto the last of the four beaches. The sun also emerged at this time, illuminating the long stretch of Bakers Beach with the half-way aid station at the end. The first competitor to reach it was Launceston's Kate Pedley who ran the first 25km in 1:58 but then tagged out and let her partner William Pett complete the race as a relay. They were the only competitors to break four hours for the full course, finishing in 3:59.

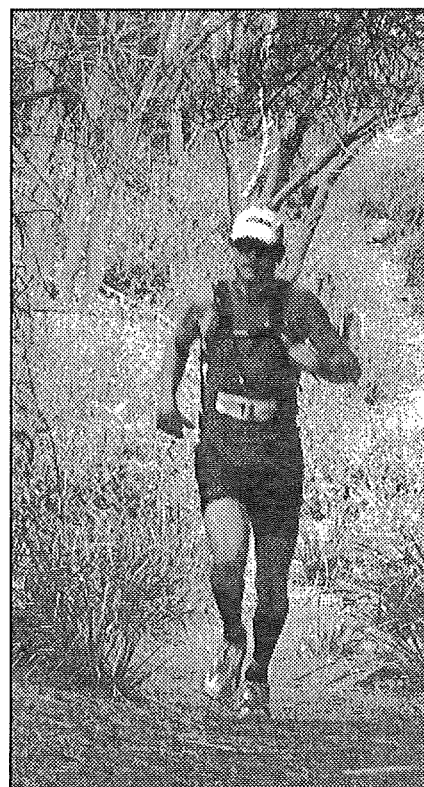
The leading individual runners were Three Peaks runners Charles Gunn and John Claridge, of Launceston, and Hobart's Allan Hood, who ran as a group for almost the entire race. Despite winning and finishing 10th in the 82km Cradle Mountain Run three weeks before, Hood and Claridge kept up with Gunn to make the half-way mark in exactly two hours. But Gunn proved too strong on the return, which threw up a variety of challenges. The tide turned, steadily decreasing the area of hard sand available to run on and increasing the slope of the 7km beach return, making it relief to reach the trail at the end of the beach and use some different muscles climbing to the top of a hill. From here there were spectacular views of the sparkling blue water and coastline, but with the sun now higher in the sky and steadily warming, the overgrown bush track ahead was appealing.

After the last aid station at 39km was the most challenging bit of the race: crossing Badger's Beach at high tide. The going was tough across mounds of large, loose rocks and sloping terrain. The final 6km was on mostly flat bush track allowing the occasional glimpse of the sea and the deceptively close Greens Beach. Gunn eventually dropped Hood and Claridge to win the race in 4:08, five minutes ahead of Hood and 11 ahead of Claridge. Launceston's Jim Finlay finished fourth in 4:21. Fifth finisher and first female was Holly Ranson, also of Launceston, who shook off a challenge from Beaconsfield ironwoman Amy Hinds to win in 4:44. Hinds came home seven minutes later and NSW's Stephanie White was the third female in 5:30. The last finisher clocked in at 6:54. The race was declared a huge success and plans are already under way for a bigger and better event next year.

## Results

1 Charles Gunn	4:08:16
2 Allan Hood	4:13:35
3 John Claridge	4:19:37
4 Jim Finlay	4:21:40
5 Holly Ranson 1 <sup>st</sup> F	4:44:30
6 Michael Meredith	4:44:31
7 Amy Hinds 2 <sup>nd</sup> F	4:51:34
8 Chris Dalton	4:52:50
9 Rob Tatchell	5:00:33
10 Tony Robin	5:06:34
11 Andrew Leitch	5:10:19
12 Gary Stoward	5:16:15
13 Julian von Bibra	5:22:04
14 Peter Vocke	5:30:18
15 John Cannell	5:30:18
16 Stephanie White 3 <sup>rd</sup> F	5:30:18
17 April Palmerlee 4 <sup>th</sup> F	5:47:20
18 Steve Gibbons	5:54:23
19 Paul Cairns	5:54:23
20 Nathan Riley	5:54:23
21 Neville Sweetman	5:54:55
22 Dean Radford	6:27:59
23 Christine Brown 5 <sup>th</sup> F	6:48:39
24 Carolyn Mills 6 <sup>th</sup> F	6:54:00

Jim Finlay



# Four Beaches Trail winner interview

By Pip Lees

From road running to triathlon training and ultra-marathoning, Launceston's Holly Ranson has made a stealthy rise into elite circles. In less than two years of training, the 22-year-old has developed a taste for long-distance events and successfully took on her first ultra-marathon this month.

There was no easing into the challenge for Ranson; without ever even running a regular 42-kilometre marathon she went on to win the 50 kilometre event. "Well I thought it would be fun and a good challenge," Ranson said. "Once you reach a certain level you know you can push yourself and keep getting better."

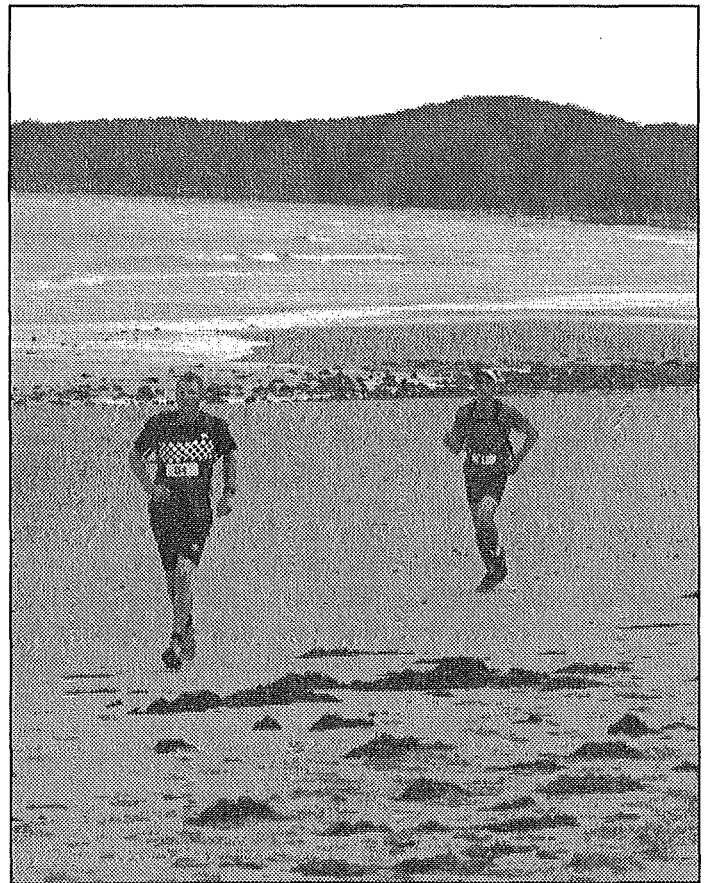
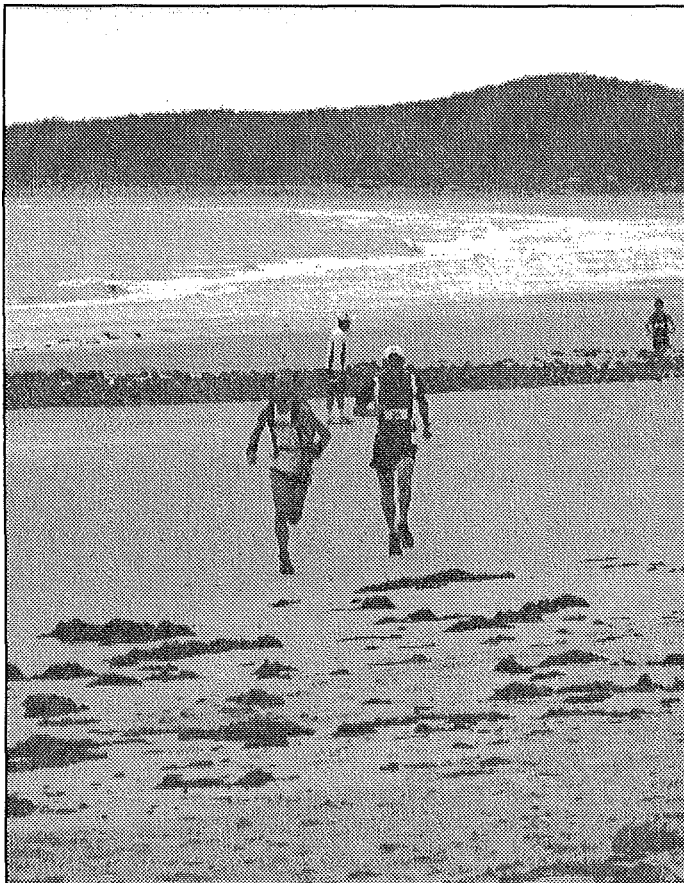
Despite winning the race she said she only incorporated several longer runs along with her regular triathlon training in preparation for the event. The Four Beaches 50km run was a first for Tasmania and Ranson took home an unusual prize. "I got a plastic bucket with a princess on it and spade with a stuffed Kookaburra in it and it had a plaque on it. Peter Brett who runs it, he is a little bit different."

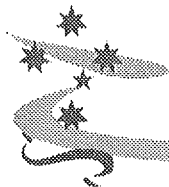
Ranson said she has only recently realised her running potential. She started two years ago with an attempt at the Launceston Ten and has since made an attempt at races across the board, including triathlons, road races and overland events. She also came ninth in Hobart's Point to Pinnacle last year, a

21-kilometre mountain climb.

"I had always done a bit of running for fitness but then started training with a group for the Launceston Ten." She said running with the Launceston Athletics Club helped her to progress thanks to support and advice from fellow runners. "I was going to a run out at Bishopsbourne during the LAC season last year. I thought the start was 1pm but it was actually noon and I drove up wondering why I could see so many people running, then saw that the clock had already started," Ranson said. "By the time I got changed and sprinted over the line I'd already missed my mark by about 10 minutes but the adrenaline obviously helped and I had a great run, I even passed a guy who had spent all morning at swimming training telling me he was going to thrash me."

*Leaders at the 11km mark; Andrew and Tony*





# Great Ocean Run

NSW, 21 March 2010

## Report by race director Steel Beveridge

An international flavour pervaded this year's running of the Great Ocean Run from Red Rock to Coffs Jetty with Norwegian Dagroed Hilland winning in fine style before being presented with his 'golden thong', t-shirt and certificate by one of the original Ironman triathletes, American Dave Orlowski.

Hilland, 29, who is on a teaching contract with Bond University, was kept company to the halfway point at Sandy Beach by his training partner Peter O'Sullivan who then elected to run with his female teammate Stephanie O'Connor. This left Hilland to find his own way to the finish which he managed without too much difficulty. After O'Sullivan backed off the pace Mark Parsonson from Caboolture moved into second place with Yamba's Kevin Duncan claiming third. All three place-getters bettered 4 hours, making the most of the best conditions for the 45 kilometres journey in over a decade.

First lady to finish was the evergreen Angie Grattan who had overcome pneumonia and a very negative medical report to run the course in 5.08.18. Grattan from Browns Plains is the most experienced Red Rock to Coffs woman runner which is in contrast with first-timer Ruth Tutton from Nerang who crossed five minutes later in second. Third female was another Gold Coast runner, Suzy Smith.

The first Coffs Coast local was Matt Nolan who finished in 4.38.10 while the first local lady was Diane Holt from Safety Beach who clocked 5.48.33. In all four local ladies went the distance with one, Jenni Williams, getting ready to join Dave Orlowski on the start line for the Port Macquarie Australian Ironman Triathlon the following week.

While every runner has their own story Seniors Week could not have had a better introduction than the effort of 79 year old Beryl Kemp from Nambucca. Beryl finished the full course positively beaming with vitality. She becomes the most senior finisher in the event's history. And only she is likely to break that record.

Prolific ultra marathoners Kelvin Marshall and Peter Gray logged their 239<sup>th</sup> and 250<sup>th</sup> ultra respectively. For Gray it was his tenth finish at the Jetty. Bob Beer and Peter McKenzie completed their fifteenth Great Ocean event while Bomber Hutchinson made it to five. Five races earns a commemorative surf hat, ten and fifteen earn special shirts.

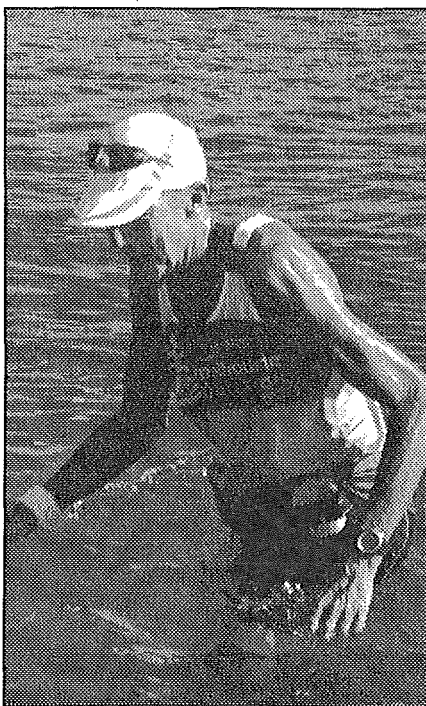
The organisers were grateful to sponsor Poolside Water World, Coffs Harbour Yacht Club where the presentation was held and to those who gave of their time to assist on the course and with catering. It was also pleasing to have Dave Orlowski present to assist race record-holder Jim Bennington with the presentation of the commemorative thongs to the finishers.

## RESULTS

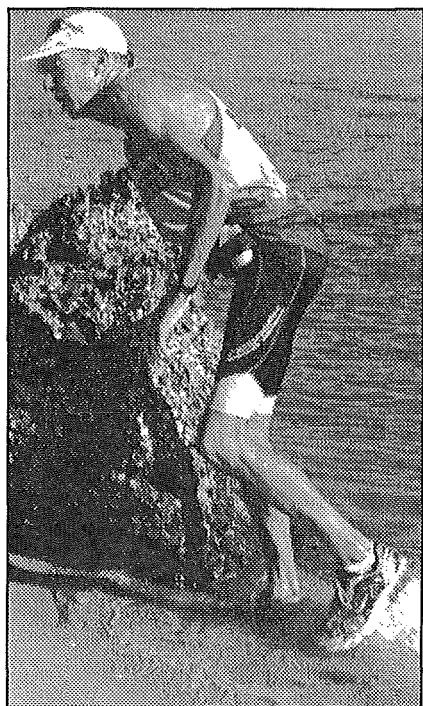
**MALE** Dagroed Hilland 3.37.48, 1; Mark Parsonson 3.53.38, 2; Kevin Duncan 3.59.05, 3; Kelvin Marshall 4.06.55, 4; Grant Czarowski 4.13.35, 5; Peter O'Sullivan 4.23.11, 6; Daniel Frahn 4.24.00, 7; Michael Smart 4.24.01, 8; Steve Hayes 4.29.20, 9; Matt Nolan 4.38.10, 10; Paul Cooper & John Rose 4.38.37, =11; Peter McKenzie 4.40.03, 13; Joe Mollica 4.40.07, 14; Bob Beer 5.02.43, 15; Bomber Hutchinson 5.08.00, 16; Rob Downton 5.23.25, 17; Bill Wollin 5.26.25, 18; Derek Morrall 5.31.33, 19; Chris Cohen 5.44.28, 20; Grant Sawtell 5.52.11, 21; Glen Duggan 6.00.11, 22; Paul Mugridge 6.17.30, 23; Gary Barton 6.35.55, 24; Alan Cossey 7.12.17, 25; Peter Gray 8.59.11, 26.

**FEMALE** Angie Grattan 5.08.18, 1; Ruth Tutton 5.13.18, 2; Suzy Smith 5.28.37, 3; Diane Holt 5.48.33, 4; Sally Teniker 5.58.16, 5; Robina Unwin 6.28.20, 6; Jenni Williams 6.29.29, 7; Tracy Austin 6.33.00, 8; Diana McKenzie 6.52.31, 9; Amanda Mugridge 7.12.16, 10; Beryl Kemp 8.47.38, 11.

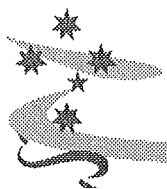
*Bill emerges*



*And finally on land.*







# Alpine Challenge 100mile/100km

Victoria, 20 - 22 March 2010

## Report by race director Paul Ashton

Records tumbled in brilliant running conditions in the third Mind Alpine Challenge held over 2 days in the Alpine National Park in North East Victoria over 20 - 22 March.

With two distances 100 miles (160km and over 7,000m of ascent and descent) and 100km available participants could choose from Solo Endurance, Team Endurance and Team Relay participation as they tested themselves over some of the toughest, highest and most exposed country in Australia.

This year 68 runners fronted the start line, up from 18 runners in 2008. The quality field included 49 men and 19 women, up from one

female runner in 2008. Participants came from Singapore, Queensland, NSW and Victoria and were supported by a team of 25 volunteers manning first aid, radio, transport, sweeps and a plethora of other roles as well as participants' individual support crews.

A pre run briefing attended by over 100 runners, walkers and supporters saw pictures of the course from 2008, learnt about great places to get lost, which rivers to fall into, and where the snakes were likely to be - needless to say everyone listened with rapt attention before turning in for a few hours sleep before the 4.30am start.

Dawn was a fair way away when runners raced off into the darkness following glow sticks for the first 500 metres to ensure that they were on the right track before crossing Rocky Valley Creek and heading 1200m up Spion Kopje to the High Country. Phil Whitten set a blistering pace arriving at the Warby Corner checkpoint in less than 2.25 before setting off for the ascent of Victoria's highest mountain, Mt Bogong. All bets were on - would Phil get to the summit of Mt Bogong before the support crew had walked in from Mountain Creek? A four and a half hour climb - would the killer climb slow him down? Or would he finally realise his potential and sail on through?

In an outstanding display of very relaxed running, Phil blew the course record of 32.45 away finishing in a blistering 27 hours. An amazing run.

Out of the 19 women, Delyth Lloyd quickly established

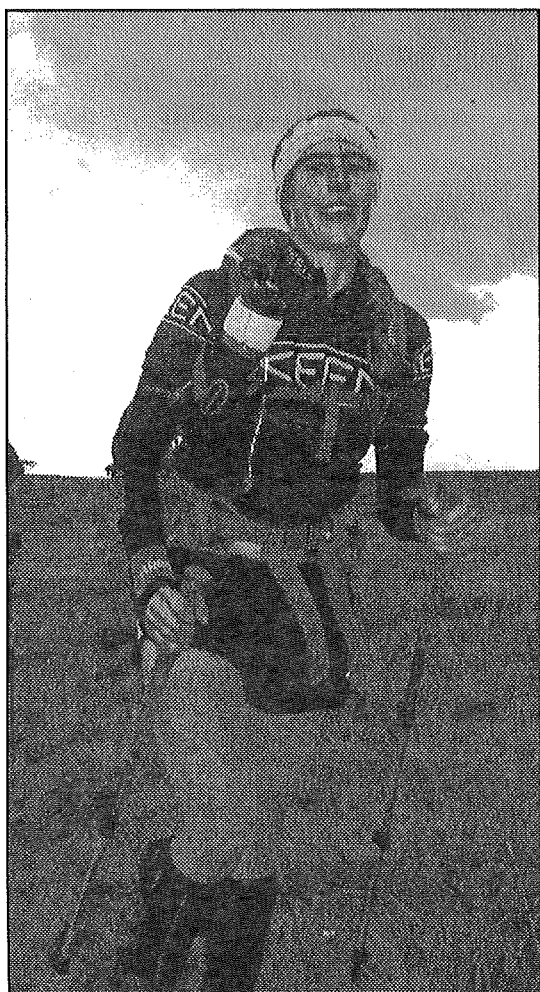


*Melanie Parker on Spion Kopje*

herself as the gun runner to watch and she finished in first place in the time of 34.47, nearly an hour and a quarter ahead of Jessica Robson's 2008 winning time.

In the mid field, runners started to struggle as they entered the first night phase with a climb up to Mount Hotham, Mt Feathertop and down the dastardly Diamantina Spur in the dark. This section was reputed to have more swearing than the rest of the course combined. Many runners found the going tough and were forced to pull out. In all 16 runners, or 24% of the field failed to finish.

Whilst the 100 milers continued to



*Delyth Lloyd crossing the high plains*

push over Mt Feathertop, the 100km runners and the relay teams moved across the course without too much difficulty - one lost a shoe in a river, and some experienced minor navigational problems.

Joe Murphy set a 100km men's record of 16.51 & Connie Stevenson took out the women's record in 21.40.

With the bulk of the field in, there were still runners out for their second night, Queensland duo Tamyka Bell and David McKinnon toughed out the conditions, putting in a superb performance of grit and determination to finish in 46.07, nearly 19 hours behind the leader. Doing it tough, they showed their mettle arriving for breakfast the next morning, happy and smiling and talking about a return in 2011.

Meanwhile back at race HQ there was a bit of consternation about the 2 Singapore teams - both attempting the 100 mile course in temperatures that we now approaching freezing. A midnight radio call from the sweep activated the event rescue plan and four runners drove to Tawonga Huts with sleeping bags,

tents, food and stoves to affect a rescue. Both groups were easily found huddled in their emergency space blankets in sub zero conditions and quickly warmed up and supported out. Eight hours latter everyone was back at camp, exhausted but safe.

All in all, some great efforts, best was the camaraderie that existed between participant and the fantastic support provided by the runners own support teams and especially by the team of volunteers who appeared over the internet and by phone offering to help out. Without them this event would not have been possible.

Also a special thanks to everyone who went out of their way to raise sponsorship. To date we have raised in excess of \$40,000 from this event. Funds go to help people living with mental health challenges to rebuild their lives, reconnect with their community, family and friends and rediscover the joys that we all take for granted.

Watch out for the event next year, March 19 - 21: 100 miles, 100 km plus the new 60km Alpine Experi-

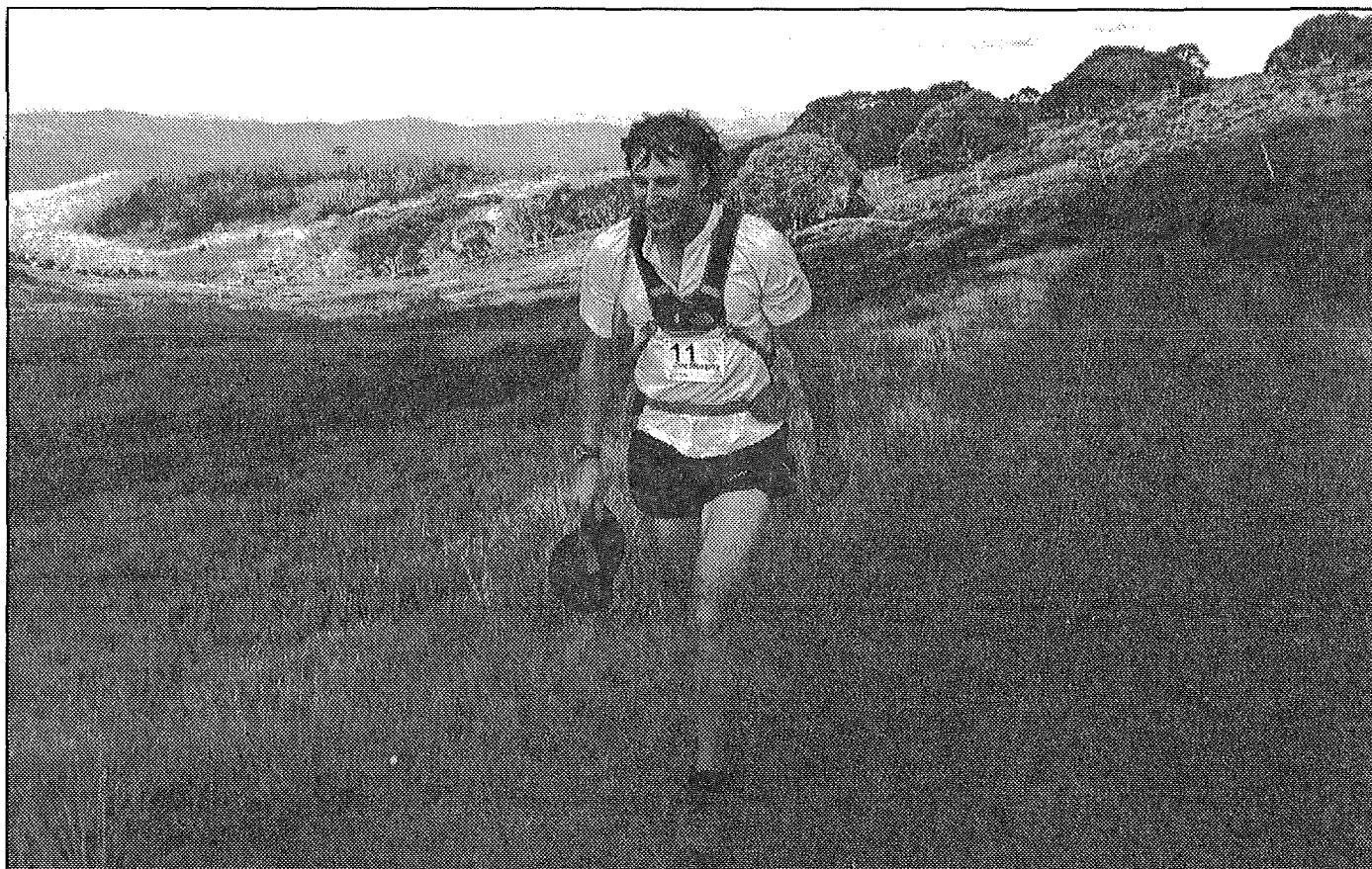
ence course - 30km per day specifically for people new to ultra running and for teams.

#### 100 mile

1. Phil Whitten 27.00
2. Darrel Robins 28.52
3. Andrew Vize 29.59
4. Brian Jones 30.52
5. Phil Murphy 33.48
6. Stewart Cowey 34.47
7. Delyth Lloyd 1<sup>st</sup> F 34.47
8. Rick Cross 35.47
9. Lee Rice 35.5
10. Tamyka Bell 2<sup>nd</sup> F 46.07
11. David McKinnon 47.07

#### 100 km

1. Joe Murphy 16.51
2. Damian Bowden 17.56
3. Peter Bignell 18.24
- 4=Nick Likane 21.22
- 4=Dmitry Likane 21.22
- 6=Connie Stevenson 1<sup>st</sup> F 21.4
- 6=Cameron Gillies 21.4
8. Dale Adamson 21.5
9. Melanie Parker 2<sup>nd</sup> F 22.5
- 9=Oliver Keaveney 22.5
- 9=Russell Jones 22.5
- 12=Leigh Murphy 30.18
- 12=Cass Murphy 30.18
- 12=Kirsty Packham 30.18



Joe Murphy near Cope Hut



# 38<sup>th</sup> Annual "Percy Cerutti" Frankston to Portsea

55 km, Victoria, 11 April 2010

## Report and photos by Race Director Kevin Cassidy

The honest truth is that I was really stressing over what was going to be a huge turnout. Controlling the start and finish was always going to be a task and a half, something that I couldn't handle alone. The explosion in numbers over the last few years has been astonishing indeed. Pulling into the car park at Frankston, the rain was belting down and the waves crashing in from Port Phillip Bay reflected the ferocity of the wind, a wind that runners would have to push into all the way to Portsea. Huddling into a small dark alcove for protection, it was here that registrations took place as the hordes started arriving.

Countless thanks to Jane Sturzaker who came good with a bright and powerful torch and her husband, Robert, for his pool of headlights. Undoubtedly, the weather kept a few "certain" starters away but ultimately, 66 runners signed in to create the largest field ever, the previous record being 45 in 2008. The check in process went smoothly due to the excellent help from the likes of Tim Ablett, Cameron Gillies, Jane and Robert Sturzaker, Malcolm Gamble, Bruce Payne, Peter Bignell, Mark Swinkels and Sandra Stewart. Apologies if I missed anyone.

These selfless individuals gave of their time at their own expense to assist at the start, crew for runners during the event and help out again managing the finish. The most significant adjustment in 2010 was the use of texta numbers. It was the only way I could track everyone at the finish.

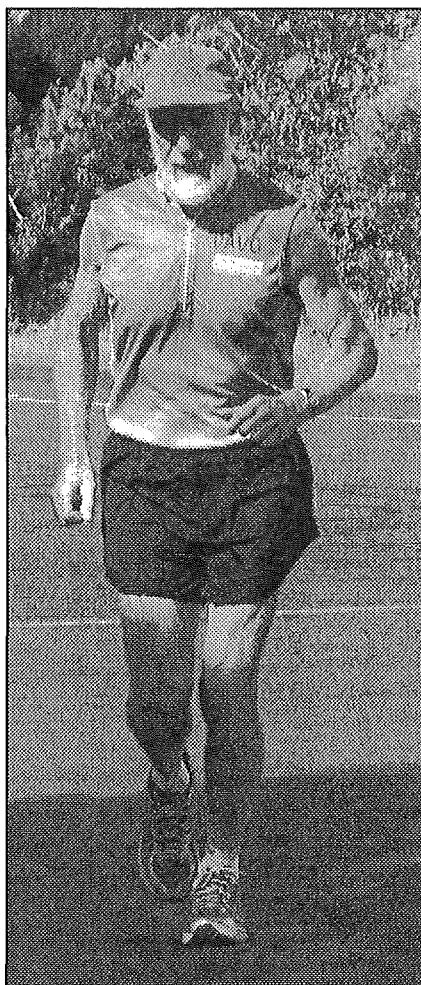
On the dot of 7am the rain had eased and all except the two early starters set off to the cheers of their many supporters from the main entrance to Kitten's Strip Club, which used to be the post office.

Unquestionably, Magnus Michelsson would be the most highly credentialed runner to have graced this event and it showed right from the

start. A World Marathon Championship representative in 2001 and boasting a 2:14 marathon best, Magnus displayed his class early.

With the rain having vanished, the heftily sized field stretched out down the Nepean Highway with the gale force winds causing havoc.

Chasing Magnus were Brett Stickland



*Dave Brelsford at Portsea*

and the colourful Rohan Day while further back, Clinton Watson, Stuart Elliott and the consistent Tory Trewitt found their rhythm. Tory was being well crewed for by World and Olympic swimming champion and one time World record holder, Michael Klim.

Leading the women was the accomplished Jane Allardice. Always smiling, Jane has the ideal disposition for running ultras. Carmen Atkinson

was not far back and looking her usual competent self.

As the front of the field passed through 10 kilometres, I caught up with the early starting Brian Glover who was pounding away comfortably and consistently.

The need to stay at the front of the field forced me to miss most of the mid pack action which I would ideally liked to have seen and recorded. Regardless, I did manage to make some quick drives back through the field to check on proceedings.

At approximately two hours, the weather deteriorated into a shocking hailstorm. Visibility was reduced to almost zero and I had to pull my car off the road. This was a time of genuine worry for me with runners and traffic sharing the road and the main pack negotiating the most exposed section of the course near the Dromana drive-in. Fortunately, it abated within ten minutes and blue sky re emerged. Make no bones about it, 2010 dished up the most horrid weather conditions that I have ever seen here in my 21 year association as either a runner and/or organiser.

At one point, I leapt out of the car to snap a photo of Michelle Donnelly and I could barely hold myself upright. Michelle was bent into the punishing wind. "Hopefully it will be bit easier once I turn at Safety Beach" she mumbled feebly. A weak smile was my only reaction as we both knew it would remain hurricane like all the way to Portsea.

Driving quickly back to the head of the field, Magnus had flown through 30 kilometres in 1:59 and had a lead that was never going to be challenged.

Somewhere around the 30 to 35 kilometre marks, women's leader Jane Allardice started fading and Carmen Atkinson rapidly took over in a strong and commanding manner.

Magnus was now getting close to 50 kilometres at Sorrento having already blown through the marathon point in 2:44. Magnus charged into



Portsea with a smile of contentment on his face some 15 minutes outside the course record. "I didn't want to flog myself in this wind with Comrades coming up" he stated flatly as he stopped the watch at 3:45:59. Clearly capable of a sub 3:30 on a good day, I'm hoping to see Magnus here again sooner rather than later.

Brett Stickland held firm to finish second as the ever reliable Tory Trewhitt came through to snatch third from the tiring Rohan Day. Clinton Watson, Stuart Elliot, Baz Skelton and Mick Banfield all hung tough to finish in the top ten.

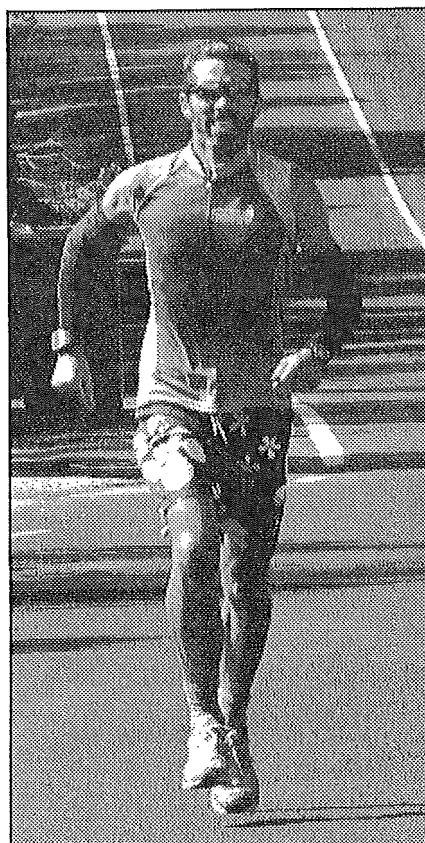
Ninth overall and first female was Carmen Atkinson in a powerful and polished display over the last 15 kilometres. Celebrating her birthday, Carmen has now chalked up two consecutive Frankston to Portsea victories, or to use a moronic football parlance, "back to back wins"!

Felicity Copp and Maureen Wilson arrived in close succession for the minor placings with the tiring Jane Allardice holding on for fourth.

The bulk of the field came in between hours five and six, with many dead heats an indication of the shared struggle against the unrelenting gale. The finish line was crammed with cars and supporters in a fashion that I could never have envisaged just a few years ago. So many crews came out to assist both their own runners and anyone else who may have needed assistance on route. Such things are typical of the ultra community. Also, I must add my apologies to the many unfamiliar faces who finished in quick succession. With my memory failing as I advance into old age, most of your names escaped me! Until I got home and sorted everything, you were all just numbers on an A4 sheet of paper!

A particular mention here to Jane Sturzaker and Sandra Stewart who managed to document times and numbers during the "peak hour" with much aplomb. The arrival of Julie Higgins was also a welcome enhancement as she efficiently dished out chocolate and mirrors to the various finishers. "This inspires me so much" she emphatically stated.

David Hughes was over the moon with his performance while there was a very evident choice for the "Guts and Determination" award.



*Rohan Day finishing*

Terrie Stevens was visibly distressed as she crossed the line having slogged it out despite hitting trouble as early as 20 kilometres.

The early starting Peter Gray rolled into Portsea and joins Geoff Hook and Max Gibbs as ten time finishers. Look for Peter to stand alone in 2011 as the most prolific Frankston to Portsea runner.

One specific sprint finish that drew a large roar panned out between Michelle Donnelly and Dane Waites. It was impossible to separate them. Dane is an extraordinary individual. A master of many sports, Dane has represented Australia at the Special Olympics. Simply google his name and you'll be both mightily impressed and inspired no end.

The wind hadn't died any but the arrivals trickled to a halt as Luke Cable meandered into the finish. "They told me I'd never run again" he philosophised. Asked why, Luke expanded on his sky diving accident two years ago that resulted in two seriously smashed up ankles! In a telling display of courage, he certainly proved his doctors wrong.

All in all, I trust that everyone who turned out enjoyed the jaunt to the bottom end of the Nepean Highway. So big has this run become, that

several things will require enhancement for 2011. Edition 39 of this event is set down for Sunday April 3rd, 2011

#### Results

1	Magnus Michelsson	3:45:59
2	Brett Stickland	4:15:33
3	Tory Trewhitt	4:22:21
4	Rohan Day	4:24:53
5	Clinton Watson	4:29:58
6	Stuart Elliott	4:41:05
7	Baz Skelton	4:42:58
8	Mick Banfield	4:43:00
9	Carmen Atkinson [F]	4:45:02
10	Toby Wiadrowski	4:45:06
10=	Dan Beard	4:45:06
12	Grant Dewar	4:45:45
13	Chris Wilson	4:52:22
14	Andrew Barnden	4:55:41
15	Felicity Copp [F]	5:02:03
15=	David Eadie	5:02:03
17	Maureen Wilson [F]	5:03:57
17=	Kevin Smart	5:03:57
19	Kazuya Nakatani	5:05:15
20	Barry Green	5:08:58
21	Damien Rankin	5:11:32
21=	Brett Foote	5:11:32
23.	Jane Allardice [F]	5:13:49
24	Matt McNamara	5:14:41
25	Roland Williams	5:14:58
26	Paul Kofman	5:15:30
27	David Bree	5:16:31
28	Cathy Roberts [F]	5:16:49
29	Greg Kew	5:19:58
30	Lesley Hurley [F]	5:22:25
31	Michael Dale	5:22:36
32	Barry Rosenberg	5:25:49
33	Stephen Van Der Tang	5:28:24
34	Shaun Bourke	5:29:02
35	Joanne Parlevliet [F]	5:29:55
36	Kevin Mannix	5:36:04
36=	David Jennings	5:36:04
38	David Hughes	5:46:02
39	Philippa Miner [F]	5:48:29
40	Cheryl Symons [F]	5:50:48
41	Dave Stokie	5:52:16
42	Michelle Donnelly [F]	5:53:33
42=	Dane Waites	5:53:33
44	Alan Marlow	5:55:19
45	Mark Falls	5:57:04
46	Toby McKinnon	5:58:15
47	Miranda Price [F]	6:02:18
48	Maja Zepcan [F]	6:03:05
49	Paul Rogers	6:03:28
50	Antonio Gonzalves	6:04:09
51	Terrie Stevens [F]	6:15:08
52	Romano Gallo	6:17:34
53	Alannah Cooper [F]	6:26:58
54	Ernie Hartley	6:53:39
55	Dave Brelsford	7:02:22
56	Brian Glover	7:04:04
57	Luke Cable	7:31:17
58	Peter Gray	10:16:42



# Coburg 24hr Running Festival

Victoria, 17-18 April 2010

## Report by race director Tim Erickson

The 2010 Coburg 24 Hour Carnival was spread over 2 weekends, with the 6 Hour events being held on Sunday 7th March and the 24 Hour events being held on the weekend of 17th - 18th April. A total of 35 walkers and runners contested the 24 Hour weekend with the starter's gun being fired at 10AM on the Saturday morning in sunny and warm conditions. As the Melbourne temperature quickly soared towards 30oC, competitors were faced with the daunting prospect of some 7 hours under full sun before any relief could be expected. Although most started conservatively, the effect was soon obvious and by 4PM, the scene was reminiscent of the final few hours on a Sunday morning rather than the 6 Hour mark. When the day finally gave way to night, most were able to respond but for many the damage was done and the night saw a number of key withdrawals or extended rest periods. Most were back on the track on the Sunday morning for the final few hours and a good crowd was on hand to witness the final gun sound at 10AM.

### 24 Hour Run Men

This was the biggest field on paper with 23 entrants, 22 of whom started. Race favourite Martin Fryer was soon in control and passed the 6 Hour mark with an excellent 69.200km, some 7km ahead of Justin Scholz with 62.000km and Barry Loveday with 61.200km. Yet 4 laps later Martin was out of the race, his legs seizing up with almost continuous cramping that necessitated an ambulance call. (The good news was that Martin was ok once an intravenous drip was applied at hospital and he was discharged later that night.)

With Martin now out of the race, attention switched to Justin and Barry as they battled for the lead. Perhaps surprisingly, after several more hours it was Barry who took control, able to maintain a steady 10km/hr gait as Justin slowed. By halfway, Barry was well in front with 120.400km as against Justin with 114.000km and David Kennedy with 111.200km. Just before midnight, Justin gave it away, leaving Barry some 10km ahead of David with a further 11km gap to Tim Ablett.

Barry defied the odds in only his second ultra and his first 24 hour event. Although left on his own overnight with no support staff, he continued his 10km/hr pace right through the night and did not drop his first lap until 6AM on the Sunday morning - 199.600km in 20 hours! By that stage, David with 187.600km and Rudi Kinsofer with 158.000km were in second and third places but looking unlikely to challenge. The only question was - how much would Barry slow!

Well, he did slow but not by all that much, still managing to get around at a consistent 8km/hr with no breaks of any significance. His final distance of 232.602km saw him become the first Coburg Harriers athlete to win this prestigious event and the cheering was long and hard. David Kennedy improved his 24 Hour run PB by over 40km to take second with 223.636km while Rudi Kinsofer, a former dual winner of this event, showed his class in holding on for third place with 180.690km. Fourth place was taken by Paul Wright in his first ever ultra of any distance, his final tally of 168.940km rounding off a very impressive debut performance. Fifth place was taken by Ken Marsh who improved his PB by over 30km with 168.051km and now has bragging

rights over his brother Trevor, having beaten the family best!

The first 5 places all ran well in excess of one hundred miles, a distance that remains an elusive standard for many competitors. Among the many fine performances, one deserves special mention - that of Dave Brelsford who, at age 67, was the oldest competitor in the field. A late convert to the sport, he successfully completed his first 24 Hour run with a distance of 134.693km, adopting the well known strategy of running the straights and walking the curves (reminiscent of George Audley at Colac). His performance saw him awarded the Coburg 24 Hour Carnival Endurance Award.

### 24 Hour Run Women

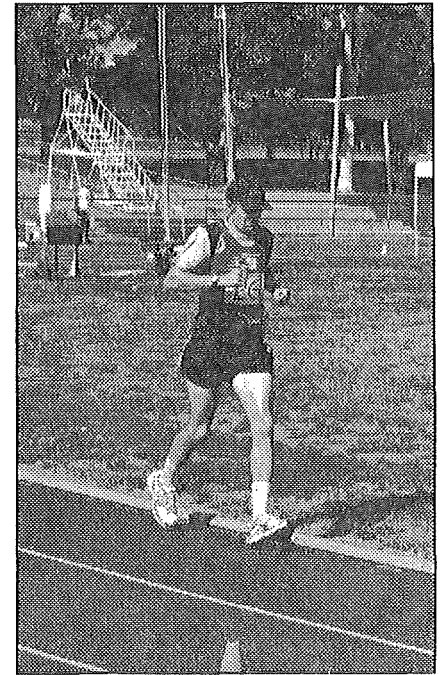
A number of withdrawals meant that only 2 runners started in the women's 24 Hour run and on paper it looked a good matchup. Michelle Thompson was out to beat her 24 Hour PB of 166km while Anne Ziogos, although doing her first 24 Hour run, had good credentials over lesser ultra distances. Michelle led through the 6 Hour mark with 55.600km, about 9 laps ahead of Anne with 52.000km. She increased her lead in the next 6 hours, reaching the halfway mark with 100.000km to Anne's 90.800km. Anne chose to retire at that stage, having battled a hamstring issue for most of the event, leaving Michelle as the sole female runner. She managed 40km in her next 6 hours to pass the 18 hour mark with 140.000km but was forced to slow from then on, finally achieving a 6km PB of 172.906km. This gave her a good double, having won the Coburg 6 Hour walk the previous month.

*"adopting the well known strategy of running the straights and walking the curves"*



## Coburg 24Hr Results

Male	Kms	Simon Trusler	112.1
Barry Loveday	232.6	Peter Gray	106.1
David Kennedy	223.6	Eric Louw	102.4
Rudolf Kinshofer	180.6	Max Carson	100.4
Paul Wright	168.9	Geoff Last	98.8
Ken Marsh	168.0	Robert Boyce	90.0
Trevor Allen	155.2	Michael Murrell	88.4
Tony Collins	153.0	Robyn Davis	79.7
Craig George	140.5	Martin Fryer	70.8
Dave Brelsford	134.6		
Alan Staples	125.1	Female	
Timothy Ablett	121.2	Michelle Thompson	172.9
Justin Scholz	119.2	Anne Ziogos	90.8
Graeme Watts	112.5		



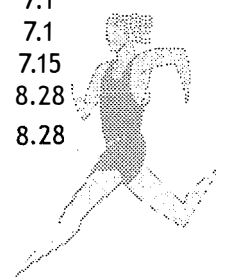
Coburg - Above: Barry Loveday

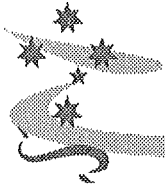
Left: The field starting out



## Wilsons Prom Run Victoria, 17 April, 2010

Name	Distance	Time			
Andrew Hewat	100	13.25	Mark Swinkels	60	8.47
Dan Beard	100	13.25	Theo Vlachos	60	9.2
Lachlan Fraser	100	14.38	Nick Thompson	60	9.59
Peter Mullins	100	15.47	Amanda Allen (F)	60	11.45
Richard McCormick	80	12.37	Richard Bowles	44	4.5
Michael Hanavan	80	13.28	Tony Bird	44	5.04
Michelle Donnelly (F)	80	14.46	Andrew Gogos	44	5.35
Cameron Gilles	80	16.15	Colin Gray	44	5.55
Kathy Garnett (F)	80	16.15	Adam Dale	44	6.07
Chris Wight	60	6.09	Anton Rudan	44	6.07
Malcolm Gamble	60	7.23	Kieran Mitchell	44	6.07
Mark Wenn	60	7.5	Michael Murrel	44	7.1
Mandy - Lee Scott (F)	60	8.3	Michelle Thompson (F)	44	7.1
Chris Noble	60	8.3	Paul Ashton	44	7.15
			Colin Suckling	44	8.28
			Sandy Suckling (F)	44	8.28





# Washpool 54km

NSW, 18 April 2010

## Report by race organiser Greg Waite

This run started in 2009 and spans the World Heritage-listed Gibraltar Range and Washpool national parks. A new 54km ultra course around the whole trail was added for 2010 to supplement last year's medium and short course.

David Waugh, a past winner of the Glasshouse 100 miler, who has recently relocated to nearby Armidale, finished well clear in 4 hours 33 minutes. Greg Love, a past winner of Six Foot Track and now aged 56, was second in just under five hours, with Tamsin Barnes the first woman home in 7 hours 4 minutes.

The course was advertised as 50km but with many twists and turns on the narrower sections, turned out to be well over that once those with GPS watches had finished. Even without a GPS, most runners reported having a sense it was over 31km at the second road crossing, as did those on the 21km course which turned out to be 25km.

The weekend was also a registered event for the Great Australian Camp Out (GACO) promotion, and it was great to see a large group of campers taking advantage of the free group camping area adjacent to the finish, or the more private sites around Mulligans Hut campground. For campers there were extra highlights, like the owl which swooped down to take moths attracted by campers' lights, and yellow-breasted robins who visited at breakfast time.

Special mention goes to Bill Thompson our sweeper, who brought in all the signage as he went, Jane on the checkpoints, and Julie on catering. Without helpers like you, runs like this in remote places simply couldn't happen. Many thanks also to the runners who made the journey, travelling up from Sydney, down from Brisbane, and in from all the regional centres, to enjoy such

unique national parks. Next year's run will be on the 9-10 April 2011.

## Report by Lynn Davies

The Washpool and Gibraltar Range National Parks have incredible variety, from world heritage listed rainforests to clear rivers flowing through flowering high country heathlands, dramatic granite outcrops and wild river gorges. The area also features well formed trails and a relatively flat long course to make it ideal trail running.

There's a short course of 9km among the rainforest and streams of Washpool National Park on Saturday. On Sunday there's another short course beside streams and granite cascades on the Gibraltar side, a 21km course with a little of everything, and an ultra option of 53km traversing the whole World Heritage Trail loop around both Washpool and Gibraltar Range National Parks!

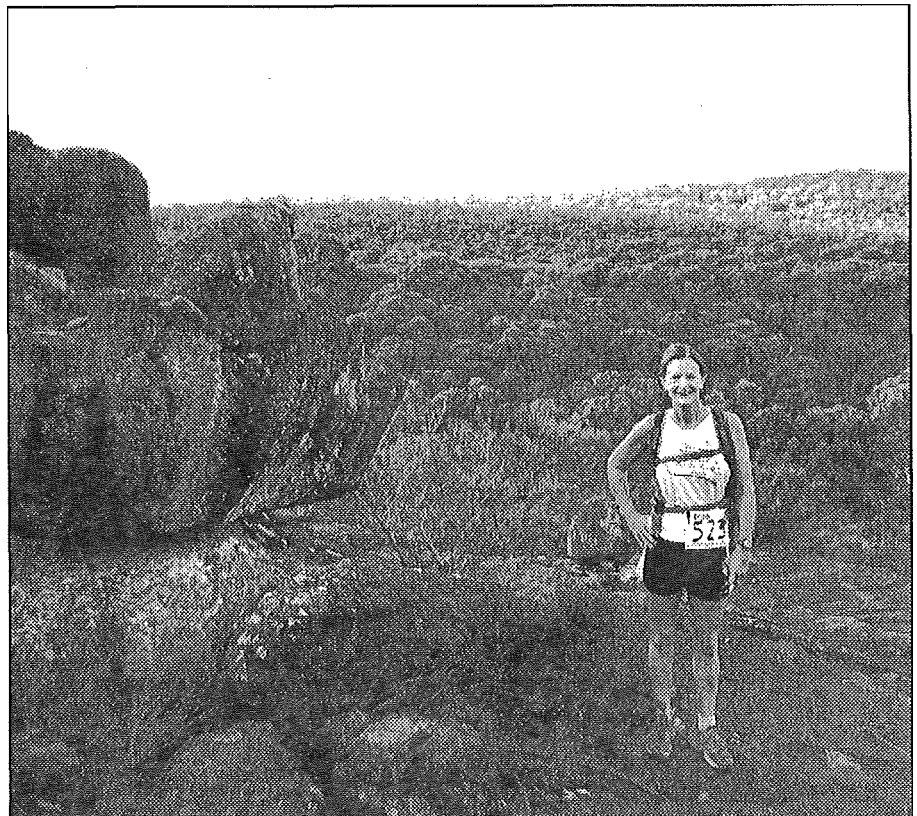
The weekend will be based from the historic town of Glen Innes, with the countryside at its prettiest in autumn colours and an average daily temperature range in April of 10-22 degrees.

The ultra course traversed rain forest, sandy trails, granite mountains, cool rivers, with a great deal of incline and decline on the way. It was by all accounts a tough run but the variety of landscapes and the natural beauty of the area made up for that.

A delightful selection of food awaited the hungry runner and many stayed around to cool weary legs in the adjacent swimming hole whilst sipping a cup of tea.

## Results

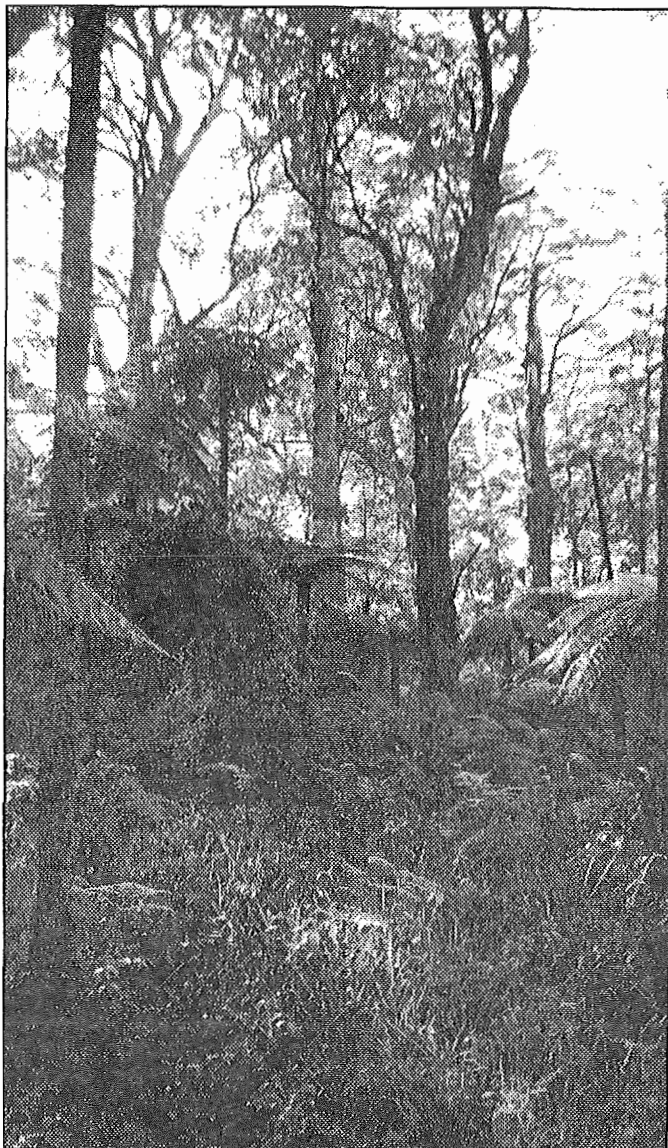
1	David Waugh	4:33:10
2	Greg Love	4:59:32
3	Andrew Vize	5:17:48
4	Martin Lefman	5:22:44
5	Arnstein Prytz	5:39:27
6	Kelvyn Marshall	5:46:18





*"It was by all accounts a tough run but the variety of landscapes and the natural beauty of the area made up for that"*

7	Mark Parsonson	5:52:28
8	Kevin Duncan	5:53:28
9	Steve Hayes	5:55:14
10	David Schuett	6:18:16
11	Rick Webb	6:19:30
12	Brad Smithers	6:58:02
13	Tamsin Barnes 1 <sup>st</sup> F	7:04:15
14	Richard Robinson	7:04:15
15	Francis Harvey	7:22:05
16	Peter McKee	7:22:05
17	Gary Barton	7:27:23
18	Bill Wollin	7:23:26
19	Lynn Davies 2 <sup>nd</sup> F	8:35:50
20	Aan Cossey	8:38:38
21	Laura Petherbridge 3 <sup>rd</sup> F	9:07:04
22	Bill Thompson	9:23:39





# Banana Coast 85km

NSW, 9 May 2010

## Report by race director Steel Beveridge

The last hurrah !

With only two entries one could be forgiven for thinking that this year's Bananacoast Ultramarathon from Grafton to Coffs Harbour was something of a non-event. Nothing could be further from the truth.

Both runners gave of their best on the day in near ideal conditions with the first to finish Cheryl Symons from Victoria completing her longest ever race in fine style. Her time of 8.57.17 gave her the second fastest run by a female on the Grafton to Coffs course and the third fastest in either direction. She missed the record set

by Angie Cottrell (Grattan) by 85 seconds or just over a second per kilometre for the 83 kms. However she had every right to be extremely pleased with her effort as did the lone male competitor Graeme Kirkpatrick from Queensland.

Kirkpatrick trailed Symons quite closely for much of the journey before fading a little on the run in from Coramba to Coffs Harbour. He completed the distance in 9.40.09.

Although well pleased with the efforts of both runners I have decided to see this year's event as the last hurrah. The increasing traffic on the southern section of the Orara Way and increasing numbers of more accessible ultra

marathons around the country which did not require asking competitors to provide 'seconds' to take care of their nutritional needs had seen the event diminish in numbers over the last few years.

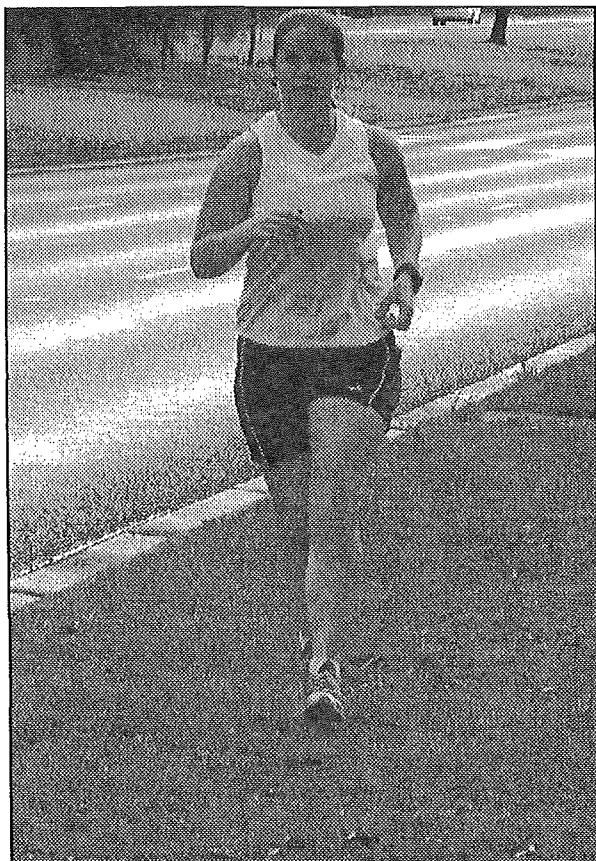
I have thoroughly enjoyed my involvement with the event both as competitor and race organiser over the past twenty eight years but the time had arrived to concentrate on other ventures.

## Results

1. Cheryl Symons 8.57.17
2. Graeme Kirkpatrick 9.40.09

## Frankton to Portsea:

*Anna Papij; Female winner Carmen Atkinson*





# Five year review of ultra running 2006-2010

By Ian Cornelius

The accompanying statistics show substantially increased participation in ultra running for the subject period, an increase in the number of events and substantially improved performances in the two major competitive events; 100k and 24 hours.

## Numbers of races (doubled)

The numbers of races have doubled from 17 in 2006 to 33 in 2010 with another 4 - 5 races to come on stream in 2010/2011. Measured races (road and track) have increased from 10 to 15 with another 2 - 3 to come on stream in 2010 - 2011. The increase in races includes:

*Victoria* up by five races with the addition of Mind Alpine Challenge 100/100, You Yangs 50/50, Great Ocean Walk 100/100, The Tan 100/55, Coburg 6 (split from 24 hour race), with at least three further races in the planning stages

*New South Wales* up by five races with the addition of Coast to Kosciuszko, Wild Endurance 100, The North Face 100, Narrabeen 100km-12hr and Washpool NP.

*Queensland* up by three races with the addition of the Kokoda Challenge, the 12-24 hr race ex Adelaide and the Spiny Cray trail race at Cairns

*South Australia* lost the 24 hr track race to Qld and gained the Yurrebilla trail and is soon to have a 6-12 hr race.

*Western Australia* has gained two new races, Six Inch trail, Collie to Perth and plans are in hand for a 200 mile race in 2011 (the Kep track).

*Tasmania* has gained two new races, the Launceston 6/12 hr and the Four Beaches

Many thanks to the organisers of these new races and also to the organisers of the older races existing at the start of the review period. You, along with the athletes are the lifeblood of our sport.

## Numbers of participations (five fold increase)

The numbers of participations is not quite the same as the numbers of participants, as many athletes contested numerous events during each year of the subject period. The stats show that race participations increased from 1168 in year 2002 to 6645 in year 2010, an increase of 568%. The events include all of those in the AURA calendar, including team events Wild Endurance 100 and the Kokoda Challenge. These two events are both predominantly fund raising events involving trekkers rather than runners. The stats do not reflect Oxfam Sydney, Oxfam Melbourne or the Great Ocean Road marathon (slightly beyond the marathon) or the Glasshouse series where the Race Organiser has seen fit to not affiliate with AURA. The majority of races and participations for year 2010 are known at time of writing or, where not known, have been estimated. Any variations between estimates and actual will not have any material effect on the stats and conclusions reached in relation thereto.

The races reviewed comprise trail, road and track. The largest increase in participations by far has been in trail events where the numbers increased from 926 in year 2006 to 5925 in year 2010, an increase of 639%. The really large growth has been in The Kokoda Challenge (team event zero to 2000 in four years), Wild Endurance 100 (team event, zero to 1550 in three years) and The North face 100 (some solo, some two person relay, zero to 600 in three years). It is no coincidence that these three events are professionally managed by full time staff.

## Quality of performances (2005-2009)

### 100km - men

In 1994 Australia has a stellar year at the IAU 100km World championships (then known as the World Challenge) at Lake Saroma Japan, when Tim

Sloan finished in 6:43:02, Don Wallace in 6:51:14 and Trevor Jacobs 7:13:32, for a team result of 6th in the great time of 20:47:48. These athletes paid their own way with

no assistance from AURA. For the next decade there were only sporadic appearances by Australians at the World championships with insufficient numbers to make up a team which required a minimum of three.

National 100km championships were first held at Shepparton in 1995 and 1996, but they were not well patronised and were discontinued. The only other 100km race in Australia on a measured course at the time was the run leg of the ultra triathlon conducted by the Sri Chinmoy Marathon Team in Canberra on a 3.8km out and back course. The SCMT kindly allowed the National 100km championships to be held in conjunction with their event. However, the course was not conducive to achieving good results, with the run leg being held at night-time. Following an unsuccessful call for a race organiser to stage the race, AURA President Ian Cornelius took steps to resurrect the championships himself, with the first race being held at Runaway Bay, Qld on 12 July 2003. Thus commenced the long way back to fielding teams at the World championships.

In 2004 AURA was able to field the first men's team for many years and has fielded teams each year since then. The stats reveal that we had three sub 8 hr performances by men in 2005 of which one was sub 7:30.

The results were much the same for 2006, 2007 and 2008 but in 2009 we had six performances of sub 8 of which two were sub 7:30. Jo Blake was at the forefront in 2005, 2006 and 2008 before switching to 24hr events in 2009. We now have more depth with a bunch of young runners (Dean Cook, Tim Cochrane, Terence Bell, Michael Baldock and Brendan Davies) all running sub 8 hours during 2009. It looks to be only a matter of



time until we regain some sub seven hour performances.

Thanks to the vision and efforts by Ron Schwebel and Nick Thompson, we now have two more 100km races on the calendar; one at Narrabeen NSW and the other at The Tan in Melbourne.

#### 100km - women

In the mid nineties we had some great performances from three women; Mary Morgan, Linda Meadows and Sandra Timmer-Arends. However, the three of them never contested the 100km WC in the same year. Until 2008 we had only four females to run sub 8:30 (Linda Meadows, 1994-95-96). Mary Morgan (1994-94-95), Lavinia Petrie (1992) and Sandra Timmer-Arends (1999). It took until 2009 for another sub 8:30 to be recorded, this time by Jackie Fairweather (Gold Coast 7:48:51 and Keswick 7:41:23). With Jackie showing the way, interest in the 100km by women is increasing.

#### 24hr - men

Australia had never fielded a team to contest the IAU 24hour World Challenge until February 2006 when we sent a team (comprising Martin Fryer, Mick Francis, Paul Every and Simon Phillips) to Taiwan. The team finished in 8th place with a total of 628.467

(first three to count). We have fielded teams in the World Championships each year since then and also at the inaugural Commonwealth championships held at Keswick UK in September, 2009. The pleasing thing is that we have progressed from two 200+ performances in 2006 (zero in 2005) to no fewer than 15 in 2009, of which seven were beyond 220km and three beyond 240km. Martin Fryer broke the Commonwealth record at Keswick with his 255.407km. Now that the interest has been created, there are more and more runners aspiring to make the team. We expect to be competitive at the upcoming World Championships to be held in Brive France in May. The team total of 728.006 achieved at Keswick should put us on the podium at Brive if we can replicate it.

#### 24 hour - women

Following her successful 24 hr treadmill race in March 2008 (graciously sponsored by The North Face) Deanne Nobbs contested the 24hr World Challenge in Seoul Korea in October 2008 achieving 196.512km.

Deanne followed this up with 184.026km in Bergamo Italy in May 2009. In September 2009 we had no fewer than six women contesting the 24hr Commonwealth championships, with five exceeding 180km of whom two exceeded 200km. This has stimulated quite some interest with

the women promising to become quite competitive at this event. From the stats you will see the dramatic improvement in performances. The three 180+ performances in 2005-6 were achieved by Carol Baird who has since retired. The more recent performances have been achieved by some very talented young runners new to the sport with long futures ahead of them. The team total of 601.311 achieved at Keswick should stand us in good stead at Brive again provided we can replicate it.

#### The future

Three major steps need to be taken

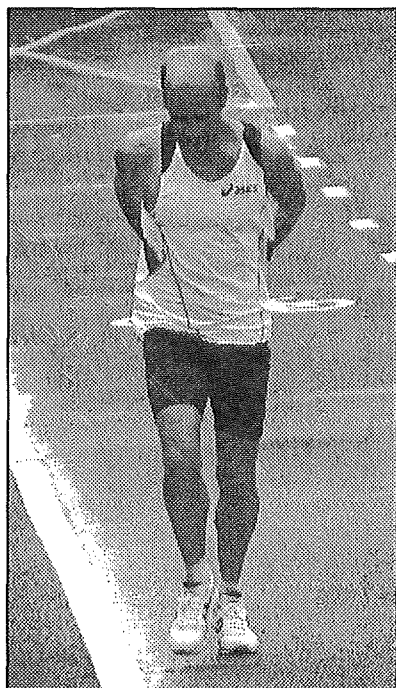
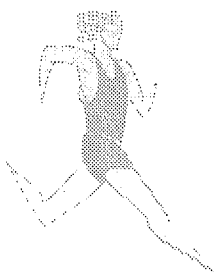
1. A far greater marketing effort to attract more participants into the competitive side of the sport; i.e. 100km and 24 hr events. To achieve this, we need an office and marketing staff
2. Publicity of all events. This needs to be done at national, state and local levels. Again, we need an office and staff to facilitate this.
3. Greater level of communication with those involved in the sport by way of monthly email newsletter. Steps are already under way in this regard with the limited resources at our disposal.

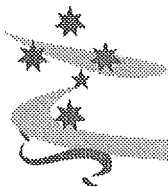
Ian Cornelius  
President, AURA  
12 April 2010

#### Frankston to Portsea

*Magnus coming into Sorrento;*

*Kevin Smart, Stephen van der Tang, Maureen Wilson*





# Ultras and Me:

Linda Christison

When I was eleven my goals included running the Boston Marathon and winning an Olympic Gold medal but as an adult with a track PB of 2.09 for the 800m I focused on my teaching career. I turned my first school in the NSW north west into a Little As club before transferring to Bowral in 1990. I decided to run a marathon and came 3rd on ANZAC Day in 3:00:35 followed by 2.55 at Canberra in 1991. I trained hard for only half the year and combined my race with a holiday and spent any prize money on adventures. I won the Adelaide, Traralgon and Sydney Cities Marathons and in 1998 fulfilled a dream and ran the Boston Marathon. I also flew helicopters, went skydiving, gliding, ballooning and climbed the Harbour Bridge.

I ran the Six Foot Track in 1999 then the Shoalhaven 46km but tore my hamstring at 5km. I had been experimenting with mental techniques and "put the pain in a box" and came

2<sup>nd</sup> in 3:46. The next day it looked like I'd been hit by a car. For two years despite a range of therapies the hamstring re-tore. I could not race for 2 years. Eventually core stability work won and I ran freely again. I planned to run around 2:47 in the 2003 Canberra Marathon and then complete the last 8km as best I could. My plans were derailing by 2003. My handwriting deteriorated and my hand jerked. I felt lethargic and my running died. I shuffled and my sister had difficulty staying beside me because I ran so slowly. I had to think to step up onto a gutter and alternated between slow movements and uncontrollable jerky actions. I saw a neurologist and in April 2004 was diagnosed with early onset Parkinson's disease: Treatable but not curable and progressive. Medication works well but has long term side effects.

My first thought was: I am going to be happy. There are many people facing

far bigger challenges who are happy while plenty of healthy people are miserable. I worked full time and ran until it became so difficult that I changed to walking. I transferred to Bundanoon School and now work four days.

There are difficulties. My lack of balance and perception mean I can no longer drive, I write like a 5 year old, sleep little and often feel like I have jetlag. Sometimes I move like a sloth and other times my muscles spasm, then become painfully rigid.

But I also have wonderful friends, family and work colleagues who support me. I live in a beautiful place and share my home with my sister who is also my best friend and a patient training partner.

It is World Parkinson's Day on April 11<sup>th</sup> and I had hoped to walk the Canberra 50k for myself and for Parkinson's research., had the race not been cancelled this March.

## Lindy's 50km run for Parkinson's

When the Canberra Marathon/50km were cancelled this year, **Lindy Christison** decided to complete the 50km ultra anyway on the intended race day, as a fund raiser for Parkinson's disease. She had publicised her intentions on [www.coolrunning.com.au](http://www.coolrunning.com.au) and had developed a loyal fan club. Here she tells how the day went:

"April 11th was a great day thanks to some very special people. I regret what happened to the original race - I feel sad about what might have been but having around 40 people who have never met you adapt their plans to help you achieve a goal is something special.

Last year I came across the Canberra Marathon website - I found myself

reading and then thinking about previous goals, the realisation that my "honeymoon" time of little change in my Parkinson's condition was ending, and fundraising for World Parkinsons Day.

For six years I had avoided the running scene, I felt tearful watching people run and frustrated by articles that focused on people running marathons in their eighties, saying "anybody can run if they want to". With a brain that had deleted running and a life goal list that included items such as all the famous marathons like New York and London and experiences like Comrades and Kokoda, I found running magazines and talk frustrating and the green eyed monster was hard to control. Not a positive feeling. I exercised everyday but

felt my competitive days had gone. The Canberra 50km was a minor but achievable goal on the list and suddenly it didn't seem to matter that I was slow.

I didn't want to look back when my walking ability died too and feel regret that I hadn't appreciated what I could do. Not long after I also came across [Coolrunning.com.au](http://Coolrunning.com.au) and enjoyed reading the different views and comments. Everything fitted - April 11th was in the school holidays, it was World Parkinson's Day, it was the anniversary of my diagnosis, it was the event I never got to run. This, the Canberra 50km, would be my goal. I felt excitement and anticipation that I had not felt for a long time. Then on [Coolrunning](http://Coolrunning.com.au) I came across rumours that the race would not go

*"It was fun exchanging greetings and many Coolrunners generously walked for a while"*

ahead, horrified I registered and made my first post. It is now history the ups and downs that followed and the final cancellation but along the way I found some amazing new friends who had dreams and goals of their own but were also willing to help a complete stranger achieve her aim.

My final destination was not the one I planned but like a person stumbling around and looking for pretty rocks and finding gold my detour gave me something more valuable than my original plans and reminded me how good people can be and gave me a strong feeling of optimism. The night before the run I was surprised to feel the butterflies in the stomach and not my usual sleeplessness but pre-race catnapping anticipation, and I enjoyed every nervous minute.

Dennis from Parkinsons ACT nobly arrived to see us off as did Doggie Doctor. We started just after 5:30am, torches in hand and warning ChrisG if he heard a large splash we expected a rescue party to arrive very quickly! Our first circuit was slow as it was dark and we carefully read our instructions and followed our signs but Chris had done an excellent job - anybody who can prevent Heather and myself from getting lost is a master in course designing. Once the first lap was out of the way we got into a steady walking rhythm and enjoyed the sunshine of a beautiful autumn morning. Gradually the other Coolrunners appeared - starting at 6:00, 6:30 and 7:00am.

It was fun exchanging greetings and many Coolrunners generously walked for a while. It was fantastic to see so many diverse groups harmoniously sharing the park - family gatherings, walkers, runners, bike riders, tiny trikes and scooters, dog walkers, husky sledders and on the lake cruises, dragon boats, kayaks, sailing boats and people fishing and a model sailing boat club. Kids feeding swans, playing ball games and arriving present in hand for birthday parties.

A lovely Canberra autumn day. Jon F was running fast and strong. Perhaps a too fast a start Jon? Hard to pace yourself when you are feeling good. He finished the marathon in 2:49 - looked very impressive. Judite made a marathon debut in a strong 4:12 and I think Streakrunner must have been around the same time. Deadcat ran easily and looked very fit and ready for the Capital Marathon - I hope that means a PB approaching, while Supersam clicked over 60 kilometres smoothly,

looking very relaxed and in good Comrades form. Arn also did 60 km as part of his 100km preparation and still managed to chat. Slowmo and Chrisg and family kept a gourmet drinks table going, thanks to everyone's donations of fruit and drinks and also provided a photo service, cheery conversation and juggling displays that meant spirits lifted every time the drink table came into sight. Slowmo also grabbed the first aid kit and came to the aid of a cyclist who crashed coming off the bridge. Nice work Slowmo! Sadly Slowmo and Chrisg could not run because of flu and injury problems. We all appreciated their selflessness in giving up their weekend to help the rest of us.

English Jon completed an Australian 50km successfully, supported by his lovely family as well as his new Coolrunning friends. By the end of the fourth lap I had sorted out the three Chrises. Chrises 2 and 3 ran well although I was worried Chris 1 might get a call to take his wife to the hospital followed by the announcement of a new little Coolrunner.

Too many people and great efforts to mention them all individually but the greatest juggling performance came from RunBare who ran 50km, took children to fun runs, finished with Heather and me, then went back to finish with Arn and then ran back to the drink station to help pack up. I felt great and walked well.

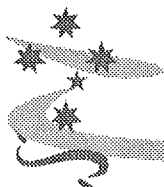
My right hand clawed for part of the time but that wasn't a problem. Poor Heather suffered with blisters (strange how they sometimes appear even when you are well prepared and are wearing your usual gear). She bravely soldiered on and then apologised for slowing me down. Apologise to me Heather? The person who walked with me on weekends instead of running, endured my moods and shared every up and down of this roller coaster journey. Heather, I probably owe you many an apology not the other way around. Every person should have a sister and best friend like you. Sadly the weather deteriorated although the waves breaking over the footpath were rather exhilarating.

The last lap was hard at first as energy began to die and most of our group were finished. But first Roger from Parkinson's Australia walked with us, then Dennis from Parkinsons ACT who was then joined by RunBare and her daughter (an impressive young lady who chalked up 21km plus a 5km fun run) then Peterplodder. Rain began to fall and it was very cold but we made it. The 50km was done. No cheering crowds, no certificates no medals but something more lasting than all of those rewards and that is the warmth of shared experience and the gift of friendship that will last a lifetime.

It took longer than I expected - nearly nine hours but that didn't really matter, this journey was not about time but achieving a goal and proving to myself that there are still roads to travel, mountains to climb, adventures to be had and that no obstacle can stand in the way of a dream if you want it enough. To all who shared our weekend thank you for your help, your boundless energy and positive attitude throughout this journey. I could not have done it without you, and to the Coolrunners who have also been there to lift my spirits and smooth the road; thank you too."

*"the warmth of shared experience and the gift of friendship that will last a lifetime"*





# Black Saturday Run

As mentioned in our previous issue, three Melbourne runners set out to run around Port Phillip Bay over a weekend in February, on the anniversary of the Black Saturday bushfires of 2009. This was a fantastic fundraising effort, and here is an account of the weekend, from **Martin Edwards:**

The goal for the weekend was to run 220km in two days around Melbourne's Port Phillip Bay to raise money and awareness for the bushfire affected communities one year on from the devastating Black Saturday fires in Victoria. The first day Eric Louw, Jarrod Kanizay and I planned to run 120kms from Federation Square to Queenscliff and take the 6pm ferry to Sorrento and sleep the night. On the second day we were to run 100kms from Sorrento and finish back in Federation Square. We would be accompanied by a support vehicle and support cyclists with food and drink and medical supplies. Sounds simple.

So 3am Saturday morning I'm up and at 4:45 we set off from Federation Square. Jarrod, Eric, myself and State MP Tim Holding who will run with us for 35km, accompanied by our wonderful crew Jane, John, Andrew and Liz. Already we are 45 minutes into our contingency time. We were filled with a sense of excitement about what lay ahead and unable to comprehend the size of the journey.

We headed off along the Yarra through Southbank enjoying humorous banter with the passersby on the way home from a night of drinking, then into the Docklands feeling fresh and struggling to keep the pace down. Jarrod was out the front leading the group, Eric and Tim chatted away happily and I tried to focus on my fuel and hydration plan making sure even at this early stage to drink 1.5 litres an hour and to eat my gel sachet every 45 minutes. Due to the slow pace of 5:45 minute kms we were feeling very good by the time we dropped Tim off at Wer-

ribee and picked up Lachlan Fraser who is the organizer of the Marysville Marathon.

We left Werribee feeling good and started out on the open road towards Geelong. It was good to be out of the suburbs but the road seemed to stretch forever. We ran along the right hand side of the road facing the traffic and at this stage we spread out with the cyclists scooting back and forth between the runners. At our drinks stop at the 55km mark, Magnus and Susan Michelsson dropped in to say hi on their way to Geelong and Susan ran to the 70km mark. At 70km I was feeling a little drained but a change of shoes and shirt made me feel like I was a new runner. Amazing how the mind works.

On the outskirts of Geelong at about 77km we stopped and dropped off Lachlan after he had completed a marathon with us. Nice effort. I took this opportunity to eat a Snickers bar and a peanut butter and jam sandwich. Running on towards Geelong we took a wrong turn into an industrial estate. If you ever want to deflate yourself in an ultra marathon take a wrong turn. After retracing our steps we were off again and running into the outskirts of Geelong. It was beautiful to enter Geelong and run along the promenade and what's more we ran into Lachlan Fraser again walking along.

Leaving Geelong, spirits were high as we reflected on the 80 plus kms we had behind us. Running out of Geelong on McKillop St onto the highway was an unpleasant experience; we were running on the shoulder of the highway and it would be this way for much of the way to Queenscliff. Although spirits were high there was some tough running to be done and we were suffering. The 100km mark came midway up a viciously steep and long hill and we paused to congratulate each other. With the end for the day in sight we soldiered on at a reduced pace. There were plenty of hills in the last 20km which

rubbed some salt into tired wounds. When we did arrive at Queenscliff ferry it was a welcome relief and we all changed into recovery gear and collapsed to wait for the boat. I was welcomed at Sorrento pier by my wife and baby, a welcome sight for sore eyes. Big Pizza for dinner and a good sleep.

The group was lucky enough to have Peter from Melbourne Sports Massage join us at Sorrento and after a great massage at the end of Saturday we all started the day on Sunday with a massage too. This saved the day, thanks Peter.

It was a welcome relief to start the Sunday without the pressure of having a deadline. On Saturday we had all worried that we may not make the last ferry and what we would do. So at 6:45 we were off groaning into gear at 6:00 minute kms all stiff and sore. Surprisingly we were moving OK by about the 3km mark. The kms seemed to fly by as the area was familiar having run this section in a training run and there seemed to be a bit of awareness due to some coverage on ABC radio which translated into a few cash donations which kept us happy. We knew we would have to run conservatively as it would be a hot day and mid morning it was starting to show. At about the 30km mark inland from Safety Beach we stopped for a drinks break. I had been battling pain in my feet and when I took off my shoes I realized I was blistered to the hilt. Lucky for me we had a nurse with us who had the needle out and lanced and taped my blisters, I changed my shoes and popped an aspirin and we were off.

Leaving the drink stop we were confronted with a series of huge hills, I headed off in front up the hills and as expected Eric flew past me on the way down, and so it went on.

At 11:00am we stopped, Jarrod said a few words and we observed a minutes silence to commemorate the Black Saturday fires. It was a sombre moment but really brought

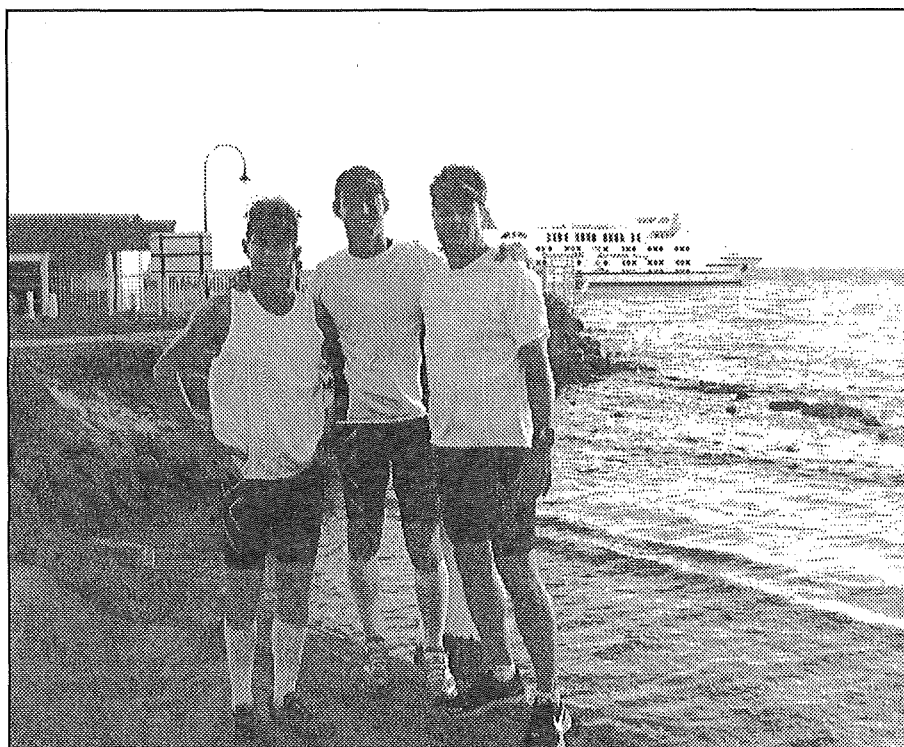
things into perspective. Due to the heat the drink stops were coming more regularly. Running through Mornington and Mt Eliza was hot and when we came to stop everyone was affected. It took a little longer to get going on this occasion. Running towards Frankston was again along the side of the highway and really unpleasant and dangerous, but on cresting Oliver's Hill it was like arriving at an oasis in the desert. We could see the city and see our home turf of Bayside. We were all buoyed running down the hill and into Frankston foreshore - at this stage it really felt like we were there. How wrong; but still we skipped along Frankston foreshore through all the beachgoers and commotion.

My highlight of the run came as we arrived at Patterson River. There my family and my wife's family were waiting for us and it was fantastic to see them all. My wife Amber and daughter Chloe gave me a big sweaty hug and I felt like all my aches and pains went away. As we left I was lifted and ready for the last 35-40km. The next milestone in our minds was Mordialloc and we focused our energy on heading towards there. On the way I received news that my friends Shaun and Sarah Bacon would be there and that my good buddy and training partner Paul Gladwell would run some of the run with us. The section between Patterson River and Mordialloc was tough, hot and slow and when we got there we were relieved. On arriving at Mordialloc there were a number of people and we were all pleased to see Eric's wife Jacqui and mother Helmi who had just arrived from Denmark. We began to get quite a procession travelling with us.

The next section between Mordialloc and Brighton really was the defining section of the run. I was overcome by the heat and struggling until Eric tipped a bottle of ice and water all over me. Apart from a shock at the cold I was better. Jarrod was having his own struggle, clearly affected by the heat; he was down on hands and knees vomiting then struggling up to keep going. The pace was slowing dramatically with more and more drink stops. More and more people joined the parade and after a quick hello to my mum at Brighton Beach we arrived at the Brighton Baths.

Despite feeling exhausted and disgusted by any food or drink I was confident we were going to get there. The sun was going down as we ran through Elwood and into St Kilda filled with renewed energy as we headed to Federation Square. Turning onto St. Kilda Road we could almost taste the finish. Rob from Highly Tuned Athletes was rid-

ing ahead on his bike clearing the way and pressing the buttons for the street crossings. Soon we could see Federation Square and then we were there, we ran into the square to a big group of friends, relatives and sponsors and felt pretty good! We were all battered, bruised, sick and exhausted but that's what makes ultra runners happy.



*The team (above); the team with Tim Holding*



# Long distance or short?

Nadeem Khan writes about Czech Republic National runner Daniel Oralek

There is a common misconception in the athletics world. The notion goes on the lines of "ultrarunners do not make good short distance runners."

I would like you to meet Czech Republic National runner Daniel Oralek who has swam against the current over and over again. He is a six-time member of the Czech team having run in the 100km World Cup since 2004.

He remains unmistakably recognizable at major IAU races. This tall athlete is often seen, after finishing his race, with a camera taking races of other participants crossing the finish line. He is a true admirer of this sport of ultrarunning.

Daniel first got involved with ultrarunning after witnessing the Brno Indoor 48 Hours in 2004. Incidentally, this was the year that he started ultrarunning and started qualifying for the national teams.

Being a runner all his life, Daniel boasts personal bests of 5:29:8 (2 km), 8:10:72 (3 km), 14:34 (5 km), 29:52 (10 km) and 64:33 (1/2 marathon). These are some exemplary performances given that he jumped right into the ultramarathon competitive circles.

2009 was a good year for Daniel. In regards to his racing season, he says, "this year my shortest distance was 3 km on track (9:03) and the longest was 48 hr (366.870 km) and from January to December I ran 58 races including 14 marathons and 7 ultra-marathons."

Daniel breaks the norm of ultrarunners who stick to one or two ultra-disciplines, let alone trudge into the shorter distances. To curb my curiosity, Daniels says, "I'm not sure but I think it's related with extension of my training kilometers in 2005. On the end of this year I was surprised and also people around me with good shape on 10 km distances because I had preparing for ultra."

I had to ask Daniel, a top 100km runner from his home country, on why he trains for the varied distances. He replies, "During my training year cycle I maintain my aerobic endurance and starting in many short races. Sometimes I use ANP or temp training unit especially on spring. All races except ultra are training for me."

Numerous athletes I have had the good fortune to interview, were nothing but proud of wearing their national colours and running for their country. Daniel exemplifies this proud tradition too, "Every time from the age of 18 years when I first time dressed Czech shirt it is honor for me when I can compete for the Czech Republic. It is one of my reasons why I doing ultra."

Daniel has kept in touch with his roots of short distance running and combined the speed with his endurance to ensure an optimum performance for him in any given race. I asked him

to give me a memory of his best ultramarathon. He says, "All my ultramarathons are memorable for me. The competition which takes many hours and costs a lot of hard work every time always leaves a mark in my memory. But some of ultra events are more important than others."

Every ultramarathon is a lesson to be learned. He takes this into stride and explains, "In my first 100 km in Winschoten I must have rested 1 hours after first 45 km because I was totally exhausted, than I got up and my decision to continue the race was one of the hardest in my running. The whole next week I was every hurt my every step. I do not regret it, because it was a very powerful experience that showed me another face of ultrarunning."

Daniel has a busy 2010 planned. He predicts, "I am planning my running future maximally one year to forward. For next year I hope running PB on 100km and 24 hours and I am planning start on WC 100km." In addition, he is going to apply for Surgeres and Badwater.

*"Numerous athletes I have had the good fortune to interview, were nothing but proud of wearing their national colours and running for their country"*







# Australian all time rankings

## 50 mile 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)

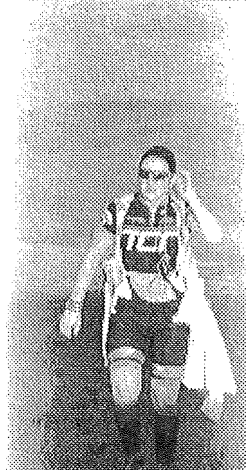
### Male top 20

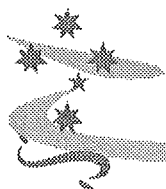
	Name	Hours	Venue	Year
1	Isailovic Dragan	5:15:00	East Burwood, VIC	1993
2	Badic Sanet-Safi	5:18:20	Box Hill, VIC	1991
3	Barker Carl	5:27:25	Salisbury, SA	1990
4	Cook Bruce	5:35:32	Box Hill, VIC	1985
5	Brimacombe Laurie	5:38:49	Box Hill, VIC	1985
6	Kouros Yiannis	5:40:29	Olympic Park, VIC	1990
7	Swift Keith	5:40:45	Melbourne, VIC	1981
8	Woods Graham	5:43:50	Coburg, VIC	1988
9	Jacobs Trevor	5:44:10	East Burwood, VIC	1992
10	Clingan Bill	5:44:21	Sydney, NSW	1987
11	Tutty Peter	5:44:50	Box Hill, VIC	1988
12	Thompson Martin	5:45:20	Tipton, UK	1975
13	Lear Phil	5:47:45	Melbourne, VIC	1981
14	Rands Ian	5:49:21	Melbourne, VIC	1980
15	Perdon George	5:55:21	Melbourne, VIC	1980
16	McManus Alistair	5:55:58	Box Hill, VIC	1986
17	Wheatley Mike	5:57:05	East Burwood, VIC	2000
18	Tolliday Owen	5:57:28	Olympic Park, VIC	1990
19	Standeven David	5:58:07		1989
20	Brooks Barry	5:59:08	Box Hill, VIC	1985



### Female top 20

1	Meadows Linda	6:07:58	East Burwood, VIC	1994
2	Petrie Lavinia	6:23:53	East Burwood, VIC	1993
3	Morgan Mary	6:37:01	Bunbury, WA	1994
4	Cameron Cynthia	6:52:42	Box Hill, VIC	1986
5	Beames Adrienne	7:04:34	Melbourne, VIC	1980
6	Parris Dawn	7:27:11	Box Hill, VIC	1986
7	Pivetta Caroline	7:30:29	Coburg, VIC	2009
8	Young Shirley	7:32:44	East Burwood, VIC	1992
9	Harvey-Jamieson Susannah	7:35:44	Coburg, VIC	2009
10	Stanger Helen	7:37:40	Wollongong, NSW	1995
11	Lee-McGough Lorraine	7:45:27	Adelaide, SA	1994
12	Kerr Sandra	7:49:20	East Burwood, VIC	1993
13	McConnell Georgina	7:51:05	Bankstown, NSW	1989
14	Woods Sally	7:52:52	Coburg, VIC	1988
15	Kennedy Gloria	7:57:27	Melbourne, VIC	1983
16	Kartsounis Vivienne	8:00:49	Gosford, NSW	2006
17	Callaghan Anne	8:09:02	Box Hill, VIC	1984
18	Spain Trisha	8:10:30	Olympic Park, VIC	1989
19	Vaughan Caroline	8:28:28	Box Hill, VIC	1984
20	Smith Margaret	8:28:49	Aberfeldie, VIC	1985





# Australian all time rankings

## 50 mile road

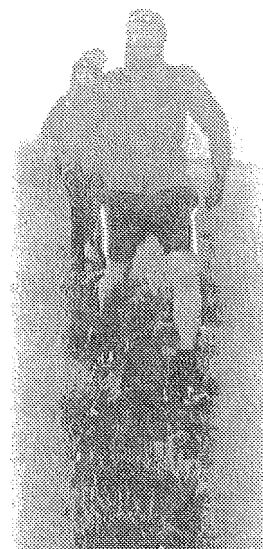
### 50 mile

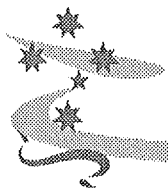
#### Male top 20

	Name	Hours	Venue	Year
1	Badic Sanet-Safi	5:26:41	Ballarat, VIC	1990
2	Kouros Yiannis	5:29:07	Shepparton, VIC	1996
3	Brimacombe Laurie	5:33:59	Ballarat, VIC	1985
4	Barker Carl	5:34:32	London to Brighton, UK	1997
5	Cox Arthur	5:37:53	Caboolture, QLD	1989
6	Tolliday Owen	5:44:29	Qld Univ., QLD	1988
7	Jacobs Trevor	5:48:55	Duluth, USA	1990
8	Ramelli Ray	5:50:07	Ballarat, VIC	1986
9	Brooks Barry	5:51:16	Ballarat, VIC	1986
10	Hunter Bob	5:53:07	Qld Univ., QLD	1983
11	Whitaker Peter	5:57:59	Ballarat, VIC	1987
12	Hutchinson Mark	6:00:27	Gold Coast, QLD	2003
13	Carson Max	6:01:37	Ballarat, VIC	1986
14	Spehr Peter	6:03:41	Shepparton, VIC	1996
15	Blake Jonathan	6:04:03	Gold Coast, QLD	2004
16	Holst Warren	6:04:32	Gold Coast, QLD	2003
17	Benson Darren	6:05:10	Gold Coast, QLD	2005
18	Boase Geoff	6:12:52	Caboolture, QLD	1989
19	Francis Mick	6:12:54	Shepparton, VIC	1996
20	Zwierlein Rob	6:13:40	Carlton, VIC	1987

#### Female top 20

1	Smith Margaret	6:59:02	Carlton, VIC	1987
2	Cameron Cynthia	7:07:23	Ballarat, VIC	1987
3	Grant Dell	7:21:01	Caboolture, QLD	1989
4	Parris Dawn	7:21:16	Duluth, USA	1990
5	Wallace Robyn	7:28:12	Qld Univ., QLD	1988
6	Auguszczyk Mignon	8:01:43	Gold Coast, QLD	2004
7	Young Shirley	8:16:56	Shepparton, VIC	1996
8	Strungs Inara	8:20:52	Toowoomba, QLD	1993
9	Nobbs Deanne	8:35:21	Bergamo, Italy	2009
10	Mohr Monika	8:39:13	Gold Coast, QLD	2003
11	Collins Jan	8:47:04	Qld Univ., QLD	1988
12	McConnell Georgina	8:52:37	Bathurst, NSW	1987
13	Clarke Angela	8:57:19	Caboolture, QLD	1997
14	Street Carol	9:03:38	Caboolture, QLD	1991
15	Foley Wanda	9:03:57	Bathurst, NSW	1987
16	Woodhead Debbie	9:13:17	Gold Coast, QLD	2004
17	Tait Merrilyn	9:31:19	Carlton, VIC	1988
18	Gordon-Lewis Lynette	9:41:58	Caboolture, QLD	1997
19	Thompson Michelle	9:54:17	Narrabeen, NSW	2009
20	Chrisp Wendy	10:25:03	Qld Univ., QLD	1988





# Footnote - About Failing

By Gary Cantrell

We live in a society that wants to eliminate failure. This peculiarity is most obvious in our youth sports. We give every child a trophy. We campaign against the keeping of scores or records. Parents pull their child off teams if they are not going to be a starter, at a minimum, if not an all-star.

The same desire runs through the games we play as adults. In ultrarunning we often declare that everyone is a winner, just for finishing. And those who fail to finish - well, they are winners just for participating. We are certain that everyone can share the thrill of victory while no one tastes the agony of defeat.

Unfortunately success cannot exist unless there is failure. In our zeal to ensure that no one ever endures the bitterness of defeat, have we stolen the sweetness from victory? The truth is that there is little joy in an unbroken string of easy successes. The joy of overcoming adversity, of more than we believed we could accomplish, is far greater than the satisfaction of staying comfortably within the boundaries of what we know we can do.

When newcomers enter the sport and, through poor planning, inexperience, or not being physically or mentally up to the challenge, get a DNF on their score card, we are quick to tell them that this is not failure. Perhaps we are motivated by a desire to prevent them becoming discouraged and giving up. But is the real message we are sending that accomplishing their goal has no value?

Simply giving up in the face of adversity is not human nature. Of course, those who have been raised on a diet of believing they have succeeded merely by showing up might be unsure what else to do. We

would better serve our fellow runner by acknowledging the failure, while expressing our belief that they are capable of finishing. It would not be out of line to offer suggestions on how to improve their chances next time. Denying the failure is simply dishonest, and no favour to the runner.

Regardless of the nature of the failure, whether it is by the novice who wasn't ready, a youngster whose ambitions outstrip their abilities, an experienced runner who hasn't taken the time to train for the race, or an older runner struggling to make the time limits, trying to stave off the day when they can only enter fixed-time events, we tend to offer the same sort of watered-down denials of failure. This does not do our fellow runners justice.

Most people believe that the job of a coach in youth sports is to teach fundamentals and win games. While those things are important, the real job of a coach is to teach the youngsters about failure and success. Failure is in not giving your best. Failure may come from a lack of preparation, a loss of focus, or any one of a myriad of reasons. Success is reaching your maximum potential, and it is influenced by all the same factors that can lead to failure. In a complex world, where people have varying abilities, success is not measured only in victories, and failure is not measured only by defeats. It is the responsibility of the coach to not only teach the player how to achieve success, but also how to measure that success.

In an adult sport such as ultra running, that coach's role is to a great extent taken on by the more experienced athletes. This doesn't mean we should set ourselves up as the final word on the capabilities of other runners. It does mean that we should not simply greet every effort with mindless congratulations.

Sometimes congratulations are in order. Sometimes it is commiseration. And sometimes all that is required is for us to listen. Because the only runner who has never truly enjoyed success is the runner who has never failed.

*"success is not measured only in victories, and failure is not measured only by defeats"*







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