

Sept 2010
Volume 25 No 3

U L T R A M A G



Australian
Ultra
Runners
Association Inc

- *Wild Endurance*
- *Kep Ultra*
- *24 hour world championships*
- *You Yangs*
- *Caboolture 48 hour... and more*







Magazine of the Australian Ultra Runners Association

September 2010

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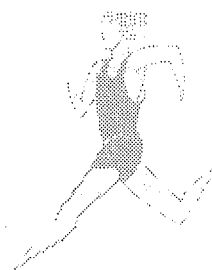
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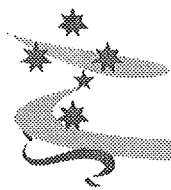
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*Front cover – Sharon Scholz at 24hr world championships 2010 in France
(photo Justin Scholz)*

Inside front cover– Wild Endurance Day 1 (photo Anna Warr)

*Back cover– Kokoda Challenge, Caboolture Road Runners Gold team
(photo Tim Miller www.dreamcoatphotography.com)*





Editorial September 2010

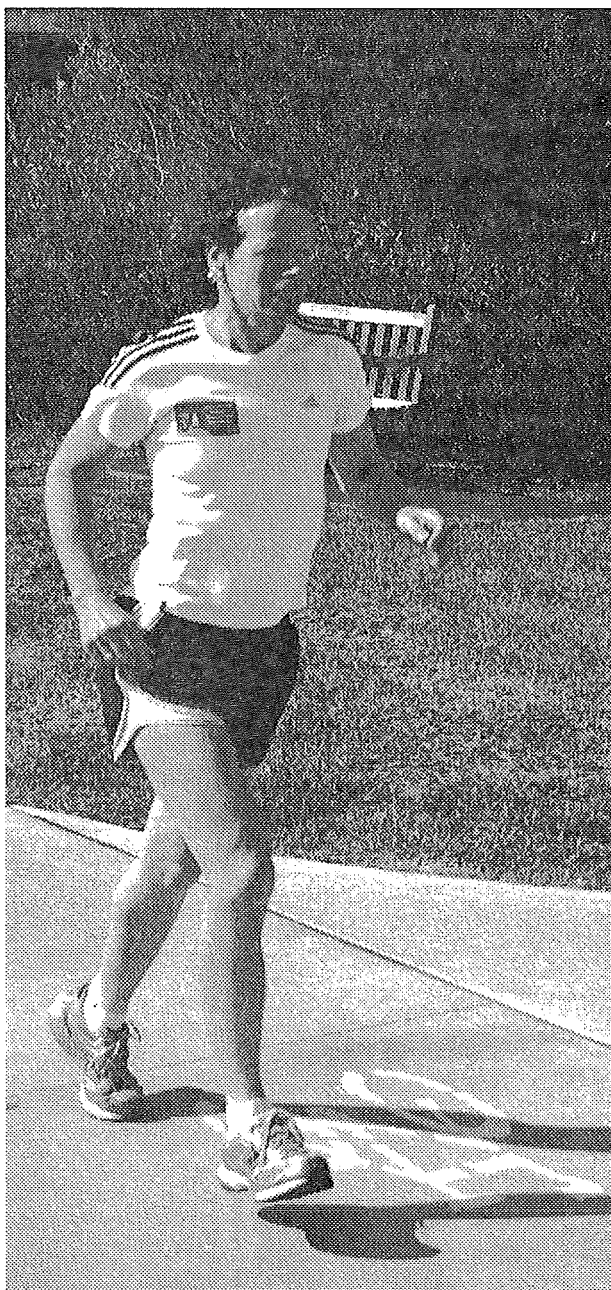
By Julia Thorn

The weather is foul in Melbourne as I write this. It has been stormy all night, very wet and very windy. Perfect conditions for a run. So I have been out for my run - only a short one today because I had to come home and work on this magazine.

I often think that the worse the weather the more satisfying the run is going to be. Hail, gale-force winds, a light snow falling - these are not factors to stop me going out for a run, they are more an encouragement. I didn't quite have the energy my husband had at 5am today to brace the elements and go out, but after seeing the kids off to school I was looking forward to a cold and invigorating run.

I had a wake up call as I rounded a bend in the park and saw a huge palm frond fall suddenly onto the footpath. It must have become detached during the storms in the night and been balanced on the tree until a gust of wind came at just the right angle to dislodge it. This is one of the dangers of running during a storm, or after a storm, as I had just observed.

When we do our Sunday run in the Dandenongs on the edge of Melbourne on a windy day we often voice fears about limbs falling from trees. Accidents involving humans and tree branches are rare enough, but they do happen. In recent months I have heard of a runner killed by a falling branch in England, and a slightly different scenario which also



involved something falling from the sky: a runner killed by a helicopter making a surprise landing onto a road in Florida.

These are not problems runners are likely to encounter when doing laps of a track, and doing laps of a track is something that several

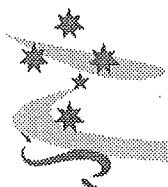
Australian runners have been very successful at over the past few months.

Sharon Scholz must be singled out for some remarkable performances. She won the national 48 hour championships conducted at Caboolture from 30 July to 1 August with 330.036km, breaking Helen Stanger's 1995 record of 329.256km. At the 24 hour world championships held in Brive la Gaillarde, France in May she placed 6th overall in only her third 24 hour run. You'll find full details of the numerous records Sharon claimed with this run on our News page.

Many other ultra runners have continued to perform well, and again this quarter many of our races have seen a marked increase in participation. New ultra runners are joining the ranks all the time. The You Yangs 50/50 deserves a mention for a big rise in participation. Our own AURA membership is on the increase, too, and this is very satisfying to see.

So please keep on running, keep on running these long events and support our organisation. If you can find time to write a race report or just send me a line that would be very welcome.





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 2009. AURA reserves the right to modify this calendar at its discretion.

Always check the AURA website for late changes to race details at www.aura.asn.au

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

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

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/

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

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

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



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

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

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

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
Website: 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: Brett Saxon on 0418 557 052 Email: brsaxon@bigpond.net.au
Web: www.aura.asn.au/BogongtoHotham.html

Sunday 16 January TWO BAYS TRAIL RUN (VIC) *New Event*
First official year, after 6 years of being FATASS. Dromana to Cape Schank. Shuttles buses available. Distances 28km/56km
Contact: Rohan Day
Email: rohankim@bigpond.net.au
Web: www.twobaystrailrun.com

Saturday 22 - Sunday 23 January LAUNCESTON 6 HR / 12 HR TRACK RACES
6am start at the Launceston Athletic Club
Contact: David Brelsford dbrelsford@hotmail.com
Web: www.launcestonathleticclub.com/6hourrace/

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

Sunday 13 February MAROONDAH DAM TRAIL RUN (VIC)
50 km race based at the Maroondah Dam, Healesville with 30km option.
Contact: Brett Saxon 0418 557 052
Email: brsaxon@bigpond.net.au Web: 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

March 2011

Saturday 5 March COBURG SIX HOUR RACE (VIC) *Note change of date*

Held at the Harold Stevens Athletic Track, 8am.

Contact: Tim Erickson 0412 257 496 or 03 9012 5431

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

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: Colin Jefta Email: raceorganiser@sixfoot.com

Web: www.sixfoot.com

Sunday 27 March GREAT OCEAN RUN (NSW)

Red Rock to Coffs Harbour Jetty 45 kms (approx), 6.30am daylight savings time start, Red Rock beach.

Course marking & survey from Arrawarra Headland at 2.00p.m. Saturday 26 March, Registration 6.00p.m. VSR Hall, Woolgoolga. Entry fee \$10.00 AURA/Aust Athleticss members, \$15.00; others entry on Sunday morning add \$5.00

Contact Steel Beveridge 02 66562735; 3B Surf Street, Emerald Beach, 2456

Email: steelyn@yabba.net.au

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

Web: www.aura.asn.au/AustralianAlpine100miler.html

April 2011

Sunday 3 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

Web: 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

Web: 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

Web: www.aura.asn.au/WilsonsProm100.html

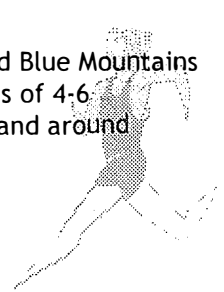
May 2011

30 April - 2 May WILD ENDURANCE (NSW)

A spectacular and challenging 100km teams-only trail trek in the heart of the World Heritage listed Blue Mountains National Park. Raising funds and awareness for The Wilderness Society, this event is open to teams of 4-6 completing the full route or relaying the distance half-way through. With a cut-off time of 48hrs and around 3,800m elevation, this course will require both commitment and passion for teams to complete.

Contact: 02 9282 9553 Web: wildendurance@wilderness.org.au

14-15 May 2011 THE NORTH FACE 100 (NSW)



100km trail running event in the Blue Mountains with a spectacular course, over 4,200m elevation and a cut-off time of 28 hrs to complete the course. Belt buckles for those finishing in less than 14 hours and 20 hours. For those not quite ready for the total experience, the Marathon Pairs option offers teams of 2 the possibility to relay the distance at mid-course.

Contact: 0401 564 462

Email: info@arocsport.com.au

Web: www.thenorthface.com.au/100

June 2011

Sunday 7 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 12 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

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

Web: www.srichinmoyraces.org/au/events/24hour/

July 2011

Sunday 17 July KOKODA CHALLENGE (QLD)

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

Contact: Doug Henderson 07 55963942

Web: www.kokodachallenge.com/

Sunday 24 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

Web: <http://aura.asn.au/YouYangs5050.html>

Friday 29 July CABOOLTURE 24 - 48 (QLD)

6-12-24-48 hr races

Contact: Geoff Williams 0412 789 741

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

August 2011

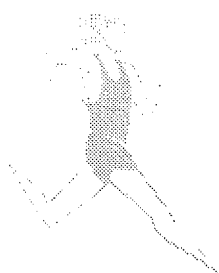
Sunday 14 August TAN ULTRA RUN 100km and 52km (VIC)

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

Contact: Nick Thompson 03 9889 7463 or 0400 332 155

Email: nickthompsonn@optusnet.com.au

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



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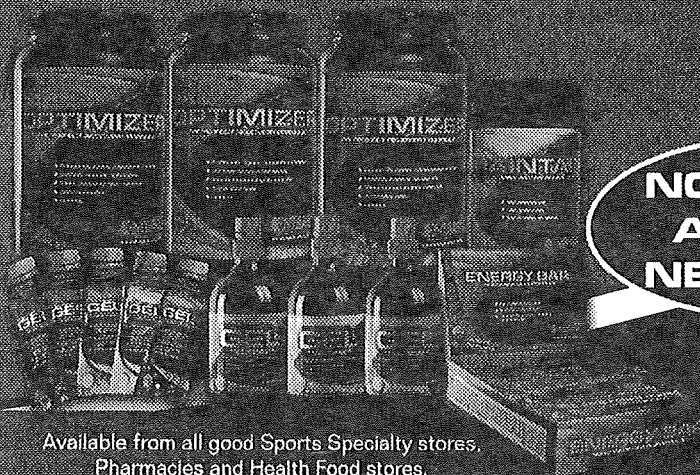
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Ultra News

A fantastic performance by Sharon Scholz at the recent 24 hour world championships held in Brive, France. Here is what Sharon achieved:

1 - 6th overall at the World Championships in only her 3rd 24 hour run.
3 - Best individual placing by any Australian (male or female) in the history of Australian representation at WC events,
2 - Broke the 24 hour Australian Road Course record (by 12km),
3 - Broke the 12 hour Australian Road Course record,
4 - Broke the 100 miles and 200km Australian Road Course records,
5 - A PB by nearly 30km from her Commonwealth Championships run in September 2009.

At 33 years of age, Sharon seems assured of a great future in the sport.

This success has been followed up by a tremendous performance at the Caboolture 48 hour race on 30 July, where Sharon ran 333kms in 48 hours.

The teams have been named to represent Australia at the 2010 **100km world championships** to be held in Gibraltar on 10 November:

Women: Kerrie Bremner Captain, Caroline Pivetta, Emily Novak-Nieme-la, Jackie Fairweather

Men: Dean Cook, Tim Craddock, Terence Bell, Stuart Gibson, Andrew Lee

AURA is pleased to announce the inclusion of Jackie Fairweather in the team. Jackie, a former world champion at triathlon and duathlon, won the 100km at the Commonwealth Championships held in Keswick, UK in September 2009 with an impressive 7:41:23. Jackie's inclusion will lift the female team to four thus strengthening its prospects with the performances of first three to count. Jackie was ranked number two in the world last year in the 100km event

At the **6-day race in Bornholm, Denmark** Sarah Barnett won with

677.447km, Martin Fryer succumbed to Achilles injury when leading at the end of Day 3 with 486.072. He still finished in 12th position) and stayed to crew for Sarah for the remainder of the race. Anth Courtney won the 24 hour event with 219.140km.

The **Gold Coast 100km** event, the official Australian 50km/100km championships, saw a course record to Dean Cook, race records by Chris Hills and Tressa Lindenberg and a 19 minute PB on this course by Kerrie Bremner.

The **Two Bays Trail race** on the Mornington Peninsula, conducted as a fatass event since 2005, now has full approvals and has received full sanctioning by AURA. Well done to Rohan Day for a great job in gaining all of the necessary approvals and for making it happen. The next race will be held on 16 January 2011. Here is a foretaste: Situated on the Mornington Peninsula. The Two Bays Trail goes from Dromana, on Port Phillip Bay, to Bushrangers Bay and on to Cape Schanck it is the longest continuous track on the Mornington Peninsula. First proposed by Stefanie Rennick in 1984 as part of the Victorian 150th anniversary celebrations, the 28km Trail traverses a diverse range of landscapes for which the Mornington Peninsula is famous.

This Trail is the result of many years of planning and hard work by friends and volunteer groups.

The steep rise from sea level up to Arthurs Seat (elevation 1,000ft) provides 310 degrees of breathtaking views across the bay to Melbourne. The trail is well marked by a blue wren bird symbol on all signs. The middle of the track passes through mostly undulating Track through national park and forest. The section on the Bass Strait side reveals Bushrangers Bay, which is arguably more beautiful than the 12 apostles area of the Great Ocean Road.

See AURA website for full details and link to the race website.

Four Australians have had good

results in finishing the **Badwater ultra** in California in mid July. Ian Adamson finished in 34:32; Susannah Harvey-Jamieson finished in 35:20; Kelvin Marshall finished in 39:47; Brendan Mason finished in 46:23.

Two Australians have completed the **Western States** 100 mile ultra in California, USA in late June - David Eadie in 22:07 and Brian Jones in 22:23.

Two Australians have completed the **Hardrock** 100 mile race in Colorado, USA in early July - Philip Murphy in 37:51 and Andrew Hewat in 46:01

Geoff Roes of Juneau, Alaska took the lead at mile 89 in breaking the course record at the 37th annual **Western States 100**, posting a 15:07:04 winning time. Anton Kru-picka, in finishing second, was also under Scott Jurek's previous course record.

Tracy Garneau of Vernon, British Columbia was the women's winner, leading most of the race. She posted a 19:01:55 winning time despite fighting Achilles tendon issues the last 20 miles. The weather was not an ally of the runners, with the high temperature in Auburn reaching 93 degrees F. A record 123 silver buckles were earned by runners breaking 24 hours, besting the 106 in 1997. Out of the 426 starters, a record 327 finished the race within the 30 hour time limit.

Sumie Inagaki of Nagoya, Japan broke her own women's world record for 48 Hours at the **Surgeres, France** event on 23 May with a distance of 397.103 km. Ryoichi Sekiya, from Kanagawa, Japan, won the men's race with a distance of 407.966 km.

Stephen Muzhingi of Zimbabwe successfully defended his 2009 championship in winning the 85th annual **Comrades Marathon**. The race, which normally alternates between "up" and "down" years, was run in the downhill direction for the second consecutive year due to

preparations for the FIFA World Cup of soccer in June.

Russian Elena Nurgalieva won for the fifth time, three steps ahead of her twin sister Olesya. There were 14,309 finishers within the 12-hour time limit.

The **Canberra Marathon and associated 50km ultra** were cancelled in April due to an ongoing legal dispute. The current situation regarding the Canberra Marathon is summarized in the following press release dated 23 July:

"Court victory for Canberra Marathon organisers. Long-time race directors of the Canberra Marathon - the oldest event of its type in Australia - today won a Federal Court challenge instigated against them by the ACT Cross Country Club Inc. The Club took action against Dave Cundy and Fran Seton, the established organisers of the marathon, for allegedly repudiating a settlement agreement that would have allowed the 2010 Canberra Marathon to proceed as scheduled on 10-11 April. Justice Perram found the opposite was the case - and it was, in fact, the Club that repudiated the settlement agreement, causing the cancellation of the 2010 race. Justice Perram awarded unspecified costs and damages to Mr Cundy and Ms Seton. The substantive case concerning ownership of the management rights to the event will now continue in the Federal Court. The ACT Cross Country Club initially brought the case against Cundy and Seton in the ACT Supreme Court. That court ruled that the matter be heard in the Federal Court on 2 July. Mr Cundy said: 'We have always believed we were right in this dispute. We are very pleased with today's outcome and see this as an important step towards the resurrection of the Canberra Marathon in 2011.'"

The following Australian runners are heading off for the **2010 ultra trail du Mont Blanc** of 166km: Mickey Campbell, David Coombs, Damon Goerke, Jan Herrmann, William Thompson, Keith McKay and Damian Bowden have entered the 111km TDS event.

The first ever New Zealander has competed in the world's longest race

- the **Sri Chinmoy 3100 mile race** in New York. Dharbhasana Lynn from the Auckland Sri Chinmoy Marathon Team has just completed 3100 miles of running - just before the cut off time of 52 days of running. He is the first New Zealander to ever attempt this race and ran over 60 miles every day for 51 days to complete this distance. New Zealand is very proud of his achievement

New IAU website went online on May 31. "We have strived to make the new website more user friendly and interactive. Feedback is welcomed." View the new website at www.iau-ultramarathon.org

New for 2010 the IAU Executive Council has initiated the **Best Athlete of the Year Award**.

In order to select the deserving candidates for this prestigious award, the Council asks you to send you nominations and become an active part of the process.

Two athletes (1 each male and female), will be selected at the Annual Meeting by the Council, based on the athletes put forward. Nominations start on 1 Dec 2010.

9th IAU 24 Hour World and European Championship The dates have been released for the 9th IAU 24 Hour

World and European Championship. The event will take place from June 24-26 2011 in Brugg, Switzerland. The event organizers are promising an exciting event and we are making all arrangements to ensure that the race is top-notch as has become a tradition with the IAU.

2nd Commonwealth Mountain and Ultra Distance Running Championship Sanctioned by the CGF The Commonwealth Games Federation have sanctioned the 2nd Commonwealth Mountain and Ultra Distance Running Championship. After the resounding success of the 1st edition of this event held in Keswick, UK, the CGF sanctioned the second championships. Next step is to secure a host city; the event will be scheduled in 2011 or 2013.

Summary of IAU calendar

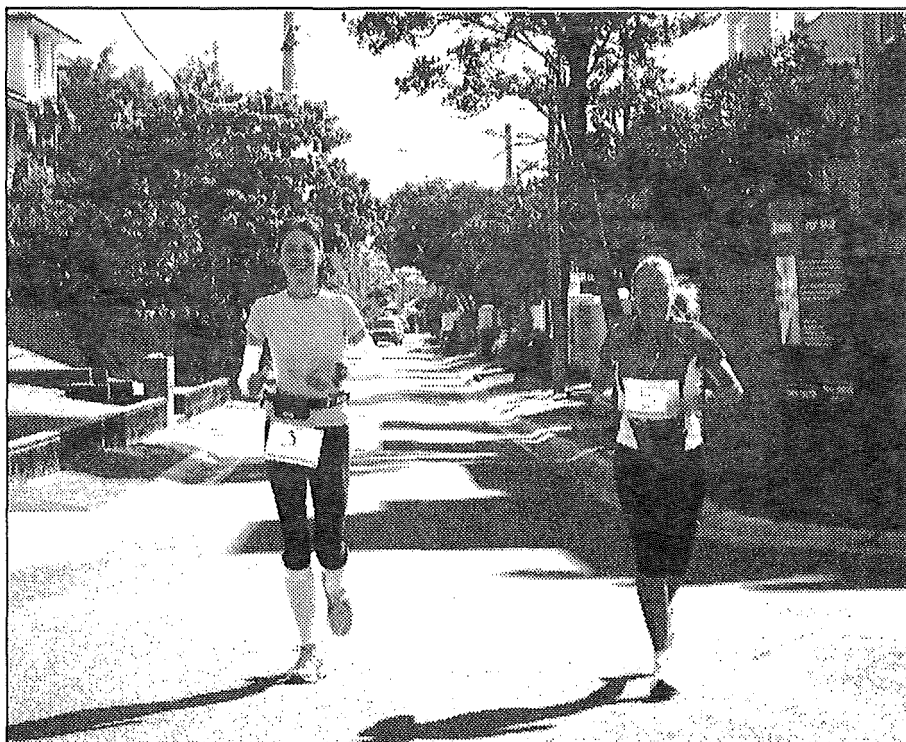
August 29 2010: **50km Trophy Final**, Galway (IRL)

November 7 2010: **100km World & European Championships**, Gibraltar

June 25-26 2011: **24 Hour World & European Championships**, Brugg, (SUI)

July 10 2011: **World Trail Challenge**, Connemara (IRL)

September 10 2011: **100km World & European Championships**, Winschoten (NED)



Gold Coast 100 - Susannah Harvey-Jamieson and Kerrie Bremner

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, 2010

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

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

membership application/renewal

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

OTHER FAMILY MEMBERS (one ultramag per family only)

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

remittance

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

Please send cheque or charge against credit card (Visa or Mastercard only) or join/renew online at www.aura.asn

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

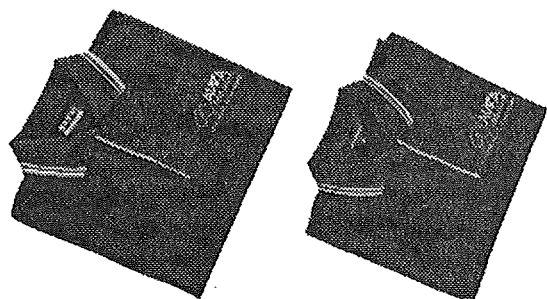
Post to AURA Membership Secretary
 Brett Saxon P.O.Box 119 Keilor Vic 3036
 Fax: 03 9336 7767

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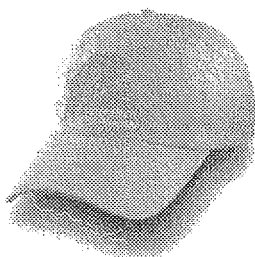
apparel



» **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



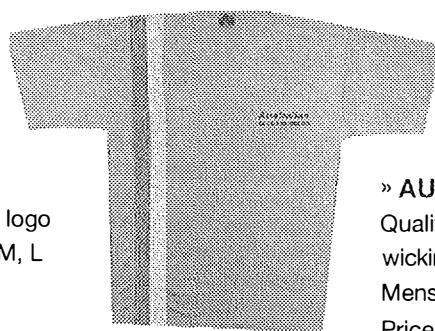
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Quality moisture wicking fabric.
Mens S, M, L
Womens 10, 12, 14
Price: \$30



» **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)

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3
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160/100/60KM

48
HOURS

1
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Incorporating the 100mi Alpine Skyrun,
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Imagine taking part in Australia's toughest and most scenic trail ultra over 48 hours! Choose from 3 events – the 100 mile (160km) Alpine Skyrun, the 100km Corporate / Team Challenge or, the new 60km Alpine Experience. Commit to as little as 15km in a relay team or 160km as an endurance runner.

Set in Victoria's stunning Alpine National Park, the Alpine Challenge will test you to the limit as you traverse some of the toughest and most exposed areas of the Australian Alps. You will be doing it tough, but not as tough as some in our community who you will be raising funds for as you run.

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Categories

Enter either the 100 mile/100km/60km events as:

Solo endurance runner or **2-4 person endurance team** running/walking the entire distance together or **4-8 person relay team** running/walking different stages in pairs (*The 100 mile event is only open to runners*)

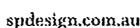
To register and enter visit runningwild.net.au

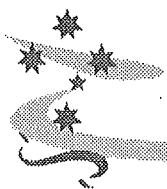
"A huge challenge and a wonderful experience. When the going got tough and it did, it was great to draw strength and motivation from our team mates. We will be back again!"

Team Aida



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AURA Points Score

As at 2 August 2010

For full details compiled by David Billett see the AURA website

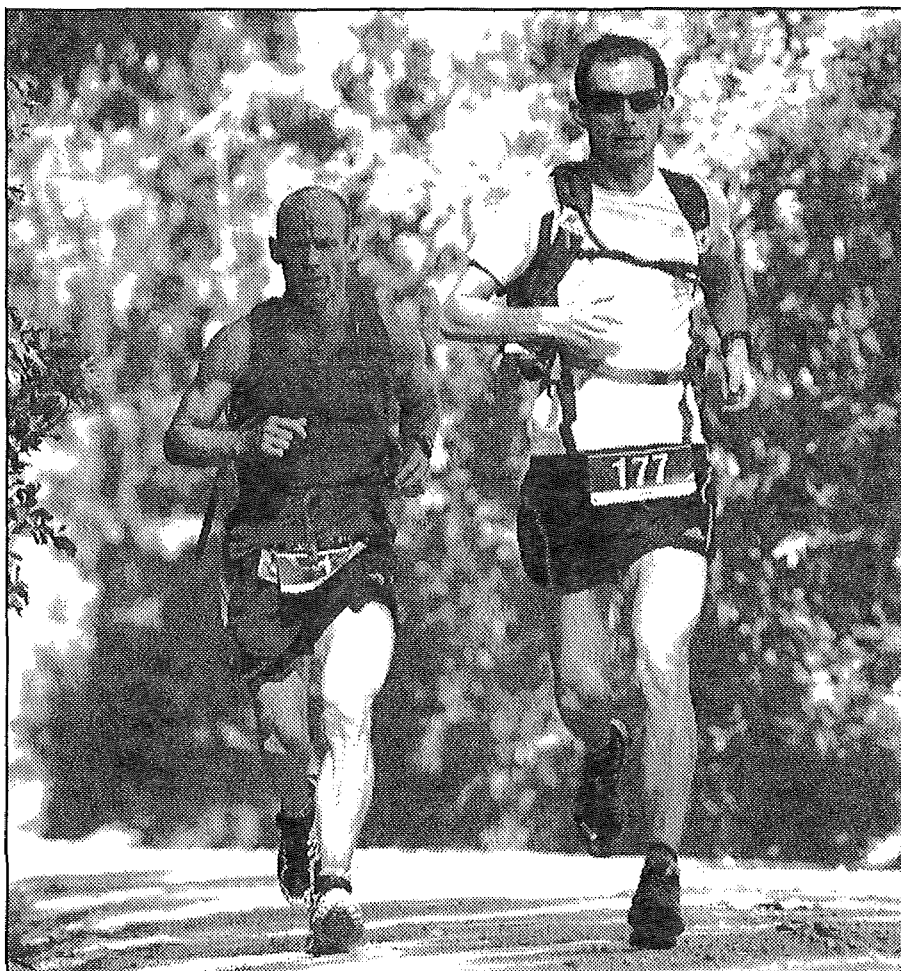
http://aura.asn.au/data/PointsRace/AURA_PointsRace_02-08-2010.pdf

Points

76 Sharon Sholz
64 Mal Gamble
62 Ron Scwebel
42 Michael Lovric
40 Michelle Thompson
36 Kerrie Bremner; Susannah Harvey-Jamieson
34 David Kennedy
30 Jo Blake
27 Trevor Allen
26 Kelvin Marshall
21 Brendan Davies
20 Dan Beard; Steel Beveridge; Tim Erikson; Bernie Goggin; Steve Jordan
19 Beth Cardelli
18 Tony Collins; Allison Lilley
17 Rob Boyce; Peter Brett; Belinda Lockwood
16 Lisa Harvey-Smith; Glenn Lockwood; Richard McCormick; Michael Murrell; Darrel Robins; Dean Cook; Allan Hood, John Pearson
14 Tressa Lindenburg; Stuart Price; Lee Rice; Baz Skelton; Cheryl Symons; Marcus Warner; Brett Worley
13 Justin Scholz
12 Tamyka Bell; Ewan Horsburgh; Brian Jones; Delyth Lloyd; Chris Noble; Mark Wenn
11 Karyn Bollen; Stephen Courtney; Marie Doke; Martin Fryer; Stuart Gibson; Clare Holland; Rudolf Kinshofer; Caroline Pivetta; Kate Somerville; Elizabeth ; Paul WrightSwain
10 Kevin Cassidy; Nathan Fawkes; Brett Saxon; Cassie SmithMark Swinkels; Graeme Wright
9 Nick Barlow; Rick Cross; Chris Dalton; Michael Donges;

Phil Murphy; Alan Staples
8 Anth Courtney; Ken Marsh; Emily Novak-Niemela; Simon Trusler
7 Isobel Bepalov; Peter Bignell; Marie Boyd; Brad Boyle; Roger Guard; Patrick Hodgens; Leanne March;
Bethany McCarthy; Billy Pearce
6 Paul Black; Myles Bouvier-Baird; David Eadie; Keith Sullivan; Nick Thompson; Sarah Thompson; Jane Trumper; Tim Ablett; Noel Annett; Warren Ansell; Shaun Bourke; Max Carson; Tim Cochrane;
Neil Hawthorne; Trevor Jacobs; Chris Kelly, Kolya Miller; Graham Osborn; Jonathan Worswick
4 Carol Adam; Jane Allardice; Elizabeth Bennett; Colin Brooks;

Stuart Cole; Rohan Day; Rob Donkersloot;
Cameron Gillies; Michael Harvey; Alan Heap; Sharene Hurnan; John Keats; Eric Louw; Andrew McDonald;
3 Carol Baird; Stuart Eliot; Sharon Harrison; Keith McKay; Jessica Robson; David Staehr
2 Steven Appleby; Mick Corlis; Allan Devine; John Nuttall; Miranda Price
1 Sharon Callister; David Clear; Natalie Esparon; Paul Every; Bob Fickel; Brian Glover; Ernie Hartley;
Viv Kartsounis; Stephen Kibble; Kerrie Muir; Vlastik Skvaril; Terrie Stevens; Andrew Tuckey; Ian Twite; Colin Williams



The North Face: Andrew Lee and Stu Gibson; Photo by Mark Watson



The North Face 100km

Blue Mountains, NSW, 15 May 2010

Report from race organiser Diane Chanut

An impressive crowd of 699 participants including 46 pairs and 553 solo ultra-runners met in Leura on Saturday morning at seven am under a bright sun, with fresh and stimulating conditions. Geared up with their thermals, trail running shoes, hydration packs, headlamps, compasses, gels and nutrition bars, but most importantly with strong determination, competitors were set to undertake one of the most difficult 100km ultra-trail marathon events in the Southern Hemisphere: The North Face 100.

It is with an amazing display of camaraderie that returning champion Andrew Lee, and newcomer Stu Gibson decided to cross the line together to win the 2010 The North Face 100 - shaving 26 minutes off Andrew's 2009 record.

Eager to break the 10-hour barrier, both incredible athletes ran together in a fight for the best record time ever and achieved their mission hand in hand, pleasing all spectators with a completely unexpected performance.

Given his success at the previous race, it was no surprise that Andrew Lee took the lead early, but to see 33 year-old Stu Gibson passing Andrew around the 50th kilometre was unexpected. Out-running each other for a number of kilometres, it became even more surprising to see both men joining forces to run beside one another, overcoming the remaining distance as a team.

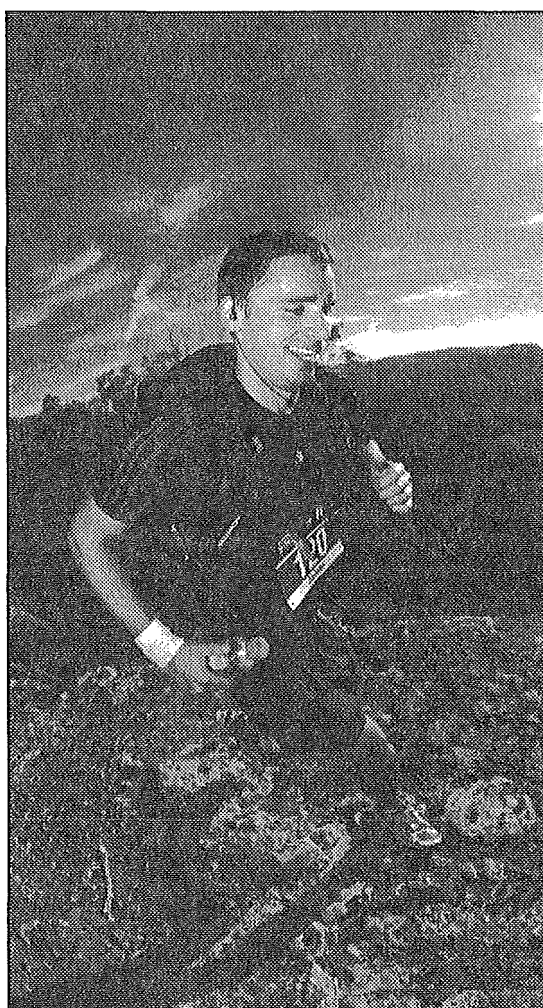
Whilst Andrew Lee, 40, from Warimoo in the Blue Mountains, had never run further than 45km prior to his 2009 revelation, he came prepared with exhaustive hours of

specific endurance training along with the wisdom he gained through running last year's event.

Andrew commented:

"I felt very good from the start, we couldn't hope for better conditions. The run was fantastic, it was

unbelievable. Stu and I found such a good rhythm, we helped each other



on the way, and I don't think I could have made it under 10 hours without him."

"The AROC team, the volunteers and the support of The North Face were unbelievable."

As to Stu Gibson, 33, living in Melbourne, he had never been or run in the Blue Mountains before. New

to The North Face 100, Stu however showed his amazing potential a month ago when claiming 11th place in the infamous Marathon Des Sables in Morocco.

"I had been training hard for the 243km endurance race across the Sahara Desert in Morocco, hence I

was feeling so good here on the trail. Andrew and I really gave it our best shot during the second half of the race, we were running at the fastest pace we could to complete the distance before Andrew's 2009 record of 10 hours, 20 minutes and 51 seconds", said Stu Gibson, with a strong Scottish accent.

At the sharp end of the field, runners were joined by veteran ultra-distance athlete Diane Van Deren from Colorado. This exceptional and inspiring woman, who completed The North Face 100 in Beijing a few days ago, was totally thrilled by the warmth that Australian racing competitors shared with her. Amazed by the good organization of the race, and the beauty of the scenery, she ran through the Blue Mountains with a good humor and a spark in her eye. Diane rated the race as one of the most difficult trail-runs she has ever completed. "The amount of steps and the difficulty of the terrain made it very hard. You always had to be alert, aware of what you are and where you put your feet. You can never let it go."

Competitors kept running through the night with a few courageous runners crossing the line 26 hours after departing.

Top results

Male	Time
1= Andrew Lee	9:54:19
1=Stu Gibson	9:54:19

Female	
1. Beth Cardelli	12:16:15
2. Julie Quinn	12:24:52

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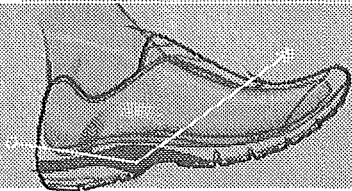
Pekka Vasala
1972 Olympic Gold Medalist



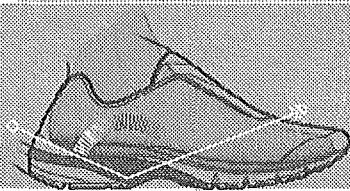
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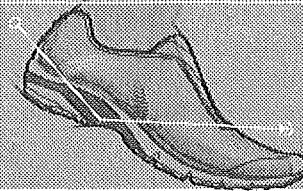
1 FEEL » TRANSITION OF PRESSURE TO ENERGY



2 RIDE » ACTIVATION OF FORWARD MOMENTUM



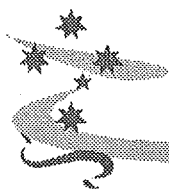
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Wild Endurance 100km

Blue Mountains, NSW, 6 May 2010

Report from race organiser Diane Chanut

Team Grass is Greener from the Central Coast took out line out line honours in this year's WildEndurance Challenge. The gruelling event - 100kms through the spectacular Blue Mountains World Heritage listed area - is an extreme challenge event that tests stamina and fitness. The event has a 48 hours time limit, however team Grass is Greener completed the course - which traverses up and down the Mountain ranges and through the Megalong to Jamison Valleys, and passing iconic areas such as the Three Sisters, Mount Solitary and Wentworth Falls - in a record time of 13hours 14mins. Two members of the team competed last year in the winning team, and this year, they smashed their previous winning time by 3 hours and 16 minutes. Commenting on their performance, team captain, Darrel Robins said: "We love this challenge. It's a fantastic course with all types of running terrain, some easier stretches and then some challenging hills, stairs and technical climbs. The weekend gave us perfect running weather and fantastic scenery," said Darrel.

The WildEndurance event is a growing destination event for adventure and fitness enthusiasts and wilderness lovers who want a challenge and to contribute to a better planet. Into its third year, the WildEndurance event has doubled from last year, with 112 teams (of either 4 or 6 competitors per team). More than 500 competitors competed in the event in 2010. Teams participate for the glory and also great prizes, including a World Expeditions travel voucher for a whole team. Teams also have a fundraising target, raising funds for The Wilderness Society's many important campaigns to protect and restore our wonderful wild places, such as Cape York Peninsula and the River Red Gums of South West NSW.

"Some teams are total fitness nuts, competing for line honours, almost



running without break the whole way, and many teams - our everyday adventure and environment heroes - simply compete for the experience and challenge. This event is a fun, family and environment friendly experience. Everyone is raising funds to help protect our environment and support The Wilderness Society's effort to save our planet and they get to enjoy and experience the beauty and wildness of our natural environment at the same time," said Sarah Rimmer, WildEndurance Event Coordinator.

"WildEndurance is becoming a destination event for adventure tourists, fitness and environment lovers, as

well as corporate, social and sporting groups looking for a new challenge and a fun group activity. The trek provides a challenging and exhilarating team experience in one of NSW's most spectacular wilderness areas," added Sarah Rimmer. "The course is tough, but with proper training, just about anyone can do it. We hope the event continues to grow next year.....so get planning now for 2011".

Results

1. Grass is Greener 13:14
2. SWEAT, 15:53
3. iRun, 16:36



Kep Ultra, 100km and 75km

WA, Northam to Mundaring Weir, 6 June 2010

Race report by Rob Donkersloot

The second year of the Kep Ultra saw 26 competitors make it to the start line in Northam for either a 75km or 100km race to Mundaring Weir along the Kep Track. The Kep track mainly follows the old Eastern Railway line that used to connect Perth with Kalgoorlie along the Mundaring Pipeline. Given the historical significance of the track, it is very apt the race is run on Western Australia's Foundation Day long weekend in early June.

After an unofficial run by 12 ultra runners in 2009, the 2010 race was sanctioned by AURA after race organisers gained official approval for the event from local authorities, the Department of Environment and Conservation and The National Trust. Official status saw a significantly larger field enter the event in 2010.

2009 winner Alex Stuart was back to defend his 100km crown, with emerging Australian 12 hour and 24 hour track runner Dave Kennedy, keen to improve on last year's second place. Three women had entered the 100km event including Perth Hills Group runner Kate Sommerville, as well as seasoned triathletes Julie Saunders and Sarah Thompson.

The 75km field included Chris Wilson who had flown in from Victoria especially for the race, as well as 14 West Australians, keen to prove themselves on the Kep course.

The first 18km section to checkpoint 1 at Clackline was dominated by Alex Stuart, until he suffered from a navigation issue, and lost 15 minutes. This meant Stephane Benayoun was the first 100km competitor to check in, followed by Guy Moore and Tim Eva who came in with Dave Kennedy. Kennedy had missed the start and was making his way up through the field.

Section 2 from Clackline to Wooroloo was the defining stage of the men's 100km race, with Stuart keen to make up for lost time. Over the 24km stage he gave Benayoun a 6

minute start at Clackline, and by Wooroloo had opened up a 24 minute lead. Despite losing another 15 minutes when again going off course near Mt Helena, Stuart dominated the rest of the race and was an easy winner by 1 hour and 11 minutes at the finish at Mundaring Weir in a time of 9 hours and 11 minutes....over half an hour faster than his 2009 time. Dave Kennedy, still recovering from his efforts at the Coburg 24 hour race less than 2 months ago, was second, with Stephane Benayoun and Guy Moore sharing third place.

In the 100km womens race, Julie Saunders led the field comfortably until the 60km mark at Mt Helena, where she was 25 minutes ahead of Kate Sommerville and Sarah Thompson. On the section through John Forrest National Park to checkpoint 4 at Bellevue, Sommerville started reeling in the two time Kona Hawaii Ironman Saunders, and had reduced the lead to just 14 minutes with 22km to go. The last section from Bellevue includes the long 14km climb up hill to Mundaring. A climb tough enough under normal conditions, but a real test of endurance after having just run 80km. This hill is Sommerville's home ground, and she runs it nearly every weekend with her hills running group. She used her local knowledge to her advantage, passing Saunders in the darkness of early evening with headlamps blazing. At the finish, Kate Sommerville recorded a time of 12 hours and 5 minutes, just 6 minutes ahead of Julie Saunders.

The 75km event was incredibly even for the first 42km run from Northam to Wooroloo, with Victorian Chris Wilson, and West Australians Jeff Gray and Mark O'Keeffe all covering the marathon distance in 3 hours 52 minutes. In fourth place overall, and first female was young ultra rookie Leah Glass.

At Mt Helena, Wilson and O'Keeffe were still battling for first place, however O'Keeffe suffered from leg cramps, and lost 5 minutes to Wilson as he had his muscles massaged by aid station volunteers.

On the final leg to Mundaring Weir, Wilson managed to open up a handy lead, however ran into trouble when he missed the turn to the finish line at the Perth Hills National Park Centre campsite, and ended up at the Mundaring Weir Hotel. Luckily his lead was large enough to allow him to back track, and still win the race in a handy time of 7 hours and 27 minutes. Mark O'Keeffe beat off the cramps to finish second, with Leah Glass finishing third overall and winning the women's 75km event in 7 hours and 44 minutes. Alice Clark was second, with Emma Firth third.

Out of 26 starters, 23 finished either the 100km or 75km event. And to prove that ultra running isn't just for the young and fit, but also for the older and fit, Roy Hart, Phil Dufty and Lui Cecotti, all aged 60 plus all finished the 75km race in under 10 hours.

Feedback from competitors has been resoundingly positive, with Chris Wilson saying he will be leading an Eastern States invasion when he returns to defend his 75km title in 2011. For information on the Kep Ultra, visit www.kepultra.com.

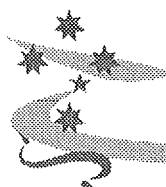
Results

100km race

1. Alex Stuart	9:11:19
2. David Kennedy	10:22:18
3. Stephane Benayoun	11:58:10
4. Guy Moore	11:58:10
5. Kate Sommerville (F)	12:05:30
6. Julie Saunders (F)	12:11:15
7. Tim Eva	12:51:38
8. Sarah Thompson (F)	13:25:50
9. Steve Hince	14:21:15

75km race

1. Chris Wilson	7:27:13
2. Mark O'Keeffe	7:38:57
3. Leah Glass (F)	7:44:04
4. Cliff McKinley*	8:32:33
5. Alice Clark (F)	8:35:04
6. Matthew Thompson	8:41:49
7. Kevin Payne	8:55:11
8. Emma Firth (F)	9:18:55
9. Roy Hart	9:34:16
10. Ron McGlinn	9:44:00
11. Phil Dufty	9:45:11
12. Lui Cecotti	9:54:10
13. Robert Boyce	10:00:00
14. Peter Miller	10:34:06



Race Results

**Sri Chinmoy Brisbane
6- 24 hour
Queensland,
19-20 June 2010**

**World Championships 24 hr
Brive-la-Gaillarde, France, 13-14 May 2010**

*This has been a fantastic performance by the
Aussies - very well done!*

Results

24 hour	Kms
1. Bernadette Benson (F)	200.8864
2. Colin Solomon	190.9355
3. Clare Holland (F)	178.6413
4. Geoff Last	169.8143
5. Lisa Harvey Smith (F)	168.6992
6. Stuart Price	164.1219
7. Brendan Mason	162.5621
8. April Palmerlee (F)	155.1827
9. Trevor Allen	152.2905
10. Billy Pearce	151.0879
11. Marie Boyd	146.5399
12. Warren Wright	143.4622
13. Steve Jordan	138.5632
14. Robert Boyce	135.7133
15. Doug McKay	129.2973
16. Tony Ayris	127.6827
17. Paul Wright	124.0000
18. Keith Sullivan	120.6728
19. David Waugh	118.8000
20. Anyce Melham	107.6000
21. Mick Francis	70.8000
22. Duncan Foster	69.6000

12 hour	Kms
1. Michael Lovric	129.0118
2. Bernie Norris	109.1750
3. Zac Braxton Smith	101.0063
4. Graeme Watts	95.2747
5. John Harris	87.9996
6. Cliff Benson	84.8275
7. Elisabeth Swain (F)	83.0319
8. Brad Boyle	50.0000

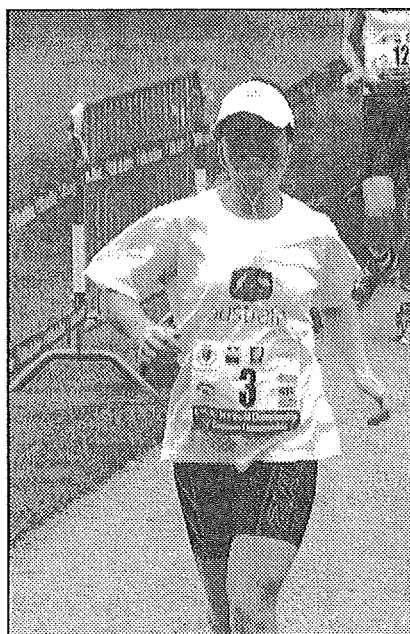
6 hour	Kms
1. Susannah Harvey Jamieson (F)	65.3522
2. Lee Walmsley	57.5162
3. Matt Fitzgerald	55.8787
4. Andy Steele	55.3133
5. Carol Sullivan (F)	54.2508
6. Michelle Thompson (F)	53.5604
7. Mallani Moloney (F)	51.8017
8. Jayne McGaughhey (F)	48.0809

Female teams

Nationality	Total distance kms
1. France	685.800
2. Italy	658.112
3. Australia	654.863
4. USA	625.529
5. Finland	605.143
6. Japan	593.893
7. Germany	593.712
8. Canada	576.978
9. Croatia	572.944
10. Hungary	559.076
11. Sweden	536.653
12. Russia	512.532
13. Czech Republic	501.347
14. Austria	499.378
15. Spain	439.280
16. Estonia	326.235

Individual results

Women: Sharon Scholz 6th (224.885); Meredith Quinlan 9th (217.851); Susannah Harvey-Jamieson 13th (212.127); Allison Lilley 29th (191.612)



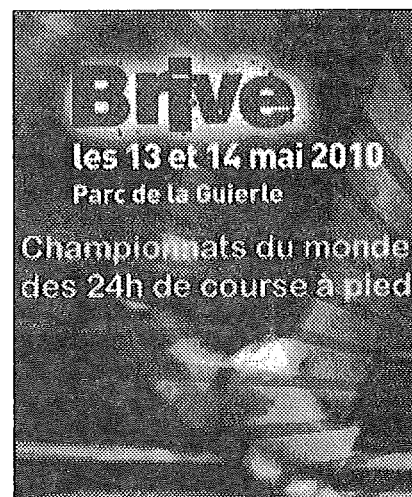
Sharon Scholz 6th

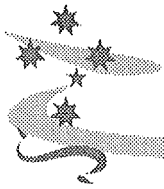
Male teams

Nationality	Total distance kms
1. Japan	778.678
2. Italy	758.932
3. USA	757.468
4. France	751.835
5. UK	742.777
6. Norway	719.234
7. Germany	714.738
8. Finland	707.024
9. Russia	696.448
10. Australia	675.705
11. Switzerland	671.854
12. Spain	665.067
13. Belgium	657.644
14. Slovakia	650.632
15. Hungary	646.285
16. Austria	627.633
17. Ireland	617.226
18. Denmark	601.750
19. Lithuania	577.796
20. Sweden	576.128

Individual results

Men: Jo Blake 17th (245.300); Michael Lovric 41 (226.346); Anth Courtney 75 (204.059); Ron Schwebel 92 (186.110); John Pearson 93 (186.010)





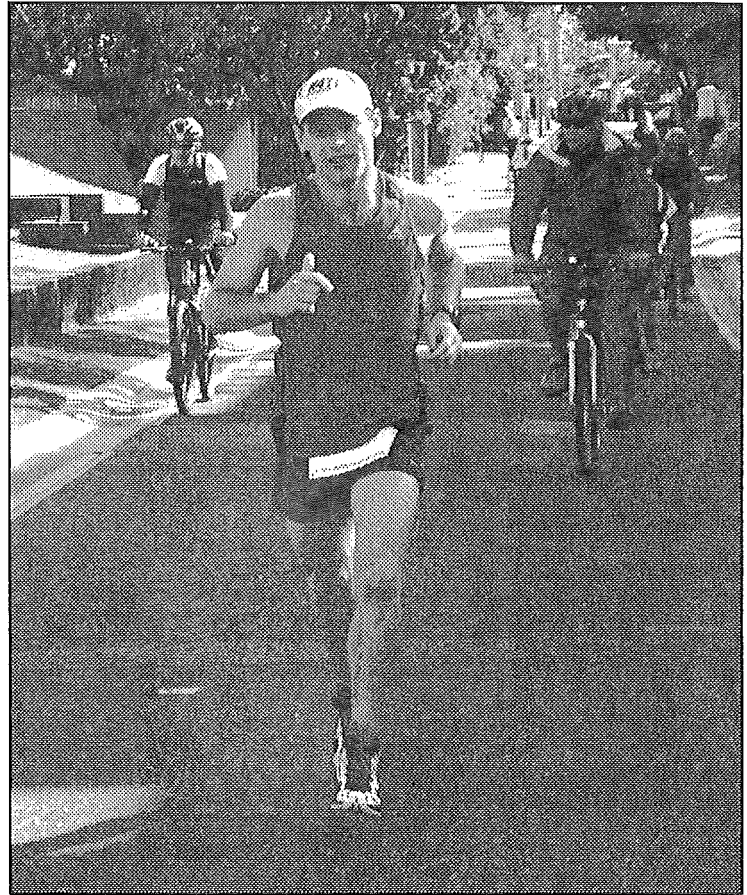
Gold Coast 50km/100km

Queensland, 13 June 2010

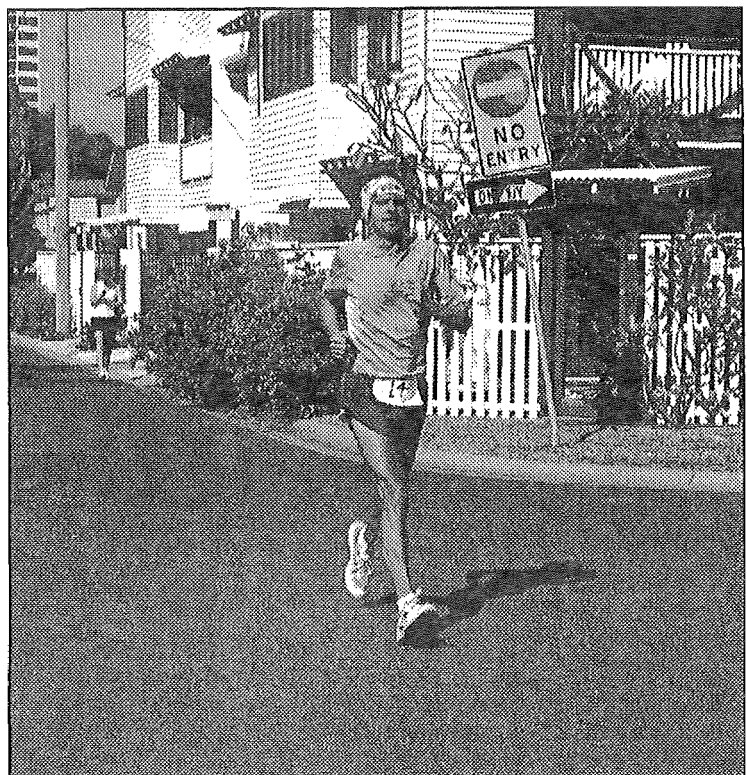
Results

100km event	50km time	100km time
1. DEAN COOK	3:30:04	7:38:18
2. ANDREW LEE	3:36:20	8:03:30
3. KELVIN MARSHALL	4:03:08	8:53:07
4. KERRIE BREMNER (F)	4:23:35	8:55:45
5. EMILY NOVAK-NIEMELA (F)	4:30:26	9:20:29
6. MALCOLM GAMBLE	4:37:30	9:29:20
7. PAM MUSTON (F)	4:38:50	9:52:0
8. CHRIS WATSON	4:21:4	9:52:33
9. DEAN SIMPSON	4:45:20	10:58:30
9= SHANE SIMPSON	4:44:50	10:58:30
11. MIKE HARVEY	4:33:53	11:15:22
12. KASUYA NAKATANI	5:06:10	11:20:02
13. CASSIE SMITH (F)	5:11:20	11:27:33
14. CHRIS KELLY	4:55:09	11:43:03
15. CHERYL SYMONS (F)	5:19:53	11:46:17
16. KAREN CHAN (F)	5:28:40	12:06:09

50km event	50km time
1. CHRIS HILLS	3:12:45
2. BRENDAN DAVIES	3:18:19
3. DAVID STAEHR	3:23:35
4. TRESSA LINDENBERG (F)	3:40:23
5. NIGEL PEACOCK	3:56:13
6. MARITA EISLER (F)	4:00:39
7. SEBASTIAN PERHAUZ	4:08:47
8. ANDREW MOORE	4:10:34
9. CAROLINE HODGES (F)	4:17:10
9= CHRIS NOBLE	4:17:10
11. TAMYKA BELL (F)	4:19:16
12. SUSANNAH HARVEY- JAMIESON (F)	4:20:08
13. RICHARD MCCORMICK	4:39:00
14. JAMES PARKER	4:40:33
14= MARK BARRETT	4:40:33
16. GRANT MCFADDEN	4:45:10
17. ASH MAJOR	4:57:15
17= BELINDA SIMPSON (F)	4:57:15
19. GEOFF LAST	4:59:25
20. KEITH SLATER	5:03:03
21. JAMES SYLVESTER	5:04:30
22. BEN SCULL	5:08:07
22= MATHEW LEWISHAM	5:08:07
24. MARTINA TORPY (F)	5:10:27
25. ANNA MARIA DROUIN (F)	5:25:35
26. CHRIS AYLEN	5:27:22
27. SUZIE LEWISHAM (F)	5:44:00
28. DIANA KELLY (F)	8:34:30



Top 100km Andrew Lee.
Lower - Kelvin Marshall. Photos - Ian Cornelius





You Yangs 50/50

Victoria, 25 August 2010

**Report by Peter Mullins,
initially posted on www.coolrunning.com.au**

It must have been close to 2 am before we nodded off on the Saturday after marking the course. That meant 3.5hrs sleep, even less for Brett as he headed down to open the main gate at 5am. It was amazing watching the flood of cars arrive from our vantage point, not long after we were on the start line ready to run. I wasn't feeling good to go run wise, a few new aches and pains overnight and real lack of energy, I almost pulled out then, but I was excited for everyone else nonetheless. Great to catch up with so many trail running friends and familiar faces.

After a bit of a chat, Brett soon started us 50/80km runners on our way down Rockwell Road. It was cool at the start but nowhere near as cool as in 2009. Didn't take long though to warm up with the climb up to the saddle, or was it from me laughing so much seeing Rob Hall up ahead demonstrating a full commando roll in the first of his falls. Soon caught him on the downhill and sat on his tail. I ran with Rob down to the south boundary fence as the warm sun rose across the bay. Not that we could see the bay. Very comfortable pace and was enjoying the run. Back up to the Turntable car park through the first 10km comfortably in 53mins but was starting to feel flat already so grabbed some dried bananas and a gel.

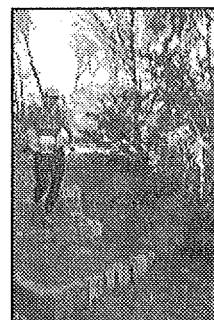
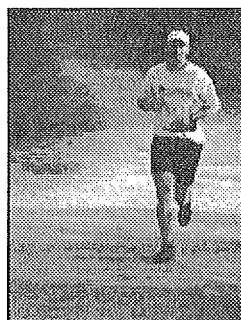
Ran up to the 15km turnoff point on the summit trail and realised I had forgotten to drop my jacket, so back down again to the car park whilst many passed in the opposite direction. Dropped the jacket and back up the trail again. It was at about the 12km mark I really started to struggle. I wasn't pushing it, but there was nothing left in the tank, and I was only 12km in and I had 68 to go, 'how could this be?' I said to myself. I sat on a rock at the top of the little climb and thought about pulling the plug there and then. Must have been there for a couple of minutes before I talked myself into just finishing a section at a time. Once I hit the road I was feeling a little better, and ran through to the 15km Turntable junction at an easy pace. Decided to just hang in there from then on and see how far I could get.

I was quite surprised on starting the Flinders Peak ascent to be overtaken by a group of quicker runners including Marnix, Dan, Louise, Dave Eadie amongst many. They had explained they had been directed along the East trail by mistake, this section of the course was only used from 50 to 51km's; they also must have missed the "80km runners" sign at the base of the track. An extra 2km all up, I'd guess, and not the flattest section of course either. Climbing up to the top of Flinders Peak I noticed already that a number of our km sign poles had been moved significantly out of position. I repositioned one that had been moved off course onto one of the

short cut tracks that cut off the apex of one of the many switch backs. At the time I noticed runners taking both routes, the correct trail and the short cut track. Two other markers were so far off the trail they were difficult to read the distance itself, not our doing.

On clearing the course one of these poles had been snapped in two. On our previous training runs, the Flinders Peak climb/descent was averaging around 18/19 mins for myself, even after 20-30km in the legs. I wasn't surprised to see 26mins come up for the total trip up and back on both occasions, it just wasn't happening today. The section up to 30km got me back into some form of running rhythm, through the 30km marker just over 3 hours, fuelling at Kurrajong probably starting to kick in, and persuaded me to keep going on the 50k course at least. Met up with Rob Hall and Rohan again on the Peak, Rob with bloodied knees deciding to call it a day after cramps kicked in. Oh how I used to know that feeling. Around the 35km mark climbing up the saddle, I said a quick g'day to a 15km male runner in the opposite direction, then said a cheery hello to Jay not far behind. Jay said a 'not far to go' for her as I departed.

It was only when I spotted the 3km marker and looked at the watch approaching 11am that I realised they had missed the hard left turn between 12 and 13km for the 15km course at the saddle car park and were continuing on a 2nd lap of the 15km circuit. Sorry Jay, I should have



had my wits about me. I did see you got back ok ay when I returned as I was worried you were still out there. Along the section from 38 to 41km I was alarmed to see more of our markers missing, luckily the more difficult steel poles with km markers were mostly there to mark the way.

Ran with a group of guys through here and eventually with Wenny and Mylandra which helped hold the pace; thanks for the company boys, as I certainly was getting slower and slower. They eventually moved ahead as the trail started to head upwards towards Big Rock from about the 48km mark. I decided about here that the remaining 30km was just going to be a chore, and I wasn't really in the right frame of mind to really enjoy the full course as I had been looking to do going over and over the route on the screen during the mapping process for the past month. After the loop around the rock it was up and back along Rockwell road. I could see Kevin Cassidy up ahead finishing the 30km, I was gaining on him until we hit that last little hill where Kevin powered up and I just had to walk it out. Through the 50km finish in 5:42, asked if I could drop back to the 50km event and close off my account, much to my relief the answer was a yes. I would have continued on just for the official 80km finish if it was a no, but it would have been ugly. In hindsight I should have just had an extended break then gone out and swept the 80km course with the last runner through, time was irrelevant. As it was we were lucky to have everyone home before it got seriously dark. Although I loved every minute of the weekend, I can see why many race directors/volunteers don't run in their own events (there is certainly a trend after their first), not because they can't or don't want to, its just the burnout factor that leaves nothing left in the tank, top effort to those that do manage to pull it off.

You can read the full version of this report at www.coolrunning.com.au

Results

50 km

1. Brad Fuller	4.11
2. Ross Young	4.24
3. Stephanie Gaskell	4.28
4. Malcolm Gamble	4.47
5. Rory McKnight	4.49
6. David Eadie	4.50
7. Darren Mooney	4.56
8. Nikki Wynd	4.56
9. Veronica Vandenbroek	4.57
10. Simon Marcus	5.00
11. Arnstein Prytz	5.10
12. Rob Sutton	5.24
13. Adrian Jeffkins	5.27
14. Nigel Baker	5.31
15. Lia Johnson	5.35
16. Theo Vlachos	5.38
17. Anton Rudan	5.41
18. Simon Brewer	5.44
19. Nicholas Crooks	5.44
20. Robyn Fletcher	5.44
21. Lachlan Fraser	5.44
22. Ben Lucas	5.46
23. Kieran Mitchell	5.46
24. John Hoggan	5.47
25. Gayle McKellar	5.47
26. Owen Evans	5.51
27. Toby McKinnon	5.53
28. Shaun Burke	5.57
29. Max Carson	6.07
30. Arnon Shedden	6.14
31. Paul Justus	6.23
32. Peter Stead	6.27
33. Colin Williams	6.27
34. David Hughes	6.29
35. Anna Moore	6.41
36. Doug Vohs	6.47
37. Jennifer Davis	6.48
38. Lisa Godden	6.48
39. Carol Adam	6.54
40. Bruce Drane	6.54
41. Tamara May	6.54
42. Jonathon Tucker	6.54
43. Cathy Maguire	6.54
44. David Harrison	6.56
45. Matthew Hovelman-Jones	6.56
46. Michelle Donnelly	7.01
47. Mark Falls	7.01
48. Bernd Meyer	7.18
49. Anna Papij	7.50
50. Michael Felberbaum	8.37

51. Leanne March	8.51
52. Ron Smith	8.58
53. Brian Glover	9.06

50 miles

1. Peter van Wijngarnden	7.42
2. Marnix Peper	8.15
3. Dan Beard	8.18
4. Josh Street	8.21
5. Louise Sharp	8.47
6. John Keats	9.04
7. Myles Bouvier-Baird	9.14
8. Mark Wenn	9.14
9. Mark Swinkels	9.19
10. April Palmerlee	9.52
11. Rick Cross	10.00
12. Greg Kew	10.03
13. Jason Anderson	10.04
14. Felicity Copp	10.19
15. Arnie Siemonek	10.43

Thanks to Brett Saxon for the photos

Adelaide 6hr/12hr South Australia, 5 June 2010

Results

12 hour	Kms
1. Malcolm Gamble	133.700
2. Ron Schwebel	116.972
3. Zac Savage	109.110
4. Kym Williams	101.200
5. Glen Wake	101.093
6. Sarah Barnett (F)	87.880

6 hour	Kms
1. Brett Worley	65.183
2. Stan Trzepacz	63.500
3. Adrian Mills	62.943
4. Doug Reid	62.390
5. Colin Brooks	61.637
6. Graham Tottey	57.411
7. Cliff Pannell	54.800
8. Karl Riedl	54.268
9. Emma Vaughan (F)	52.878
10. Stuart Drayton	46.645



The Kaweka Challenge

Report by Lynn Davies

The Kaweka Challenge is the highest mountain race in New Zealand. Competitors can choose from six courses and follow recognised tramping tracks, or routes, and pass through long stretches of short snow grass, rocky scree, beech forest, sub alpine scrub plus sparkling mountain streams.

"Seriously Underestimated"

I had so seriously underestimated this race it wasn't funny.....

1. The mountains were huge
2. There were lots of mountains
3. The survival pack weighed a tonne

...but there was no turning back now.

Arriving in Kuripapango in the dark proved to be a blessing, if I had seen the size of the mountains the day before the race I wouldn't have slept well. As it was, race day dawned beautifully sunny and the mountains looked majestic and daunting.

The first climb from the race start toward the Kiwi Saddle Hut was long and steep and seemed to be never ending but eventually it became a moderate climb following the rim of the mountain. The raging river soon became a mere ribbon in the valley below as the climb continued. The views were breath taking and I stopped often to take photos which was later to cost me a high price of a DNF.

The track followed the rim toward Castle Camp and the Mackintosh checkpoint. At times the track was bounded by steep scree slopes which were a bit worrystome as there was nothing to stop a roll until you got to the bottom. It was a different sort of running along the 'rut', feet planted either side of the rut or one in front of the other in the rut, whatever option I chose, I tripped often and cursed even more.

So, at the third checkpoint I was timed out by 20 minutes - darn it. I had to take a short cut down Mackintosh Spur to join the main route, it was vertically down I might add.

The last part of the trail was reasonably flat and through forest and countryside, it was splendid. I came in at 11hrs for

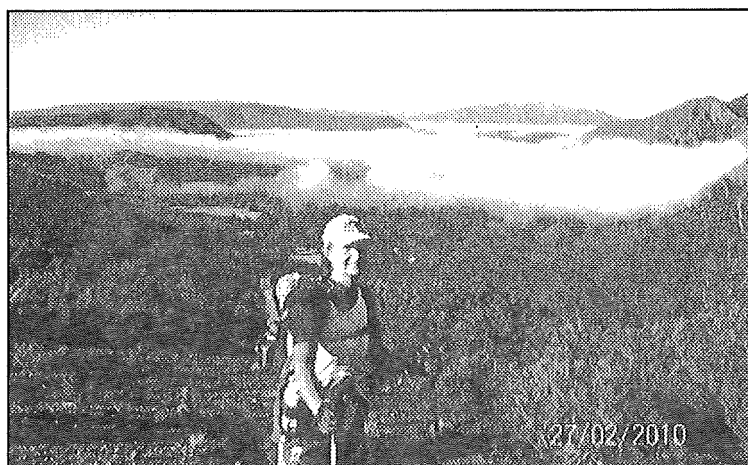
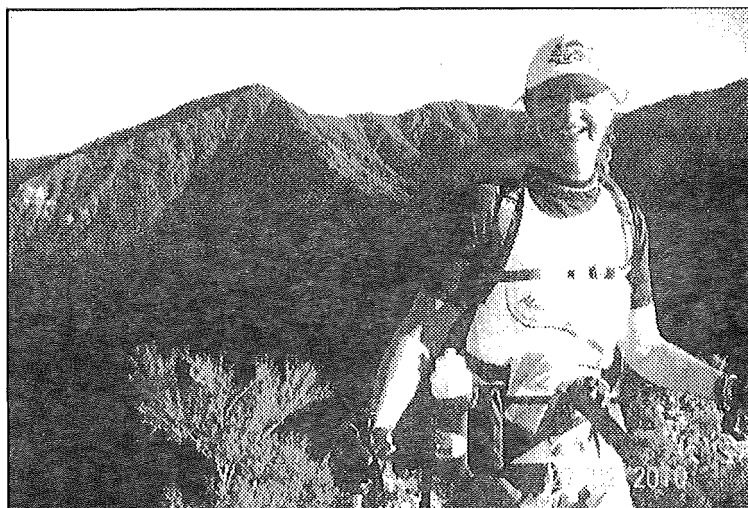
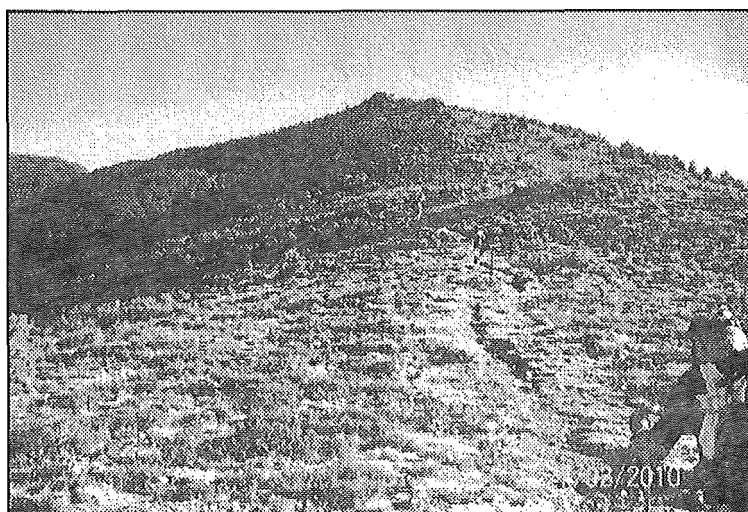
a 30km (out of 45km) run. The longest time ever for a trail run of that length - because I seriously underestimated the sheer size of the mountains and the rugged terrain.

It was a great deal of fun though and the organisers were extremely friendly and helpful to their overseas competitors. The race safety rules were

strictly adhered to and at all times the location of competitors was recorded and displayed on a board.

Next time.....

1. More uphill mountain running
2. More training with a loaded pack
3. More agility running
4. BE PREPARED



Kokoda Challenge 96km teams race

Queensland, 18 July 2010

Report by
Christine McDougall

After months of training July 17th was upon us. A cold morning and a sunny day. The start was delayed 15 minutes which meant that those of us trying to get to the bottom of Hell Fire pass in daylight had a bigger challenge.

Our team, Victory Sports Sprights, consisted of myself, a four time Kokoda Challenge veteran, Delina, third time veteran and a member of my team last year, Fiona, first timer but experienced marathon runner, and Toni, first timer and novice runner (about 2 years of running). We had all done the requisite training, mostly with each other as a team.



Toni, Fiona, Christine and Delina

My race strategy has always been first and foremost.... get four healthy women to the start line. Only ultra runners would understand this. The training takes a toll. Four weeks before the event I had a bad fall while running in the mini Kokoda and hurt my left hamstring insertion. Toni had been suffering plantar fasciitis for a few months. She had also been struggling in the later part of the training on some of the longer runs, having started off earlier in the year really well. Toni, like all of us, is incredibly strong of mind. Finishing was never in any doubt.

We are all nervous and concerned about something...letting the team down, staying well, not exacerbating an injury. Each in our own world of doubt and excitement.

Finally we started. It warmed up quickly. Very early in the run it became apparent that Toni was not well. She had low energy, was suffering from the heat, sweating profusely. (I know this experience well, as last year I suffered heat stroke very badly and had to pull out at Numimbah Hall. Feeling

unwell for 5 hours was hell.) Until Polly's kitchen we played cat and mouse with a bunch of the same teams, passing and being passed multiple times. Our advantage at this stage was the downhill, and it was via the downhills that we gained ground. However there was a lot of walking, and stop-starting. Delina decided early to run back with Toni. Fiona and I kept the rubber band stretched, not too much to break it, but enough to keep the momentum. I was trying to figure the best strategy all the way. What was right for the team? How to support Toni? How to keep the energy up, and the momentum. Did we need to stop at Polly's for a while and let Toni recover? Did we push on?

We arrived at Polly's kitchen pretty much on schedule. Toni found relief by sticking her whole head in a bucket of cold water. She was much stronger after that, particularly for the climb up Pages Pinnacle, but we slowed again considerably through the flat section before Numimbah Hall. It was clear now that any attachment to finishing in

a particular time was not viable. It would be a 'one step at a time' event. On these ultra distance events, as either individuals or teams, this is the nature. You never know what you are going to get.

My own personal event was going very well. I was eating regularly and often. My daughter Natalie, a three year veteran crew member, had all my little packets of supplies laid out at each major check point. At Polly's Kitchen I only wanted a cheese sandwich. (She has honey, vegemite, jam!) Of course of the two dozen options, cheese on bread was not one. Not a murmur from her... just action, and there was a cheese sandwich. I have learned that I never will know what I want on the day. One year it was only honey sandwiches the whole way, the next year, I couldn't stomach even a bite of one. This year it was avoiding sweet food at all cost. Salty chips, Jatz crackers, cheese sandwiches... all followed with a Megaburn Ammo sports drink chaser. Not a drop of pure H₂O crossed my lips the whole day. As a diagnosed sufferer of hyponatremia, and a very experienced endurance athlete,



I have to be very careful with my fluid and salt intake. This seemed to work, although given the pace we were going, I wasn't put under the usual physical loading.

The crew, essential to these events, were fantastic. They spend hours on hours waiting for us, in the cold... and then a few frantic minutes as we rush through the check points. They have to suffer our moods and frustrations, which they do with smiles and care.

The last part of the run was slow and extremely frustrating. We ended up walking most of the Nerang Forest, playing tag with Guy Andrews team. They also had a team member who was suffering with cramping.

These events are more challenging in that they are team events. There is more than the usual body mind equation of the individual athlete to contend with. Getting a team to work as a team under stressful situations is a challenge in its own right.

On this event I have learned much, as I continue to each year.

What is a team? People will interpret this in their own way. Does a team work as a unit of one, or does a team work to the agenda's of the collective individuals? It's far better to explore this conversation before the event gets under way, as different interpretations can result

in very different human emotional responses. This I have learned the hard way.

What is support? How many different ways do people like to receive support? For some, support is hands on helping, for others it is hands off. Again these types of conversations are better had in the lead up to an event. Another hard lesson.

What do we all want from this event? Another useful question. Never assume that everyone is seeking the same outcome. For some the outcome maybe to simply finish, for others it may be to work as a unit of one.

What is leadership? This question has been one I have had to look at in debriefing this years Kokoda Challenge. How to be a leader? Do I lead by consensus? Or on a team of four, do we not have a leader? As someone who is is a natural leader in that I will galvanize people to an event or action, when do I relinquish control?

My second race strategy is to get four reasonably healthy women to the finish line. In this, I felt I failed. We had three healthy women and one who was really struggling. I would have preferred to all pitch in and support physically, but on this day that was not an option.

My third race strategy is to get to the finish as quickly as possible, but

only after strategy one (the start) and two are complete.

While we crossed the finish line, all four women, in 17 hours and 7 minutes, for me the event is still being run.

All of these questions about the nature of team and leadership and support have been percolating in my head since Kokoda 2010. This was a hard event for me, not physically, but emotionally and relationally. We had major upset and it is still not resolved.

I keep asking myself what I could have done differently. How could I have been a better leader? In truth, I may never know. What I have learned is the importance of sitting with your team over a coffee or a good glass of red wine and meal and exploring the questions outlined above in all their facets in advance of the event. This was one of my many failings this year.

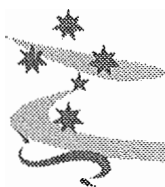
Success and failure have also their own interpretations. Many would say we succeeded. Four women finished. And on this we succeeded and triumphed. For me failure only occurs when we don't learn the lessons presented to us. I am still in the learning and will be blessed at some stage, for the experience, hard as it has been.

Results

Mixed team 1st place (and first place overall): NIKE HAMMER. Peter Hall, Don Wallace, Nickey Carroll, Scott Whimpey 11:48 (course record)

Female team 1st place: THE NOVICES AND JUDE. Judith Briscoe, Jo Sherman, Tania Shipton, Diana McPhee 13:47

Male team 1st place: TEAM GRC. Jim Hoy, Daniel Waters, Ben Carroll, Scott Harrison 16:21



Kokoda Challenge 96km teams race

Queensland, 18 July 2010

Report by Francis Harvey

Caboolture Road Runner's gold team
(Francis, Peter, Sean, and Geoff)

Having everything organised like a military operation, we had checked in and emerged from the chaos of the registration area by 5:30 so that we could get on with the important business of freezing in the pre-dawn chill. We shuffled about, lubing and stretching and yawning in nervousness as much as tiredness. The run I had been preparing for since last September was about to commence. Many a time during the last ten months I probably sounded like a crazy person. I mean, who dedicates almost a year of training to one race?

The scheduled race start of 7:00 AM was delayed by nearly twenty minutes because some teams weren't yet checked in. There had been a queue for registration that snaked its way out into the car park and part way around the building half an hour before. I guess when they allowed for registration to commence from 5:00 they expected people to start checking in then, and not from when the rush started at 6:00. Times like that I'm glad for my excessively conservative nature.

They had the traditional reciting of The Ode, waving at the Diggers, and murdering of the Last Post before we finally set off for a couple of km of bitumen to the back of Mudgeeraba. On the way, one of the older and more experienced members of the team demonstrated to the nearby throng his patented Moving Violation™ much to the varied amusement and horror of the aforementioned throng. It was the first of many such incidents, and received the same amazed reaction every time.

We arrived at CP2, the first crew checkpoint, about five minutes before our estimated time and after

dumping gloves and beanies, and picking up packs, were under way for the serious hills ahead. The first big hills were between checkpoints two and three, and although they were a difficult opening to the day, we forged ahead and moved up a couple of places from around thirtieth to around twenty-eighth. Mostly, the people we were running near were in about the same shape as us, and we were likely to be seeing them all day.

Between checkpoint two and three we encountered our first fallen competitor. A young bloke from one of the school teams had fainted and was in the recovery position beside the road. While I tried to call for help using my mobile phone, Geoff stayed and got the young fellow responding and Peter and Sean took off for the water stop up the road. The water stop crew returned shortly after with a ute to check the young bloke out, and we headed off.

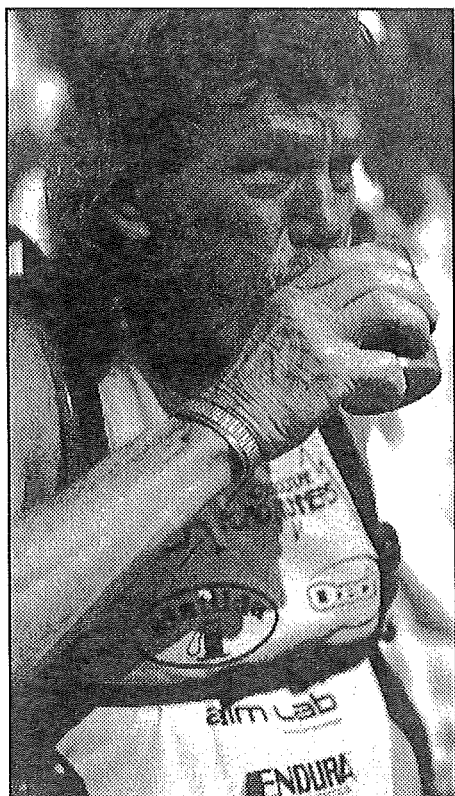
Checkpoint four and five arrived soon enough, and I told the guys the hill behind us was the worst of the day. There were still bad ones to come, however, and after a long lunch break at CP5 we headed off to the next. Fortunately the creeks were even lower than they had been during the Mini Kokoda and we mostly managed to keep our feet dry through the section from Polly's Café / CP5 to Numinbah Hall / CP7. Although we had a longer lunch than most of the teams around our pace, we maintained our position from CP5 to the dinner break at Numinbah Hall.

A quick change into warmer clothes and a bowl of noodles and we were out of CP7 and wearing headlights.



From left: Sean Griffin, Francis Harvey, Geoff Williams (photos by Tim Miller)

Because we were taking a little longer in the checkpoints than other teams, eating and changing clothes, we had slipped down to about 45th place by CP7. We were still very much on track for our goal finish time of twenty hours, but Geoff's heel and an adjacent blister were hampering him a lot through this section, and we only really managed to maintain this place through to CP 10. This checkpoint occurs at Sid Duncan Park, and is the highest point on the course, overlooking the Hinze Dam. It's terribly exposed, and even on a pretty still night like the 17th and morning of the 18th it's as cold as charity. We huddled under coats and slurped up bowls of noodles before packing off for the last third of the course.



*Geoff replenishing fluid
Sean, Geoff and Francis*



Our spirits seemed to lift coming out of Sid Duncan, as I assured the guys that the worst of the course was behind us. I'm not sure they believed me, as I had said that several times earlier that day. But we pressed on regardless and crept a couple of positions up the field to jog in to the last crew stop, Checkpoint 12. By this stage Geoff's heel was giving him serious gyp going up the hills and we were starting to slide off our twenty hour goal time. But we figured what the hell and jogged off with a gut full of beans, noodles and beef casserole washed down with Coca-Cola provided by our incredibly selfless and tireless crew.

The last two sections saw us catch up to have at one stage one hundred minutes to do ten kilometres of hills and achieve our twenty hour target. But tiring and aching bodies can only do so much and we eventually crossed the finish line in twenty hours and nine minutes as a team of four euphoric and exhausted mates. It's funny, but I had to shout out a large Whoop as we neared the finish line, because I suddenly had a brick stuck in my throat.

We finally finished in 38 th position overall and 27 th complete team.

We were very glad to see Parso at the finish line, continuing to defy rumours of his demise, as well as our crew of Murray and Tim who had

been like mother hens fussing and flapping about us for the whole day and half of the night. Thanks for the great support, guys.

Francis, Peter, Sean, and Geoff.



Geoff, Peter, Sean and Francis



Caboolture Historical Village

48hr/24hr/12hr/6hr

Queensland, 30 July-1 August 2010

Results

48 hr	Kms
1. Sharon Scholz	333.026
2. Norio Ito (JPN)	323.089
3. Muneharu Kuroda (JPN)	314.089
4. Peter Bennett (walker)	280.203
5. Marie Doke (GBR)	261.728
6. Ron Schwebel	240.705
7. Gerald Manderson (NZL-walker)	230.250
8. Allison Lilley	228.183
9. Trevor Allen	202.595
10. Tony Collins	182.849
24 hr	
1. Malcolm Gamble	204.689
2. Michelle Thompson	182.705
3. Roger Guard	180.566
4. Ken Adriaansen	165.349
5. Nic Moloney	145.073
6. Kerrie Bremner	144.705
7. Sarah Barnett	141.517
8. Robin Whyte	131.169
9. Robert Boyce	117.555
10. Mark McGowan	114.685
11. Keith Hong	100.319
12 hr	
1. Eric Quevauvilliers	101.779
2. Carol Sullivan	84.788
3. Mallani Moloney	59.073
6 hr	
1. Leah Rosevear	58.940
2. Mark Gilbert	50.997

Comments from Sharon Scholz as initially posted on www.coolrunning.com.au

Firstly, thanks must go to Geoff and Betty for their enormous efforts in bringing the event together. There is no doubt that they both work very hard to keep the event going. Betty's cooking, (though given to me in small amounts by Justin) were great hearty meals that all went down well - Thanks Betty.

Thanks to the laps scorers - a very tough job when there are only a few people to cover such a long event.

It was amazing to see the same people through the entire event tirelessly lap counting, clapping, smiling and encouraging the runners. Thanks to all the crews, spectators, Coolrunners and Facebook followers, family and friends who offered kind words of support and encouragement before, during and after the event. It means a great amount to me and I thank you. Thanks to my Mother (for giving birth to me on the 31st of July just so I could experience running from start to the finish of my B'day.) and who helped Justin crew for me through the entire event.

Also to my relatives that visited to encourage me through the event. And of course my to my husband who is not only my crew, but my trainer, coach, taxi, therapist, mastermind tactician and greatest fan. We work as an awesome team for the results we achieve and continually try to learn more to help with future events. A part of our strength is my trust in him. I relinquish my body to his control throughout the event and this allows me to run. just run! Or walk if necessary.

I have the greatest respect for all ultra runners. The wonderful thing about ultra running is the sense of community and family developed through each event. An ultra is not something that you can or should compete directly against someone - we learn that this mentality leads to many people to crashing and burning often ending with the person unable to complete the event. We make a plan and depending on the adversity faced, try to achieve the best result. This mentality allows us to be supportive of others and

enjoy the achievements of fellow competitors. So well done every fellow competitor.

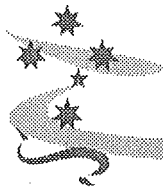
Thanks to Meredith for running some laps with me when I was struggling and for lending me her gaters - Having never worn them before in practice I had not got around to trying them out. Considering the troubles I was having it became very apparent that this was a big oversight on our part. Thanks to Kerrie who kindly supplied some GU chews and other nutritious delicacies for me to try. Thanks to the many co-runners that ran with me for a while and encouraged me to run beside them when they caught me on the final day or so. Also, Marie Doke was great keeping with me for those final tedious and painful hours of Sunday morning.

It was wonderful running with our visitors from Japan and England and NZ - I hope they enjoyed the visit. Well done hope to see you again. Actually, thanks to the 24hr and 12hr runners. Many of you gave me a good excuse to start running again! I would often wait until someone ran by me. Somehow it was easier to break into a run 'with' someone.

Well done Mal, Michelle and Roger on your great results. I am naturally very ecstatic with the result and feel very humbled to actually achieve an Aussie Record that was set 15 years ago by Helen Stanger. I have the utmost respect for Helen and her contribution to ultra distance running in Australia and am proud to be following in the footsteps of such a great runner. I am a relative beginner on the ultra scene and hope to help in gaining greater momentum in the sport by competing and being a part of the ultra community.



"An ultra is not something that you can or should compete directly against someone"



Comrades Marathon 2010

An account by David Bree

Twenty-two hours after leaving my home in Melbourne, I landed in Durban. I walked into the foyer of The Hilton hotel and almost immediately recognized a man I knew, but had never met.

Twelve months ago, I read an article written by an Indian guy who had, after a lifetime of relative inactivity, decided that he was going to have a go at the Comrades Marathon. Amit Sheth had only been running a couple of years but had made huge progress in his short running career. He was not fast, but he possessed the two things you need to do this sort of thing: endurance and belief.

Last year, Amit made it within 500 metres of the final cut-off in last year's Comrades, but the clock beat him at just over 82 km and he was not allowed to continue. His account of that disappointment was so powerful, that it convinced me that I needed to attempt this race. Over the past twelve months Amit and I have corresponded regularly and encouraged each other over the internet, and we spoke briefly on the phone one time. I had seen photos of Amit before so when I saw him I knew it was him. It was great to finally meet each other in the flesh but unfortunately he and his wife had just been robbed of their passports and a load of cash (right there in the foyer!). He was typically upbeat about the whole incident and we chatted for awhile before I went up to my room.

The next night, Amit gave me an Indian silver coin: it was a good luck charm.

On race morning after a hot shower I got dressed and met Matt and his wife, Lou, down in the lobby and we hopped one of the many buses taking us up to the start. The mood on the bus was one of calm but there was underlying excitement. At one point, a group of people on the bus started

singing but I just listened to my iPod and tried to focus on my day ahead; Relax and Focus. Be confident - you have done the work.

Around 18,000 people were all crammed into the start area trying to stay warm and keep the nerves in check.

At 5.20 am I knew a couple of things were about to happen. I knew that the crowd was about to sing the unofficial South African sporting anthem, Shosholoz. It is a song that is inspiring, emotional and heartfelt. Its lyrics are quite simple but loosely translate to; the train is gathering speed and steaming towards South Africa. And when almost 18,000 mainly black Africans sing it together, there is no need for music - it is like a church choir, and the emotions really start to churn. Charlotte and I learned the words to this song a year ago. As I sang aloud, the tears welled in my eyes and a lump developed in my throat - this was it.

I was only about 150 metres from the front row, but it still took me almost five minutes to shuffle across the start line. No point panicking, no point trying to push, this is all part of the race. The first kilometre took me nearly 10 minutes to cover, it was so congested. Don't worry about pace or the lost time; it's all part of the race.

It took a good hour for the masses to begin thinning out but it wasn't until after the sun came up, probably after the 20km mark that I started to relax and get into an uninhibited rhythm. The 9-hour pace bus was never far away from me and the sheer number of people running in this group made it difficult to get past them - they were at least 10 deep at this early stage of the race. The trouble was, I was running just a bit faster than them and each time I worked my way through the 'bus', I inevitably came up to one of my 45-minute walk breaks and they went past me again. I would then spend part of the

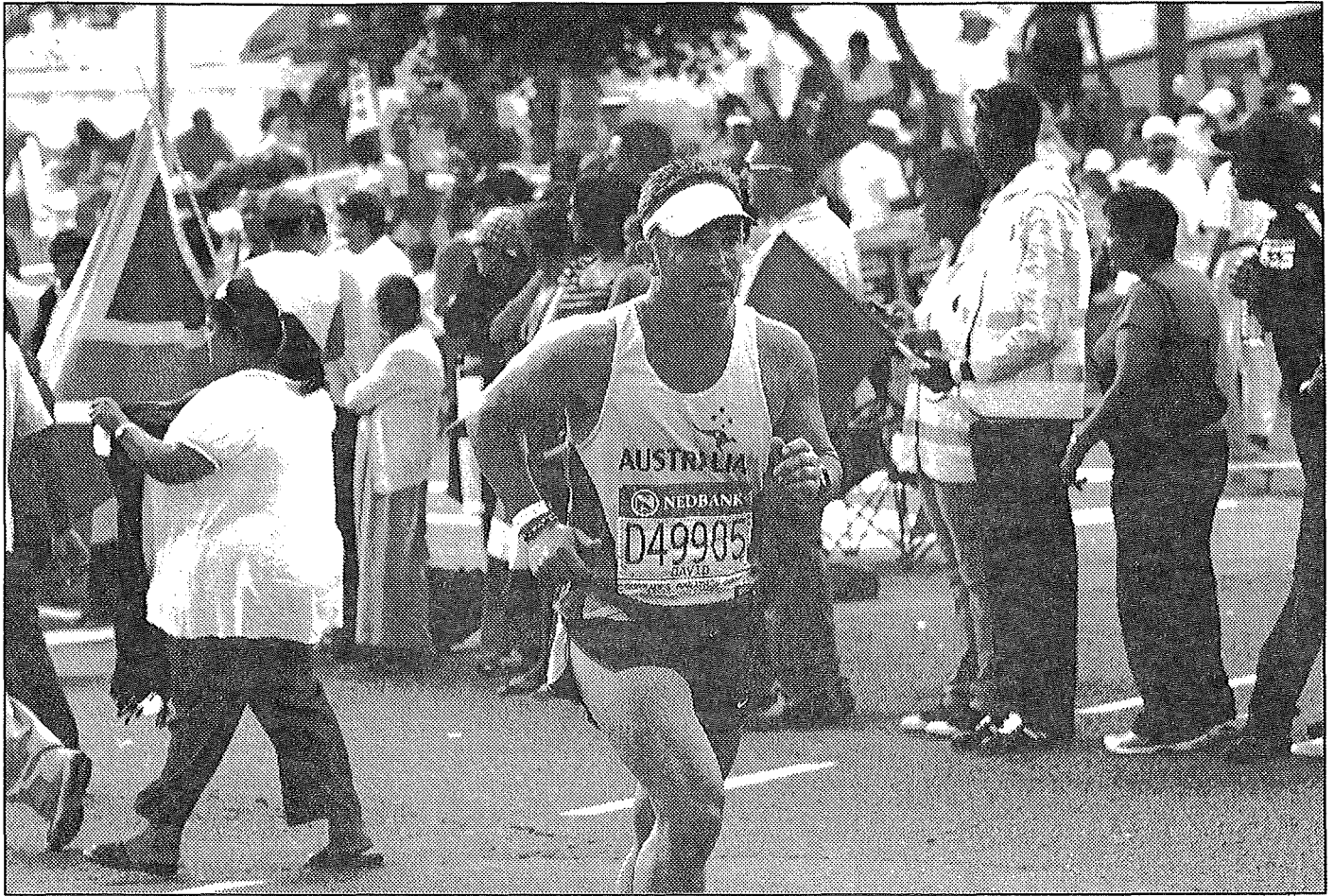
next 45 minutes trying to get through them again; frustrating. I kept me nerve and finally broke free of them by about the 30km mark.

It is true to say that the race doesn't really start until around the 60km mark. Therefore, the first 30 or so kilometres are simply passing time. You don't run too fast, keep your rhythm, ensure you are eating, drinking, walking, taking your salt tablets, keeping calm, watching your pace and trying to enjoy it.

Apart from the supporters, I failed to notice anything along the route. My focus for the majority of the 9+ hours was only the 10 metre stretch of bitumen in front of me. At the base of a hill, I would look to the top (if I could actually see it) and then it was head down and plod to the top. I did not take in the scenery or the beauty and I totally missed running past the huge Wall of Honour coming up to half way. I occasionally chatted with local runners who could not believe that I wasn't staying on for the soccer World Cup and they were amazed that people would travel all the way there just to run this race. I wouldn't have missed it for the world.

I stayed focused on the immediate road ahead of me. As I came around a left-hand corner, cresting a hill, the guy beside me said 'there she is'. I looked up and saw her - Inchanga! What a monster; it looked even more fearsome than it had on the bus tour on Friday. For as far as I could see, a sea of thousands and thousands of colourful ants snaked and streamed their way up the side of this endless mountain. Head down, arse up - let's do it. My reward for getting over it would be the halfway point.

After finally getting to the half way mark I just tried to focus on getting through the next 45-minute block of running. The further I progressed, the more I looked forward to my 'reward' of three minutes walking and refueling. I just wanted to keep



David Bree finishes Comrades

the regime up as long as I could but the further I went, the more fatigued I became and the longer it seemed to take to get through the next 45 minutes. So many times I was sure I was due for a walk, but was gutted when I looked at my watch to see I had at least another 20 minutes to go - it was getting tough.

People have since asked me; 'when did you think or know that you were going to make it?' The truth is, I never thought at any stage of the race that I wasn't going to get to the end. What I didn't know was how long it would take me and what shape I would be in at that point. I was always conscious of the fact that every year, many, many people accomplish this feat with less athletic ability than me, on less training, with less determination. So, I knew that unless something catastrophic happened, I was somehow going to get to the end.

Some say that you run the first 50km of Comrades with your feet, the next 20 km with your head, and the last 20km with your heart. I reckon that's

pretty close to spot-on. Or at least that was my experience. The 50km to 65km mark was tough. I was in unknown territory and starting to reach what I thought were my physical limits. My legs were aching (particularly my quads) as were my knees, ankles and my feet. Every step was starting to hurt and it was getting harder to get going after every walk break. But I knew that the worst was yet to come; Field's Hill.

At about the 61km mark I was hurting but was maintaining a consistent pace. I ran along the road under the shade of some trees and did not even notice that I had passed another good friend and training partner. Roland called out to me and I asked him how he was going. He was having a tough day and said he'd been vomiting and was suffering cramps. It had slowed him down and he was battling just to keep fluids down. I told him I had started to feel some internal and muscle cramps and that I was 'over it'. However, I kept on running.

Everyone I spoke to who had done the 'down run' had told me that

how you handle Field's Hill will define your race. Everyone says that running down a hill of such length (about 3 km) of such a gradient (it's straight down), along with the tight cambers, will tear apart an already weary and battered body. It does exactly that. I have heard that some people walk the length of the hill; some walk down backwards to ease the pain. The temptation is to stride out down the hill and try and pick up time. However, with my legs starting to tighten up (hamstrings and calves) and my feet reeling with pain with every step onto the bitumen, I knew that doing anything stupid now could end my race in a heartbeat. Indeed, it was wise to shorten the stride and shuffle down, putting as little stress on the body as possible. I was glad to be at the bottom of the hill and I was now desperately looking for that 20km to go sign. It had become a significant mental milestone.

The flat road through Pinetown after Field's Hill is welcoming for awhile and gives the legs a little respite. I passed through that 20km to go sign and it lifted my spirits, but it was

"Whether we were running through quiet streets between towns over the first 60km or closer to the Durban city, there were always people on the side of the road cheering you on"

now just a battle with the mind. My body had long given up but my mind was pushing me beyond my previous limits. Without a strong mind you will never succeed at Comrades. You need a mind that will overrule your body and carry you close enough to the finish that your heart can take over and carry you to the end. But no sooner are you finding a rhythm again along the flats when you are confronted with another famous heartbreaker; Cowie's Hill.

I was ecstatic that I had achieved my pre-race plan and stayed disciplined through to 70km but I could not hold the regime any longer, and Cowie's Hill was the decider. Just as I started on up the hill I passed over another timing mat (walking). I knew that each time I passed over one of these mats that an automatically generated time would appear on the computers of all of those following me back home in Australia, as well as some people overseas. Knowing that so many people were watching my progress in real time on the other side of the world was a strong incentive to keep going at several points throughout the race.

I looked around and I think I only saw one person attempting to run up Cowie's. I am no hero and I had done better than I expected up to now; I walked too. From here you jump on and off the freeways into Durban and the crowds get thicker - oh, the crowds. There is nothing like the crowd support at Comrades.

Running in an Australian singlet was incredible. Not just because I am a very proud and patriotic Aussie, but because the tens of thousands of supporters that line the route treat you like a rock star. I can't even begin to count the number of times I heard: Go Aussie, Go Australia, Go Bruce, Welcome to South Africa, we hope you enjoy your stay; or that good old Aussie anthem: Aussie, Aussie, Oi, Oi, Oi (God, I hate that chant; is that really the best we can come up with?). I got the occasional 'Baaaaa' but I think they were

confusing us with the Kiwis. There was the odd reference to how poor our rugby team was doing but being from Melbourne and brought up on Aussie Rules Football, they could have been talking Swahili for all I knew. In the first half of the race, I made an effort to acknowledge any Aussie supporters by running over to them and giving them high-fives. By the time I was in the second half of the race I was reduced to just giving a wave, but by the end of the day, it was all I could do to just raise my index finger in thanks, but I always said 'thanks'.

What was amazing about the support was that it was there all the way from the start to the finish. Whether we were running through quiet streets between towns over the first 60km or closer to the Durban city, there were always people on the side of the road cheering you on. As we progressed closer to Durban and into more populous areas, the crowds grew thicker, more vocal, more influenced by alcohol. People traditionally line the roads and have barbecues (or Braai's, as they are known in South Africa). People are only too willing to share their food and alcohol with you if you are willing to take it (I know of one Aussie who stopped for a beer). They have set up tents or their lounge suites or chairs on the side of the road early in the morning and they just never stop supporting you. At one point the crowds converged along the road (like you see in the Tour De France) and there was only a narrow gap to get through - unbelievable.

The last 10 or 12 km is excruciating; it truly is. The kilometre marks just seemed to take forever but psychologically, getting down to single figures (less than 10km to go) was powerful. With 9km to go I gave a little smile and mentally broke the rest of the race into smaller chunks. By now, small rises were mountains; small down hills were agonizing descents. I ran across the last timing mat at about the 7km to go mark. I had a chill go through my body and

became emotional because I knew that this would be the last time that Susie (and others) would get any indication of where I was on the course prior to the finish. It gave me a real kick but I knew that 7 kilometres was 7 long 'Comrades' kilometres and anything could go wrong. It can take some people over an hour and a half to travel this last section of the course. I was still very conscious of my increasingly tight legs and the potential to cramp; I kept my strides short and took extra salt tablets to minimize the risk.

Now, all I wanted to see was that 5km to go sign. And you know what, it either wasn't there or I totally missed it. So the next sign I saw was the 4km to go sign, which was actually quite pleasing. We were now on the fringe of the city and running down the freeway into Durban. As we came over the last bridge down into the poorer part of town, I looked through the city's buildings and spotted the tall light masts of the Kingsmead stadium. I was home. I had done it.

The second last kilometre is running straight along one of the main inner city streets of Durban - it must be four lanes or more wide. The trouble is, it's straight, so it takes forever. The crowds by now are thick and loud and screaming at you. You turn off the road and see that beautiful, beautiful sign; 1km to go! You are now looking at the stadium just down the road and I stopped to take some final water from the last aid station. I poured a couple of bags of water over my head and face and took the opportunity to walk for a couple of hundred metres and suck it all up; time didn't matter now and surprisingly, there were several people around me doing the same thing. I think at that point you are just taking it all in and coming to terms with what you have just done, as well as preparing yourself for the entry into the mass of people at the stadium. I take out the tea towel size Australian flag I have carried the whole way in my waist pack. It is soaking wet but

"after spending so long preparing for this moment, it is almost disappointing to think that it will all be over in a few seconds"

I clutch it tightly in my right hand and holding it makes me swell with pride.

I begin running the last 500 metres and round the corner and see the stadium entry; here we go; this is what it is all about. As I turn into the stadium the noise, the colour, the music, the emotion, all become too much. I cannot hold back the tears. I run onto the grass and around the stadium I have thought about a thousand times. I run towards the last corner and raise my fists into the air. I hear Lou call to me from inside the track and she takes a photo - my smile is so wide it hurts.

I put my 'wings' out and 'fly' down the finish chute. The final straight is

not as long as I thought it would be. Indeed, after spending so long preparing for this moment, it is almost disappointing to think that it will all be over in a few seconds. I don't want it to end. I hear my name called out over the loud speaker and I start to cry into my Aussie flag. I stop just before the finish line and give the biggest fist pump I can muster. I have done it. I have done it. Nine hours and fourteen minutes after the start, I have gone faster than I thought I was capable. I then lose all control of my emotions and just stand there, weeping uncontrollably into my flag. An older gent (an official) comes over to me and understands - he has obviously done this before and knows what I am experiencing. He gives me a hug and lets me cry into

his shoulder for as long as it takes to compose myself. When I finally do he asks if he can take me over to one of the officials (his daughter) to receive my medal; my long-awaited, hard-earned, precious medal. I thanked him and went on. I heard Men at Work's 'Down Under' play over the loud speaker - I was truly living my dream now.

Thankfully, I was there to see my friend Amit and his wife, Neepa, approach the last bend, 10 minutes before the cut off. They too had achieved their dreams. I yelled out to him and he saw me. I will never forget, for as long as I live, the look of joy on Amit's face.



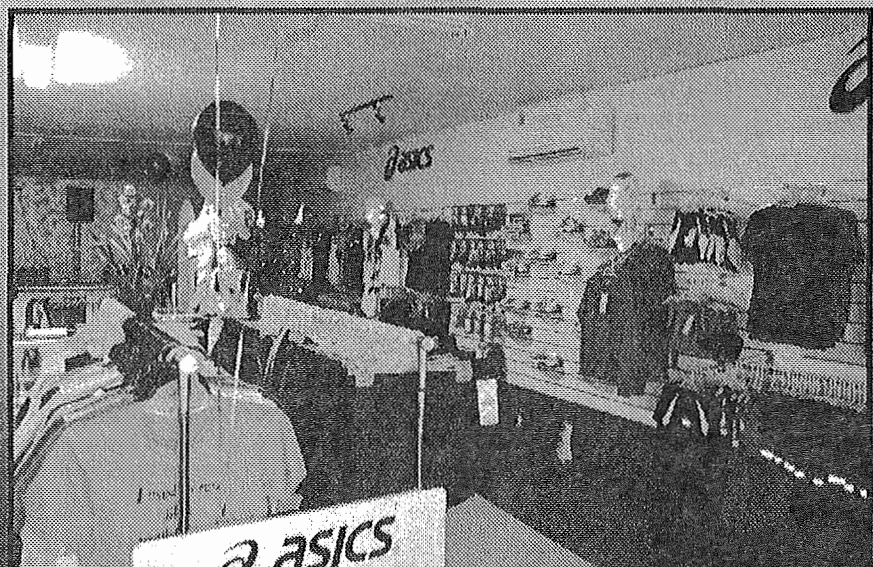
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Marathon des Sables 2010

An account of an epic race by Tia Boddington of *Ultrarunning*

By day three of the 2010 Marathon des Sables, I was completely broken and searching for any excuse to quit. The horizon, however, was unbroken, and as I marched across sand and salt beds, the Sahara seemed to be my quotidian nightmare. I cannot remember feeling so dejected in all my life as I trudged along in pain, my swollen right Achilles and blisters daggering every step.

The journey starts with a six-hour bus ride, then a scramble onto military jeep transport for the final kilometre, across a plateau surrounded by uplifted ridges in the distance, to the first bivouac. Dinner the first night was provided by the race - couscous, lamb, coleslaw, bread, cheese and wine. A Frenchman, Bauer knows how to treat his runners, having created and then directed the MDS for 25 years after crossing the Sahara himself decades ago.

Over 1,000 runners from all over the world, about 75 percent of us rookies, gathered to share food and stories of what led us there. After dinner, mostly quiet chats before nervously fading off to sleep under a brilliant moon shining on our arc of tents.

Each day began at 6:00 a.m. when a Moroccan crew announced, "Yalla! Yalla! Yalla!" (hurry up!) and in a scant few minutes, the tent was dismantled even if we were still under it. We then had two or three hours to eat breakfast, minister to our feet, apply tape anywhere the backpack was chafing, and pack up our food, sleeping bag, toilet paper, optional supplies, and the required compass, flashlight, whistle, knife, space blanket, anti-venom pump, and distress flare. By 9:00 a.m. runners were crowded into the starting area, greeting new friends they'd met pre-race and getting psyched to this year's theme song, AC/DC's Highway To Hell. With last-minute instructions

and good wishes delivered by the race director through a translator, a press helicopter buzzed the crowd and suddenly we were off.

The word desert often conjures up an image of sand, but the Sahara is not all that. The terrain consisted of a gravelly plain for mile upon mile followed by a sandy dirt path alongside a stream bordered by grasses that made a delightful shush-shush sound in the breeze. Then we ran, jogged and hiked in the heat on hard-packed dirt punctuated with broken shale, passing camels driven by the 2010 MDS sponsor, Sultan Tea, and a herd of perhaps 60 goats with one lone herder.

This first day was an eye-opener for many. Ah, so that's what they meant on the website when they said... I, for one, did not manage my electrolytes properly and had retained so much water that the loose pants I had brought for evenings did not fit. We settled in for the night and tossed and turned on the hard ground.

The second day, Tent #129 lost one of its own. Katherine Hay-Hedde, an MDS veteran, was bitten by a scorpion in her sleeping bag during the night and was later evacuated to London for medical treatment. Nonetheless, we were off about 9:00 a.m. under a dirty sky and at midday climbed to the knife-edge of a ridge that we followed for several hours, with a helicopter buzzing around to make sure no one on the ground was in trouble; if the sky had been clear, we might have had an unobstructed view halfway across the Sahara, but the oppressive dust filled our sight day in, day out.

The course was well-marked with orange spray paint on rocks or shrubs, or signs indicating the upcoming terrain. Our roadbooks translated the symbols, and included compass points and a topo map, but rarely was any reconnoitering necessary.

Down and across another stream, we ran along tire tracks to an impressive ascent that included some steep

rock-scrambling and a rope-assisted climb at the top. A woman behind me fell down the rocks, breaking her arm as she tumbled onto the sand below.

I bonked seriously on days two and three, having improved my salt and water intake but not managing my core temperature properly.

It's hard to cool off when water is rationed, the mercury is over 122 degrees and you don't have a crew to send out for popsicles. By the time I straggled into camp on the third day, the walking wounded abounded and the trek out to the pit toilets was not taken lightly both for the distance it required and the risk of bacterial infection. Sitting at the media computer that evening, I considered sanitizing my blog for the day, sending a cheerful, "having a great time, wish you were here," but ultimately opted for the truth - I had hit rock (sand) bottom. Day three had been a monotonous, dun-colored confrontation with any demons still lurking since my Badwater 135 in 2002.

Runners brought a wide variety of foods; some heated water for cooking, some rehydrated their meals with desert-temperature water. I had experimented with boxed couscous and tepid water at home, and it became my new favorite meal - salty and filling, along with dried mango, nuts and halvah, a middle-eastern sweet made of sesame seeds and honey. In general, runners helped each other, sharing food, water, medications and solace, with few exceptions - we were appalled when a runner refused to share water with my British tent mate, Toby Luxford, when his hydration pack sprung a leak out on the course in the heat of the day. With rationed water and super-light packs, very few people had the option of fresh clothing so we stayed in our salt/sweat-encrusted duds for seven full days (and nights); a very important detail to grasp if you are considering this event.

The long stage started off with the remaining runners gathered in the

shape of the numerals two and five to celebrate the 25th anniversary of this arduous challenge. My goal was to continue through the night to make up some of the time I had lost having had to walk a substantial portion of stage two. I ran well through the first two checkpoints. And then, dunes and more dunes... till night fell abruptly with a hint of rosy sky before near-total darkness. We hadn't seen many stars due to the constant dust clouds in the air, no blue sky at all.

Late in the evening, I fell in with two Frenchmen who kept up a strong pace; the one older and in charge, the other kicking up so much sand and dust that my headlamp only illuminated the airborne particles. Arriving at Checkpoint Four, I realized that I would have to go on more slowly - and alone - and was filled with dread of navigating the dunes at night. Luckily, I fell in with MDS veteran Rebecca Giefer, who was having trouble taking in calories and considering a DNF.

Despite the relief from 122-degree days, traveling through the dunes in the dark was no fun; I felt I was missing an important part of the Sahara that I had come to see. Arriving at CP5, Becca and I decided to stop for 15 minutes to rest our feet and,

sitting in the now-cool sand, started shivering uncontrollably. Thus occurred the turning point in the event for me. We got into our sleeping bags to warm up and slept soundly for three or four hours, awakening at 5:30 to a beautiful blue dawn with a sliver of orange moon just setting. The pain and fatigue were still an insistent factor in the experience nor was it sleep that had made the difference. When I let go of the clock and accepted the experience as it was rather than how I had thought it would be, I enjoyed the entire rest of the event.

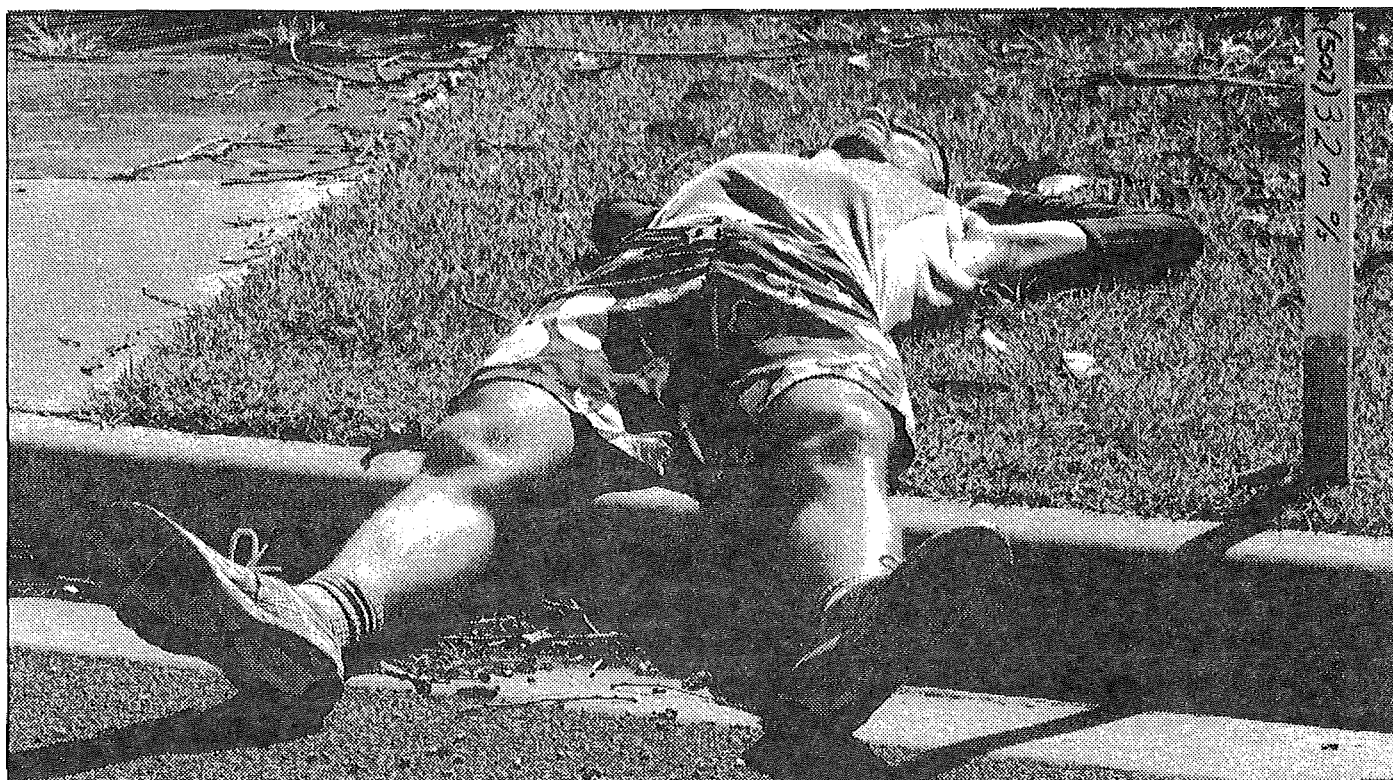
We packed up quickly and got on our way, on a much different course. On previous days, we shared the track with hundreds of competitors, but this morning we had the place to ourselves. We saw amazing insects and their various tracks, an incredible rodent - a jerboa - with a long pompom tail of white fluff with a black spot on it, beautiful grasses that traced little lines in the sand as breezes blew them back and forth. Rough cliffs loomed above us. Finishing the long stage was emotional, especially for Becca, who against all odds had made it in under the cut-off with a group of five Spaniards who were also having a tough time of it.

After all that, the marathon stage went by smoothly. I passed, for the last time, the couple celebrating 31 years of marriage, with the sighted husband finally getting to share the MDS experience with his beloved blind wife, holding hands and leading her every step of the 156-mile way.

Our last day - a half-marathon - was through sandy, grass hillocks, hard-scrabble and what else: dunes! It was hard to imagine a race director personally putting medals around over 900 runners' necks over the course of many, many hours, and yet, there he was with a word of congratulations, reliving his journey through the eyes of myriad adventurers, each having met their own challenge.

Erick Kasiulis notes, "...as we all discovered, the MDS is much more than just a race. The reasons that people do it and the friendships that come from it are an integral part of the event." Kasiulis is a cyclist and Ironman triathlete, and had never run a stage event or ultramarathon. There were participants from 45 different countries and, like Kasiulis, many of them were looking for adventure and challenge; an ultramarathon background was no guarantee of speed or success.

A Frankston to Portsea casualty (photo Robert Sturzaker)





Ultras and me: Sharon Scholz

Sharon's husband, ultra runner Justin Scholz, spills the beans on Sharon's recent remarkable performances

Ever had one of those moments where you just 'know'. It might be good or bad. It might be personal or relative to someone else. But you *know*. There's no doubt and it feels unlike anything you're ever felt before.

In April 2008 both Sharon and I had that feeling after the Coburg 24 Hour event. We knew that Shaz was destined to do great things as a runner. We didn't know when or how, but we knew.

In Caboolture, on Sharon's 34th birthday a part of that earlier realisation transpired. She broke Helen Stangers' 1995 record in the 48 hour track event. The track wasn't ideal being dirt and gravel and with a noticeable change in elevation and a lot of off-camber sections. It was also far too hot for Victorians at that time of year. But still she managed it.

We were fortunate actually that Sharon's strategy revolved around heart rate rather than pace and so while it was hot, the strategy remained the same. Keep the HR under 150 no matter what. If you need to walk, then walk.

After 6 hours it was clear that Shaz wouldn't be able to get anywhere near our original distance prediction due to the heat. My estimate was 61.9km at this point under favourable conditions but she only managed 57.6km. Still a solid result of course, but not enough for us to push on at an HR of 150 and risk the whole race falling to pieces. The risk-averse approach was suddenly looking like a good idea.

I held off a little while longer to see what effect the night-time would have. There was no way that Shaz could improve her pace much even when the temperature came down however and so at about the 10 hour point I worked out the minimum she had to do to break Helen's record.

The rest of the race from my perspective was pretty boring. Just how I like it really. Consistency is king and Sharon provided a consistency of output which was astounding even to a data junkie like me. She just had to keep lapping at 30 seconds faster than necessary and she would break the record with an hour to spare. This allowed her the luxury of gradually reducing the amount of running she was doing each lap and eventually even allowed her to reduce her walking speed.

And though the strategy panned out well, the result was no certainty until she had finished that 658th lap. We knew she had the ability - physically and mentally, but still the execution had to take place.

There were some possible issues that could have prevented this result. Shaz ended the race with both pads of her feet badly blistered like she has never had blisters before. This was caused by our own ultra-immaturity putting her in the wrong shoes and not using gaiters at the start. By the time Meredith Quinlan graciously allowed Shaz the use of hers, it was too late. Whilst this could have been a game breaker it was overcome due to Sharon's strength of will and ability to focus only on the task at hand rather than the pain in her feet.

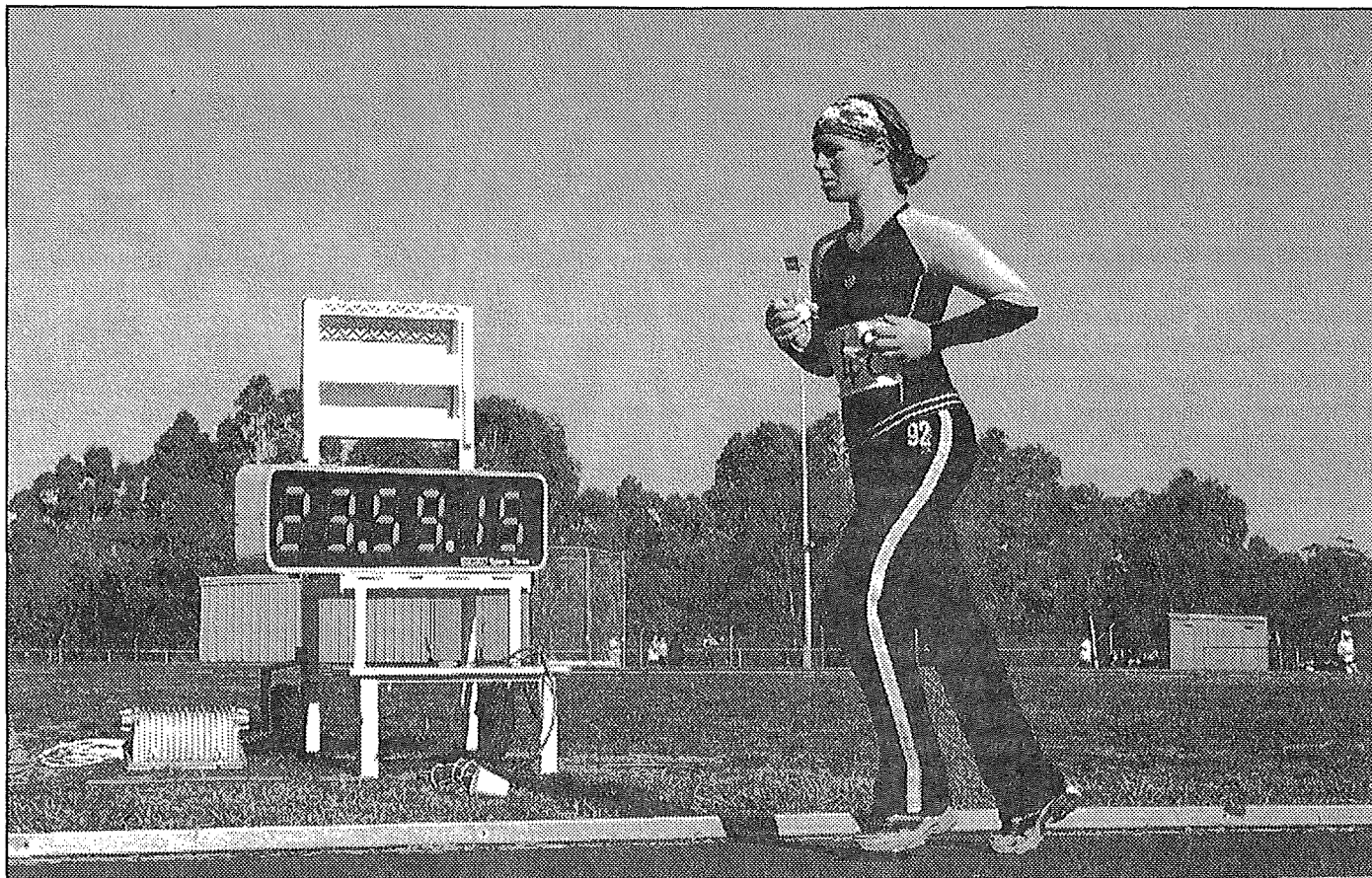
Shaz also made a major mistake and had a large cup of coffee at the 22 hour mark whilst I was getting some rest. She demanded it from her Mum Jill who was co-crewing. When I found out I was horrified as it meant that I had to keep dripping the caffeine into her until the end to avoid a major crash and burn. Again we were fortunate.

And on one occasion just after nightfall on the second day Shaz tried to tell me that she couldn't do it anymore and it was too long to go. My response was "that's bullshit, all you have to do is put one foot in front of the other. Come on, you know that". By the start of the next lap she was walking strongly again clearly having had a word to herself about mental strength.

In the last 16 hours as Shaz overtook our Japanese guests Norio and Harry and it became apparent to most that the Australian Record was in serious danger, the support received was tremendous. Most competitors on track were encouraging Shaz and helping where they could. Their crews too were offering words of support and practical assistance. This, to me, demonstrates the ethic of the ultra-running community. It is a community of givers, of people that enjoy seeing success in the sport whether personally or in others. Ultra-running really is personal and in events like a 48 hour it is virtually impossible to 'race' someone. It's more a question of striving to hit your own targets, follow your own plan and hope that by the finish you have achieved what you hoped. Therefore it becomes easier to celebrate the success of others.

"It's more a question of striving to hit your own targets, follow your own plan and hope that by the finish you have achieved what you hoped"





Sharon Scholz at Coburg

And over the weekend there were many successes indeed. Sure Sharon might have been the standout with an Australian Record, but other competitors were in as much and probably more pain as Shaz, and achieved goals which to them were of equal significance. Anyone that completes a 48 hour run I think is unlikely to ever forget it and will no doubt feel a sense of pride and accomplishment as a result. And well they should.

What happens with Shaz now we're not fully certain. We don't feel as though that moment that we experienced at Coburg has fully played out yet, and that there is still more to come. It might be ambitious and it may never happen but we are seriously looking at what we need to do for Shaz to become 24 hour World Champion possibly as early as 2011. We've always said that it's better to reach for the stars and get the moon than succeed at getting to the top of the tree.



*Gold Coast 100km - Pam Muston,
Kerrie Bremner and Emily Novak-Niemela*





Training for a major ultra

By John Medinger

Editor's note: This is an adaptation of an article from Ultrarunning.com. Although it is intended as a training article for aspirants to the US Western States 100 mile trail race held in August, most of it is relevant to anyone contemplating a long ultra such as the Oxfam Trailwalker or GNW 100s. In a future issue I will provide the rest of the article, which is more specific to Western States.

Training

First, you should start thinking in terms of hours instead of miles. Second, your training should be as specific as possible. Western States is a trail run, with many very demanding climbs and descents, and usually run in very hot weather. The more that you can mimic these conditions in your training, the better off you will be. A training run from Michigan Bluff to Last Chance and back might take you seven hours, but it is only about 25 miles. This will do you much more good than a 30 mile run on flat roads that might only take you 5 hours. One hundred miles is a very long way to run. There is a temptation to think that you must do mega-mileage in order to be able to attempt running this far. You will hear stories of elite runners who train at 120 or 150 miles per week. But, unless you are truly an elite runner, mega-mileage training is not recommended. Elite runners are elite because they are blessed with biomechanics that few of us can even dream of. These talents and abilities allow them to run faster and more miles without becoming injured. When the average runner attempts a similar schedule, the results can be disastrous, usually resulting in serious injury. It is not necessary to run 100 miles a week to finish Western States. Many runners are able to finish on not much more than half this amount. Everyone has their own formula for what they consider an optimum training program. The key to most training

programs is a weekly long run. It is important to stress your body (but not to the breaking point) and then allow it to recover before stressing it again. Reduced to its simplest form, training is all about stress and recovery. Everyone has a different breaking point, but it seems that many ultra runners can handle up to about six hours of running without significantly breaking down their muscles. If you run longer than that, such as in a 50-mile trail race, you will find yourself stiff and sore for a few days. While this is occasionally acceptable or even desirable, it is not something that most runners can handle on a frequent basis. Start your buildup in January, slowly increasing your total time and distance during the first three months of the year. In order to be able to do the heavy work that is required during April and May, you will need to develop a significant base during January through March.

A typical training program for the months of April and May might look something like:

Monday - rest, or 45 minutes easy
Tuesday - 60 to 90 minutes
Wednesday - 2 to 3 hours
Thursday - rest, or 45 minutes easy
Friday - 60 to 90 minutes
Saturday - 5 to 6 hours
Sunday - 1 to 3 hours, slowly - even walking

Depending on the terrain and your speed, this will give you somewhere between about 50 and 90 miles in a week. Once a month or so, it is good to attempt a 50-mile race or a longer training run of 8 to 10 hours. Use these longer efforts to simulate what you will want to do during Western States. Practice eating, drinking, changing shoes and clothes, etc. If you are running in a race, do not be too concerned about your competitive position. You will likely be a little slower than normal since you are in the middle of your heavy training period. Don't let that bother you. Keep your eye on the big prize!

Other tips

Many runners incorporate a weight lifting routine into their training. It is important to have strong abs, and also strong arms and shoulders. Carrying a water bottle for 100 miles will definitely make your arms tired! Weight lifting should emphasize light weights with many repetitions. A rule of thumb is: if you cannot do three sets of 20 reps, you are using too much weight. Curls, bench press, upright rowing, lunges, and crunches are typical exercises that will be beneficial.

Train on trails whenever possible -- the more hilly and rocky, the better. Train in hot weather whenever possible. This should be obvious, but again, think specificity. Practice walking. Most runners will walk most of the uphill and many runners will incorporate large amounts of walking toward the end of the Run. Being able to hike aggressively will get you there a lot faster than walking slowly. If you do not have any experience in running on trails at night with a flashlight, you should practice this also once or twice. This is also a good opportunity to test your nighttime lights. Some runners prefer headlamps, others prefer hand-held flashlights. A few even use waist-mounted fluorescent lights. Each causes their own special problem in adjusting to the dark. Whatever you use, we recommend strongly that you carry a spare light of some sort in your fanny pack, and place an additional spare light in each of your nighttime aid station drop bags. Virtually every experienced runner has "flashlight stories." Don't make the mistake of trying to save a few dollars by not having extra lights and risk ruining your race.

Beware of the chair To the best of our knowledge, no one has ever finished Western States while sitting in a chair! If you must take a break at an aid station, allot yourself a modest amount of time (5 minutes) and then force yourself to get up and leave. The longer you sit there,

the better it will feel, and the more likely you won't leave the aid station. Some runners will even practice sitting for 5 minutes and then getting up and going on in their training runs. Focus on relentless forward motion. When you can, run. When you can't run, walk. When you can't walk, walk anyway.

Tapering It is recommended that you include a tapering period prior to race day, to assure that you are well rested and not over-trained on race day. Most runners will start to taper their training two to three weeks prior to the Run. Typically, the penultimate week should have a total mileage not more than half of what you have been doing in the previous couple of months (i.e., if you have been running 70 miles per week, this week should not be more than 35.) In addition, your longest run should not be more than about two hours. The week of the Run itself, most runners like to do very little. Perhaps a 20 or 30 minute run or walk each day, just to burn off a little of the nervous energy that almost always precedes the Run.

Pre-hydrate There is no reason to consume large quantities of fluids in the days before the Run because extra fluids simply get urinated away and frequent night time visits to the bathroom before the Run will only rob you of much needed rest. It's best to wake up a little earlier on race morning with enough time to consume fluids and calories, so that the fluids can be processed and the calories stored before the start. And don't forget the salt!

Mental preparation Every runner has his or her own approach to getting mentally ready for a race. We wouldn't begin to tell you what might work for you or suggest that you change whatever your normal mental preparation might be. We only caution you to follow it. It is very easy to get caught up in all the excitement that surrounds Western States in the days immediately prior to the Run and get away from your normal mental preparation. Try not to get too caught up in this and risk losing your normal focus.

Most runners find it much easier to assimilate the concept of running 100 miles by breaking the race into

small segments. First, break the race into maybe four large segments: the high country (start to Robinson Flat), the canyons (Robinson Flat to Michigan Bluff), the tough third quarter (Michigan Bluff to the River Crossing) and the victory stretch (River Crossing to the finish line). Develop a basic strategy for each section, such as:

- High Country: Stay relaxed, take it easy, focus on eating a lot
- The Canyons: Float on the downhills, hike hard on the ups, don't overheat, focus on drinking a lot
- Michigan Bluff to the River: Don't stop eating! Concentrate on working hard, focus on pushing through the pain, the race starts here.
- The Victory Stretch: Keep moving forward, beware of the chair, smell the barn, don't forget to drink!

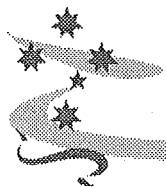
Within each section, your mental focus should be on eating and drinking and making it from aid station to aid station. Constantly monitor your body and take the time to take care of any little problems before they become big problems. And don't forget to enjoy the scenery and the camaraderie of your fellow runners. After all, this is recreation

Gold Coast 50

*David Staehr;
Chris Hills,
Tressa Lindenberg,
Brendan Davies*

*Photo
Ian Cornelius*





Martin Fryer

A portrait by Nadeem Khan

"Running these races didn't just mean running longer, it meant running deeper into the places in yourself that had to be found and conquered." (a line from Kirk Johnson's book 'To the Edge'). This is the motto that drives Martin Fryer, who set the stage for the Commonwealth Mountain and Ultradistance Running Championships.

The start of any Championships is pretty unnerving for the event coordinators. The cocktail of nervousness and excitement is quadrupled, when it is the inaugural Championships, with the eyes of everyone in the Commonwealth athletic world set on the event. The 24 hour ultramarathon was the first event on the Commonwealth Championships itinerary and once the event ended, the organizers' fears were put to rest, and these were destined to be an outstanding Championship.

Martin Fryer, a veteran ultramarathoner from Australia, performed a record breaking feat in this first event of the inaugural Championships. He took the race beyond leaps and bounds and elevated the ultra event to whole new level by running a distance of 255.934 km, breaking the existing Commonwealth Best Performance and sketching his name into the record books.

Fryer has sported the international vest several times through his running career. His running resumé includes running for Australia in World 24h Challenges in Taipei (2006) and Drummondville (2007). He was elected captain of the Australian 24h team for Seoul (2008) as well as for the 24 hour Commonwealth Championships.

As a veteran in the sport, with over 100 ultras, Fryer started running at a very early age. He reminisces, "I

clearly remember the great joy that I derived from running as a child. My father and I would get up early each morning and jog a few kilometres to the beach followed by some running on the beach, a quick swim in the surf, and then an easy jog home." Little did this young lad know that one day he could call himself a Commonwealth Champion?

Continuing on the family tradition and recognizing the memorable times he spent with his father on the beach, Fryer has enacted the same with his own son. He says, "This routine set the pattern for my lifelong enjoyment of running and now I have the joy of sharing running with my own 14 year old son." He credits his family and friends for his success in running.

Fryer has been in the sport of ultrarunning for over thirteen years, running his first ultra in 1997. He ran the 6 Foot Track 45 km trail ultramarathon based in the Blue Mountains, west of Sydney. One would think that this gifted runner would have been on cloud nine and itching to get out to compete in more ultras. He proved me wrong, "Like everyone I vowed never to do one (ultra) again but little did I know that the transformational experience of the event would lead me to where I am today."

He awed numerous athletes through his athleticism, determinism and dedication at the Commonwealth Championship. I asked Fryer on what were his expectations going into these Championships, "Having fallen just short of achieving 250 km at the 24 World Challenge in Seoul (247 km) it was a natural goal to aim for at Keswick. Fortunately, the running conditions there were excellent and I was able to break this barrier with a little time to spare." Not only

did he end up gaining that goal but bettering the Commonwealth Best Performance in the process.

The 24 hour event is an intense power play between mind and body. Having run about eight of these events, I can attest that the body refuses to cooperate and the mind plays games, but its mind over matter at the end of the day. Fryer ran more than six marathons in one day.

I was curious about his tactic in a very strategic event. He explained, "My game plan was to run my own race and not to consider any "racing" aspects until the last 3 or 4 hours when it really counted. I think my strong run at the Surgères 48h earlier in the year built my confidence to reconsider the 24h race as a "speed" event." A 24 hour speed event might raise an eye brow or two but it is all relative in the ultra world. 24 Hour is a sprint for those who do 48 hours and 6-day events!

The event in Keswick was unique in the sense that it brought together two offshoots of mainstream athletics, ultrarunning and mountain running. I asked Fryer about his views on his mountain running counterparts, "It turned out to be an excellent mix at Keswick. The Commonwealth Championships presented a unique opportunity to showcase two very different sides of running." He went on to say, "I'm sure that runners on both sides developed an increased mutual respect for what it takes to compete in the other side of the sport after watching the performances in the Mountain and ultrarunning races." This was a widespread sentiment during the duration of the event.

Like many in the ultrarunning and mountain running world, Fryer holds a day job and trains when he can. He

"I can attest that the body refuses to cooperate and the mind plays games, but its mind over matter at the end of the day"



works as regulatory toxicologist for the Therapeutics Goods Administration (TGA). I am always intrigued by how athletes balance their everyday work lives with competitive training. He put my inquisitiveness to rest, "I balance work with increased training volume by often doing 2 runs a day: the first is done before or around sunrise so it is out of the way before the working day. The second is either done at lunchtime or I run commute home with a small backpack."

Fryer's training regiment includes training weeks of approximately 90-140 km with one easy 30-50 km run, a faster 20 km run and a fartlek session for speed. He also mixes his running routes with cross country and trail courses and competes in the occasional mountain running race to increase his VO2 max.

Fryer has been a busy man since his Commonwealth exploits. He re-

"He also mixes his running routes with cross country and trail courses and competes in the occasional mountain running race to increase his VO2 max"

cently established course records at the Deep Space Mountain Marathon (44km, 1800m ascent) in 3h46min. He started his 2010 calendar with a win in a 50K road race in January and some short, fast trail and mountain running in February followed by a personal best at his 13th completion of the 6 Foot Track 45 km trail race in March.

Australian runners are taking the ultrarunning world by storm with the women's team recently finishing third women's team at the International Association of Ultrarunners 24 Hour World Championship. I asked Fryer about this recent change, "There has recently been a big boom in ultra participation in Australia, particularly for trail events, but we (the Australian Ultra Runners Association) have been also fortunate to lure some of our best runners to the track." I was curious as to how Fryer sees the sport change over the next decade. He replied, "I think

participation in ultras in general will continue to increase over the next 5 to 10 years but the runners will be spread thinner over an ever increasing range of exciting options - new running events on road, track and trail as well as variants of adventure racing."

What goals has this ultrarunning phenomenon set for himself? Fryer

shared, "My number one long term goal is to run for life - stay injury-free and enjoy my running for as many years as possible." He added, "My number two long term goal is to expand my coaching and mentoring of up and coming ultra runners and to generally help promote the sport to people from all sorts of backgrounds."



Martin Fryer at Surgeres



A Family Affair for the Hartikainens

By Nadeem Khan

There has been a steady transition in the progression of the sport of 'ultrarunning' over the years. No longer is it an unfathomable distance amongst the masses. Non-ultra athletes have started to take notice of the sport by the ever presence of ultra athletes in mainstream athletics events.

As we are progressing through our youth years, in ultrarunning, we are seeing the emergence of a new group of runners. I like to call them 'coupltrarunners' or couples who do ultrarunning. For many of us who are regular at these events, we cannot help but notice, couples entering the international races with their families cheering them from the sidelines.

This fact was more than evident at the recently concluded 8th IAU 24 Hour World & European Championship held in Brive on May 13-14th 2010. We had a total of five couples representing the national teams of Estonia, Germany, France, Sweden and Italy/Argentina.

In this article, I am going to introduce you to the first couple of international ultrarunning. This couple have worn the national vest of Sweden on seven different occasions together. Regular ultra-goers will recognize that I am referring to the power association of Reima and Torill Hartikainen.

The Hartikainens are relatively new ultrarunners, having been in the sport since 2004, but nevertheless have quickly risen to the ranks of veterans. For two individuals who share so much, surprisingly they took up running, for two different reasons. In regards to her start Torill says, "I started running to keep healthy after being diagnosed with diabetes 2 and after ending a smoking career." Reima adds about his introduction to running, "I started running regularly in 1996

(second time in my life), when I was between 15 - 20 years old I trained cross country skiing and running but it ended when I was 20 and started up again when I was 33 years old."

Similar to majority of athletes in our sport, the Hartikainens are not full-time athletes. They both have full-time jobs and a very busy family life with three children. They squeeze in their running when they can before and after work. Torill touches on this, "Running has become a lifestyle for us, which is prioritized at every level. I do struggle with my conscience sometimes but all in all I think we do just fine."

Training is a huge part of being successful international calibre ultrarunners. I was intrigued to know if the Hartikainens train together too. They share, "Today we do most of our training together, that is, every other week due to Reima's working hours. Every other weekend Reima and I run together between 25-35 km." However, recognizing the fact that they run at different paces, Torill and Reima do complement their training with runs at their own individual paces with the groups that they are coaching.

I have always been mystified on couples who run at such a level balance their family life and recreational activities. Torill puts me at ease, "This is a little bit tricky as the girls are getting older and want more attention and help. As teenagers they also need to be watched in a different way, but we cope. They have grown up with running parents tagging along to many of our races so they know of nothing else." It is always amazing to see children out at these events supporting their parents and that was quite evident with the younger Hartikainens present in Brive.

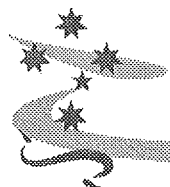
With running being such a cornerstone for this family, I asked

Reima if he incorporates running into his family holidays. He agrees, "It feels good because today this is a lifestyle for us and we plan things keeping in mind that running must be a part of it." When asked if his children are runners too, he adds, "Sometimes they run but not regularly but children accept us for our running in all places in world."

The Hartikainens, the first couple of ultrarunning, are like anybody else with non-ultrarunning friends in their circles too. How do their non-running friends respond to their exploits? Torill answers, "Most of them think and also express what a lot of people say, that we are crazy." Words I have heard before in my own non-running circle. Torill adds, "My motto to all people is that if I can do it they can too. I have stopped worrying about other people's opinions. What matters is that we are ok with what we chose to do." These are very true words from a very experienced and grounded runner.

There is never a dull moment in the life of the Hartikainens. Next race for Reima is a 48 hour at the end of July in Koln, Germany. Torill is tying her laces for the Swedish 24/48Hour Challenge and running that towards the end of August.

It is an amazing feeling when you can share something that is so close to you with the person who is the closet to you. Long distance running for as long as we know was described as the journey of a *lonely* long distance runner. The Hartikainens and the other *coupltrarunners* are redefining these tags as we progress through the ages.



Another day at work for Badwater champion

By Nadeem Khan

What kind of mettle does it take to run from 85m below sea level to an elevation of 2533m? What is one's mindset when they run through 120F scorching temperatures?? What is one's approach when they sign up for a race known as the "toughest footrace in the world"?

Let me introduce you to middle school teacher and cross country coach from Littleton, Colorado, USA. Jamie Donaldson has answered all of the above questions and more when it comes to trying the toughest challenges that this sport of *ultrarunning* has to offer.

"It is said that one lives a few lifetimes during an ultra-race filled with a myriad of emotions accumulating in several 'up' and 'down' feelings"

The name Jamie is not unfamiliar to ultrarunning enthusiasts. She finished 5th in the 2008 IAU 24hr World Challenge in Seoul and 4th in the 2009 version of the IAU race in Bergamo leading the US team to a silver medal finish.

On July 13th 2009 Jamie once again tied her shoes, wore her long sleeve shirt with the signature bandana behind her neck and competed against some of the best ultrarunners in the world, returning to the infamous "toughest footrace" also known as Badwater not only as returning champion but also the course record holder running 135

Miles from the California's Death Valley to Whitney Portal.

A few weeks after the IAU 24hr World Challenge I had the opportunity to speak to Jamie about her next challenge. When asked about going back to Badwater as the returning champion, she said, "I still get goose bumps thinking about that journey last year! It was a dream come true for me! There is a lot of pressure to perform after winning a big race like Badwater, so I do feel a lot of extra pressure this year."

This race is well known for its extreme environmental conditions that are a challenge for runners who embrace this fact and go for the glory. I asked Jamie on how she trains for something like this. She said, "I train with getting in lots of miles each week, running in the mountains too, and spending time in the sauna."

It is said that one lives a few lifetimes during an ultra-race filled with a myriad of emotions accumulating in several 'up' and 'down' feelings. Jamie explained her run from last year, "I went into the race with a pacing plan. Everything was going as planned until a bout of nausea hit me over Towne's Pass. I spent about 3 hours of my night throwing up while running. I had a lot of trouble getting my stomach back to feeling normal."

Human body does not know the difference where one is running in the pack. We all go through the same motions. Jamie's race did turn around. She goes on to say, "Finally

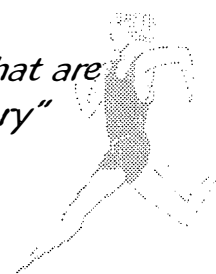
at about mile 70, I was able to run hard again up to Darwin and started to feel really good again. Around mile 100, I was able to pick up my pace a lot and moved into 1st soon afterwards."

The unique aspect of ultrarunning is that every race is so different. There is no comparison between running the 24 hr race and the Badwater. Both are difficult in their own right. Jamie agrees and explains that the main difference between the two is the extreme heat. As she says that it like running continuously into a "blowing hairdryer".

The astonishing fact about Jamie's run this year is that after finishing the race she is planning on completing another 11 miles to the top of Mount Whitney. This is how the race was originally intended to run but for the past few years due to permit issues, the race is limited to 135 Miles.

Asked if her life has changed after establishing herself, over the last 2 years, as one of the premier distance runners in the business, she was humble as ever, "Probably not because every time I finish a race, I look on to my next one."

"This race is well known for its extreme environmental conditions that are a challenge for runners who embrace this fact and go for the glory"





Footnote: Running Through the Night

By Gary Dudney of
Ultrarunning.com

Ultrarunning is full of intense and vivid experiences. Think of padding down a trail through a foggy drizzle all alone, deep in a redwood forest. Think of pushing yourself up a steep slope one step at a time, utterly beat up and just this side of quitting. Think of the moment you turn that last corner and see the banner marking the finish line of your first ultra. But no matter what you've done in the sport so far, one of the great ultra experiences still awaits if you haven't run through the night.

Running trails at night is a whole new ballgame. First, of course, you bring the lights. Even on the brightest of moonlit nights, you can pass under trees or get into a narrow canyon and find yourself groping helplessly in the dark. Then there is the little matter of staying up all night, fighting off sleep, which would not be so bad except most times you're already exhausted and near the breaking point from having already run all day. There is the cold to worry about as well, which attacks just when you've run out of energy to generate your own warmth. And finally, the night can get spooky, especially if you're one of the many who find their eyes playing tricks on them. You glance at a rotting log and think, gee, isn't that a corpse, or you're convinced the hanging branch that jumps out of the shadows at you is a mountain lion.

Nonetheless, if you're well equipped and well prepared, the night can be the best part of your run. Lights used to be such a big concern to runners. The flashlights that were available tended to be clumsy, heavy, and the batteries only lasted for about half the night. Nowadays there are numerous types of lightweight, bright, and long lasting lights that are relatively inexpensive and take much of the worry out of night running. I like to use a headlamp with two settings - bright and low, and combine it with

a lightweight handheld flashlight. The headlamp's bright setting is good for tricky descents, while the low setting, which is more than enough light for uphill and smooth stretches of flat trail, extends the battery life well beyond what is needed for a single night. A headlamp alone creates too little shadow on the trail and thus reduces depth perception. The flashlight held at waist level corrects this. Also the two lights back each other up should one fail. I even toss a small button light that weighs practically nothing into a pocket of my hydration pack just in case all else fails. It's gotten me out of deep trouble a couple of times.

Be sure to practice running with your lights before you're actually in a race. You want to get familiar with all your lights' features and settings, changing batteries and bulbs, adjusting straps, and the like. You'll be surprised how different things look at night, even on a familiar trail. Shadows skitter around under your feet. Your depth perception is off. The light jumps around. It's good to be used to all the visual issues and practice navigating down a trail in the dark before you have to face those things with the added exhaustion of a 100-mile race. Also remember to switch your lights off when you pull into an aid station, otherwise you'll have volunteers shielding their eyes as they try to help you.

Sleepiness is another big issue with night running. You may be one of the lucky ones who are so excited by the race and the thrill of being out on the trail at night that they can pass right through the night without a problem. It's more common though to feel very tired and sleepy at some point in the wee hours. Some runners do well taking a few catnaps with a pacer or an aid station person assigned to wake them up. Other runners follow the "beware the chair" rule and avoid stopping at all for fear they will not be able to get back into the race. Try and bank some sleep in the week leading up to your race.

Caffeine works for some runners, especially if you've limited your use of caffeine in the weeks leading up to the event. Stay focused on the need to eat and drink well, which will keep you busy and keep your energy level up. And be aware that no matter how badly your tail is dragging in the early morning hours, dawn and the growing light will almost always perk you up and get you moving again.

Finally, be forewarned that the combination of lack of sleep, lack of energy, sheer exhaustion from running for so long, and the tricky lighting situation, especially in the very early morning, might well have you seeing things that aren't there. These eyes-playing-tricks-on-you visions can be very vivid.

In fact, I've become so used to seeing things as the night wears on that I can pretty much relax and just marvel at how creative my visions become. I once had a big fallen log in the forest morph from a person on a motorcycle, to a girl playing a piano, to a big dolphin jumping over a wave. I was pretty sure none of that was real. Some runners do report outright hallucinations, such as runners jogging along beside them, or seeing people lying alongside the trail. I once went by two runners shining their flashlights over the edge of a cliff and talking about seeing a cougar just below them. When I asked my pacer about what exactly the runners had said to each other, he didn't know what I was talking about. So precede into your first all night run with the understanding that some strangeness is likely to be part of the experience. For all the challenges of running at night, the rewards can be substantial. There always seems to come a moment, when the moonlight and the stars and the quiet bring on a profoundly satisfying feeling. You've fought off the fatigue and the pain, and you're well on your way to a finish. Then the night can seem magical.



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