

# ULTRAMAG

Dec 2010  
Vol 25 No 4



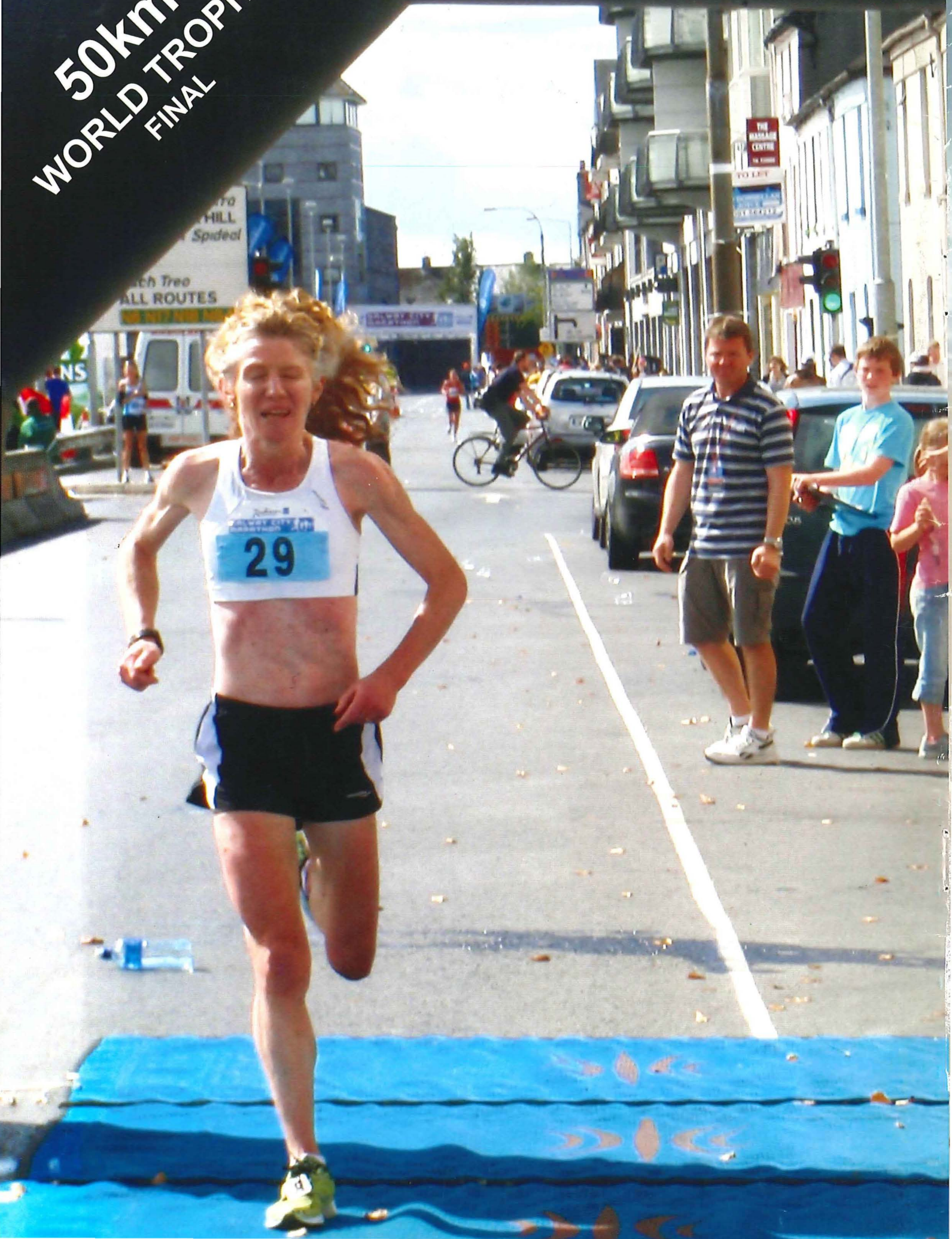
- Spartathlon 2010
- Great Ocean Walk 100s
- Yurebilla Trail
- Tan 100km .....and more



Australian  
Ultra  
Runners  
Association Inc



# 50km WORLD TROPHY FINAL





# Magazine of the Australian Ultra Runners Association

December 2010

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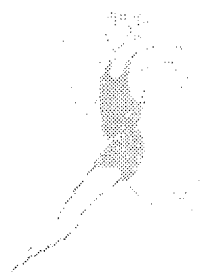
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Front cover - Jackie Appleyard and Simon Tostrop running the Great Ocean Walk (Brett Saxon)

Back cover- June Petrie finishing Galway 50km

Inside front cover - 100km winner Damen Goerke, Great Ocean Walk (Brett Saxon)

Inside back - Rick Cross approaches Castlecove on his way in the Great Ocean Walk (Brett Saxon)







# Editorial December 2010

By Julia Thorn

As Melbourne braces itself for another bout of rain - and, yes, it feels as though I have done nothing but talk about the bad weather here this year - I am stuck indoors. Not because I won't go out and run in the rain, but because I am unfortunate enough to be lumbered with an injury.

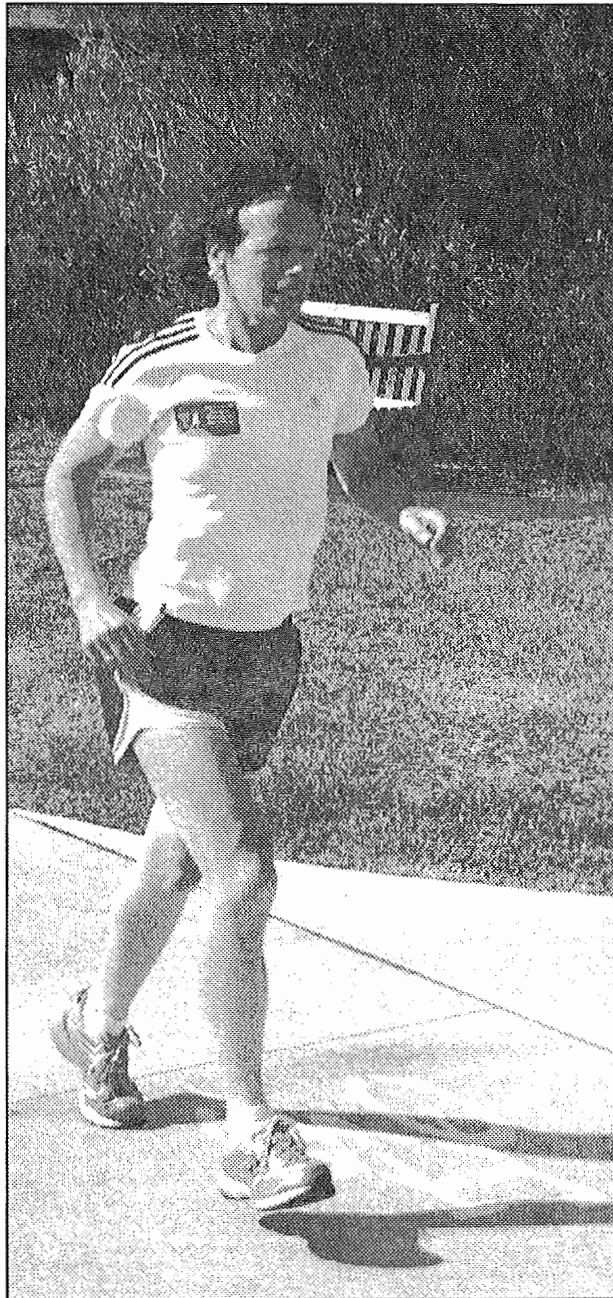
I have broken my big toe and apart from being a nuisance, this is also very painful. This was not a running injury - I am not sure if that is a good thing or a bad thing, but I constantly feel obliged to point this out to people, especially non-runners. I was merely travelling through my house on a Saturday evening when I tripped, became airborne for a short while, and landed badly.

By the next morning, and several x-rays accomplished, I realised I was not going to be running for a long while, and I thought I would be able to take this on the chin. I did well for a couple of days, enjoying a lie in and eating more than I needed to. I announced that an injury was not going to stuff up my life, and I would demonstrate that runners can cope with not running.

Of course the illusion soon wore off. I found that, while the idea of taking a break (excuse the pun) from running was an excellent one, I wanted to take the break at a time of my own choosing.

And I no longer like swimming.

After a weekend of relative calm I started to become agitated. I went to the gym first thing on Monday morning and did an exhausting workout. Then I went to the gym on Tuesday morning and did an exhausting workout. Then I went to the gym on Wednesday and did



an exhausting workout. This last one was OK because I always do this on Wednesdays. Then I went on Thursday and I'll save ink by not describing what I did. And Friday. By Saturday I had to acknowledge that I was over-compensating for my injury.

The following week I was able to go for a bike ride. Three bike rides.

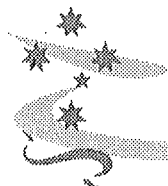
Then the rain started and it seemed so heavy that it would be dangerous

for a delicate flower like myself to go riding in it while the other traffic sent great sloshes of water up against me. So I am back to the gym thing.

The problem is that I find it very hard to know what workout at the gym is equivalent to a two-hour run, or a three-hour run. The shorter runs are easier to equate in gym terms. It's the endurance factor that is hard to simulate.

Meanwhile out on the real world our runners have been doing well. June Petrie has excelled in Ireland and Jo Blake has excelled in Greece. Several ultras - including the Tan 100km and the Great Ocean Walk - have seen increased fields and have resulted in course records being broken. And the year is not over yet. Still to come is that amazing event called the Coast to Kozzie, as well as shorter ultras in Tasmania, NSW and Queensland.

As this year comes to a close we can look forward to another year of great racing, of improved performances and of more runners entering our niche sport. Next year's calendar looks as good as this year's, with only a few changes. Ian Cornelius has taken over organising the Four Beaches event in Tasmania and will hopefully grow it further. This sounds such a delightful part of the country, and I must be sure to get there soon. There has also been a change of organiser for the Bogong to Hotham ultra in January, and we welcome the inaugural Two Bays event in 2011.



# Australian Ultra Marathon Calendar

This calendar contains only races sanctioned by AURA. This does not purport to be a complete list of Australian ultras. 2010/2011 sanctioned races will be eligible for the AURA aggregate points competition. AURA reserves the right to modify this calendar at its discretion.

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

## December 2010

Saturday 4 December RAZORBACK RUN 68KM/58 KM plus shorter distances (VIC)  
6am start. Harrietville campground en route to Mt Hotham in the Victorian Alps.  
Contact Paul Ashton 0418 136 070  
Email: [runningwild56@tpg.com.au](mailto:runningwild56@tpg.com.au)  
Web: [www.aura.asn.au/MtFeathertopSkylrun.html](http://www.aura.asn.au/MtFeathertopSkylrun.html) and [www.runningwild.net.au](http://www.runningwild.net.au)

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

Sunday 12 December KURRAWA TO DURANBAH AND BACK 50 KM (QLD)  
Start Kurrawa Park, Broadbeach on the Gold Coast and run south along the Gold Coast beachfront to Duranbah.  
Contact: Peter Hall 0411 083 896  
Email: [peter@victorysports.com.au](mailto:peter@victorysports.com.au) Web: [www.aura.asn.au/Kurrawa.html](http://www.aura.asn.au/Kurrawa.html).

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](mailto:peverydweaver@hotmail.com) Web: [www.aura.asn.au/c2k.html](http://www.aura.asn.au/c2k.html)

Sunday 19 December SIX INCH TRAIL 45KM (WA)  
4.30am start, 45 km trail run at North Dandalup WA.  
Contact Dave Kennedy 08 9885 7025  
Email: [davidk1998@hotmail.com](mailto:davidk1998@hotmail.com) Web: [www.aura.asn.au/SixInchTrack.html](http://www.aura.asn.au/SixInchTrack.html)

## January 2011

Saturday 8 - Sunday 9 January NARRABEEN ALL NIGHTER (NSW)  
100km and 12 hour events. Certified 100km course on bike paths.  
Contact: Ron Schwebel 0415 669 464  
Email: [rschwebel@bigpond.com](mailto:rschwebel@bigpond.com) . Web: [www.aura.asn.au/NarrabeenAllNighter.html](http://www.aura.asn.au/NarrabeenAllNighter.html)

Sunday 9 January BOGONG TO MT HOTHAM (VIC) \*Note new organisers, new website\*  
64km tough mountain trail run, with 3000m of climb. 35km option also available. 5.15am/6:15am start at Mountain Creek Picnic Ground near Mt Beauty. Discount for AURA members  
Contact: Brett Saxon on 0418 557 052 or Andy Hewat  
Email: [brsaxon@bigpond.net.au](mailto:brsaxon@bigpond.net.au) or [andy@trailrunningcompany.com](mailto:andy@trailrunningcompany.com) Web: [www.aura.asn.au/BogongtoHotham.html](http://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](mailto:rohankim@bigpond.net.au) Web: [www.twobaystrailrun.com](http://www.twobaystrailrun.com)

Sunday 16 January LAUNCESTON 6 HR / 12 HR TRACK RACES

6am start at the Launceston Athletic Club

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

Sunday 23 January MANSFIELD TO MOUNT BULLER 50KM ROAD RACE (VIC)

6am start. Discount for Aura members.

Contact: Robert Boyce 0417 557 902

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

## February 2011

Saturday 5 February CRADLE MOUNTAIN ULTRA (TAS) \*Event is full\*

6am start at Waldheim, Cradle Valley at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthia Bay at southern end of the park. Approx. 82km of tough mountain trail running with lots of bog! Discount for Aura members.

Contact: Alec Hove 03 6223 4456; fax 03 6223 4660

Email: [ahove@hoveandhalys.com.au](mailto:ahove@hoveandhalys.com.au) Web: [www.aura.asn.au/CradleMtnToLakeStClair.html](http://www.aura.asn.au/CradleMtnToLakeStClair.html)

Saturday 12 February CABOOLTURE HISTORICAL VILLAGE 6/12 HR (QLD)

Contact: Geoff Williams 0412 789 741

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

Sunday 20 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](mailto:brsaxon@bigpond.net.au) Web: [www.aura.asn.au/AURADamTrailRun.html](http://www.aura.asn.au/AURADamTrailRun.html)

Sunday 27 February NARAWNTAPU (FOUR BEACHES) (TAS) \*New organiser\*

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: Ian Cornelius 0408 527 391

Email: [fuelstar@rocketmail.com](mailto:fuelstar@rocketmail.com) Web: [www.aura.asn.au/Narawntapu.html](http://www.aura.asn.au/Narawntapu.html)

Sunday 27 February CENTENNIAL PARK 100/50KM (NSW) \*New event\*

Run a 4km loop in Centennial Park, with two distance options, on a certified course. Has bronze IAU labelling.

Contact: April Palmerlee 0414 366 514

Email: [apalmerlee@yahoo.com](mailto:apalmerlee@yahoo.com) Web: [www.aura.asn.au/CP100.html](http://www.aura.asn.au/CP100.html)

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

Sunday 6 March WA 6/12 HOUR

Ern Clark Athletics Centre, Cannington WA

Contact: Nathan Fawkes 08 9529 1133

Email: [fawkes@biblesocietywa.com.au](mailto:fawkes@biblesocietywa.com.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 Jeftha

Email: [raceorganiser@sixfoot.com](mailto:raceorganiser@sixfoot.com)

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

Saturday 19 - Monday 21 March ALPINE CHALLENGE 100 MILE/100KM/60KM (VIC)

Alpine runs in the Victorian Alps. Australia's toughest and most scenic trail ultra solo, teams endurance and relay 4.30am start at Bogong Village, Alpine National Park

Contact: Paul Ashton 0418 136 070 Email: [runningwild56@tpg.com.au](mailto:runningwild56@tpg.com.au)

Web: [www.aura.asn.au/AustralianAlpine100miler.html](http://www.aura.asn.au/AustralianAlpine100miler.html) and [www.runningwild.net.au](http://www.runningwild.net.au)

#### 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  
**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](http://www.ultraoz.com/frankston)

#### Sunday 10 April CANBERRA 50KM

Australian 50km road championships Web: [www.canberramarathon.com.au](http://www.canberramarathon.com.au)

#### 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](http://www.coburgharriers.org.au)

#### Sunday 17 April WASHPOOL 54KM (QLD)

Washpool and Gibraltar Range National Parks, east of Glen Innes and west of Grafton in north New South Wales. Uncertified 54km course, starting at 7.30am from Mulligan's Hut  
Contact: Greg Waite 3225 1093 (work), 3869 1661 (home) Email: [g\\_waite@optusnet.com.au](mailto:g_waite@optusnet.com.au) or [info@runtrails.org](mailto:info@runtrails.org)

#### Saturday 30 April WILSONS PROM 100KM ULTRAMARATHON (VIC)

6am from Norman Bay Car, Tidal River, Wilson's Prom. Distances 100km, 75km, 44km  
Entry limit - 60 places only  
Contact: Paul Ashton 0418 136 070  
Email: [runningwild56@tpg.com.au](mailto:runningwild56@tpg.com.au) Web: [www.aura.asn.au/WilsonsProm100.html](http://www.aura.asn.au/WilsonsProm100.html) and [www.runningwild.net.au](http://www.runningwild.net.au)

#### May 2011

##### 30 April - 1 May WILD ENDURANCE (NSW) \*Note shorter time limit for 2011\*

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 36hrs 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](mailto: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](mailto:info@arocsport.com.au) Web: [www.thenorthface.com.au/100](http://www.thenorthface.com.au/100)

#### June 2011

##### Saturday 4 June ADELAIDE 6/12/24 HOUR (SA)

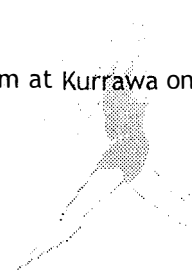
Contact: Ben Hockings Email: [yumigo@y7mail.com](mailto:yumigo@y7mail.com)

##### Sunday 5 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 champs, (50km champs now back in Canberra) starts 6am at Kurrawa on the Gold Coast. 12.5km loop.  
Contact: Peter Hall 0411 083 896 Email: [peter@victorysports.com.au](mailto:peter@victorysports.com.au)  
Web: [www.aura.asn.au/events\\_2011.html](http://www.aura.asn.au/events_2011.html)



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/](http://www.srichinmoyraces.org/au/events/24hour/)

## July 2011

Sunday 16 July KOKODA CHALLENGE (QLD)  
Teams of 4 people trek a 96km course through the Gold Coast Hinterland within a 39 hour time limit.  
Contact: Doug Henderson 07 55963942 Web: [www.kokodachallenge.com/](http://www.kokodachallenge.com/)

Sunday 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

## September 2011

Sunday 11 September WALHALLA WOUND UP TRAIL RUNS (VIC) Date TBA  
Trail Runs from Walhalla's Star Hotel starting at 8am, distances 50km, 37km, 19km.  
Contact: Bruce Salisbury 03 5174 9869.  
Web: [www.traralgonharriers.org](http://www.traralgonharriers.org)

## October 2011

Sunday 2 October YURREBILLA TRAIL 56KM (SA) Date TBA  
Trail run amongst the beautiful Adelaide Hills, both a group run and a race.  
Contact: David Close 08 8278 4337  
Email: david.close@flinders.edu.au  
Web: [www.sarrc.asn.au/yurrebilla.html](http://www.sarrc.asn.au/yurrebilla.html)

Saturday 15 October GREAT OCEAN WALK 100/100 (VIC) Date TBA  
100 mile and 100km along the Great Ocean Walk trail in western Victoria.  
Contact: Andrew Hewat 0421 040 700  
Web: [www.gow100.com/](http://www.gow100.com/)

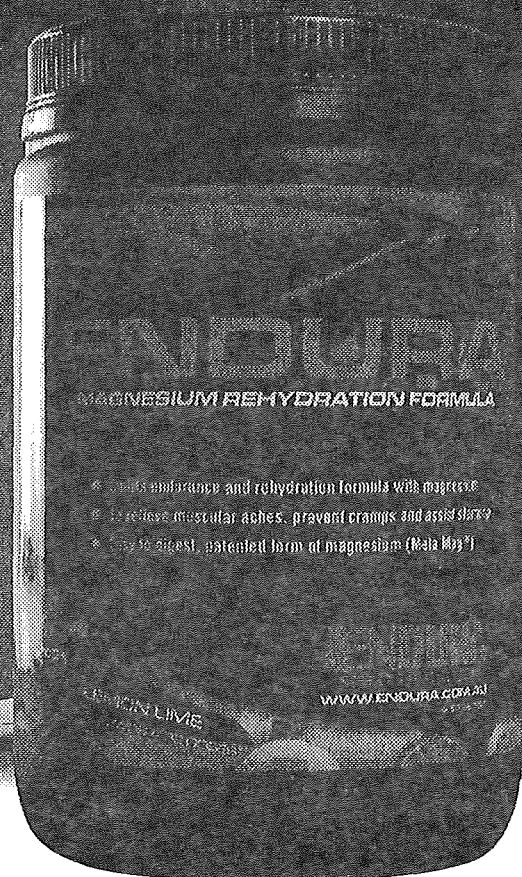
Sunday 16 October SPINY CRAY TRAIL (QLD) Date TBA  
56 km trail in northern Queensland  
Contact: Shane White 0438758862  
Web: <http://adventuresportnq.info/events/trail-running>

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





# WHAT'S IN YOUR SPORTS DRINK?



When it comes to endurance sports like running, if you want to perform at your best you need to give your body the correct fuel.

Sweating is the main way in which our body regulates temperature. As things heat up, we sweat and this keeps us cool. Sweat is made up of primarily water and electrolytes, and the hotter it gets, the more we sweat and the more water and electrolytes are lost.

Although drinking plain water helps to replace the water we lose, it is not the best solution for rehydration; you need to replace your electrolytes as well.

There are many rehydration products on the market to choose from, all promoting their own benefits. Endura Sports Nutrition is a range of sports supplements designed to help provide your body with the necessary nutrients required during physical activity. But what makes Endura different from the rest?

## Endura: The Rehydration Specialists

Not all electrolyte replacement formulas are the same. Endura is a dynamically advanced electrolyte formula developed for use during strenuous exercise. Endura delivers essential electrolytes, including high levels of magnesium, in a highly absorbable and easily digestible form for optimal results. Endura Rehydration contains a patented form of magnesium - Meta Mag™. Meta Mag™ easily delivers magnesium to your cells to assist muscle recovery, healthy muscle function and endurance.

The balance of electrolytes contained within Endura Rehydration allows for the optimum absorption of electrolytes required for peak performance. Endura Rehydration also contains carbohydrates to fuel the body's energy levels.

Endura Magnesium Rehydration Formula is a great tasting Rehydration drink available in four refreshing flavours (Lemon/Lime, Orange, Raspberry and Pineapple). It is all natural, containing no preservatives or artificial colours and is manufactured in Australia. To be the best, you need to mix with the best, so make Endura Rehydration part of your training regimen and start being the best you can be!

**ENDURA™**  
SPORTS NUTRITION

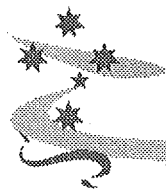
Endura Sports Nutrition is available at all good Specialty Sports stores, Pharmacies and Health Food stores. For your nearest stockist visit the website or call Health World Limited on 1800 777 646. Ask in-store how to join Endura's loyalty club and visit the website to sign up for your Endura E News at

**WWW.ENDURA.COM.AU**

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

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# Ultra News

Jo Blake has finished the **246 kilometre Spartathlon in Greece** in 29th place with 31:55:29, despite injury. Well done Jo....you can be very proud of your effort. You will enjoy Jo's account of the event further on in this magazine, and I have also included a brief history of the race for those of you who are not acquainted with it.

June Petrie's success in the **2<sup>nd</sup> IAU World 50km Trophy** in Galway, Ireland on 29 August 2010 is another milestone for Australian ultra runners and a great triumph for June. June placed seventh in the Women's 50km event in 3.42.18.12. In doing so she also bettered her own W45-49 world age group record. Tressa Lindenberg finished eighth woman in 3:55:15. Full results are in this issue.

Collen Makaza (ZIM) and Susan Harrison (GBR) brought home gold at the **50km World Trophy Final**.

At the **Tan ultra in Melbourne** on August 15 Barry Loveday has shattered the record for the 100km event with 7:14:45. See report by the female winner Elizabeth Bennett and results in this issue.

Up in Queensland Chris White won the inaugural **Spiny Cray 57km ultra** at Cairns in 4:57:30 from Ben Carter and Steve Cummingham. Susan Crowe was first female in 5:35:41

Peter van Wijngaarden has won the **190km Great Ocean Walk** in western Victoria in race record time of 27:32 from Darrel Robbins and Damian Smith. Susannah Harvey-Jamieson was the first and only female finisher in a new course record time of 36:41. The 100km was won by Damon Goerke in new course record of 11:21 from Josh Street and Toby Wiadrowski. Nikki Wynd was first female in new course record of 14:15 from Jackie

Appleyard with Leanne Keating and Deborah Piercy crossing together for third. The event attracted a record turnout of 63 starters.

In Adelaide David Talbot has won the **Yurrebilla trail ultra** in record time of 5:14:37 from Anthony Bishop and Mark Bloomfield. Nicole Rutherford won the women's section in 6:12:44 from Nusha Lavender and Tracey Morrison. The event had a record turnout of 119 finishers.

The **100km World Championships** have been held in Gibraltar on 7 November 2010. For those of you not lucky enough to be there the IAU has provided this description of the course: "The course consists of a lead-in section from the athletes' village to the 5K loop. The first lap around the loop is nearly a full lap from where the lead-in joins the lap to the finish line. The athletes then run 18 complete laps to finish the 100K. As this is a 5k loop, there will be one main refreshment zone near the finish line for both the LOC refreshments and the tables for national team management support. There will be a water/sponge point at about the 2.5K point at the other end of the loop." There were some late problems with the course measurement and changes had to be made to a couple of the laps.

**Preliminary results from the 100km World Championships** show that the Aussies finished as follows: Dean Cook in 45<sup>th</sup> place with 07:49:34; Andrew Heyden in 48<sup>th</sup> place with 07:50:28; Tim Craddock in 64<sup>th</sup> place with 08:16:26 for the men and Kerrie Bremner in 19<sup>th</sup> place with 08:24:48; Emily Novak-Niemela in 46<sup>th</sup> place with 10:40:30 for the women. Final overall results are not to hand at present as there were some disputes which have not yet been settled.

The **2010 IAU Congress** took place on Saturday 6 November 2010 at the Athletes Village in Gibraltar.

**Bogong to Hotham 'Rooftop Run'** has a new team organising the event for 2011 and a new website.

Andy Hewat is taking over as Race Director with Brett Saxon assisting. Former RD of 10 years, Mike Grayling will assist with this transition and help out with logistics.

Runners should ensure they are on the mailing list by going to [www.Bogong2Hotham.com](http://www.Bogong2Hotham.com) and registering their address for correspondence.

The race will be on Sunday 9 January, 2011. The format will be returning to the more traditional style with just the 2 races: 64km Bogong to Hotham and 35km Bogong to Langford Gap. The two start times will be retained: 5:15am and 6:15am with an 11:45am cut-off at Langford Gap.

After the increased field size to 150 last year for the 25<sup>th</sup> Anniversary, the numbers will be capped at 100 this year.

Full details can be found on the website mentioned above.

The **Cradle Mountain Run** is full for the February 2011 event. As in recent years the permitted field has filled very quickly, in fact I believe the field filled within half an hour of entries opening.

Note, as mentioned previously, that the **Coburg 6 hour race** in Melbourne has moved from Sunday 6 March to Saturday 5 March for 2011.

**Two new events** are likely to be joining the calendar in 2011: a 100km race in Sydney's Centennial Park and an 80km race on Tasmania's King Island.

**3rd IAU World Trail Challenge** The 3rd edition of this event will be organized on July 10 2011. The event

*"Athletes often complain of muscle weakness, cramping and spasms,  
all of which are common signs and symptoms of magnesium deficiency"*

will be taking place in Connemara, Ireland

**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.

**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. The next Commonwealth championships will be held in Wales in late September 2011. Events will include .

- 1) 24 Hour Men/Women
- 2) Up and Down Mountain Running: 12km Men/8km Women
- 3) Trail Running: 50-56km Men/Women

This year's **Ultra Trail du Mont Blanc** was cancelled due to inclement weather conditions. Runners were stopped in their tracks as they were reaching St Gervais as wintery rain and temperatures continued, getting much worse at altitude. The runners were returned to Chamonix. For such a huge event, and the toughest challenge of the year for those taking part, this will surely be quite a blow. Despite unfavourable conditions in some other years this is the first time the run has been called off; no doubt this time over concern for competitors and volunteer race marshals alike. It was not possible to reschedule the race.

Registration for the trail ultra in **2011** opens on 22 December for next August's race. Since the first event it has been called the 'race of all

the superlatives'. With 166 km and 9,400 m of positive height gain to be completed in a maximum of 46 hours, the UTMB is your favourite race, a complete tour of Mont-Blanc, and one that each ultra runner must finish once in their lives.

Have you thought of running the **Jungle Marathon**, a stage ultra held in Brazil? The race organisers say: "Following the success of our 2010 edition, and the continued welcome and assistance we have received from the tourist board, ICMBio, IBAMA and the local communities, we are once again preparing, subject to local approval and permissions, to hold our race in the stunning State of Para- often referred to as the Caribbean of the Amazon. Our competitors will have the choice of two distances: 220km or 100km, which will be completed in stages throughout the week. The longer distance will include six stages and the shorter will include four. Runners will once again be self-sufficient. They will be required to carry their foods and provisions during the race and we will provide them with bottled water at designated checkpoints. Nights will be spent sleeping in hammocks at campsites along the shores of the river. Competitors will be required to provide their own hammocks which should include a mosquito net and rain fly sheet. Come and join us from October 6th- 15th 2011 and be part of this incredible adventure."

Or maybe the **Yukon Arctic Marathon** is more to your taste. This takes place on 6 February next year. The organisers say: "The marathon starts in Whitehorse and finishes just off the Takhini River. The 100 mile racers will go from Whitehorse to Braeburn. The 300 mile racers will

keep on going all the way to Pelly Farm. There they will leave the river to turn around and go back to Pelly Crossing on the farm road. The 430 mile athletes will not return to Pelly Crossing. Instead they will continue on the Quest trail to Dawson City. The trail will be marked. However, if there is fresh snow or a lot of wind it will be difficult to find the trail. If you want to enhance your ability to understand your orientation, we recommend you use a GPS."

**New from Endura:** Orange and Raspberry flavoured Endura Magnesium Rehydration Formula is now available in a new economical 2 kg size, containing 80 serves to help athletes train harder, race faster and recover quicker. Endura Magnesium Rehydration Formula is designed to enhance athletic performance by providing; carbohydrates for energy, magnesium for prevention of muscle cramps and weakness as well as sodium, potassium and calcium to replace electrolytes lost in sweat. Athletes often complain of muscle weakness, cramping and spasms, all of which are common signs and symptoms of magnesium deficiency. This is extremely common in athletes who are training hard and losing excess magnesium through increased sweat and urination. Differing from other sports drinks, Endura Magnesium Rehydration Formula contains Meta Mag™, a patented form of magnesium which enhances physical performance and exercise capacity as well as assisting with the reduction of muscle cramps and weakness. Although magnesium can sometimes be associated with gastrointestinal discomfort, Meta Mag™ is a well tolerated form of magnesium allowing optimal intestinal uptake and absorption.





**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, Alderley**, Qld (mail order available) 10%. Tel 07 3356 3646 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.

AURA members are entitled to:

- discounts of 10% or more at almost all races appearing in the AURA race calendar.
- free running vest
- free issues of Ultramag, published quarterly
- free monthly email newsletter

### **Membership fees and charges 2011**

Full members - Australia \$90

Full members - overseas (to cover extra postage) \$110

Family members (immediate family only and one copy of Ultramag per family) \$110

Age concession 60 and over or pensioner or seniors card holder/ Juniors (under 20) \$50

Subscription for Ultramag only - Australia 1 year \$35; 2 years \$60; 3 years \$90

Subscription for Ultramag only - overseas (to cover extra postage) \$70

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

Race directors (non-competing, receive free copy of Ultramag) \$35

Volunteers (non-competing, receive free copy of Ultramag) \$35





## membership form 2011

current memberships are due for renewal on January 1, 2011  
and may be renewed at any time after 1 December 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, free AURA running vest (singlet), eligibility for selection in Australian teams, eligibility for the AURA points competition, shop discounts and more.

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

### membership application / renewal (please indicate which)

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

### OTHER FAMILY MEMBERS (one ultramag per family only)

NAME	<input type="text"/>	DOB	<input type="text"/>	SEX	male / female			
NAME	<input type="text"/>	DOB	<input type="text"/>	SEX	male / female			
SIZE FOR FREE RUNNING VEST	<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> XL	<input type="checkbox"/> 8	<input type="checkbox"/> 10	<input type="checkbox"/> 12	<input type="checkbox"/> 14
(indicate size)	MENS			WOMENS				

### remittance

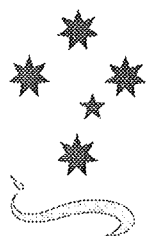
Membership	Full members: \$90 Family members#: \$110 Age concession 60 and over, or pensioner or seniors card holder: \$50 Juniors - 20 and under: \$50 Race Directors: \$35 Volunteers: \$35 Ultramag subscription only: 1 year \$35; 2 years \$64; 3 years \$90 # immediate family only and one copy of Ultramag per family Note: add \$20 for postage if overseas address	\$
Donation for rep teams	Do / do not acknowledge (please circle)	\$
Apparel, see reverse		\$
<b>TOTAL</b>		\$

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

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

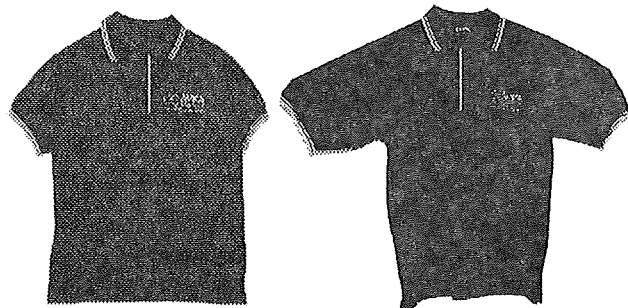
Post to AURA Membership Secretary  
Brett Saxon P.O.Box 119 Keilor Vic 3036  
Fax: 03 9336 7767





# aura | apparel

australian ultra runners association inc.



## » AURA 100 / 200 Club Shirt

To be eligible to purchase this shirt, you must have completed the 100 miles, or 200km in 24 hours on the track, road or trail.

Price \$30



## » AURA cap

Green and yellow.  
One size fits all.

Price \$20



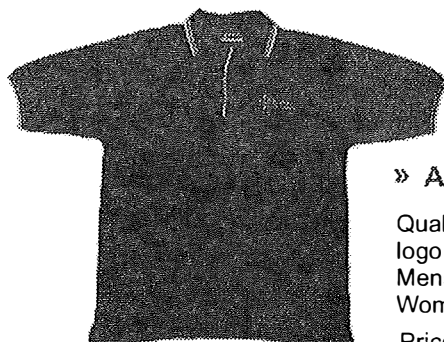
## » AURA singlets

Quality moisture  
wicking fabric.

Mens S, M, L, XL

Womens 8, 10, 12, 14

No charge to members



## » AURA polo

Quality embroidered  
logo

Mens S, M, L, XL

Womens 8, 10, 12, 14

Price \$40



## » AURA t-shirt

Quality moisture  
wicking fabric.

Mens S, M, L, XL

Womens 8, 10, 12, 14

Price \$40

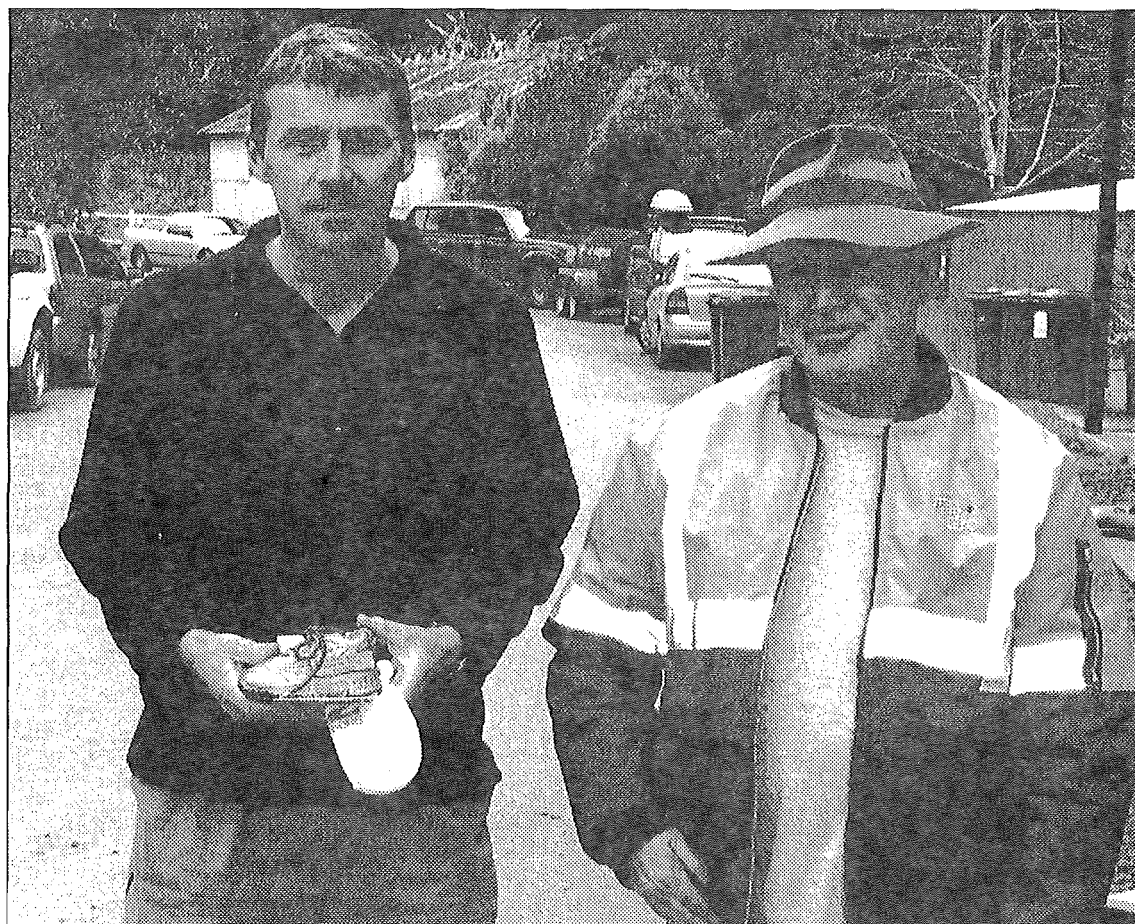
Order Form	Price	Size	Quantity	Total
AURA 100 club shirts royal blue/navy blue (indicate which)	\$30			
AURA 200 club shirts navy blue	\$30			
AURA polo shirts	\$40			
Tee shirts	\$40			
Cap	\$20			
Postage anywhere in Australia add \$10, overseas add \$20				
TOTAL COST (transfer to other side of sheet)				\$

NOTE: New and renewing members are entitled to a singlet free of charge. Athletes achieving 250km in 24 hours will be awarded a special polo shirt free of charge.



# AURA Contacts

Position	Person	email	telephone
Membership secretary	Brett Saxon	secretary@aura.asn.au	0418 557 052
Apparel	Brett Saxon	secretary@aura.asn.au	0418 557 052
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Race co-ordinator	Mark Swinkels	racecoord@aura.asn.au	0412 659 330
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Advertising	Ian Cornelius	president@aura.asn.au	0408 527 391
Records, rankings and points comp	David Billett	records@aura.asn.au	0431 368 632
Historian @ archivist	Phil Essam	archivist@aura.asn.au	0425 347 025
Treasurer	Jo Blake	treasurer@aura.asn.au	0414 554 468
Secretary	Brett Saxon	secretary@aura.asn.au	0418 557 052
Webmaster	Ian Cornelius	webmaster@aura.asn.au	0408 527 391
President	Ian Cornelius	president@aura.asn.au	0408 527 391



*Walhalla winner  
Alan Hood with  
Bruce Salisbury*

*Photo by Kevin  
Cassidy*





# Letters to the Editor

Here's a new feature for your magazine - but it means I need some letters.....Ed

## Please show participants' ages

One suggestion I would like to make - runners' ages are of interest to many of us when reading race results, and I notice that those are not included. Always fun to see where the old ladies place!

Regards,  
Marie Boyd

[Editor's note: I would love to show runners' ages. Race directors: are you able to provide this info for me?]

## Lap scoring

Hi Julia

Finished the latest AURA mag on the bus - another great edition.

There is no "letters to the editor" section - so I guess this is a request to get an update from the committee on lap scoring.

I am seeing lots of notes on coolrunning.com and at at least three AURA races I've done this year where a time poor, under funded but tirelessly enthusiastic race director has to grapple with lap scoring manually. I know there are more races with issues than this.

Is there not something AURA can do to fund a kit that is simple, robust and can be couriered around the country to support the races?

I would like to hear the view, the costs and any plans that the committee has in the newsletter.

Cheers

Kate Somerville

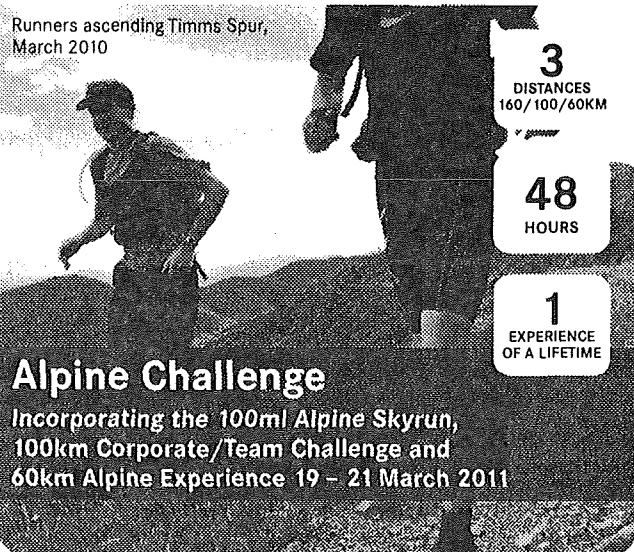
[Editor's note: race directors please give your AURA committee any ideas you have on this]

**Note from President** (re timing) "We see the need for a suitable timing system which can be provided to race directors for use at various races. We are examining the available options and hope to have something in place by early this coming year. If anyone has any specific ideas or can help in this regard please contact Ian Cornelius at [president@aura.asn.au](mailto:president@aura.asn.au) or tel 0408 527 391".

More letters, please!

Tough minds  
Strong bodies  
Big hearts

Runners ascending Timms Spur,  
March 2010



**Alpine Challenge**  
Incorporating the 100mi Alpine Skyrun,  
100km Corporate/Team Challenge and  
60km Alpine Experience 19 - 21 March 2011

**3**  
DISTANCES  
160/100/60KM

**48**  
HOURS

**1**  
EXPERIENCE  
OF A LIFETIME

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.

If you're looking for something different - If you want great scenery - To push yourself to the limit - To make new friendships and - An experience you won't forget - **The Alpine Challenge is the event for you!**

## 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](http://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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[runningwild.net.au](http://runningwild.net.au)

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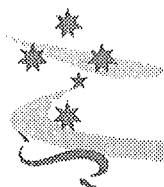


[EPIRBhire.com.au](http://EPIRBhire.com.au)



THE ORIGINAL  
FIRE & ICE





# AURA Points Score

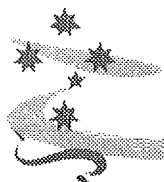
as at 14 October 2010



- 1 Scholz [f] Sharon 92
- 2 Gamble Malcolm 75
- 3 Schwebel Ron 64
- 4 Lovric Michael 42
- 5 Thompson [f] Michelle 40
- 6 Bremner [f] Kerrie 35
- 7 Kennedy David 34
- 8 Harvey-Jamieson [f] Susannah 33
- 9 Palmerlee [f] April 33
- 10 Blake Jonathan 30
- 11 Donnelly [f] Michelle 27
- 12 Beard Dan 0 26
- Marshall Kelvin, Quinlan [f] Meredith 24
- Allen Trevor, Jordan Steve 23
- Boyce Robert, Hood Allan 21
- Beveridge Steel, Davies Brendan, Erickson Tim, Goggin Bernie, Last Geoffrey 20
- Cardelli [f] Beth, Lindenberg [f] Tressa, Scholz Justin 19
- Collins Tony, Symons [f] Cheryl, Worley Brett 18
- Brett Peter, Lilley [f] Allison 17, Lockwood [f] Belinda 17
- Harvey-Smith [f] Lisa, Lockwood Glenn, McCormick Richard, Murrell Michael, Robins Darrel 16
- Bell [f] Tamyka, Cook Dean, Pearson John 15
- Hills Chris, Rice Lee, Skelton Baz, Swinkels Mark, Warner Marcus 14
- Dalton Chris, Sommerville [f] Kate, Wenn Mark 13
- Bignell Peter, Horsburgh Ewan, Jones Brian, Lloyd [f] Delth 12
- Bennett [f] Elizabeth, Bollen [f] Karyn, Boyd [f] Marie, Cassidy Kevin, Courtney Stephen, Doke [f] Marie, Fryer Martin, Gibson Stuart, Holland [f] Clare, Kinshofer Rudolf, Noble Chris, Pivetta [f] Caroline, Solomon Colin, Swain [f] Elizabeth, Wright Paul 11
- Fawkes Nathan, Price Stuart, Saxon Brett, Smith [f] Cassie, Watts Graeme, Wynd [f] Nikki 10
- Barlow Nick, Brooks Colin, Cross Rick, Donges Michael, Murphy Phillip, Pearce Billy, Staples Alan 9
- Courtney Anthony, Lee Andrew, Marsh Ken, Novak-Niemala [f] Emily, Sutton Rob, Trusler Simon, Vandenbroeck [f] Veronica 8
- Bespalov [f] Isobel, Black Paul, Boyle Brad, Gillies Cameron, Guard Roger, Hodgins Patrick, McCarthy [f] Bethany 7
- Appleby Steven, Bouvier-Baird Myles, Eadie David, Lucas [f] Lisa, Sullivan Keith, Thompson Nick, Thompson [f] Sarah, Trumper [f] Jane 6
- Ablett Tim, Annett Noel, Ansell Warren, Banfield Mick, Bourke Shaun, Carson Max, Cochrane Tim, Falls Mark, Hawthorne Neil, Jacobs Trevor, Kelly Chris, March [f] Leanne, Miller Kolya, Mooney Darren, Osborn Graham, Price [f] Miranda, Sullivan [f] Carol, Worswick Jonathan 5
- Allardice [f] Jane, Cole Stuart, Day Rohan, Donkersloot Robert, Glover Brian, Harvey Michael, Heap Alan, Hurnen [f] Sharene, Keats John, Louw Eric, McDonald Andrew, Petrie [f] June, Rosevear [f] Leah, Twite Ian 4
- Baird [f] Carol, Eisler [f] Marita, Elliott Stuart, Field Pau, Harrison [f] Sharon, McKay Keith, Robson [f] Jessica 3
- Adam [f] Carole, Corlis Michael, Devine Allan, Jones Michael, Nuttall John, Prentice Glen, Prentice [f] Marlene, Staehr David, Worley [f] Susan 2
- Callister [f] Sharo, Clear David, Esparon [f] Natalie, Every Paul, Felberbaum Michael, Fickel Bob, Fraser Lachlan, Hartley Ernest, Higgins Barry, Kartsounis [f] Vivienne, Kibble Stephen, Muir [f] Kerrie, Pettingill Shane, Skvaril Vlastislav, Stevens [f] Terrie, Torpy [f] Tina, Tuckey Andrew, Williams Colin 1

David Billett keeps the records for the AURA points competition. See full details at [www.aura.asn.au](http://www.aura.asn.au)





# Caboolture 24/48 hour event

Queensland 30 July – 1 August

## Report from Race Director Geoff Williams

This year has been a big year for the Historical Village with many changes in buildings and boundaries. The new entrance is very impressive with columns of architectural steel projecting skywards.

I arrived Thursday to set up for the event between a few heavy showers. The track was not its best needing attention from the local volunteers.

While Betty was preparing meals for the Pre -Dinner, I worked on staking the course and other duties during light conversations with competitors arriving to set up there trackside positions.

Come Friday morning the sky was clear with no wind. Excitement was high with the entry of all the competitors except Tony Collins who was still high in the sky due to heavy fog over Brisbane making landing unthinkable.

As 9am drew closer introductions were made to the President of the Historical Village Society Roger and the Deputy Mayor Greg who started the event with the traditional ringing of the cow bell. Forgetting it was a 48hr event, we all peered southward down the track wondering if they got lost for the first lap seemed so slow. I must add here, a late addition to the 48hr event was Trevor Allen. After listing in the 6hr, phoned early Thursday morning asking if he could set up to the 48hr stating he was feeling good & wanted to give it a go. So here he was leading the group on the first lap.

Tucked in behind was our two Japanese visitors Muneharu (nickname Harry) & Norio. Then followed in no set order were Sharon, Marie, Meredith, Allison, Ron, Peter, and Gerald.

In the group of 11 entries, 4 were from overseas, 2 Japan, one England, one New Zealand, welcome.

It was 3hours into the event before Tony arrived. He said he wanted to give them a head start but once out there running realized he was suffering jetlag.

Muneharu (Harry) & Norio looking strong challenging with each other. Changing the lead at 2pm Norio held it for a short 2hours when Muneharu took it back till 3am Saturday. Norio still looking very strong pulled away from his mate increasing his distance on the whole field, while behind Sharon was dominant in the ladies and Peter was out walking Gerald. Meredith after clocking up 189laps decided she was not in the right frame of mind and headed off for an early shower withdrawing.

Friday night saw a drop in temperature favoring the field, while the lapscorers rugged up.

As daylight broke another dry warm day became obvious. Come 9am start time for the 24hr competitors, Norio was still showing a good strong set of heels leading the field from Shaz who had overtaken Muneharu in the early hours.

Yes now into the 2nd 24hours with 12 more competitors. Malcolm, Nic, Kerrie, Michelle, Ken & Mark set a blistering pace in the first hour with 20 laps each. The first 4hours saw Malcolm & Nic cracking the pace but then in the 5th hour previous events

started to show on Nic allowing Malcolm to increase his lead while Kerrie and Michelle closed lap after lap.

Poor Kate suffering an illness hardly completed 2 hours, as Mark from cold Warwick felt the effects of the days heat reducing him to an early shower followed with some home comforts

before returning to the track hours later recovering, but still wanting to clock up laps.

A real battle continued between Kerrie & Michelle till midnight when Michelle stepped up pushing past Kerrie. The same for Nic at midnight, reducing to a walk accompanying his wife now in the 12 hour, was just one lap in front of seasoned ultra competitor 64years young Roger.

At this stage another 3 competitors had entered the track in the 12hour, and as of 5pm Saturday seeing Sharon & Norio on the same lap. Peter Bennett a strong power walker had overtaken Ron

13hours into the event with the possibility of walking himself into a fistful of records. Sharon's strength was showing as she increased the distance between her and Norio. Malcolm was running with real meaning and strength out front as Michelle was following Malcolm's lead by increasing the distance between her and Kerrie. Roger was comfortably holding 2nd from first timer Ken.

3am saw the start of another event with 5competitors, followed at 6am with another 2 competitors and finally at 7.30am with another two.

Overall, the day weather was warm to hot, while the nights were cool. All events concluded at 9am, the course was walked with the wheel, added the part laps and printed

the result sheets, while competitors showered and attempted refreshing them self. Presentations were held thanking everyone for their support and distances traveled. Well wishes for a safe return home.

Results were published in the September 2010 Ultramag



# Walhalla Wound Up

**Report by Race Director Bruce Salisbury on behalf of Traralgon Harriers. Photos by Kevin Cassidy**

A change of date this year had me a little worried as far as the weather was concerned, as it can be wet, but the gods smiled on us once again and the weather was fantastic. But I should really have expected this as we were in God's country. With the reopening of Bruntons Bridge, after eight years, there was no need to ferry people across the Thompson River in a four wheel drive vehicle this year, so no rest for the competitors.

But I discovered three weeks prior to the event that they had closed the other bridge at Poverty Point, thus eliminating about six kilometres of the course, after Richard Comber and I had carried a chainsaw in to the bridge to clear some of the fallen trees off the track to allow runners

that it was still ok to set up on the verandah, I was informed that he had obtained for us an exemption to use the bridge provided we obeyed some rules for the crossing. I am sure that they all did as instructed and I thank them for this.

Things were a little slow at the registration to start and I must admit that I thought numbers were going to be well down, but things picked up and we ended up with twenty starters. Unfortunately this year I was injured and couldn't do my usual D.N.F so have no idea what went on out on the course, though when I have started I would still have no idea because I am usually so far behind. The eventual winner, Allan Hood, had come over from Tasmania for the event and now

has a reason to return next year, even if it is only to use the nights accommodation at the Star that all winners receive. I was pleased to have Robert Boyce once again enter the event and Dave Styles again support us as did Brian Glover.

Kevin Cassidy also made a welcome return to our humble event, though he did cause us a little concern as he had entered a shorter event and just kept on going. But as it was Kevin we decided to wait till it got dark before we went looking. I thank all the people who ran and hope you all enjoyed it and that you will return

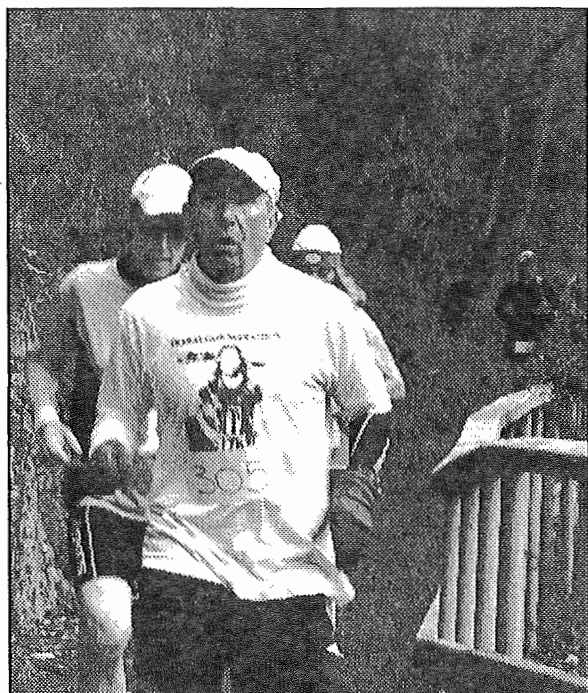
next year. I know I enjoyed my time at the finish line, between forays out on the course setting up and collecting drink stations, singing and dancing in the Walhalla band rotunda with my grandchildren. I must thank



my small band of helpers, Richard Comber for course clearing, Carol and Barry Summersgill at Thompson River aid station, Shannon Bailey at the finish line, my lovely long suffering wife Margaret at the 30km mark and for all the other stuff she does and our sponsor Michael Leany of The Walhalla Star Hotel. So if you enjoyed the event make sure to recommend it to your friends. If you didn't enjoy it recommend it to every one else.

## Results:

1/ Allan Hood 4.10.36. 2/ Toby Wiadrowski 4.26.51. 3/ Josh Street 4.28.04. 4/ Ian Twite 4.33.21. 5/ Peter Bignall 4.42.13. 6/ Shane Pettingill 4.44.21. 7/ Myles Bouvier-Baird 4.54.22. 8/ Peter Mullins 4.55.18. 9/ Kathrine MacMillan 1F 5.02.09. 10/ Rob Sutton 5.02.11. 11/ Scot Mitchell 5.13.01. 12/Toby McKinnon 5.31.23. 13/ Kevin Cassidy 5.39.53. 14/ Robert Boyce 5.43.34. 15/ Dave Styles 5.44.21. 16/ David Hughes 5.55.02. 17/ Michelle Donnelly 6.15.37. 18/ Mark Falls 6.15.38. 19/ Barry Higgins 6.17.01. 20/ Brian Glover 6.51.33. 21/ Ken Lancaster 6.52.50.



to pass. So I spent the next Sunday at Walhalla finding an alternate six kilometres to add to the course. After emailing our sponsor Michael Leany of the Walhalla Star Hotel to confirm



# 100km Tan ultra

An account by Elizabeth Bennett

WOW! What can I say about the 100km Tan Ultra Marathon? The short story is that the time and the kilometres all melded into one big day, and that I finished in 9.47.10 and was the first female across the line. Both that finish time and the first placing in my first ever 100km far exceeded what I expected and I walked (okay, hobbled!) away from the finish line a happy little ultra runner. The longer story is probably more suited to the long coffee chats and the wining and dining that runners are so good at but here is a bit of that longer story....

It was good to catch up with two of my some time training mates, "Two Fruits" and Nick M, at the start line. We chatted briefly as we pinned our race numbers on and listened to the race briefing. The start was then low key and relaxed, as you would expect it to be when you are stepping into the first of 100kms.

The first ~500m of the course was a short out and back which when added to the following 26 laps of the Tan = 100 neat kilometres. From the start/finish area, which was also the one and only place support crews were allowed to set up, it was about 1km to the bottom of the Anderson St hill. All I can say about the hill's degree of difficulty is that it depends on how many times you are going to run up it or how many times you have already run up it! It's essentially a long grind. I had an open mind about my approach to the Anderson St hill leading into the race. Most previous Tan Ultra runners advised walking up it, others said alternate laps of walking and then jogging up it, and others said run it til you have to walk it. I ended up making my own compromise. I ran it seven times and then decided that for the extra ~10secs I gained by running it I lost too much energy. So from lap 8 I picked up whatever I wanted to eat/drink from my support crew, held on to it until I got to the

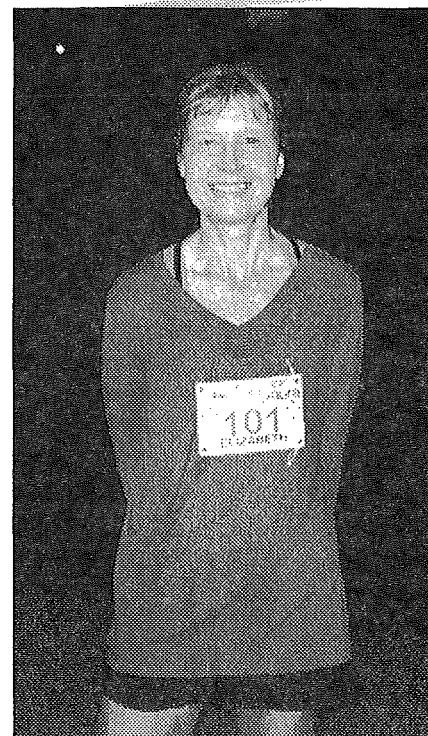
bottom of the hill, and then used the hill as my hydration/nutrition walk up. That approach worked well in lots of respects. It meant I had a predictable pattern and didn't have to make decisions. It meant that my nutrition was better quality - i.e., more regular and better absorbed - than it would have been otherwise. And as the kilometres and time went on, it meant I had a short scheduled walking break (60-90secs?) to look forward to every lap.

I felt pretty good for the first 30km, much like I do in a regular marathon. I paced myself conservatively and made sure I consumed insurance policy gatorade even though I didn't feel like it. At about 32km I thought I needed a wee stop but I was running easy and didn't want to break the momentum so I just kept on running. As it turned out I not only ran the whole 100km without a loo break, but it took until 9.30pm that night before I needed to go again - i.e., 15 hours later. Hmmm ....

I hit my first bad patch at about 36km, again a la a regular marathon. I just backed the pace off for a few kilometres and all came good again.

Between 40km-50km were probably where I felt my best, and passing 50km and edging into the second half of the race was good psychologically. Towards 60km though I started to wilt. My energy had dropped and yet despite the smorgasbord of food and fluid options my support crew had for me I didn't feel like any of them. Nothing tasted like I expected it to taste and I had very little saliva in my mouth which made anything other than liquid-like substances completely unappealing. So, for the rest of the race I pretty much stuck to gatorade and coke.

Around 70km Support Crew Ewen came off my support station and



ran a lap with me. For a few laps after that I had Support Crew Ewen, Support Crew Ruth and my brother, Big Al, take it in turns to run a lap or two with me. It was good to have the company and both my energy and spirits were lifted.

The last ~20km were a slog but I just focussed on knowing that what I had already run I didn't have to run again. And although I was very tired and hurting, I didn't have any further drops in mood or energy. I stayed at a constant but sustainable (low) level which I was confident I could tolerate to the end. The last 12km equated to 3 more laps and psychologically it was easier to count down a few laps than it was to count down 12km.

As I came towards the start/finish line for the last time I had several distinct thoughts/feelings: (1) joy and relief at having started and finished my first 100km ultra marathon in a decent time; (2) delight at being the first female; Yipppee! (3) thankful to the people who organise such events, and who facilitate



and support runners who want to challenge themselves in this way; (4) overwhelming gratitude to my amazing support crew, Ruth and Ewen, whose care for me was impeccable. They were the best!

Two days post race and I've pulled up pretty well. I'm about the same amount of sore as I am post marathon + 10%.

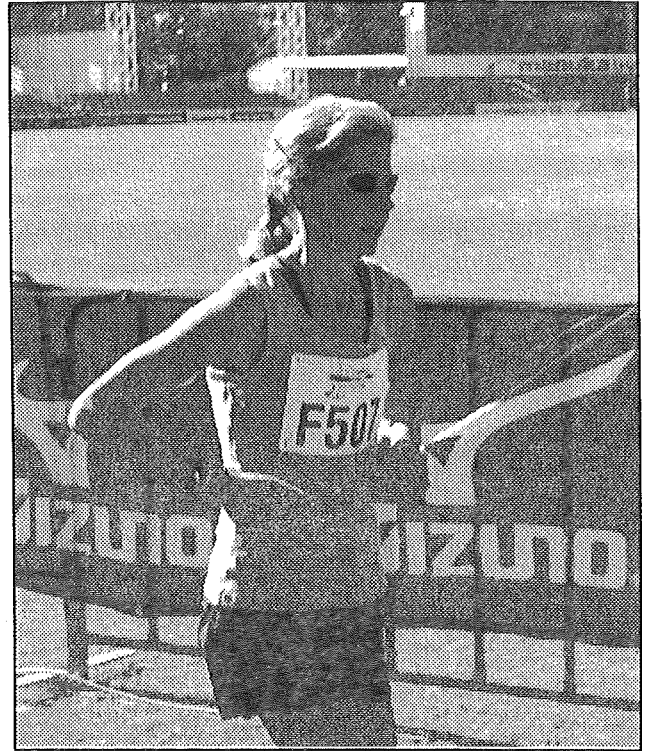
Will I do another 100km ultra marathon? Hmmmm ..... maybe .... probably ..... but there are other runs to run first.

## Results

### 100km

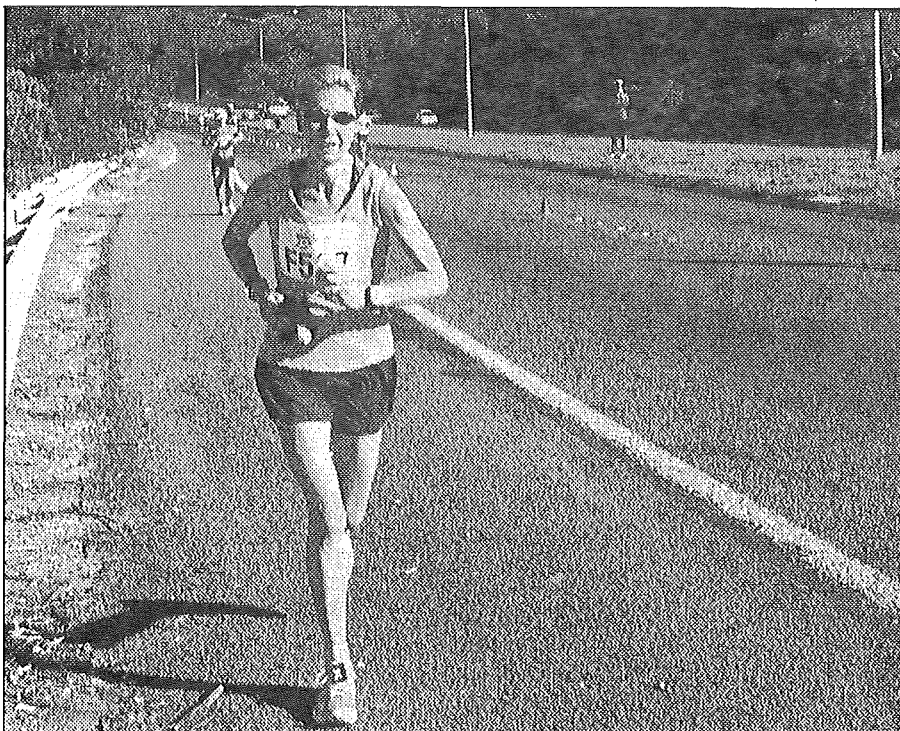
- 1 122 Barry Loveday 7:14:45 100km
- 2 124 Mal Gamble 8:35:28 100km
- 3 135 Justin Scholz 8:58:42 100km
- 4 119 Chris Wilson 9:21:05 100km
- 5 100 Mick Banfield 9:34:40 100km
- 6 137 Rob Hall 9:44:43 100km
- 7 / 1F 101 Elizabeth Bennett 9:47:30 100km
- 8 126 Simon Krantzcke 9:49:01 100km
- 9 103 Chris Dalton 9:53:32 100km
- 10 / 2F 127 Lisa Lucas 10:15:29 100km
- 11 136 Jordan Bishop 10:30:12 100km
- 12 108 Mark Swinkles 10:35:05 100km
- 13 / 3F 113 Di Khan 10:55:24 100km

- 14 130 Rob Sutton 11:22:45 100km
- 15 / 4F 123 Michelle Donnelly 11:31:22 100km
- 16 / 5F 109 Cheryl Simons 11:32:12 100km
- 17 110 Steve Appleby 11:38:33 100km
- 18 / 6F 133 Cathy Maguire 11:55:39 100km
- 19 / 7F 105 \* April Palmerlee 9:57:11 96km \* Lap Counting Error
- 20 120 Glenn Prentice 11:28:46 92.5km
- 21 131 Bruce Drane 11:44:44 88.5km
- 22 / 8F 121 Marlene Prentice 11:18:48 88.5km
- 23 / 9F 129 Miranda Price 11:38:56 84.5km
- 24 / 10F 104 Tabatha Delaney 11:43:57 88.5km
- 25 / 11F 132 Tamara May 11:53:01 88.5km
- 26 107 Billy Pearce 11:53:05 88.5km
- 27 125 Michael Jones 10:41:24 73km
- 28 128 Rory McKnight 5:00:09 54km
- 29 115 Nick Mesher 6:08:02 54km



### 53.5km

- 1 522 Ryan Rosello 4:24:03 53.5km
- 2 512 Dan Beard 4:25:37 53.5km
- 3 505 Paul Field 4:32:16 53.5km
- 4 521 Ron Schwebel 4:32:33 53.5km
- 5 519 Toby Wiadrowski 4:33:03 53.5km
- 6 / 1F 507 Nikki Wynd 4:34:32 53.5km
- 7 506 Darren Mooney 4:36:52 53.5km
- 8 523 Peter Bignell 4:37:47 53.5km
- 9 / 2F 501 Carol Cunningham 4:52:18 53.5km
- 10 508 Seal Yates 5:02:07 53.5km
- 11 504 Paul Black 5:02:09 53.5km
- 12 / 3F 513 Veronica Vanderbroeck 5:07:03 53.5km
- 13 502 John Kennedy 5:19:47 53.5km
- 14 500 Cameron Gillies 5:24:52 53.5km
- 15 / 4F 509 Sharon Gunton 5:34:02 53.5km
- 16 524 Rob Boyce 5:44:17 53.5km
- 17 / 5F 516 Kate Sommerville 5:52:57 53.5km
- 18 510 Tim Gunton 6:04:37 53.5km
- 19 518 Grail Jones 6:41:10 53.5km
- 20 / 6F 511 Anna Papij 6:50:59 53.5km
- 21 / 7F 503 Diana Schneider 6:56:17 53.5km
- 22 515 Steve Jordan 7:28:08 53.5km
- 23 520 Hugh Hunter 7:49:28 53.5km
- 24 517 Bryan Ackerly 3:57:10 46km





# A race with a difference

**Dave Kennedy's account of his aptly named Painathlon in Perth. Read on to find out what exactly this was...**

It all started around the campfire after Kep 100. I was talking to 100km winner Alex Stuart and asked about what he had planned next. When he mentioned Painathlon it sounded like the perfect antidote to my post 24 hour apathy.

Painathlon is a race where runners ride around Perth doing various running challenges. There are 10 challenges totalling just under 50km and about 120km cycling depending a bit on which route you take as there is no compulsory bike route.

The start was at City Beach - just over 2km of soft sand to spread the field out. As the 1 minute warning was announced I realized I'd forgotten my gloves. With cycling in 5 degrees C coming up I made the dash up the beach and just missed the start. I managed to work my way up to 4<sup>th</sup> breaking the previous challenge record despite my 30 second handicap. Challenge 1 complete I was straight on the bike in =2<sup>nd</sup> having run in my helmet and before long 3 of us were in a lead pack thanks to a handy red light. We had a chat on the ride and within 7 minutes the bikes were racked and we were heading up Reabold Hill a 1km climb of about 8% on bitumen. The adrenaline was still pumping after missing the start and I was running faster than intended but I was also keen on achieving goal number 1 getting some help for the 30K ride to The Truth into the wind.

I left Reabold Hill in 3<sup>rd</sup> but arrived at Kings Park 1<sup>st</sup> after the others took slower routes on the bike.

Michael Carroll was running quicker and he caught me near the top of Cardiac hill, 1.3km at about 5%. We climbed the 80 stairs of the DNA tower together having a chat. On the way down the hill virtually the whole field was running up and I shared some high 5's with those I knew. It was then on the bike to Mount Street or Mount Pain for 3 laps of 270m at about 30%. I decided to just take these easy as very little time could be made or lost. After 3 comfortable climbs it was back on the bike for the longest single run of the day "The Bridges" a flat run of about 10K.

Unfortunately I missed a turn and added a little to my ride maybe 3-4minutes. When I arrived at the Bridges I was well off the pace so based on my drafting plan for the following first big ride I just ran around at a comfortable pace finally getting caught by 4<sup>th</sup> in sight of the finish.

Jumping onto the bike in unison it was quickly established that Dan Taborsky and I would work together. I quickly downed my 2<sup>nd</sup> muesli bar and fought off my 1<sup>st</sup> cramp of the day.

On fairly busy roads we set a good pace into a decent headwind. Not long after we were caught by a fellow rider on a flash looking bike but he whizzed by with cars beeping before we could get on his wheel. However he never made it out of sight and we almost caught him before he turned right choosing a non-official route.

The ride through Swan Valley was slower as the wind picked up. With barely 5km to go we were really pushing into it and I was hanging out to get off the bike. I was actually

looking forward to The Truth. With a km to go I dropped off the back to try and get ready for the run. There was a short climb just before we arrived and I grabbed a drink and started shuffling uphill for 20minutes! There were a few people in front meaning we'd either taken a longer route or just cycled slower. Joe passed me as I had a toilet stop atop the hill. Joe is training for the Hawaiian Ironman so I'd been waiting for this moment. My cycling training had started in June with very little in the 4 years prior. I found out later Joe had 3 flat tyres, 2 to that point.

The Truth is about 20% and after my 20 minutes climbing there was still 5 minutes down followed by 5 minutes up before we turned around and headed back down. I punched my race card had a cup of water then started the descent. Cruelly the steepest climb was on the way back but once that was done it was just a roll down the hill back to my bike.

Transition was a sorry looking place as bodies started to complain about the punishment.

Being an ultrarunner I was aware of the time that can be wasted at aid stations so merely filled my bottles and got going. Joe was there when I arrived and still there when I left. I decided to have a muesli bar and wait him to share the work for the 15K to the Zig-Zag. Unfortunately when I tried to ride with him I would just cramp up so I had to let him go.

I had taken my directions out because I didn't really know where I was going for the next few challenges.

*"I was aware of the time that can be wasted at aid stations so merely filled my bottles and got going"*

*"The main body of this run is a rutted dirt trail climbing for about 1K and peaking at 30% near the top"*

Soon I was back in familiar surroundings and able to put my directions away. Joe had disappeared into the distance and I was finding the ride tough. Then I started the toughest bike climb of the day and all of a sudden my body stopped complaining and I started to feel really good. Near the top I passed Joe who was fixing his 3<sup>rd</sup> flat. After seeing if he needed any help I arrived at the "Zig-Zag" shortly after.

Running up the Zig-zag I took my bike directions to try and memorise them for the next leg. This worked quite well and half-way through I was surprised to see the leaders heading back down the hill. I expected the superior cyclists would have moved a challenge ahead by now. I later found out I actually finished 2<sup>nd</sup> at this challenge.

Back to transition I put my helmet on and filled my bottles then I was on my bike heading down the other side of the hill. When my straps started flapping about I realized I hadn't fastened my helmet. I took my hands off to do the deed and the front tyre began to shake so I decided it would be safer to ride with it unstrapped to the bottom of the hill though I had to take it easy to avoid it blowing off.

During the next bike the cramps really started to hit hard and I decided it was time. Time to eat the 2 minute noodle flavor sachet I'd kept in my hydration pack for 2 years. I pulled it out at the next traffic lights and managed to wash about half down. It tasted bad but I soon had the cramps under control and was ready to try and run the whole Quadcruncher. The main body of this run is a rutted dirt trail climbing for about 1K and peaking at 30% near the top. I thought the 28minute record was well within my reach and was tempted to go for it but decided since I needed a toilet stop I'd do it at the top of the

hill and allow me to get my breath back before getting back into it.

The final result was about 30 minutes but they didn't see me come in so my winning time was a bit of an estimate after filling my drinks and grabbing some lollies. I'm confident I would have won it quite comfortably even with the toilet stop as I could now sense the finish and was being dragged to it. I even felt good on the bike as I began the last longish bike ride, another 15-20K, and it wasn't long to I knew where I was and was able to put my directions away for good.

The ride along Albany Highway although being the quickest was fairly heavily trafficked and the number of red lights got a bit frustrating. I took a couple of convenient footpaths and skipped a couple of lights but the ride along Manning Road was quite nice as I looked forward to the 2<sup>nd</sup> flat and 2<sup>nd</sup> last challenge. Onto the run I cruised along very happy with my progress. I'd planned to meet a friend here to run this 7K together but I'd be almost finished by the time I suggested he start waiting. Since I love company though, it was great to meet another friend on their bike popping by to have a look at the race. I came in to transition and did some promo of my own race "6 Inch Trail Marathon" to the race marshal who'd happened to also win the half-pain in the ladies section.

As I was leaving I spotted the 4<sup>th</sup> competitor heading off. The gap was only seconds. I took my time riding into the city not because I wasn't interested in picking up 4<sup>th</sup> but because I was confident I could run the guy down in front on Jacobs Ladder. I also refused to draft off my friend but rode next to him and chatted.

Finally bike racked I hit the stairs and put the hammer down. I knew that I would have to catch the guy

in front of me because he obviously was a lap in front. I also knew if I could run 30 minutes I could break 9 hours. This would just require me to run the same time per lap as I had for 3 laps in training whilst relatively fresh. I took off at about this pace and kept it up for about 7 laps. It was really hard but I wanted 4<sup>th</sup> and from there on I just tried to time my catch so as to not collapse but also not leave it too late and get caught up in a sprint finish.

As I headed back for my last lap I passed Marek and was in 4<sup>th</sup>. I headed up the last climb and as the top appeared and spectators cheered I cramped for the first time. I looked back and Marek was only metres behind. I stretched and staggered to the punch out post.

That done it was 100metres to the finish. I collapsed to the ground and was blessed to have Tim hand me food for the next 10 minutes while I recovered. What a race!

### Postscript

The really interesting part occurred after I hopped off the train near home. I began to cramp as I tried cycling and when I stopped to stretch I would cramp in other muscles. Fortunately after a short walk I managed to ride the 5k home with no more dramas. They waited until I was home where every conceivable muscle took turns in cramping before (and after) I went to bed.

My cramp log eventually included: both - calves, hammies, quads, adductors, hands, forearms, shins and feet, plus my neck, side and the traditional "stitch" or diaphragm.

# Second IAU 50km World Trophy Final

## 29 August 2010 Galway, Ireland

A summary from Nadeem Khan, IAU Director of Communications

### Preview

The International Association of Ultrarunners (IAU) is pleased to bring the 2nd IAU 50km World Trophy Final to Galway, Ireland.

This is the first time that IAU has held an international IAU event in Ireland. Next year, Connemara is hosting the 3rd IAU World Trail Challenge.

### History of the IAU

The International Association of Ultrarunners came into existence in 1984.

Today there are more than a thousand ultra races around the world with more than a hundred thousand ultra runners. It is no more an unrealistic event.

The IAAF granted its patronage to the IAU in 1988 and the 100km race became a standard distance recognized by the Federation.

Today IAU organizes 4 major events: 100 km World Championship, 24 Hour World Championship, The Trail World Championship and the 50 km World Trophy Final. IAU is also a strong supporter of the Commonwealth Championships. This is in addition to the IAU labels that are attached to several races around the world.

With more than 50 federations and thousand of elite athletes having participated in its events over the years, IAU has respectfully upheld its mandate of developing the sport of ultrarunning.

While it continues to serve the ultrarunning community, the IAU is looking forward to the next 24 years as it envisions reaching its 50th Anniversary.

The 2nd IAU 50km World Trophy Final is taking place on August 29th 2010 in Galway, Ireland. Last year's winner Lucas Nonyana (RSA) is back in the mix hoping to recapture the title. In the women's race, Irene Kalter (NED) is leading the group. The runners were selected on the basis of thirteen selection races around the world.

### World Trophy Final.

There were thirteen selection races held from Canada and Argentina to Japan and Australia to select athletes for the World Trophy Final. The criteria for selection included a sub 3:20 (men) and sub 3:50 (women) run. The winners of the series races were automatically selected and following the preliminary selections the fastest finishers were invited until the selection pool was filled. In addition a few runners had invitations extended on the basis of their marathon times.

In this men's field, Lucas Nonyana (RSA), last year's winner returns to defend his title.

However, Nonyana's training partner, Joseph Mphuthi (RSA) leads the men's field with a qualification time of 2:50:09. He is followed by Collen Makaza (ZIM) in 2:50:45 and Sandile Ngunuzza (RSA) with 2:53:14.

In the women's field, last year's winner Kami Semick is not present at this year's championship. Irene Kalter (NED) leads the women's qualifiers with 3:32:54. She is followed by Helen Taranowski (GBR) in 3:35:54 and Paola Sanna with 3:35:56.

The race is organized on two half marathon loops followed by four short loops around the centre of the city to complete the 50km. The course is undulating but with lengthy flat sections. The most challenging part of the course is a hill present at 13km (and again at 34km) that is a kilometre long.

With the top seven male runners having run under 3 hours and another top seven women run under 3:40, this race promises to be an exciting one.

In addition to the 50km World Trophy Final, the race organizers are also running an Open 50km event and the inaugural marathon.

The IAU will be running Live Updates on their website: [www.iau-ultramathon.org](http://www.iau-ultramathon.org)

### The race

This city situated on the west coast of Ireland is one of the fastest growing cities in the nation. It is a

short 2 hour drive from Dublin and is known as Ireland's Cultural Heart.

The race was organized on two half marathon loops followed by four short loops around the centre of the city to complete the 50km. The course is undulating but with lengthy flat sections. The most challenging part of the course was a hill present at 13km (and again at 34km) that was a kilometre long. The race was run concurrently with the first Galway City Marathon and Half marathon races.

Runners took advantage of low teen temperatures on race day to clock some of the fastest 50km times of the year. As a result the race did live up to its pre-race billing of being one of the fastest 50k start lists ever assembled.

Collen Makazwa (ZIM) was the winner of the men's division at the 2<sup>nd</sup> edition of this race. For two-thirds of the run, the competition was a three-person race with Makaza, Sandile Ngunuzza (RSA) and Joseph Mphuthi (RSA) sharing the workload in the front, until Makaza made the decisive move at 34kms and placed himself solely at the front. Ngunuzza finished 2<sup>nd</sup> followed by Michael Wardian (USA), last year's bronze medalist who had an outstanding second half of the race.

Makaza ran a time of 2:47:21 to grab the top honours. Ngunuzza finished the run in 2:53:05 and Wardian crossed the line in 2:54:56.

In the women's race 2:38 marathoner, Susan Harrison (GBR) came out on top. She had a strong lead after the first 5km and never relinquished it running consistently through quite a difficult course. She was followed into the finish line by Mary Coordt (USA) and pre-race favourite Irene Kalter (NED). Harrison ran 3:15:42 to take the gold medal in a very competitive field. Coordt did a time of 3:28:30 to take silver and Kalter had 3:34:21 to bring home the bronze medal.



## Report and Results 50km world trophy race

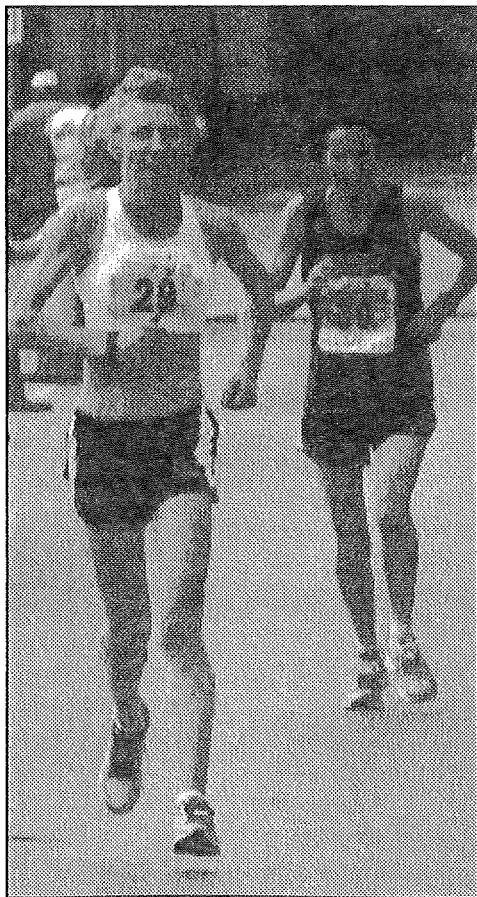
Galway, Ireland, 29  
August

An Australian age-group record and two top-8 finishes, capped a successful overseas campaign for Wesburn husband and wife pair (and members of Box Hill Athletic Club) Bert Pelgrim and June Petrie at the Galway City Marathon Festival in Ireland in August. Here are June's comments on the race:

With the IAU 2010 World 50km Road Championship incorporated into the running festival, I made my third assault on the Championship race placing seventh overall in a new Australian W45-49 age group record time of 3hrs 42mins 18 sec.

As the 50km event was held concurrently with the traditional marathon I crossed the line sixth overall through the 42.195 kilometre mark in 3hrs 03mins 54secs.

Bert, my husband and coach, managed to squeeze in a quick half mara-



June near the finish

*"This was mentally tough as it meant that we actually crossed through the finish line six times before finally finishing"*

thon in between his duties. Contesting the Galway City Half Marathon Bert raced around to take out third place in 1hr 18mins 09secs and earn himself a place on the podium.

The 50km event comprised two half marathon loops followed by four short loops around the City Square to complete the distance. This was mentally tough as it meant that we actually crossed through the finish line six times before finally finishing. And to top it off the up and down of these short laps on the cobble stoned streets were a physical test to the body especially after already having completed a marathon.

I have now represented Australia on nine occasions; three times at the World 50km Championships; three times in International Marathons and three times at the World Mountain Running Championships.

With another big race looming on the horizon it is back to training for the couple now. Next up is the 2010 Athens Marathon on 31 October. We are doing this one just for fun and to be part of the historic 2500<sup>th</sup> Anniversary of the beginning of the iconic event.

### Results:

- 1 Collen Makaza 2:47:21.89
- 2 Sandile Ngunuzza 2:53:05.71
- 3 Michael Wardian 2:54:56.45
- 4 Kaito Iwayama 2:56:19.03
- 5 LUCAS NONYANA 2:56:56.85
- 6 MALCOLM CAMPBELL 2:58:18.59
- 7 Joseph Mphuthi 3:02:40.09
- 8 MARCO BOFFO 3:06:53.65
- 9 Evgenii Glyva 3:09:10.51
- 10 Julian Rendall 3:09:19.42



June with Sonia O'Sullivan

- 11 Daniel Oralek 3:10:15.50
- 12 BEN NEPHEW 3:10:18.99
- 13 Paul Fernandez 3:13:00.79
- 14 Ralf Preibish 3:13:09.89
- 15 Susan Harrison 3:15:42.91
- 16 Andrea Anselmi 3:17:14.22
- 17 John Byrne 3:19:00.23
- 18 Tim Doran 3:20:17.36
- 19 DANIEL VERRINGTON 3:21:14.64
- 20 Mary Coordt 3:28:30.58
- 21 Irene Kalter 3:34:21.44
- 22 Helen Taranowski 3:37:42.92
- 23 Adela Salt 3:40:09.31
- 24 KAREN RUSHTON 3:41:46.58
- 25 JUNE PETRIE 3:42:18.12
- 26 LESLEY TRAIN 3:45:25.04
- 27 Paola Sanna 3:46:09.58
- 28 MalcolmL Gamble 3:47:07.17
- 29 Michael O'Loughlin 3:49:04.77
- 30 TRESSA LINDENBERG 3:55:15.18
- 31 Colman Greene 4:05:02.37
- 32 Jen Salter 4:12:52.82
- 33 PeterL Osbourne 4:22:15.09
- 34 Aidan blake 4:39:23.36
- 35 Roy Pirrung 4:43:00.0



# Yurebilla Trail ultra

Adelaide, 3 October 2010

## Race report by David Close

This was the fourth time that the event has been held, and in the opinion of organisers was the most successful yet. Each year, the numbers have grown: from 23 entrants in 2007 there were 146 this time. Especially heartening was the sizeable number of visitors this year, including two from Japan and 18 from interstate.

Each year, too, the winners have got better. This year David Talbot, aged 30, took out the men's race with a time of 5:14:57, nine minutes faster than the winning time in 2009. If he hadn't taken a wrong turning, he might have broken five hours. Nicole

Butterfield won the women's contest in 6:12:44, ten minutes better than the winning women's time in 2009. As the course includes 1865 ascent and 2060 of descent, with some parts that are very rough going, these times are especially impressive.

This year, the event included a new feature: King and Queen of the Mountain. Around the 49km mark, the notorious Quarry Track ascends 290m in just under 2.7 kms. One runner was photographed on her hands and knees on the steepest bit.

The King of the Mountain was Phillip Burton with a time of 21:24, and the Queen of the Mountain was Tracy Morrison with a time of 28:08.

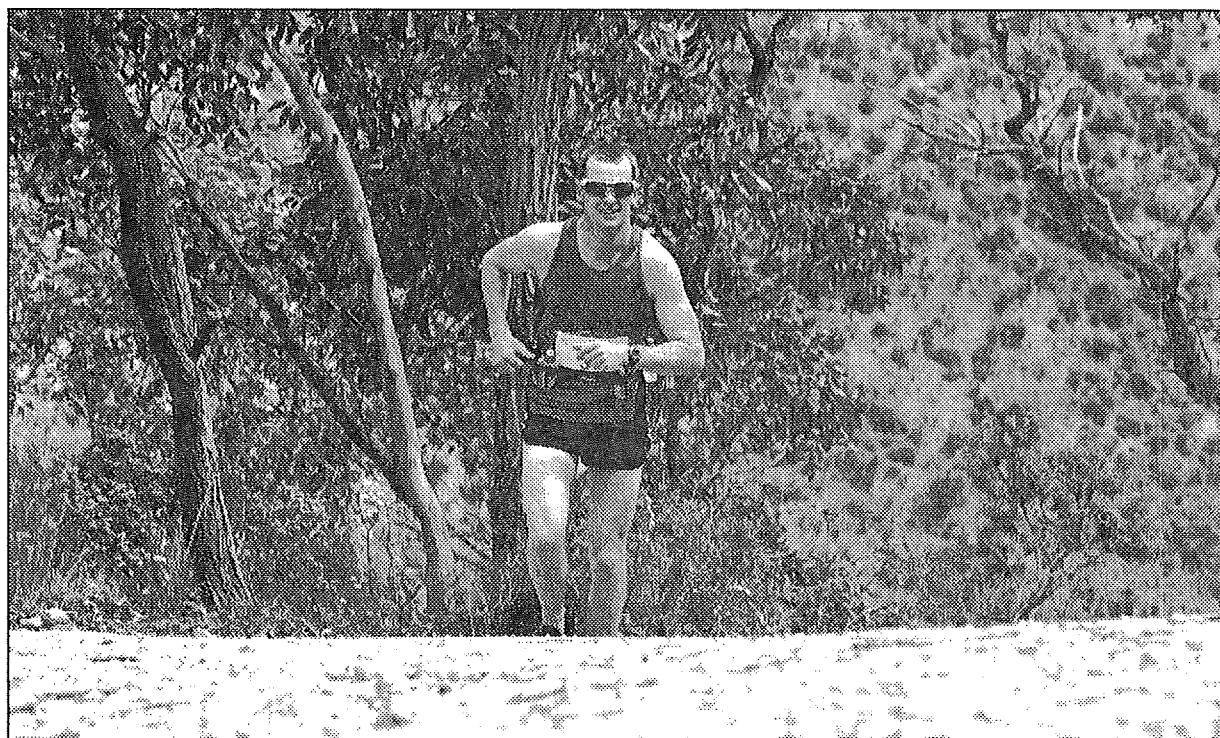
Conditions for running the race were very different from those of 2009. This time the maximum temperature in Adelaide was 24°, which was the warmest day for over five months. This time there was a demand for electrolytes at the drink stations for which we weren't prepared.

As organisers gain in experience and in numbers, we can expect to improve the event from year to year. Next year we must saturate the course with signage so that no one goes wrong, as several did this year. As some parts of the course are popular with walkers, this task must ideally be done late the previous day, so as to minimise the risk of signs being tampered with.

## Results

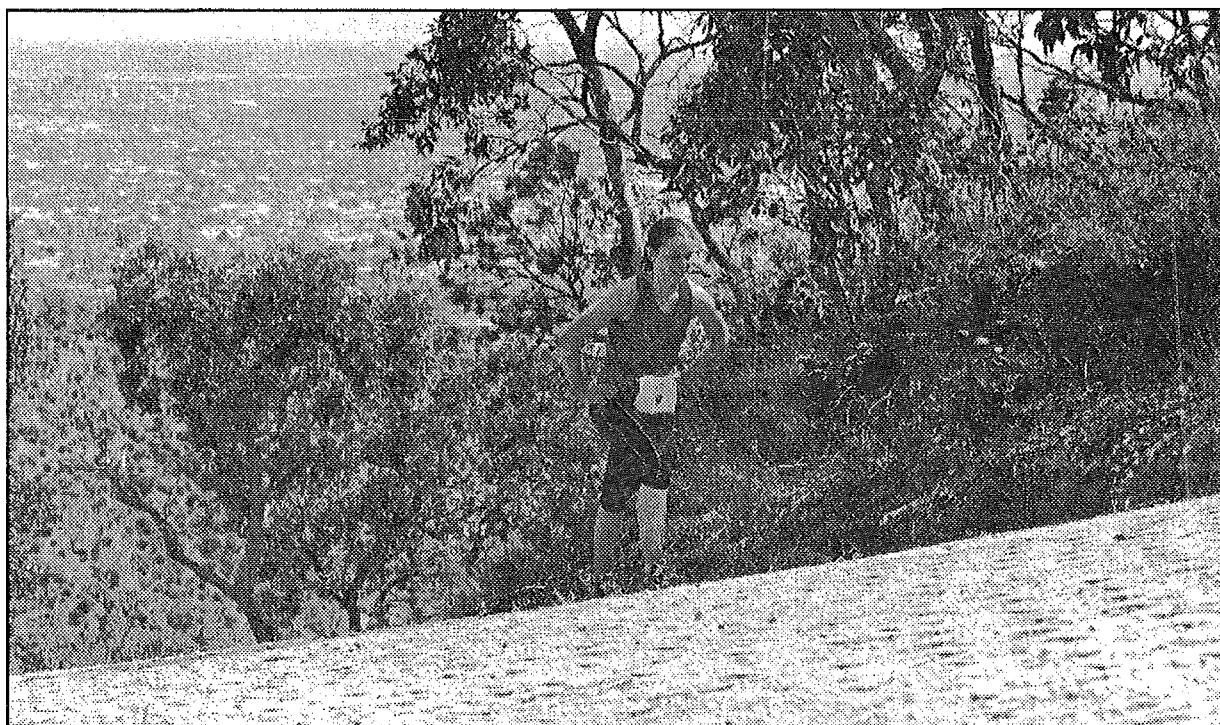
1	DAVID TALBOT	5:14:57 30	42	GABRIEL MROZOWSKI	7:40:39 133
2	ANTHONY BISHOP	5:20:32 2	43	RACHEL DE ZOETE (F)	7:40:53 123
3	MARK BLOOMFIELD	5:21:00 1	44	ANDREW WIEWEL	7:41:39 40
4	PHILLIP BURTON	5:45:16 32	45	PETER MULLINS	7:41:41 37
5	BRETT WORLEY	5:48:26 27	46	ANTHONY ELDER	7:52:19 5
6	DOUG REID	6:07:27 2	47	DEAN BERRY	7:52:29 140
7	CARL MARTIN PATRICK	6:12:30 42	48	COLIN BROOKS	7:52:41 147
8	NICOLE BUTTERFIELD (F)	6:12:44 9	49	JAMES DAVIS	7:53:28 141
9	NUSHA LAVENDER (F)	6:22:15 41	50	PAUL RUGLESS	7:55:14 137
10	PAUL GREENWOOD	6:28:54 28	51	KEITH SAGGERS	7:58:00 150
11	HANS UWE HAHN	6:30:52 10	52	DOUGLAS SMART	8:00:13 109
12	DAVID SCHMARR	6:32:58 20	53	KYM WILLIAMS	8:05:50 115
13	ADAM KERIN	6:34:59 22	54	MICHELLE ' DUCDKOGNIRELL'LEY (F)	8:09:10 38
14	CRAIG GERRARD	6:35:20 103	55	BRENTON OWENS	8:10:59 156
15	ZAC SAVAGE	6:37:38 13	56	KAREN COLE (F)	8:14:39 139
16	MARK WORTHING	6:40:37 34	57	DAVID PATRICK COLE	8:14:40 138
17	OLAF SORENSEN	6:44:16 15	58	JAMES HANISCH	8:16:46 128
18	TRACY MORRISON (F)	6:47:26 121	59	SEAN CORRELL	8:18:32 1
19	ADRIAN MILLS	6:48:57 3	60	RUSSELL HARTUP	8:18:34 160
20	RAYMOND BERRESHEIM	6:49:41 17	61	MARK 'EAT EM' FALLS	8:20:33 39
21	M ATTHEW WARD	6:49:41 17	62	SAM ALEXANDER ROWE	8:21:24 149
22	DON MURRAY (DEJAJ)MIESON (F)	6:51:49 18	63	JAKE MALLON	8:27:38 106
23	BRONWEN GWYNN-JONES (F)	6:52:19 36	64	JORDAN AUSSERLECHNER8	8:27:47 135
24	JENS SORENSEN	6:53:13 16	65	NIGEL DOBSON-KEEFFE	8:31:34 236
25	TAMYKA BELL (F)	6:56:34 117	66	GRAHAM TOTTEY	8:33:55 111
26	STAN TRZEPACZ	6:57:49 154	67	SCOTT MATTHEWDONOVAN	8:39:00 4
27	CHRISTIE GROVES (F)	7:01:12 143	68	PAUL THOMAS	8:39:29 132
28	BLAKE TOOTH	7:03:32 157	69	STEVE GRACE	8:41:52 131
29	MAURICE MAFFEI	7:05:48 24	70	CRISTIAN IZZINI	8:42:02 21
30	GARY JOHN JENKINSON	7:13:27 126	71	EMMA VAUGHAN (F)	8:44:25 235
31	PAUL KOFMAN	7:18:33 105	72	CHRIS HOG BEN	8:45:23 148
32	GARRY DAVIS	7:19:19 119	73	SONYA CONRAD (F)	8:47:10 118
33	EVAN MORRISH	7:19:21 155	74	BTINA MARINELLI (F)	8:49:34 229
34	JEREMY FRANK STEADMAN	7:19:21 155	75	LORRAINE TYLER (F)	8:49:38 234
35	JULIANNE YOUNG (F)	7:20:54 116	76	SONJA BENN (F)	8:49:39 224
36	PHILLIP SYDNEY-JONES	7:25:46 122	77	ROBYN DOWNEY (F)	8:51:11 233
37	KEVIN MULGREW	7:26:09 129	78	MALCOLM MCMILLAN	8:52:02 107
38	ANDREW MCCOMB	7:31:22 125	79	BLACHLAN MILLER	8:53:02 146
39	EOIN LOFTUS	7:33:41 12	80	LYNN SMYTHE (F)	8:53:40 209
40	SCOTT WILLIAM REID	7:36:51 26	81	SALLY BUCKETT (F)	8:57:48 223
41	SARAH MURPHY (F)	7:37:24 130	82	SUE TYSON (F)	8:59:48 225
			83	GREG MARSH	8:59:50 230

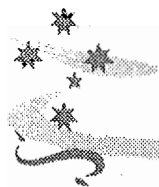
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85	EIMITSU TSURUMAKI	9:07:47	228	103	TRACY MCCOLL (F)	10:18:25	215
86	PHILIP SANDERS	9:10:35	124	104	MIYUKI ASAKAWA (F)	10:32:51	226
87	MALLANI MOLONEY (F)	9:16:29	163	105	AKIHIKO KURASHIMA	10:32:54	239
88	TERRY CLEARY	9:19:32	102	106	ADAM TADEUSZ PHOENIX	10:35:10	220
89	SPUTNIK SPUTNIK	9:21:23	152	107	SUE COAD (F)	10:42:02	201
90	KOWA SHIBATA	9:25:50	153	108	WILLIAM MICHAELCOAD	10:42:03	202
91	JAKE COMBE	9:31:36	244	109	TONY KAPPELLER	10:42:25	206
92	JED THOMAS RICHARDS	9:38:43	158	110	DARYL BENTLEY	10:42:43	217
93	DAVID CHARLES DALL	9:38:45	161	111	SUE WORLEY (F)	10:43:45	214
94	ROBIN MROZOWSKI	9:38:46	144	112	TERRY JONES (F)	10:54:55	205
95	JOHN GLOWIK	9:44:42	227	113	NINA ZEIDAN (F)	11:02:24	231
96	KYM ARBON	9:44:48	237	114	DARRYL HILL	11:02:25	232
97	KYLIE AKKER (F)	9:44:50	241	115	POH KHENG JENKINSON (F)	11:05:21	
98	CHERIE PATRICIA PETERSON (F)	9:44:51	242	116	TODD I JENKINSON	11:05:22	204
99	KYLE GUNNING	9:47:30	120	117	JUDITH ROLEVINK (F)	11:07:53	222
100	REBEKAH WILLOUGHBY (F)	9:59:32	238	118	PETER WORLEY	11:11:23	213
101	STEVE FRASER	10:09:15	151	119	CATHY REID (F)	11:15:35	221



*David Talbot and Nicole Butterfield on the trail*

*Photos by Michael Slagter*





# Spartathlon 2010

Jo Blake tells of his epic race. Jo's full account can be found on [coolrunning.com](http://coolrunning.com)

## Background

It was September 2009, and I was in Keswick, UK for the Commonwealth 24Hr Championships, when Ian Cornelius introduced me to John Foden, the founder of Spartathlon, who said it had been too long since an Australian had been on the podium at Spartathlon and that I should give it a go. The fact is that Bryan Smith in 1994 is the only Australian to podium, finishing 3<sup>rd</sup> in a bit over 28hrs. A few weeks after I returned to Sydney I was looking around on the internet when I noticed Spartathlon 2009 had just been held around the time of our Sydney school holidays. I made enquiries of the race organizers, and confirmed the 2010 date. As it fell right at the start of our school holidays I thought I was a chance, so one day I casually asked my wife Shelley if she would like to go to Greece for a family holiday in 2010. The answer verged on being positive, and my dream of Spartathlon 2010 was born.

Hearing of my plans, my good friend and 2 time Coast to Kosciuszko crew, Steve Lambropoulos (Lambo) said he was keen to join me, and so "Team Zorbaroo" was born.

The only rider was that I had to come through the Brive 24Hr World Championships unscathed; I didn't. I tore my labral tendon in my right hip, and for 6 weeks could either not run at all, or on occasional attempts only with great discomfort. Scans confirmed my worst fears and enquires were to be made about a possible trip to Melbourne to see a hip specialist for some clean out work. While that didn't happen, Shelley suggested I just try running again. With 85 preparation days to go, I started training. With each passing day I got stronger. As we left Australia after 79 of those days I'd run 2,053kms. In the last 40 days before leaving I'd run 1,259kms. In the end my preparation was stronger than

either Keswick or Brive. I felt ready to race for a spot somewhere in the top 10. I was fit, I was motivated and I had a great crew, the rest was up to me and my body.

## The Race

The buses for the runners were due to leave at 6:00am and they left right on schedule for the 20min drive to the Acropolis.

The start area was a buzz of nerves and excitement, a cross between being at the start of a race like Six Foot Track, and an IAU World Championship.

As we stood at the start and looked up the lit up Acropolis, it was inspiring to think that we were part of an event that has such history behind it. Here we were, 2,500 years after Pheidippides left from the same venue, and here we were taking on the same physical challenge, all be it with the luxuries of the modern world infrastructure and support. Surely that is a challenge that no other event in the world can offer, and all 325 (approx) of us were privileged to be standing on the start line together.

As we ran through Athens I expected to see more irate drivers as the traffic was held up for us, but I guess it was too early in the morning, and running near the front they hadn't been held up for long at that stage. There was a longish, steady climb out of Athens, where roadwork was going on and the drivers became a little impatient because of lane closures, but not unreasonably so. It was only when we crossed the last intersection before hitting the wide road down to the water that the drivers gave us a good laugh with there blowing on the horns and abuse of the local police.

The humidity forecast had been prevalent from the start, but now the sun was up to go with the humidity. The humidity had been forecast to be 80-90% with temperatures to rise into the mid to high 20's. There is a long downhill stretch to the wa-

ter on the outskirts of Athens. I ran freely down the long hill and hit the flat in about 5<sup>th</sup> or 6<sup>th</sup> place at which point I passed Harvey from the USA who had gone out hard at the front and was now easing back through the field.

I continued to feel good, running comfortably, and taking in food and drink at each aid station as we moved through a mix of hectic town centres, fast roads and quiet back streets where you'd get school groups come out to offer support to all runners. A regular sight was wild/stray dogs that could get the adrenalin flowing as they approached you barking aggressively. At one point Lambo warned me of some dogs ahead that had attacked the hand of one of the runners up ahead. It would be fair to say that if you had a fear of dogs, this race would not be a pleasant experience at times. We then made our way through an industrial area before finally making it onto the coastline that leads to Corinth where the scenery finally became, not just appealing, but spectacular.

Crew cannot offer assistance except at designated aid stations starting at the 81km mark, but they can deliver supplies to checkpoints with the race number and the aid station volunteers will deliver to the runner, so we took advantage of that a few times to good effect.

After about 5hrs 15mins I had 2 Nurofen for the first time as my legs were giving me quite a bit of pain, my left in particular. As I approached Corinth I had a gel and almost gagged on it which was to prove a sign of things to come.

The first major checkpoint is at 81kms at The Hellas Can Factory, soon after crossing the spectacular Corinth Canal, forged to allow boats to pass through and significantly shorten the journey to Athens. I was too distracted to take the time to look at the canal as I crossed so left that for the return journey on Sunday.





*Jo Blake and crew before the start*

There was a great atmosphere at the Hellas Can Factory that normally would have been very uplifting. I ran in after 7hrs and 10mins, still well placed in the top 10, but in a lot of pain. My left quad looked swollen, my quads generally were sore, and my hips were stiff. Lambo had tracked down an Australian (George) resplendent in a Sydney FC top, who was one of the race physios, and after a bit of indecision, I agreed to let him try to improve things. I'd never had treatment during a race before, but figured it was worth a go. It would cost me 15mins in time but hopefully would be worth the time spent.

As I headed off, legs still in pain (maybe marginally better for the treatment) I had a sense that my chances for the race I wanted were gone. The aching I had in my quads, particularly the left was unlikely to just go away. The emotions welled up at this realization, but I quickly settled, and sought a running rhythm that could best manage the leg pain, and continued on. It was clear that the next 165kms were not going to be easy.

The course wound through rural areas, past, vineyards, olive groves and the occasional loose dog. Every few checkpoints we'd arrive in a town which would be set up to receive the race and the atmosphere would be great and uplifting and even more so for me with my 6 support crew. It was hot and steamy now, and after

running through 100km was pleased to take a walking break with a celebratory ice block. I moved along talking to a German runner, Oliver, who was happy to run together at my pace as part of his strategy of keeping himself fresh for the evening when the heat would go. Finally I let him go as I got some more physio on my quads. Again the effect was only nominal and provided no real relief. At least it was now late afternoon and we were starting to get more shade cover to run in, so that was some relief.

I arrived at check point 35, which is just after the half way mark at 7:30pm as the night arrived. This was a longer stop as I used the loo, and took time getting set for the night with a warm top and head lamp, while having the legs rubbed down a bit by George, who was now following my progress and pulling over and enquiring about my progress as he moved between check points. I walked off with a bowl of spaghetti for dinner, but it was very difficult work getting it down, and the first real signs of the nausea issues to come had arrived. The final mouthful was too much and I threw it straight up, but fortunately kept the rest down.

The night running was easier with the cooler air, although it was still humid, but no easier with the legs. I just inched away knocking over the aid stations one by one as I continued to slip back through the field being

passed at seemingly regular intervals. The added change here was rain, as it started to really tumble down leaving puddles on the road, but with mild temperatures I didn't feel the need to change into any other gear as by the time I met up with the crew the rain was no longer falling and was fine about the state of my gear. Finally I made my way into Kapareli Village, which is the last town before the 8km climb that concludes with 2kms of rocky trail. Lambo had a frappe for me here that went down OK, while one of the local ladies had a vegetable soup that she insisted I try, and if I like it, come back for more next year!

After leaving Kapareli Village there is a gentle rise before the climbing starts. During this rise I suddenly lurched to the side and lost everything. I did feel better internally for the effort though. I walked to settle myself just up the road to crew car Zorbaroo which had pulled over to attend to some things, and as I got there I started running while giving them the bad news. So began the climbing and what was to prove to be one of my stronger sections of the race. Running the climbs put much less stress on my legs and made it far more comfortable to run, and so I did. I got into a terrific rhythm and moved really well up the switchbacks climbing through the field at the same time as I moved from about 23<sup>rd</sup> to 17<sup>th</sup>. As I arrived at the start of the final climb, the Zorbaroo was "going off" with those that weren't asleep! It was a rare highpoint of the race.

I grabbed a jacket which I tied around my waist in case I needed it during or after the climb and then I moved off and we ran a short slightly rising track before starting the serious 2km climb. The climb (known as Bays Ladder) is "walking only" if you want to make it to the top alive. The track is lit only by glow sticks spaced every 10m or so and your own head lamp (both luxuries not afforded Pheidippides 2,500 years ago when he encountered the God Pan at this stage). The track is also a mix of dirt, jagged rocks and lots of loose rocks. As I cautiously walked the track, occasionally looking up or down and seeing the light from lamps and hearing the crunch of track under foot, I wondered how

no one had ever died up there, from falling themselves, or from being hit by rocks loosened by runners further up the climb. Maybe everyone moves as slowly and cautiously as I was moving, which I guess explains why I caught no one, and no one caught me during this section.

It was a great sense of relief to emerge at the top of the climb where a checkpoint had been set up. It was cold and windy so the efforts of the volunteers at that checkpoint were sterling. I was also feeling quite exhausted having lost so much of my energy supplies back outside Kapareli Village. The volunteers told me there was no more trail. Well, there was no more narrow trail, just wider trail, similar to the trail on the final descent towards Caves House at Six Foot Track. In other words, steep and rough, and covered in loose rocks. I knew that with the state of my legs I could not safely run this trail. And so, as the runners I'd passed on the climb ran past me, I painfully and cautiously made my way down. Each step sent pain shuddering through my legs, particularly the left quad. The track went on endlessly, and on 3 or 4 occasions I was leaning over retching, with nothing to come out, I just wanted the descent to end.

After an eternity I hit the bottom and I could start running gingerly again. In a short time I heard Edward, my 11 year olds voice say "Dad, is that you?" It was nice to hear. When I hit the aid station at the Village of Sagas, the crew, if they hadn't already worked it out from the time I'd taken to arrive, knew my race had gone south again, after the high of the climb. I managed to take some

small amounts of food and drink and headed off. Just around the corner, out of sight, I lurched to the side retching loudly and was violently ill. Help came racing around the corner, but not from my crew who can't assist after I leave the station. I assured the Dutch doctor that I would be OK and walked on.

This was the true low point of the race with about 84kms still to go, aching left quad, nausea and vomit-

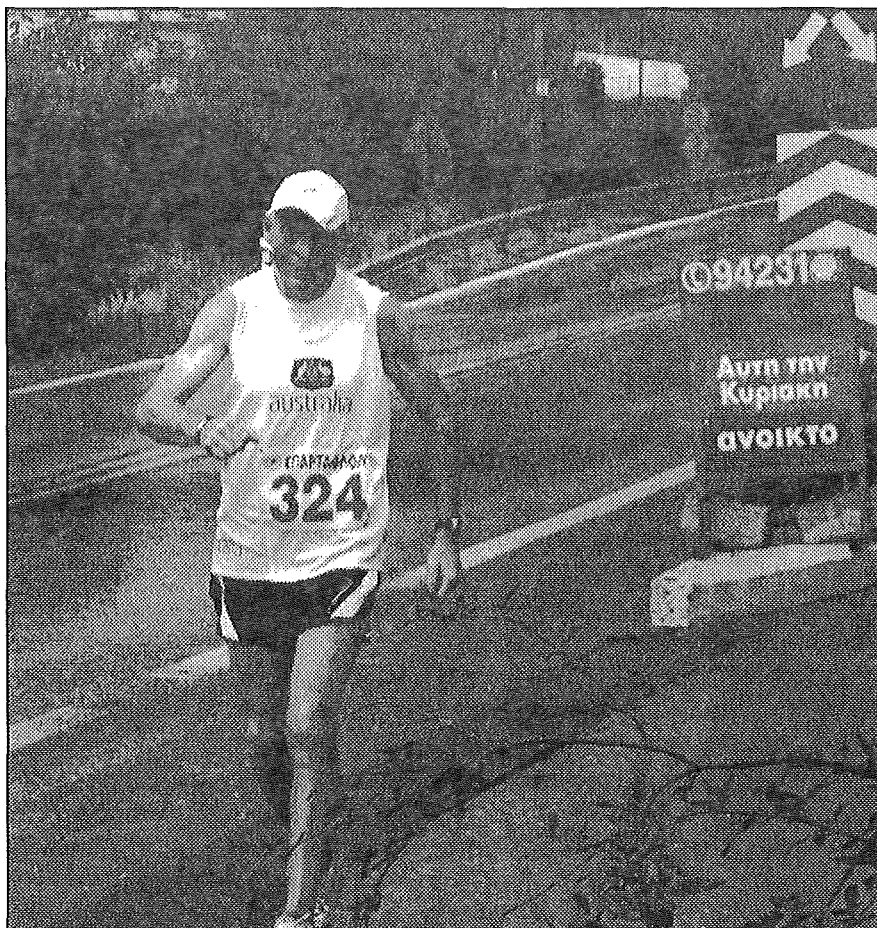
flat or only mildly descending and good progress could normally be made. Unfortunately the quad was shot, and the nausea meant I had to spend too long walking and the good terrain was wasted. It was in the late or early hours at this stage (depending on your perspective) and there were kids racing around on motor bikes, often with no lights or helmets but it did add some interest. I also looked to my left on a long straight section, and was bemused

to see a light off the side of the road in a dark area. Turned out it was one of the Japanese runners having a short rest; he looked comfortable so I moved on despite my desire to join him. At another point, I put my hands on a pole at a check point, rested my head on my hands and I swear I had 30secs of deep sleep; it was nice, but unfortunately time was at a premium now.

Finally as daylight came, I took the opportunity to remove the long sleeve top, and the short sleeve top I'd worn from the start. This top used to give me chafing in training, but I was conscious of covering my shoulders from the sun, and had lathered up with

Vaseline thinking I could avoid the chafing. Lesson learnt, it didn't, I had terrible chafing, but changing to a sleeveless top relieved that unneeded issue. With the daylight came overcast skies, so it was dry and mild, and seemed to be a little less humid than on day one.

I'd chipped away well and was getting the small amounts of food and drink down quicker, and thus walking less although still feeling nauseous. At the 25 hour mark we went through Kamari at 197kms. While I moved ahead, my wife Shelley managed to get a couple of different anti nau-



*The road into Sparta*

ing. I calculated that I had just over 16 hours to cover the distance within the time limit. If I could eek out 5km an hour I'd just make it. The thought that I could stay out on the course and finish outside the time limit was a depressing possibility.

I looked to re gather strength by sipping small amounts of drinks and nibbling and swallowing what food I could while walking, then running to the next check point and commencing the same process again.

The really disappointing fact is that after the Village of Sagas the running is good for a long time being



the windows and happy smiling faces in the van. It was emotional, everyone was happy, we all knew we'd make it to Sparta.

With about 15kms to go we left the main road and moved onto a secondary road that went off to Sparta. This was the final run in! For a moment I wondered if I'd made a wrong turn; we hadn't seen race signs for ages and I stopped and back tracked briefly before deciding to move on. In a while I came across the next aid station and everything was on track. The road from here was tight, with single lane traffic and just a small verge on the road, and it was raining again. As cars passed however, you had a sense of the support the race

I could, I wanted it over, but I knew it soon would be so I just wanted to enjoy the run into the finish. It was hard to know if you were on the right track in Sparta, but then a young boy on a bike rode past, did a U turn and settled next to me; he was there to guide me to the finish. I ran next to him, looking ahead hoping to see Leonides. No joy seeing The King, but plenty of joy from the crowds along the way. Still more turns to go as we seemingly had taken the long route to the finish, until at last I was in the final straight. I was joined by a motor cycle escort and a handful more cyclists as we covered the final 150m or so up the crowded street. A could here the familiar cheering voices of my crew as I arrived at the final steps up to the final platform. It took everything I had to take them stiff legged two at a time before walking the last couple of paces and planting a kiss on the foot of King Leonides. After 31 hours 55 minutes and 29 seconds, it was over.

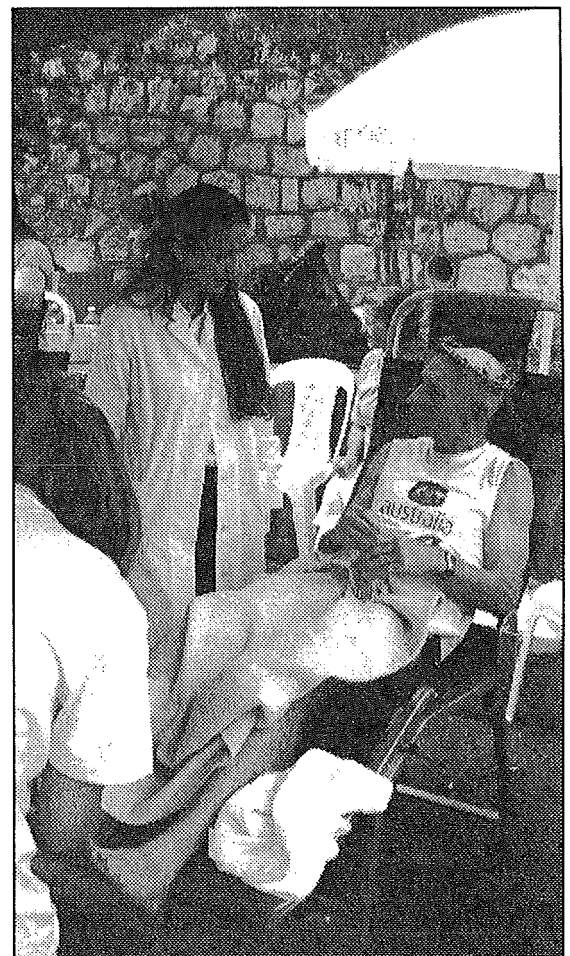
sea pills from the race doctor who happened to be there, which I tried in due course, the second of which seemed to help (or maybe things had just righted themselves).

We were now running on the main road to Sparta, a wide 4 lane road with wide breakdown lane, a lane the Greeks like to drive in, and cars flying through the sweeping bends. I generally felt safe, but there were some long climbs with some sharp pinches and I occasionally stopped to walk the pinches. I felt incredibly drowsy, and had a real sense that if I walked I would drift off and stumble into the oncoming traffic, there was no choice, I had to run the lot. The crew were great trying everything they could to get my energy levels up as my nausea diminished; spinach and feta pie and almonds were just two such surprises.

Finally we started the long descent into Sparta. A lot of it wasn't steep downhill so I could still run OK, meaning I now had a nice buffer for a 36 hour finish. With less than 30kms to go the end was in sight and we all started to realize I would finish and that raised everyone's spirits. The rising tide of emotion was reflected no better than when Zorbaroo drove past with "Down Under" blaring out

receives as hardly a car would pass without a friendly toot of the horn. The views were terrific as we looked to towns ahead, wondering which one might be Sparta. I was consuming small amounts quickly at the drink stations and running on as I farewelled my crew with about 9kms to go as they headed for Sparta.

Soon I could see a sprawling city ahead way down in the valley which I guessed had to be Sparta. At that point I knew it was going to be a painful next few kilometers, but the thought of what lay beyond dulled the pain. I hadn't seen another runner for a long time now so it was just aid stations and passing traffic for company as I gingerly ran into the outskirts of Sparta. A few kms along and George the physio wound down his window to tell me the crew was all waiting for me at the finish, another nice little lift. It was basically flat now and I just kept chugging away as best



*Jo after the finish in the medical area*





# Great Ocean Walk 100 mile/100 km

Victoria, 16-17 October 2010

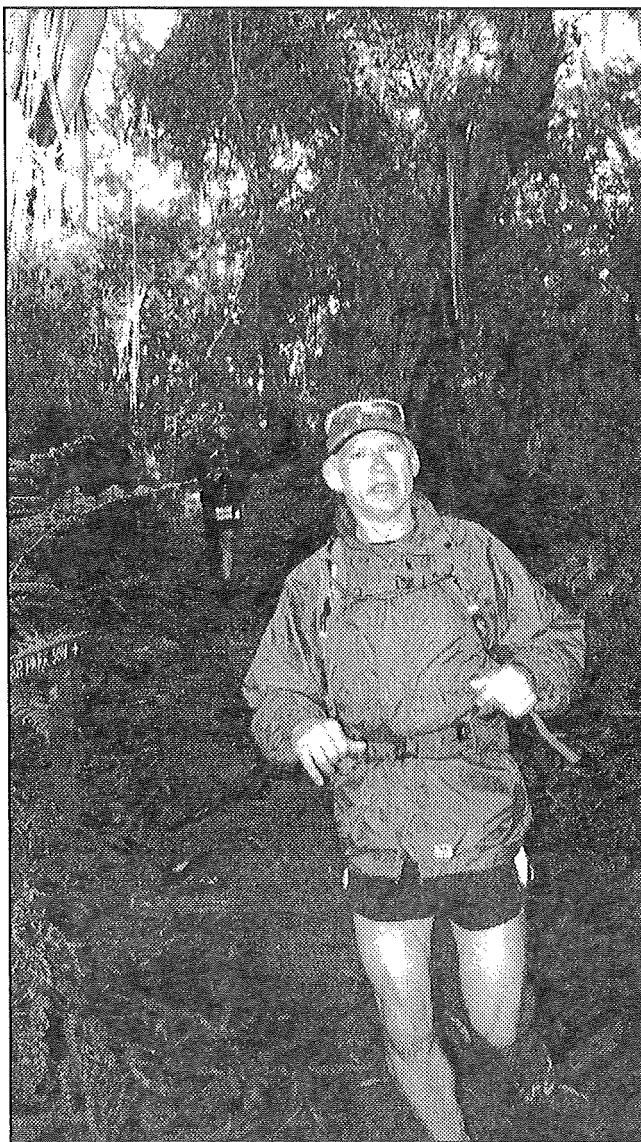
## Race report by Andrew Hewat

Saturday morning, five minutes to six. Sixty-two runners huddled under a Norfolk pine, bracing themselves against the bitter wind on the Apollo Bay Foreshore. As if on queue, rain started pelting down. No, not rain, it was actually peppering small hailstones. Fittingly, after 2 days of heavy rain and gale force winds, The Great Ocean Walk100s was about to start. The 62 ultra runners were about to experience some real south western Victorian weather. And with that they would have the run of a lifetime. They don't give out the coveted GOW100s finisher's buckles in Weeties packets. You have to earn them. The 2010 GOW belt buckles would be all the sweeter for the hard slog necessary to earn them.

Traversing the spectacular, rugged Shipwreck Coast from Apollo Bay to the 12 Apostles, the Great Ocean Walk winds its way across headlands, along cliff-tops, through rainforest and over beaches. The 95km walking track passes through diverse ecosystems and weathered geological formations to present runners with endless panoramic vistas, tough short climbs, slippery descents and some sublime single-track. Forty-three runners lined up for the one-way journey of roughly 100km. Nineteen opted for the out and back 100+miler, which actually measures around 190km. Only eight completed the return trip to take home a silver buckle while 31 runners secured a bronze buckle by finishing the 100km.

Spectators and runners alike bore witness to the raw elements of

the weather that blew straight in from the southern ocean. But that wasn't the only natural phenomenon they were treated to: Peter van Wijngaarden streeted the field in an effortless display of controlled trail



*Mark Falls followed by Michelle Donnelly*

running. At every checkpoint Peter looked fresh and composed and he went on to win outright in 27:32, smashing 3 & ½ hours off last years winning time and over 2 hours ahead of the next runners.

Darrel Robins continued his impressive form of late, repeating his second place finish from last year but this time sharing the podium

with Damian Smith. The pair ran much of the return journey together finishing strong with a sub 30hr time of 29:37.

In the women's 100+miler attrition took its toll and GOW100s kept its reputation of only having one woman finishing the return journey on any given day. Susannah Harvey-Jamieson in her renowned never-say-die style, ground out a solid win in 36:41. The relief and sense of accomplishment was clear in her heart-felt embrace of Luis Vazquez-Recio who finished equal 5<sup>th</sup> with Susannah.

Some big names fell by the wayside as the day and then night wore on and the tight cut-offs took their toll. Five 100km runners were caught by the cut at the very first checkpoint. The slippery conditions cost them dearly. But they were in good company. There was no margin for error, and a missed turn cost 2 more runners their race. Others just fell too far behind the pace as the relentless hills, heavy sand and slippery mud sapped their legs. The turnaround point at the 12 Apostles must rate highly as one of the toughest challenges to face any ultra runner. To turn around and head back into the night with the wind and rain pelting down and knowing what is before you is a true test of fortitude.

In the 100km race Damon Georke led from start to finish.

Making easy work of the slippery conditions, Damon pulled away from Josh Street early on and was never challenged. Goerke's time of 11:21 was a new course record, despite the conditions. Toby Wiadrowski followed in third place. Nikki Wynd continued her rise to prominence as the first female in 14:15. Nikki looked comfortable, cruising in with training partners Darren Mooney and David Eadie. Jackie Appleyard held on for





*Peter Van Wijngaarden approaches the half way mark*

second. Equal third was shared in an emotional celebration by Leanne Keating and Deborah Piercy. Runners and crew were clearly ecstatic with their performance.

Parks Victoria is to be applauded for their support of this growing race. Beyond allowing access to this iconic track, the local rangers worked in a close partnership with the organisers to ensure a successful and safe event for runners and volunteers. Parks Vic also provided souvenir backpacks and DVDs for all the runners.

The coming summer will see track realignments moving the Walk off the final 1.5km of bitumen. Further work will see more single-track and less gravel road. The GOW100s look set to have a healthy future and

will surely grow in reputation as a spectacular trail ultramarathon. Someone said that it's the tough ones that you remember most. I am sure that this years GOW100s will stand out in peoples memories for a long time to come. Look out for GOW100s in October 2011, at [www.GOW100s.com](http://www.GOW100s.com).

## Results

### 100 miles

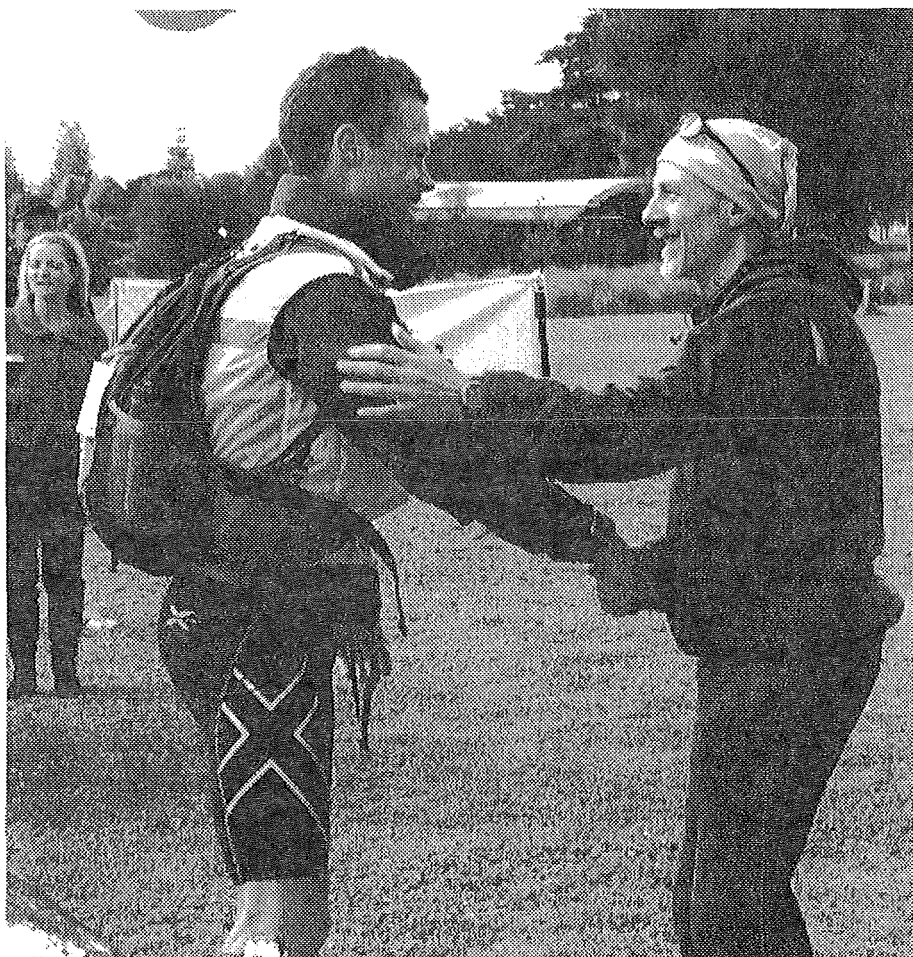
	Name	Time
1	Peter van Wijngaarden	27.32
2	Darrel Robins	29.37
3	Damian Smith	29.37
4	Kevin Heaton	35
5	Susannah Harvey Jamieson (1 <sup>st</sup> F)	36.41
6	Luis Vasquez-Recio	36.41
7	Cameron Gillies	37.06
8	Wayne Gregory	37.14

### 100 km

1	Damon Goerke	11:21
2	Josh Street	11:49
3	Toby Wiadrowski	12:25
4	Dan Beard	12:52

5	Adam Schroeder	13:03
6	David Deany	13:32
7	Michael Miles	13:35
8	Steve Drummond	13:39
9	Adam Stokes	13:59
10	Rod Cutler	13:59
11	Myles Bouvier-Baird	13:59
12	Nikki Wynd (1F)	14:15
13	Darren Mooney	14:15
14	David Eadie	14:15
15	Steven Lane	15:04
16	Peter Bignell	15:17
17	Mal Gamble	15:53
18	Mark Swinkels	16:08
19	Jackie Appleyard (2F)	16:08
20	Rick Cross	16:23
21	Leanne Keating (=3F)	16:33
22	Deborah Piercy (=3F)	16:33
23	Chai Wei Leong	16:51
24	Tamyka Bell (4F)	16:53
25	Felicity Copp (5F)	17:15
26	Lisa Lucas (6F)	17:15
27	Colin Williams	17:18
28	Richard McCormick	17:21
29	Mark Falls	17:43
30	Jane Trumper (7F)	17:48
31	Connie Stevenson (8F)	18:08

Many thanks to Brett Saxon for all the excellent photos.



*Race Director Andy Hewat congratulates Peter Van Wijngaarden*



# Spiny Cray Trail ultra

Cairns, 17 October 2010

## Report by race director

On a cool and very wet April day while preparing for the 2004 Quoll, Shane and I had run out and back on Mt Lewis Rd from Bushy Ck. Finishing with a swim, extensive chafing, two very tender nipples (each) and a thirst that required immediate satisfying at the Highlander Tavern, we agreed it was a fantastic long run.

So five and a half years later, when the plan for the 2010 Trail Series was being created I was not all that surprised when Shane suggested using the same course for an Ultra. Given the progression of distances through the calendar and the crowd of other endurance events through the NQ winter, it was decided it would have to take place in October.

My sceptical visions of a mere handful of entrants starting the event with varying levels of sanity and finishing it with varying doses of heat stress were balanced by an excitement at being able to have a crack at an ultra myself. Ignoring the fact that a 57km ultra marathon with over 1550m of altitude gain (and descent) held in North Queensland at the start of Summer could present a few challenges, the idea did have a lot going for it.

The race would start and finish at a pub. This pub has a deck with glorious views of the mountains through which finishers had just joyfully jogged (or despairingly stumbled depending on the accuracy of memory and the length of time since completion). The course was very well shaded, attracted very little vehicular traffic and being a driveable road, was of a width allowing easier avoidance of common rainforest running

impediments like wait-a-while and large venomous Red Bellied Black Snakes. The extensive climbing meant heights above sea level of 1200m would be reached where it just had to be cool almost all year and surely half of the run would be downhill. Local accommodation options meant it could be a good weekend away for locals and visitors alike and the chance of spotting some very groovy wildlife (Mt Lewis Spiny Crayfish, pure white Lemuroid Ringtail Possums, Blue Faced Parrot Finches, Tadpoles bigger than your thumb and Blue Earthworms longer than the tallest entrant - including Struan) all added to the attraction.

However, I was still quite surprised when over six months out there was already a few entrants in the ultra event. My surprise continued and excitement grew as entries continued to regularly appear from as far afield as Canberra and Melbourne and a month out I was no longer joking about the superfluosness of the permit conditions 'capping' the number of entrants to 100. Come 4am on the Race Day, it was with a real enthusiasm I greeted my alarm and by 7am, with a crowd of around 70 eager runners gathered on the start line, I couldn't have been happier my initial scepticism had been proven completely misplaced. With unseasonably cool conditions and an absence of the showers that had soaked the region in the previous weeks, a great day of running awaited.

For the first two hours in fact weather conditions were widely and repeatedly described as perfect for running. Course Marshalls did a wonderful job maintaining morale and hydration levels while dispensing goodies and encouragement, resident birds

helped distract at least this runner from most feelings of fatigue with an impressive variety and volume of calls, the water tumbling down the lush creeks crossed proved cooler, cleaner, clearer and more refreshing than anything I could have hoped to drink and the vegetation provided shade so complete and extensive I'm sure I was forced to blink each time I did occasionally pop out of it. Even the Snakes proved cooperative by keeping their fangs to themselves and with the exception of a couple of larger lazier specimens, calmly moved off the road to give way to runners.

Long runs are always a great opportunity to gather one's thoughts. During the Spiny Cray I realised this ultra running caper is not nearly as much about racing others as it is about convincing yourself of a couple of things. Kilometres are really just numbers. Our legs and lungs can't count kilometres so it is crazy that we allow our brains to use them to create such strict limits on what we believe we can (or more importantly can't) do. If we convince ourselves of the enormity and certainty of our positive thoughts - how great it feels to be running amongst such stunning surroundings, the joy of the downhills, the satisfaction of running up and over the uphills, lungfuls of cool, cloudy mountain air, the generosity of volunteers giving up their time, how much easier this will be next time as a result of our efforts this time and of course cold beer - our negative thoughts such as those focusing on fatigue, pain or the remaining distance become minor considerations rather than overwhelming obstacles.

Mt Lewis Rd. was overrun with examples of such mental strength and courage during the Spiny Cray. There was those attempting a

*"Long runs are always a great opportunity to gather one's thoughts"*

distance far greater than anything they had previously tackled (or possibly prepared for) but possessing the desire to challenge themselves and push beyond the limits they'd previously set. Or those who knew niggling injuries would make a DNF likely but still turned up and refused to let the start line view of seriously large mountains dent their confidence. Perhaps there was no greater example than that shown by those who knew they'd be out there for many hours after the winners had finished, running through the hottest part of the day (for the 57km event) yet ran and finished with the highest spirits and widest smiles of all. Inspirational and courageous stuff!

It is possibly unfair to single out individuals but amongst a heap of outstanding and noteworthy performances there was a few that many others commented on. Steve Cunningham - 1st Master Male and

3rd Overall - seems to get fitter, faster and tougher not just with every year but with every event. Not only that he crossed the line and before even grabbing a drink for himself went off and purchased a couple of random draw prizes for the volunteers. Sue Crowe - 1st Female and 5th Overall - Sue's splits show she finished as strongly as anyone in the ultra and quicker than all but a few in the half! And Steve Appleby who travelled from Canberra for both the Gold Rush and the Spiny Cray (not to see his brother as claimed by Neville) and exudes positive spirit on the course and obviously enjoys his running as much as anyone.

### Results

#### 57km event

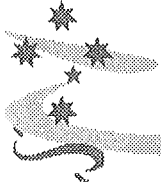
	Name	Time
1	Chris White	4:57:30
2	Ben Carter	5:14:10
3	Steve Cunningham	5:20:18

4	Arnstein Prytz	5:33.43
5	Susan Crowe	5:35.41
6	Somyos Noopetch	6:04.23
7	Shane White	6:09.22
8	Larry Lawson	6:12.15
9	Anita Gori	6:17.46
10	Jeremy Collins	6:23.37
11	Julie sager	6:25.27
12	Roy Willetts	6:26.27
13	David Wood	6:32.28
14	Kim Close	6:37
15	Pieter van Vuuren	6:37.05
16	Steve Appleby	6:46.21
17	Darren Speck	6:53.50
18	Shawn Depper	6:58.47
19	Jason Hedges	7:00.17
20	Simon Dobbs	7:23.32
21	Ben Cavin	7:25.56
22	Brett Wilson	7:39.32
23	Kate Cullen	7:46.08
24	Steven Titmus	7:47.29
25	Emma Mills	7:51.37



Great Ocean Walk  
100km female  
winner Nikki Wynd  
receives her award  
from race director  
Andy Hewat

Photo by Brett Saxon



# North Coast 24 Hour race

Cleveland, Ohio, USA, September 2010

## Race report by Marie Boyd

Having turned 60 recently, my thoughts turned to the paucity of 60 - 64 age group distance and time records in that age group for Australian women. Although I live in the US, I am still an Australian citizen. Upon checking with AURA, it was determined that I was eligible for Australian distance and time records, as I was an AURA member in good standing, and had never represented the US at any event.

With this in mind, and carefully checking all of my documentation, I entered the Sri Chinmoy 24 Hour race in Brisbane, and the North Coast 24 Hour race in Cleveland, both national championships.

The Brisbane event was wonderful - having lived in Brisbane for several years, it felt like coming home. Surrounded by close friends I was crewed expertly for the entire time, and accompanied on walking laps by many of them for short distances. At 4.30am, feeling a little tired, I was able to speak to my husband, Andy, in California, and we were almost drowned out by raucous kookaburras! Never have I felt more Australian than then. As Brisbane woke up to a gorgeous winter morning, we noticed hot air balloons, the rowers on the Brisbane River, early morning athletic practices and could once again enjoy the campus sights from the track.

The race itself went very well, and almost according to plan. Food and drinks were plentiful and varied, with constant attention from the service crew. Sri Chinmoy events are noted for excellent runner support, and this was no exception. My run/walk plan worked well for me - walk the arcs at each end of the track, and run steadily on the straights. Every 3 hours or so, I walked a couple of laps for a rest - "relentless forward motion" is the rule, as no distance is gained by sitting in a chair. My crew, Tamyka and Steve, provided superb support, having drinks and snacks readily available as I came past every few minutes. Steadily my distance

accrued, and it was apparent that the 100k record would fall - it did, by about 4 hours! Great excitement, and I felt ready to push on for the 24 hour distance record. Our lap counters took a personal interest, and offered encouragement as we passed.

Some nausea plus vomiting slowed my pace somewhat, and I puzzled about how to overcome the stomach issues. Finally, I found that hot tea and ginger capsules seemed to do the trick. As the morning light grew, and time condensed, a general air of excitement was apparent. The lead runners were relentless, pushing the pace until the very last few minutes of the race.

We were given our individual markers and stopped running as the horn blew.

Never was a cold beer more welcome than on that cold winter morning in Brisbane! My feet felt and looked great, and I was so happy with my overall distance of 146km, adding over 30k to the 24 hour record.

On my return to the US I continued training hard with many 8 - 10 hour training runs on a mile course along a shady lane. The summer in Bishop, California is extremely hot and dry, so the shady course along a creek provided some relief for the long hours spent running and walking. I attended a CrossFit gym, and pushed myself during the workouts. The benefit to leg strength and endurance was apparent, and motivated me to work hard during each session.

All too soon, it was time to leave for the journey to Cleveland, Ohio. My coach, Lisa Smith-Batchen, had arranged a home stay with another of her coaching clients, Cole Hanley who proved to be a gracious host, and as he was attempting the 24 hour distance for the first time, we enjoyed long conversations about strategy for doing well at such an arduous event.

Race day was cool but very humid. The course, in a park adjoining the Lake Erie shoreline, was a 0.91 mile

paved loop, with a couple of small rolling hills. The surrounding park and city skyline provided some excellent scenic diversions during the event. Race management had a wonderful aid station at the start/finish area, and this time we wore chip timing attached to our race numbers. As we passed the transmitter, our distances, lap count, name and number were posted on a large monitor screen. Over 140 runners participated, although almost half of the field took some extended rest breaks during the event.

The race was most enjoyable, and my walk/run intervals included walking the uphill, and running the rest of the loop. Again, every few hours I took a walking break, and then I discovered the massage therapists! It was easy to convince myself that "active rest" of a 10 minute massage every 3 hours was an excellent plan. In fact, it was an excellent plan, for there was almost no muscle soreness or stiffness the following day, and the therapist remarked that I was the only runner pulling in for regular maintenance.

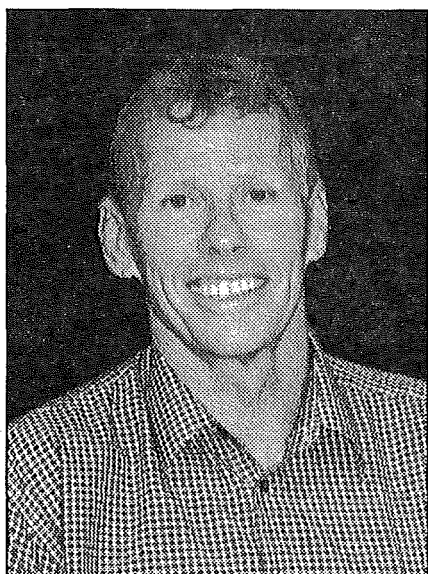
Again the specter of nausea and vomiting haunted me, and I think I also set the record for throwing up! Obviously this is an aspect of 24 hour races that is a problem for me, although I always felt better afterwards. My distance of 83 miles was shorter than the 91 miles at Brisbane, and I suspect the very high humidity had some influence on my pace.

However when my distances were submitted to AURA, several road records were mine - 50 miles, 100k, 12 hours and 24 hours. Hopefully, there are other Australian ladies of "a certain age" who will enter these events and do well. As a back of the pack trail runner, I am unaccustomed to placing more than a few places ahead of last, and only occasionally doing well in my age group. The 24 hour format has been a most enjoyable change of pace for this old grandma!





# Osteoarthritis and Running



Peter Reaburn

By Peter Reaburn PhD of  
[www.mastersathlete.com.au](http://www.mastersathlete.com.au)

## Introduction

As distance runners, how often are we told by non-runners that we are wearing out our knees and that we'll get arthritis if we continue to run into older age? I did some research on the topic by digging into some recent scientific studies and literature reviews. Below is what I found and news is all good!

Over 30 studies, including a couple of studies studying the same groups of runners over 10-20 year periods, have shown conclusively that long distance running is NOT associated with increased incidence or progression of osteoarthritis in people with no prior knee injuries, are not overweight, and have good

muscle strength, coordination and balance. In fact the good news is that research has shown that long distance runners will live longer and increase disability levels at 25% the rate seen in non-exercisers of the same age.

## The Facts

Knee osteoarthritis (OA) is seen radiographically (X-rays, CT scans, MRI etc) in 33% of the population older than 60 years of age and is responsible for a higher incidence of disability than any other chronic condition such as cardiovascular disease, diabetes or cancer. It is as potent a factor as cardiovascular disease in limiting activities of daily living in the elderly. Research has shown that there are many risk factors and possible causes of OA (Table 1).

Table 1. Risk factors for and possible causes of knee OA.

Risk Factor	Contribution
Age	Incidence increases with age
Gender	Greater prevalence of OA in women
Obesity	Higher incidence of OA among the obese
Osteoporosis	Associated with higher incidence
Occupation	Higher incidence of OA with repetitive squatting, kneeling, and stair climbing
Sports Activities	Increased risk of OA with high-impact contact, twisting, and overuse
Previous Trauma	Increase in OA shown in athletes after injury
Muscle Weakness/Dysfunction	Increases in OA with inactivity, poor training, and injury
Proprioception Deficit	Increases OA with age, other illnesses, and ACL injury
Genetics	Neither preventable or modifiable

Research has consistently shown OA advances with age equally in those who exercise and those who do not. Many studies have followed the same groups for long periods of time. For example, a study published in the American Journal of Preventive Medicine in 2008 followed 45 long distance runners (aged 50-72 years in 1984) that were studied again in 2002 for evidence of knee

osteoarthritis compared to 53 non-runners matched on age, education level, and occupation. The runners had been running for over 10 years and ran  $213.9 \pm 18.7$  minutes a week. After 18 years, the runners did not have show any more prevalence of OA (20%) than non-runners (32%) nor more cases of severe OA (2.2% vs. 9.4%). What the same study showed was that overweightness and

initial knee damage were associated with increased OA and that gender, education level, recent knee injury and exercise time per week were not associated with increased OA.

Of all the 30 studies reviewed, only one study shows increased OA in individuals who exercise, and only in those with a history of "heavy physical activity." More important,

*"increased levels of exercise lower the incidence of musculoskeletal disability"*

*"exercise, at least at moderate levels, does not accelerate development of knee OA"*

there is convincing evidence—as well as lack of dissenting opinion—that increased levels of exercise lower the incidence of musculoskeletal disability, reduces pain, and increases functional capacity into older age. In fact, the classic Stanford University runners' study shows that after 21 years, all-cause morbidity (incidence of disease) is further delayed toward the end of life and that, so far, mortality (incidence of death) is also being delayed in runners compared with controls.

Some of the studies suggest that athletes competing at high levels of activity when they are young are increasingly susceptible to OA later in life. Elite athletes have shown increased knee OA in some studies. Some authors cite joint trauma as a risk factor with certain sports such as football and wrestling increasing the risk. Repetitive kneeling as well as stair climbing can also increase risk. A large study comparing swimmers with runners was unable to show a difference in lower-extremity pain or arthritis surgery associated with either accumulated mileage or number of years spent running.

#### Summary

So, does long distance running increase the risk of OA in older age?

- The best evidence suggests that exercise, at least at moderate levels, does not accelerate development of knee OA. Running seems to

and obesity, trauma, occupational stress, and alignment problems of the lower extremities.

- There is evidence for reduction in lower-extremity disability and all-cause disability in runners compared with controls.
  - There is some evidence for prolongation of lifespan in runners.The bottom line? Keep running with good technique and stay injury-free!

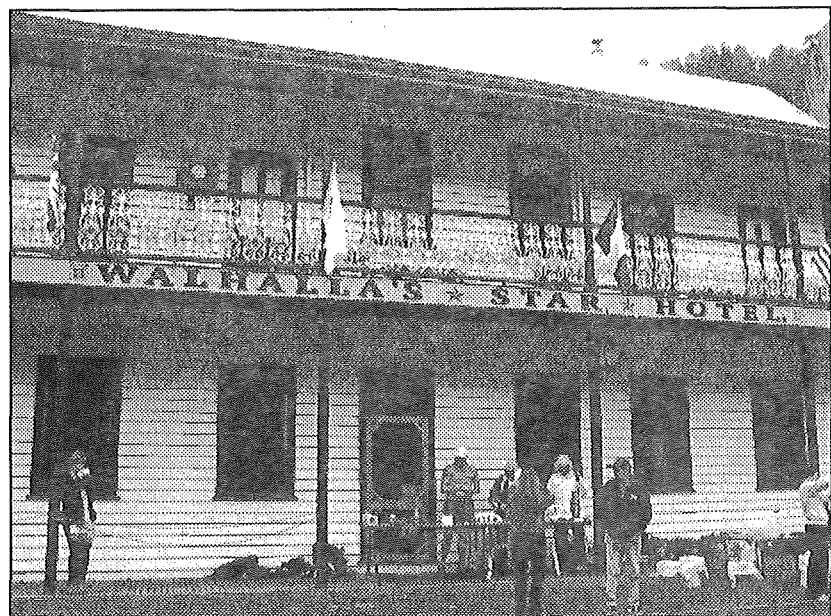


*Peter Reaburn is an Associate Professor in Exercise and Sports Science specialising in masters athletes. He has completed two 80 km ultra events as a younger man and is training at present to race the 228 km Grafton-Inverell Bike Race after running a 1hr 30 min half-marathon on the Gold Coast in May this year in the 55-59 years age group. He was the Australian Ironman Triathlon champion (50-54 years) in 2005 and completed the Hawaii Ironman that year. He has recently published a book titled "The Masters Athlete" that can be purchased at [www.mastersathlete.com.au](http://www.mastersathlete.com.au), the definitive website for*

- be particularly safe.
- There might be increased risk of OA with competitive sports participation, particularly early in life, and with competition at an elite level; however, the presence of OA does not lead to increased disability.
- Risk of OA might be increased in the presence of overweightness

*Walhalla Wound Up Race Venue  
- the star Hotel at Walhalla*

*Photo by Kevin Cassidy*





# Interview with Sandy Barwick

**Ian Cornelius, President of AURA, interviews this living legend of NZ ultrarunning**

**Ian:** Hi Sandy, it's nice to see you again. Thanks for agreeing to share your experiences and thoughts about ultrarunning. I've read your book, "Unstoppable" and so have a fairly good insight into your running career. Your passage to the very pinnacle of the sport was quite remarkable. You had no real background in running when you started; in fact you hadn't done very much sporting-wise at all since leaving school. Then, as a mother of two, you went with some friends to watch the Rotorua marathon at age 32. You decided that the marathon was something you had to do and with very limited training, contested your first marathon six months later, at Hamilton, finishing in 3:36. You then ran another dozen marathons in the next 5 years, with a PB of 3:21. With a little coaxing from 'the guru', Gary Regtien, a prominent NZ ultra runner, you decided to have a go at an ultra. You selected the Kawakawa to Paihia race of 70km for your debut ultra in 1986 but decided, at Gary's suggestion, to run the first 70km of a 24 hour race first, just to make sure that you could cover the distance. You were leading the race at the 70km mark and tentatively decided to continue on for a while longer, as an experiment to see if you could go further. In fact, you continued on until about hour 21 when you came off the track for a rest. You were off the track for 90 minutes when someone told you that if you kept



*Sandy Barwick chats with Ian Cornelius*

going, you would likely break the Australasian women's record which, at the time, stood at 196km or so. Despite having seriously blistered feet caused mainly by running in a pair of Dunlop Volleys you continued on and duly broke the record. You were now hooked on ultras. Talk us through how you felt at the time.

**Sandy:** I was surprised at the relative ease of making the transition from marathons to ultras. In fact I was ecstatic at how well I had done in my maiden ultra and felt compelled to try my hand at some of the more serious events. There had been quite some publicity associated with the Westfield Sydney-Melbourne races which had started 3 years earlier, in 1983. New Zealander Siggy Bauer held the 1000 mile record and was expected to do well in that first

event in 1983. Also John Hughes, another Kiwi, was the then holder of the Sydney-Melbourne record with 7:09:47 and was also favoured to do well. Siggy and John finished 3rd and 4th behind Cliff Young and George Perdon. Then, in 1984, John finished second to Geoff Molloy. In the 1985 race, Siggy finished second behind Yiannis Kouros, so those particular races were widely publicised in New Zealand and was something I aspired to do. In looking back now, I rather think that Gary felt all along that I could do more than the 70km and was hoping that I would run the full 24.

**Ian:** So, with the 24 hour race under your belt you decided to move pretty much straight into a race of more than 1000km...the 1988 Sydney to Melbourne.

You tackled a 50 miler and another 24 hour race from which you ended up in hospital with severe dehydration and an irregular heartbeat. However, you regarded this as beneficial experience, learning all the while about adequate rehydration and proper intake of food for energy replacement, shoe selection, blister control and so on. You got some sponsorship together, organised a crew, found the money to make it happen and, despite a mishap with 8 of you missing the plane, eventually made it to Sydney for the start. At the pre race dinner, Eleanor Adams (UK, later Eleanor Robinson) made herself known to you and asked about your multi day background. When you told her of your two 24 hour races she muttered 'heaven help you' and walked off.

*"you would train early in the morning, frequently running up to a marathon a day starting at 3:30 am in the morning"*

Notwithstanding your lack of experience, you managed to finish the race in 17th spot, still ahead of some pretty accomplished runners and second placed female behind Eleanor. Your effort was all the more meritorious because you suffered severe shin splint problems towards the end of the race and were forced to run the last 24 hours on your toes. You were able to get through these pain barriers, far beyond the capability of most runners using a self hypnosis technique. Would you care to elaborate a little on this technique?



*Sandy during the Westfield Ultra*

**Sandy:** Yes this is something I never believed I would get hooked into but I have to swallow my pride and admit it was something that really helped me through many hours of pounding roads and tracks and succeeding. It taught me to believe in myself, know my inner strength, but most of all the ability to increase my sleep time through relaxation, which was extremely beneficial with the short breaks I had in my schedule for ultra running events..(10hrs on 2hrs off, 10hrs on 2hrs off, over the 24hr period of a day.) Brian Head was a voice on a tape at all my Ultra's and that was all I had at a lot of these events due to travelling on my own at the beginning so really fed off his positive assumptions and beliefs with his positive words. It was also an amazing help when the injuries came in at the end of these gruelling races, interesting when something like this works you just focus, and focus more on the end result. I also found with ultra running 80% in these races is mental, sure you have to be 100% fit but the body can only be as fit as it will let you.

**Ian:** On the very night that you arrived home from the Sydney-Melbourne, with your legs still swollen and aching and with you still running in your sleep at night, you received a call from the Sri Chinmoy Marathon Team in New York, asking if you would contest the 700 mile and 1000 mile events to be held just 6 weeks later. Despite the injuries and the lack of time for recovery you felt driven to accept the invitation, working to accelerate your recovery and then prepare for the event in a very limited timeframe. This is definitely far from a conservative approach. Would you care to comment upon what motivated you to do this?

**Sandy:** Yes, no woman had run this race on a certified course so that was a huge draw card. I know when I left for New York many running colleagues came to the airport to say goodbye and many were a little tearful about what I was going to try and do on my own with no support, really they did not want me to go, once again another draw card motivating me to succeed. Stubborn you could say!. Sure Eleanor had run a 1000 miles but it was a point to point run

which is a lot different to going around and around a 1mile loop with the pressure of strict rules when it's a Championship race, pacing etc. Sure when I stood on that start line I was questioning myself about why I was attempting this distance, but the only thought was one step at a time, one loop at a time. I had my feathers ruffled when I heard at the pre race meeting with the directors and invited International athletes for the media conference, that Siggy Bauer from New Zealand had reported

"what right did a Milford housewife have competing in a 1000mile World championship race."

**Ian:** I was interested in how you prepared for these events. Because of your work as an aerobics instructor during the day, you would train early in the morning, frequently running up to a marathon a day starting at 3:30 am in the morning, finishing a little after 7 am, just in time to get the children out of bed and off to school before starting work. You would then work until mid afternoon, pick up the children and hopefully get a reasonably early night before repeating the process all over again the next day. Three months out from the event you would run 200-230km per week, two months out it would be increased to 300 to 350km, tapering in the last month. This obviously proved very successful for you, but if you had your time over again, would you put in the same long work or might you introduce some cross training like cycling, weights and even some tempo/speedwork?



*"My crew were my mobile life support system I totally relied on them for everything"*

**Sandy:** I always have believed you train for what you are training for. Aerobics were good for flexibility because as we know Ultra runners do not try to waste too much energy like lifting the legs too high. Cycling I did a little later on but I think the muscle work in the legs was something I cut out especially at the weights sessions at the gym because of the mileage I was doing. I did pick up speed work when I knew I had to improve my times on these races which really was something that I proved with my 1000mile record improving when I took 2 days and 6hrs off my previous World record in the 1300 mile race. I did 1km sprints down Shakespear Road in Milford x 5 times in succession, once a week. Richard Tout Ultra Runner helped me with this. In my long runs on a Sunday, 100km training runs, I did this to teach my body to feel comfortable at this distance as it was my schedule in all my races. My running friends would come out and meet me approximately 70km out and keep my pace up, in fact it turned into some sort of competition between us, me especially to show them how fit I was, pacing it out at a good rate. Also Gary Regtien would meet me on Wednesday morning after I had run approx 30km and we would run the bays, up and down the hills giving me a 50km run, but in the last 10km home I would leave him and I would race home to receive a phone call from him giving me my time for the last 10km, a bit like a time trial.

**Ian:** I note also that early in your career, you took just one day off training per month, but later in your career, around 1994, you changed this to one day off per week. I know that you gained from the change but could you comment upon the extent of the improvement?

**Sandy:** Getting older Ian!! I really can't comment too much on this, it could probably be at that time I was slowing down as had achieved what I

wanted and wanted more time off. In those first 6yrs of competing one day a month was all I had off and coped well with this.

**Ian:** I am aware that you rarely ate before your training run unless it was a longer run of 70km or so, in which event you may have a round of toast and a cup of tea before starting out. However, you always carried water, Exceed fluid and Exceed bars and some money just in case you became hungry in which event you could stop and buy something. Then, in your races, you relied upon your crew to pump the calories in, mostly in liquid form at a total of around 9000 calories/day. It is obvious that you relied very heavily upon your crew...not just for providing you with calorie intake, fluids, foot care, shoes, clothing changes and so on but also for their psychological support. Tell us how important a good crew is.

**Sandy:** My crew were my mobile life support system I totally relied on them for everything. I had to trust them and they were not allowed to lie to me over any distances that I may query because it wasn't long before they knew I had worked it out before them; what else do you do when you are pounding one step after another? I also believe my destiny was reached through many unseen hands guiding me. There is no way you can achieve at this level without a devoted crew and the understanding and support of a lot of people. You all become very close on trips like this, a lot of hard times for both crew and runner as everyone deals with tiredness and stress differently. I was so grateful to Max Marsh and Jos McDonald for all their dedication and support for many years. They left their families to travel away for weeks at a time standing in a park or on a 400metre track to be with me every minute making all my records possible. My Sydney to Melbourne crew were amazing and once again they were

by my side with all my ups and downs and hallucinations, just keeping me going to get the result we did.

**Ian:** So you went to New York in 1988 with a plan to run the 1000 mile event in less than 16 days. You were well on target at the 700 mile mark but then suffered a devastating injury.....a strained achilles. No amount of icing or treatment could provide any relief and you arranged for a leading New York specialist to look at it resulting in you having to wear a plaster cast to immobilise your ankle/foot movement. This seemed to work to some extent and after going through four plaster casts you managed to run out the 1000 miles in 14:20 becoming the first woman to run 1000 miles, thus claiming the world record. Your husband and two children arrived two hours before the end of the race to see you finish, which was perhaps the main reason for you persevering through all the pain to finish. However, with the incessant pain and discomfort of the last 5 days you had failed to eat properly. You run yourself so low on glycogen stores that your system started to devour your muscles Can you explain to us the circumstances and how to prevent such occurrence?

**Sandy:** That is a hard one, my stubborn attitude to not give up is a good reason. Rest more often and put more carbs in may have helped but unfortunately rest was not big in my schedule. It is hard to eat when in pain and also being tired and not resting enough for any food to make a difference to any part of my body, what I put in went out at that stage. I guess I was just surviving... sure this is probably dangerous, but I was strong and very strong mentally. I wanted to finish and I wanted to prove to a lot of people I was not a quitter. Diet is a huge thing and once the digestive system shuts down I could really only rely on the fluids the magic fluid Max always said that was made up, Exceed! That gave me

## *"the last 24 hours of your first Sydney-Melbourne with shin splints"*

200calories. I tried hard to keep fuelling.

**Ian:** After the 1000 miler in New York, you took a vacation in Europe for awhile and then returned to NZ with the achilles tendon still painful and badly swollen. Your favourite masseur was able to fix it promptly and you soon returned to England to contest a 48 hour race in Blackpool. Although beaten by Hilary Walker (now secretary of the IAU) you still managed to finish with 325.486, thus breaking the Australasian record. In February 1989 you went to Hong Kong and raced a 24 hour race on cinders. You won the race against all comers and finished with 220.51 just 7km short of the then world record. However, you now had the Australasian record which had been broken since when you initially gained it in your first 24 hour race, also breaking the 100 mile and 200 km records along the way. You then went to Gateshead in September 1989 to contest an international 6 day race. You finished with 783km, taking the British all-comers record and the Australasian record. You could probably have done quite a deal better had you not suffered a fluid retention problem resulting in badly swollen legs. Could you explain to us what caused that and how to overcome it?

**Sandy:** Once again it is not resting enough and I always seemed to suffer from this. I try not to over drink fluid and then when is enough...it's a hard one. It certainly is something I always dreaded as most uncomfortable until you have it under control. I have to say it is not resting enough also but my schedule was something we stuck to and why I did so well, just spending those hours out on the track pounding.

**Ian:** Soon after arriving home from Gateshead you received a call inviting you to contest the Colac 6 day race just 6 weeks later, in November 1989. Your old adversary Eleanor Adams was also a starter. There was an

enormous amount of rain on day 3 with the track turning to mud with no way around the quagmire. Most of the runners, including yourself, stopped running for several hours until the track was suitably repaired. One exception was Eleanor who kept running, gaining a lead of 50km or so. To your credit, you worked hard for the remainder of the race, existing on less sleep than Eleanor. You both went on to break the world record with Eleanor winning with 866km, with you achieving 860.8. If you had your time over again, would you allow your main competitor to continue without you covering her, regardless of conditions?

**Sandy:** I actually don't remember this as I thought I matched her every move. In fact she did not like me because she said I never slept. But to answer your question no I would not lose sight of my competitor and where they were. I did turn Eleanor down from a market shopping spree which was happening in the middle of the track, she requested this on the last day, but my crew were not happy for me to do this and reinforced I should be trying to close the gap. I knew I had a mission ahead of me to close the gap and gave it heaps. Hence Eleanor's 866km versus 860km for me just 6km. She was not happy. It was then I believed she could be beaten.

**Ian:** Soon after Colac you received an invitation to run in an indoor 24 hour race at Milton Keynes, UK, to be held in early February 1990, along with a world class field, including Eleanor. You continued training and then just before Christmas you suffered a training mishap, breaking your big toe. The doctor who attended advised you to not run for three weeks but you took just one day off, resuming training and working through the pain, running for four to five hours per day. You left for Milton Keynes perhaps fitter than you had ever been. However, the race was inside a shopping mall, it

was snowing outside and incredibly cold inside and the hard floor took its toll not just on you but on many of the contestants. At the four hour mark you tore a hamstring but still managed to continue on finishing with 187km which was an Australasian indoor record. Tell us how you were able to endure so much pain....not just on this occasion but also with the episode of the broken toe, your running the last 300 miles of the 1000 mile race in NY with the strained achilles and the last 24 hours of your first Sydney-Melbourne with shin splints, where you were forced to run on your toes.

**Sandy:** Oh I don't know, I think I am mad! I am so determined not to let my side down and I am like this in my personal life as well. It's like I have something to prove and a way to show my confidence in myself and to others. I guess I just had to believe in myself. I loved what I was doing and I knew what I was doing and wanted to make people proud, especially my country. My self hypnosis helped a lot here and very grateful to have something like this to believe in. It worked for me and that is all that matters.

**Ian:** After two weeks at home recovering you were back in training for the 1990 Sydney-Melbourne due to be held in May. In your first attempt you had managed 8d 4:10 but this time you wanted to take Eleanor's 1988 record of 7d 10:5. You duly finished in 8th spot, with no other female finishers and took the record with 7d 4:46. However the race wasn't easy and you suffered hallucinations, imagining objects in the middle of the road which weren't there and also imagining roadside trees to be people and so on....as you had experienced several times before. What do you think caused the hallucinations and how did you work your way around them?

**Sandy:** They were such scary things but at the time I was totally under the belief they were real so no one

*"It's a hard sport and extremely hard for our athletes  
to travel away due to the lack of funding"*

could have tried to make out they were not. My crew had to work with me with these and remove the obstacles in the way, like the spiders web when one of my crew cut the web to free me and the rock in the middle of the road that would not allow me to get past. As I understood more about them and how they wanted to control my races I was more aware how to cope with them. Of course once again it all comes back to extreme tiredness and oxygen to the brain. I did look into these hallucinations and found out they were something that came from childhood fears. I was a sleep walker and the few fears I had were spiders, dogs and childhood stories that all seemed to come into those hallucinations...interesting in the 1300 mile race the witch rode beside me for 3 days, I knew why she was there and so focussed hard to get through this. The last night she left me, I believe my focus on that finish line and strength in believing I could finish was stronger. They were so real and something I will never forget. At times I had to dig really deep inside to keep going with these hallucinations, they were frightening most of the time but had a few lovely ones with the trees turning to animals and they would watch me run by and also the red carpet that was rolled out with Chinese and Japanese people clapping.-for what reason I don't know, but I enjoyed it.

**Ian:** Your next race was to be the Campbelltown 6 day race in November 1990. You managed to break the then Australasian 48 hour record with 326.541km in the first 48 hours of the event and eventually won the race outright with a world record 883km, ahead of some pretty good runners including Ian Javes (2nd in 1989 Sri Chinmoy 1000 mile; Tony Rafferty (3rd in 1989 SC 1000 mile); Ron Grant (famous Qld adventure runner); Cliff Young (winner of inaugural Sydney Melbourne), Dave Taylor (winner 1090 Colac 6 day);

Helen Stanger (Aust record holder for 24 hours) and John Lewis (NZ), Tony Collins, Lindsay Phillips, Georgina McConnell and Wanda Foley all competitors in various Westfields. In that race you stuck to a plan, of running for 22 hours and two off each day. Tell us how difficult this was to maintain.

**Sandy:** A dream run, a dedicated crew who very much knew what they were doing under my manager Max Marsh ( TRULY AMAZING PERSON) who knew how to manage crews and expected a tight ship. I was on a mission and loving every step I took. I understood so much more about what I was doing. I had a career in running which was motivating and my family, Dad and sisters around me on this run, that was when I was allowed to see them for a brief moment now and again. I enjoy rules and regulations and a tight schedule, all very motivating to me. I was also motivated by my performance and my improvement in this race as the days went by.

**Ian:** Later in 1991, you returned to New York for the 1300 miler. You blitzed the race winning outright with 17d 22:46:07, picking up world road records for 48 hours, 6 days, 700 miles, 1000 miles, 1300 miles, 1000km, 1500km and 2000km. Then you went back in 1992 for the 1000 miler, hoping to run it in 14 days. For the first two days of the race you had a problem moving your legs which you eventually attributed to an out of alignment 5th vertebrae. The race doctor worked on it and you gradually came right by day 5. By the end of day 8, your mileage was 575, under target but still reasonable. For the next few days you had to endure the normal aches and pains plus run through some very foul weather. At the end of day 12 you still had 155 miles to go. You decided to give it your all and run non-stop to the finish. For day 13 you amassed 73 miles, leaving 82 for the final

day. Although you fell short of your target of 14 days by just 4 x one mile laps, you managed to win the race outright in 14d 00:41:04. By this time you had nothing more to achieve and soon after this race you curtailed your brilliant running career. If you had your time over again, would you have done anything differently?

**Sandy:** Yes run a good marathon. I really never did have time when I was so fit to run a good marathon as it was always in training and then turning around and doing it again. I think I may have been capable at one stage to really to do a great one. Other than this I loved every moment of my 10yr career, 89,344 kms in 10yrs pounding roads and tracks in competition and training, twice around the world and a little more in distance. Did you know it was 40,000km around the world? I met a lot of people and made many friends. I learnt a lot about myself, how passionate I am about what I do and most all how strong I was at dealing with adversity. My Dream turned into reality!

**Ian:** I gather from what you've told me that to be a top ultra runner it is necessary to learn all about fluid and energy replacement, care of the body to prevent injuries and where sustained, to overcome them as quickly and completely as possible and to do lots and lots of hard work to get the body to adapt to covering extraordinarily long distances. In addition to that, one needs an incredible determination to succeed regardless of the odds. What advice would you have for aspiring athletes to gain this essential attribute?

**Sandy:** Believe in what you're doing, know what you're doing and most of all love what you're doing. I also say the challenge provides the purpose but the dream provides the meaning, just do it. !

I find with these distances it's all trial and need to train and train;

*"I have had some wonderful years since retiring from competition, supporting and managing athletes"*

learn how to eat what is best for you and gives you the calories needed to survive such multi days, it was new to me and no one could help me either, you just need to follow what is right for you. I believe training the distance, like my 10hr runs on a Sunday morning was something I swear by for the schedule kept to with 20hr days each day of running, 10hrs 2hrsoff, 10hrs on 2hrs off.

**Ian:** I know that you are still involved in the sport, mentoring a number of runners; you are President of New Zealand Ultrarunners and frequently accompany NZ teams to international meets in the capacity of team manager. Ultra running has become more popular these past 3 - 4 years with more and more participants and more and more good performances. What do you see for the future of the sport and how do you see NZ runners in the next say five years.

**Sandy:** I have had some wonderful years since retiring from competition, supporting and managing athletes and teams to World Championship races around the world. I also believe the athlete needs someone that has been there before and not the coach as she or he will understand what is needed to keep them going. I am enjoying coaching younger people now in marathons and also the opportunity to help organise the 100km Race in NZ with the

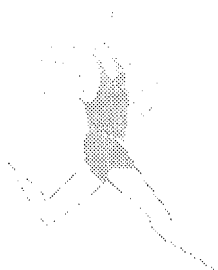
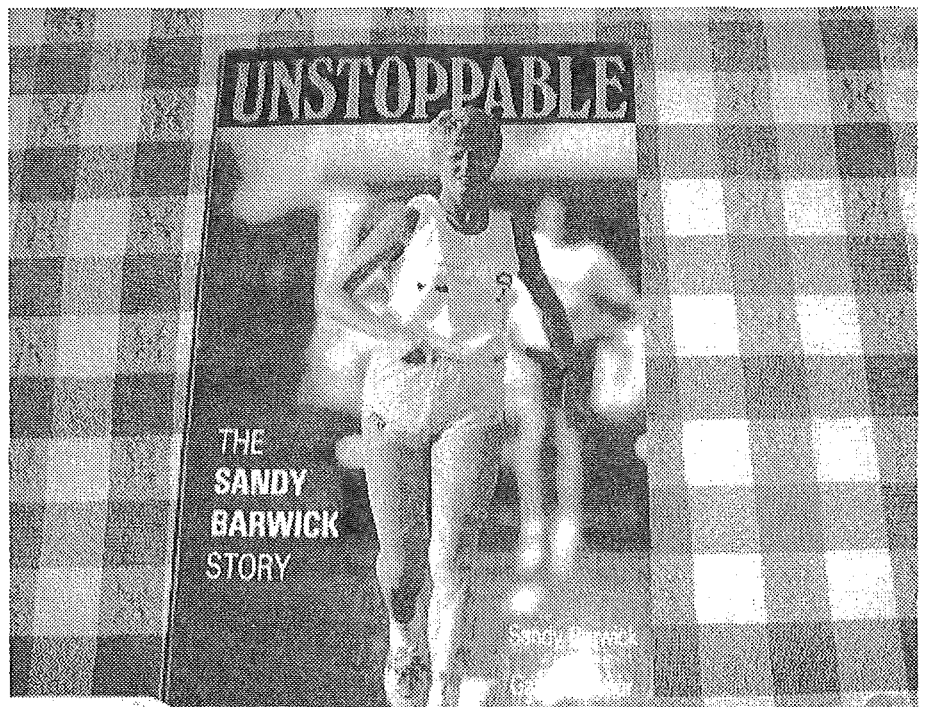
opportunity to have more athletes qualify for World Championship races. It's a hard sport and extremely hard for our athletes to travel away due to the lack of funding, so you have to be pretty dedicated to want to spend your own money to get to these overseas races. So what else can I say Ian, an ordinary girl who followed a dream: 'dreams are the seedlings of reality.' It's not about money ...it's all about passion! The opportunity to write my book "unstoppable" MBE for my contributions to sport, 9 World Records in my time, (yeah! 6 still standing) also to be able to run the length of NZ for a charity, Diabetes. People called me an endorphin junkie waiting to hit the pavement for another internal fix...maybe so. But to me it was a positive addiction, I ran out of choice not necessity.

Thank you. Love to all:

**Ian adds:**

Many of Sandy's world records still stand, some 20 years after they were set, as follows.

6 days track 883.631 Campbelltown, NSW, November 1990  
1000km road 7d, 16.08.37 New York, October, 1991  
1000 miles road 12d, 14.38.40, New York, October 1991  
1300 mile road 17d 22:46:07  
1500km road 11d 16:51  
2000km road 17d 03:01,  
plus various age group records.







# Training basics

## Some advice from Peter Brett

**Keep it simple** - Running isn't rocket science. In my opinion, old school works fine to get the job done if training to run long distances. The first book I ever read on running was by NZ coach Arthur Lydiard over 30 years ago when I was a sixteen. It's mantra was to run 100 miles a week, avoiding sealed roads, and include a long run, hills and speed work. Within 3 wks I notched up my first of many such weeks, and didn't get injured. Eight years later I ran 28.11 on the track for 10,000m - following those simple principles.

**Follow a program or plan** - We are creatures of habit, and if we get into a routine, our bodies tend to feel better and adapt quicker than if events are random. Therefore it's important to be consistent when training. Be a runner, not someone who just runs. Try and follow a weekly routine that suits your lifestyle and athletic ambitions. Grete Waitz of Norway, a 5-time winner of the NYC marathon, would train, eat and sleep at the same time everyday so that her body would remain in a routine. Extreme yes, but it worked for her.

If you plan to run an ultra event, then make running your main training activity. There should be neither time nor energy for Zumba classes. Better to be out running.

**Hit a number** - I often started weeks knowing how many miles I wanted to run. I kept a training diary to log my workouts, usually running twice

a day. 100 miles was a good week, and one year I averaged that. I found it gave me motivation not to skip a session, as I hated ending a week short! Training can be a lonely and personal journey, so the log book becomes your only witness and record of events. I would keep them for many years and compare sessions and race results for motivation.

**Endure** - The Kenyan runners are the world's best en masse, mainly because they train very hard in groups and can endure pain on a daily basis. They live a hard life from birth, and are willing to push themselves out of their comfort zone almost daily for months on end, just to lead the training group! Then they know they can beat anyone. We can take a lesson from them, by including more tempo running in our training - more hard running - especially in the final 25% of the run. Kenyan's often start off at 9 minutes per mile pace, but usually end it at sub 5 mins per mile. That is the difference. Kenyan's also make an art of resting between training sessions, another major factor in their success. There are lessons we can learn from their training and attitude, even though we don't live in a training camp situation 9 months a year. But we can think like a Kenyan!

**Variety in training** - It's difficult to know how much variety you need when training for a 100km event - as speed isn't really a major factor, even if you are training to win it. I would often run 220km's a week while training for a marathon, but that would include speed work over

1-5km reps and tempo runs, so I would retain my basic speed despite the high mileage. One January at Falls Creek I ran my record mileage; 248km's/wk followed by 272km's/wk in consecutive weeks. I was a little over weight at the time, and figured this would keep me away from the fridge! It was in a training camp situation, so there was great company to train with and time to sleep between sessions. The result was I did lose my basic distance racing speed in the short term quite drastically, but after 10 days of shorter, faster running and low mileage, it returned in time for the 12km XC trials I had trained for. But had I raced a 100km race back then - I'm sure that training would have been ideal for me personally.

**Trial and error** - Everyone must find their own path to follow when it comes to training. It can take years, but eventually we discover our limits through trial and error. More is often better, despite what they say. The more running you do per week, the stronger you will become and easier running becomes. Load gradually though, because it's not about finding your breaking point.

*"The more running you do per week, the stronger you will become and easier running becomes"*





# The history behind: Spartathlon

The battle of Marathon in 490 B.C., one of the most famous battles in world history, constituted a landmark and a starting point in the history of civilization. The triumph of the genius of Miltiades and the self-denial of his soldiers made the hordes of Persians flee and rescued Athens and Hellenism from the utmost danger of subjugation to the barbarian invaders. The effects of the victory at Marathon continue to influence the present. It was the first victory against the planned domination of "Asianization" over Europe and an event with momentous significance. Because of this victory, Athens was able to achieve a great deal and bequeath the benefits of its knowledge, arts and virtue to mankind.

Two and a half thousand years after that historical battle, a sports event, inseparably related to it, was born in Greece.

Its Name was Spartathlon.

It all started from Herodotus' account of the Battle of Marathon. The great historian of antiquity described the details of the battle many years later and mentioned the deeds of Pheidippides, an Athenian messenger, sent by his generals to Sparta in order to secure help for the reinforcement of the scanty Athenian forces against the forthcoming Asiatic incursion. According to Herodotus, Pheidippides arrived in Sparta on the next day after his departure from Athens.

Spartathlon is the event that brings this deed to attention today by drawing a legend out of the depths of history.

The idea for its creation belongs to John Foden, a British RAF Wing Commander. As a lover of Greece and student of ancient Greek history, Foden stopped his reading of

Herodotus' narration regarding Pheidippides, puzzled and wondering if a modern man could cover the distance from Athens to Sparta, i.e. 250 kms, within 36 hours. He thought that the only way to find out was to try to run the historical course since he himself was a long-distance runner.

Thus, he and four other colleagues from the RAF came to Athens in the autumn of 1982 and planned the run as closely as possible to Herodotus' description. On 8th October they started their adventure to see whether their speculations could be verified.

On 9th October, the next day, John Foden arrived in Sparta in front of the statue of Leonidas having run for 36 hours. His colleague, John Scholten, had arrived half an hour earlier and finally, John McCarthy got to the finish line in less than 40 hours.

The British team proved Herodotus was right! A man is really able to cover 250 km in two days.

When John Foden and his colleagues first arrived in Athens, they were warmly welcomed and supported by members of the British community and Greek friends. After the success of the first attempt, the pioneer of this event began to envision the establishment of a foot race that would bring long distance runners from all over the world to Greece for a race following in the tracks of the ancient runner. The results are now widely known. Undoubtedly the historical context of the race, closely connected to the Olympic idea and consequently with compete unselfishness, appealed to the imagination and caused unprecedented excitement amongst a great number of long distance runners throughout the world. Their response was, justifiably, immediate and catalytic.

The 1st International Spartathlon was organized in 1983 with the participation of 45 runners from 11 countries as well as Greece.

The success and participation were decisive for the future and the development of the race. Thus, in 1984, the "International Spartathlon Association" (I.S.A.) was created. Since then, the I.S.A. has organized the race every September as, according to Herodotus' account, Pheidippides' mission to Sparta was made at that time of the year. The revival of a page of ancient Greek history is established now as one of the most famous sporting events worldwide. Great runners come to Athens from Australia and Japan, Canada and the USA, including, of course, most European countries. All of them are attracted to the uniqueness and difficulty of the race as well as the modesty and respect of the athletic ideals imposed by a race known as "mythic".

In addition, beyond its athletic aspect, Spartathlon has become a powerful tribute from which real messages of friendship and peace can be sent to the peoples of the earth without political or racial discrimination. A tribute where Greece is also promoted crowned by its unparalleled hospitality and natural beauties. Thus hundreds of runners who have participated in Spartathlon carry home their images and experiences from Greece, and are our best ambassadors abroad.

Information sourced from the Spartathlon website



# Weight change during your 100 mile ultra

An article from [ultrarunning.com](http://ultrarunning.com)  
by Marty Hoffman, MD and Tamara  
Hew-Butler

As is often the case in life, a little information can be dangerous. Then, as we learn more, we begin to recognize how complicated an issue really is and that we still have a lot to learn. Certainly, that's been the situation with fluid and electrolyte balance during endurance exercise.

One thing that's evident is that we've got to get beyond the idea that achieving proper fluid and electrolyte balance is simply a matter of replacing the water and electrolytes that are lost in sweat. Furthermore, just following your weight during an event doesn't give an adequate picture of what might be happening with your blood electrolyte concentrations. Weight gain doesn't equate to the development of hyponatremia nor does weight loss eliminate the chance of hyponatremia. For instance, in our recent studies at 100-mile races, we saw runners with weight gains over four percent who had normal sodium levels. We also saw runners with five - six percent weight loss who were hyponatremic. In fact, in the 2009 Western States Endurance Run, we found that half of the study participants developing hyponatremia had lost over three percent of their body weight during the race. So, the weight scale is of no value as a sole measure to estimate electrolyte concentrations.

What we can say about weight is that maintaining a stable weight during exercise will mean that one is likely to be over-hydrated. That's largely because water is stored with glycogen (about three grams of water for each gram of glycogen), so when you utilize glycogen stores during exercise, you are releasing a con-

siderable amount of water into the body. Most of that water moves into the blood stream. Assuming you start an event with good glycogen stores and appropriate hydration levels, you should actually lose around two - three percent of your body weight to maintain a stable hydration level. If your weight remains constant or increases during exercise, then you are likely taking in too much fluid.

We also now know that, contrary to conventional wisdom, there is no evidence that weight loss of a few percent impairs performance in ultramarathons considering the baseline weight is in the hydrated and carbohydrate-loaded condition. In fact, we've seen a direct relationship between running speed and percent body weight loss in our recent studies at 100-mile races. In other words, there is a trend for the faster runners to lose more weight than slower runners. Some of the fastest runners have lost five - seven percent of their starting body weight by the time they reach the finish line, feeling fine and without medical problems.

With this information in mind, imagine a situation where a well-intentioned race medical staff holds and forces a runner to drink because his weight is down five percent. The runner drinks a combination of water and energy drinks and his/her weight increases a little at which point he/she is allowed to continue. The concern is that we cannot know if the race medical staff might have just caused the runner to develop dilutional hyponatremia from the forced hydration. We certainly wouldn't want to induce or exacerbate hyponatremia, and then send the runner out on the course where they could develop hyponatremic encephalopathy (brain swelling due to the hyponatremia) and progress to impaired consciousness, seizures

and death. Conversely, the well-intentioned race medical personnel who advises a runner who has gained weight to increase sodium intake could also make matters worse. In such a case, the additional sodium could increase the runner's thirst and cause him/her to increase fluid intake further and gain even more weight.

Therefore, it imperative for runners, race staff and medical personnel to understand and recognize that: 1) the scale is NOT a diagnostic tool and 2) body weight is NOT an accurate indicator of electrolyte status during an ultramarathon race. The signs and symptoms of emergent medical conditions such as dehydration/ hypovolemia, hypernatremia, hypoglycemia, heat illness and hyponatremia all overlap and can only be diagnosed through blood tests and core temperature measurement. Body weight changes should not be the sole determinant whether or not a runner is in medical "danger" but alternatively considered as adjunct information *if* the runner is symptomatic and onsite electrolyte analysis is unavailable.

Given this information, it's evident that we need to adjust the conventional thinking that our goal should be to maintain body weight during an endurance event, that we are likely to be hyponatremic if we gain much weight, and that we are unlikely to be hyponatremic if we lose weight. But, how then do we use the weight scale during a race? The following guidelines are offered:

Runners and medical personnel should use caution in interpreting the measured weights at aid stations. Scales are not always calibrated or may read inaccurately if not on a level surface. It is more important to pay attention to the trend being observed.

*"runners need to understand the importance of responsible drinking during long periods of exercise - avoiding dehydration as well as over-hydration"*

Runners and medical personnel should recognize that they cannot use weight as a sole measure for the estimation of electrolyte status or for the provision of definitive recommendations. But, these loose practical guiding principles should be considered with caution:

**Weight gain.** The runner should be advised to reduce fluid and salt intake until urinating, particularly if there are signs of swelling (rings are tight, runner feels puffy).

**Up to five percent weight loss.** This is an appropriate weight loss, and the runner should be allowed to continue unless there are signs of distress.

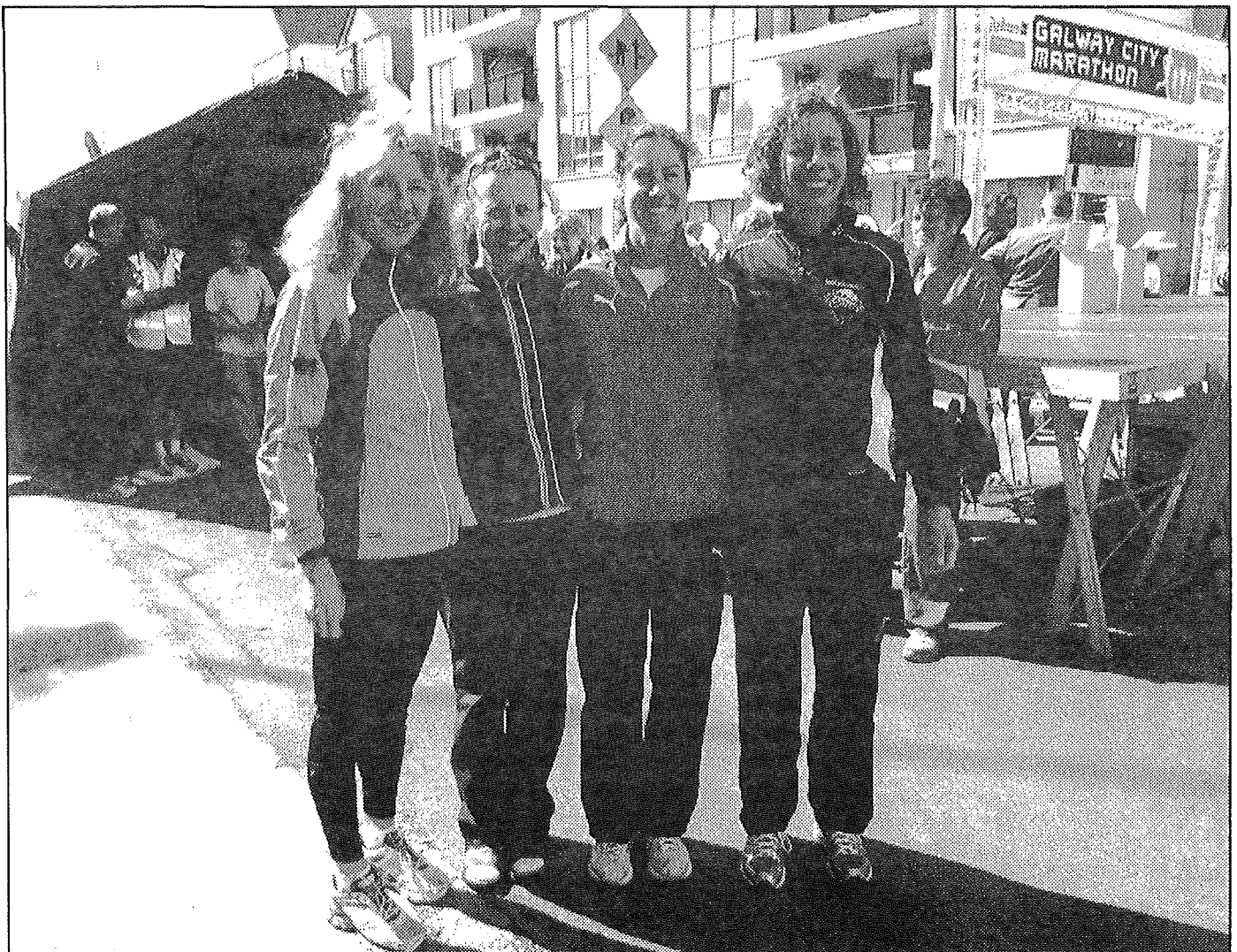
**Five - seven percent weight loss.** The runner should be encouraged to increase fluid and salt intake and allowed to continue unless there are signs of distress.

**Seven percent or greater weight loss.** If mental status is satisfactory, the runner should be advised to increase fluid and salt intake. If vomiting or the inability to rehydrate is evident, the runner should attempt to recuperate until rehydration is possible before continuing.

In summary, runners need to understand the importance of responsible drinking during long periods of exercise - avoiding dehydration as well as over-hydration. A two - three

percent weight loss during long endurance events is appropriate, will generally keep one at normal hydration levels and will not impair performance. Feedback from intermittent monitoring of body weight can help runners achieve this goal of two - three percent weight loss. But, the weight scale cannot be used to define electrolyte status, and any recommendations regarding fluid and salt intake based on changes in body weight should be provided with caution. Nonetheless, it would be appropriate for a runner to increase sodium and fluid intake when weight has decreased by five percent and to reduce sodium and fluid intake when weight is stable or increasing.

*World 50km - June Petrie with the female winners*







# Interviews with World 50km Trophy winners

Nadeem Khan, IAU Director of Communications, has interviewed the male and female winners of this event for the IAU website:

Collen Makaza finished first at the 2nd IAU 50km World Trophy Final with a time of 2:47:21.

Nadeem Khan (NK): Congratulations Champ. How was the race today?

Collen Makaza (CM): Yes, it was a fast course. It was raining, four types of weather within two hours man. It is raining, sunny, we got everything. This is my best time in 50km.

NK: You have been running with the other racers from South Africa for a while. Where you guys talking while out on the course at all?

CM: We know each other. I have raced with them in South Africa. We were all trying to improve our times.

NK: Was there a point in the race when you were trying to push the pace and see if the others come with you?

CM: Yes, I knew everyone and we were trying to push each other. Sometimes they beat me and sometimes I beat them. Today was my day.

NK: You must be happy with your race.

CM: I am very happy the way I ran and the time I was good.

NK: You are coming to my home country Canada to run soon. How is that coming along?

CM: I am thinking to run there. I might come down to Niagara Falls Marathon. Next year I am hoping to be there for two to three months.

NK: What kind of training do you do for a race as competitive and difficult as this?

CM: Sometimes you go for mileage. You need high mileage for this. I go for 2-3 hour runs to get stamina and

I didn't really know what to expect. This being my first 50km. I just wanted to go out there and see what happens. I am very happy right now.

NK: Being a marathon runner, how did you find the last seven kilometres and change?

SH: Actually no. I felt stronger today than what I have felt in some of my marathons. Part of that has to do that I was running at a slight slower pace than I have run in the marathon. Apart for my feet hurting the last few loops, I felt good.

NK: So have you gotten the ultra bug or are you going to stick to marathons?

SH: Probably a bit of both. I still think I can run a faster marathon. This has given me a taste of ultramarathons. Maybe run a 100km who knows.

NK: What is the next race on your calendar?

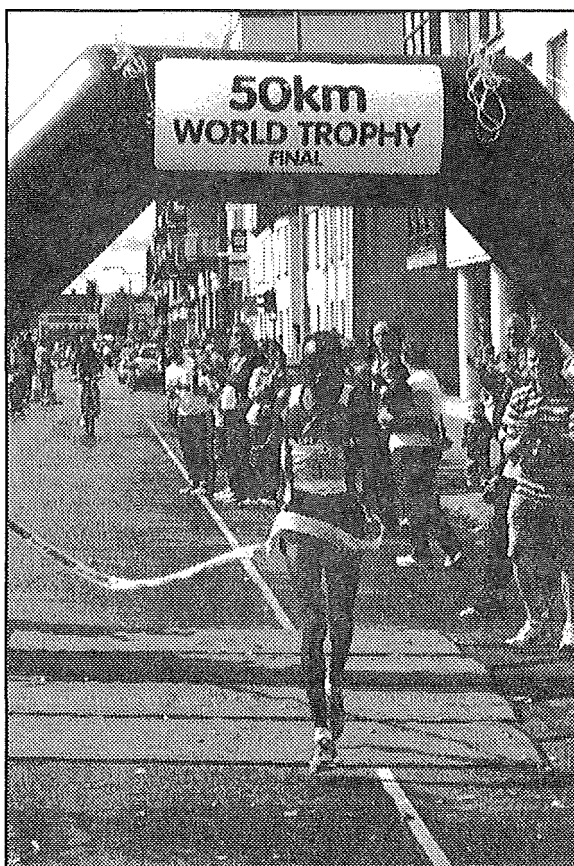
SH: I am not sure at the moment. This being my ultra run, I don't know how fast I will recover. I am going to give it a few days and see how my feet are and then plan my races. Maybe a marathon in October/November.

NK: How does the ultra crowd differ from the marathon crowd?

SH: It is really friendly People kind of know each other. Great people to be around.

NK: Good Luck for the rest of the season.

SH: Thank you very much.



*Collen Makaza finishing first*

build muscles. You need speed too.

NK: Collen, congratulations again and have a safe flight back to South Africa and Zimbabwe.

CM: Okay. Thank you.

Susan Harrison finished first at the 2nd IAU 50km World Trophy Final with a time of 3:15:42.

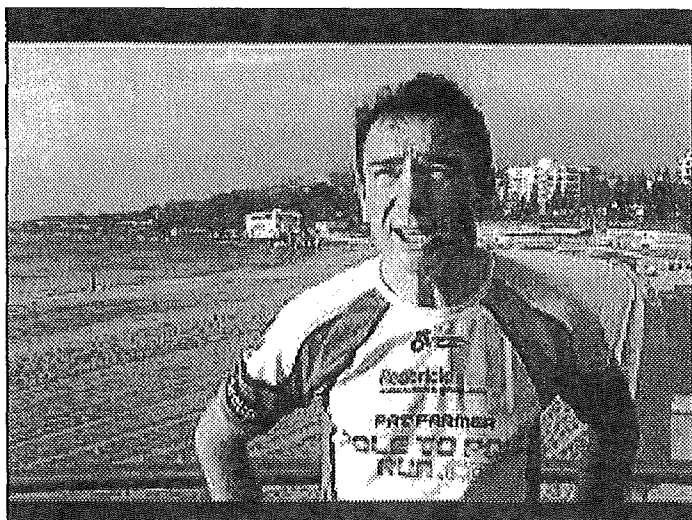
Nadeem Khan (NK): Congratulations. Even before the race started everyone was talking about Susan Harrison. How was your race?

Susan Harrison (SH): It is fantastic.





# Pat Farmer's Pole to Pole run



"On a recent trip overseas I saw children covered with needle stick injuries in a dump trying to break syringes down to sell the metal inside for bottles of water. It was a heartbreaking turning point for me and changed the course of my life.

making this a highly interactive and accessible global event.

All funds raised by the Pole2Pole Run will be received by the Red Cross and directed to those programs that Pat identifies as being critical to saving lives.

For further information please contact Nikki Cripps on 0407415493 [www.pole2polarun.com](http://www.pole2polarun.com)

In March 2011, one man will set out to conquer one of the world's last remaining challenges - to run continuously from the North Pole to the South Pole. He'll wear out more than 40 pairs of shoes, 300 pairs of socks, cross some of the most hostile and inhospitable country in the world, face unbearable humidity and icy blizzards - all so he can significantly change the lives of those less fortunate.

Pat Farmer's gruelling 21,000 kilometre run through 14 countries over 11 months will raise \$100million for water and sanitation projects around the world and highlight the importance of water issues before millions of people.

A passionate advocate and supporter of humanitarian issues, Pat Farmer's Pole2Pole Run will be the world's longest continuous run - a record that is unlikely to be broken anytime soon.

"This is by far the greatest challenge of my life," Pat said.

"I'm an ultra marathon runner - it's what I do. By doing this run, and by putting my body on the line, I can raise a lot of money for a lot of worthy causes.

"I know the difference that a clean water supply can make to a community, especially children. By creating clean supplies of water and installing proper sanitation facilities - things we all take for granted in Australia - we can change people's lives forever."

Pat will start his epic journey in March 2011 at the North Pole and trek across the icepack. Then through Canada, North America, Central America and South America, averaging 85 kilometres a day, Pat expects to reach the southern tip of Argentina by the end of December 2011.

He'll be flown across to Antarctica and rendezvous with a specialist ice-trekking crew to traverse the icepack for a further month before reaching the American base. Once he has reached his final destination Pat will then return to the USA where he will address the United Nations.

At stages along his journey Pat will be joined by local communities, VIPs, schoolchildren, charity groups, business leaders and sports stars. Pat's travelling crew will include a 24 hour online media specialist to ensure constant updates on the trip,









