

# ULTRAMAG

March 2011  
Vol 26 No 1



Australian  
Ultra  
Runners  
Association Inc

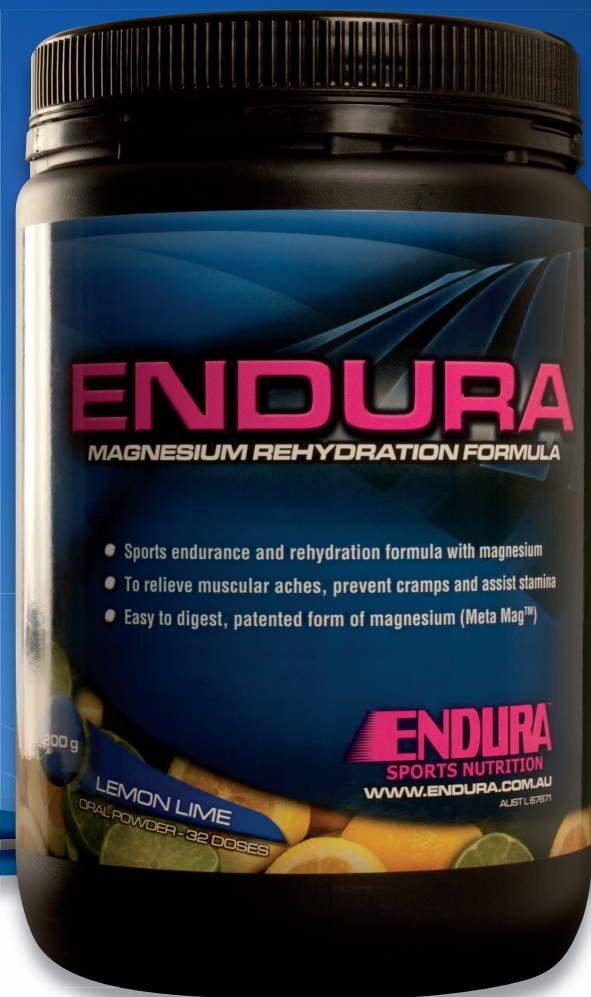


- Coast to Kosci
- Bruny Island
- Kurrawa to Duranbah

- Maroondah Dam
- Using aid stations  
..... and more



# 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 777 648. 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.

END3235 - 01/11

CHC51506-08/10



# Magazine of the Australian Ultra Runners Association

March 2011

## Contents

Editorial . . . . .	2
AURA Contacts . . . . .	3
AURA Calendar . . . . .	4
Ultra News . . . . .	9
AURA Membership Renewal . . . . .	11
Awards for 2010 . . . . .	14
AURA Points Score . . . . .	15

## Race Reports and Results

Ultra Trail tour du Mont Blanc . . . . .	17
Great North Walk 100s . . . . .	20
Caboolture Historical Village 6/12 hour . . . . .	22
Razorback Run . . . . .	22
Kurrawah to Duranbah . . . . .	23
Bruny Island . . . . .	24
Kepler Track . . . . .	26
Coast to Kosciusko . . . . .	27
Narrabeen Allnighter . . . . .	28
Launceston 6/12 hour . . . . .	30
Six Inch Trail . . . . .	30
Mansfield to Mount Buller . . . . .	31
Bogong to Hotham . . . . .	33
Two Bays Trail Run . . . . .	34
Victorian Track Champs . . . . .	36
Cradle Mountain Run . . . . .	37
Maroondah Dam . . . . .	38
Centennial Park 100/50 km . . . . .	41
Narawntapu National Park . . . . .	43

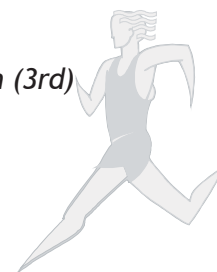
## Features

A weekend with a legend . . . . .	44
Barry Loveday . . . . .	46
The Barefoot Route . . . . .	48
Aid Station Expertise . . . . .	51
New Book . . . . .	52

*Front cover: Kevin Mannix makes a finish statement at Two Bays Trail*

*Back cover: Hugh Hunter at Maroondah Dam*

*Inside back: Kurrawah to Duranbah Jason Sewell (2nd), Dag Hilland (1st) & Peter O'Sullivan (3rd)*





# Editorial March 2011

By Julia Thorn

It's been a wet summer over many parts of Australia but that has not dampened anyone's enthusiasm for ultra running. All races, I would say almost without exception, have seen increased fields this year. We have an Australian female, Sharon Scholtz, as the inaugural international ultra runner of the year and all is looking bright.

Many of our more popular longstanding ultras have taken place so far this year; iconic events like the Cradle Mountain Run, the Mansfield to Mount Buller, the Maroondah Dam 50km, Caboolture Historical Village; and also the newer ones such as the Narrabeen Allnighter, the Launceston 6/12 hour and Narawntapu National Park.

Overseas the race season is yet to get underway but there are major events taking place in the later part of the year. There's the Commonwealth Championships which includes 24 hour races and a trail ultra in September, to be held in Wales.

In July the World Trail Championships will be held in Connemarra in Ireland over a course of 75 to 80 kilometres.

Also in September the World 100km Championships are slated for Winschoten in the Netherlands.

Our AURA calendar is growing and when you look at the current calendar in this issue you can be sure to see several new entries, especially in Queensland.

I have made a comeback to ultra running after a couple of years' break. In January I turned up for the Mansfield to Mount Buller event, and learned that running becomes much harder when your iron levels are low. I struggled along on a hot day and was pleased to finish this tough race. This month I will be on the track in Coburg for the 6 hour race, and I am following this up with my first ever 24 hour race in April, also at Coburg. It should all be interesting, and I will be telling all in the next issue.



I am now going to make another plea for you gentle readers to send in your race reports and other writings. Despite race fields increasing, I have not had a corresponding increase in articles for this magazine. But I am sure that between you there are many, many interesting stories and reflections on this ultra running life. I also like photos and suggestions for improving or changing the magazine. At this point I would like to thank Kevin Cassidy, Brett Saxon, Ian Cornelius and others (you know who you are) for sending me photos on an ongoing basis. I have not been able to attribute individual photos in this issue and I apologise for that.

Late last year I was in the United States for a few weeks and while I was there I watched a TV show on their ABC channel which gave an interesting insight into the way some folk view ultra runners. The show was about people with an unusual habit, and featured a girl who regularly ate chalk, a girl

with a shopping compulsion, a girl who spent every minute she could manage at tanning salons and a girl who regularly had a swig of her laundry detergent while doing the laundry. Oh yes, and a guy who was training for an ultra marathon, the Javelina Jundred hundred miler.

The guy was running twenty miles (30km) most days after work and his girlfriend was at her wits end because he just used her as an aid station during the runs and then fell asleep over dinner. His mother worried about him because someone had died during a recent marathon so she thought long distance running was dangerous.

When the race came around he was disappointed with his result, but I think the real problem was not that he was doing the race but that he had been over-training or not training very sensibly. You don't really know, since the TV only focussed on his longer runs, implying he didn't do anything less than twenty miles. Anyway, much to his girlfriend's disappointment he said that he would try again the following year. She saw him suffering towards the end and obviously believed he would never try this again, but would live as a happy couch potato for ever after.

Personally I was just surprised that an ultra runner was lumped into the same category, as an oddball, as someone who drank laundry detergent or who ate chalk. Incidentally, at the end of the programme we were told that none of these people had changed their ways, except that the detergent drinker drank a bit less of the stuff and the tanner spent a bit less time tanning. I'm so glad the runner did not give up his 'normal' habit and continued to run that race three more times.



# AURA Contacts

Position	Name	Email	Phone
President, Webmaster & Advertising	Ian Cornelius	president@aura.asn.au webmaster@aura.asn.au	0408 527 391
Secretary, Membership Secretary & Apparel	Brett Saxon	secretary@aura.asn.au	0418 557 052
Vice President & Chairman of Selectors	Robert Boyce	events@aura.asn.au	0417 5557 902
Editor Ultramag	Julia Thorn	editor@aura.asn.au	0414 776 766
Treasurer	Jo Blake	treasurer@aura.asn.au	0414 554 468
Records, rankings, points score	David Billett	records@aura.asn.au	0431 368 632
Database co-ordinator	Mark Swinkels	DBco-ord@aura.asn.au	0412 659 330
Media Relations	Elizabeth Bennett	media@aura.asn.au	0419 635 921
Event Compliance	Bernadette Benson	compliance@aura.asn.au	0450 630 486
Event Advertising (Internet)	Isobel Bespalov	eventadvertising@aura.asn.au	0402 744 967
Historian	Phil Essam	pandbessam@bigpond.com	0425 347 025

*Race start  
Kurrawa to Duranbah*





# Australian Ultra Marathon Calendar

This calendar contains only races sanctioned by AURA. This does not purport to be a complete list of Australian ultras. 2011/2012 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)  
International races, including IAU championship events, are also shown on the web calendar.

## 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 6656 2735; 3B Surf Street, Emerald Beach, 2456

Email: [steelyn@yabba.net.au](mailto:steelyn@yabba.net.au)

## April 2011

### Sunday 3 April NERANG STATE FOREST (QLD) \*New event\*

48 km approx in the Gold Coast hinterland. Trail race carrying a bronze label (367) of the International Association of Ultrarunners and a selection race for those wishing to qualify for the Australian team to contest the world trail championships.

Contact: Ian Cornelius 0408 527 391

Email: [fuelstar@rocketmail.com](mailto:fuelstar@rocketmail.com)

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

### Sunday 10 April CANBERRA 50KM

Australian 50km road championships

Contact: Fred Taylor, Fairfax Events

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](mailto:terick@melbpc.org.au)

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

### Sunday 24 April WILD HORSE CRITERIUM (QLD)

53km trail race north of Brisbane. This event was held in 2010, and joins AURA for this year's race.

Contact: Alun Davies

Email: [alun@wildhorsecriterium.com](mailto:alun@wildhorsecriterium.com)

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

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

6am from Norman Bay Car, Tidal River, Wilson's Prom. Distances 100km, 80km, 60km, 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

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

Contact: Ian Cornelius 0408 527 391

Email: [president@aura.asn.au](mailto:president@aura.asn.au)

## July 2011

Saturday 15 July ADELAIDE 6/12 HOUR (SA)

Contact: Ben Hockings

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

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

Sunday 28 August KURANDA TO PORT DOUGLAS (QLD)

64 km race in far north Queensland

Contact: Larry Lawson 0450 324 637

Email: [trailrunning@roadrunners.org.au](mailto:trailrunning@roadrunners.org.au)

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



## September 2011

Sunday 11 September WALHALLA WOUND UP TRAIL RUNS (VIC)

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

Contact: Bruce Salisbury 03 5174 9869.

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

Sunday 25 September SPINY CRAY TRAIL (QLD)

56 km trail in northern Queensland

Contact: Shane White 0438758862

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

## October 2011

Sunday 2 October YURREBILLA TRAIL 56KM (SA)

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

Contact: Sonia Conrad 08 8362 0639

Email: [office@sarrc.asn.au](mailto:office@sarrc.asn.au)

Web: [www.sarrc.asn.au/yurrebilla.html](http://www.sarrc.asn.au/yurrebilla.html)

Saturday 15 October GREAT OCEAN WALK 100/100 (VIC)

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

Contact: Andrew Hewat 0421 040 700

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

Sunday 16 October WASHPOOL 54KM (QLD) \*Note change of date\*

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)

## November 2011

Saturday 12 - Sunday 13 November THE GREAT NORTH WALK 100S (NSW)

6am start, 100 miles or 100 kilometres. Teralba on the NW shores of Lake Macquarie, 153km north of Sydney and 25km west of Newcastle. There are no marshals on the course and all runners will need to be self sufficient.

Contact: Dave Byrnes 0428 880 784

Email: [byrnesinoz@yahoo.com](mailto:byrnesinoz@yahoo.com)

Web: [www.aura.asn.au/GNW100.html](http://www.aura.asn.au/GNW100.html)

Sunday 19 November MOE 6HR/50KM (VIC)

Contact: Shane Petingell 0407 843 509

## December 2011

Saturday 3 December RAZORBACK RUN 68KM/58 KM plus shorter distances (VIC)

6am start. Harrierville 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/MtFeathertopSkyrun.html](http://www.aura.asn.au/MtFeathertopSkyrun.html) and [www.runningwild.net.au](http://www.runningwild.net.au)

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

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

Contact Paul Riseley 0438 296 283

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 11 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: Ian Cornelius 0411 083 896

Email: [president@aura.asn.au](mailto:president@aura.asn.au)

Web: [www.goldcoast100.com](http://www.goldcoast100.com)



Friday 9 - Sunday 11 December COAST TO KOSCIUSKO (NSW)  
240 kilometres from sea level to the highest point in Australia.  
Contact Paul Every 02 9482 8276  
Email: peverydweaver@hotmail.com  
Web: [www.aura.asn.au/c2k.html](http://www.aura.asn.au/c2k.html)

Sunday 18 December SIX INCH TRAIL 45KM (WA)  
4.30am start, 45 km trail run at Munda Biddi, WA.  
Contact Dave Kennedy 0433 333 206  
Email: davidk1998@hotmail.com  
Web: [www.aura.asn.au/SixInchTrack.html](http://www.aura.asn.au/SixInchTrack.html)

## January 2012

Saturday 7 - Sunday 8 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) . Website: [www.aura.asn.au/NarrabeenAllNighter.html](http://www.aura.asn.au/NarrabeenAllNighter.html)

Sunday 8 January BOGONG TO MT HOTHAM (VIC)  
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 15 January TWO BAYS TRAIL RUN (VIC)  
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 22 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 2012

Saturday 4 February CRADLE MOUNTAIN ULTRA (TAS)  
6am start at Waldheim, Cradle Valley at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthia Bay at southern end of the park. Approx. 82km of tough mountain trail running with lots of bog! Discount for Aura members.  
Contact: Alec Hove 03 6223 4456; fax 03 6223 4660  
Email: [ahove@hoveandhalys.com.au](mailto:ahove@hoveandhalys.com.au)  
Web: [www.aura.asn.au/CradleMtnToLakeStClair.html](http://www.aura.asn.au/CradleMtnToLakeStClair.html)

Saturday 11 February CABOOLTURE HISTORICAL VILLAGE 6/12 HR (QLD)  
Contact: Geoff Williams 0412 789 741  
Web: <http://geoffsruns.com/>

Sunday 19 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 26 February NARAWNTAPU (FOUR BEACHES) (TAS)  
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)



CENTENNIAL PARK 100/50KM (NSW) Date TBA

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 Web: [www.aura.asn.au/CP100.html](http://www.aura.asn.au/CP100.html)

### March 2012

COBURG SIX HOUR RACE (VIC) Date TBA

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)

WA 6/12 HOUR Date TBA

Ern Clark Athletics Centre, Cannington WA

Contact: Nathan Fawkes 08 9529 1133

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

Saturday 10 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)

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)



*Mansfield to Mount Buller - Female victor Nikki Wynd in full flight*





# Ultra News

**Sharon Scholz** of Australia, along with Michael Wardian of the USA, are the winners of the inaugural International Association of Ultrarunners (IAU) Athletes of the Year Awards.

Scholz, a 34 year old mother from Wangaratta, had an outstanding year of ultra running in 2010. She achieved a 6th place finish at the IAU World and European 24 hour Championships running a distance of 224.885km. In so doing she set several Australian records, including 12 hour, 100 miles, 200km and 24 Hour records. She also finished in first place at the Coburg 6 Hour Track event with a distance of 71.927km and she won the Australian 48 Hour Championships running 332.029km, a new Australian record. Though the selection of finalists for the IAU awards was merit based, the winners were determined by public vote and Sharon secured the most votes for the female award. Sharon's win is testimony to her popularity among the ultra running community, and the support that the Australian Ultra Runners Association (AURA) has for its runners.

AURA President, Ian Cornelius, said, "Sharon is thoroughly deserving of this award. It just goes to show that anyone who puts their mind to a little hard work, with sensible training, perseverance and dedication, can perform quite extraordinary feats. Long distance running is enjoying resurgence in Australia with participation up six fold in the last five years. The Australian men and women are all performing well and are looking towards a successful Commonwealth championships campaign this coming September in Wales."

Coach and Husband, Justin Scholz, agrees that Sharon is a worthy winner, "Shaz deserves this. She really does. Her work ethic is second to none .... This award won't change Shaz in anyway except I suppose make her even more determined to perform well and more determined

to do some community good as a result.

Following the **cancellation of the Brisbane 24hr race** scheduled to be held on 18 June, the AURA 24 hr championships are to be switched to the Coburg 24hr, scheduled to be held on 16 April. Sincere appreciation to Tim Erickson and his team at Coburg Harriers for taking this on as such short notice. The SCMT are seeking an alternate venue for their 24hr race with support from AURA if required.

The IAU has announced that the **9th 24 Hour IAU World and European Championships** scheduled to be held in Brugg have been cancelled. An alternative venue is being sought.

The **French Ultra Festival** will be held from 5 until 11 June 2011. Races: 6 days - 72hrs - 48hrs for runners and walkers. For more information, see website.

**Martin Fryer** finished in second place in Soochow 24 hr race in Taipei with PB of 259.481. Congratulations Martin on a great performance, the second best by an Australian, after Mike March.

Korea is to host the **Asian 100km championships** on 26 March 2011. Australia is eligible to contest these championships.

The selection criteria for the teams to represent Australia at the **Commonwealth championships** to be held in late September is now available.

The 100k course in the last **100k world champs held in Gibraltar** has been found to be short by 97 metres.

The course was recently re-measured and the details have been verified by Mike Sanford. As per the report filed with the IAU, if the race was to be run on the West Lane of the Queensway, the race distance was 99.966km. By the extra lap of

1.311km at the start, the shortened lap 12 and post lap-12 (for about 3 hours) runners being directed towards the West Lane as opposed to the East Lane, the overall distance was further reduced.

According to the report, the final distance, run by the athletes was 99.903km. This is 97 meters short of the 100km distance.

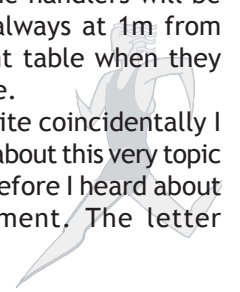
The athletes at the start of the race were inadvertently directed in an incorrect direction and added an extra length at the start. As soon as this was identified, the IAU members dealing with the issue met on-site with the officials from the Local Organizing Committee and after in-depth discussions decided on a plan of action that was implemented.

The suggestion of the shortened Lap 12 was communicated to the all the officials from the federations. All the parties involved worked hard to ensure that the distance corrected would eventually lead to the appropriate corrections. Unfortunately, due to the culmination of several corrections and now verified by the official re-measurements, the distance worked out to be 97 meters less than the 100kms.

In the light of the recent fact, the IAU Records Committee with the Director of Competitions will decide on the status of the results shortly.

The IAI has made a pronouncement concerning **handlers** as follows: The IAU Executive Council decided to adjust the Technical Regulations of the MIAUCs, regarding the refreshment zones, to the regulations of the IAAF. This means that from 2010 it will be forbidden to run together with the runner while giving him his or her refreshments. The handlers will be obliged to stay always at 1m from their refreshment table when they are on the course.

Editor's note: Quite coincidentally I received a letter about this very topic only a few days before I heard about this pronouncement. The letter



said: "Recent Aura magazines have had letters and/or articles about ultra races where crew members were running laps with competitors. Have race rules changed in recent years? When I was attending ultra track races, crew members weren't allowed to run through the timing section, let alone run laps with competitors. I remember Cliff Young was a strong adherent to this rule and he would get upset if anyone ran even a few hundred metres with a runner (which was a bit over the top, but that was Cliff). If the rules haven't changed, perhaps they need to be brought to the attention of both race competitors and race officials."

Kevin Cassidy advises that the **Frankston to Portsea** race will be discontinued because of regulatory issues involving traffic management and insurance. A big thanks to Kevin for keeping this iconic race going so long.

We are advised that the **Washpool NP race** will now be held on 16 October and not 17 April as previously advertised. The winners of the monthly draw for January, who won free entry to Washpool will now be eligible for free entry to the Wild Horse Criterium to be held on 24 April. The winners were Arnulf Riedl, Sabina Hamaty, Alan Staples, Stephen Guest and Greg Love. Please contact Alun Davies, RD of Wild Horse for free entry details. Washpool will feature for free entry later in the year.

Sharon Scholz won the **New Zealand 100km champs** with 9:20 from Val Muskett (NZL) and Meredith Quinlan (AUS). Martin Lukes (NZL) won the men's in approx 8:20

News of a worthwhile cause has been brought to our attention by Viv Kartsounis: **Shoes For Planet Earth** has started an initiative where individuals and organisations can donate funds once off or on a regular

basis to send a box of shoes to those in need, both in Australia and internationally. "We advise donators where shoes are needed and then they can choose the destination of the shoes and pay a given amount to cover the cost of postage for as many boxes as they wish, as often as they wish. We currently send boxes around Australia, to Palm Island, South Africa and Uganda, and we are currently exploring avenues in Nepal and Zimbabwe. For example, Millennium Gym has sponsored a box which we are sending to Palm Island and Corp Lease has donated funds to cover the cost of two boxes of shoes to the Shalom Charitable Foundation in Uganda.

All donations are tax-deductible and in return we send the donators emails and photos sent from the shoes-recipients - where possible. So please contact us on [info@shoesforplanetearth.com](mailto:info@shoesforplanetearth.com) to "Post A Box" to those who have no shoes."

---

*Kurrawa to Duranbah - Jason Sewell, Peter O'Sullivan, Ron Clarke and Dag Hilland*





## 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; receives a copy of our quarterly glossy Ultramag, monthly email newsletters; free AURA running vest (single), eligibility for selection in Australian teams, eligibility for the AURA points competition, free personal accident insurance when contesting AURA races, shop discounts and more.

We send representative teams to contest the world 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  FAMILY NAME

STREET No.  STREET NAME

TOWN/CITY  STATE  POSTCODE

CONTACT PHONE  DATE OF BIRTH

EMAIL  SEX male / female

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

NAME  DOB  SEX male / female

NAME  DOB  SEX male / female

SIZE FOR FREE RUNNING VEST ☐ S ☐ M ☐ L ☐ XL ☐ 8 ☐ 10 ☐ 12 ☐ 14

(Indicate size)

MENS WOMENS

### remittance

Membership	Full member: \$80 Family member: \$110 Age concession 80 and over, or pensioner or seniors card holder: \$40 Juniors - 20 and under: \$40 Non-compelling member: \$20 Race Director*: \$20 Volunteer*: \$20 Ultramag subscription only*: \$20 * if transferred to family only and one copy of Ultramag per family * non-compelling must register to get benefit of PA insurance) Note: add \$20 for postage if overseas address	\$
Donation for rep teams	Do / do not acknowledge (please circle)	\$
Apparel, race revenue		\$
	<b>TOTAL</b>	\$

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

NAME  SIGNATURE

CREDIT CARD No.  Exp date /

Post to AURA Membership Secretary  
Brait Season P.O. Box 118 Kallur Vic 3038  
Fax: 03 8338 7787

**aura**  
In it for the long run





# aura | apparel

australian ultra running 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

Womens 10, 12, 14

No charge to members



## » AURA polo

Quality embroidered logo

Mens S, M, L

Womens 10, 12, 14

Price \$40



## » AURA t-shirt

Quality moisture  
wicking fabric.

Mens S, M, L

Womens 10, 12, 14

Price \$40

Order Form	Price	Size	Quantity	Total
AURA 100 club shirt royal blue/navy blue (Indicate which)	\$30			
AURA 200 club shirt royal blue/navy blue (Indicate which)	\$30			
AURA polo shirt	\$40			
Tee shirt	\$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

**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





# Awards for 2010

## Female Ultra Athlete of the Year.....Sharon Scholz (Vic)

Sharon had a stellar year. She won the Mansfield to Buller (ladies section) in January, then the Coburg 6hr in March with just under 72km. She followed this up with a 6th in the World 24hr championships in Brive la Gaillarde, France in May with 224.885km. She spearheaded our ladies team, which finished on the podium (3rd) for the first ever podium finish by an Australian team at a World championship. Sharon's performances resulted in new 6hr, 12hr and 24hr Australian open and W30 road records. At end July, Sharon travelled to Caboolture where she won the Australian 48 hour championship outright with 333.026km, breaking Helen Stanger's long-standing 1995 open women's track record of 329.256km, also breaking several open and W30 intermediate records. Sharon then raced at Moe where she won the 6 hour women's section with just under 66km. She followed this up with an outstanding performance in winning the ladies' section of the Coast to Kosciuszko in a new race record time of 32:14:32.

## Male Ultra Athlete of the Year.....Jo Blake

Jo captained the Australian team to contest the IAU24 hr world championships in Brive la Gaillarde, France in May, which saw our women's team gaining Australia's first-ever podium finish. He finished in 17th position in the men's section and was top Australian with a solid 245.300km. He then contested the 246km Spartathlon in Greece in September, finishing 29th despite a torn lateral quad. He finished the year with a win in the iconic 242km Coast to Kosciuszko in 28:45:22.

## Rising star award....Chris Hills

The Rising Star award is awarded to the ultra runner of 25 years and under (male or female) with the most impressive performance/s for the year. That person was Chris Hills (DOB 15-08-1985) who won the Gold Coast 50km in June 2010 in a time of 3:12:45.

## Bryan Smith Award.....Martin Fryer

The Bryan Smith award is awarded to the ultra athlete with the best 24 hour performance for the year. That person was Martin Fryer, with

259.481km achieved at Soochow University, Taipei in December 2010. This places Martin as the third ranked Australian of all time behind only Yiannis Kouros and Mike March.

## Cliff Young Gumboot award....Roger Guard

The Cliff Young award is made to the athlete of 60 years and over with the best 24 hour performance for the year. That person was Roger Guard (DOB 21-09-1946) with 180.566km achieved at Caboolture in July 2010.

## AURA aggregate points competition.....Sharon Scholz

This competition is based on a complex formula with points being awarded for wins and placings, bonuses where the races are AURA championships, bonuses for world class performances and Australian & world records and points per km for distances run. The winner for 2010 was Sharon Scholz with 111 points, followed by Mal Gamble with 100 points, Kerrie Bremner 62 and Susannah Harvery-Jamieson on 58 points.

## Records broken for the year

The following records were broken during the year:-

### Men's Road>

Ron Schwebel	100 miles	France	19:15:32	Australian M55
Ron Schwebel	12hr	France	106.770	Australian M55
Ron Schwebel	24hr	France	186.110	Australian M55
Ron Schwebel	12hr	Adelaide	116.972	Australian M55

### Women's Road

Amanda Smith	6hr	Narrabeen	56.500km	Australian W45
Amanda Smith	12hr	Narrabeen	100km	Australian W45
Sharon Scholz	200km	France	21:05:53	Australian Open and W30
Sharon Scholz	50 miles	France	7:44:31	Australian W30
Sharon Scholz	100 miles	France	16:33:03	Australian Open and W30
Sharon Scholz	6hr	France	64.139km	Australian Open and W30
Sharon Scholz	12hr	France	123.070km	Australian Open and W30
Sharon Scholz	24hr	France	224.885km	Australian Open and W30
Susan Worley	6hr	Adelaide	41.082km	Australian W60
June Petrie	50km	Ireland	3:42:18	Australian W45
Marie Boyd	100km	Cleveland, US	17:21:07	Australian W60
Marie Boyd	50 miles	Cleveland, US	13:31:17	Australian W60
Marie Boyd	24hr	Cleveland, US	133.848km	Australian W60
Marie Boyd	12hr	Cleveland, US	73.933km	Australian W60



#### Men's track

Ron Schwebel	100km	Launceston	9:52:19	Australian M55
Ron Schwebel	50 miles	Launceston	7:16:15	Australian M55
Ron Schwebel	12hr	Launceston	116.838km	Australian M55

#### Women's track

Sharon Scholz	200km	Caboolture	26:26:54	Australian W30
Sharon Scholz	48hr	Caboolture	333.026km	Australian Open and W30
Sharon Scholz	6hr	Coburg	71.927km	Australian W30
Marie Boyd	100km	Brisbane	15:17:20	Australian W60
Marie Boyd	24hr	Brisbane	146.539km	Australian W60

Congratulations to all those listed above.



## AURA Points Score

### Final results for 2010

#### Top 20

1 Scholz [f] Sharon	111	13 Kennedy David	37
2 Gamble Malcolm	100	14 Beard Dan	33
3 Schwebel Ron	64	15 Palmerlee [f] April	31
4 Bremner [f] Kerrie	62	16 Cardelli [f] Beth	27
5 Susannah Harvey-Jamieson [f]	58	17 Donnelly [f] Michelle	27
6 Robins Darrel	45	18 Allen Trevor	25
7 Lovric Michael	42	19 McCormick Richard	25
8 Marshall Kelvin	42	20 Benson [f] Bernadette	24
9 Quinlan [f] Meredith	41		
10 Thompson [f] Michelle	41	For full results go to <a href="http://www.aura.asn.au/data/PointsRace/AURA_PointsRace_22-12-2010.pdf">www.aura.asn.au/data/PointsRace/AURA_PointsRace_22-12-2010.pdf</a>	
11 Blake Jonathan	40		
12 Lilley [f] Allison	38		

### Letters

Hi editor Julia Thorn,  
You asked for letters or thoughts in recent mag. It's a good read, well done.

Here is an idea for you.

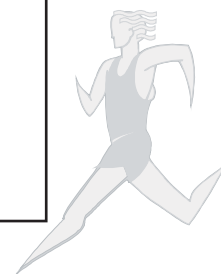
I believe 2011 is the 25th year of AURA, with its 1987 beginning.

How about a list or two on the past yearly AURA winners and placings of all the national champs for men and women. eg; 50km, 100km, 6day, trail, 24hour and 48hour.

It would be interesting to look back at previous past results of long ago and also, to see who is still going around out there from the 80's etc.

Regards, Colin Brooks

Editor says: "Thanks for the appreciation. Perhaps one of our dear readers would like to set to work on this. It would be a worthwhile project."







*Aub Henricks breaks the course record at Narawntapu*





# Ultra Trail Tour du Mont Blanc 2010

**Bill Thompson tells of his experiences when this event was cancelled and another race substituted.**

Here are a few musings that may be of help to future aspirants.

I had always wanted to visit the French Alps especially after reading about all the epic climbs in the area such as on the Drus and Grand Jorasses. What better excuse than to enter the UTMB 103 mile run around Mont Blanc with 9600m of climb and descent. I arrived in Chamonix three weeks before the event, flying to Geneva then catching a small bus for 25 euros direct from the airport to any drop off in the Chamonix area, in my case a camp ground in Argentiere about 20 minutes from Chamonix by bus or train. You can get free public transport which means you can stay just about anywhere without the need of wheels.

After a couple of nights I took off around Mont Blanc basically following the UTMB course but taking in more interesting variants where possible. I usually bush-camped up high in my \$40 two person tent - a bit heavy but nice to have the room. Had quite a few interesting experiences that I am unlikely to forget.

On one rest day camped at 2800m I was taking a stroll up a bit higher when the weather broke. Rushed back to the tent, it rained for eight hours then silence. Stuck my head out to see that it was snowing hard. Totally surrounded the next morning by snow. Had to exit via a very steep scree slope with my two packs.

The UTMB takes you from France to Italy then Switzerland, but linguistically "Bon Jour" proved good enough, and you can use the euro all the way, although the exchange rate and prices in Switzerland were erratic to say the least.

Arrived back near Chamonix about a week before the start and got in

a couple of really good training days without heavy packs. A climb up Mont Buet is well worth the effort if you get the chance affording spectacular views of the Mont Blanc massif. Got in over 2500m of climb and descent on that day and was pleasantly surprised to have no stiffness the next day. Had a bit of a stomach scare but worked out it was because I had pigged out on too many blueberries. The wild mushrooms and raspberries continued to go down nicely. For some reason the mushrooms were only growing above 1500m. I drank the water all the way around without problems. I got caught out twice getting my vitamin D by "fruit picking mesdames".

I eased back into town three days before the run to get registered and soak up the excitement. A

*"Gear freaks can have  
a field day in Chamonix  
with about 100 stalls  
set up flogging running  
paraphernalia"*

few interesting things happened at registration that could probably only happen in France. Mandatory equipment according to the web included a mobile phone with international roaming. However all the large signs around the registration hall where runners were copying down details, said that mobile phones were only *recommended*. I notified an official of this contradiction but he informed me with a straight face "But Monsieur, they are last year's signs".

In another incident that would take too long to relate, it took me over an hour to locate the place where we were issued with our free tee-shirt. Gear freaks can have a field day in Chamonix with about 100 stalls set

up flogging running paraphernalia. Probably the one criticism of the organisation I had was that there was at least three information places each about 500m apart and they generally couldn't answer anything but passed you on to somewhere else.

The morning of the run came with the rain pounding down and thunder reverberating around the mountains. This eased up around lunch and around 4pm I went down to the pasta party, dropped off the one and only drop bag allowed for half way, then joined the crush near the start. A distant relative who I assumed was not coming to crew somehow found me 10 minutes before the start. He asked what he could do to help so I suggested he organise bacon and eggs for breakfast at the appropriate checkpoint. With 2300 starters, the crowd at the start was almost unbelievable with stirring music thundering out and loud speakers blaring. Then came the count down, a great roar from the crowd and then nothing. Five minutes later when we all thought we must be in the wrong place we started to move and were soon moving along nicely through a huge crowd of well-wishers - quite exhilarating.

After about 20 minutes it began to rain and we were all soon pretty well drenched. About 10k into the run I bumped into Jan Hermann and we cruised along for a while together. An 800m climb took us over the first pass before a very long 1000m slippery steep descent to Saint Gervais. Some single track caused a stop of about five minutes at one point.

On the descent a Moroccan bloke I was talking to said he had just received a call on his mobile saying that the run had been stopped because of the rain. We just laughed it off thinking it was just a joke. There was a huge crowd at the checkpoint and loud speakers were



*"It was so cold and windy on top that I didn't even stop at the checkpoint"*

blaring. I hurried around looking for food and then the way forward. Despite the queueing problems I was well on my schedule and feeling good a bit less than four hours into the run. Then an announcement in perfect English said that the run was indeed stopped and they would try and get the 2300 runners back to Chamonix by bus and train.

I could write a book on what followed but suffice to say at 3am I was lying on a camp bed in the registration hall with about 500 other runners after having got extremely cold standing around in the rain waiting for trains. At about 5am my Moroccan friend turned up and informed me that they were putting on another run starting at Cormayeur and they would start busing those interested under Mont Blanc to Italy in a couple of hours. I was so stuffed I said thanks but was not interested in running. At about 7am I went to the start to get back my deposit on the electronic tag but they couldn't do this until 10am when the banks opened so I thought I would go over to where the buses were leaving from and see if I could see Jan. I picked up my drop bag on the way, and there was no sign of Jan so I decided to have a free bus ride through the famous tunnel under Mont Blanc. We pop out of the tunnel into Italy in brilliant sunshine. I walked up to have a look at the start and soon the sun did its work and I began to feel better.

Quickly sorted out my gear, rang the wife Jane in Australia to say I was in Italy and doing another run and joined the 1250 other runners. Not quite as grand as the start in Chamonix but still good fun with a great turn out of locals. The course included 5 of the big 8 climbs of the UTMB so wasn't a trivial event and I think it was 98k. We first did a circuit of the town urged on by the locals. I yelled congratulations to a butcher shop that has the best meat on the planet, something to remember if you are walking the TMB. We then crawled up the first climb with many stops as it soon became single track.

After the 1st checkpoint, Refuge Bertoni, we started to get moving and I could see an unbroken line of runners stretching out towards Refuge Bonatti for several kilometres. The first two checkpoints only had drinks so I was getting very hungry indeed as I hadn't eaten since 10.30pm the night before. Finally at about 2pm we dropped down to Arnua where they put on a great spread. I ate at least six bacon rolls. Next came the big climb up to Grand Col Ferret and from here the weather quickly deteriorated. Horizontal freezing rain, some snow on top and MUD. With over 1000 runners in front you can just imagine what the track looked like. I'd have to be one of the best Aussie mud runners by now.

Going down the other side of the pass was one great slide. It was so cold and windy on top that I didn't even stop at the checkpoint - visibility was down to about 20metres. After suffering from cold the previous night I decided to pull the plug if the weather didn't improve. However when we slid down to La Fouly you could see the sun breaking through down the valley. After feasting on a couple of helpings of spaghetti bolognese I decided to keep going as the next section was easy. The rain and wind stopped before Champac-Lac, the moon came out, and it turned into the perfect night to be running in the mountains. There was still plenty of mud to go through and three major climbs to negotiate.

So it was up and over to Triente where the locals were on the turps and partying. I asked for a beer but didn't get one. Another steep climb before a memorable descent to Vallorcine. I had done this several times before in under an hour and this time because of the mud it took over 90 minutes. I was travelling with a group of Italians and they were no slouches. There was a lady among them travelling just behind me and she talked non-stop for the whole descent which would generally annoy me immensely. This was a serious technical muddy downhill. Although I couldn't understand a word, I felt

part of the conversation and she had this truly remarkable contralto voice. Still gives me goose bumps just to think of the sound. No wonder many great operas have come out of Italy. I fell in love with this lady and I didn't even get a look at her!

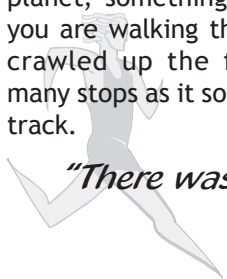
The 700m climb soon after Vallorcine is pretty daunting - you could see this line of lights just going up for ever on what looked like a vertical wall. The heart told me to take it very easy with no sudden movements. I kept up a steady pace all the way to the top, even managing to pass quite a few people. Absolute magic on topping out - the first rays of sunshine had just hit Mont Blanc with the whole massif cloud free, the valleys full of mist and not a breath of wind. A wonderful memory to bring home and it made the whole effort worthwhile. So now just an hour or so along the range looking at the view before the long but very easy descent to Chamonix and the finish line. I finished in just under 24 hours, three hours before the cut-off.

My relative was tracking me on the web and decided to meet me at La Tete aux Vents about 15k before the end and up about 1000m from the valley. Missed me by five minutes. He managed to get back down in time to meet me at the finish.

I met up with Jan later in the day over a couple of jugs of Heineken and he was pretty annoyed about missing out on the alternative run. He only found out about it 10 minutes after it had started. At least he had a good night's sleep in a comfortable bed. Jan asked me if I had changed my mind about using poles. I said I had - now I would ban them. To me they are just another gadget. Next it will be pogo sticks.

There were probably less than 100 people not using poles, the rest were wandering along like shags on a rock taking up far too much space. The queueing problems would greatly disappear without them. It is near impossible to get more than

*"There was still plenty of mud to go through and three major climbs to negotiate"*



*"One bloke managed to trip over his own poles and another snared another runner"*

one person abreast on single track if they are using poles and trying to get pass a group using poles is a life threatening nightmare. There appeared to be a tendency for people to prop going downhill in order to see where they can place their poles. I saw two bad falls during the run both caused by poles and numerous eyes nearly poked out. One bloke managed to trip over his own poles and another snared another runner. Last but not least

they cause a lot of erosion. Unless you have bad knees I can see no real use for them.

Although I didn't get to do the real UTMB, I did run about 120kms of the course including six of the eight major climbs, had two very interesting starts and I also didn't get any sleep for two nights.

Apart from the air fares this run does not need to cost a fortune.

In general, food is about the same price as here, and camping costs about \$12 a night unless you are out in the bush where of course it is free (and quiet). Chamonix has two excellent supermarkets and there is one in Argentiere. With the free transport you can shop where you like. The camp site in Argentiere had excellent large pizzas on tap two nights a week for about \$8 and fresh bread delivered each morning.



Aussies, Meredith Quinlan & Sharon Scholz flank Kiwi Valerie Muskett





# THE GREAT NORTH WALK

## 2010 RESULTS

### 100 mile

Overall Place	Last Name	First Name	Category	Cat. Place	Time
1	VIZE	Andrew	M18-39	1	24:33
2	CARDELLI	Beth	F18-39	1	25:36
3	COOPER	Matt	M18-39	2	26:13
4	ROBINS	Darrel	M40-49	1	28:05
5	QUINLAN	Meredith	F18-39	2	28:37
6	PRICE	Martin	M50-59	1	29:11
7	KIRKBANK-ELLIS	Gordi	M40-49	2	29:18
8	MASON	Rob	M18-39	3	29:31
9	CLEAR	David	M50-59	2	30:30
10	VAZQUEZ-RECIO	Luis	M40-49	3	31:35
11=	MARTIN	Levi	M18-39	4	31:49
11=	PICKERING	Gary	M50-59	3	31:49
13	MARSHALL	Kelvin	M40-49	4	32:08
14	WYE	Graham	M40-49	5	32:54
15=	BOWEN	Andrew	M18-39	5	32:57
15=	CHRISTIE	James	M40-49	6	32:57
17	PARKER	Gareth	M18-39	6	32:58
18	CAMERON	Robin	F50-59	1	33:18
19	HARVEY-JAMIESON	Susannah	F18-39	3	33:55
20=	HOLLAND	Clare	F50-59	2	33:57
20=	MILLER	Karl	M40-49	7	33:57
22	LILLEY	Allison	F18-39	4	34:39
23	COLLETT	Jeri	F18-39	5	34:59
24	HEATON	Kevin	M40-49	8	35:19
25	EVISON	Geoff	M40-49	9	35:34
26=	GRINDLAY	Symon	M18-39	7	35:42
26=	NIKOLAEV	Nikolay	M18-39	8	35:42
26=	MURPHY	Philip	M40-49	10=	35:42
26=	HEWAT	Andrew	M40-49	10=	35:42*
30	LOCKWOOD	Glenn	M40-49	12	35:43
31	THOMPSON	Bill	M60+	1	35:45
32	LADYMAN	Rodney	M50-59	4	35:48
33	LACANLALE	Jonnifer	M40-49	13	35:51

### 100 km

1	McCLYMONT	Clarke	M18-39	1	12:26
•	O'LOUGHLIN	Jonathan	M18-39	•	13:47
2	GAMBLE	Malcolm	M40-49	1	14:01
3	ANNETT	Noel	M40-49	2	14:08



4	McCLELLAN	Darren	M18-39	2	14:37
•	WAUGH	David	M18-39	•	14:48
5	HODDER	Jeff	M50-59	1	15:50
6	DOYLE	Luke	M18-39	3	16:31
•	MARTIN	Luke	M18-39	•	17:11
•	MILES	Michael	M40-49	•	17:11
7	THOMAS	Peter	M18-39	4	17:14
•	EVERY	Paul	M40-49	•	18:18
8	WALLACE	Greg	M40-49	3	18:51
•	WAUGH	Rachel	F18-39	•	18:55
9	LAUER	Simon	M18-39	5	19:08
•	TURNBULL	Chris	M18-39	•	19:11
•	O'SHEA	Matthew	M18-39	•	19:18
10	MILLER	Kolya	M18-39	6	19:48
11	HANNEY	Roger	M18-39	7	19:52
•	CAMPBELL	Grant	M18-39	•	19:52
•	TRUMPER	Jane	F40-49	•	19:55
•	AUSTIN	David	M40-49	•	20:00
•	WARD	Joe	M18-39	•	20:07
12	BLACKMORE	Kieron	M50-59	2	20:07
13	DEAR	Kirrily	F18-39	1	20:30
14	LOBSEY	Philip	M18-39	8	21:03
•	RIDLEY	Graham	M40-49	•	21:16



*Kurrawa to Duranbah  
Dag Hilland at the  
race finish*





# Caboolture Historical Village

6/12 hour - Queensland, 12 February 2011

12 hour	Laps		distance	pl
John Pearson	243	435	121.935	1
Brad Kruger	238	245	119.245	2
Torrill Fonn Harikainen (fm)	236	0	118.000	3
Nic Moloney	220	234	110.234	4
Trevor Allen	219	89	109.589	5
Peter Bennett (walker)	210	75	105.075	6
Colin Solomon	209	268	104.768	7
Geoff Last	199	26	99.526	8
Zac Braxton-Smith	197	297	98.797	9
Carl Schodde	183	56	91.556	10
Eric Quevaurvilliers	170	269	85.269	11
Billy Trindall	151	89	75.589	12
Kerrie Morris (fm) 1	39	373	69.873	13

6 Hour	Laps		distance	pl
Stephen Courtney	127	27	63.527	14
Lee Williams	117	183	58.683	1
Ryan Storey	117	47	58.547	2
Gregory Truloff	115	2	57.502	3
Corina Bailey (fm)	114	137	57.137	4
James Bamber	113	346	56.846	5
Seal Yates (fm)	113	0	56.500	6
Craig Hooper	112	75	56.075	7
Kelvin Marshall	111	435	55.935	15
Paul Black	111	0	55.500	8
Wayne Gibbons	108	190	54.190	9
Tynan Naryweczyk	100	483	50.483	10
Cassie Smith (fm)	94	496	47.496	11



John Pearson

## Razorback Run 2010 Results

### 64Km Men

Allan Hood 8.32  
 Tim Cochrane 9.43  
 Dan Beard 9.55  
 Craig Jonston 10.50  
 Cosmo Satori 12.44  
 Steven Swann 14.33  
 Ben Fisk 16.40  
 Adam Schroeder DNF

### 64Km Women

Peggy MacQueen 8.57  
 Katherine MacMillan 12.40  
 Michelle Carr DNF

### 53Km Men

Karl Riedl 11.49  
 Anulf Riedl 11.49  
 Matt McCabe 13.37  
 Scott Mitchell DNF  
 Derek Josephs DNF  
 Peter Bignell DNS

### 53km Women

Jacqui Hansen 13.47





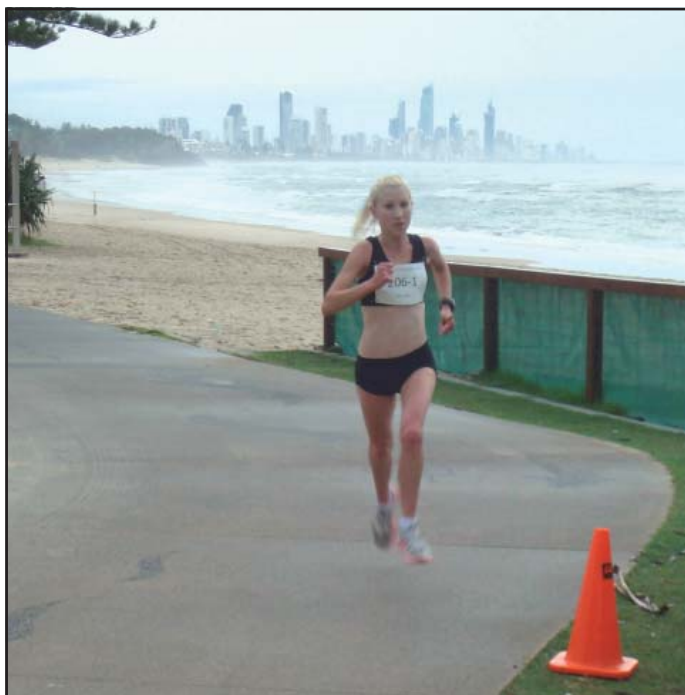
# Kurrawa to Duranbah 50km

Queensland, 12 December 2010

## Results

1 3:40:02	Hilland Roed Dag M	25 4:45:03	Davie Mal M	50 5:28:12	Slater Keith M
2 3:43:12	Sewell Jason M	26 4:46:38	Lim Julian M	51 5:28:52	Leach Sophie F
3 3:43:41	O'Sullivan Peter M	27 4:47:19	Abrey David M	52 5:34:01	Kane Rick M
4 3:47:14	Munro Cameron M	28 4:47:42	Hooper Craig M	53 5:35:12	Jepson Allen M
5 3:56:13	Lindenberg Tressa F	29 4:48:11	Charles Andrew M	54 5:36:48	Sullivan Carol F
6 3:59:22	Ward Matthew M	30 4:48:38	Barrett Mark M	55 5:46:28	Afflick Jean-Paul M
7 4:01:25	Paxton Jenni F	31 4:50:03	Davis Harry M	56 5:46:28	Fysh Joanne F
8 4:03:11	McKay Keith M	32 4:50:51	Pesut Geoff M	57 5:48:00	Mason-Smith (W) Gary M
9 4:04:01	Laine Laurie M	33 4:51:33	Lambert Danielle F	58 5:50:50	Lucas Trent M
10 4:11:12	Vroom David M	34 4:51:48	Schodde Carl M	59 5:55:26	Tomlins Belinda F
11 4:11:51	Armstrong Wayne M	35 4:52:20	Truloff Gregory M	60 6:01:42	Smith Cassie F
12 4:16:08	Folino James M	36 4:55:06	Fitzgerald Matt M	61 6:04:21	Shotton Katie F
13 4:21:07	Harvey Mike M	37 5:03:55	Last Geoff M	62 6:09:28	Bloom David M
14 4:23:04	Kelderman Simon M	38 5:07:55	Stevenson Connie F	63 6:10:48	Mugridge Amanda F
15 4:24:10	Moloney Nic M	39 5:08:12	Corr Sean M	64 6:13:00	Hew Charles M
16 4:26:04	Quadrio Rick M	40 5:08:24	Bailey Corina F	65 6:28:26	Newman Dale M
17 4:26:06	Allen Trevor M	41 5:09:54	Griffiths Rob M	66 6:31:39	Cohen Chris M
18 4:36:42	Braxton-Smith Zac M	42 5:10:43	McClure Trevor M	67 6:32:59	Williams Geoff M
19 4:36:58	Devlin Jules M	43 5:13:17	Wells Bob M	68 9:15:00	Philip (W) Jesse F
20 4:38:28	Bamber James M	44 5:13:49	McKenzie Peter M	69 9:15:00	Whaites (W) Allison F
21 4:38:31	Pratten Becky F	45 5:14:55	Cameron Grant M		
22 4:39:09	Lyons Sean M	46 5:15:28	Tynan Dave M		
23 4:39:54	Teofilo Nick M	47 5:17:18	Proffit Shannon F		
24 4:44:26	Archer Matt M	48 5:18:04	Bielenberg Karen F		
		49 5:24:24	Lane Warren M		

*Thanks to Ian Cornelius for the photos*



*Clare Geraghty smashed the 25km record  
by 1:22 to 1:37:41*



*Male race winner (at the 25km turnaround),  
Dag Hilland (NOR)*





# Bruny Island 64km

Tasmania, 4 December 2010

## Race report by Christine Andrews

The 23rd Bruny Island Ultra, Australia's most southern ultra marathon, saw its biggest field of solo runners since the run's inception. Thirty runners braved the 64 km run from Dennes Point jetty in the North to the historic Cape Bruny lighthouse on the southern most tip of the island.

Bruny Island is situated 30km south of Hobart and is accessed by ferry from Kettering, which for most ultra runners means an overnight stay prior to the run. Predominantly most people compete as part of a team in varying numbers from two to ten runners under a variety of categories, which is how I first got involved in the run before running it solo. This was my second Bruny Island ultra and as I was travelling on the ferry I began to question my reasoning for doing it a second time, and the answer I came up with was because I had enjoyed it so much the first time.

The variable weather on Bruny Island is always a big factor when completing this run, with wind being most feared. On Friday afternoon it was pouring rain, which made me nervous, but on rising Saturday morning, it was clear blue sky and sunshine.

The beauty of the Bruny run is that you elect when you want to start so long as you are at the lighthouse by 2.30 pm. The earliest start time is 4.30 am, with a run time limit of ten hours. This year I decided to commence my run at 6.25 am in the hope that I would get amongst some of the faster teams in the later stages of the run, when the going can get a bit tough. Because there is no set start time, this run can be quite lonely.

The run travels along quiet country roads on a mixture of gravel and

sealed roads with the course marked out in approximately 2km markings. Obviously these assist more with the relay team change overs, but are the safest place to have cars pull over for support crew to pass food and drink. The event does not supply drink stations or support for solo runners, so a support crew is required. For me not having to carry food and drink is a big bonus and very reassuring having someone waiting for you at the next 2km mark.



Amy Hinds

The run starts from the jetty and heads straight up a winding hill; gradually building for the first 2km, which at first is a bit daunting, but I now find stops me from going out too fast and helps me get into my zone. It was not long after this that I was passed by Andrew Sutton who had started at 6.30 am and both of us commented about the early heat.

One of the things I most enjoy about the Bruny run is the fantastic scenery and ocean views, which periodically take your mind off the

fact you are running 64km. Bull Bay is the first ocean view you get and the undulating gravel road takes you past farms and paddocks filled with livestock, who look at you quite bemused.

Around the 12km mark the road turns left on a flatter sealed section to Great Bay, where you usually come across more traffic. Generally the locals slow down and give you a toot and a wave as they pass you by. From Great Bay you head across The Neck, which is the area separating the Northern part of the island from the South, with views of Isthmus Bay to the right. This section is again gravel; quite narrow at about 20 metres in width and often has hideous cross winds, but this year what I noticed most was the extreme exposure to the heat. It was not long before I was requesting more sunscreen. At the next 2km mark I got a drink and banana in one hand and a smattering of sunscreen in the other, which kept me mildly occupied for a good km working out how I was going to eat, drink and apply sunscreen.

At the 30km mark I was feeling really good and quite comfortable as the run returned to bitumen and approached the hill up toward the Adventure Bay turn off, where the run goes straight ahead toward Alonnah. In this section I passed Lindsay Tuffin, James Crotty and Anna Papij and it was nice to have a chat, compare how each other was travelling and offer some encouragement. These runners have done the Bruny ultra on multiple occasions and are the people who inspired me to think that I could also run it solo, so thanks to them I have now completed it twice.

Not long before the 40km mark at Alonnah I was passed by Amy Hinds, the eventual winner of the women's run and I remember how strong she looked. From Alonnah the run returns to gravel and is quite undulating and winding. It was around the 42km mark on the approach to Lunawanna



*Christine Andrews*



*Dave Brelsford*

where the going got a bit tough and I felt like every muscle in my legs were cramping. I wondered how on earth I was going to make it through to the finish, especially knowing that there were still some fairly decent hills up the back end of the Island to negotiate. This was the first time in any of my runs that I really had to dig deep and focus on little milestones to get me to the next 2km marker.

From the 46km mark I was now being caught by some of the faster

teams and other solo runners who were most encouraging and supportive, and really helped me get through. All I knew now was that I needed to get up the last hill around the 58km mark because once rounding the corner and entering the National Park you get your first glimpse of the Lighthouse and psychologically you are home with only 6km to go.

The weather had now changed from blistering sun to buffeting winds and I concentrated on putting one foot in front of the other; entering the gate and commencing the climb up the steps to the lighthouse. It was in this section that I was passed by Selby Smith the overall winner of the event, he sure looked impressive by comparison. I am not sure how, but I touched the lighthouse door in just over 6hrs 38 minutes.

After leaving the lighthouse everyone meets back at the Alonnah Hotel for the presentations, some food and drinks and an opportunity to catch up and compare running stories from the day. It was having

these conversations that I realised just how tough the day had actually been and I became more proud of my achievement. For me personally running an ultra is about dedication, discipline and determination.

I would like to congratulate all participants who completed or attempted the 64km run, they are an inspiration to us all. Thanks also to the organisers of the event; they do a fabulous job. A very special thank

you must also go to my partner, Basil Fraser, who without his support I am not sure I would survive these events.

### Results

Selby Smith 5:01:00  
Chris Graham 5:24:10  
Robin Obrien 5:26:10  
David Bailey 5:35:01  
Michael McIntyre: 5:41:14  
Amy Hinds 5:45:06 (F)  
Jacqui Guy 5:49:24 (F)  
Brent Ranson 5:57:20  
Rob Brunning 6:06:38  
Andrew Sutton 6:18:02  
Iestyn Lewis 6:24:28  
Marcus Cockshutt 6:29:45  
Todd Cockshutt 6:29:45  
Chris Gates 6:31:19  
John Cannel 6:32:31  
Christine Andrews 6:38:38 (F)  
Adrian Christian 6:40:59  
Matthew Chamberlain 6:54:03  
Will Walker 7:00:32  
Sean Smith 7:07:24  
Maria Vargas 7:34:14 (F)  
Brad Evans 7:39:35  
Angela Green 7:47:42 (F)  
David Brealsford 7:53:23  
Catherine Wheatley 7:56:35 (F)  
Anna Papij 8:29:50  
Peter McKenna 9:00:49  
James Crotty 9:26:30  
Lindsay Tuffin 10:11:48

*Thanks to Christine for the photos*



*Anna Papij*





# Kepler Challenge

New Zealand, 4 December 2010

## Race Report by Isobel Bespalov

I had been wanting to do the 60k trail race that is the Kepler Challenge for a number of years. It is held in December, which as a mum and a full-time teacher, is a very busy time for year for me, so it had never eventuated. However, this year I managed to fit it in.

I had been watching the weather closely, and it looked a lot like the Melbourne weather: cold and ordinary. I packed accordingly and set off. I left home at 6am on Thursday 2<sup>nd</sup> December and finally arrived in our rental accommodation, with my friends from Melbourne, at 7.30pm that night. Friday dawned clear and bright. I went for an easy jog, then went to register and check out the start line. The weather was beautiful and I was soon very warm in my tracksuit. I was starting to wish I had brought some shorts.

Race day looked set to be a cracker day, and we were at the start line just before 5.30am. I checked in, then went to the toilet. The queue was so long I barely made the start line before the gun went off, and any ideas of a warm up were nixed.

The first 5.6kms was beautiful single-track through spectacular forest. Glimpses of Lake Te Anau were visible through the trees. What a glorious day for a run. I was very excited.

After this the climb started, which was also single-track. I was unsure how to run this race, it being my first ultra. I had decided to run the ascent and descent carefully, saving myself for the 32km undulating end of the course. I did this, but there was just over 1900m ascent, which is always going to take it out of you. It was well worth it for the fantastic scenery at the top, however I had also planned to ensure I enjoyed the scenery, to make the most of my experience. This was easier said than done: every

time I turned my head for a look I tripped on a rock.

Soon we were charging down the course: someone later said there were 95 switchbacks. So, although I thought I was taking it easy, it was really hard on the legs. The switchbacks were really sharp in some places, and I know a number



*Izzy Bespalov finishing in 6.43  
photo courtesy Nick Odroft*

of people fell on these. When I got to the bottom at 28kms, my legs were toast. Oh dear, only 32kms to go.

I pushed on, but knew I had obviously not trained myself correctly for the course. I really should have done more downhill strengthening work. Also, I really felt the effects of a twisted ankle that I had incurred at the Fitzroy Falls Marathon back in October.

The last section of the course appeared undulating on paper, however in reality it felt more flat. I ran on as best I could, but once again feel that I should have done more flat speed work in my training. Ahhh, hindsight is a wonderful thing. The course itself was single-track, and stunning. There was lots of shade, which was very lucky because it was getting quite warm. There was no way we were going to be needing our multitude of mandatory wet weather and thermal gear! Better safe than sorry, I guess. The surface for running was very soft from all the fallen leaves, and there were lots of roots for tired feet to trip over, which I did innumerable times.

All of the drink stations were manned by friendly volunteers who helped you out in every way possible. I only took water, but there were lots of other food and drinks available. Because I have a bit of a sensitive stomach I had decided to stick to the things I knew, which were my High-5 gels. These went down well throughout the race. Unfortunately, my ability to think went out the window towards the latter stages of the race, and I thought I had finished all my gels. I found two in my pocket when I was back in the room unpacking. Oh well.

Everyone out on the course was super friendly, whether I was passing them or they were passing me. By 50kms, I had really had enough, however, and was starting to regret ever thinking I would be good at an ultra. Who was I kidding?? I just wanted it to be over.

Soon enough, though, the finish line came, and I was never so happy to see one! Funny thing was, there were children handing drinks out on the line, one of which was beer. That could wait for later, there was no way I could stomach that now.

I finished in 6.43, and was 5<sup>th</sup> female. I had hoped to do a better time than



*"the bad memories are starting to fade. I am starting to think already about ways that I can improve my training so that I can improve my time for the next Kepler Challenge"*

this, but, that being said, I did the absolute best I could. I don't feel that I left anything out on the course, which would have disappointed me. I feel, more, that I completely underestimated what was required to compete in this event. It was way more technical than I expected, and required a lot more raw speed than I would have thought. At the end, I swore I would never do an ultra again.

Of course, just like child birth, the bad memories are starting to fade. I am starting to think already about ways that I can improve my training so that I can improve my time for the next Kepler Challenge (if I get in). In fact, I didn't even bother changing my Kiwi dollars back to Oz dollars. I've put them away safely ready for next year...



Izzy - photo courtesy Nick Odroft



## Coast to Kosciusko 240km trail

NSW, 10 – 12 December 2010

1 Jo Blake	M 28:45:22	17 Rob Mason	M 39:57:25
2 Andrew Vize	M 30:05:50	18 Michael Hull	M 40:30:13
3 Gordi Kirkbank-Ellis	M 31:20:36	19 Keith Hong	M 40:52:07
4 Sharon Scholz	F 32:14:32	20 Alison Lilley	F 41:04:07
5 David Baldwin	M 33:10:28	21 Geoff Evison	M 41:30:22
6 Danny Hooley	M 34:48:46	22 Malcolm Gamble	M 41:34:58
7 Darrel Robins	M 35:24:33	23 Clare Holland	F 42:14:22
8 Kevin Heaton	M 35:43:26	24 Luis Vazquez-Recio	M 42:27:42
9 Lisa Spink	F 36:12:57	25 Chris Turnbull	M 42:28:26
10 Carol Lapsys	F 36:56:57	26 Rick Cross	M 42:33:53
11 Marie Doke	F 37:28:27	27 Jane Trumper	F 43:49:21
12 Kelvin Marshall	M 37:33:50	28 Stuart Cole	M 44:31:34
13 Meredith Quinlan	F 38:55:22	29 Vesa Murto	M 44:45:26
14 Nigel Waddington	M 39:08:00	30 Jan Herrmann	M 45:48:35
15 Susannah Harvey-Jamieson	F 39:41:30	31 Seow Kong Ng	M 45:49:23
16 Tom Silk	M 39:53:05		





# Narrabeen Allnighter

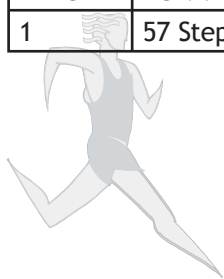
RESULTS JAN 8/9 2011			
12 HOUR WOMEN			
PLACE	RUNNER	Distance	50km
1	5 Natalie Jennings	110.911	5:06:04
2	7 Ann Owen	94.834	6:02:09
3	8 Amie Siemonek	93.781	4:42:32
4	9 Emma Vaughan	90.280	6:10:25
5	4 Sara Jaques	87.267	6:14:51
6	1 Carol Adams	76.676	7:20:43
7	2 Heather Dwyer	72.666	7:37:03
8	3 Anna Gonzalo	70.087	7:11:39
12 HOUR MEN			
PLACE	RUNNER	Distance	50km
1	30 Barry Loveday	147.489	3:44:26
2	33 Darren McClellan	123.989	4:13:29
3	25 Malcolm Gamble	115.786	4:34:12
4	21 Mark Dakin	111.757	4:36:42
5	26 Olly Gill	105.697	5:29:57
6	20 Joshua Cooper	104.000	4:59:41
7	35 Matthew O'Shea	103.245	5:21:19
8	28 Roger Hanney	101.905	5:24:38
9	44 Graham Wye	101.589	5:28:38
10	23 Mark Emr	96.267	5:34:27
11	34 Graham Osborn	92.370	6:11:55
12	29 Mark Kraljevic	90.804	5:57:29
13	22 Brett Easton	90.000	4:49:09
14	36 Martin Pluss	87.662	6:21:31
15	38 Tony Spano	85.343	6:55:43
16	24 Paul Every	82.612	6:34:22
17	27 Fernando Gonzalo	78.810	6:41:37
18	39 Alan Staples	74.196	6:56:32
19	32 Richard Mayo	50.000	6:45:55
20	41 Marcus Warner	50.000	5:57:58
21	42 Mark Williams	50.000	5:36:05
22	43 Raymond Wareham	50.000	4:07:28
100 Km MEN			
PLACE	RUNNER	Distance	
1	57 Stephane Delmas	100.000	9:10:38



Two legends - Malcolm Gamble and Paul Every



Darren McClellan with race director Ron Schwebel





# Six Inch Trail 45km

WA, 19 December 2010

## Results

1	Gerry Hill	86	M	WA	25	M18-34	3:26:34
2	Stephen Courtney	34	M	WA	34	M18-34	3:30:25
3	Dave Kennedy	1	M	WA	32	M18-34	3:32:05
4	Kev Matthews	7	M	WA	43	M35-49	3:51:14
5	Brett Coombes	6	M	WA	43	M35-49	3:52:20
	Michael Barton	24	M	WA	43	M35-49	3:55:09 *
6	Nathan Fawkes	2	M	WA	27	M18-34	3:59:33
7	Nathan Doig	81	M	WA	25	M18-34	4:06:34
8	Simon Jenkin	49	M	WA	28	M18-34	4:08:40
9	Mark O'Keeffe	8	M	WA	48	M35-49	4:12:06
10	Josh Whitehead	77	M	WA	29	M18-34	4:13:35
11	Bernadette Benson	4	F	WA	41	F35-49	4:15:56
12	Bruce Hogg	85	M	WA	36	M35-49	4:19:06
13	Marcelo Avecilla	20	M	WA	32	M18-34	4:19:50
14	Paul Ankers	19	M	WA	55	M50+	4:21:21
15	Callum Law	57	M	WA	38	M35-49	4:24:27
16	Jeffrey Wang	87	M	WA	48	M35-49	4:25:27
17	Sean Cooper	18	M	WA	41	M35-49	4:27:03
18	Graham Penter	64	M	WA	42	M35-49	4:27:15
18	Chris Watson	76	M	WA	42	M35-49	4:27:15
20	Grant Wholey	11	M	WA	47	M35-49	4:33:52
21	Geoff Reynolds	66	M	WA	48	M35-49	4:34:28
22	Phil Selfe	70	M	WA	50	M50+	4:34:43
23	Paddy Foley	42	M	WA	28	M18-34	4:34:48
24	Adam Chinnock	32	M	WA	32	M18-34	4:35:09
25	Jodie Osborne	63	F	WA	39	F35-49	4:40:23
26	Tim Eva	89	M	WA	37	M35-49	4:43:53
27	Clarke Hendry	47	M	WA	52	M50+	4:45:28
28	Martyn Flahive	41	M	WA	45	M35-49	4:47:04
29	Catherine Ross	79	F	VIC	25	F18-34	4:54:08
30	David Deany	37	M	WA	29	M18-34	4:54:24
30	Karl Roche	68	M	WA	30	M18-34	4:54:24
32	Bruce Haustead	10	M	WA	47	M35-49	4:55:51
32	Evenshen Naidoo	61	M	WA	28	M18-34	4:55:51
34	Pete Yeates	12	M	WA	43	M35-49	4:58:41
35	Karen March	58	F	WA	49	F35-49	5:01:27
35	Peter March	59	M	WA	51	M50+	5:01:27
37	Jack Burns	28	M	WA	25	M18-34	5:01:42
38	Simon Bonnick	25	M	WA	45	M35-49	5:01:53
39	John Wilding	78	M	WA	58	M50+	5:02:45
40	Steve McGrath	82	M	WA	48	M35-49	5:07:40
41	Rob Adams	13	M	WA	40	M35-49	5:10:27
42	Kevin Johnson	50	M	WA	54	M50+	5:11:02
42	Liz Neville	80	F	WA	59	F50+	5:11:02
44	Shaun Kaesler	52	M	WA	32	M18-34	5:12:35
45	Chris Kowalski	55	M	WA	54	M50+	5:12:43
46	Robert Boyce	26	M	WA	49	M35-49	5:17:12
47	Ron Mcglinn	60	M	WA	38	M35-49	5:17:24
48	Roy Hart	9	M	WA	62	M50+	5:21:05
48	Nigel Furse	14	M	WA	58	M50+	5:21:05
50	Susan Thomas	15	F	WA	45	F35-49	5:21:20
50	Rolf Schatzmann	69	M	WA	39	M35-49	5:21:20
52	Chris Starostka	73	M	WA	39	M35-49	5:22:17
53	Phil Baker	21	M	WA	44	M35-49	5:25:00





53	Julie Carnelley	30	F	WA	39	F35-49	5:25:00
53	John Collins	33	M	WA	58	M50+	5:25:00
53	Terry Cunningham	36	M	WA	52	M50+	5:25:00
53	Allison Ratcliffe	65	F	WA	45	F35-49	5:25:00
58	Mark Brown	27	M	WA	41	M35-49	5:36:14
59	Sarah Heal	45	F	WA	28	F18-34	5:41:19
60	Thomas Grober	44	M	WA	34	M18-34	5:49:15
60	Michael Kelly	83	M	WA	66	M50+	5:49:15
62	Jonathon Phillips	3	M	WA	36	M35-49	5:49:57
63	Rod Wainwright	75	M	WA	38	M35-49	5:54:43
64	Andre Bartels	23	M	WA	47	M35-49	6:06:40
64	Jane Elton	40	F	WA	43	F35-49	6:06:40
64	Glynis Hourquebie	48	F	WA	53	F50+	6:06:40
64	Kate Sommerville	72	F	WA	39	F35-49	6:06:40
68	Jaci Richards	67	F	NSW	47	F35-49	6:11:56
69	Talia Raphaely	17	F	WA	44	F35-49	6:17:50
70	Bel Kennedy	54	F	WA	33	F18-34	6:24:02
71	Lucio Cecotti	31	M	WA	63	M50+	6:24:16
72	Michele Starostka	74	F	WA	35	F35-49	6:24:57
73	Kathy Garnett	43	F	WA	38	F35-49	6:25:38
74	Melanie Sinclair-Hedde	71	F	WA	35	F35-49	6:26:10
75	Jen Jones	51	F	WA	31	F18-34	6:32:28
76	Peter Barry	22	M	WA	43	M35-49	6:34:17
76	Lucia Caravia	29	F	WA	43	F35-49	6:34:17
78	Grantley Dunks	38	M	WA	55	M50+	6:40:56

### **Launceston 6 & 12 Hour Track Races, 16 Jan. 2011**

#### **Official Results.**

##### **6 Hour.**

Team "Juswannafinish".....147 laps = 59.829k

*Please note that the relay team ran in lane 2 and therefore every lap was 407 metres.*

##### **12 Hour.**

1<sup>st</sup> Male Runner :- Mick Francis....314 laps + 80 metres = 125.68k

1<sup>st</sup> Female Runner:- Sharon Scholz...287 laps + 2 metres = 114.802k

1<sup>st</sup> Male Walker:- Steve Jordan...191 laps + 120 metres = 79.385k

1<sup>st</sup> Female Walker:- Michelle Thompson...232 laps + 137 metres =  
96.417k

*Please note that the walkers walked in lane 3 and therefore every lap was 415 metres*





# Mansfield to Mount Buller 50km

Victoria, 23 January 2011

## Race report by Julia Thorn

January 2011 was my fourth time to run the Mansfield to Mount Buller road race. Initially I had decided to run because I was already signed up for the Buller Gorge Marathon in New Zealand in February and my family suggested I should go for the "Buller double" by doing the run up the mountain too. I was tentative at first because it was a very long time since I had run an ultra, and I had become so used to stopping after 42.2 kilometres. I had not run an ultra since 2008 and in the intervening time I had run 44 marathons.

It appears from my limited research that these two geographic phenomena were named after the same person, Charles Buller, a member of the British ruling classes who was interested in colonial affairs in the 1840s. He never actually visited Australia or New Zealand.

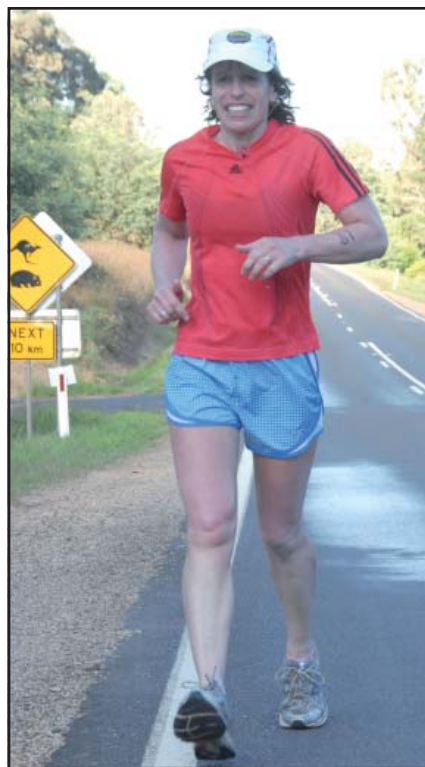
I have very pleasant memories of this Mount Buller race. In 2004 I had no idea what I was in for, although I had driven the road many times on my way to skiing. It was great to see all the familiar landmarks on the way up to Buller village. But once I made it to the Arlberg Hotel, which is the eventual finish line, I was horrified to find I had another four kilometres to go, to get to the summit cairn and back down to the Arlberg. That last stretch is torturous, partly because it comes as a surprise, and partly because the road doesn't present itself in its entirety immediately, but gradually unfolds so that you feel you will never reach the summit.

In 2005 I had a great run, and was delighted to be the female winner, although in a comparatively slow time. I hardly walked at all until the final pinch to the summit, which I had completely forgotten about from the previous year. This was the coolest year of the times I have done the event, and this is one race where the temperature on race day

can be horrific. One recent year the thermometer registered 44 degrees during the race.

In those days Dot Brown used to bring egg sandwiches to the finish line, and they are among the tastiest food I have ever eaten.

In 2008 I went back, after a three year break, and again had a good run for third place. I especially remember my heart leaping as I rounded the bend and had that fabulous view of the lodges in Mt Buller only a few



*Ultramag editor Julia Thorn  
on the road*

kilometres below the village. (Again I forgot about the last few kilometres until I hit that dirt road upwards from the Arlberg.) This meant I had a nice bag of results: first, second and third placings for three visits.

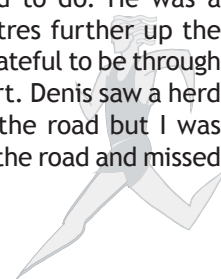
This year I wasn't feeling all that good on race weekend. I had a head cold during the week, and the short runs I had done around home had not gone too well. I put off signing up for

the race and was undecided whether I would attend. But having the idea in my head of returning to this event, it was hard to make a decision not to go after all, so off I went with my husband Denis as support. I have done this race twice without support, but I had found it hard to get enough liquid on board without some help between the aid stations.

I was concerned about the heat. Mansfield seemed awfully warm on the Saturday afternoon and evening. Then we went to the pub for dinner and we were positioned right under the air-con unit so we almost froze to death. I thought to myself, "I must remember this feeling tomorrow!"

So there I was, registering for the race a mere ten minutes before start time. We were a select field of 19 runners. I started out near the back, and stayed there. It wasn't entirely by choice, but I felt low on strength and wanted to conserve energy for the real climbing.

I always find the early stages of this race hard, because there is plenty of ground to cover before the real fun starts, and the open road out of Mansfield is quite desolate. I felt warm right from the start, maybe due to the humidity, or to my head cold. Anyway I managed to cover those early kilometres and looked forward to getting through Merrijig. After that settlement I always feel I have got this thing started. There was a minor hiccup when I asked Denis to meet me in Merrijig with a drink and he was not there. First I reached the Hunt Club and he wasn't there, and I thought he would be at the Merrijig Motel. But he wasn't there either. I realised he must have driven right through Merrijig without realising, which is not hard to do. He was a couple of kilometres further up the road, and I was grateful to be through Merrijig in comfort. Denis saw a herd of alpacas cross the road but I was already off down the road and missed them.





*Dane Beard, Toby Wiadrowski and Justin Scholz lead the first 15km*

I felt from quite early on that this was not going to be an easy day for me. But it would help that I knew the road so well and had various landmarks to tick off in my head. Even though all these landmarks would be much further apart than they normally are when I tackle this road by car.

I found the next stretch to the National Park entry gates harder. The sun was up by now and of course made me feel warmer. It seemed to take forever to reach Sawmill Settlement and then Pinnacle Valley, and there was very little shade. I was very disappointed to find myself walking even before reaching the park entrance. I had never done this before. Once through the gates I felt a little better, having reached the mountain proper, but my good feelings were shortlived. I tried to make myself run but I continually lapsed back into walking. I felt as though the power had been turned off for the day. I found I could only run extremely slowly, but I could walk at quite a decent pace.

I started to look forward to all the landmarks along the route - the tree with the elves, Channel 7 corner, the chain fitting bays etc. They remained obstinately out of my view.

I muttered to Denis at one stage about the elves and he thought I was delirious (but kept this to himself at the time). Later he asked me what this was all about and I explained the tree with the red ornaments. "Oh," he said, "I was parked right by that tree so you probably couldn't see it because the car was in the way. There were people taking photos and I just assumed they were photographing the car."

After what seemed like an eternity the steep hairpin bends started. For me these signal the business end of the route. I ran where I could. Then I was delighted to get to the point where the Horse Hill chairlift crosses the road, the place where you get your first glimpse of Mt Buller village on the mountainside, and those cleared strips of grass that are the Burnt Hut Spur and Tirol ski runs. After this is that winding stretch though bush taking you up to the heart of the village. This is another part of the run that I have tended to forget, and it is actually one of the steepest parts, with lots of bends so that the village, only two kilometres away, seems to keep moving further away. At this stage I caught up with two Shepparton runners whom I had last seen just outside Mansfield.

Once into the village I got a welcome second wind. I knew I would make it to the finish, even though this would be easily my slowest finishing time. The uphill Athletes Walk though the village was as steep as usual, and I noticed a couple of bike riders having trouble maintaining forward motion. Then a trio of race finishers walked down past me, medals around their neck, and I thought, "Gee, I'm that slow!" But I made it to the Arlberg, and then had the final effort to the summit cairn. I walked the part along the dirt road to the paddock where the real summit climb begins, and then really enjoyed the scramble up to the summit cairn. I was politely told I had to continue to the summit hut before turning for the downhill finishing straight.

I absolutely loved running back down to the Arlberg. Just the short walk on the steps to the summit had refreshed me and I was able to take the final downhill at what felt like full speed. The road was dusty and I didn't like it when cars came by, throwing up lots of throat-searing dust.

There were still a few stragglers at the finish line as I arrived. The Arlberg Hotel was unfortunately closed, which explains why nobody was hanging around for long after finishing their run. It felt good to have another finish under my belt, and a fourth placing to add to my first, second and third. And then to find out that I had struggled to run because my iron levels were far too low.

## Results

1	Stuart Elliott	4.35.56
2	Justin Scholz	4.43.15
3	Toby Wiadrowski	4.53.53
4	James Savile	4.56.45
5	David Deany	5.03.51
6	Nikki Wynd	5.04.21 1F
7	Dan Beard	5.10.53
8	Kerrie Bremner	5.12.59 2F
9	Pam Muston	5.16.48 3F
10	Kelvin Marshall	5.19.42
11	Darren Mooney	5.29.39
12	Toby Mc Kinnon	6.15.50
13	Julia Thorn	6.26.43 4F
14	Ngoh Ngoh Nester	6.28.00 5F
15	Brian Gawne	6.34.59
16	Kerrie Comer	6.34.59 6F
17	Brian O Farrell	7.37.38





# Bogong to Hotham 64km

9 JANUARY 2011

## - RESULTS

Position	Race Number	Name Provided	FINISH TIME
1	622	Gibson, Stu	6:59:15
2	624	Goerke, Damon	7:17:33
3	670	Walter, Rob	7:23:42
4	616	Christiansen, Nate	7:59:05
5	629	Heath, Wayne	7:59:05
6	618	Cooper, Matt	8:08:31
7	613	Cardelli, Beth	8:14:29
8	608	Booth, Oskar	8:19:59
9	675	Worswick, Jonathan	8:20:31
10	669	Villiers, Jim	8:22:27
11	666	Smith, Damian	8:44:01
12	651	Nikolaev, Nikolay	8:49:27
13	671	Wiadrowski, Toby	8:50:21
14	603	Beard, Dan	9:05:38
15	602	Annett, Noel	9:10:21
16	623	Gillies, Cameron	9:36:21
17	653	Peper, Marnix	9:43:44
18	667	Solari, Mark	9:44:12
19	642	McConnell, Bryony	9:50:47
20	646	McLennan, Alan	9:58:01
21	649	Murphy, Phil	9:58:44
22	657	Pitt, Trevour	10:06:46
23	609	Brown, Stuart	10:22:42
24	656	Pickering, Gary	10:22:50
25	650	Nathan, Scott	10:23:43
26	672	Wienholt, Nick	10:40:52
27	610	Byrnes, Dave	10:48:01
28	605	Bleakman, Dan	10:56:32
29	662	Robson, Jessica	11:00:55
30	648	Moody, Ryan	11:07:49
31	617	Collins, Michael	11:08:51
32	631	Hutton, Shane	11:08:51
33	643	McDonald, Andrew	11:17:37
34	664	Satori, Cozmo	11:17:45
35	625	Grose, Fleur	11:18:23
36	663	Santamaria, Gerard	11:19:05
37	604	Bignell, Peter	11:23:32
38	601	Anderson, Jason	11:26:51
39	630	Heaton, Kevin	11:28:46
40	660	Ridley, Graham	11:32:01
41	641	McClen, Brett	11:35:01
42	620	Garnett, Ed	11:43:45
43	640	Macmillan, Katherine	11:43:45
44	661	Riedl, Arnie	11:43:45
45	639	Low, Justin	12:08:19
46	673	Williams, Mark	12:08:19
47	619	Egerton, Tholene	12:12:43



*New course record for Beth Cardelli*



*Winner Stu Gibson*



# Two Bays 56km

Victoria, 16 January 2011

## Comments from Rohan Day, race director

Absolutely fantastic to have such a big field in comparison to the last unofficial running of the event (86 total) and naturally that was likely to have an effect in producing race records. What I didn't expect was the amount of people that would go under previous records and the extent to which those records would be smashed.

Big congrats to all the place getters... and a pretty big congrats to those who also went under previous records.

The front end of the field had a good representation of what I'd describe as AV (Athletics Victoria) Club runners, but there were a few triathletes in there too. The overall crowd was a real mixture from AV to fun run crowd, AURA runners to absolute trail newbies. Good to see a lot of folks who don't normally do trails out there and getting into it. Including the local mayor, Graham Pittock who said he used to run a bit, gave it a crack and didn't finish last in the 28km.

Weather conditions were ideal for the majority of the 28km runners. The day dawned with overcast conditions and a cloud perched on the top of Arthurs seat, but as the

day progressed the sun came out and would've been felt particularly by the tail end of the 56km event, particularly as some of these put in a bit of an extra excursion in heading off to Seawinds Gardens.

The cool-for-summer conditions helped with keeping runners in good health too. Few runners arrived in looking too poorly from heat/exhaustion/dehydration type issues. Quite a few did manage to arrive with some dirt smeared on, but fortunately most had found ways of landing that did limit the damage to minor cuts and bruises at worst, though there was a suspected fracture as well - but knowing the bloke he is probably stoked by smashing through the 6hr barrier that he had so wanted.

Glad that people played it pretty safely out there. Also really pleased with the high level of courtesy and friendliness that runners displayed to each other out on the trails, this is something that can't really be planned for, but makes you proud that runners treat each other this way.

When doing the final course clearing with Clarkey on Monday we were really impressed by the condition it had been left in. Very little rubbish on course. What had been left, had

been left at the water drops and our sweeps Timbo and Whippet had had to pickup next to nothing when they ran through. You guys were a really good crowd!

The course has stood up remarkably well to having so many runners through it. Parks Victoria deserve some real credit for doing maintenance on the trail in the leadup to the event. They cleared massive and minor treefalls, repaired the boardwalks, added a lot of chicken wire and the old thistle patch in Greens Bush disappeared.

Also on the people front was the fact that we had very good help. If we didn't have this then things could go a whole lot differently. The average quality of volunteer was excellent because so many were experienced at these things, and if they weren't, then they had enthusiasm and commitment. Katrina has mentioned Cheryl, Renee, Jacob, Chilli, Kathy, Clive & Barbara Lane, Susan, Theresa, Rob, Berny, Brett, Kevin, Clarkey, Christiaan, Tamsin, Cindy, Essaytee (photos), Julian Walker (massage!). I should add in there, the other photographer Steve, Andy/Whippet who swept and retrieved markers, and my wife Kim who was at the Browns Rd. aid station. Kim also had to put up with a lot of disruptions to life, particularly in the immediate lead up to Two Bays.

## TWO BAYS TRAIL RACE 2010 RESULTS - 56KM

Place	Time	Name	State	Gender	Split at 28km
1	4:48:15	Kevin Mannix,	VIC	Male	2:19:45
2	5:03:11	Kate Seibold-Crosbie,	VIC	Female	2:25:01
3	5:06:14	Michael Silvester,	VIC	Male	2:35:10
4	5:14:25	Stuart Elliott,	VIC	Male	2:28:46
5	5:23:41	Kirstin Bull,	VIC	Female	2:36:20
6	5:23:47	Arnstein Prytz,	QLD	Male	2:34:29
7	5:23:57	Phil Klein,	VIC	Male	2:35:49
8	5:31:47	Brad Fuller,	VIC	Male	2:24:53
9	5:32:49	Colin Francis,	WA	Male	2:31:59
10	5:34:15	Malcolm Gamble,	VIC	Male	2:42:25
11	5:34:20	Travis Tremayne,	VIC	Male	2:32:11
12	5:35:44	Paul Gladwell,	VIC	Male	2:27:01
13	5:38:08	Robert Scoines,	NSW	Male	2:34:57
14	5:38:34	Glenn Sansom,	NSW	Male	2:35:04
15	5:38:50	James Chadima,	VIC	Male	2:41:54

Place	Time	Name	State	Gender	Split at 28km
16	5:39:30	Paul Wooton,	NSW	Male	2:41:58
17	5:41:15	Simon Marcus,	VIC	Male	2:37:50
18	5:43:08	Chris Noble,	QLD	Male	2:21:56
19	5:43:19	Bernie Jackson,	VIC	Male	2:35:26
20	5:44:55	Mandy-Lee Scott,	QLD	Female	2:40:25
21	5:46:28	Shane Lawtey,	VIC	Male	2:38:05
22	5:46:55	Jason Arnold,	VIC	Male	2:25:32
23	5:47:34	Shane Pettingill,	VIC	Male	2:34:12
24	5:47:47	Dion Perry,	VIC	Male	2:37:59
25	5:48:50	Sven Kunkel,	NSW	Male	2:45:29
26	5:49:42	Martin Edwards,	VIC	Male	2:35:49
27	5:50:35	Eric Louw,	VIC	Male	2:39:27
28	5:51:00	Kelvin Marshall,	QLD	Male	2:37:54
29	5:51:46	Lisa Lucas,	VIC	Female	2:45:00
30	5:56:02	Mark Swinkels,	VIC	Male	2:43:05
31	5:57:53	Graham Penter,	WA	Male	2:48:10
32	5:58:11	Vince Patton,	VIC	Male	2:36:53
33	5:58:28	Craig Robinson,	VIC	Male	2:41:16
34	5:58:32	Nikki Wynd,	VIC	Female	2:47:17
35	5:58:32	Darren Mooney,	VIC	Male	2:47:12
36	6:00:02	Caroline Pivetta,	VIC	Female	2:45:38
37	6:00:02	Brian Jones,	VIC	Male	2:45:43
38	6:00:30	Nicola Glover,	VIC	Female	2:51:00
39	6:09:24	Kyra Armfield,	VIC	Female	2:51:53
40	6:10:01	Jeremy Nagel,	VIC	Male	2:58:04
41	6:11:56	Luke Crozier,	VIC	Male	2:47:29
42	6:11:56	Bryan Ackerly,	VIC	Male	2:23:42
43	6:12:24	Timothy Strapp,	VIC	Male	2:41:28
44	6:13:51	John-Paul O'Shea,	VIC	Male	2:43:37
45	6:14:27	John Gullifer,	VIC	Male	2:43:12
46	6:14:27	David Jennings,	VIC	Male	2:55:00
47	6:14:40	Matt McNamara,	VIC	Male	2:57:18
48	6:14:45	Dexter Haywood,	Other	Male	2:49:15
49	6:15:30	Chris Collins,	VIC	Male	2:48:41
50	6:15:49	Rob Sutton,	VIC	Male	3:00:30
51	6:21:13	Luke Stratford,	VIC	Male	3:07:36
52	6:22:09	Craig van Dort,	VIC	Male	3:07:00
53	6:25:50	Steven Lane,	VIC	Male	2:55:09
54	6:26:38	Anna Moore,	VIC	Female	3:03:00
55	6:26:38	David Bennett,	VIC	Male	2:27:01
56	6:27:40	Katherine Macmillan,	VIC	Female	2:54:24
57	6:32:24	Andrew King,	VIC	Male	2:58:13
58	6:34:07	Charles Jollymore,	VIC	Male	3:04:20
59	:35:09	Kurt Hourigan,	VIC	Male	2:15:44
60	6:36:52	Peter Hyland,	VIC	Male	2:53:30
61	6:38:51	Graham Whittaker,	VIC	Male	2:52:34
62	6:46:09	Duncan Sinclair,	VIC	Male	2:49:01
63	6:50:20	Rosa Law,	VIC	Female	3:02:09
64	6:52:43	Robert Boyce,	VIC	Male	3:17:42
65	6:56:27	Bruce Payne,	VIC	Male	3:13:02
66	6:56:27	Franck Verez,	VIC	Male	3:20:01
67	6:56:50	Nik Andersen,	VIC	Male	3:06:13
68	6:59:22	Terrie Stevens,	VIC	Female	3:11:46
69	7:00:58	Wil Monte,	VIC	Male	2:56:06
70	7:02:31	Neil Connell,	VIC	Male	3:11:14
71	7:05:25	Bernd Meyer,	VIC	Male	3:10:08
72	7:05:41	John Brookes,	NSW	Male	3:00:42
73	7:05:41	Melanie Kitchin,	VIC	Female	3:00:42
74	7:05:41	Michael Everest,	ACT	Male	3:00:37
75	7:09:20	Owen Evans,	VIC	Male	3:18:00
76	7:09:20	Gayle Cowling,	VIC	Female	3:17:52
77	7:09:20	David Rogers,	VIC	Male	3:17:57
78	7:09:50	Richard McCormick,	VIC	Male	3:10:33





Place	Time	Name	State	Gender	Split at 28km
79	7:12:42	Stuart Place,	VIC	Male	3:08:29
80	7:15:57	Jeff O'Hara,	VIC	Male	3:06:49
81	7:16:21	Jason Anderson,	VIC	Male	3:24:30
82	7:16:21	Christopher Baylis,	VIC	Male	3:31:19
83	7:16:34	Gerri Barry,	VIC	Female	3:12:49
84	7:19:06	Trent Lucas,	QLD	Male	3:01:29
85	7:32:30	Scott Yeoman,	VIC	Male	3:18:31
86	7:32:30	Dannielle Yeoman,	VIC	Female	3:18:33
87	7:36:18	Anna Maria Drouin,	QLD	Female	3:15:23
88	7:37:05	Phillip Sydney-Jones,	SA	Male	3:26:59
89	7:37:05	Marija Jovanovich,	SA	Female	3:26:56
90	7:41:55	Nick Thompson,	VIC	Male	3:27:13
91	7:44:10	Sid Jayasinghe,	VIC	Male	3:23:05
92	7:51:33	Mallani Moloney,	QLD	Female	3:42:37
93	8:01:50	Tony Kiernan,	Other	Male	3:41:28
94	8:14:52	Chris Harris,	VIC	Male	3:58:33
95	8:29:14	David Hughes,	VIC	Male	3:25:12
96	8:36:21	Trent Morrow,	NSW	Male	3:25:08
97	8:40:23	Tabatha Delaney,	VIC	Female	3:54:54
98	8:40:23	Murray Rose,	VIC	Male	3:54:48
99	8:41:24	Shobun Goto,	Other	Male	3:30:02



## 2010 Victorian 6 hour Track Championship

**Moe, 27 November 2010**

### Results

- 1 Bernadette Benson 70.406km 1st Vet/Outright Female
- 2 Mal Gamble 67.250km 1st Vet/Outright Male
- 3 Greg Love 67.227km 2nd Vet/Outright Male
- 4 Sharon Scholz 65.933km 2nd Outright Female
- 5 Nikki Wynd 64.618km 3rd Outright Female
- 6 Darren Mooney 60.081km 3rd Vet/Outright Male
- 7 Mal Grimmet 57.213km
- 8 Jason Anderson 55.883km
- 9 Steven Lane 55.023km
- 10 Simon Trusler 52.596km
- 11 Michelle Thompson 51.582km 2nd Vet Female
- 12 Ian Cornthwaite 50.400km
- 13 Ken Lancaster 45.418km
- 14 Paula Pettingill 43.056km 3rd Vet Female
- 15 Steven Jordan 42.987km
- 16 John Jervis 42.773km
- 17 John Timms 42.714km
- 18 David Brelsford 42.2km

### 50km Track Championship Results

- 1 Ian Cornthwaite 3:55:23 1st Vet/Outright Male
- 2 Bernadette Benson 4:12:09 1st Vet/Outright Female
- 3 Greg Love 4:13:57 2nd Vet/Outright Male
- 4 Mal Gamble 4:21:35 3rd Vet/Outright Male
- 5 Sharon Scholz 4:31:03 2nd Outright Female
- 6 Nikki Wynd 4:35:28 3rd Outright Female
- 7 Darren Mooney 4:55:25
- 8 Mal Grimmet 5:10:51
- 9 Jason Anderson 5:20:10
- 10 Steven Lane 5:26:26
- 11 Simon Trusler 5:40:10
- 12 Michelle Thompson 5:50:00 2nd Vet Female





# Cradle Mountain to Lake St Clair

Place	Name	Gender	Finish Time	Place	Name	Gender	Finish Time
1	Stuart Gibson	M	8:08:13	26	David Baldwin	M	11:39:46
2	Dave Heatley	M	8:45:51	27	Gary Lilley	M	11:45:30
3	Doug Grubert	M	8:49:11	28	Joe Sprange	M	11:45:30
4	Clarence Macalister	M	9:35:49	29	Matt Hegarty	M	11:46:36
5	Andy Fist	M	9:46:18	30	Mick Purton	M	11:49:13
6	Beth Cardelli	F	9:46:44	31	David Lacey	M	11:51:55
7	Chris Turnbull	M	9:49:37	32	Paul Kofman	M	12:30:50
8	John Cannell	M	9:49:53	33	Ian Dunican	M	12:30:50
9	Michael Taylor	M	10:03:23	34	Jessica Strugnell	F	12:33:33
10	Julie Quinn	F	10:20:00	35	Amy Hinds	F	12:44:30
11	Michael Meredith	M	10:21:00	36	Michael Slagter	M	12:46:03
12	Stuart White	M	10:31:48	37	Nick Wienholt	M	12:50:45
13	Phil Bonney	M	10:39:03	38	Paul Gladwell	M	12:50:45
14	Aaron Grigg	M	10:39:03	39	Ed Garnett	M	12:57:15
15	Ross Taylor	M	10:40:58	40	Andrew Palfreyman	M	13:03:58
16	Julian Von Bibra	M	10:51:35	41	Sally Atkinson	F	13:05:29
17	Chris Wilson	M	10:58:50	42	Glenn Hooker	M	13:05:36
18	Rachel Waugh	F	11:01:42	43	John Marshall	M	13:13:01
19	Gill Fowler	F	11:14:37	44	Adrian Infanti	M	13:16:37
20	Sue Rundle	F	11:17:37	45	Brett Infanti	M	13:16:37
21	David Cole	M	11:24:36	46	Simon Lauer	M	13:34:13
22	James Owens	M	11:31:56	47	Doug Strohfeld	M	13:35:39
23	Tim Reynolds	M	11:31:56	48	Rob Taylor	M	13:56:08
24	Brett Worley	M	11:33:52	49	Terry Cleary	M	14:08:36
25	Arnstein Prytz	M	11:34:09	50	Dale Lancaster	F	10:29:15



2nd female -  
Maroondah Dam  
50km Bernadette  
Benson





# Maroondah Dam 30k/50k

## By Bernadette Benson

On February 1<sup>st</sup> I decided that the upcoming 100 mile Alpine Challenge probably wasn't a wise choice to promote tendon recovery in my legs. Somehow (in the way runners do), I convinced myself that the Maroondah Dam 50k with 1941 metres of elevation gain and 2034 metres of loss (per my Garmin post race) was just fine for aggrieved tendons. Online entry makes it soooooo easy. Later that night, I found myself avoiding eye contact with my partner as I admitted my deed. "I did something." "What did you do?" "I entered a race." "When?" "In two weeks." I imagine (hope) I'm not the only one who's had that caught-in-the-cookie-jar experience. Anyway, it worked out okay and all that was left was some adjustment to my training programme to swap the "easy 20ks" for things like "17k at marathon pace."

Perth has been having some kind of record-breaking summer, from what I've been told. Most consecutive days of heat with most consecutive nights above 20 degrees. Not a record I really wanted to be part of. So it was a joy getting to travel into the Yarra Valley where I got to say, "I'm cold" more than once. Race morning was about 12 degrees and overcast, with more threat of rain. It had rained all night.

Since the bush fires of 2009, the Morley Track from the start line to Dom Dom Saddle car park (Aid 1) has completely overgrown in ferns and some kind of razor sharp stinging nettle and has been laden with long strips of tree bark (i.e., major tripping hazard). It's leech country big time. I got my first leech ever in my whole life just walking 200 metres from the start line while checking the course on Saturday. I can't say I took it well. I found it crawling up the inside of my jeans

when I turned them out to check back at the car - it hadn't even latched on yet and I was freaking out. Sunday morning I got out my now-banned 95% DEET and liberally applied. On the drive to the start my partner suggested the fumes were going to knock out my competition. Sadly, that wouldn't prove true.

The race director and other volunteers spent many weekends trying to clear the first 7kms of the course, but it was more than they could do. The first few kilometres were good and I settled into a 6.30 pace, but then the trail became more and more overgrown over the next km or so until it was just a mass of tree bark below and bush above, over my head in places. Running gave way to that sort of gait that footy players use when running through tyres, which gave way to walk-stumbling while slashing frantically with the arms. We all kept our eyes peeled for blue ribbons and bled our way from ribbon to ribbon. It must have been quite the sight with 90 runners emerging from the bush at the top of the steep climb, covered in blood! I even had slashes across my face that made it painful to eat the next day, due to the pulling on the scabs. A week later and the slash marks are healed to the point where I don't get questioning looks anymore in public.

There was pretty fierce competition between me and another girl; we changed positions a few times. A third just proved too much for both of us; Marie passed me around 15km at a pace that said, "Don't bother." I marvelled at her great traction on the slippery mud, wearing ordinary road shoes. I certainly did my best to chase her down, but never did catch her.

Between Aid Station 2 and 3 I started catching up with some of the 30km racers, who had all started at Aid

2, avoiding probably 800 metres of elevation gain. Still, they started with a massive hill climb to the top of Mt. Saint Leonard. One poor girl was only 4km into her race and absolutely crippled with leg cramps, but was continuing to inch her way forward. The hill climbs continue in this race until about the 38km mark, although I like to remind myself that "there's always one more hill." The last hill for me is the step into the front seat of the car at the end of the race.

The descent part of this course is pretty remarkable as well. 900 metres over about 9k - with one short climb in the middle, which comes as a reprieve, as one can enlist the hamstrings for a minute instead of the shattered quads. A downpour started at this point for me, which really stung the nettle wounds. The tracks in this race are quite wide after you get past Aid Station 1, so the event accommodates a large field well. Although I didn't stop at any of the aid stations, I heard glowing reports about the volunteers and stockpiles of food on hand.

As I approached the Dam, I looked at my Garmin and set myself a new mini goal of a 5 hrs 30 min finish, but found it hard to meet because (1) I didn't know exactly how many kilometres were left and (2) my legs were only agreeing to so much speed, regardless of what maths I calculated! As I saw the finish chute and clock counting up from 5:31, it was suddenly imperative that I stay under 5:32 (am I the only one who sets these little goals that seem so silly?). I pushed in at 5:32:02, feeling pleased with my race, yet slightly disappointed about those 2 seconds. The brain is such a complex organ.



Place	Time	Speed	Bib#	Name	Sex	Pl.
1	4:24:43	11.33	535	Damon Goerke	M	1
2	4:32:24	11.01	526	David Eadie	M	2
3	4:44:50	10.53	555	Kevin Mannix	M	3
4	4:45:22	10.51	586	Chris Wight	M	4
5	4:47:57	10.42	541	Allan Hood	M	5
6	4:55:20	10.16	524	Rohan Day	M	6
7	4:55:43	10.14	565	Gaëtan Olivier	M	7
8	4:56:07	10.13	514	Michael Clarke	M	8
9	5:02:21	9.92	534	Brad Fuller	M	9
10	5:11:34	9.63	581	Trav Tremayne	M	10
11	5:13:15	9.58	510	Steve Callahan	M	11
12	5:14:59	9.52	532	David Fraser	M	12
13	5:17:09	9.46	585	Toby Wiadrowski	M	13
14	5:22:14	9.31	600	Marie Kavanagh	F	1
15	5:30:28	9.08	591	Mal Gamble	M	14
16	5:32:02	9.04	504	Bernadette Benson	F	2
17	5:37:14	8.9	598	Phil Klein	M	15
18	5:37:36	8.89	533	Natasha Fraser	F	3
19	5:42:17	8.76	584	Matthew Webb	M	16
20	5:47:37	8.63	563	Kevin Muller	M	17
21	5:50:06	8.57	557	Kelvin Marshall	M	18
22	5:50:47	8.55	505	Peter Bignell	M	19
23	5:51:06	8.54	515	Andrew Compson	M	20
24	5:51:32	8.53	564	John-Paul O'Shea	M	21
25	5:51:36	8.53	579	Greg Swan	M	22
26	5:52:49	8.5	525	Steve Drummond	M	23
27	5:52:52	8.5	590	Nikki Childs	F	4
28	5:53:07	8.5	509	Sharon Byrnes	F	5
29	5:58:03	8.38	513	James Chadima	M	24
30	6:10:47	8.09	553	Katherine Macmillan	F	6
31	6:12:07	8.06	588	Peter Bartlett	M	25
32	6:12:11	8.06	592	Ben Symons.	M	26
33	6:12:46	8.05	583	Theo Vlachos	M	27
34	6:12:54	8.04	595	Wil Monte	M	28
35	6:17:24	7.95	578	Rob Sutton	M	29
36	6:17:24	7.95	552	Lisa Lucas	F	7
37	6:18:17	7.93	580	Wayne Terrington	M	30
38	6:18:17	7.93	511	Brendan Callery	M	31
39	6:18:17	7.93	512	David Campbell	M	32
40	6:18:17	7.93	503	David Bennett	M	33
41	6:19:30	7.91	544	David Jennings	M	34
42	6:19:30	7.91	537	John Gullifer	M	35
43	6:21:51	7.86	558	Andrew McDonald	M	36
44	6:24:42	7.8	549	Steven Lane	M	37
45	6:25:34	7.78	572	Cozmo Satori	M	38
46	6:29:26	7.7	559	Toby McKinnon	M	39
47	6:33:38	7.62	547	Andrew King	M	40
48	6:35:51	7.58	543	Hugh Hunter	M	41



*Felicity Copp pumped out yet another Ultra*



*Kevin Mannix 3rd place 50Km*



49	6:38:23	7.53	562	Anna Moore	F	8
50	6:38:23	7.53	531	Robyn Fletcher	F	9
51	6:43:07	7.44	596	Mark Falls	M	42
52	6:44:17	7.42	521	Nicholas Crooks	M	43
53	6:45:33	7.4	536	Fleur Grose	F	10
54	6:45:34	7.4	570	Vishram Pydiah	M	44
55	6:47:54	7.35	508	Dave Byrnes	M	45
56	6:50:43	7.3	529	Kellie Emmerson	F	11
57	6:50:43	7.3	561	Simon Miller	M	46
58	6:50:43	7.3	567	Fiona Paul	F	12
59	6:50:43	7.3	522	Luke Crozier	M	47
60	6:52:58	7.26	573	Amon Shedden	F	13
61	6:56:57	7.2	517	Felicity Copp	F	14
62	7:02:57	7.09	506	Shaun Bourke	M	48
63	7:04:11	7.07	546	Derek Josephs	M	49
64	7:04:11	7.07	602	Rob Boyce	M	50
65	7:06:10	7.04	571	David Rogers	M	51
66	7:06:10	7.04	530	Owen Evans	M	52
67	7:06:13	7.04	519	Gayle Cowling	F	15
68	7:06:13	7.04	566	Karen Pate	F	16
69	7:10:15	6.97	550	Shane Lawtey	M	53
70	7:17:59	6.85	527	Kim Eadie	F	17
71	7:20:37	6.81	502	Grace Bailey	F	18
72	7:23:25	6.77	576	Luke Stratford	M	54
73	7:32:55	6.62	551	John Lindsay	M	55
74	7:33:24	6.62	554	Paul Mancini	M	56
75	7:33:24	6.62	582	Kyriakos Tsitonakis	M	57
76	7:33:24	6.62	520	Richard Cozzella	M	58
77	7:33:24	6.62	523	John D'amore	M	59
78	7:36:57	6.57	593	Cathy Maguire	F	19
79	8:03:28	6.21	594	Gines Satchithanandam	M	60
80	8:47:34	5.69	601	Tristan Miller	M	61
81	9:42:55	5.15	556	Leanne March	F	20
82	9:57:01	5.02	540	Andrew Hewat	M	62
83	10:52:35	4.6	539	Terri Hayes	F	21
84	6:08:36	8.14	569	Caroline Pivetta*	F	*
85	6:08:36	8.14	599	Nikki Wynd*	F	*

\* 50km with diversion



Marie Kavanagh 1st place  
female 50Km



Rob Boyce



Left:  
Damon Goerke  
1st place male  
50Km

Right:  
Damon Goerke  
crossing the  
finish line





# Centennial Park 100km/50km

When someone asks you why you would ever want to compete in a 100K race that involves running 28 consecutive laps of Centennial Park you have to come up with some reasons. Even then they question your sanity. For me, a confluence of several factors sparked my interest in this event:

- I had never actually raced this distance before despite having completed over 100 ultramarathons at distances ranging from 45 to 485K
- I grew up in the Coogee/Randwick area and it would be nice to revisit the park through which I used to run with my Dad when I was a kid
- The event looked spectacularly well organized, with a slick website, lots of Sponsors, electronic chip lap timing, a nice soft surface to run on, and was being held on a rare car-free day in this iconic park
- A race in Sydney is always a great opportunity to get out of Canberra and catch up with the many running friends I have there, and also an opportunity to make new friends.

With those rationalizations cemented in my head, a bit of cramming on the training front (I had 5 or 6 weeks off over Xmas and New Year doing no running), and the luck of being promoted from the substantial waiting list to the race (only 50 runners allowed in the inaugural year of this event) I found myself at the soft, sandy starting mats at 6:30 am along with a bunch of other hardy souls attempting the 100K event. After a stirring rendition of the National Anthem by those at the start line we were sent on our way anticlockwise (the wrong way) for 440m out and back in order to make the rest of the official 28 clockwise laps (at 3.54K each) add up to the internationally accredited IAU course measurement of 100K.

Pacing for this event was an area I had thought long and hard about as it was unfamiliar territory. I guessed that I was currently in about 3hr marathon shape. Various calculators on the internet suggested an approximate finish time of about 8 hours or so with that kind of fitness. With the forecast of a hot, humid day maybe reaching 30 degrees I decided that I should make the most of the cooler early morning part of the race and push a bit harder, allowing for the inevitable slowdown and effort that comes with heat and humidity combined with distance. I quickly settled into a pace of around 4:30 min/K (7h30min 100K pace) which seemed not too testing but still honest enough. I was immediately joined by the accomplished ultra runner Jonathan Worswick, whose exploits at tough 100 milers in the US (like a high placing in the Hardrock 100 mile trail race) I had found inspirational. It was really nice to talk with him while we knocked off the early laps fairly effortlessly, during which we had the chance to catch up with what each other had been up to since we last met.

We seemed to settle into a pretty good rhythm for each lap which consisted of the slower, sandy, slightly uphill-feeling first third of a lap followed by the 2nd part through to Milov's alternative aid station (Thanks Milov and others for your great support here) and then a fast downhill section in which my average pace always picked up 5 to 10s/K or so. Each lap finished at the dual timing mats followed by the wonderful, enthusiastic and supportive atmosphere of the timing crew, runners' crews, race organizers and various onlookers - that was a nice boost to get the heart started to head out on yet another 3.5K lap. It was really nice to catch up with lots of friends and other CRs on the way around or on support including Plu, Paul Every and Diane Weaver, Eveready Bunny, Sir Runalot, Horrie, Buzz, Blue Dog, Uncle Dave, Scooty, Jo Blake and

many others, including Pam, Mick and Steve from Canberra.

Unfortunately, the euphoria of the faster start and cooler weather gradually morphed (for me) into a mild dysphoria and the beginning of some serious and painful cramps in the left calf muscle around the 45 to 50K mark. Jonathan and I had completed the first marathon in a pretty handy 3:11 or so, and 50K in about 3:48 but payback was clearly on its way. The conversation dropped away as we were finding the pace increasingly harder to maintain and the ambient heat and humidity was picking up. In quite a short space of time I felt my left calf go into a very strong cramp and I started limping in my gait. I told Jonathan to go ahead and wished him best of luck for a good race as things were deteriorating so fast for me that a DNF was looking quite possible. I reached the aid station where I relayed the bad news to Sean Williams (who kindly crewed for me for much of the race) and promptly asked for some magnesium tablets as a last resort. He supplied these for me next lap and also suggested that I try purposefully heel-striking and shortening my stride for a while rather than just throw in the towel and submit to the cramps. I then spent the best part of a few laps painfully microstriding the sand track with a distinct heel strike and an average pace that fell back towards 6 min/K. The mind says bad things in these situations and I started thinking how long and slow and painful another 50K was going to be if I could gut it out. I knew Mal was behind and it would just be a matter of time before I heard him come past and then I would slide back to 3rd, with probably more spots to lose after that. Like so many times in ultras the perseverance and faith to just keep moving paid off. Very gradually I was getting a more normal foot strike back and this immediately brought my average lap paces back towards about 5 to 5:10 min/K. By this stage we were



*"to be pleasantly surprised by just how social and enjoyable these events are"*

approaching about the 60K mark when I was shocked to catch up with Jonathan, who now was listening to music and travelling quite slowly. He had told me earlier in the run that he probably wouldn't last a good 100K due to lack of preparation but I wondered if he had just been saying that just to give me a false sense of confidence. Early on in the race he seemed much more fluent and comfortable in his stride than me. I was genuinely disappointed to see him leave the race some laps later as he is a fine runner and I was also keen to have him around to keep the competitive pace pressure going. Mal had been running very strongly but like everyone was knocked around badly for pace when the sun came in all its nastiness when I was at approximately the 70K mark.

With temperatures now getting near thirty degrees and the high humidity being expressed, the open areas of the track were stifling and it was apparent that everyone left on the track was locked into survival mode - trying to keep moving and becoming increasingly demanding of their crews to come up with something miraculous to get them through each remaining lap. I kept getting the cramp re-threatening, which made the last 25K or so an exercise in masochistic and painful restraint and any thoughts of a sub 8h effort had left the building. However, with about 3 or 4 laps to go the clouds came back over a little, providing some relief, and when the thought of finishing was combined with a nice strong caffeinated gel I was able to pick the pace up again for a final push. It did look like I would fall short but I gave it my all in the final lap anyway, averaging 4:15 pace at a heart rate that would normally correspond to 3:35 pace when fresh. I thought I was in with a chance but had forgotten about the extra distance that a few loop stop detours had added to the total distance and I managed to power home to 100.7K on the Garmin for a finish time of 8:00:30. HR training enthusiasts might like to know that my average HR for the 100K was 138 bpm, which is about 77% max HR for me. Overall, I was happy with my time given the train-

ing base, the cramp problems and a track and ambient conditions which I would not consider fast. Maybe cool conditions and a sprinkle of rain to settle the sand/dust would help quite a bit to speed this course up.

I hung around as long as I could before having to drive back to Canberra (with cramping toes and legs). During this time I had the chance to chat with and thank the various people that helped crew for me (Clare, Sean, Terence) and help cheer on some of the others that were still out on the course.

Many thanks to: April and Luke for setting the bar high with a new event that had more sponsors and volunteers than runners; Keith and Helen for accommodation on Sat night; Colin and SMC for chip timing; CP trust and Sponsors for their support; all helpers and volunteers associated with the event including registration, aid, lap scoring, logistics; House Dad for photos. Congratulations to Mal for another fine ultra performance and of course to go to all runners in the 50K and 100K for their gutsy efforts. Thanks also to their support crews for creating such a great atmosphere. Special thanks to Milov and his hard working 2nd aid station crew- a fantastic boost.

### ***Final thoughts on short loop course running]***

For those that have never tried this type of running I would strongly recommend it as something to try as a new experience in running as well as for the social experience.

On the running experience side, these types of lap races allow you to focus on running rather than worrying too much about logistics because you always are close to getting the support you need. These races are brilliant for forcing you to understand and rehearse pacing, nutrition, and hydration strategies and definitely sharpen up your mental toughness - all conducted in a controlled, supportive, and non-threatening setting. After doing these races it is easy to push through on point to point trail runs where the mind and soul are given variety of scenery and terrain.

Small loop races teach you to stay focused and tough it out more- any lapses in these skills reveal themselves very openly in these events. The nice thing is that when you take these improved skills to your other races the improvements are amazing. And, the concept of what is tedious or boring is all relative. For me, running a 3.54K loop for 8 hours in a lovely park was luxury compared to spending 48 hours going around a 306m unshaded dirt track for 2 days like I did at the Surgères 48h race in France in 2009!

On the social side, it is common for runners new to this type of racing to be pleasantly surprised by just how social and enjoyable these events are. This contrasts with many runners' expectations that lap running of his type will be boring and a waste of time. What happens is that all of the support crews for the runners get to know each other and band together and create an almost party-like atmosphere that the runners get to enjoy as they pass the aid station each lap. New friendships are made between all of the runners going around the track together while many of the crews waiting for their runners at the start/finish start to bond and help each other out as well. I have also found that because runners of all speeds and abilities see each other regularly over a long period of time (unlike a point to point race), there is an increase in respect and understanding that goes both ways between the faster and slower runners - there is an unspoken understanding of what each other is going through, and there is a powerful realization that the transcendence of pain and fatigue to finish a very long race using the power of the human mind, body and spirit is the thing that bonds us together in a special extended dysfunctional (at least to other people) family that keeps coming back for more each time.

Martin "Flyer" Fryer

3 March 2011

# RESULTS

## CENTENNIAL PARK RESULTS

Place	50km	Time	Sex
1	David Criniti	3:40:19	M
2	Andrew Heyden	3:43:24	M
3	John Hill	3:47:36	M
4	Luke Porter	4:08:50	M
5	Clara Brown	4:09:42	F
6	Benjamin Vidal Maestre	4:11:35	M
7	Garth McInerney	4:17:37	M
8	James Sylvester	4:26:30	M
9	Vivienne Kartsounis	4:27:18	F
11	Kerrie Bremner	4:27:47	F
10	Jonathan Blake	4:27:47	M
12	Daniel Bleakman	4:29:27	M
13	Paul Wooton	4:30:52	M
14	Glenn (Horrie) Lockwood	4:38:21	M
15	Chrissie Laloli	5:09:45	F
16	Sabina Hamaty	5:12:51	F
17	Tim Deane	5:21:34	M
18	Sebastian Warmerdam	5:22:36	M
19	Keith Hong	5:25:42	M
20	Denis Martin	5:28:21	M
21	Mark Mikulandra	5:29:19	M
22	Carol Adams	5:38:07	F
23	Martin Pluss	6:19:15	M
24	Helen Pretty	6:26:36	F
25	Kathryn MacKinnon	6:46:50	F
26	Steve Jordan	7:13:34	M
	100km		
1	Martin Fryer	8:00:30	M
2	Malcolm Gamble	8:40:33	M
3	Noel Annett	9:50:30	M
4	Mark Dakin	9:52:59	M
5	Paul Every	9:55:51	M
6	Pam Muston		F
7	Kevin Heaton	10:34:47	M
8	Carrol Lapsys	10:39:21	F
9	Roger Hanney	11:25:01	M
10	Nick Barlow	11:25:07	M
11	Mark Williams	11:31:41	M
12	Allison Lilley	11:34:38	F
13	Michael Thompson	11:46:47	M

## NARAWNTAPU (FOUR BEACHES) 27 FEBRUARY 2011 - RESULTS - 50KM

Rank	Firstname	Lastname	Time
1	Aub	Henricks	4:06:17
2	Allan	Hood	4:36:41
3	Michael	Meredith	4:40:00
4	Andrew	Charles	4:41:05
5	Amy	Hinds	4:49:37
6	Jacqui	Guy	4:53:32
7	Peter	Vocke	5:00:43
8	Brent	Ranson	5:02:25
9	Adrian	Beard	5:09:30
10	Emma	Weitnauer	5:11:56
11	Damon	Sherriff	5:12:15
12	Steve	Phillips	5:19:42
13	Mick	Purton	5:20:30
14	Shannon	Proffitt	5:26:30
15	John	Cannell	5:26:36
16	Ben	Kaiser	5:27:40
17	Ken	Carter	5:27:53
18	Marita	Eisler	5:40:00
19	Robert	Drewell	5:40:01
20	Sally	Atkinson	6:10:06
21	Marcel	Brown	6:15:01
22	Cecilia	Petersson	6:16:10
23	Carloyn	Farrer	6:20:33
24	Michael	Phillips	6:25:58
25	Pamela	Frost	6:30:22
26	Chris	Talbot	6:53:26
27	Terri	Hayes	9:28:06
28	Anita	Bracey	9:48:56





# A weekend with a legend

By Bernadette Benson

The last weekend in February I had the opportunity to go to the 2<sup>nd</sup> annual Steve Moneghetti training camp held at a bush camp 90 minutes outside Perth. The first year I went, I was unsure how well I would fit in or how much I could learn, surrounded by 5km and marathon specialists. I've raced one 5km and never even run a marathon. I started my journey into racing right into the world of ultras.

That first year I learned a lot. So much, in fact, that when early bird registrations opened for this year's camp, I was probably one of the first to get in. Still, I wondered whether there was anything left to learn the second time out.

Friday had me out of Perth mid-afternoon, headed to the hills. Driving out of the city, with a running mate, the back of the car filled with shoes and shorts.... The excitement was enough that I was able to ignore the fact that the forecast all weekend was for 37 degrees with lows in the 20s.

On arrival, everyone headed out for a "recovery run" (meaning recovery from the driving). It was meant to be an easy out-and-back 8km run, but easy is relative when you can run a 2:08 marathon. Steve Moneghetti's recovery run pace is a 4.30. So he took it easy on the rest of us by doing a 5min pace over the gravel bush tracks along the Murray River. I went out with the group at that pace, but decided to recover from my recovery run on the way back, by going my own easy pace, which was more like a 5.40.

Back at the bunkhouse, most of us had a quick cooling dip in the water before digging into dinner. Having two nutritionists consult on the evening's meal, it was absolutely perfect. Brown rice (low GI) with some veggies, including particularly

spinach (iron) with some orange juice thrown in (vitamin C to help with the absorption of the iron).

That evening we also had an introduction to pilates for the runner, something I knew nothing about. My brief experience taught me that it was similar to the yoga I've been trying lately, but with even more focus on strength, balance, proprioception, and breathing patterns related specifically to runners. I also learned that pilates is an unregulated term, so one needs to be careful to go to instructors who are at least registered physiotherapists.

On Friday night we welcomed back a speaker from the previous year - an ultra fit nutritionist with a definite

*"while never the slightest bit arrogant or demeaning, he is incredibly good at questioning one's goals"*

passion for healthy lifestyle. His presentation style is pretty dramatic, which certainly keeps you alert. Last year I took four pages of notes and this year I still took three. The most useful information was the general focus on the importance of eating a balanced, low GI, healthy-fat diet on a day-to-day basis. Examples were given of low and high GI foods, healthy and unhealthy fats, and foods high in important vitamins and minerals such as spinach, tomatoes, apples, and dried apricots. I know that last year after making very simple adjustments to my foods, without changing my quantity of food at all, I dropped 1.5 kg over a few months. That's extra weight I don't need to carry up a mountain or around a track for 12 hours anymore.

On Saturday morning the group of 25 or 30 of us headed to the nearby town

to use the oval for the famous Mona fartlek session. After a 2km warmup, we headed into 20 minutes of lung searing pain, with Steve Moneghetti watching our form and directing the session. After a cool down, it was off to get coffees, cool in the river, and have a Q&A session with Mona. After lunch, we had a presentation by a brilliant sports physiotherapist with extensive experience with national and international (Olympic) athletes. In about one hour, he managed to go head-to-toe through the body, covering the most common running and cycling related injuries. The take home message was "glutes glutes glutes." He stayed around for dinner and then gave us some glute strengthening exercises. He also consulted one-to-one with several people, including me. I was able to get a new adductor strengthening exercise, which I was really pleased about.

Before dinner some of the triathletes in the group headed off for a bike ride, while the rest of us went out with Mona for a 40 minute "easy" trail run. Again, I hung with the group for the first half and then let myself slow down to my own easy pace for the return trip home. I needed to save myself for the Sunday long run, after all. At dinner I sat at a table with a few of the best middle and long distance runners in WA. It's still hard for me to wrap my head around the fact that middle distance means 3km, while 5km is considered long distance. But that's coming from the world of track athletics. In my ultra world, middle distance would probably be a 12 hour or 50 Miler. A short ultra, after all, still has to be more than 42 kms.

I got to spend some time reading Steve Moneghetti's 1997 training diary. And then I took out my own training programme and talked to him privately about my training and goals for the year. Although we run

*"the importance of eating a balanced, low GI, healthy-fat diet on a day-to-day basis"*



*"we stayed out nearly 3 hours, exploring some new trails and stopping to eat a few blackberries along the way"*

different distances, I have found that I'm able to take specific suggestions from Mona to incorporate into my training. He's also incredibly direct in his speech. While never the slightest bit arrogant or demeaning, he is incredibly good at questioning one's goals. I found he was able to help me focus more on what I want to achieve in this next year or two of running and from running in the long term. Last year he gave me

some suggestions to tweak my taper weeks, which I found helpful. Sunday morning...the long run. Two main groups headed out, planning to do 75 to 100 minutes. Being only one week back from a trail race, I knew "racing" to stay with those ectomorphs was not wise, nor likely to be all that fun, despite the fact that we were out on beautiful single track trails. So I headed out with one other runner who wanted to go lon-

ger and slower as well, in his preparation for the Six Foot Track race in two weeks. We stayed out nearly 3 hours, exploring some new trails and stopping to eat a few blackberries along the way.

Back at the bunkhouse there was brunch, group photos, and then we all packed up, ready to tackle our own challenges for another year.





# Barry Loveday - Ultra Legend

By Tim Erickson

For a bloke who has only run 4 ultras, Barry Loveday has made a huge mark on the Australian scene. Let's look at these 4 runs.

August 2009 - Tan Ultra, 53.5km

1. Barry Loveday 3:46:15

Barry's first Ultra was in August 2009 when he chose what is generally regarded as a very tough first up - the Tan Ultra in Melbourne. Just think about it - 13 laps of the Anderson St Hill! But it proved no great challenge for Barry who won by the proverbial mile in a huge time of 3:46:15.

From the race report:

I must make mention of the truly brilliant fun run time set by Barry Loveday, smashing to bits last year's time by a remarkable 34m 57s in the 53.5km event - (that's an average of 16 min laps, which for record is a minute better than my PB for one!) amazing and all the more impressive under the weather conditions.

April 2010 - Coburg 24 Hour Victorian Championship

1. Barry Loveday 232.602km

Being a local Coburg Harrier lad, Barry decided to support the annual Coburg Carnival 24 Hour event in April 2010 and once again, it was a huge victory for him. From the race report:

As others fall by the wayside, Barry took control, able to maintain a steady 10km/hr gait hour after hour. By halfway, he was well in front with 120.400km as against Justin Scholz with 114.000km and David Kennedy with 111.200km. Just before midnight, Justin gave it away, leaving Barry some 10km ahead of David with a further 11km gap to Tim Ablett.

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

Well, he did slow but not by all that much, still managing to get around at a consistent 8km/hr with no breaks of any significance. His final distance of 232.602km saw him become the first Coburg Harriers athlete to win this prestigious event and the cheering was long and hard.

August 2010 - Tan Ultra, 100km

1. Barry Loveday 7:14:45

This time, Barry chose to move up from the 53.5km distance to the 100km distance. That's 24 times up the Anderson St Hill! And once again, he won, this time by an amazing 1 hour and 21 mins. Again, the race director sums it up

The most impressive and subject to AURA confirmation was the fantastic time of Barry Loveday in the 100m. By my reckoning he posted the fastest 100k time for over 20 years in Australia as recorded by AURA and is ranked 1 in the 100km for 2010. We may well have witnessed a small piece of history last weekend around the TAN. Barry improved the previous record by over 71mins and as you may have seen from some of the wonderful pictures posted on CR, he finished strongly and he talked to me about trying to go under 7hrs next time, which I think he could well do - what a talent.

Barry's time was the 8th best Australian time of all time and the best in recent years. Given the course which is not exactly a fast one, the room for improvement is obvious. He now holds the Tan records for both the 100km and the 53.5km. And I can't realistically see anyone except Barry beating them for some time yet.

January 2011 - Narrabeen Allnighter 12 Hour Race

1. Barry Loveday 147km

Barry's fourth ultra outing was in January 2011 in Narrabeen, NSW, and it was yet another runaway win, 24km ahead of the second placed runner. This is best 100km Road performance EVER by an Australian. In fact, the only two better performances were both done on the track and are as follows

1. Kouros Yiannis VIC 161.400  
Kensington, SA 04-Oct-97 41
2. Perdon George VIC 155.800  
Olympic Park, VIC 23-May-70 45

It's not too bad to be third behind Yiannis Kouros and George Perdon, the two best ever Australian ultra runners!

The last word to Barry:

"Dad and I finally got back home to Melbourne Sunday Night. I struggled to walk down the plane stairway and once on the tarmac I was offered a ride on the baggage buggy, which I gratefully accepted. WOW, love Sydney and Narrabeen great places, lovely people. Got to view the course Saturday lunchtime, good course, very flat. Found running conditions very humid, not used to that sort of heat in Melbourne or the UK so I had to dig deep to stay focused on my race. Then of course the heavy rain and darkness made it that bit tougher

*It's not too bad to be third behind Yiannis Kouros and George Perdon,  
the two best ever Australian ultra runners!*





*"he combined competing for Coburg Harriers in Athletics Victoria's road and cross country season with his ultra training regime"*

for everyone. I am very pleased with my performance of 147km, I would love to eventually have a crack at George Perdon's performance of 155km set back in the 70's. I would like to thank everyone at the race especially my father who crewed for me for 12hrs and Jane who helped me recover after my race, also a big thank you to Ron and all the helpers who organised the event and for their generous hospitality, plus a big

thank you to Horrie for his help and encouragement during the race."

During the 2010 winter season, Barry adopted an innovative training program - he combined competing for Coburg Harriers in Athletics Victoria's road and cross country season with his ultra training regime by running from his Pascoe Vale home to AV races held in metropolitan Melbourne. This included a run to

Bundoora and back for the 12 km cross country race and later in the season to Burnley and back for the Half Marathon.

The sky's the limit for Barry. I wait expectantly for his next run.



*Kurrawa to Duranbah female race winner  
(at the 25k turnaround), Tressa Lindenberg*







# The Barefoot Route

By Zoie Clift

This article originally appeared in *Marathon and Beyond*

“The human foot is a work of art and a masterpiece of engineering.”—Leonardo Da Vinci

Though it could have happened, running barefoot did not disappear with the advent of the running shoe. A subculture of runners still abides by the *au naturel* technique our ancestors relied on even with the rows upon rows of hi-tech options stocking the shelves of running stores these days. One of the most often cited barefoot cases was Ethiopian runner Abebe Bikila, who ran a world-record 2:15:17 marathon at the 1960 Olympics in Rome. South

of what barefoot running can offer endurance runners today.

## A NATURAL EVOLUTION

The evolution of mankind has witnessed humans running barefoot safely on dirt trails and roads for thousands of years. Stories exist of Bushmen relentlessly chasing down zebra and of Navajo Indians doing the same with pronghorn. Some anthropologists believe humans evolved as a diurnal endurance predator that was an adept endurance runner. One such person is Daniel Lieberman, a professor of biological anthropology at Harvard University. His studies in human evolution include how the ability to run played a crucial role in this arena. His published work in the British science journal *Nature* highlights his

man’s ability to run long distances. “We wrongly think of ourselves as nature’s wimps,” he said. “We are actually among the most spectacular athletes in the mammalian world, but we are a different kind of athlete compared to most animals. Whereas most animals are designed for speed and power, humans have evolved to be endurance athletes. The human ability and proclivity to run long distances, especially in hot conditions, is unique among primates and exceptional among even the best runners in the animal kingdom.” He said traits that aided running included a foot structure that allowed efficient use of the feet to push off, ligaments that acted like springs, and shoulders that rotated independently of the head and neck, aiding in better balance.

*“We are actually among the most spectacular athletes in the mammalian world”*

African Zola Budd also springs to mind: in the early 1980s, she made headlines by breaking one middle distance record after another sans shoes. A solid example of a barefoot runner these days is Ken Saxton, 51, a computer technician from Long Beach, California. Saxton finished 14 marathons barefoot in 2006, and has now completed a total of 56 marathons barefoot, including major races such as Los Angeles and Boston. There is even a society, the Society for Barefoot Living, devoted to the lifestyle. Though barefooting has survived the test of technology, many runners disagree about it, with some being wholehearted backers while others view it as a route to potential injury. So with this in mind, it seems interesting to trace how we went from running barefoot through nature to running in what to ancient man would probably seem like clodhoppers. From there, we will take a quick tour

theory of how the human body was shaped by long-distance running. He says early humans probably took up running around 2 million years ago, after our savanna ancestors began standing upright.

Lieberman said there is often a misunderstood aspect of ancient

Today, barefooting is far from extinct, and Lieberman said he is not surprised by modern man and his capability of running long distances without shoes. “People don’t run barefoot any more simply because they don’t have to,” he said. “The barefoot running movement is wonderful evidence of how good the human foot is for doing one of the most natural and fundamental of all human activities—endurance running.”

## BAREFOOT BIOMECHANICS

The fastest runners have a style quite similar to that of a person running without shoes. They absorb shock by landing lightly on their forefeet rather than on their heels, and their landing leg is beneath the torso, with the leg slightly bent to absorb impact.

Shoes are useful because they protect from broken glass and in the winter, when conditions such as freezing ice and snow



*"barefooting puts fewer demands on the energy supply of the human body, costing around 3 to 5 percent less oxygen than running with a normal running shoe"*

can numb the feet. Also, there will always be routes where obstacles such as stones and nails provide conditions where going barefoot just wouldn't be ideal.

However, shoes treat your feet like planks that move only at the ball of the foot. In other words, they often protect the feet so much that certain muscles get lazy because they are not being used. Michael Warburton, a physical therapist in Queensland, Australia, found that running barefoot decreased the occurrence of ankle sprains and chronic injuries such as plantar fasciitis. According to his study, shoes also increased the risk of sprains because they made a runner unaware of the foot's position.

Some consider shoes protective devices from dangerous or painful objects rather than corrective devices because their capacity for shock absorption and control of overpronation is limited. In other words, shoes do a good job of protecting from the elements, but over time they desensitize the tiny sensors in your feet that tell them how to react to the terrain. Eventually feet grow lazy and weak, triggering a chain reaction up the entire leg that can lead to shin splints, runner's knee, and iliotibial band strains. Cushioned running-shoe heels add to the problem by shortening calf muscles and the Achilles tendon. Barefoot running stretches the calves and gets foot muscles moving again, promoting good biomechanics. "Many runners believe shoes have magical properties that they probably lack," said Amby Burfoot. "Mainly we run in shoes for comfort and safety, reasons that are compelling enough to me."

Burfoot, who once ran a hard, fast three miles barefoot on a road course when he was young and now opts for routes on grass or golf courses, has his own take on barefooting. "It's all the same sport," he added. "I think we exercise personal preference, like some who prefer 5Ks and some who prefer marathons."

## THE FIRST STEPS

If you open up the pages of Grey's Anatomy, you can see that each foot has 26 bones and more than 20 muscles and associated tendons. The skin on the sole of the foot is more resistant to abrasion than skin on any other part of the body. Saxton said a misunderstood aspect of barefooting is that you must have really tough soles. "It is true that the soles will get tougher but like soft leather, more like the palm of our hands, not the hard crusty calluses some people expect," he said. "Most who ask to look at my feet are surprised because they are softer than their own feet. Hard calluses don't last long on hard asphalt; I guess that's why automobile tires are made of rubber, not stone."

Saxton, who said he learned to run because of four siblings chasing him, had some tips for going barefoot, including applying sound running technique such as keeping a vertical torso, bent knees, relaxed ankles, and landing with your foot under your body. "If you land with your foot in front of your body, you are hitting the brakes and bashing your knees," he pointed out. "If you want to run forward, the body should be moving in front of the foot."

According to exercise physiologist and Olympic marathoner Pete Pfitzinger, the key to starting out is to go slowly. He advises walking barefoot for a few weeks to toughen up the skin on the bottom of the foot as well as the muscles in the ankles and feet. Once you are ready to run, start with a mere five minutes, increasing slowly and running barefoot every couple of days. From there, build to up to 20 minutes over a month. After a few weeks of this, the feet and ankles will be stronger, thus reducing the risk of injury. Possible places to train include sandy beaches and golf courses.

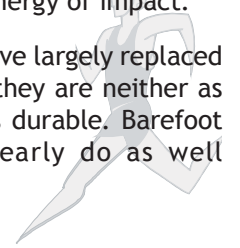
The barefoot running technique has been described as falling forward. It has also been described as gently kissing the ground with the balls of your feet. If you need one

more concept to meditate on while running barefoot, imagine that a log is lying across the path in front of you; you don't want to kick the front of the log with your toes. You want to step over the log with each step, keeping your knee bent and placing the ball of your foot immediately behind the log as your chest moves over the top of it.

## BENEFITS AND PRECAUTIONS TO CONSIDER

Once you decide to take off the shoes, the next step is looking at the benefits and precautions of barefoot running. These days, in light of the evolution of the running shoe, the practice of running barefoot is considered unsafe by some. "What do you use for arch support?" some might ask. "My arch," is probably usually the first answer that pops out of the mouth of die-hard barefooters. Lieberman views the proposed link between barefooting and increased injuries with a perspective gleaned from his years of research in the field. "The human foot is a marvelously adapted machine, and clearly more capable of effective barefoot running than most people appreciate," he said. He added that several factors lead to the foundation for most barefoot injuries. First, people who wear shoes have not developed the calluses necessary to protect the foot, particularly in modern environments replete with pavement. More important is a decrease in the use of the arch of the foot, which acts as a spring. "When you walk, you land on your heel, but during running you land toward the middle of your foot on your plantar arch," he said. "The arch acts as a spring, stretching and then recoiling, not only helping to cushion the impact of the collision with the ground, but also to help push the body into the air. Laboratory studies show that the plantar arch alone returns at least 17 percent of the energy of impact."

Running shoes have largely replaced our arches, but they are neither as effective nor as durable. Barefoot runners can clearly do as well



*“barefoot running will be recognized by more coaches, trainers,  
and athletes as a useful tool  
that should be incorporated into a holistic training regimen”*

as shod runners, but it takes time to develop the strength in the foot to use our natural arch fully.” According to Dr. Benno Nigg, founder of the Human Performance Laboratory at the University of Calgary, barefooting puts fewer demands on the energy supply of the human body, costing around 3 to 5 percent less oxygen than running with a normal running shoe. Another benefit is that it incorporates more training for the small muscles in the foot and lower leg when running on grass, which is typically associated with fewer injuries.

Some argue that running shoes can correct an Achilles curve as well as a runner’s tendency to overpronate, of which the Achilles curve is a symptom. The belief is that this tendency can’t be corrected when you are running or walking barefoot, and in fact it will worsen it.

Nigg, however, had a different take. “If we assume that most people have an alignment that is bad, one would think that shoes should be used to align the locomotor system appropriately,” said Nigg. “The facts are most people have an alignment that is fine; shoes and orthotics do not align the locomotor system in a major way. Alignments are typically small and not systematic. Thus even if one would like to align, shoes do not align systematically and properly.” Nigg said that the initial danger of going barefoot is that people are not used

to it, so some of the muscles that are not used with shoes, which are quite a few, will be overloaded. Also, the plantar surface of the foot has not built a protective skin, so blisters may also initially be a problem. He mentioned that precautions should include strength training of the small muscles, slow adaptation to strengthen the plantar surface of the foot, and running on grass or similar surfaces initially.

“Barefoot running is typically considered more ‘natural.’ However, one should include not only the

long distances fast. In their opinion, to work properly, the foot needed to grasp and release on a variety of surfaces; it needed to run on dirt, grass, road, concrete, and gravel. Many recreational runners are also starting to try barefoot running in an effort to prevent injuries and improve technique. “Hopefully we will see athletes get faster . . . new records being set,” Pisciotto said. “And that barefoot running will be recognized by more coaches, trainers, and athletes as a useful tool that should be incorporated into a holistic training regimen.”



If nothing else, barefoot running is another training tool. As Saxton put it: “What’s really great about running is that ultimately, racing, especially a marathon or ultramarathon, is about getting from the start line to the finish line, and that isn’t about shoes, or bare feet, or running the entire distance without taking a walk or nap breaks, or running backwards, or whatever. It’s very personal, and it’s about having options, as long as you’re ambulating under your own power, without wheels. Just remember, it’s a footrace, not a shoe race.”

bare feet but also the more natural surfaces. We are not trained for barefoot running, thus any changes should be slow.”

Coaches such as Brooks Johnson and Vin Lananna have said that barefoot running was part of an overall program to train the body to run







# Aid Station Expertise

An article from *Ultrarunning.com* by Gary Dudney

One of the great joys of ultrarunning is arriving at a long-anticipated aid station. It can be salvation, pure and simple. Friendly voices and helping hands reach out to you. Everything you need to replenish yourself is right at hand. You load up and you're ready for the next section of trail. At least, that's what should happen. Getting the most out of an aid station, however, requires some thought. And you sure don't want to get a mile down the trail only to discover you forgot to take care of some critical business.

If you're brand new to ultrarunning, the first time you see an ultra aid station will be a revelation. Aid stations in marathons are fairly simple affairs. Most of the time, they're there exclusively to give you fluids and keep you speeding toward the finish. If you're also offered some Vaseline smeared on a piece of cardboard, energy gel packs, or even cut-up bananas, you've hit the mother lode of marathon aid stations.

Aid stations in an ultra offer much, much more because they serve a larger purpose. In addition to the fluids vital to the runner, including water, soft drinks, and sports drinks, the aid station will have a rich variety of food: cut-up fruit, peanut butter and jelly sandwiches, cooked potatoes, energy bars, chips, pretzels, candy bars, cookies, and other foods critical to supplying the calories necessary to maintain your energy level in an ultra-distance event. Salty foods will be available and usually an accompanying bowl of salt handy for dipping chunks of food in to help with salt replacement. More elaborate aid stations will also have soup, turkey and cheese sandwiches, breakfast items, and specialties like tortilla wraps or burritos. Ice is another ultra aid station staple, crucial on hot days for cooling off fluids and filling hats and bandanas to keep runners from overheating back on the trail.

The volunteers at the aid stations in ultras are often experienced ultrarunners themselves and are usually very helpful. They can assist runners with mixing energy drinks, adjusting clothing, or finding needed items; they provide information about the next stage of the run, and they can often administer basic first aid when needed. They also offer considerable moral support during the race. Some aid stations double as drop bag sites where you get access to your own supplies prepared before the race. In longer events, aid stations can be designated as crew stations as well, where you can meet your crew and pick up pacers.

With so much at stake at the aid station, it's worth getting things right. But arriving at an aid station can be overwhelming and disorienting. The energy of the volunteers, the crush of other runners, the bewildering array of food out on the table, the sudden transition from quiet concentration to shouted questions, and the general hubbub can all conspire to wipe your game plan out of your mind. It can also be quite exciting and distracting to see your crew or family members at an aid station after the solitude of the trail. The key is to be prepared.

Before you arrive at an aid station, think systematically through what you need to accomplish. Your list might be something like this:

Fill bottles with half sports drink, half water

Eat a sandwich and some potatoes with salt

Ask for some extra electrolyte caps

Check the hot spot under the arch of right foot

Put some ice under hat

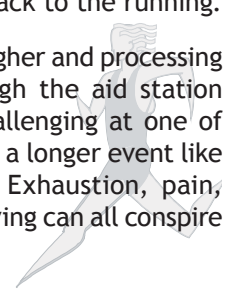
When you see the aid station off in the distance or get some other indication that it is near - like voices, music, or generator noise - get your

bottles out and loosen the lids. If you're using a hydration pack, have it unstrapped and ready to take off. Take out your electrolyte drink mix if you're going to mix your own fluids. The idea is to have everything ready to go for the volunteer to fill your containers or for you to fill them as soon as you arrive. You want your time at the aid station to flow efficiently. You'll get a restful break from the running, but you don't want to waste time.

Relax and gaze over the food choices with your checklist of concerns in mind. You might choose to chug some extra sports drink if you've been drinking primarily water. On a hot day you might focus on the salty foods and take advantage of the bowl of salt, dipping in a piece of potato. You might need to catch up on eating solid foods and opt for eating a whole sandwich. If you're nearing the end of the race, a blast of sugar from a soft drink might give you just the extra energy needed to finish. While you're eating, you can be asking a volunteer about the upcoming section of the course. The distance to the next aid station or knowing that you face a tough climb might help you decide to adjust your fluids. Be sure to deal systematically with each of the issues on your checklist.

Before you leave, double check you've got everything with you and make sure your water containers have indeed been filled. I've had to share water with a runner at Western States whose empty hydration pack was returned to him "full up." Select some food from the table to take with you. Give everyone a hearty thank you and get out of there. Enjoy walking briskly and eating for a while before you get back to the running.

The stakes get higher and processing efficiently through the aid station can be more challenging at one of the later stops in a longer event like a 100-mile run. Exhaustion, pain, and relief at arriving can all conspire



to make you forget what you need to accomplish. It is more important than ever to focus on your list of issues and be sure you've dealt with each one before moving on. If you've prepared a race plan ahead of time with instructions on what needs to be done at each major aid station, follow it to the letter. If you have a drop bag, it's not a bad idea to spread out a hand towel (packed in your drop bag ahead of time) and empty the contents right out on top of it. Seeing everything will help prompt you on what you need to do, for example, change into the long-sleeved shirt or take along the extra bag of electrolyte capsules and energy gels.

Meeting your crew will add another dimension to your aid station visit. An experienced crew member can shoulder a lot of responsibility in getting you ready for the next leg of your journey. On the other hand, well-meaning but less-experienced crew members can add to the confusion. Once, a crew member pulled a baggy full of electrolytes and painkillers, meant for use over the next 25 miles (40 km) of the race, out of my running belt. Unbeknownst to me, he stuck it in the crew bag rather than returning it to my belt. I was well down the trail before I discovered I was going to have to do without my pills for the next several hours of the race. In the end, accept help graciously, but be aware that the final responsibility for knowing that you have what you need and are ready to leave the aid station rests with you.

There are two distinct camps on the advisability of actually sitting down and resting at aid stations, especially late in bigger races. Some caution "beware the chair" and hold that runners are tempting fate by getting comfortable. Others believe the rest is beneficial. Some runners can even take catnaps and wake up after a ten-minute snooze with renewed vigor. Sitting or not sitting seems to be an issue that each runner needs to learn about individually.

Getting the most out of aid stations will take some practice. Once you've mastered the art, though, you'll find yourself experiencing a nice solid

"bounce" after each aid station, and you won't be kicking yourself for forgetting to fill your bottle or failing to sit down to take that rock out of your shoe.

**\*NEW BOOK\* NEW BOOK\* NEW BOOK\*  
NEW BOOK\* NEW BOOK\***

## **PASSION FOR DISTANCE**

**The story of my 100 marathons  
By Julia Thorn**

Your Ultramag Editor tells all about her other life, running 100 marathons over the past 13 years. This is part running book, part travel guide, as the author delves into how she started running, then started running marathons and travelled to races all over the world. It's an inspirational story of an unlikely athlete and a major achievement, and a tale of pure running enjoyment. Oh, yes, there is also an ultra in there – the Comrades Marathon in South Africa.

Published by Melbourne Books  
[www.melbournebooks.com.au](http://www.melbournebooks.com.au)

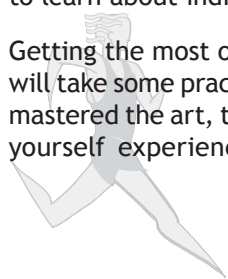
Release date March 2011

290 pages, 16 pages of colour photos

Available at local bookstores or mail order from the  
publisher

Or contact Julia direct  
([passionfordistance@hotmail.com](mailto:passionfordistance@hotmail.com))

I will waive postage for orders within Australia







572  
KURRAWA TO DURANBAH 2010

KURRAWA TO DURANBAH 2010  
526  
DAG HILLAND ROED

KURRAWA TO DURANBAH 2010  
542  
PETER O'SULLIVAN



