

ULTRAMAG

June 2011
Vol 26 No 2



- Red Rock
- Nerang State Forest
- Wildhorse Criterium
- Six Foot track
- Canberra 50km
- Coburg 6 & 24 hours
- Cook's Tour
- The North Face 100
- Proper Rehydration with Endura
- Razorback and more

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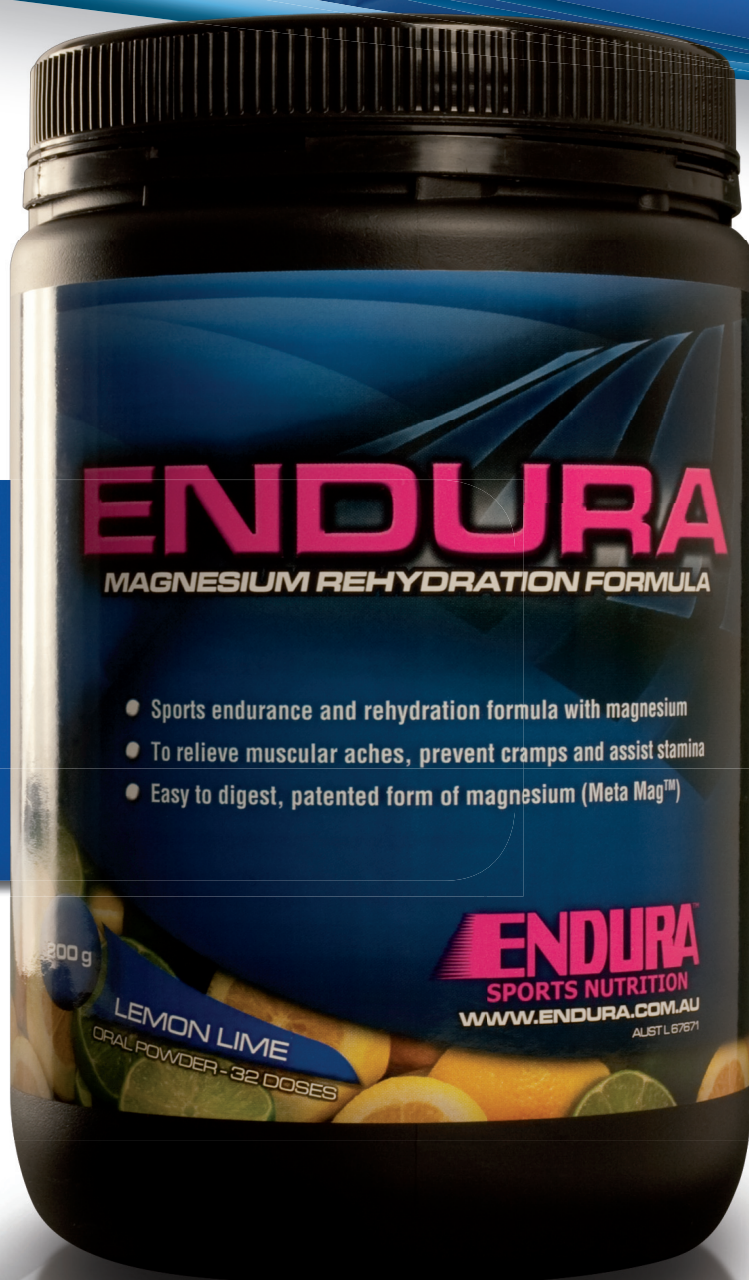
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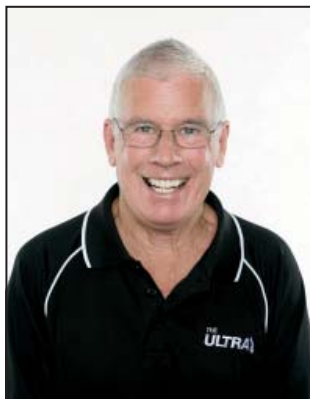
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WWW.ENDURA.COM.AU



Editorial June 2011

by Ian Cornelius



Contributing editors

- Tim Erickson
- Liz Bennett
- Kirra Balmanno
- Steel Beveridge
- Alun Davies
- Bernadette Benson
- Justin Scholz
- Brendan Davies
- Dave Coombs
- Martin Fryer
- Paul Ashton
- Julia Thorn
- Jo Sherman

Thank you all. This issue would not have been possible without your assistance

It's rather ironic that after nine years as President, and having stood down less than two weeks ago, I now find myself putting together the June issue of Ultramag. This comes about because of Julia Thorn's shock resignation. To make my task easier, I decided to recruit some contributing editors. My recruitment drive was spectacularly successful. I thank the various race directors and race participants who so graciously

and without a hint of reluctance gave up their time to put pen to paper. My job of assembling the material, with quite some help from the ever reliable Sue Cook, was made relatively simple. If my replacement (after just one issue) follows my lead, then the task of Ultramag editor, moving forward, should be that much easier. Thanks to Julia for her previous work and I hope that she will continue to act as a contributor.

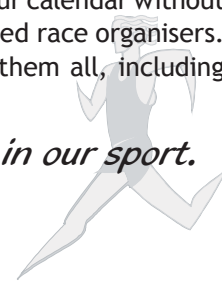
After nine years as President, I have witnessed a major transformation in our sport. I never cease to be inspired by amazing performances. During that nine years I have seen the level of participations increase tenfold, the number of races on our calendar has trebled and the quality of performances has increased exponentially. Back in 2002 we had Yiannis Kouros (277), Mick Francis (216) and David Standeven (200) as the only athletes to achieve 200km or better in 24 hours (all singles). In the two and a bit years alone (2009, 2010 and 2011 to date) we have had no fewer than 18 athletes achieve this feat, some on multiple occasions. These comprise 13 men (Martin Fryer (2), Jo Blake (3), John Pearson (2), Anth Courtney (3), Scotty Orchard, Michael Lovric, Ron Schwebel, Barry Loveday (not really AUS but we'll claim him anyway), Dave Kennedy, Mal Gamble (also not really AUS but we'll claim him too), Rick Cooke, Trevor Allen and Justin Scholz) and 5 women (Sharon Scholz, Susannah Harvey-Jamieson (3), Meredith Quinlan, Bernadette Benson (not quite Australian but we'll claim her also) and Kerrie Bremner). The depth of talent we have for the 24 hour event is simply amazing and places us in good stead to be competitive in teams events

at forthcoming Commonwealth and world championships.

Although we no longer have a Six Day race in Australia, there is a sprinkling of them worldwide. In the Sri Chinmoy 6 day event held recently in New York (details this issue) we saw wins to Australians Martin Fryer (783km) and Dipali Cunningham (750). I would be remiss if I did not mention Sarah Barnett's amazing exploits on the world stage. Sarah won the women's section of the 1,000km race in Greece and within just one week she contested the Sri Chinmoy 10 day race (held contemporaneously with the 6 day race) where she finished third outright with 1078km.

During my period of office we have seen the advent of the Oxfam trailwalkers, Kokoda Challenge and Wild Endurance team events. These events are all in the order of 100km and attract thousands annually. They focus on teambuilding endeavour combined with charitable fund raising. Those events present AURA with great marketing opportunities should we be able to avail ourselves of them. Likewise The North Face 100 has gone from strength to strength and, in just four years attracted a sellout field of 800 at the event just concluded. It presents an opportunity for runners and walkers of all shapes, sizes and levels of ability to participate. Those at the pointy end are very talented trail runners, many of whom are AURA members. Six Foot track remains as popular as ever, always attracting its cap of 800 runners.

It would not be possible to have these events in our calendar without some very talented race organisers. I pay tribute to them all, including



"After nine years as President, I have witnessed a major transformation in our sport. I never cease to be inspired by amazing performances"

"Sharon's achievements highlight what can be achieved with some careful planning, dogged determination and sheer hard work"

but not limited to AROC Sports (The North Face), Sydney Striders (Six Foot track), Coburg Harriers, SARRC, SCMT, Brett Saxon, Andy Hewat, Paul Ashton, Alun Davies, Geoff Williams, Greg Waite, Steel Beveridge and Ian Javes of the Glasshouse series. My apologies to the many others....it is just not possible to name you all.

There have been many standout performances from our athletes but if I had to nominate one then it would be Sharon Scholz. In as recent as early 2007 Sharon, and her ever supportive husband, Justin, decided to lose weight and get fit. Until then they had no athletic background or involvement in sport whatsoever. They commenced a program of diet and running and within 12 months, Sharon had shed a huge 30kg in weight. Together they contested their first marathon. While their time of 3:38 was not outstanding in itself, it was, by anyone's standards, a reasonable achievement and quite remarkable considering it was just 10 months earlier that they first began to run. In April of 2008, Sharon entered her first track ultra - a 12 hour event at Coburg. She was nervous, scared, apprehensive and had no idea if she would be able to keep moving for that long. Not only did Sharon keep going for the 12 hours, but with a bit of encouragement from Justin she went on to complete the 24 hour event which was being undertaken at the same time, and managed the then 7th best ever 24 hour track distance by an Australian woman. As the training ramped up in 2008 so too did the injuries. After recovering from two successive stress fractures she resumed running. The recovery process is a story in itself. I saw Sharon at the Brisbane 24 hour in 2009 and she had just cycled, alone and unsupported, from Wangaratta to Brisbane, a distance of 1,450 km, as part of her rehabilitation!

Sharon gained selection for the World Championships and left for France in April 2010 with high expectations.

Those expectations were exceeded however when she finished the race 6th outright female (running as high as 3rd at one stage) and 1st placed Australian woman smashing the Australian Road Course Record by nearly 20km. She also broke her personal best (established at the Commonwealth Championships just 8 months earlier) by just a few metres short of 30km. Sharon had arrived firmly on the world stage. Later in 2010 Sharon competed in the 48 Hour Australian Championships, and in this her first 48 hour event broke the Female Australian Record with a final tally of just over 333km. In December 2010 she ran in the 240km event Coast to Kosciuszko and battled 80km/h head winds for most of the second half of the race and to the summit of Mt Kosciuszko. In these trying conditions she broke the Women's Race Record.

Due to her outstanding results in 2010, Sharon was awarded the title of Australian Female Ultra Athlete of the Year. Shortly after this, Sharon was nominated for, became a finalist in, and was then voted the winner of the World Female Athlete of the Year Award conducted by the International Association of Ultrarunners (IAU).

All of this in just four short years and juggling the duties of wife and mother! As she is only relatively young, I am sure there is more to come!

Sharon's achievements highlight what can be achieved with some careful planning, dogged determination and sheer hard work. Sharon and Justin are now putting something back into the sport by organising fun runs for kids and speaking engagements. They are a credit to the sport and to themselves. I salute them both!

There are many great stories to be told. Should I be invited, I will share some of them with you in coming issues.

Finally, it's been a pleasure to be of service. I leave AURA in a healthy condition and I pay tribute to my Vice President Robert Boyce for his untiring work in managing our representative teams in international competition and his assistance generally. Thank you to all of the AURA volunteers, past and present who have made my job easy. I have every confidence in Robert and his team to take our sport to another level. To all of the athletes, thank you for the experience. I am inspired by you all and I look forward to learning of your exploits in the months and years to come.

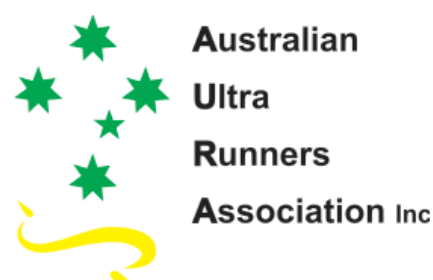
I remain available to assist AURA and the sport in any way possible.

Yours in the long run,



Immediate Past President

and one-time only editor





Magazine of the Australian Ultra Runners Association

June 2011

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Colour cover photos:

Front - Deb Nicholl, female winner at Wildhorse Criterium, pic courtesy Ian Cornelius

Back - Brendan Davies; Beth Cardelli crossing Cox's river on their way to winning the AURA trail championships



AURA Contacts

POSITION	PERSON	EMAIL	PHONE
Officers Of The Committee			
President	Robert Boyce	president@aura.asn.au	0417 557 902
Vice President	Bernadette Benson	vp@aura.asn.au	0450 630 486
Treasurer	Rick Cooke	treasurer@aura.asn.au	0404 468 376
Secretary	Brett Saxon	secretary@aura.asn.au	0418 557 052
Assistant Secretary	Allison Muller	asstsecretary@aura.asn.au	0419 147 115
Ordinary Members of the Committee (State Reps)			
ACT			
State Rep	Jackie Fairweather	actstaterep1@aura.asn.au	0408 412 063
State Rep	Martin Fryer	actstaterep2@aura.asn.au	0404 382 824
NSW			
State Rep	April Palmerlee	nswstaterep1@aura.asn.au	0414 366 514
State Rep	TBA	nswstaterep2@aura.asn.au	
QLD			
State Rep	TBA	qldstaterep1@aura.asn.au	
State Rep	Bruce Cook	qldstaterep2@aura.asn.au	(07) 5496 4171
SA			
State Rep	TBA	sastaterep1@aura.asn.au	
State Rep	TBA	sastaterep2@aura.asn.au	
TAS			
State Rep	TBA	tasstaterep1@aura.asn.au	
State Rep	Alan Hood	tasstaterep2@aura.asn.au	0412 037 933
VIC			
State Rep	Nikki Wynd	vicstaterep1@aura.asn.au	0410 695 353
State Rep	David Eadie	vicstaterep2@aura.asn.au	(03) 9012 6391
WA			
State Rep	Jane Elton	wastaterep1@aura.asn.au	0431 855 373
State Rep	Mick Francis	wastaterep2@aura.asn.au	0438 882 402
Sub Committee Members			
Records Officer	David Billett	records@aura.asn.au	0431 368 632
Database Coordinator	Bernadette Benson	compliance@aura.asn.au	0450 630 486
Compliance Officer	Bernadette Benson	compliance@aura.asn.au	0450 630 486
UltraMag Coordinator	TBA		
Media Relations	Elizabeth Bennett	media@aura.asn.au	0419 635 921
Event Advertising	Isobel Bepalov	eventadvertising@aura.asn.au	0402 744 967
Historian	Phil Essam	history@aura.asn.au	0425 347 025



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

International races, including IAU championship events, are also shown on the web calendar.

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/>

Sunday 5 June Macedon Ranges

30 and 50km trail races

Contact: Brett Saxon 0418 557 052 Web: <http://www.aura.asn.au/Macedon.html>

Sunday 12 June GOLD COAST 100 SUPERMARATHON (QLD)

100km, 75km, 50km and 25km races, Australian 100km champs, starts 6am at Kurrawa on the Gold Coast. 25km loop.

Contact: Ian Cornelius 0408 527 391

Email: ian.cornelius@rocketmail.com Web: <http://www.aura.asn.au/GoldCoast100.html>

Saturday 18 June SCMT BRISBANE 24 hour (QLD)

Contact Avirgyan Rogan Tel 0435 201 805 Email brisbane@srchinmoyraces.org

http://www.aura.asn.au/SriChinmoy_6-12-24.html

July 2011

Saturday 15 July ADELAIDE 6/12 HOUR (SA)

Contact: Ben Hockings

Email: 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/

Sunday 24 July YOU YANGS 50/50 (VIC)

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

Contact: Brett Saxon 0418 557 052

Email: brsaxon@bigpond.net.au

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

Sunday 24 July FLINDERS TOUR, GLASSHOUSE MOUNTAINS QLD 24 and 50km

Contact Ian Javes Tel (07) 5495-4334 Email: ijaves@caloundra.net

Web: <http://www.glasshousetrails.com.au/index.htm>

Friday 29 July CABOOLTURE 24 - 48 (QLD)

6-12-24-48 hr races incorporating the 48hr national championship

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: Brett Saxon 0418 557 052

Email: brsaxon@bigpond.net.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

Web: www.roadrunners.org.au/trail

September 2011

Saturday 10 September GLASSHOUSE 100

10-30-50-100k-100m options

Contact Ian Javes Tel (07) 5495-4334 Email: ijaves@caloundra.net

Web: <http://www.glasshousetrails.com.au/index.htm>

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

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

Web: 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/

Sunday 16 October WASHPOOL 54KM (NSW) *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 or info@runtrails.org

November 2011

Sunday 5 November

Stokes Point Lighthouse to Cape Wickham Lighthouse King Island 85 km

Contact: Ian Allen email KI Race - Ian <info@kingislandrace.org.au>

website <http://www.kingislandlight150.com/>

Saturday 12 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

Web: 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
Web: www.aura.asn.au/MtFeathertopSkyrun.html and 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
Web: 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
Web: 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

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

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
Website: 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: andy@trailrunningcompany.com
Web: www.aura.asn.au/BogongtoHotham.html

Sunday 15 January TWO BAYS TRAIL RUN (VIC)
Dromana to Cape Schank. Shuttles buses available. Distances 28km/56km
Contact: Rohan Day
Email: rohankim@bigpond.net.au Web: 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
Web: 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

Web: 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

Web: 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: ian.cornelius@rocketmail.com

Web: 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

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

Web: 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

Saturday 10 March SIX FOOT TRACK MARATHON (NSW)

45km mountain run, 8am start, Katoomba to Jenolan Caves. Approx 800 runners. Contact: Colin Jeftha

Email: raceorganiser@sixfoot.com

Web: www.sixfoot.com

If you have a race that you would like included in our race calendar, please contact our Compliance Officer Bernadette Benson (refer AURA contacts listing). Sanctioning requirements are posted on the AURA website www.aura.asn.au





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		\$
	TOTAL	\$

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

NAME SIGNATURE

CREDIT CARD No. Exp date /

Post to AURA Membership Secretary
Brett Beeson P.O.Box 118 Kallur Vic 3028
Fax: 03 8338 7787

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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.

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» 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) 15%. 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





AURA Championships

AURA conducts championships each year for 50 & 100km road, 24 & 48 hour track and a trail race.

The events used are as follows

- 50km Canberra
- 50km Gold Coast
- 100km 100
- 24hr alternates between Coburg and Brisbane. For 2011 it was Coburg
- 48hr Caboolture
- trail Six Foot track

The championships are eligible for AURA members only and is confined to those who are eligible to represent Australia (Australian citizens). Naturally some of the placegetters in these races are either not AURA members or are not Australian citizens and are therefore ignored when it comes to determining the championship placings.

In the championships held thus far in 2011, the AURA champions are as follows

50km (Canberra)

men

1. Andrew Tuckey 3:08:12
2. Andrew Heyden 3:16:27
3. David Fraser 3:50:39

women

1. Cindy Hasthorpe 3:56:29
2. Natasha Fraser 3:57:32
3. Pam Muston 4:31:38

trail (Six Foot track)

men

1. Brendan Davies 3:37:20
2. Andrew Tuckey 3:40:54
3. David Hosking 3:44:27

women

1. Beth Cardelli 4:09:52
2. Angela Bateup 4:21:34
3. Colleen Middleton 4:28:17

24 hour (Coburg)

men

1. Rick Cooke 216.428
2. Trevor Allen 206.417
3. Justin Scholz 203.378

women

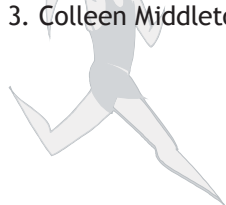
1. Kerrie Bremner 203.020
2. Natalie Jennings 129.200



**Australian
Ultra
Runners
Association Inc**



Beth Cardelli running the Six Foot Track



2011 COBURG 24 HOUR CARNIVAL

6 Hour Championships – 5 March 2011

Coburg Athletics Track, Coburg, Melbourne

A full field of 45 entrants (16 walkers and 29 runners) had entered the 2011 Coburg 6 Hour Track championships and 43 of them turned up for the 8AM start on Saturday 5 March. The weather was cool early, enabling competitors to start confidently. As the race progressed, the temperature slowly rose to its eventual maximum of around 23°C but by then the runners and walkers were well over half way and on their home run.



Amie Siemonek

Coburg 6 Hour Championship Run - Men

David Staehr probably went in as favourite after his 6th place in last year's Canberra marathon (2:43:21) and he lived up to pre-race form,

going to a clear lead and hitting the marathon mark in under 3 hours. From then on, it was just a case of whether he would make the 80km mark and he was ever so close - his final distance of 79.698km was a Championship record (beating Dean Cook's 79.564km last year). Kevin Mannix made up some laps towards the end and his second place distance of 76.430km was a great first up track ultra finish. Eric Louw 73.224km and Michael Clarke 71.300km also ran impressively to better the 70km mark. Rick Cooke took fifth with 67.753km in his first ever ultra run - pretty good in my books. Further down the field, Ken Marsh 63.569km took bragging rights over his brother Trevor 62.630km, AURA stalwart Brett Saxon 55.314km beat AURA stalwart Robert Boyce 54.117km and finally Hugh Hunter amazed all by shedding huge amounts of weight since last year and running like the Hugh of old - a final distance 59.378km. And the kilt still fitted!

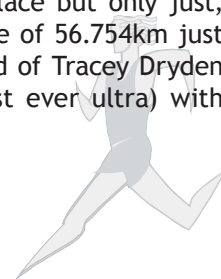
1. STAHR, David	VIC 79.690
2. MANNIX, Kevin	VIC 76.430
3. LOUW, Eric	VIC 73.224
4. CLARKE, Michael	VIC 71.300
5. COOKE, Rick	VIC 67.753
6. DEVINE, Allan	SA 64.557
7. SCHOLZ, Justin	VIC 64.073
8. MARSH, Ken	VIC 63.569
9. MARSH, Trevor	VIC 62.630
10. HUNTER, Hugh	SCO 59.378
11. PETTINGILL, Shane	VIC 59.373
12. DRAPER, Shane	VIC 58.896
13. McKINNON, Toby	VIC 57.320
14. McPHEE, Jeevan	VIC 56.545
15. FOLINO, James	VIC 56.443
16. SAXON, Brett	VIC 55.314
17. McCORMICK, Richard	VIC 54.471
18. BOYCE, Robert	VIC 54.117
19. ROGERS, Paul	QLD 53.109
20. ABLETT, Tim	VIC 52.759
21. AGUIRRE, Blaise	USA 52.240
22. JONES, David	VIC 50.950
23. BRELSFORD, David	TAS 46.423



Dave Brelsford

Coburg 6 Hour Championship Run - Women

In the women's race, 20 year old Amie Siemonek went in as race favourite and soon built up a handy lead over Anne Ziogos. With 32 laps covered in the first hour, she was on target for a big total but after another hour she was forced to slow, being troubled by an upset stomach. From then on, she had to scale down her expectations and manage herself through to the finish. This opened things up for Anne who continued to lap consistently throughout the 6 hours, eventually reaching a final distance of 62.149km. I believe that beats the W50 Australian track record of 58.200km, currently held by Georgina McConnell. Amie held on for second place but only just, her final distance of 56.754km just over 200m ahead of Tracey Dryden (running her first ever ultra) with 56.518km.



1. ZIOGOS, Anne VIC 62.149
2. SIEMONEK, Amie VIC 56.754
3. DRYDEN, Tracey VIC 56.518
4. THORN, Julia VIC 51.857
5. STRINGER, Leah VIC 51.635

Coburg 6 Hour Championship Walks

Michelle Thompson and Clarrie Jack led the way in the walk divisions with excellent performances. Michelle walked superbly to achieve the longest distance overall with 53.784km, breaking her own Australian best on record performance by 224m and setting a new W40 record into the bargain. Clarrie, with 52.290 km, set a new M65 record, breaking Robin Whyte's distance of 50.400km. Others to do well included Daniel Duke 47.049km on his first ever walk, Karyn O'Neill 46.433km for her best ever, Steve Jordan 45.019km after doing an 8km fun run earlier in the morning, Doug McKay with a PB 44.117km and Dawn Parris 44.693 km. We also welcomed New Zealand Centurions secretary Philip Sharp who strolled a pleasant 42.729km during the 6 hour window.

1. JACK, Clarrie VIC 52.290
2. DUKE, Daniel VIC 47.049
3. JORDAN, Steve VIC 45.019
4. McKAY, Doug VIC 44.117
5. TIMMS, John VIC 43.898
6. COMMINS, Louis NSW 43.709
7. SHARP, Philip NZ 42.729
8. TURNER, Gary VIC 35.689
9. SAMIR, Shadi VIC 30.688
10. CARTER, Ken VIC 27.918

1. THOMPSON, Michelle VIC 53.784
2. O'NEILL, Karyn VIC 46.433
3. PARRIS, Dawn VIC 44.693
4. FIDLER, Lara VIC 40.017
5. SARIEDDINE, May VIC 12.856

Tim Erickson



Rick Cooke, Brett Saxon and Anne Ziogos



Presentation: Anne Ziogos, Tracey Dryden and Amie Siemonek



Presentation: Eric Louw, Kevin Mannix and David Staehr



Coburg 24 Hour

Race Report by Justin Scholtz

I love the Coburg events. I've been in three 24 hour races there now, enjoyed helping Shaz in her first 24 hour and have also been involved in four 6 hour events and a 10k fun run. The track is a bit old and the clubrooms are showing their age in places, but like an old pair of running shoes the place just feels "right". I reckon it's the people behind the events, and indeed their passion for running, desire to help other achieve their goals and willingness to make every competitor feel special rubbing off. Fellow runners, crews and spectators alike just seem to have that glint in their eye when at Coburg; that goose-bumpy feeling that tells us all that this place, and indeed the lure of 24 hour running, is special.

I'm very fortunate that in the four years now that I've been to Coburg I've shared the track with and enjoyed watching performances by amazing people. And I'm not just talking about the front runners. This year I was particularly impressed by Trevor Allen. Trevor has had a go at quite a few 24's in recent years at Coburg, Caboolture and Brisbane that I'm aware of. Each time he comes out he seems to grow in confidence not only as a runner but as a person and this year in Coburg, although he went out hard as usual, he managed to compose himself through the middle of the race, have belief in himself and then finish strongly. His 3rd place is very well deserved.

Mal Gamble is still a young man in ultra-terms too and just keeps getting better. I always enjoy sharing the track or road or trail with Mal especially after closely following his progress in the 2nd half of 2010 when he enjoyed a terrific AURA points score battle with Shaz. Sure he got chicked in the end, but I have to put up with that every day so I've got no sympathy for him!



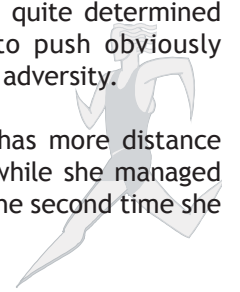
And like Barry Loveday in 2010, Rick Cooke as an ultra-rookie has a huge future if he wants it. Sure he comes off an Ironman background and a very impressive marathon PB, but still we all know how much harder it is to run for 24 hours. With (I think) five kids at least he can be assured of plenty of track-side encouragement in future years assuming he can find the time to get some training in!

It's hard not to keep singling people out because everyone in these events has a unique story to tell. But collectively in just the last 3 years I've run with living-legends Martin Fryer, Jo Blake and Mick Francis and it has been a pleasure being lapped time after time after time by them. Mick didn't do so well this time out, but having been running marathons for 30-odd years he's had a wonderful career both here as a proudly adopted Aussie and back in the UK prior to that. Though his partner Val is no runner she also has some amazing stories to tell and it's great to have her support track-side.

And a special mention of Peter Gray. At times we might wonder what Peter is doing out there but it would be remiss of us to forget that he has possibly the most amazing background of all competitors. In 2011 he might have only covered 101km, but this was Peter's 20th something outing at the Coburg track and in 1991 he ran a distance over 230km there. A veteran now of well over 200 ultra-events and a string of impressive performances in the past, Peter's career and dedication are to be admired.

And what about Julia Thorn this year? A veteran of 100 marathons - and we should all read her book - this was her first attempt at 24 hours. 151km is quite respectable and I'd like to know how this experience stacked up against the 100 marathons. On the track she looked quite determined and continued to push obviously through times of adversity.

Kerrie Bremner has more distance in her still and while she managed over 200km for the second time she

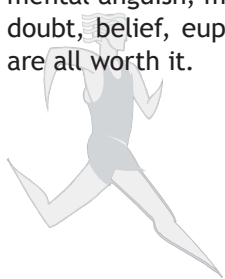


does have an 8:24 PB for 100km. If she persists she will go a lot further in 24 hours. In 2010 I was chicked by Susannah Harvey-Jamieson. No shame in that. Unfortunately SHJ was injured this time around but being the mentally tough competitor that she is still decided to have a go at the 24 hour walk. I've no idea how much walking she does normally in training, but to manage 137km under those conditions is fantastic. And on the subject of walking, what about Michelle Thompson? Well, let's leave that page blank as there'll be plenty to come that will fill a book about her walk accomplishments even though she is breaking age and open records every other week at the moment.

Ken Marsh, Rob Boyce, Dave Brelsford, Colin Brooks, Tony Collins, John Timms, Tim Ablett and a host of others all just keep turning up. There are a plethora of stories to be told here as well - in some cases about how running has changed or saved their lives, how the completion of a 24 hour run has improved self-esteem and belief. How mentally and physically the pursuit of ultra running has made the barriers to life so much easier to jump over or smash through.

Enough, enough! Suffice it to say that I'm an ultra-junkie now. I'm probably not yet a seasoned campaigner, and the more I know about this business the more I know I don't know. I am however hooked, addicted, besotted even. I just hope that no-one ever finds a cure for this madness, or if they do then I'll be running the other way. And having finally managed to be on the track at the finish after five 24 hour attempts I reckon I'd probably be able to give a pretty good chase.

So bring on 2012 Coburg. I may never again wear the pants in this house, but the lure of your event remains strong. The pain, the suffering, the mental anguish, months of training, doubt, belief, euphoria and misery are all worth it.



Race Report By Julia Thorn

I find the idea of running round and round a 400 metre track for hours on end rather intimidating. I do not see how I can possibly remain sane. I do not even see how I can stay on my legs for so long.

But I decided earlier this year that the time had come to try out a 24 hour race. Just because they're there, really. I wouldn't be the person inventing such a thing. But if the challenge exists and is within the realms of possibility then I supposed to myself that I should go off and try it at least once.

I entered the Coburg 24 hour race and sat back to muse. I realised I has very little idea how I was going to go about this. I read some stuff and found I still had no idea what I was going to do. I knew I would be doing some walking and some running, and that it would be important to eat correctly and that was about it.

I decided to do the Coburg 6 hour race in March just to remind myself what it was like running on a track for an extended period of time.

I thought I would aim to run 50 kilometres and hope to feel fairly fresh at the end of that.

Well, who feels fresh after running 50 kilometres? Certainly not me. I went out at far too hard a pace, even though I was in last place after the first hour. I forgot all about eating because I figured this was not much more than a marathon and I don't normally eat during a marathon. What I found interesting was that, because refreshment was so readily available trackside, I rarely availed myself of it; whereas during a marathon when drinks are only there every three kilometres or so I would drink at each aid station. It was a kind of reverse psychology - not taking drinks because they were so abundantly available. It was a warm day and I was clearly dehydrated from early on.

After a couple of hours I had had enough and wanted to go home. But I haven't run 111 marathons for nothing and I gutted it out to the bitter end because I have learned that sometimes you just have to be tough on yourself. I felt better after four hours than I did after three, and once I passed the marathon mark and headed for the fifty I had renewed energy. Once they



rechecked the results I didn't even finish in last place.

So that was the 6 hour race. In the intervening weeks before the 24 hour event I ran the Trailwalker 100 kilometres event. I thought that this was good preparation for the 24 hour race because it would have me run at night and I would be on my legs for a very long time.

Coming up to the 24 hour race weekend I was very worried. I really thought I had bitten off more than I could chew. Many times I thought of pulling out. But the day before the race I made a final decision to give it a go. I adjusted my goals downward to accommodate the fact that my legs still had the Trailwalker in them. Instead of aiming for 100 miles I decided to aim for 150 kilometres.

I had a race plan in my head and a support person lined up. My first problem was that minutes before the start I received a phone call to say that my support person could not be there until the evening. I was not unduly concerned about this, because I did not think I would need much help during the daytime. After all, I had run all day before. But when I saw how everyone else had support with them I hastily

texted a friend to see if she could come along.

So the gun went off, my husband went away to look after the kids, and I was left there to run round and round the track. I stuck to a rough pattern of running 3 laps then walking half a lap, and things went OK for the first few hours. I felt a lot better than I had during the 6 hour race.

Then my friend arrived, with another mutual friend. The two of them had not been to race

like this before and they were amazed. Unfortunately around this time my race started to fall apart and I spent a lot of time sitting down complaining. I realized I was dehydrated and decided to make sure I had plenty to drink.

It took a while for me to come good, by which time the friends had left and my husband had returned. "This is the worst thing ever," I said to him. "Remind me never to do this again." He made himself scarce, sitting in the club rooms because apparently it was cold outside.

A major problem I was having was that I could not eat any of the food I had brought with me. I didn't feel nauseous, as many other runners had told me to expect, but I could

not physically get any food out of my mouth and into my throat, to send it on its way to my stomach. I could not chew the food small enough to be able to swallow it, and I could not swallow properly. This was a most odd sensation to be unable to eat, something I have been doing for decades without thinking about it. But I mentioned this to another runner and was told that it was quite common. Something to do with the blood flow helping the running muscles and neglecting your eating/digestive muscles.

My husband was despatched to fetch me some soup "No bits in it please" and he came back with a sachet of pumpkin soup. I drank this down cold and it was delicious. I was starting to feel better already. Then I asked for more, but his other offering was a packet of risotto and sadly this one had bits in it. As darkness fell he went home, and my overnight support arrived.

The middle twelve hours of the race were magic. I found a rhythm and I can honestly say I enjoyed running round that track. I was running a half lap and walking the rest, lap after lap. I ran a steady 19 laps per hour, which is not a fast speed but had the merit of consistency. I found



"with three hours to go I had done 140km so I made a quick decision to go for 150km and call it quits"

the running part quite comfortable and the walking part made a nice break. Even my eating improved, and my support, Kevin, managed to get me to consume baked beans, creamed rice, chocolate and many cups of coffee. Kevin was amazing at looking after me, and I truly appreciated having a crew who knew exactly what to do. His main contribution was to ensure that I ate and drank regularly, but he was also able to rummage in my bag for gloves, beanie and other bits and pieces I needed, and tell me I was looking good. Unlikely, but never mind.

It was very cold overnight - four degrees in the early morning - but I did not feel the cold for hours. I wore just my running T shirt and shorts until midnight, then put on a thermal top, and finally put on pants around 2am. Putting on pants was a challenge; I wanted to put on my Skins but for that I would have had to take off my shorts and shoes, and I had stiffened up enough to make doing this too difficult. So I put on my tracksuit pants, which I would normally not run in, but they felt fine. Besides, by then I was walking a lot. The main problem with the night time cold was that I kept having to use the toilet. I think it was the cold, anyway.

By the last six hours I was struggling to keep running. I jogged a little each lap and finally had to allow myself to walk without running. But I felt I could still walk a reasonable pace so that was fine. I passed the 120km milestone, which was the smallest distance I was allowing myself to complete. I thought I could go further and aimed for 130km and then 140km. I really did not believe I could go beyond that. But with three hours to go I had done 140km so I made a quick decision to go for 150km and call it quits.

I powered through that last ten kilometres, counting off the laps in my head and barely stopping except for quick drinks. And then I was done. I did a couple of extra laps just in case the counting had gone awry, but I walked so slowly I was barely moving, and it made more sense to stop entirely, after 22 hours 20 minutes with virtually no time off the track save 15 minutes near the beginning. I was extremely satisfied with this first attempt at a 24 hour race. I finished in second place, which was the icing on the cake.





Wildhorse Criterium - Jordan Bishop

Self Transcendence races New York, April 2011 - results

¹⁰ day

	Runner	miles
1	Kaneenika Janakova (F)	724
2	Jayasalini Abramovskikh (F)	673
3	Sarah Barnett (F) AUS	670
4	Yuri Trostenyuk	678
5	Andrei Stefanov	654
6	Ananda-Lahari Zuscin	622

⁶ day

1	Martin Fryer AUS	487
2	Asprihanal Aalto	467
3	Lars Christoffersen	395
4	Dipali Cunningham (F) AUS	466
5	Belinda Echert (F)	321
6	Litaf U. Jevdokimova (F)	293

See race report on page 38



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WA 3/6/12 Hr Challenge

6 March 2011 - by Bernadette Benson

No one seemed to understand why I chose crewing over racing at Nathan Fawkes's WA 3/6/12 Hr Challenge. It seemed clear to me. Perth's mean maximum temperature for February was 34.2 degrees. In the 10 days prior to race weekend, the temperatures had mostly been in excess of this. The Monday before the race was 39 and temps all week were 33 - 35. The year before, Susannah Harvey-Jamieson came over and used the event as Badwater training. But I wasn't going to Badwater.

So, I crewed for both Dave Kennedy and Dan Kehoe, racers entered in the 12 Hour. It was a chance to see the world more from the side of my partner, who regularly crews for me at my races. I've done it before, but this year I had two people to tend to. That's the way to make 12 hours go by at lightning speed!

The systems involved in crewing for both guys were similar. Feeding, watering, cooling, suncreening, and cheering at regular 15-minute intervals. In my "spare" time, I took my water guns out to soak down all the racers (FYI, keep the water away from Susannah, she apparently has a great internal super-cooler and doesn't like it ... I do wonder now whether she runs in the rain...).

The event started at 8 AM with the 12-hour racers - 5 of them. One fellow had a poor lead-up to event day, though. He was involved in a physical altercation with a burglar a week or two before the race. Within an hour of the start, he developed a splitting headache and his fingers were swelling. Frustrated and disappointed, he had to call it a day and head off to the doctor.

At 2 PM, in midday heat (which actually didn't get above 30 degrees), 7 men and 1 woman started their 6-hour journey. I continued with the water guns. And at 5 PM we had another 4 men start the 3 Hour race.

With slightly cooler weather and more experience under his belt, Dave Kennedy added 8 kms to last year's course record, for a total of 126.522 kms. Susannah also arrived in better health this year and was able to improve on her 2010 course record by nearly 4 kms, boasting a 107.510k finish. And that's after arriving at the track at 8.10 AM, thinking the race started at 9!

I was personally also very pleased to see Dan, the other guy I crewed, hit his goal of 100k and keep going for a solid 105.797. We call it 106 amongst friends! Tim Eva, a stalwart WA runner who is consistently known for coming into races saying he's underdone, came oh-so-close to the 100k mark after 12 hours.

In the 6 Hour, there was more contented talk at the finish line of personal performances. It was Hunna Watson's first ultra and she got nicely past the marathon distance with over 48k. There was a long drawn out battle for first male between Mick Francis and Geoff Reynolds, with Geoff just nudging out Mick by 400 mtrs to finish with a new 6-hour course record of 71.031k. Of course, if Mick hadn't generously stepped aside to empty his stomach contents at one point, Geoff may not have gotten the opportunity to take the winner's trophy. Then again, maybe he would have succeeded anyway but thrown some bile on the track grass himself.

The 3 Hour event provided good excitement as well. One of our newer (and therefore "unknown") immigrants to WA, Chris O'Neill, surprised many by running 43.608k in 3 hours, passing the marathon mark at 2.52. Then there was Jon Phillips, an encyclopaedia of knowledge on anything related to ultra running, track racing, and race walking in Australia. He's also known for his signature crouch-start and 100 mtr sprint at every race, including ultramarathons! And then there was our late night streaker. Nuf said.

After the race, completely sunburnt, dehydrated, and otherwise shattered, I sat down and blogged a comparison of track racing to crewing and this is what I came up with:

Crewing:

-run 400 x 8 mtr sprint sessions over 12 hrs

Racing:

-run steady, burning megadoses of calories all day

Crewing:

-get sunburnt in blotches like behind the knees and the 1 inch line between where my shorts end and my shirt rides up my back while bending over to find the racer's sunscreen in his bag

Racing:

-have someone apply and reapply sunscreen to me at 3 hr intervals (i.e., my crew) according to a detailed written schedule

Crewing:

-starve for 3 hrs then cram an entire pizza slice into my mouth in one bite, while trying to pour

"get sunburnt in blotches like behind the knees and the 1 inch line between where my shorts end and my shirt rides up my back while bending over to find the racer's sunscreen in his bag"



"Can you get me my water bottle and a yoghurt in 3 laps?"

Perpetuum into a hand-held for my runner

Racing:

-have someone feed me at regular 15 minute intervals (i.e., crew) according to a detailed written schedule

Crewing:

-overtax my working memory, trying to hold in mind two racers' needs and instructions ("Can you get me my water bottle and a yoghurt in 3 laps?" "How many kms is that?" "I'll change my shirt in two laps, when I come in at the same time as you're trying to mix Perpetuum and apply sunscreen to the other guy")

Racing:

-maintain a blissful mindlessness while having people hand me things whenever the urge strikes me to request something

Crewing:

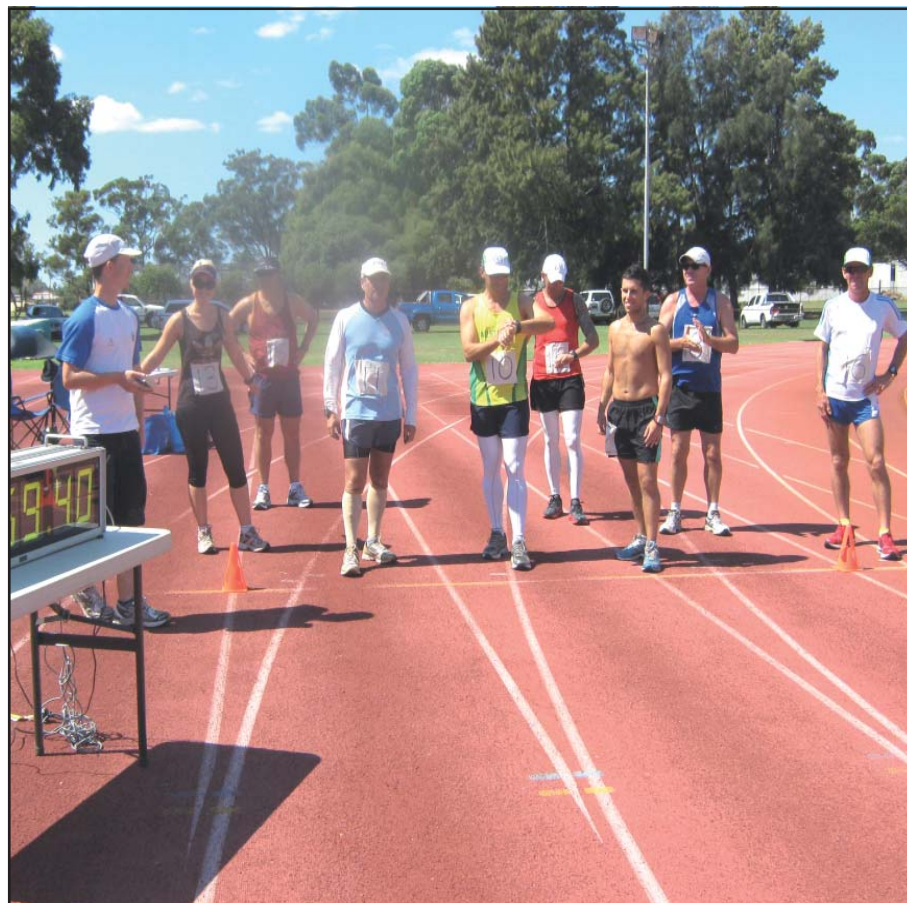
-finish the event, then help the race director clean up

Racing:

-finish the event, then continue to space out while everyone else cleans up

No maths necessary. Racing is definitely easier than crewing. Naturally, I'm being a bit tongue-in-cheek, because I had two of the most easy going racers to attend to, despite the fact that they both went through some real low patches over 12 hours in the heat.

My medal's invisible, but I know it's on my mantle and it's one of my most precious.





6 Foot Track – 2011

By Brendan Davies

877 runners lined up for the 28th edition of Australia's largest trail running race, the 6 Foot Track marathon which stretches from the Explorer's Tree at Katoomba to the Jenolan Caves, travelling through the World Heritage area of the Blue Mountains National Park - a distance of 45km. Just like the pioneers that fashioned this famous track as a means of reaching the rich valleys on the other side of the rugged Blue Mountains, a similar amount of blood, sweat and tears is spilt each year by hoards of hardy competitors attempting to accomplish their own ultra running mission.

The race, which incorporates the Australian National Trail Ultramarathon Championships, is as tough on the body as it is on the mind. Incorporating single track, creek crossings, rocky descents, stairs and 1500m of climbing, this race has a bit of everything. Testament to the popularity of the event and the astute management led by race director Colin Jeftha, is the fact that registration filled in under 15 minutes this year. This is further evidence of the growing interest and participation in ultra running all around Australia, surely a wonderful thing.

This year's race attracted perhaps the best credentialed field ever seen in Australia. On the early entry list were a number of Australia's finest trail runners. Unfortunately on the men's side, many succumbed to injury in the lead up to the event; most notably course record holder Ben Artup, The North Face 100, Bogong to Hotham and Cradle Mountain winner Stu Gibson and previous winner Tony Fattorini. However, with names like Andy Lee, 2010 winner Alex Matthews,

and Australian representatives Rob Walter (orienteering), David Osmond, Matt Robbie and Brendan Davies (mountain running), the field was still stacked with plenty of talent and experience. On the ladies side, reigning champion Colleen Middleton was joined by Australian mountain running representatives Vanessa



Haverd, Angela Bateup and The North Face 100 winner Beth Cardelli. Also throwing an international flavour in the mix was the highly regarded Kiwi, Anna Frost.

At 8am the gun was fired and the first wave of runners sprinted off

down the firetrail and started the tricky and technical descent of Nellie's Glen. Multiple previous place getter, and local resident Andy Lee led the field out, pushing along very strongly. He was followed closely by Robbie and Davies. By the time the steps of Nellie's Glen levelled out and formed Nellie's Glen Rd, Lee had already put 50m on the field. Either this was going to be Lee's day or the heavy efforts were sure to sap the energy out of him, especially as this is the 'easiest' part of the course as it descends for 15km into the beautiful Megalong Valley.

Robbie, himself known as a fast starter, was seemingly not going to let Lee usurp his reputation and chased Lee gallantly to the farmlands of Megalong Rd. But by Pinnacle Hill, this heavy effort took its toll, and Robbie began to drop back. Davies, who was more circumspect about the pace, was left to chase Lee, who had widened the gap to around two minutes by the time he entered the single track section leading down to Cox's River. This gap remained to the river. Making his move was Victorian David Venour, and he joined Davies in chasing Lee going up the tough ascents of Mini Mini and Pluvi for the next 10km.

Slowly making his way through the field in the meantime was Alex Matthews. While not known as a downhill or technical trail runner, his reputation for climbing however is highly regarded.

Matthews began the uphill section determined to make ground on the leaders. This he achieved, with his 'King of the Mountain' split being the fastest of the day. Although, passing Venour and cutting the gap to Davies down to only 40 seconds, leader Lee was showing no signs of slowing down and maintained his 4-5 minute

"the gun was fired and the first wave of runners sprinted off down the firetrail and started the tricky and technical descent of Nellie's Glen"



"Kiwi Anna Frost lead from start to finish and crossed the tape in a magnificent 3:52:48, the third fastest ladies time ever."

finished in 3:37:27 with the fast finishing Walter rounding out the top 3 in 3:38:35. Although the times were considerably slower than in previous years, this could be attributed to the heat, humidity and mud on the track from heavy rain the night before.

In the women's race, Kiwi Anna Frost lead from start to finish and crossed the tape in a magnificent 3:52:48, the third fastest ladies time ever. What makes this even more remarkable is that, unlike her rivals, the course was relatively unknown to her before the race. The ever consistent Vanessa Haverd finished in 4:03:57. Although some 5 minutes off her previous 6 Foot

Track best, Haverd should take confidence from this as her lead up was regularly disrupted with injury. The battle for the last podium position was neck and neck throughout the entire race between Beth Cardelli and Queenslander Lucy Blaber. While Blaber took the last 2km rocky descent cautiously, the slightly built Cardelli powered down to take third position in 4:10:06, only 16 seconds ahead of Blaber.

Other significant achievements were also duly recognised as the field made their way through heavy rain, mud and warm conditions to the finish line. Max Bogenhuber, the only remaining participant to have run in every 6 Foot deserves a special mention, finishing in a very respectable 5:33:22. In all, 840 runners finished within the 7 hour cut-off. This accounted for 95% of the starting field, a remarkable effort considering the conditions of the day.

images supplied by athletes

lead over Davies and Matthews. Entering the grinding steady ascent of the Black Range, the chase pack began to make up some ground on Lee. Davies, finding this undulating section more to his liking, widened the gap between him and the tiring Mathews, who was surely feeling the pinch of his fast climb in conditions that were getting warmer and more humid by the minute. On Davies' heels was the evergreen Anthony Scott, Rob Walter and previous Canberra Marathon winner Andrew Tuckey.

As Lee reached Deviation, the gap to Davies had shortened to 2 minutes and even less at the 38km mark at Caves Rd Crossing. Walter and Scott were also continually gaining and it was going to take a massive effort from one of these three to catch Lee. It wasn't to be however, with Lee crossing the tape to take his first 6 Foot Track victory in 3 hours, 35 minutes and 22 seconds. Some two minutes later the exuberant Davies





Alpine Challenge

2011 Alpine Challenge - Official Results and Race Report Paul Ashton - Event Director.

Under a full moon 32 dedicated runners and walkers set off into the gloom at 04.30 in the morning to test themselves in a feat of determination, endurance and courage on the 5th running of the Alpine Challenge.

Set in Australia's spectacular Alpine National Park this run pits runner's bodies and minds against 6 climbs totalling over 7,000m of ascent and descent, 4 river crossings, poisonous snakes and fickle weather which can go from 25C to below freezing overnight. Supported by their crews these warriors charged into the night setting a cracking pace up Spione Kopje and then Mt Bogong. Matt Cooper and Phillip Whitten set new records in covering ground all the way to Harrietville before Phil succumbed to a cold and had to slow down, leaving Matt to navigate a grossly over grown and treacherous descent of the dastardly Diamantina

Spur and then up to Pole 333 where he met his support crew who had been on a 5 hour night adventure to find him!!! Matt then powered down past the Fainters to victory in 27.23.

After the horror weather of previous weeks and dire warnings from the RD to participants, everyone fronted up prepared for the worst of weather and instead encountered a mini heat wave with 2 runners having to be treated for dehydration and others battling the heat on the descent down the Fainter Fire Trail. Ankle sprains and blisters seemed the most common injuries with Stephen Meehan enduring massive blistering but soldiering on to the finish through gritted teeth.

The Tassie Devils - the 2 Karen's from Tasmania pushed through doing a negative spilt on the second half of the run, surprising everyone with their strong finish in 42.43 to claim victory in the Womens 100 mile event.

Glen Robinson who had been entered in the men's 60km but upgraded to 100km the night before the start, blitzed the field in 16.53, followed by a very excited Cassandra Schmidt who led the women i , in a time of 17.52.

In the Teams - Team Small Steps - Leigh, Cass, and Kirstie, all back for their second time took 4 hours off their previous years PB through strategic running, - keeping shoes on at river crossings and coordinating other essential stops!! Team Keep Fighting, kept on fighting - losing one member at Mt Bogong summit and 2 more at Warby 2 before calling in their support crew at Langfords Gap to help keep up momentum.

Unfortunately Team M & K were unable to meet the cut off time at Warby 2 and had to be pulled from the event after completing 56km - a great effort.

All up 11 starters, (34%) failed to finish this demanding course due to a range of conditions, listening to the radio at one stage, as withdrawals kept mounting I wondered if anyone would finish at all! A great effort by all and special thanks to those who did pull out for knowing when to do that - sometimes it's the toughest decision you have to make.

A special thanks to the 35 odd (very odd) volunteers who manned checkpoints across the course, the fantastic radio operators, course markers, sweeps, transport personnel and medics who provided unstinting support and without whom this event would not have been possible.

A great event and thanks to everyone for bringing in fun, excitement and a sense of Camaraderie

Dates for the 2012 Alpine Challenge are March 16 - 19. With the briefing taking place on Friday 16th



Phil Whitten and Matt Cooper at checkpoint one

2011 Alpine Challenge - Official Results

100 Miles - Men

Matt Cooper	27.23
Phillip Whitten	33.14
Kevin Heaton	33.50
Cosmo Satori	39.05
Simon Plum	39.34
Stephen Meehan	41.11

Adam Stokes	Withdrew - Harrietville
Jesse Phillips	Withdrew - Harrietville

100 Miles - Women

Karen Pedley	43.42
Karen Cole	43.42

Tamyka Bell	Withdrew - Duane Spur
- sprained ankle	
Peggy MacQueen	Withdrew - Cope Hut
Melanie Parker	Withdrew - Warby Corner
2 - fractured rib	

100km - Men

Glen Robinson	16.53
Cameron Gilles	18.50
David Bennett	24.03

Peter Bignell	Withdrew - Tawonga Huts
- Hallucinating	

100km -Women

Cassandra Schmidt	17.52
Kath Copeland	23.17

100 Km Endurance Teams

Team Small Steps	26.23
Team Keep Fighting	32.50 (unofficial time
- dropped 3 team members during the course but	recruited support
member - never say die boys)	

Team M & K's Adventure	Withdrawn Warby Corner
2 - Failed to meet cut off	

60km - Men

Todd Jenkinson	12.15
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60km - Women

Pam Knight	24.45
Maria Thomson	24.45

Statistics	Started 32
	Completed 21
	DNF 11 - 34%



Kevin Keaton and support at Pole 333



Karen Pedley, Karen Cole - women's 100 mile winners



Poolside Water World Great Ocean Run

Red Rock to Coffs Jetty, 2011

Caine Warburton and Tymeke Mibus are partners in life and on Sunday 27th March became partners in victory in the Water World Great Ocean Run from Red Rock to Coffs Harbour Jetty. Both had to battle a stiff southerly wind for the duration of the 45 kilometres of beaches and headlands but both finished with safe if not comfortable victory margins.

Warburton ran with a small group including Andi Aman, John Rose, Jamie Clem and Martin Hefmann in



Alan Cossey & Mallani Moloney crossing Moonee Creek on the way to Coffs Jetty.

the early stages with the ultimate ultrarunner, Kelvin Marshall, enjoying his 400th run of a marathon or longer, lurking not far behind. He had dropped all of them by the 30kms drink station at Moonee. He strode to finish down Jetty beach nearly fifteen minutes clear of his pursuers to record the only sub-four hour time, 3.49.08.

Aman running this event for the fifth time sprinted to the finish 18 seconds ahead of Clem followed closely by Hefmann and Marshall.

While Aman is from Grafton the first local to finish was Matt Nolan in 7th spot in 4.27.58.

The ladies' race saw Warburton's fiancée, Tymeke Mibus, gain an even greater buffer over her rivals clocking 4.40.17 to lead in Candice Mills on 5.07.40 and Susannah Harvey-Jamieson on 5.14.56. All three are from Queensland as was first and third in the men's race. Tina Thompson from Emerald Beach was the first local lady in 5.29.23 which placed her fifth amongst the females.

The first team to finish was the Caboolture combination of Steve Mapperson and Steve Hayes who completed the journey in 4.30.26. The first ladies' team was the trio of Nicola Johnstone, Jamie Gray and Sue Duncan in 4.41.31 the same time recorded by the first mixed team of Carol Coburn and Tony Kean.

Two regular entrants, Bob Beer and Peter McKenzie made their 17th and 16th finishes in the event, while Aman and Marshall joined Alan Cossey in receiving the commemorative surf hat for five completions.

Unfortunately the two most senior runners, Beryl Kemp and Tom Holbut withdrew at North Sapphire after stoic battles with the wind. They live to run another day. Their achievement in running over 33 kms on Sunday at their respective ages of 80 and 75 is an inspiration to all other senior citizens, indeed all other runners.

RESULTS (MALE) : Caine Warburton 3.49.08, 1; Andi Aman 4.03.56, 2; Jamie Clem 4.04.14, 3; Martin Hefmann 4.05.20, 4; Kelvin Marshall 4.06.25, 5; John Rose 4.22.18, 6; Matthew Nolan 4.27.58, 7; Glen Duggan 4.44.30, 8; Graeme Kirkpartick 4.45.03, 9; Bomber Hutchinson 4.48.47, 10; Peter O'Sullivan 4.54.17, 11; Francis Harvey 4.54.20, 12; Grant Sawtell 5.07.40, 13; Peter Ferris 5.16.38, 14; Peter McKenzie 5.17.07, 15; Joe Mollica 5.17.16, 16; Garry Sayers 5.28.16, 17; Derek Morrall 5.33.38, 18; Andy Steele 5.50.09, 19; Stuart Mullins 5.51.07, 20; Mal



Mark Jensen by the seaside at South Sapphire on the way from Red Rock to Coffs Jetty.

Draper 5.51.08, 21; Norm Gofton 5.54.51, 22; Damon Palliser 5.58.58, 23; Peter Wood 6.00.26, 24; Chris Cohen & Russell Smith 6.07.58, =25; Bill Wollin 6.09.38, 27; Mark Jensen 6.43.00, 28; Grant Roder 6.58.28, 29; Alan Cossey 7.00.10, 30; Bob Beer 7.05.00, 31; Paul Chamberlain & Sean Healy 7.55.00, =32.

(FEMALE) : Tymeke Mibus 4.40.17, 1; Candice Mills 5.07.40, 2; Susannah Harvey-Jamieson 5.14.56, 3; Ruth Tutton 5.17.16, 4; Tina Thompson 5.29.23, 5; Christine Griffin 5.29.40, 6; Hroko Mullins 5.51.05, 7; Michelle Smith 6.05.08, 8; Louise Cusack 6.12.38, 9; Diane Holt 6.24.26, 10; Amanda Mugridge 6.25.45, 11; Carol Dowell & Cindy Robertson 6.26.39, =12; Mallani Moloney 6.47.15, 14; Heather Dwyer 6.59.53, 15.

TEAMS (MALE) - Steve Mapperson/ Steve Hayes 4.30.26, 1. **(MIXED)** Tony Kean/Carol Coburn 4.41.31, 1; Bomber Hutchinson/ Leslie Magaan 4.54.17, 2. **(FEMALE)** Nicola Johnstone/Jamie Gray/Sue Duncan 4.41.31, 1; Leeann Lloyd/Susan Clarke 6.17.00, 2.

Steel & Lyn



Nerang State Forest 25 & 50km

For many years the Tamborine Trek run course went from Southport along bitumen roads to Nerang and then through the Nerang State Forest before continuing on bitumen roads to the top of Mt Tamborine and back. The total distance varied according to the exact course used which changed a few times over the

wasn't too hard to map out a suitable trail run course.

The cycling velodrome at Nerang was an ideal place to host the start/finish of the event. The building there has several hot showers and toilets and, in the event of inclement weather, can provide shelter at race registration and to house the finishers in due course.



Nerang state forest run



Dave Coombes & Jonathan Worswick

years but was generally from 58km to 68km. The run was a wonderful run and, on clear days, a majestic view could be had of the entire Gold Coast stretching from Stradbroke Island in the north to Byron Bay in the south. However, it was neither a road race or a trail race, there were problems with marshalling and the manning of aid stations and eventually the traffic in Guanaba Road grew to the point where it was too dangerous for runners on what was and still is a narrow road.

However, the forest section was interesting and is used as a strength training venue by notable marathoner Mike Shelley and his training buddies and also by some leading triathletes. With some reconnaissance work by me with assistance from frequent forest user Keith McKay, coupled with my already extensive knowledge of the forest it

The run course is predominantly 4WD fire trail as to about 95% with 3% bitumen and 2% single track, both at the northern end. So, the course, goes out for 4km to a Y intersection, veer right heading up the eastern side of the forest. This stretch encompasses three creek crossings. This eastern section is of about 7.5km to another intersection that we call the northern Y, turn right for



Deb Nicholl at prizegiving

0.5km of single track, then 0.7km of driveway and bitumen road to the aid station at the turnaround point at 12.5km, then back along the bitumen and single track to the northern Y, then down the western side of the forest loop to the southern Y and back to the start. Athletes need carry a handheld or a hydration pack good

for an hour or more, before refilling at the turnaround point for the trip back.

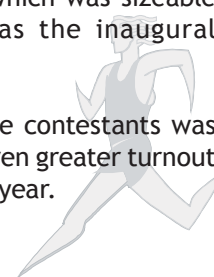
I thought that if any athlete could run this course in sub 2 hours they would be doing well. And for the two loops totaling 50km, I was thinking of 4:20 as being an excellent time. As it turned out, I was right pretty much on the money with the 50km with Jonathan Worswick completing the 50k in 4:22 with Deb Nicholl first woman and second outright with 4:41. However, in the 25km, Andrew Arkinstall scorched around the course in 1:49:50 which was quite remarkable given the nature of the terrain.

The number of finishers in the two events was 241 which was sizeable given that it was the inaugural event.

The feeling of the contestants was positive and an even greater turnout is expected next year.



Andrew Arkinstall in full flight





Melbourne Trailwalker

1 April 2011 - By Julia Thorn

I embarked on the April 2011 Melbourne Trailwalker project with some trepidation. This is a teams event where four-person teams complete 100 kilometres, each member running the complete distance. It is not a relay. I had been running very few ultras in the past few years and I had not done as much as 100 kilometres since late 2004. But some runners from my Sunday running group had been doing the Trailwalker since 2008 and I had often joined them on their training runs, using this as my own marathon training. After their 2010 Trailwalker one of the team had decided not to do the event again, and I was the obvious replacement.

The race starts in suburban Jells Park, heads out east, crosses the forested Dandenong Ranges with a series of hills, follows a rail trail across several valleys towards Warburton, then climbs to a trail alongside an aqueduct and has a finale of two very steep hills. The course is not easy, by any stretch of the imagination. Each year small changes have been made to the course, with the result that the course I ran in 2011 was quite different from the Trailwalker course I had run in 2004 when we ran from Jells Park to the summit of Mount Donna Buang in Warburton. Parts of the route like the 1000 Steps in the Dandenongs and the trail along the upper reaches of the Yarra River were gone.

The team had done well in 2008 and immediately decided that they had set their goals too low. So in 2009 they ramped up the pace and did well in the first half, but started to suffer in the second half and one member of the team ended up with hypothermia before the finish and had to withdraw. In 2010 two members of the team withdrew before the finish, a third

member finished in a very sorry state and their overall time was disappointing.

I felt that they had been starting out too hard and had slowed down disproportionately when they could not maintain their early pace. It seemed to be a case of paying in spades for going slightly too fast in the early kilometres when they felt fresh. This is such an easy mistake, but not one that an experienced runner should fall for.

I saw it as my duty, in 2011, to keep them a bit slower than they would usually run for the first half in order to be able to maintain a good pace in the second half. They were sceptical, but I wanted them to give this tactic a shot. On race day every team slows down in the second half of this race, even though the terrain of the second half is flatter and should make for considerably easier running than the first half. But it is by how much you slow down that matters.

We set out on a cool morning with mist hovering over the parklands beside our Dandenong Creek Trail. I was paying careful attention to my pace as I knew that the start of a long race is a very dangerous time. People bolt from the blocks and it is easy to get swept along and regret this later. Believe me, you can have plenty of time to reflect later on this action. So we allowed runners to flood past us and by the time we got to the first checkpoint in Churchill Park we were only in about seventieth place.

From here the hills start and we did a fair bit of walking. It was lovely and cool but sunny and still, perfect running conditions. Having done some of our longer training runs on rather warm days we were grateful for the coolness. I was just thinking

to myself that we would be looking back on this as the nicest part of the day, and as if on cue a kangaroo appeared out of the bushes to say hello. We went through the second checkpoint in just over sixtieth place, but we were still traveling slowly.

The third and fourth sections cross the Dandenongs and have some real steep hills. You have to be careful not to burn out early and reserve some energy for later in the day. I felt our team was going fine and we had a pleasant lunch break at Olinda, having moved up to fiftieth place. The day was warming up.

We descended into the valley below Olinda and headed away from the hills. Although the going would be easier from here on, we had several quite long and boring stretches ahead of us. I was not looking forward to the seemingly endless twenty kilometres on the Warburton Rail Trail. I felt that the section after Olinda was the make-or-break part of the course. We could take this stretch too fast because we had been holding back for fifty kilometres and still blow up later on while still on the rail trail with over thirty kilometres to go to finish. So I urged the team to ease off and just cruise. This made the undulating trail into Mount Evelyn seem long, but I think the strategy paid off in the long term.

As we left Graham Colling Reserve for the long haul on the rail trail we were still sufficiently fresh to run most of it. We adopted a pattern of running for three minutes and walking for one minute, and kept this up all the way to Woori Yallock. We played leap frog with a number of other teams, which was all very sociable. It seemed that everyone else was using some run/ walk combination.

"We adopted a pattern of running for three minutes and walking for one minute, and kept this up all the way to Woori Yallock."



*"and tried to fumble our way downhill without tripping on the twigs,
branches and bark that littered the trail"*

We stuck to our plan after Woori Yallock. By the 75 kilometres mark it was dark. It was a dark night as the moon was only a tiny sliver and there was plenty of cloud cover so few stars. But the best thing about the cloud cover was that it held in a fair bit of the day's heat so we did not have to rug up for the final haul. We climbed the hill to the aqueduct trail and looked forward to ten kilometres of gradual downhill. It was very peaceful up there, as we saw few other teams and there wasn't a breath of wind. I loved the descent into Warburton and

flew down the hill to the golf club. Our support crew were pleasantly surprised by how well we looked. We had moved into below fortieth place. But we were also still a complete team while several of the teams ahead of us had lost one or two members.

The last section is short and comprises two steep hills with a long and gradual descent in between. We marched up the hills as best we could and tried to fumble our way downhill without tripping on the twigs, branches and bark that

littered the trail. At the top of the second hill we could see a blaze of lights down in the valley: the finish line. From here it was a matter of following the glow-stick markers through the bush until we emerged on the Wesburn oval. We emerged from the bush with six minutes to break 17 hours, and managed to finish in 16:55. We were delighted. This was more than two hours faster than the previous year and we were all in better shape on the finish line.



Sri Chinmoy 6 and 10 day event





The Canberra Marathon 50km

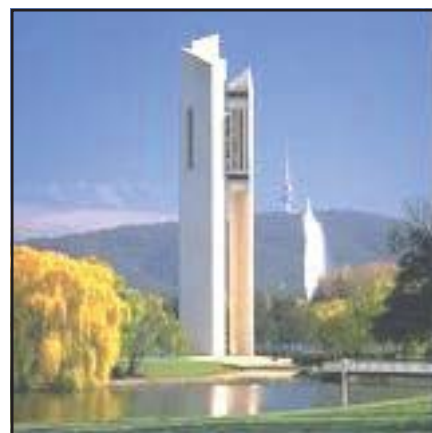
By Elizabeth Bennett

Under new ownership, the Australian Running Festival took place over the weekend of 9-10 April, and featured both the Canberra Marathon and 50km.

On what was a mild, overcast and drippy morning, Commonwealth Games athlete and Canberra local, Martin Dent, fired the starting gun and sent runners on their way. Both the marathon and 50km courses were the same as they have been in the past, encompassing a loop of the parliamentary triangle followed by a double out and back section from Telopea Park to the Glenloch Interchange and return. On their return to Telopea Park the second time the marathon runners ran over the finish line and the 50km runners went on to run another 8km along the scenic bike paths of central Canberra.

First over the line in the 50km was Anthony Farrugia in 3.03.08, followed ~5 minutes later by Andrew Tuckey in 3.08.12

in second place and Andrew Heyden in third place in 3.16.27. The finish times of the first three female placegetters were much closer with Cindy Hasthorpe first in 3.56.29, followed by Natasha Fraser just over 60 seconds later in second place in 3.57.32, and Charlotte Burgoyne a very close 4 seconds behind that in third place in 3.57.36.



CANBERRA 50KM - 10 APRIL 2011 - RESULTS

#	Bib #	Name	Finish Time	Place	Gender	G/Place
1	E0008	ANTHONY FARRUGIA	03:03:08	1	M	1
2	E1079	ANDREW TUCKEY	03:08:12	2	M	2
3	E0010	ANDREW HEYDEN	03:16:27	3	M	3
4	E0922	STEPHEN COURTNEY	03:21:53	4	M	4
5	E0744	BRETT EASTON	03:30:51	5	M	5
6	E0066	CRAIG BENSON	03:37:43	6	M	6
7	E1110	PETER BERRY	03:46:53	7	M	7
8	E0535	PAUL EVERY	03:50:21	8	M	8
9	E0740	DAVID FRASER	03:50:39	9	M	9
10	E0246	ANDREW PEARCE	03:54:00	10	M	10
11	E0479	CINDY HASTHORPE	03:56:29	11	F	1
12	E0944	ZAC SAVAGE	03:57:06	12	M	11
13	E0739	NATASHA FRASER	03:57:32	13	F	2
14	E0674	CHARLOTTE BURGOYNE	03:57:36	14	F	3
15	E0779	PHIL LOBSEY	03:58:25	15	M	12
16	E1112	RICHARD JUCKES	03:59:06	16	M	13
17	E1115	KELVIN MARSHALL	04:00:19	17	M	14

18	E0437	DAVID DEANY	04:01:21	18	M	15
19	E0505	KEITH JONES	04:01:38	19	M	16
20	E1015	GATER BULLANT	04:02:54	20	M	17
21	E1107	RODNEY HALL	04:03:20	21	M	18
22	E0478	VAUGHN HENDRICKS	04:05:58	22	M	19
23	E0065	JOE WARD	04:08:18	23	M	20
24	E1034	JASON MURPHY	04:08:57	24	M	21
25	E1104	BEN RHEE	04:09:21	25	M	22
26	E0292	KIERON BLACKMORE	04:09:27	26	M	23
27	E0649	SEAN MULLER	04:09:30	27	M	24
28	E0384	NICK TAYLOR	04:10:44	28	M	25
29	E0081	SHAUN WILSON	04:11:40	29	M	26
30	E1032	KEITH HONG	04:11:42	30	M	27
31	E0736	KERI VAUGHAN	04:14:26	31	F	4
32	E1053	LUCAS GEOR	04:14:38	32	M	28
33	E0002	VASS VASSILIOU	04:15:29	33	M	29
34	E0552	MOULIN STEPHANE	04:17:21	34	M	30
35	E0982	DAVID FOX	04:17:36	35	M	31
36	E0201	PHILL LE MARINEL	04:17:44	36	M	32
37	E0019	STEVEN JOHNSON	04:18:53	37	M	33
38	E0028	JAMES SYLVESTER	04:19:23	38	M	34
39	E0454	DAVID PARSLOW	04:19:27	39	M	35
40	E0863	JASON GARDINER	04:20:04	40	M	36
41	E0710	HUNTER DODDS	04:22:21	41	M	37
42	E0665	GRAHAM WYE	04:22:53	42	M	38
43	E0279	CLARE MATTHEWS	04:23:55	43	F	5
44	E0265	SVEN KUNKEL	04:24:53	44	M	39
45	E0416	CHRIS DE GRUYTER	04:26:37	45	M	40
46	E0868	PETER CLARKE	04:26:42	46	M	41
47	E0576	ARNULF RIEDL	04:26:57	47	M	42
48	E0895	MARK JONES	04:27:32	48	M	43
49	E0628	TIM CRAIG	04:28:53	49	M	44
50	E0993	PAM MUSTON	04:31:38	50	F	6
51	E0337	JONIPER OPOL	04:32:05	51	M	45
52	E0269	JILL SAKER	04:32:15	52	F	7
53	E1040	NGAIRE VAN DER JAGT	04:32:57	53	F	8
54	E0847	BENJAMIN LUCAS	04:33:19	54	M	46
55	E0774	URSULA BOYD	04:33:22	55	F	9
56	E1072	KELLEY FLOOD	04:34:09	56	F	10
57	E0090	KATE BRIEN	04:36:34	57	F	11
58	E0004	PETER THOMSON	04:36:40	58	M	47
59	E0521	DAMIEN O'CONNOR	04:37:51	59	M	48
60	E0764	MARINDA TAHA	04:38:20	60	F	12
61	E1050	PETER NUTTALL	04:38:57	61	M	49
62	E0793	ANDY STEELE	04:39:58	62	M	50
63	E0838	ADRIAN WHATMORE	04:40:15	63	M	51
64	E1019	MICHAEL ALPERSTEIN	04:41:04	64	M	52
65	E0340	BRETT MOLLOY	04:41:41	65	M	53
66	E0738	SAMANTHA MALCOLM	04:43:40	66	F	13
67	E0169	DAVE GRAHAM	04:44:55	67	M	54

68	E0259	RALPH MATHIESSEN	04:46:59	68	M	55
69	E0483	NATHAN ARCHER	04:47:15	69	M	56
70	E0554	BARRY RUTTER	04:47:48	70	M	57
71	E0423	JOHN DOUGHTY	04:48:51	71	M	58
72	E0872	ROZANNE TOPHAM	04:49:06	72	F	14
73	E0611	YAROSLAV JURKIW	04:51:31	73	M	59
74	E0973	HELEN BARLOW	04:51:45	74	F	15
75	E0715	KURT TOPPER	04:52:03	75	M	60
76	E0583	MARCO FERIS	04:52:33	76	M	61
77	E0631	GRAHAM RIDLEY	04:53:16	77	M	62
78	E0500	STEVE WINNER	04:53:42	78	M	63
79	E0181	KAREN WOON CHEUNG CHAN	04:54:10	79	F	16
80	E0667	ANNA JEPSON	04:54:26	80	F	17
81	E0811	ANDREW CATTERMOLLE	04:56:44	81	M	64
82	E0720	LOUISE KRITIKOS	04:57:06	82	F	18
83	E0431	SIMON WALL	04:57:09	83	M	65
84	E0599	BEN MUNRO	04:57:37	84	M	66
85	E0140	SARAH-JANE MARSHALL	04:58:10	85	F	19
86	E0534	VERONICA STUART	04:58:12	86	F	20
87	E0445	NGOH NGOH NESTOR	04:59:59	87	F	21
88	E1076	GEMMA RUDDICK	05:04:02	88	F	22
89	E0294	MARK EMR	05:05:49	89	M	67
90	E0088	DIANNE BICHARD	05:05:55	90	F	23
91	E0321	HIROKO MULLINS	05:06:47	91	F	24
92	E0315	KEVIN WELSH	05:07:00	92	M	68
93	E1000	TOM STEEL	05:08:38	93	M	69
94	E0276	LIANNE WEIJTERS	05:09:02	94	F	25
95	E0119	SIMON CHAREWICZ	05:10:08	95	M	70
96	E0912	ED BEDZINSKI	05:10:50	96	M	71
97	E0780	RICH RUSSELL	05:15:14	97	M	72
98	E1012	MICHAEL CURTIN	05:18:19	98	M	73
99	E0033	PETER FOSTER	05:23:15	99	M	74
100	E0446	ANNABEL HEPWORTH	05:25:41	100	F	26
101	E0293	SARA JAUQUES	05:28:07	101	F	27
102	E0677	ANN OWEN	05:28:08	102	F	28
103	E0262	BILLY PEARCE	05:30:04	103	M	75
104	E0772	TERESA WOOD	05:30:55	104	F	29
105	E0359	FULVIO FABRESCHI	05:31:32	105	M	76
106	E0681	ROGER SIMKIN	05:35:55	106	M	77
107	E0679	SYLVANA MITCHELL	05:35:55	107	F	30
108	E0518	ANTHONY HAYES	05:45:29	108	M	78
109	E0277	FRANCESC CARLOS MARTIN TEIXIDOR	05:47:33	109	M	79
110	E0366	BRETT SAMMUT	05:49:28	110	M	80
111	E0767	GEOFF HARE	05:52:01	111	M	81
112	E0835	GEORGE MIHALAKELLIS	05:56:15	112	M	82
113	E0839	WESLEY RADDYSH	05:57:12	113	M	83
114	E0476	KEN SMITH	06:04:50	114	M	84



The Salomon Wildhorse Criterium

Easter Sunday, 2011

After an encouraging inaugural event in 2010, it was going to take something special to live up to expectations and we weren't disappointed.

Having had to close entries a week early due to an overwhelming demand for spots, we ended up with 173 runners from 185 entries with 162 completing their chosen event. The going was heavy due to the recent weather and it took a visible toll with the 33 km event claiming seven DNF's and the 53 km a further three. However, the course just about held up and with Tibrogargan Creek now flowing freely the crossings served only to enhance the experience for runners (both being more or less dry last year).

We had fine weather leading up to the weekend and despite the forecast predicting showers on the day, it looked like we were going to get away with it.

50 km - Men

There were 23 starters in the men's race with a field that had some familiar names. John Pearson and Nic Moloney bolstered a start list that boasted experience along with some unknown quantities. At 4:00 am on the dot they were off.

Stephen Courtney, Seung Gil and Chris Noble made the early running but by the end they were pretty well spread out with 34 minutes between the top 3 as Stephen took the win (4:15:42) by 14 minutes from Seung in 2nd, who was 20 minutes ahead of Chris Noble in 3rd. It could have been so different as Seung missed a turn on his second lap which added at least an additional 3 km to his run which looks like it made the difference. Behind the leaders it was a different story with only half an hour spreading the next seven runners in a group headed by Jordan

Bishop in 4th (4:56:00) and included Jon, Nic and Walter Brumniach among others with all but two of the finishers coming in under 6:30 to qualify for the 2012 Six Foot Track Marathon.

1 STEPHEN COURTNEY	4:15:42
2 SEUNG GIL HONG	4:29:32
3 CHRIS NOBLE	4:49:40



Tymeka Mibus 3rd female 50km

50 km - Ladies

The women's race had a very strong field that promised to give the men a bit of a shake up. With last year's winner, Susannah Harvey-Jamieson, recovering from a 24 hour walk the week before at the Australian National Championships at Coburg, the odds were that we'd have a new winner this year. Favourites for the podium were Deb Nichol (winner, Nerang State Forest 50 km), Cindy Hasthorpe (winner, Canberra 50 km) and Tymeka Mibus (winner, Red Rock to Coffs Harbour).

In the end, it only looked like there was going to be one winner with Deb finishing in 4:26:23 (2nd overall) followed by Cindy in 4:47:37. Tymeka came home 3rd in 5:37:44 with Susannah a creditable 4th in 5:57:28, some 22 minutes faster than her winning time last year.

Of the 12 who started, these four plus Carolyn Russell (6:26:18) got in under the Six Foot qualifying time.

1 DEB NICHOLL	4:26:23
2 CINDY HASTHORPE	4:47:37
3 TYMEKA MIBUS	5:37:44

30 km - Men

Not unlike the men's 50 km, this was a hotly contested event with the top ten runners finishing within 25 minutes of each other and only 5 minutes between the top four.

Zac Braxton Smith came to me late in the evening on Saturday looking for somewhere to pitch a tent in the car park having walked from God knows what railway station for 2½ hours to be there in time for his 10 km run (some 12 hours later). In the morning he got a little impatient and switched to the 30 km. The stroke of a master tactician as it turns out as he took out the race 2:20:01, just over a minute ahead of the ever present David Scroope (2:21:17) with Gustaf Jonsson a further minute behind in 3rd with Caine Warburton finishing in 2:24:49 for 4th.

Our French visitor, Gaëtan Olivier, made a good show coming in 5th in 2:30:56. Once again, a healthy contingent made the cut to qualify for 6ft with 33 making it under the mark.

1 ZAC BRAXTON-SMITH	2:20:01
2 DAVID SCROOPE	2:21:17
3 GUSTAF JONSSON	2:22:21



30 km - Ladies

The ladies race, while keenly contested between Lisa Hussey and Alex Ralph (1st and 2nd respectively), turned in many solid performances with only three runners going over the four hour mark and almost half the field getting under 3:30. Rebecca Thorn took the 3rd podium spot.

We had well in excess of 100 runners on the course as the 30 km races were winding up and the atmosphere was certainly starting to build.

1 LISA HUSSEY	2:43:47
2 ALEX RALPH	2:46:53
3 REBECCA THORN	3:05:08

10 km - Men

The 10 km run took off at 10:00 and it felt like a party kicking off! As stated, there'd been a great atmosphere building from around 9:00 am as runners turned up and with more and more runners visible on the course (30 km runners and remaining 50 km runners were frequently passing through CP1) there was great vibe to the place and it was with some pride that I watched them all take off down the trail.

Despite the conditions, Damien Chamley managed to take nearly two minutes of last year's winning time (42:43) with both 2nd and 3rd placed runners, Kelvin Moncrieff (43:18) and Alan Money (43:50), getting under too. Though the course was run this year in the opposite direction it's almost certainly the harder finish of the two.

1 DAMIEN CHAMLEY	0:42:43
2 KELVIN MONCRIEFF	0:43:18
3 ALAN MONEY	0:43:50

10 km - Ladies

It was a slightly different story in the ladies race, with Clare Geraghty (former Australian cross country champion) taking the honours in a shade under 45 minutes (44:50), over six minutes ahead of 2nd placed Grace Kaihau (51:11). 2nd, 3rd and 4th were hotly contested by Grace, Pippa West (52:00) and Kirsty Shaw (53:25 and last year's 30 km winner), with Kirsty missing out on a placing.

As ever, Tina Fiegel turned out and did what she always does and just got on with it, completing her umpteenth event.

1 CLARE GERAGHTY	0:44:50
2 GRACE KAIHAU	0:51:11
3 PIPPA WEST	0:52:00

And then it went to the dogs ...
Not completely in jest, we may need to look at introducing a fourth

category next year. It was great to see so much a variety of canine's joining in fun, with a handful in the 50 km and many more in the 10 km. Thanks must be given to all their handlers who kept all on their best behaviour and away from other runners. I'm sure we'll see even more next year, but please let me know that you're coming!



Seung Gil Hong



Nic Maloney

The Salomon Wildhorse Criterium Results

50km Women

Pos.	FirstName	LastName	Finish
1	DEB	NICHOLL	4:26:23
2	CINDY	HASTHORPE	4:47:37
3	TYMEKA	MIBUS	5:37:44
4	SUSANNAH	HARVEY-JAMIESON	5:57:28
5	CAROL	RUSSELL	6:26:18
6	MALLANI	MOLONEY	6:54:48
7	CAROL	SULLIVAN	7:12:52
8	SUSAN	JAQUES	7:20:20
9	LYNN	DAVIES	7:51:56
10	SANDY	LEACH	8:14:17
11	KIRSTY	COOK	8:14:17

50km Men -

Pos.	FirstName	LastName	Finish
1	STEPHEN	COURTNEY	4:15:42
2	SEUNG GIL	HONG	4:29:32
3	CHRIS	NOBLE	4:49:40
4	JORDAN	BISHOP	4:56:00
5	JOHN	PEARSON	4:57:36
6	WALTER	BRUMNIACH	5:09:32
7	GREG	SWAN	5:15:12
8	KELVIN	MARSHALL	5:21:48
9	NIC	MOLONEY	5:26:10
10	ROBERT	MIDDLETON	5:26:30
11	JULIUS	KIESER	5:40:17
12	MICHAEL	SCHAFER	5:55:02
13	DION	REEVE	5:55:16
14	ARNULF	RIEDL	5:59:16
15	STEVEN	HAYES	6:00:56
16	JASON	MAUDSLEY	6:04:15
17	GRADY	SHELLEY	6:06:10
18	CRAIG	BISHOP	6:18:50
19	JOE	RAFTERY	7:33:20
20	ED	O'CONNOR	7:51:56



Photo top Right: Susannah Harvey-Jamieson





Razorback

in lieu of Wilson's Prom

2011 "Not the prom" run

Well, it may not be the Prom indeed, but in fine weather the Australian Alps are every bit as spectacular. And whilst I was looking forward to a few days camping at the Prom, spending the day with my Daughter in the hills while Mum had a bit of a jog was fantastic.

After the runners took off at 5:55am 8 years old daughter Jasmine and I went for a 10k run around Harrietville. Well I ran whilst she cycled anyway. We then read a few stories together and proceeded up the hill to the Mt Loch carpark where we helped out the runners as best we could at the checkpoint. Race Director Paul Ashton who himself has alighted for a 35km trudge up and down a few hills was very organised and so there was little to do other than tick off people's names as they came through. Oh, and take in the spectacular views across the valleys. Sure, no ocean views, but whether you're a landscaper or a seascaper generally then you'd have been happy with what the weather God's threw at us on the day.

Dan Beard was the first 68km runner through Mt Loch and looked pretty fresh. He seemed to be doing a good job of managing his pace. After a hasty refill of his water bladder he took off down Machinery Track heading for Swindlers Spur - known notoriously as the third climb in the Bogong to Hotham course. Not as bad as Staircase Spur or Duane's Spur, but a killer after a lot of pounding has gone through the legs.

Next in was Dr. Lachlan Fraser, eagerly awaited for by his new wife and mother of his first child due in 7



the view from Mt Loch carpark towards Feathertop and the Razorback ridge

weeks. Congratulations to the family on all fronts.

Steve Drummond was in shortly after in third place and then we saw four runners within 2 minutes of each other after that - Cassandra, Gareth, Hugh and Sharon. Dan had a pretty solid lead through the checkpoint and so if he remained strong was a likely winner, but second place was really up for grabs.

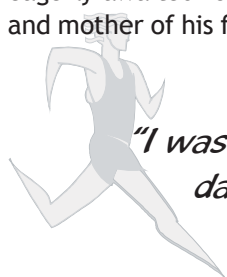
During the interlude (68km runners now had to do a 23km loop) Jasmine and I made the trek to the summit of Mount Hotham. We took a few photo's, had a drink and a snack and made it back to Mt Loch in time for another couple of stories about fairies before the runners came through.

As expected Dan was the first person back through this point and he had extended his lead considerably over Lachlan. Shaz had made up a lot of

ground and was now just 4 minutes behind Lachlan in third. She had also taken a chunk out of Dan and I wondered, if just maybe she could catch Dan. It would have required Dan to fade, and generally that doesn't happen as he is a strong runner. 80kg strong actually, or so he told me after the race.

Anyway, Steve was next through the checkpoint and then me having to pick-up the check-point card and water bottle for Paul off the Razorback and then get back to Harrietville in time for fish and chips with Jas prior to greeting the finishers, I'm not sure who was next back to Mt Loch. The short run along the Razorback was fun incidentally and on the way back out from there I crossed paths with Lachlan and Shaz noting that Shaz was now only a couple of hundred metres behind Lachlan.

The fish and chips in Harrietville are good by the way. At one point



"I was looking forward to a few days camping at the Prom, spending the day with my Daughter in the hills while Mum had a bit of a jog"



Jasmine at Dad at the Hotham summit

as the juice from the fish ran down my chin I wondered how the runners were doing up there tripping over rocks, drinking awful tasting sports drinks and trying to chew on protein bars. Those thoughts didn't last long though.

Jas made some new friends at the caravan park finish and that left me to sit around and nervously eat and fidget whilst waiting for the finishers. Dan did indeed come home first and looked pretty good considering the toughness of the course. The 45 minutes wait back to second place was agony and to be honest I thought Shaz would have arrived sooner than she did. Where the heck was she? And where was Lachlan? It's aggregate downhill about 1000m from Mount Loch so what's taking them?

Anyway, Shaz did eventually cross the line second overall, bloodied knee, bruised hip, cuts on her hands and elbows. If she'd had a black eye too then you'd have thought she was on the receiving end of a kick-boxing match. She tells me that she fell heavily with about 5km

to go, but after then walking for 800m to compose herself started to run again in fear of Lachlan catching her. She'd managed to haul him in just after the Razorback / Bungalow Spur intersection. And compounding matters was the wrong turn that Shaz took right near the finish, finding herself at Tavare Park rather than the Caravan Park. But what's an extra kilometre between friends?

Third home was Lachlan who was 5 minutes behind Shaz and then the rest of the field from the 68km and final entrants from the other events all drifted in. This included a couple of guys who earlier I'd met at the Mt Loch carpark, but quickly discovered they weren't meant to be there having missed the intersection of the Razorback and Bon Accord Spur. Apparently they were on the low side of the hill whereas the intersection is on the high side track. Still, they ended up with 42km according to their Garmin's and had the pleasure of ascending Mount Hotham on about as glorious a day as the Alps ever dish out. They had wanted to do marathon distance and so they were both beaming and

happy as they crossed the line and celebrated in style with their race trophies - a Caramello koala and a chocolate frog. And I'm talking the big ones too.

So it may not have been the Prom, but who cares. It was a terrific day, a fun day, and a pleasure to be a part of. And with the "real" Razorback event still to come in early December we might even be back. Oh, and we'll take a raincheck the Prom in 2012 thanks.



"Dan did indeed come home first and looked pretty good considering the toughness of the course"





Sri Chinmoy Self-Transcendence

Six and Ten Day Races 2011

Corona Park, Flushing Meadows, New York

10 Day: 18 April to 28 April

6 Day: 22 April to 28 April

The Sri Chinmoy Six and Ten Day Self-Transcendence races are held on a one mile road loop in Corona Park, Flushing Meadows, New York (very close to the US Open tennis venue) and are considered to be premier events on the world multiday ultrarunning calendar. The events are named after Sri Chinmoy, a noted author, musician, artist, athlete and master of meditation who encouraged people around the world to pursue, and to achieve, higher personal ultrarunning goals by using poise and inner inspiration to exceed their perceived outer limitations as a runner (self-transcendence).

Since the inception of the Ten Day race in 1996 and the 6 Day race in 1998 these events have always attracted a diverse international field of athletes and have produced some of the very best multiday performances of all time. Australian ultrarunners participating in this year's events included Sarah Barnett in the Ten Day, and Martin Fryer and Rathin Boulton in the Six Day. Sarah's presence at the 10 Day race was startling given that less than a week before she had finished as first woman in the Athens 1000K race in Greece! Martin came

to the race with only one previous attempt at 6 Day in Bornholm 2010 where he had to withdraw with an Achilles injury at the end of Day 3. The 6 Day would be a walk in the park for Rathin who had finished the Sri Chinmoy 3100 mile race three times previously. Anubha Baird (Sri Chinmoy Adelaide 24 Hour race organizer) was also in New York helping

has won the Women's category of all 13 editions of the 6 Day race, and set the women's 6 Day road world record in 2009 at this race with a distance of 513 miles.

Martin's perspective:

The two races were timed to finish together, so by the time I arrived to start the 6 Day race Sarah was sitting in 2nd place in the Women's 10 Day race, only 6 miles behind Janakova and only 4 miles ahead of Abramovskikh in 3rd place. Over the next 6 days Janakova gradually increased her lead over the other two (who exchanged 2nd and 3rd place several times) and ended up breaking Dipali's previous course record with an outstanding total of 724 miles, a total which exceeded the Men's winning 10 Day total by 46 miles.

In the Men's 10 Day race Yuri Trostenyuk from the Ukraine shared the lead for the first 2 days, dropped back to 2nd on Day 3, but then took the lead and held it until the end of the race, finishing with a total of 678 miles.

The Women's 6 day race was a one horse race with Dipali Cunningham posting 99 miles on Day 1 and holding a substantial lead over the rest of the field for the whole race to end up with a total of 466 miles.

In the Men's 6 Day race I managed to take the lead with 111 miles on Day 1 with Lars Christofferson from Denmark not far behind on 105 miles.



Dipali Cunningham

out the local Sri Chinmoy Marathon Team New York (SCMTNY) with a wide spectrum of volunteer duties to support the runners. The legendary multiday specialist, Dipali Cunningham, has long been an Australian citizen but recently decided to take out US citizenship after living in New York for many years. Her presence at this event has always been inspirational to other runners: she has won 26 of the last 31 multiday races contested (up to 1000 miles),

"More importantly I learnt more in those 6 days than I have in 14 years of ultrarunning"

This first night was particularly awful as appalling weather conditions descended upon the course, bringing 12 hours of torrential rain and constant 15 to 20 mph headwinds along almost one half of the mile loop. Aside from a few rare glimpses of hot, humid, New York sun the conditions for the rest of the race generally stayed windy, cold and misty, with occasional light showers. The constant headwind broke my spirit many times throughout the race. Nevertheless, I maintained solid form throughout the first 3 and a half days (Day 3 split of 292 miles, lead of 67 miles) and was looking settled in for a big total over 900K when I fell victim to food poisoning, due to leaving some of my food out on the table in the sun in the afternoon. This brought on diarrhoea for the next 2.5 days, and when combined with some severe tendinitis behind my left knee my race plan was dramatically altered as I realized that I would have to walk out the rest of the race. Day 5 for me consisted of 64 miles of walking in sandals or thongs, not something that I expected to do in my original race plan!

Lars dropped away from 2nd place between days 2 and 3 after taking an 8 hour sleep, and never recovered his race position, despite looking very fresh. During this time he was overtaken by Asprihanal Aalto, 10 times finisher and 7 times winner of the Sri Chinmoy 3100 mile race. Asprihanal started hitting his stride in the last

few days, posting the largest totals for Days 5 and 6 and looking fresh as a daisy at the end of the race, in stark contrast to myself. I did the sums in my head and realized that I would have to keep walking and go without sleep for the last 48 hours in order to have any chance of keeping my rapidly eroding lead. Fortunately, I had built up a big enough buffer and managed to walk to the finish with a total of 487 miles, 20 miles ahead of Asprihanal and 92 miles ahead of

the insights gained will no doubt help me to post a better total next time I do a 6 Day race.

The final awards ceremony took place in the midst of more rain and thunderstorms and I found it to be a very moving experience in which SCMTNY, its volunteers, and runners from 17 different countries shared a joyful celebration of self-transcendence. I'm sure Sri Chinmoy would have been very proud of what transpired at Corona Park over those amazing 10 Days.

Many thanks go to the SCMTNY, whose countless volunteers made the race an absolute pleasure to participate in. Every day the race directors Bipin, Sahishnu, Sandhini and Rupantar took turns leading their enthusiastic team to produce an event which was first class in all respects. Completion of each lap came with a wonderful boost given by the always cheerful lapscorers and a veritable buffet of superb vegetarian food provided by the hardworking kitchen crew. Dr Megabhuti and many others were brilliant with their empathic medical and massage help.

Special thanks go to Gavin Christie (my gym coach), Phil McCarthy (for New York accommodation), Trishul & Kaaren Cherns (for spontaneous support which saved my race!), Ron & Kathy Starkey (for spoiling me after the race), my sponsors 2XU, Inov-8, Injinji, and Hammer Nutrition, and most of all to my patient family, Luke and Lynn.



Martin Fryer Day 5

Lars. Despite the relatively modest total I was very satisfied with posting my first 6 Day finish, with a win as an unexpected bonus. More importantly I learnt more in those 6 days than I have in 14 years of ultrarunning, and

*Martin "Flyer" Fryer
May 2011*





The North Face 100

David Coombs - TNF100 Race Report 2011 by David Coombs

Standing on the start line I look around me at the other assembled runners bouncy and clapping their arms against the icy cold Blue Mountains dawn air. I see last year's winner Andrew Lee and just behind him Kilian Jornet the Spanish star expected to dethrone Lee. Next to me is the tall figure of French runner Francois D'Haerne and behind him his countryman Sebastian Chaigneau, second in the UTMB in 2009. What exactly am I doing lining up against these champions of the sport. Well no time to worry about it now, the countdown is on: Three, Two, One - and we're off...

I am very pleased to even be on the start line of The North Face 100, a 100km trail run through the Blue Mountains, west of Sydney. A few weeks ago a niggling neuroma in my right foot flared up badly and put me out of action exactly at the time when I should have been hitting my peak of training. Miraculously the injury has abated to a mere nuisance and I am confident it will hold up during the race. As a precaution there are 6 ibuprofen tablets in my backpack. On the drive down yesterday my fellow racer Jordan Bishop and I saw an amazing celestial light show, with Jupiter, Mars, Mercury, and Venus all lining up in the sky to create a dazzling triangular constellation that apparent only occurs every 100 year. I am hoping this is a god omen.

Jordan is running is debut TNF100 today and is hoping to break the 14 hour barrier. He has had a great build up and I am hoping he has a good race - just remember not to go out too hard mate!

The early pace, set by Lee, is ferocious as the leaders accelerate up the hill away from the Fairmont Resort. I tuck in to about 20th place

and find that I am running just behind Kilian. He is chatting to his teammates and I take the opportunity to watch the master in action - after all this is definitely the only time I'll be running anywhere near him today. I notice how light on his feet he seems, yet you can tell his has serious power in his legs and I can't help wonder if he will unleash his A game today. Right on cue I notice Kilian say something to one of his teammates and gesture slightly towards Lee who is bounding away about 30 metres ahead of everyone else. Kilian accelerates and seemingly within a few strides has bridged the gap. Wow. OK Coombs, time to stop worrying about what the pros are doing and start running your own race.

This is my third TNF100 and I know the course pretty well. We start out on an of undulating road section that helps to thin out the field and it is along here that I make sure not to push too hard and get carried away in the excitement of the race. I notice a few guys come past who I realistically have a chance of beating such as Jono, Jim Villiers, and Clarke McClymont and I deliberately put them from my mind - worry about racing in the final 20km, not the first 2km. I have probably dropped to about 30th place by now, as we enter the first sections of singletrack, that eventually lead us to a 500m drop to the valley bottom. Last year I realised that I could slide my gloved hands down the hand rails of the steep metal stairs and take virtually all the strain off my quads. I employ the same tactic again through here and reach the singletrack at the bottom of the stairs feeling fresh. The next section follows a beautiful trail for about 10km to the base of the Golden Stairs. The soft surface, pristine trail and minimal elevation change makes for enjoyable running. Unfortunately, I have a bit of a headache and just don't feel my usual comfortable self at this early stage of an ultra. Partly I attribute this to the

cold, and try pulling my beanie down over my ears. I lose another couple of positions along here but am not concerned as previous experience on this course reminds me that many of these early pacesetters seem to hit the wall later in the race.

Climbing the Golden Stairs feels super-easy and I start to feel a little better by the time we reach the top. For me this is where the race begins and I switch up a gear as we climb the steep initial road section and immediately start pulling away from the guys who had been running close to me moments earlier. We hit the first check point at 20km and I am struck by a distinct lack of my favourite race fuel - bananas. Shit. Maybe the cyclone hit banana industry cannot keep up with demand from 800 hungry racers. OK, grab a few more gels and hope the next CP has some bananas. No need to fill up with water; skull a cup of Endura and I am on my way. Maybe 45 seconds later. Good. Now lets try and catch some of these dudes up ahead. The next section is a 10km exposed ridgeline firetrail with a few undulations, but nothing serious. My right foot has been taking a bit of a pummelling up to now and I decide to take my first ibuprofen tablet. I don't usually take any medication like this but I figure during this event its worth it if it helps keep my foot pain under control. I always seem to go well along here and today is no exception as I quickly start catching and passing guys who had zipped by me in the first 20km. I pass a runner wearing a full camouflage bodysuit with matching beanie - awesome - and smile for a camera taking shots from a model helicopter hovering just over my head. Finally we reach the end of the firetrail and hit a short section of singletrack before descending the Tarros ladders, an ingenious set up of rigging and ladders to allow safe passage down an exposed 10m cliff. The bottom of the ladders leads straight into my favourite section of the course, a

2-3km stretch of singletrack and bouldery scrambling. I decide to indulge myself through here and open the throttle a little. I am running on my own with no one visible in front or behind and I am totally focused on the trail. With no margin for error on the technical terrain I lose myself in the joy of running on such a great trail. Sadly the fun is over too soon and I pop out into warmer sunlight and another rolling section of firetrail. I am in much better spirits now, my headache has gone and the temperature has warmed considerably away from the exposed ridgeline of Narrownneck.

After a few kms of firetrail, I again catch and pass a few runners who had gone past me earlier. I chat briefly to Kevin Mannix who is doing his first TNF100 and seems to be travelling well. After a few steady rises, we drop steeply down to CP2. OK, bag check - done; check water - still plenty; bananas? - no, none available. Bugger. Grab more Gels, chuck out my rubbish drink a bit of Endura and get moving. I manage to exit in front of a few guys who came in with me - excellent.

The next part of the trail is probably the most difficult combining very steep climbs and descents with some technical trail along the top of Ironpot Ridge. Just as we reach the base of the main climb I pass another couple of people and am then very surprised to see Tim Cochrane up ahead. Tim has placed in the top 3 of each of the previous editions of the race. Either he is having a bad day or I am going really well. Hmmm, I suspect the former is true as he grunts a resigned sounding greeting as I run past. The top of Ironpot ridge has a few kms of out-and-back allowing a glimpse of runners up ahead. I recognise most of those coming the other way: Ewan Horsburgh, Jono, Clark and a few others. I calculate that of these runners, Jono has the biggest advantage maybe about 12

minutes ahead. I also know that he is a tough bugger having run with him for most of the event last year before he got the better of me in the last 5km.

Running off Ironpot ridge I again find myself alone and settle into a comfortable rhythm through the farm and onto the road that leads through to CP3. I am getting a little rubbing in my left shoe and decide to



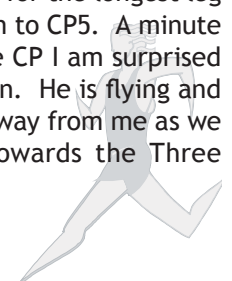
David Coombs at CP3 - halfway

stop and adjust my laces. As I get up from my crouch I notice my guts are suddenly churning - they obviously didn't appreciate the sudden stop and squashed position as I sorted my shoes - I hope this doesn't present a problem later on. As I hit the road I notice that I am fast catching Ewan but also that another runner is coming up quickly behind me. I accept these pace differentials as a normal occurrence during a long race like this and again try to focus on my own pace. A steep climb soon enforces a walk and I set about reeling in Ewan who is run/walking just ahead. As we hit the top of the climb Eric, a runner from Hong Kong catches up

and he, Ewan and I banter and run together down the hill towards CP3. The location of CP3 has changed this year and as I chase Ewan up a slight rise I get the first inkling that I am about to hit a bit of a bad patch.

I take a little longer at CP3 and refill my Camelbak and have a few words with Matt - super crewman. Exiting the CP I am now behind Ewan and Eric again and then about 2 km further down the track I suddenly get cramp in my guts. I try to let it subside but know that there is only one way to deal with this and pull off the track. Rejoining a few minutes later my legs suddenly feel like crap and I feel the first tingling of cramp in my left adductor - always my first warning sign that things are going to get tough for a while. I trudge along the next section which follows the six foot track and despite my protesting legs manage to pass Ian Gallagher and soon catch sight of Ewan again up ahead. I catch him just as the track narrows into the Nellies Glen climb and we set about hiking up the uneven steps that climb about 500m up to Katoomba. For some reason this climb seems to snap me back into better spirits and by the top I have gapped Ewan and run strongly towards CP4. Just before the CP a young kid gives me a loud cheer and offers me a loan of his bicycle - a cruel temptation!

CP4 has been relocated to a large sports hall, which has to be a good thing as it allows crew members to shelter from the elements on what is still a chilly day. I spend a bit of time faffing at the CP but notice that I am not far behind Clark and Aub as they exit just as I arrived. Matt hands me my fleece and waterproof pants that we have to carry from here and I set off for the longest leg of the race, 22km to CP5. A minute or two out of the CP I am surprised to see Kevin again. He is flying and quickly powers away from me as we wind our way towards the Three Sisters lookout.



After the three sisters the track descends down an enormous flight of steep stairs aptly named the Giant Staircase. I make good use of my glove sliding technique down here and am thankful that I am not held up by the multitude of tourists making their way up the climb. In fact the public seem highly supportive of the race and call out such useful information as - you're doing well 11th place - keep it up, 18th. Not knowing who to believe I decide it is better to ignore my placing and concentrate on getting through the next section.

After a nicely flowing section of singletrack (the reverse of one of the sections from earlier in the day, the track gradually starts heading downwards before finally plunging down in earnest - seemingly forever. At the top of the descent I am caught by one of the team runners and then by Ian. He seems to be going well although he is complaining of pain in his knees from ITB issues - worse on the descents. He seems to be going ok from what I can see and we run together for a while down the endless fireroad. About halfway down the descent my guts again start to cramp up and I head into the undergrowth. Ian has now disappeared away in front of me and my only thought is that maybe I'll catch him before the bottom of the downhill. As it is I don't see him again for the rest of the race. Towards the bottom of the descent an amazing view unfolds as the afternoon sun catches the towering sandstone cliffs ahead, turning them fiery shades of ochre, orange, and red and lifting my spirits for the tough 900m 8km climb to come.

Last year I made it my mission to run the climb up Kedumba pass but this year I just don't have the heart to try and instead settle into a fast hike as soon as the road starts heading skywards. I am still looking ahead vainly hoping to see Ian and try and focus on maintaining good fuel intake. I have been relying solely on Endura gels up to now and I'm starting to find them harder to stomach. The Raspberry flavour reminds me of Benylin cough medicine from my childhood and prompts a strong gag reflex when I try and swallow number 18.

I feel like I am walking well, but wish I had the energy to run up the climb and I am not surprised when half way up I look back to see Ewan fast gaining ground on me. We chat briefly as he passes and I try half heartedly to match his pace but realise that I don't quite have it in me at this stage. We are both determined to break 12 hrs and our calculations appear to have us on track for that at least. I trudge on. Eventually the climb ends and I pick the pace up again on the flat ground towards the final check point CP5. A few pivotal things happen at the check point. First I spot Andy Lee the reigning champion. I initially assume he has long ago finished the race and returned to the CP to support other runners but it quickly becomes apparent that he is still in the game and is either injured or suffered a spectacular blow-up. Second the leading female runner comes into an out of the CP while I am re-filling my Camelbak - damn. Third and most amazingly, one of the CP crew who I vaguely recognise and who seems to know me basically gives me a bollocking while I am faffing looking for non-gel based food, hands me a Powerbar from his own stash and in no uncertain terms tells me to get out of the CP and to chase down the aforementioned female leader! I don't know what it was, the Powerbar, the close proximity of the finish, the ibuprofen I took 30 minutes earlier, the motivational slap in the face from my new friend, or just my wounded man pride, but I take off out of the CP like I am running a 10k PB.

I quickly catch and pass the female leader (one of the Salomon team) and then catch the pairs runner who had overtaken me 15km earlier. At this stage it is still light and I take advantage of this to get as far into the next singletrack section as possible before donning my headlamp. Once I am forced to run by torch light my pace is still strong and I maintain a great rhythm over the technical terrain. After about 30 minutes of singletrack I am surprised to see a torch coming the other way towards me on the track. Shit, it's Ewan. He hasn't seen a course marker for a few minutes and thinks we are heading the wrong way. We back-track, but I cannot remember any turning where

we might have gone wrong and soon a couple of other runners approach us coming the other way. Now, there is no way we all took the wrong track, the course marking have been exemplary throughout the race and I can't imagine the organisers suddenly got slack in the last 6km. I turn round and decisively head back in the original direction. We quickly see our first marker - relief that we are on track, but annoyance to have wasted a few minutes of hard earned advantage. Ewan and I then press on together. We are both running really strongly and realise that there is a chance of breaking 11hr30. We push the pace but are forced to slow by some relentless stair climbing in the last 3km. Eventually, Ewan's pace up the stairs gets the better of me and I slow down for the last 1km and aim to enjoy the run to the line. The sight of the golf course and hotel after such a long hard day of running is as always a massive relief and I jog to the line satisfied with my 17th place in 11hr36min.

I get showered and fed and then wait at the finish chatting to other runners and admiring each and every one for their ability to keep pushing to the finish. Jordan ran a great debut in 13hr50 despite hitting the wall in the final 8km and losing a bit of time.

Ultimately I am happy with my race. Considering only 3 weeks prior to the start I was unable to even walk without pain, I am incredibly happy to have finished and beaten my previous best by 20 minutes. I can't help think what might have been had I been fully fit - for example an extra 30 minutes quicker would have had me in the top 10 - but equally it's all about what you can do on the day and I definitely would not be the only runner to have had a disrupted build up. And what happened up front? Kilian won the day, smashing the course record, finishing in 9hr19. It's great to see such amazing talent up close and I can only hope that one day I might be able to mix it up with the top guns!

This is a great race. Super tough course. Great organisation and amazing atmosphere from the 800 runners in attendance - I'll be back!



Glasshouse Trail - Cook's Tour

Racing my first ultra - by Kirra Balmanno

Inspiration

Running is a part of who I am. I live for being healthy and challenging myself. It gives me freedom from the stresses that a busy life brings, at the same time as giving me goals to aspire to achieve.

I love the solitude, the wild places it can take me and the inspiring people I have met along the way. I love how running can help to push boundaries and challenge oneself so that anything is possible. There is no boundary as to how far I can go, how many hills I can climb or how fast my legs travel in the awkward circles underneath me. The only two factors are my body and mind.

I have been running for eleven years, beginning with x-country racing and increasing my distance to the marathon. After a few frustrating years of intermittent injury I decided that off road was better for my body and long distance was definitely my thing, so after a couple of 30km trail races and with an aspiration to ultimately race the Ultra-trail du Mont Blanc, I decided to commence preparation for my first ultra-the Glasshouse trails 50km.

Setbacks

I have encountered a few setbacks along the way to my first ultra goal. Injury has stood in my way intermittently for the past few years and it has been a frustrating process to hold back in training enough to prevent another blowout while still trying to train hard and increase my speed and stamina.

Balancing my running week with studying veterinary science has also been a challenge, trying to find the time to fit in training before uni means that a lot of the time I am running in the dark to fit everything in...I do get to experience some incredible sunrises though.

The preparation

The long run is my absolute favourite run of the week and every Friday I catch myself a little bit excited in the

anticipation of hitting the bitumen and trails for a couple of hours on a Saturday morning, followed by a well-deserved second breakfast.

I have been running and training for long distances for a few years now so my training program didn't have to change significantly when I decided to increase my racing distance to 50km. I increased my weekly k's to around 100 (give or take 20, depending on how much assessment I have for uni). I built up my long run to 5 hours and made a more conscious



*Kirra finishes the 50km event
1st female*

effort to include trails and steep hills in my program (not that they were ever excluded beforehand).

Race day

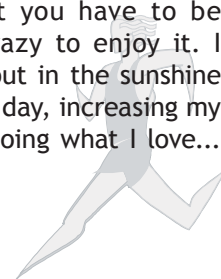
Pre-race nerves usually hit me come the morning of a race, however on the day I was just excited to be

there. The preparation I put into the months leading up to this event had made me confident that I would be able to achieve a solid race. I was unaware of what to expect in terms of time or placing (the time difference between first and second women last year was over 30 minutes, and I had no idea about the competition, or exactly how long the race was going to be due to course changes made from recent flood damage).

I had no qualms about waking up at 3.30am to get to the start line. It was race day and I was excited. As the first rays of light started seeping through the clouds, we were called to take our marks. I pulled off the three layers of clothing I had been wearing over my running gear, whacked on my water belt and headed down to the road, whilst jamming gels and PB & J sandwiches up my sleeves.

Taking my place on the start line, I went over in my head race tactics, which were quite simple: Just stay relaxed and smooth and finish strong...and don't forget to eat. I have often set off from the start line too quickly and my legs are just burnt by the end, so today I wanted to build from past mistakes to ensure that I finished strong. In retrospect I was quite conservative with my pace for the first 30kms or so but it paid off in the end. Passing 30km entrants in the final third of the race, I thought back to my first 30k, two years earlier, where I had found it considerably harder to lift my legs up and get home, now I was smashing it.

Most non-runners I encounter are astounded when I tell them what I do for fun, but for me it's just what I do. I don't think it is incredibly difficult or that you have to be some kind of crazy to enjoy it. I just love being out in the sunshine on a spectacular day, increasing my heart rate and doing what I love... just running.



Glasshouse Mountains Trail Runs - Cook's Tour Results

80km Event

First Name	Surname	Place	Time
Deb	NICHOLL	1	7:34:16
Zac	BRAXTON-SMITH	2	8:01:48
Nic	MOLONEY	3	8:19:08
Tymeka	MIBUS	4	9:17:24
Susannah	HARVEY-JAMIESON	5	9:30:16
Walter	BRUMNIACH	6	9:30:17
Dave	ABREY	7	10:45:34
Colin	MACKEY	8	11:17:38
Dion	REEVE	9	11:26:27
Natalie	McGOVERN	10	11:57:09
Andrew	BARRON	11	11:57:10
Anton	CLARKE	12	11:57:10
Brian	SWAN	13	12:39:51
David	HUTCHINSON	14	12:39:52
Marina	BRUN-SMITS	15	12:45:05

50km Event

First Name	Surname	Place	Time
Daniel	NUNAN	1	4:40:14
Laurie	LAINE	2	4:43:35
James	BAMBER	3	5:06:39
Michael	CANTY	4	5:10:57
Greg	SWAN	5	5:12:00
Michael	ROGAN	6	5:14:06
Kirra	BALMANNO	7	5:14:08
Danniel	GREIG	8	5:20:35
Lisa	HUSSEY	9	5:24:18
Ben	STORER	10	5:27:06
Jeffrey	BAILEY	11	5:28:23
Martin	VEIDT	12	5:30:58
Kerrie	WILLIAMSON	13	5:36:59
Barry	SCOTT	14	5:37:00
Shane	PANKHURST	15	5:42:03
Daniel	HOOLEY	16	5:42:03
Mark	BRISTOW	17	5:42:04
Ed	SEARLES	18	5:43:15
Grant	CAMERON	19	5:44:13
Daniel	HOPKINS	20	5:56:03
Mitchell	PEARCE	21	5:59:31
Michael	SCHAFER	22	5:59:31

50km Event continued

First Name	Surname	Place	Time
Mike	SPILLER	23	6:03:06
Matt	FITZGERALD	24	6:14:02
Simon	GATLEY	25	6:20:14
Marc	BARALLON	26	6:22:43
Stuart	HOULISTON	27	6:27:24
Warren	LANE	28	6:27:27
Tegwen	HOWELL	29	6:27:28
Filip	LIKAR	30	6:30:12
Dan	IBBOTSON	31	6:31:20
Graeme	ANDERSON	32	6:34:22
Matt	JOHNSTON	33	6:37:51
Nikki	MACINTOSH	34	6:44:08
Craig	NEWELL	35	6:45:20
Debbie	HARKSEN	36	6:50:28
Alun	DAVIES	37	6:51:51
Michelle	HEALY	38	6:51:51
Ellis	PEARCE	39	6:57:17
Trent	LUCAS	40	7:06:50
Susan	JAQUES	41	7:14:20
Will	NOLAN	42	7:17:59
Anna	PADARATH	43	7:20:27
Karen	McMENIMAN	44	7:40:45
Steve	DAY	45	7:45:30
Mallani	MOLONEY	46	8:03:18
Glen	HENDRY	47	8:06:08
Craig	HENDRY	48	8:09:00
Lynn	DAVIES	49	8:09:45
Ed	O'CONNOR	50	8:09:46
Neil	RICHARDSON	51	8:11:55
John	SELLARS	52	8:14:37
Jathan	FISCHER	53	8:53:41
James	CAMBOURNE	54	8:53:41
Edwin	BETAR	55	8:53:41
Kane	CUSACK	56	8:57:56
John	FLANAGAN	57	8:57:57
Paul	SHARLING	58	8:57:59
Sue	SWINBURNE	59	8:58:09
Michael	LAVERACK (only 1 loop at 8)		8:19:33



My Kokoda Challenge

By Jo Sherman

A call to arms legs

I was absorbed in the machinations of an electronic court trial when an ominous text appeared on my Blackberry.

‘Jo. Pls call. Urgent.’ My running mentor, Nickey Carroll, clearly required a quick response.

‘What’s up Nickey?’ I queried after excusing myself from the stuffy court room, leaving behind a blur of arch lever folders, pinstripes and glaring spectacles.

‘You know that Kokoda challenge I get involved in around this time each year?’

‘Sure’ I responded, recalling that it was an extreme endurance event of some sort that traversed Queensland’s rainforest hinterland. My mind wandered as I tried to recall how far the lunatics who signed up for the event actually endured the torture. Was it 75 kilometers? ‘Pure insanity’ I chuckled to myself.

Nickey continued, ‘Well, I think you know it’s a team event. Each team of four needs to stay together for the whole 96km, and, well,’ she hesitated. ‘There’s a women’s team that has just lost a runner. So they’re in a bit of strife and there’s only 10 days to go!’

‘Oh, that’s a shame’ I lamented staring blankly out the window at the featureless, translucent haze of a stratus formation, ‘but what’s that got to do with me Nickey?’ It was an innocent and genuine query. I was clearly oblivious to the absurd proposition that was to follow.

‘Well, I was wondering whether you’d be able to do it.’

‘Huh?’

Lunatics

10 days later, at 7 am on a cool winter morning, I found myself getting bumped about in a crowd of about 1,500 of those ‘lunatics’ who all seemed to be twitching with enthusiasm. There is probably a higher concentration of Obsessive Compulsive Disorder in this little patch of Australia than in any other part of the country right now, I mused while applying balm to my already chafed lips. It’s the *twitching* that gives them away.

Some sucked energy gel, while others closed their eyes and nodded to private iPod tunes. Others crouched over ripped paper maps with confused expressions and furrowed brows. Some were fiddling with satellite watches while others lathered sunscreen. A brute beside me vigorously debated tactics with his team mates between mouthfuls of an energy bar. Interspersed throughout the crowd there were hundreds of mobile phones held high in the air like Olympic torches, proudly circumnavigating the scene to capture the moment.

I closed my eyes, took a deep breath and muttered to myself ‘what the hell am I doing here?’

That’s right, I reminded myself, like everyone else here I’m here to show the Spirit of Kokoda by covering the same distance and similar terrain as the real Kokoda Track traversed by our brave Australian troops in July 1942.

We were flanked by army tanks and khaki clad diggers who appeared to be surveying the crowd of weekend warriors with a mixture of respect and bemusement. Anxious supporters cheered and shouted well intentioned but highly irrelevant instructions from the sides while Fat Boy Slim boldly reminded us that it was, in fact, *right here, right now*.

Then there was an abrupt hush as a bugle permeated the hallowed notes

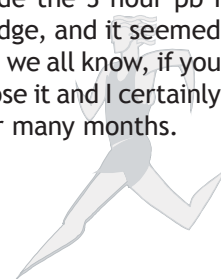
of the last post through the crisp morning air. The melancholy tune echoed around the valley. Crickets droned in the background. For a moment, time stood still. The mood was sombre as we quietly shared a mass reflection about soldiers lost and lives that might have been. A moving tribute before the tribe made its move.

A moment later, the start gun jolted us back to the present. Sirens waned. Spectators whooped and we surged forth to battle into the day.

A flimsy platform

So, when it comes to being roped into team endurance events, why is it that my dear friends think I’m perpetually ‘up for it’ just because I’ve trained enough to be slightly competitive on a few random occasions? Sure, I’ve struggled through a few marathons and like many a female endurance runner, I’ve mastered the skilful art of painting the hard bit of skin on my big toe where the nail should be. A perpetually absent toenail is, after all, the true litmus test to gauge one’s commitment to distance running. However, if the truth be told, on the day I received Nickey’s fateful call, I was sitting on a ‘base’ that is possibly better described as a ‘flimsy platform’, of only six weeks training with an average of about 40km’s per week under my belt.

Of greater concern was the fact that I hadn’t run more than 90 minutes in any single run for over 7 months, and my only ‘long run’ wasn’t on mountain trails. It was around safe, smooth, undulating suburban streets. Granted, I did complete the New York marathon about 7 months earlier in a half decent time although it was well outside the 3 hour pb I was hoping to nudge, and it seemed like eons ago. As we all know, if you don’t use it you lose it and I certainly hadn’t used it for many months.





Three Novices and Jude

Three Novices and Jude

During the 10 intervening days between Nickey's fateful call and the gun going off, it became painfully apparent that I'd committed myself to no ordinary women's team. They were not planning on a leisurely trek through the bush, nor were meal breaks or a few hours of night time shut eye factored into the plan.

I discovered that while Tania and Diana were Kokoda virgins like me, they were both highly motivated, accomplished cyclists and competitive endurance athletes. On the other hand, Jude, our fearless leader and the most experienced in the team, had a long, impressive, sporting history and had already been on the Kokoda podium a number of times.

I met the girls for the first time over coffee, 6 days and 21 hours prior to the event. Jude was friendly and supportive but I quickly came to learn that this casual exterior camouflaged

a ruthlessly competitive spirit. 'Don't worry, we're just here to enjoy ourselves and have some fun' she reassured us, then proceeded to tell us what the split times needed to be for each of the 14 stages if we were to come close to last year's record breaking performance by the female winning team (of which Judy was a member).

'You'll be fine', Judy counselled her three wide eyed novices, 'basically, we're just going to jog everything except the steep inclines. We'll walk up those because they're impossible to run, but we really need to gun it on the descents because that's where we'll make up time. Oh, and don't forget to save time at transitions by undoing your camel packs and drink belts before you arrive at the checkpoint so you can quickly throw them aside and grab replacements without stopping.'

'Is she joking?' I asked Diana nervously as Judy skipped off to retrieve some coffee.

'I'm afraid not Jo'. Di looked at me with genuine sympathy. Tania sat in silence staring wistfully at the salt shaker.

'Great.' I thought to myself that evening as I tossed and turned. 'With not much more than a week's notice, I've committed myself to three iron maiden lunatics who are planning on running an ultra marathon mountain course that sane people would not even contemplate walking.'

'Nickey what the heck have you got me into?!' I blurted down the phone the next morning. My voice trailed off. Six days to go. It was clearly too late to pull out.

Good luck card

The night before the event my 'could not have done it without you' support crew partner, Dave, gave me a little card which said:-

'Jo, you're really brave for even fronting up for this event and giving it a go. Very few women would do it with virtually no training or proper preparation. I'm sure you'll be ok and no matter what happens you'll give it your best. I will be proud of you whatever the outcome'

This was, of course, his tactful way of saying:-

'Jo, you are insane. I can't believe you've agreed to do this. It's one of the stupidest things you've ever done. I'm coming as support crew because I'm afraid you will die and I want to try to prevent that. Don't be disappointed when you have to pull out. It's absolutely OK to bail after the first 25 km. No one can expect any more than that from you right now. I hope no-one at work finds out about this.'

Mind Games

At the risk of stating the blooming obvious, the biggest challenge is overcoming the mental hurdle associated with the notion of actually running, or walking, as the case may be, 96 km in one go.

The tactics I used to overcome this hurdle were to play a series of mind games.

At the beginning of the day I told myself 'Relax. You're just going out for a nice long day in the bush Jo'. I put the distance entirely out of my mind. When the gun went off I managed to convince myself that I was just out to do an easy 5km jog with some mates after which I would be warmed up enough to participate in a random bush run event I had entered for later that afternoon, but for now that was entirely out of my mind. I convinced myself that this easy 5km warm up jog would get me to the starting line which was located at some place called Polly's kitchen. (Polly's was actually the first major checkpoint and it was not 5km, but rather about 35 km, into the course).

Throughout my (3)5km warm up I

resisted the temptation to look at my watch or to count kilometres (no I didn't take my Garmin, much as I love my 405DX, it stayed home sulking while I did this event). I blocked out any discussion about distance or time travelled so far or yet to go. In my desperation caused by lack of proper preparation, I had decided that the only possible survival tactic would be psychological deception.

The Nimmelmeister

Interesting development at the foot of the first incline a few k's into the course. Tania and I were bringing up the rear while the other two took off like mountain goats. I fell over like a clumsy idiot for the second time and took more bark off my elbow and knee. Thank god I popped that industrial strength 'you can't buy this over the counter' anti-inflammatory pill last night, I reflected pausing for a moment to check out the wound and wash the blood away. Tania bent down to help and muttered quietly 'I'm feeling lousy. I'm really not up to this. I'm going to hold you all back today'.

Jeez, I thought, that's a worry. We've barely started. Er, what should I say? Of course I said the obvious things. 'Don't be ridiculous, you can do this' yadda yadda. I needn't have worried, however, because what I came to realise was that Tania must have been playing little mind games of her own. What I suspect she was *really* thinking was 'I'm a machine. I feel no pain. I'm going to lead the pack of you all day today and I'll carry you all home on my back if I have to. Get used to eating dust girls because I'm gonna set the pace and I'm taking no prisoners.' Because that's, in fact, how things panned out for the rest of the day. Within a few minutes after her little declaration of defeat, Tania, tomb warrior, took the lead with gusto and there she remained. From that point on we all fell in behind, beating to the rhythm of the relentless muscular machinations of her derriere, which at times was so far ahead it was barely visible.

Oh, and here's a little tip, gleaned from that early stage. If you do ever happen to do the course one day, when you reach the top of

Mt Nimmel, the first climb, even though it may seem like you've just nailed one of the biggest physical challenges you've ever endured, it's a bit premature to be high fiving your team mates as I stupidly tried to do, only to be miffed when they didn't reciprocate. In fact, Judy just looked at my enthusiastic grin with utmost disdain. She knew exactly what lay ahead. Sure, Mt Nimmel is steep but it is only about 300m of climbing. If you're from Brisbane, dear reader, you will know that's only about one and a half Mt Cootha's, and there were still over 4,500 metres of ascent in the 85km that lay ahead of us.

Anyhow, with no time watching and no kilometre counting, by the time we made it to Polly's having traversed almost 35km including the Nimmelmeister and a few other climbs, my art of deception tactic had worked remarkably well and I was actually thinking ok, that's 5km. Warm-up done.

Polly's Kitchen

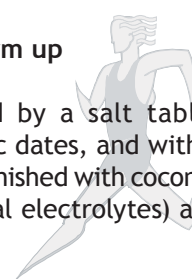
When we jogged into Polly's for our first real break we ran through quite a crowd of people, mainly support crews I gathered, and a few locals, who started cheering and clapping. I remember thinking; that's weird. What are they so excited about?

'You're the second team through here' Dave blurted as we made our way through the crowd to our support crew. 'they're clapping for you!'

'Huh? Where are all the other teams?' I asked. He shrugged. 'Only the Nike Hammer team has come through, I think that was about 40 minutes ago, and we haven't seen any other teams since then'. His eyes were wild with fear but tinged with excitement. 'I hope you girls haven't taken it out too hard. For goodness sake - be conservative! There's a long way to go you know'.

Yet another warm up

So, rejuvenated by a salt tablet and some organic dates, and with a camel pack replenished with coconut water (for natural electrolytes) and



hammer gels, it was now time to reboot the mind game to get through to the 50km checkpoint, Numinbah Hall. This time my deceitful inner voice counselled; 'Jo, you don't seem to be warmed up properly, why don't you do another 5km easy and then see how you feel'.

The climb we confronted after Polly's would make an ironman whimper. It was almost 500m high and this altitude was reached over such short distance that the gradient was close to 20%.

At times it was easier to use hands and feet to literally climb up the rocky surface and I wished to god I had mountain climbing ropes or a set of those stabilising sticks some competitors were using although I couldn't imagine carrying them the whole way.

In any event, my psychological trick worked again and managed to get me through to the half way checkpoint. By that stage, we had about 7 hours under our belt, it was early afternoon, and I hadn't looked at my watch once. In my tired, semi dazed state I had successfully deluded myself into thinking that I'd just done a 10km warm up jog through the bush. Also, although I was clearly the weakest link in the iron maiden team, constantly bringing up the rear on the inclines, I had managed to get through to the half way point without totally disgracing myself and my comrades were all still talking to me.

A cautious foot check at this checkpoint revealed that, surprisingly, there was no sign of blisters (yet) thanks to some well placed plaster and the wonders of my Injini socks with their snug little separate compartments for each toe. Believe it or not, the same pair carried me through the whole event and not one blister!

So having scoffed a mountain of rice pudding, and refilled my camel pack with water infused with electrolytes and salt. I shoved some marshmallows, hammer gels and a vegemite sandwich into its pouches and it was then time for some real mental creativity to kick in.

Time for a run in the bush

Delirium borne of exhaustion would this time help to spur along the deception. So, this time the little fib that got me through to about 70km went something along the lines of 'well now that you've done a little 10km warm up, how about doing an easy jog through the bush for a couple of hours on this lovely afternoon with these nice ladies you've just met, then you can have a think about whether or not you want to enter that silly bush run later in the afternoon that everyone has been talking about.' It kinda worked.

Somewhere in this next stage I remember stumbling into a checkpoint as Diana let out a blood curdling scream and collapsed in a heap with her leg extended out from her hip at an intriguing angle that was in strange symmetry with her facial contortions. Of course, we all ignored her writhing around in pain. There was no point wasting time to feign concern. Forget all that comrade crap. We all had to just look after ourselves for fear that we might not be able to stay with the team on the next stage. We didn't panic. We knew she would tough it out even if she had to eat cement in order to get over pain so excruciating that it would have mere mortals reaching for a gun to end their suffering. We each had more important things to worry about like, where's that goddamn banana bread, wonder if I could stomach another Nurofen and who's taking so long in the port-a-loo?

Darkness sets in & it just gets funny

Just before nightfall, we made it to the major checkpoint that was, from memory, somewhere around the 70km mark. By that time I was hungry as a hunter's dog and a can of spaghetti bolognaise I'd been hallucinating about was devoured so quickly it didn't even touch the sides. As much as I had dreamed about sitting down for a rest in the long hours leading up to this checkpoint, when I actually tried to sit in a camp chair it was so excruciatingly painful that I had to give up on the notion, instead crouching in the only crippled contortion that my muscles could

accommodate. 'Keep moving!' instructed Di over her shoulder as she jogged out of the transition area, 'if you stop you won't start again'. We knew she was right, and nightfall loomed. So, as tempting as it was to take a real break, we resisted and set off into the cold night, now donning our warmest moisture wicking gear (cotton kills remember!), beanies and head lamps to help navigate the dark mountain range.

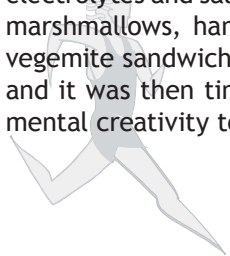
On this next stage I discovered to my dismay that my team's 'gun it downhill' strategy was not compromised to allow for poor night-time visibility. I navigated those treacherous rocky descents trying desperately to keep up with the blitzkrieg downhill pace of my comrades guided only by the pathetically dim light of my flimsy head lamp. 'If I fall over now I'm dead', I remember thinking, 'and no-one will ever find me'. Strange thoughts wander through your mind when you're weary with exhaustion. I started thinking for some reason about the caption written across the front of a T Shirt I had recently bought from some mountain biking event.

'It's all fun and games, until someone gets hurt... Then it's just funny.'

Well, if that's the causal relationship, I reflected, then I have a feeling it's all about to get funny - really funny. And so my mantra, repeated over and over, during those hell raising night time descents became 'It just gets funny. It just gets funny. It just gets funny' (Three strides per chant)... "It just gets funny..."

The race begins

So, now we're approaching another checkpoint. I've no idea and don't particularly care which one it is. I just want it to be over. We stopped talking to each other long ago as we're all lost in our own thoughts, fighting our own private demons. We've been jogging in the darkness for almost 3 hours since our 'dinner break' if you could call it that. At least there is some sand and fewer rocks on the track so for the first time in the whole day our feet are experiencing a soft landing with almost every step. By comparison



"I'm not running for almost 14 hours in the toughest mountains in the world only to miss breaking a course record by a couple of minutes"

to the earlier terrain, it felt like we were running on pillows. As we slow down to replenish our water, for the first time in the entire day I look at my stopwatch. It's 12 hours 45 minutes since the gun went off this morning.

As we jog out of the transition I nervously ask one of the transition supporters 'how far to go?' Mind games are over. It's the first time I really wanted to know the **exact** remaining distance. 'Darlin' it's 10 km to the finish line. You're almost home now', she happily piped back sipping on a hot chocolate that smelt absolutely delicious.

I'm digesting her words as we jog off into the darkness again. A few pensive minutes go by before I probed, 'hey, Judy, what time did you do last year?'

'13 hours 48 minutes' she responds just a little too quickly. Was it at the forefront of her mind too? I'm silent for what seems like an eternity trying to kick start a weary mind to perform some simple maths. Finally the cogs are turning and it computes. 'Hey, Jude, we might be able to have a crack at the women's course record, if we can average less than 6 minute kilometres from here in'. 'Really?' Judy feigns surprise. We take a sideways look at each other, and glance behind us at the troops.

'Ok then. Let's do it girls!' I exclaimed, feeling for the first time in the whole day a bizarre surge of energy and excitement. I can honestly say, with a hand on my heart, that at that point in the course I actually got a second wind and the pain somehow dissipated.

While Judy seemed to be up for it (was there ever any doubt she would be?), unfortunately Tania and Di were not overly impressed.

'You're (insert expletive) joking Jo! You struggle up every mountain, whinging and moaning behind us all day and NOW you get a second wind and expect us to come along on

some stupid delirious surge with you after we've been slogging it out for 13 hours?' 'You know what you can do. What was in your drink bottle at the last transition anyway?'

'Come on guys. I'm not running for almost 14 hours in the toughest mountains in the world only to miss breaking a course record by a couple of minutes. If we miss the record it will be entirely my fault because I've held you up on a number of hill climbs today. I can't live with that. Come on, we can do this!'

That triggered a second barrage of language that would make a wharfie blush. Words I've never in fact heard before and hope I'll never hear again.

And so, in the spirit of Kokoda, like true mates, we soldiered on, bickering our way through the last 10 km which, as it turns out, was our fastest section and the only time we broke the golden 'we don't run up hills' rule.

On that last gruesome stage I learnt my final lessons for the day. Namely; when Judy Briscoe says 'it's just up ahead', what she really means is it's probably about 5 km away and when she says 'it's all downhill from here' that means there are about 5 more climbs to go.

In the end

In the end we finally stumbled across the elusive finish line in a time of 13 hours 47 minutes breaking the previous women's team record by less than 1 minute. We were the second team home overall behind Nike Hammer, an elite running team that came in well ahead of us and smashed the course record. Those athletes are machines and hats off to them, particularly to Nickey Carroll, the female runner in their team and one of Australia's most talented endurance runners, who had overcome considerable adversity to compete in Kokoda this year. Oh, and on that topic, if you get a chance, check out Scott Whimpey's Kokoda tips at http://www.youtube.com/watch?v=v965KNpi_hA&NR=1&feature=fwp www.kokodachallenge.com

[com/watch?v=v965KNpi_hA&NR=1&feature=fwp](http://www.youtube.com/watch?v=v965KNpi_hA&NR=1&feature=fwp) As one of the victorious Nike Hammer team members this guy should know the drill.

About an hour later, as we stood wrapped in blankets cheering the first men's team across the line, I thought solemnly of Mal Meninga's post Kokoda declaration "It was the toughest challenge I have ever endured". High five to that. The course incorporates about 6 creek crossings, 5000 metres of ascent and 5000 metres of decent. To put this in perspective, by comparison, Mt Cootha in Brisbane is about 200metres high while Mt Ventoux in France, one of the most gruelling mountain climbs in Europe that is often included in the tour de France, is 1910 metres high (I cycled up it last year but that's another story).

At the award ceremony the next day, we were presented with our trophies by some of the Kokoda veterans themselves. As the daughter of a Vietnam veteran it was an honour to receive recognition from these brave ex-servicemen. It was a moving tribute to those who have fallen in war and a poignant ending to an incredible journey.

Twitching

'So, would you do it again?' my sister probed while she checked out my unique kokoda 'boot' trophy a few weeks later.

I felt a little *twitch* in the back of my neck as I stared over her shoulder at a cumulonimbus formation puffing its way towards the horizon. 'What do you think Jules?' I whispered.

To my fellow competitors, thanks for your YouTube videos that provide some confronting, real world insight into this incredible event. Check them out!

<http://www.youtube.com/watch?v=8AT-YGRFsww>
http://www.youtube.com/watch?v=jTn67IZIT_c
<http://www.youtube.com/watch?v=HpuSip8kSlw&NR=1>
http://www.youtube.com/watch?v=v965KNpi_hA&NR=1&feature=fwp www.kokodachallenge.com





The Comeback kid

by Ian Cornelius

Deb Nicholl was nothing short of sensational at Caboolture in February 2010 notching up 131.741 km in the 12 hour Dust to Dawn event, finishing some 8km clear of the men's winner, experienced campaigner John Pearson. Not only was it an emphatic win but the mark set a new race record (outright) and eclipsed Mary (Francis) Morgan's Australian record of 130.832km set in 1994. Unfortunately for Deb she is unable to claim the Australian record, because of a technicality. Although she is a permanent resident of Australia she does not yet hold Australian citizenship. Notwithstanding, it was a NZ record and one of which she can be very proud. Deb should be eligible for Australian citizenship within the next few months.

She is anxiously awaiting this development so that she will be eligible for selection to represent her adopted country in international competition. Although Deb's performance at Caboolture was quite remarkable it came at a considerable cost. She pushed so hard in the latter stages that she damaged soft tissue in her lower back which, in turn, affected her hips. She undertook physiotherapy and chiropractic treatment without success before being recommended to visit Al "Magic Fingers" Davidson on the Gold Coast. Al has a great reputation in elite sporting circles as one who can fix almost any problem.

Al has frequently accompanied the Australian triathlon team to world championships, such is his reputation. So, he worked his magic for several months which resulted in Deb making a full recovery. Her comeback race was the Nerang State forest race on 3 April, 2011, some 14 months after sustaining her injury. Her rehabilitation was carefully planned. She wanted to avoid rushing a return to competitive running until the injury had well and truly healed. Deb is of very strong build which stands her in great stead for trail



Deb Nicholl at Nerang closely followed by Jordan Bishop, 23k down, 27 to go.

running with some tough hills, which is what this Nerang forest course is all about. None of the hills are brutally long as in the Kokoda Challenge but there are several and some of them are quite steep, notably 'Heartbreak'.

The winner was experienced athlete Jonathan Worswick, with 4:22:14 with Deb first woman and third outright with 4:41:00.

Deb's next major event was the 53.5km Wildhorse Criterium on 24 April. The winner of this race was accomplished ultra runner Stephen Courtney in a time of 4:15:42 with Deb again the first woman and second outright with 4:26:23. Deb pulled up from this run without injury and as fresh as a daisy. Obviously she has a big future ahead of her.



Deb finishing first woman, second outright at Wildhorse



The Great TXM (Grade One) Syndrome

A true story of the future.

This is a work of fiction and any resemblance to real people is purely coincidental.

By the mid twenty-first century the great Sydney to Melbourne running race had become an established tradition. Its popularity had grown strongly throughout its early years until it was as popular as the Melbourne Cup. Or nearly, anyway.

Probably the most memorable individual performance of all was in 2051 when "Quiet" Joe Callinan raced up from sixth place with eighty kilometres to go to win in the last kilometre. But the story of what inspired that phenomenal final burst has never been told. Until now.

Joe Callinan had always been a good runner, which was just as well because he could do bugger-all else. He was known as Quiet Joe because he seldom had anything to say. This was not from a natural reticence but rather because of the fact that Quiet Joe usually didn't know what was going on. To say that he was not over-endowed with intelligence is exaggerating in the extreme. Joe himself often felt that this criticism was rather harsh. Sometimes he *did* know what day it was.

However, after Quiet Joe had won the West Wyalong fun run three years in a row (first prize, a free weekend in Werris Creek, all expenses paid), he decided he was destined for greater things. He got himself a coach, and that is where Young Harry comes in. Why he was called Young Harry is not clear; his surname was Shapiro and he was at least fifteen years older than Quiet Joe, although only about half his size. He had thin weasel-like features and one of those

pencil-thin moustaches that is always associated with con-men and spivs.

Anyway, to get to that famous day in 2051.....By then a lot of the race was run away from the main highways because of the increasing risk of accidents, and every year the organizers tried to throw in a change of route to keep things fresh. Thus it was that for the first-ever time the race passed through the isolated Rosella Valley some eighty kilometres from the end, and it was there that Quiet Joe collapsed and decided



to quit. He was lying sixth but had no chance of winning, according to everybody, and when the bonk hit him in the Rosella Valley he just staggered off the road and into the nearest paddock. Young Harry wasn't with him at the time, having stopped at the village a few kilometers back to buy provisions and chat the local girls, and when he drove up in his support vehicle there was Quiet Joe sitting at the side of the road with a bunch of carrot tops in his hand and a look of agony on his face.

"Joe, Joe, what are you doing?" cried Young Harry, jumping down from the

van. "You should be up and running!"

"Jeez I feel crook," said Quiet Joe.

"What've you been eating?" said Young Harry. "Carrots! Where'd you get these?"

Joe pointed behind him. "Over there. There's rows and rows of 'em." Then his voice took on a sorry whine. "I was hungry, Harry. Real hungry, real bad. Harry," he said with finality, "I'm quittin'. The carrots 've made me crook. I ate too many." He sank back, exhausted. It was the longest speech he had made in years. Now one thing you can say in Young Harry's favour, and that is that he knew a crisis when he saw one. His brain moved up a gear as he sank to his knees next to his recumbent charge. He did a thing that few people have ever done, before or since. He applied physical force to Quiet Joe, grabbing him and pulling him to a sitting position. Not many people have applied physical force to Quiet Joe Callinan and got away with it, but right now Joe was a mess. He was virtually in tears.

Young Harry's brain was working overtime.

"Did you say you ate a great bunch of carrots from that paddock?" he cried.

This time Quiet Joe lived up to his nickname. He just nodded. Miserably.

"Joe, Joe, do you know what you've done!?"

"Yeah, I made meself crook."

"Joe, Joey me boy, do you know where we are?"

"the race passed through the isolated Rosella Valley some eighty kilometres from the end"



"to catch the leader within a kilometre of the finish and race past him to win by nearly four hundred metres"

"Course I do," said Joe. "We're here."

"No!. I mean yes! 'Course we're here! We're in the Rosella Valley!"

Quiet Joe didn't say anything, but his eyes said 'so what?'

"The Rosella Valley," repeated Young Harry. "This is one of the most famous places in Australia. Not many people know about it but it's very famous. And you know why? 'Cos of the soil, Joe. The best soil in Australia. It's got, er, Tilthoxmol ybdenatemagnificat in it. Grade one. Usually called TXM for short. And it's grade one, Joe! There's only about a dozen places in the world that's got TXM grade two. And there's only four places in the whole wide world that's got TXM grade one in its soil! And this is the only one in Australia!"

Quiet Joe's reply was probably the most observant, lucid and intelligent he had ever made in his life.

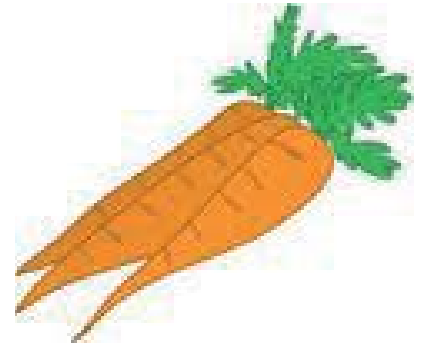
"Bullshit," he said.

"It's true," cried Young Harry. "I've got a cousin who grows vegetables. He knows about these things. Think of it, Joe." It was a stupid request to ask Quiet Joe to think of anything, he knew, but Young Harry was in full flight. "You've eaten a stomach full of carrots containing TXM grade one, when usually a mouthful makes a man feel a king for a week." His eyes were shining with excitement. "Joey boy, the stuff from this valley is only made available to the high and mighty. It's too good for the likes of you and me. And you've got a belly full of it!" He spread his hands in an appeal. "Would I lie to you, Joe? TXM grade one, Joe! And a belly full of it!"

Joey, you'll be running *through* the trees instead of round 'em, mate!" Young Harry looked hard at Quiet Joe. It was the moment of high crisis. But Joe was looking down the road.

"Jeez I feel good," he said.

Young Harry sighed with relief. He opened his mouth to say "Up and at 'em, Joe!" but then he saved his breath. Quiet Joe was already fifty metres down the road and running as if being pursued by the very taxman himself.



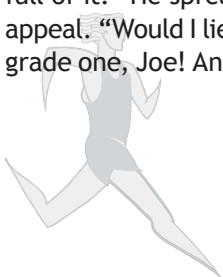
metres. Of course the press had a field day, calling it the greatest win in the history of the race, which was true, and Young Harry as Quiet Joe's coach managed to cop most of the credit, not to mention his 17½ % of Joe's winnings as specified in his contract.

Joe himself kept a low profile. He announced his immediate retirement from running, and headed back to the Rosella Valley with his prize money. He bought himself a nice little forty hectare farm and now spends his time growing vegetables and trying to convince his potential customers of the fabulous ingredients in his soil. If he is perhaps less successful than he had hoped, at least he is a happy man. He eats nothing but his own produce and he reckons he's getting younger every year.

Young Harry stood briefly and looked after him. If thoughts such as 'Like shooting fish in a barrel' passed through his mind, at least he didn't voice them. He just climbed into his van and sped after his man. Already he was beginning to form a victory speech that he knew he would have to teach Joe word for word.

And that's the true story (they're the only sort I tell) of Quiet Joe Callinan's famous rush up from sixth place with eighty kilometres to go, to catch the leader within a kilometre of the finish and race past him to win by nearly four hundred

Young Harry's life took a sadder turn for a long time since that fateful day. He figured he was dead-set to become a politician, but he found the ethics of that profession too dubious even for him. After that he was a real estate agent, a used car salesman and a pawnbroker, all in quick succession. He couldn't settle down into any of them. But then he hit the jackpot. Right now he's making a fortune as a personal trainer.....



Next time you return home from a summer training session with a sweat drenched singlet and your visor soaked right through, ask yourself, “Have I rehydrated?”. Training on hot summer days really can take its toll on athletes. Hydration, or, maintaining your body’s water and electrolyte levels, is just as important as nutrient intake to keep your athletic body performing at its peak.

Dehydration is Disastrous!

Dehydration does not simply mean loss of water. When you sweat, sodium and the other electrolytes such as magnesium, potassium, calcium and chloride, are lost from the body along with water. Replenishment of fluids and electrolytes is imperative for avoiding dehydration and ensuring maximum performance.

Dehydration impairs performance by causing the following:¹

- Increased heart rate
- Impaired heat regulation
- Increased perceived exertion (i.e. exercise feels harder than usual and you fatigue earlier)
- Reduced mental function
- Reduced skill level
- Digestive upsets

Lack of electrolytes like magnesium, sodium, potassium, calcium and chloride in the proper ratios will also contribute to intracellular muscle dehydration. As dehydration occurs, muscle cells cannot remove metabolic acids such as lactate and ammonia, which accumulate and cause muscle cell fatigue and damage. Don’t be slowed down by dehydration, replenish your electrolytes!

Craving Salt?

Are you are craving salt and do you find yourself adding a generous grind to your meals? Then you just might be needing it. Salt contains two key electrolytes: sodium (chemical symbol Na) and chloride (chemical symbol Cl). Today’s average Western diet contains excessive levels of sodium and chloride, so dietary deficiency is unlikely. However, many athletes have greater requirements for sodium than the average person. As an athlete, it is important that you maintain your intake of sodium and chloride to minimise your risk of heat related injuries.²

What About the Forgotten Electrolytes?

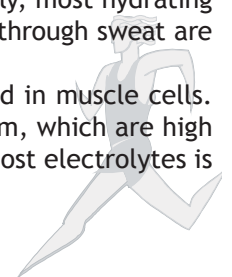
We hear so much about the electrolyte sodium but there are also other significant electrolytes that are necessary for healthy hydration levels. Magnesium, potassium and calcium are all important electrolytes that should not be forgotten. When you exercise, your body rapidly uses magnesium stores which must be replenished. Magnesium is one of the most important minerals for maintaining your health, vitality and performance and is involved in over 300 cellular processes and biochemical reactions. Magnesium is needed by your muscles and nerves to function efficiently. Magnesium also helps your cells make energy and keeps your heart rhythm steady; a pretty important job when you think of the workout your heart and muscles get when you train and compete!

Potassium is another electrolyte that warrants some attention, especially because these days, many people’s diets do not contain enough potassium. Lack of potassium in the diet may lead to tissue acidity and impede not only performance, but also overall health and wellbeing. During intense exercise, potassium concentrations in blood plasma tend to decline, so potassium replacement is particularly important in endurance events greater than two hours.

Replenish Electrolytes in the Correct Ratio...

Electrolytes such as sodium, potassium and chloride are distributed throughout all body fluids and tissues. These electrolytes facilitate neural impulses to enable muscular activity, so basically, electrolytes help get your muscles going. It is essential to replenish electrolytes in the correct ratio to which they are found in your muscle cells, as this allows for fast and efficient absorption of fluids and nutrients to maintain hydration. Unfortunately, most hydrating sports drinks are high in sodium but low in magnesium and potassium so not all electrolytes lost through sweat are replaced. Endura Rehydration Formula is different.

The electrolytes in the Endura Rehydration Formula are provided in ratios similar to those found in muscle cells. This means a relatively high intake of magnesium and potassium compared to sodium and calcium, which are high in the extracellular environment³. In extremely demanding endurance events, replenishing your lost electrolytes is crucial for optimal performance, so reload your electrolytes with Endura Rehydration Formula.



24 HOUR WORLD RANKINGS 2010 - men

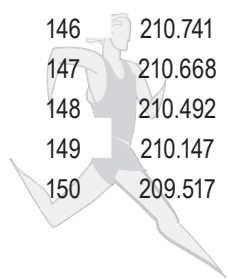
1	273.708	Inoue	Shingo	1980	JPN	13/05/2010	Brive, France
2	268.126	Sekiya	Ryoichi	1967	JPN	12/12/2010	Soochow, Taipei
3	266.677	Jurek	Scott	1973	USA	13/05/2010	Brive, France
4	263.841	Cudin	Ivan	1975	ITA	13/05/2010	Brive, France
5	260.147	Bordus	Jean-Marc	1960	FRA	18/09/2010	St. Maixent, France
6	259.481	Fryer	Martin	1961	AUS	12/12/2010	Soochow, Taipei
7	258.907	Sakai	Yuji	1968	JPN	13/05/2010	Brive, France
8	258.534	Bychkov	Vladimir	1967	RUS	13/05/2010	Brive, France
9	256.256	Hoblea	Fabien	1965	FRA	13/05/2010	Brive, France
10	255.764	Berge	Jon Harald	1969	NOR	13/05/2010	Brive, France
11	252.548	Pares	John	1966	GBR	13/05/2010	Brive, France
12	251.845	Arbona	Serge	1965	USA	18/09/2010	Cleveland, USA
13	250.357	Sekiya	Ryoichi	1967	JPN	27/03/2010	Athens, Greece
14	250.068	Vanicek	Michael	1968	GER	27/11/2010	Bislett, Norway
15	249.513	Collard	Stephane	1972	FRA	13/05/2010	Brive, France
16	249.251	Weis	Ralf	1959	GER	13/05/2010	Brive, France
17	249.065	Gross	Ulrich	1972	ITA	13/05/2010	Brive, France
18	248.615	Henze	Michael	1969	USA	13/05/2010	Brive, France
19	248.201	Kaisin	Gennady	1959	RUS	22/05/2010	Begom, Russia
20	246.121	Quennell	Richard	1968	GBR	13/05/2010	Brive, France
21	246.066	Fontaine	Emmanuel	1968	FRA	13/05/2010	Brive, France
22	246.063	Honda	Masahiko	1963	JPN	13/05/2010	Brive, France
23	246.026	Marchesi	Tiziano	1969	ITA	13/05/2010	Brive, France
24	245.300	Blake	Jonathan	1965	AUS	13/05/2010	Brive, France
25	245.049	Ponomarev	Timur	1988	RUS	22/05/2010	Begom, Russia
26	244.379	Dilmi	Ludovic	1965	FRA	6/11/2010	D'Aulnat, France
27	244.108	Rogers	Jim	1964	GBR	13/05/2010	Brive, France
28	243.699	Aksyuta	Aleksandr	1966	RUS	22/05/2010	Begom, Russia
29	242.884	Bordus	Jean-Marc	1960	FRA	22/05/2010	De Sene, France
30	242.863	Rovera	Paolo	1974	ITA	13/05/2010	Brive, France
31	242.661	Abiko	Ryo	1975	JPN	13/05/2010	Brive, France
32	242.176	Arbona	Serge	1965	USA	13/05/2010	Brive, France
33	241.511	Jagiela	Adam	1973	POL	11/09/2010	Katowice, Poland
34	241.367	Lindvai	Slavomir	1971	SVK	13/05/2010	Brive, France
35	240.742	Klasila	Janne	1979	FIN	13/05/2010	Brive, France
36	240.505	Horschig	Kai	1966	GER	13/05/2010	Brive, France
37	239.011	Gulbierz	Marek	1961	POL	11/09/2010	Katowice, Poland
38	238.531	Szönyi	Ferenc	1964	HUN	24/04/2010	Sarvar, Hungary
39	238.286	Carver	Christopher	1964	GBR	4/09/2010	Perth, Scotland
40	238.221	Hyppölä	Tero	1966	FIN	31/07/2010	Kaustinen, Finland
41	237.781	Fatton	Christian	1959	SUI	13/05/2010	Brive, France
42	237.527	Tubaas	Peter	1972	NOR	27/11/2010	Bislett, Norway
43	236.518	Strosny	Rene	1973	GER	19/06/2010	Rockenhausen, Germany
44	235.811	Fatton	Christian	1959	SUI	25/09/2010	Brugg, Switzerland
45	235.440	Morel	Denis	1973	FRA	5/06/2010	De Roche LA Moliere, France
46	234.989	Tomppo	Jari	1966	FIN	27/11/2010	Bislett, Norway
47	234.972	Douriez	Thierry	1964	FRA	13/05/2010	Brive, France
48	234.687	Hinet	Jacques	1963	FRA	13/05/2010	Brive, France
49	234.528	Soikkeli	Jari	1970	FIN	13/05/2010	Brive, France
50	234.359	Dilmi	Ludovic	1965	FRA	5/06/2010	De Roche LA Moliere, France

51	232.929	Jensen	Joar Flynn	1965	NOR	13/05/2010	Brive, France
52	232.889	Pelissier	Stephane	1969	FRA	16/10/2010	De Royan, France
53	232.642	Di Toma	Diego	1970	ITA	16/10/2010	Torino, Italy
54	232.602	Loveday	Barry	1957	AUS	17/04/2010	Coburg, Australia
55	231.977	Furukita	Takahisa	1980	JPN	11/09/2010	Jingu, Japan
56	231.754	Tomppo	Jari	1966	FIN	13/05/2010	Brive, France
57	231.203	Reichelt	Erhard Mario	1970	GER	19/06/2010	Rockenhausen, Germany
58	231.086	Robbins	Pat	1972	GBR	4/09/2010	Perth, Scotland
59	230.541	Sorstad	Gjermund	1979	NOR	13/05/2010	Brive, France
60	230.522	McCarthy	Philip	1968	USA	13/05/2010	Brive, France
61	229.750	Ruf	Oliver	1973	GER	19/06/2010	Rockenhausen, Germany
62	229.222	Lo	Wei-Ming	1964	TPE	12/12/2010	Soochow, Taipei
63	228.726	Zemtsov	Andrey	1964	RUS	22/05/2010	Begom, Russia
64	228.550	de la Mata Garcia	Angel Marcos	1957	ESP	13/05/2010	Brive, France
65	228.546	Leroux	Stephane	1970	FRA	16/10/2010	Torino, Italy
66	228.372	Hart	Paul	1969	GBR	4/09/2010	Perth, Scotland
67	228.140	Rietveld	Peter	1958	NED	8/05/2010	Steenbergen, Netherlands
68	227.882	Stynen	Geert	1969	BEL	13/05/2010	Brive, France
69	227.832	Hinze	Stefan	1963	GER	19/06/2010	Rockenhausen, Germany
70	227.695	Hietanen	Juha	1971	FIN	13/05/2010	Brive, France
71	226.919	Sørstad	Gjermund	1978	NOR	30/01/2010	Esport, Finland
72	226.633	Dupoirieux	Denis	1952	FRA	5/06/2010	De Roche LA Moliere, France
73	226.420	Efflam	Christian	1954	FRA	27/03/2010	De Rennes, France
74	226.346	Lovric	Michael	1967	AUS	13/05/2010	Brive, France
75	226.095	Hiura	Yasuhiro	1962	JPN	12/12/2010	Soochow, Taipei
76	225.885	Takeda	Kenji	1965	JPN	13/05/2010	Brive, France
77	225.622	Barnes	Pablo	1976	ARG	28/11/2010	Buenos Aires, Argentina
78	225.410	Marchesi	Tiziano	1969	ITA	27/11/2010	Palermo, Italy
79	225.271	Dørum	Lars-Christian	1953	NOR	13/05/2010	Brive, France
80	224.982	Hilzinger	Michael	1960	GER	13/05/2010	Brive, France
81	224.763	Tallarita	Antonio Recco	1960	ITA	13/05/2010	Brive, France
82	224.725	Barichello	Gastone	1959	ITA	13/05/2010	Brive, France
83	224.561	Delhayé	Thierry	1965	FRA	6/11/2010	D'Aulnat, France
84	224.172	Efflam	Christian	1954	FRA	22/05/2010	De Sene, France
85	224.110	McCarthy	Philip	1968	USA	18/09/2010	Cleveland, USA
86	223.990	Orálek	Daniel	1970	CZ	1/08/2010	Kladno, Czech Republic
87	223.898	Gallen	Edward	1962	IRL	13/05/2010	Brive, France
88	223.769	Honda	Masahiko	1963	JPN	11/09/2010	Jingu, Japan
89	223.704	Montagner	Stefano	1962	ITA	16/10/2010	Torino, Italy
90	223.702	Rodriguez Santiago	Jose Manuel	1963	ESP	18/12/2010	Barcelona, Spain
91	223.636	Kennedy	David	1978	AUS	17/04/2010	Coburg, Australia
92	223.546	Brauge	Remi	1970	FRA	13/05/2010	Brive, France
93	223.535	Manso Crespo	Jose	1972	ESP	13/05/2010	Brive, France
94	223.429	Kiss	Zsolt	1962	HUN	24/04/2010	Sarvar, Hungary
95	223.405	Desteffani	Jörg	1964	SUI	13/05/2010	Brive, France
96	223.220	Strasser	Reinhold	1967	AUT	1/08/2010	Kladno, Czech Republic
97	223.033	Soikkeli	Jari	1970	FIN	31/07/2010	Kaustinen, Finland
98	222.773	Eho	Pertti	1961	FIN	13/05/2010	Brive, France
99	222.760	Carver	Christopher	1964	GBR	13/05/2010	Brive, France
100	222.595	Harruis	Jean-Francois	1959	FRA	22/05/2010	De Sene, France



101	222.164	Wedlarski	Rudy	1979	FRA	5/06/2010	De Roche LA Moliere, France
102	222.036	Chou	Pin-Chi	1972	TPE	12/12/2010	Soochow, Taipei
103	221.796	Hiura	Yasuhiro	1962	JPN	11/09/2010	Jingu, Japan
104	221.657	Schmid	Simon	1970	SUI	25/09/2010	Brugg, Switzerland
105	221.385	Welte	Jean-Baptiste	1979	FRA	11/06/2010	Antibes, France
106	221.365	Bixley	Matthew	1972	NZL	13/05/2010	Brive, France
107	221.243	Cserpak	Jozsef	1967	HUN	13/05/2010	Brive, France
108	220.854	Busetti	Fabio	1974	ITA	16/10/2010	Torino, Italy
109	220.841	Perttilä	Petri	1965	FIN	27/11/2010	Bislett, Norway
110	220.806	Dedyukin	Semen	1955	RUS	13/05/2010	Brive, France
111	220.681	Derda	Robert	1972	POL	11/09/2010	Katowice, Poland
112	220.531	Kulinski	Tomasz	1975	POL	11/09/2010	Katowice, Poland
113	220.187	Ozawa	Kazuhiko	1965	JPN	13/05/2010	Brive, France
114	220.018	Dørum	Lars-Christian	1953	NOR	27/11/2010	Bislett, Norway
115	219.912	Anastasiadis	Stergios	1971	GRE	13/05/2010	Brive, France
116	219.410	Courtney	Anth	1979	AUS	17/06/2010	Bornholm, Denmark
117	219.270	Dejaeghere	Luc	1957	BEL	13/05/2010	Brive, France
118	219.237	Irrgang	Michael	1964	GER	13/05/2010	Brive, France
119	219.085	Coury	Nicholas	1987	USA	18/09/2010	Cleveland, USA
120	219.032	Finill	Christopher	1958	GBR	13/05/2010	Brive, France
121	218.845	Heskestad	Per-Audun	1955	NOR	30/01/2010	Esport, Finland
122	218.823	Ardzijauskas	Aidas	1971	LTU	13/05/2010	Brive, France
123	218.000	Konstas	Loukas	1968	GRE	27/03/2010	Athens, Greece
124	217.647	Zahoran	Janos	1960	HUN	13/05/2010	Brive, France
125	217.405	Puau	Fabrice	1968	FRA	18/09/2010	St. Maixent, France
126	217.108	Tivikov	Vladimir	1951	RUS	13/05/2010	Brive, France
127	216.251	Berthe	Stephane	1969	FRA	6/11/2010	D'Aulnat, France
128	215.923	Mason	Stephen	1967	GBR	13/05/2010	Brive, France
129	215.456	Laborie	Christophe	1967	FRA	27/03/2010	De Rennes, France
130	215.438	Eggenreich	Gerhard	1963	AUT	3/07/2010	Worschach, Austria
131	215.335	Sedilot	Manuel	1962	FRA	8/05/2010	D'Eppeville, France
132	215.129	Suijkerbuijk	Jan	1963	NED	8/05/2010	Steenbergen, Netherlands
133	215.055	Baggi	Marco	1965	ITA	27/11/2010	Palermo, Italy
134	215.000	Grant	Joseph	1983	USA	18/12/2010	Buckeye, AZ, USA
135	214.444	Irrgang	Michael	1964	GER	19/06/2010	Rockenhausen, Germany
136	214.421	Fatton	Christian	1959	SUI	16/10/2010	De Royan, France
137	214.411	Chenery	Paul	1956	CAN	25/09/2010	Ottawa, Canada
138	214.110	Olivier	Bruno	1960	FRA	18/09/2010	St. Maixent, France
139	213.806	Veith	Dietmar	1968	GER	24/04/2010	Seilersee, Germany
140	213.620	Soikkeli	Jari	1970	FIN	30/01/2010	Esport, Finland
141	213.346	Wagner	Josef	1958	AUT	13/05/2010	Brive, France
142	212.982	Posado Perez	Jose Luis	1954	ESP	13/05/2010	Brive, France
143	212.430	Jumisko	Juha	1981	FIN	13/05/2010	Brive, France
144	211.945	Kirkelund	Vagn	1967	DEN	13/05/2010	Brive, France
145	211.080	Leysen	Pat	1957	BEL	1/08/2010	Kladno, Czech Republic
146	210.741	Gogos	Apollonios	1957	GRE	27/03/2010	Athens, Greece
147	210.668	Sicurelli	Ernesto	1948	SUI	13/05/2010	Brive, France
148	210.492	Bogaert	Johan	1961	BEL	13/05/2010	Brive, France
149	210.147	Perttilä	Petri	1965	FIN	31/07/2010	Kaustinen, Finland
150	209.517	Shaheen	Matthew	1969	USA	18/09/2010	Cleveland, USA

E v a n g e l o s -



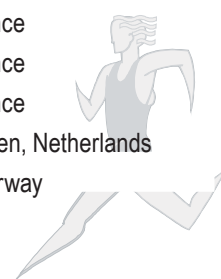
151	209.479	Mathieu	Stephane	1972	FRA	18/09/2010	St. Maixent, France
152	209.374	Kovacs	Imre	1959	HUN	24/04/2010	Sarvar, Hungary
153	209.320	Heskestad	Per-Audun	1955	NOR	13/05/2010	Brive, France
154	209.288	Thoms	Stefan Stu	1966	GER	19/06/2010	Rockenhausen, Germany
155	209.180	Lozano Velasco	Javier	1974	ESP	18/12/2010	Barcelona, Spain
156	208.633	Abitino	Francesco	1958	ITA	27/11/2010	Palermo, Italy
157	208.500	Suzuki	Tatsunori	1968	USA	18/12/2010	Buckeye, AZ, USA
158	208.344	Hartikainen	Reima	1963	SWE	25/09/2010	Tooting Bec, Great Britain
159	208.338	Jakubik	August	1959	POL	13/05/2010	Brive, France
160	208.330	Julien	Jean-Louis	1966	FRA	18/09/2010	St. Maixent, France
161	208.304	Oswald	Harald	1968	AUT	13/05/2010	Brive, France
162	207.657	Kim	Kwang-Bok	1960	KOR	12/12/2010	Soochow, Taipei
163	207.431	Byren	Hasse	1965	SWE	27/11/2010	Bislett, Norway
164	207.395	Konya	Akos	1974	HUN	13/05/2010	Brive, France
165	207.305	Batzoglou	Vangelis	1967	GRE	30/01/2010	Esport, Finland
166	207.230	Barteaux	Bruce	1955	CAN	13/05/2010	Brive, France
167	207.104	Pula	Tamas	1976	HUN	24/04/2010	Sarvar, Hungary
168	206.543	Cardoso Dias	Daniel	1977	FRA	16/10/2010	De Royan, France
169	206.470	Dørum	Lars-Christian	1953	NOR	30/01/2010	Esport, Finland
170	206.422	Hansen	Leon Skriver	1972	DEN	13/05/2010	Brive, France
171	206.280	Panza	Philippe-Michel	1974	BEL	1/08/2010	Kladno, Czech Republic
172	206.260	Hrmo	Lubomir	1961	SVK	13/05/2010	Brive, France
173	206.087	Dubiecki	Jarema	1969	POL	11/09/2010	Katowice, Poland
174	205.983	Wolf	Ludwig	1952	AUT	13/05/2010	Brive, France
175	205.667	Brandacher	Peter	1980	AUT	3/07/2010	Worschach, Austria
176	205.621	Etiemble	Marc	1971	FRA	27/03/2010	De Rennes, France
177	205.620	Daum	Stefan	1973	GER	24/04/2010	Seilersee, Germany
178	205.358	Vermeesch	Pieter	1976	BEL	13/05/2010	Brive, France
179	205.299	Riedel	Roland	1963	GER	19/06/2010	Rockenhausen, Germany
180	205.262	Tabbita	Mauricio	1973	ARG	28/11/2010	Buenos Aires, Argentina
181	205.058	O'Regan	John	1969	IRL	13/05/2010	Brive, France
182	204.921	Böß	Wolfgang	1960	GER	19/06/2010	Rockenhausen, Germany
183	204.690	Lheritier	Francis	1960	FRA	5/06/2010	De Roche LA Moliere, France
184	204.689	Gamble	Malcolm	1968	AUS	30/07/2010	Caboolture, Australia
185	204.457	Tubaas	Peter	1972	NOR	13/05/2010	Brive, France
186	204.362	Fernandez	Paul	1974	GBR	25/09/2010	Tooting Bec, Great Britain
187	204.345	Yang	Hung-Hui	1966	TPE	12/12/2010	Soochow, Taipei
188	204.336	Skriver Hansen	Leon	1972	DEN	17/06/2010	Bornholm, Denmark
189	204.059	Courtney	Anth	1979	AUS	13/05/2010	Brive, France
190	203.890	Maguire	Thomas	1972	GBR	6/08/2010	Belfast, Ireland
191	203.760	Laborie	Christophe	1967	FRA	2/12/2010	Normand, France
192	203.724	Kafkopoulos	Vassilis (Basilios)	1970	GRE	27/03/2010	Athens, Greece
193	203.533	Jumisko	Juha	1981	FIN	27/11/2010	Bislett, Norway
194	203.376	Jumisko	Juha	1981	FIN	30/01/2010	Esport, Finland
195	203.085	Tivikov	Vladimir	1951	RUS	5/06/2010	De Roche LA Moliere, France
196	203.005	Gallik	Frantisek	1951	SVK	13/05/2010	Brive, France
197	202.979	Hilpert	Jens	1970	GER	19/06/2010	Rockenhausen, Germany
198	202.941	Holyoak	Steve	1964	GBR	27/11/2010	Bislett, Norway
199	202.791	Chen	Chin-Tsai	1965	TPE	12/12/2010	Soochow, Taipei
200	202.733	Saccani	Carlo	1971	ITA	13/05/2010	Brive, France
201	202.699	Roth	Sebastian	1970	GER	27/11/2010	Bislett, Norway

202	202.636	Kronen Taranger	Bjørn Tore	1979	NOR	27/11/2010	Bislett, Norway
203	202.618	Elinder	Fredrik	1966	SWE	13/05/2010	Brive, France
204	202.609	Eivindsen	Eiof	1956	NOR	27/11/2010	Bislett, Norway
205	202.561	Bergs	Günther	1957	GER	19/06/2010	Rockenhausen, Germany
206	202.516	Dyukin	Vasily	1958	RUS	22/05/2010	Begom, Russia
207	202.372	Salon	Gilles	1967	FRA	6/11/2010	D'Aulnat, France
208	202.114	Barteaux	Bruce	1955	CAN	25/09/2010	Ottawa, Canada
209	202.109	Hollo	Mihaly	1971	HUN	24/04/2010	Sarvar, Hungary
210	201.708	Sattler	Martin	1950	GER	27/11/2010	Bislett, Norway
211	201.608	Evalet	Philippe	1965	FRA	27/03/2010	De Rennes, France
212	201.370	Koch Larsen	Rene	1974	DEN	17/06/2010	Bornholm, Denmark
213	201.297	Weber	Ingmar	1978	GER	18/12/2010	Barcelona, Spain
214	201.018	Simon	Alain	1966	FRA	18/09/2010	St. Maixent, France
215	201.000	Frigura	Vasile	1963	ITA	16/10/2010	Torino, Italy
216	200.928	Prochaska	Jan	1966	GER	27/11/2010	Bislett, Norway
217	200.808	Reus	Florian	1984	GER	13/05/2010	Brive, France
218	200.782	Wu	Ching-Chang	1947	TPE	12/12/2010	Soochow, Taipei
219	200.607	Soulier	Thierry	1962	FRA	13/05/2010	Brive, France
220	200.378	Vieler	Jens	1967	GER	24/04/2010	Seilersee, Germany
221	200.341	Yao	Kenji	1965	JPN	11/09/2010	Jingu, Japan
222	200.282	Finill	Christopher	1958	GBR	4/09/2010	Perth, Scotland
223	200.229	Neuper	Eckehard	1965	AUT	3/07/2010	Worschach, Austria

24 HOUR WORLD RANKINGS 2010 - women

1	241.426	Inagaki	Sumie	1966	JPN	30/01/2010	Esport, Finland
2	239.797	Fontaine	Anne-Cecile	1971	FRA	13/05/2010	Brive, France
3	239.323	Kudo	Mami	1964	JPN	12/12/2010	Soochow, Taipei
4	234.53	Dimitriadu	Michaela	1973	CZ	1/08/2010	Kladno, Czech Republic
5	231.39	Casiraghi	Monica	1969	ITA	13/05/2010	Brive, France
6	230.258	Alter	Julia	1972	GER	13/05/2010	Brive, France
7	229.166	Gross	Annemarie	1969	ITA	13/05/2010	Brive, France
8	227.589	Gardner	Connie	1963	USA	18/09/2010	Cleveland, USA
9	225.614	Peuch	Sylvie	1961	FRA	13/05/2010	Brive, France
10	224.885	Scholz	Sharon	1976	AUS	13/05/2010	Brive, France
11	223.639	Fontaine	Anne-Cecile	1971	FRA	12/12/2010	Soochow, Taipei
12	222.455	Gelder	Emily	1975	GBR	18/12/2010	Barcelona, Spain
13	221.735	Bon	Suzanna	1964	USA	23/10/2010	Oklahoma, USA
14	220.986	Shirakawa	Kiyoko	1966	JPN	13/05/2010	Brive, France
15	220.389	Vernet	Anne-Marie	1967	FRA	13/05/2010	Brive, France
16	219.927	Peuch	Sylvie	1961	FRA	6/11/2010	D'Aulnat, France
17	218.13	Nissen	Cecile	1972	FRA	5/06/2010	De Roche LA Moliere, France
18	217.851	Quinlan	Meredith	1972	AUS	13/05/2010	Brive, France
19	217.153	Niwinska	Aleksandra	1986	POL	11/09/2010	Katowice, Poland
20	214.666	Esnaola Agesta	Eva Maria	1960	ESP	18/12/2010	Barcelona, Spain
21	214.417	Piskorska	Anna	1972	USA	13/05/2010	Brive, France
22	214.252	Riddle-Lundblad	Anne	1966	USA	18/09/2010	Cleveland, USA
23	213.932	Ito	Yuko	1972	JPN	11/09/2010	Jingu, Japan
24	213.699	Siimes	Outi	1971	FIN	13/05/2010	Brive, France
25	213.573	Grohmann	Gabriele	1965	GER	19/06/2010	Rockenhausen, Germany

26	212.452	Krause	Antje	1972	GER	13/05/2010	Brive, France
27	212.377	Pierre	Maria	1964	FRA	6/11/2010	D'Aulnat, France
28	212.127	Jamieson	Susannah	1973	AUS	13/05/2010	Brive, France
29	210.567	Siimes	Outi	1971	FIN	30/01/2010	Esport, Finland
30	210.375	Gonzalez Garcia	Cristina	1984	ESP	18/12/2010	Barcelona, Spain
31	210.048	Heinlein	Marika	1962	GER	19/06/2010	Rockenhausen, Germany
32	209.116	Fonn-Hartikainen	Torill	1967	SWE	27/08/2010	Skovde, Sweden
33	207.825	Horn	Debra	1959	USA	13/05/2010	Brive, France
34	207.777	Piskorska	Anna	1972	USA	18/09/2010	Cleveland, USA
35	205.984	Sadler	Angela	1959	GBR	4/09/2010	Perth, Scotland
36	205.629	McGrath	Theresa	1969	CAN	25/09/2010	Ottawa, Canada
37	204.656	Suisse	Laurence	1964	FRA	18/09/2010	St. Maixent, France
38	204.455	Huang	Yan-Ling	1959	TPE	12/12/2010	Soochow, Taipei
39	204.205	Chollet	Francoise	1959	FRA	13/05/2010	Brive, France
40	203.985	Doke	Marie	1974	GBR	13/05/2010	Brive, France
41	203.849	Fonn-Hartikainen	Torill	1967	SWE	27/11/2010	Bislett, Norway
42	203.287	Bon	Suzanna	1964	USA	13/05/2010	Brive, France
43	203.139	Horn	Debra	1959	USA	18/09/2010	Cleveland, USA
44	203.048	Noto	Kimie	1952	JPN	12/12/2010	Soochow, Taipei
45	202.49	Jurisc	Veronika	1977	CRO	13/05/2010	Brive, France
46	202.346	Hällstorp	Åsa	1973	SWE	27/08/2010	Skovde, Sweden
47	201.487	Bouly	Pascale	1962	FRA	5/06/2010	De Roche LA Moliere, France
48	201.083	Fatton	Julia	1972	GER	16/10/2010	De Royan, France
49	200.886	Benson	Bernadette	1969	CAN	19/06/2010	Brisbane, Australia
50	200.855	Gay	Florence	1964	FRA	5/06/2010	De Roche LA Moliere, France
51	200.56	Foundling-Hawker	Heather	1966	GBR	2/12/2010	Normand, France
52	200.552	Reutovich	Irina	1950	RUS	27/11/2010	Palermo, Italy
53	200.478	Skelton	Vicky	1967	GBR	4/09/2010	Perth, Scotland
54	200.319	Pfeffer	Dorothea	1961	GER	19/06/2010	Rockenhausen, Germany
55	200.226	Ezaki	Yuka	1981	JPN	11/09/2010	Jingu, Japan
56	200.208	Geisler Andersen	Anne Marie	1981	DEN	17/06/2010	Bornholm, Denmark
57	199.554	Palmiero-Winters	Amy	1972	USA	13/05/2010	Brive, France
58	199.519	Muskett	Valerie	1954	NZL	13/05/2010	Brive, France
59	199	Donaldson	Jamie	1974	USA	31/12/2010	Arizona, United States
60	198.965	Tregou	Chantal	1969	FRA	6/11/2010	D'Aulnat, France
61	198.915	Pellizzer	Mirjana	1962	CRO	13/05/2010	Brive, France
62	197.921	Seidel	Grit	1970	GER	27/11/2010	Bislett, Norway
63	197.688	Bullig	Cornelia	1959	GER	19/06/2010	Rockenhausen, Germany
64	197.632	Lucas	Suzanne	1963	CAN	13/05/2010	Brive, France
65	197.603	Sinisalo	Marjukka	1960	FIN	13/05/2010	Brive, France
66	197.556	Di Vito	Lorena Antonietta	1962	ITA	13/05/2010	Brive, France
67	195.376	Pilgaard	Mette Normind	1961	DEN	17/06/2010	Bornholm, Denmark
68	194.785	Rossen	Anne-Marie	1974	DEN	27/11/2010	Bislett, Norway
69	194.656	Kamura	Masae	1958	JPN	13/05/2010	Brive, France
70	194.344	Mahato	Anne-Dorthe	1970	DEN	17/06/2010	Bornholm, Denmark
71	194.106	Donaldson	Jamie	1974	USA	13/05/2010	Brive, France
72	193.841	Thorström	Jaana	1963	FIN	13/05/2010	Brive, France
73	192.985	Vasarhelyi	Charlotte	1976	CAN	13/05/2010	Brive, France
74	192.984	Lange	Jannet	1964	NED	8/05/2010	Steenbergen, Netherlands
75	192.869	Jansson	Maria	1985	SWE	27/11/2010	Bislett, Norway



76	191.612	Lilley	Allison	1972	AUS	13/05/2010	Brive, France
77	191.151	Matene Varju	Edit	1971	HUN	13/05/2010	Brive, France
78	190.162	Oliveri	Virginia	1975	ARG	13/05/2010	Brive, France
79	190.075	Cunningham	Dipali	1958	AUS	25/09/2010	Ottawa, Canada
80	189.844	Koval	Irina	1958	RUS	13/05/2010	Brive, France
81	188.82	Antell	Tarja	1964	FIN	27/11/2010	Bislett, Norway
82	188.643	Stranc-Bliss	Lisa	1968	USA	18/09/2010	Cleveland, USA
83	188.511	Byström	Aurore	1966	SWE	13/05/2010	Brive, France
84	188.419	Sinisalo	Marjukka	1960	FIN	30/01/2010	Esport, Finland
85	188.397	Paltseva	Rimma	1948	RUS	13/05/2010	Brive, France
86	188.067	Tähkävuori	Maria	1962	FIN	31/07/2010	Kaustinen, Finland
87	188.015	Oliveri	Virginia	1976	ARG	14/03/2010	Buenos Aires, Argentina
88	187.745	Weiss	Nadine	1962	FRA	16/10/2010	De Royan, France
89	187.527	Moshammer	Pauline	1967	AUT	13/05/2010	Brive, France
90	187.44	Bertin	Martine	1951	FRA	2/12/2010	Normand, France
91	186.701	Pilgaard	Mette Normind	1961	DEN	13/05/2010	Brive, France
92	186.361	McGrath	Theresa	1969	CAN	13/05/2010	Brive, France
93	185.943	David	Christine	1958	FRA	27/03/2010	De Rennes, France
94	185.764	Chollet	Francoise	1959	FRA	18/09/2010	St. Maixent, France
95	185.399	Seidel	Grit	1970	GER	19/06/2010	Rockenhausen, Germany
96	185.214	Dierx	Wilma	1966	NED	8/05/2010	Steenbergen, Netherlands
97	185.059	Weiss	Nadine	1962	FRA	5/06/2010	De Roche LA Moliere, France
98	185	Mizera	Agnieszka	1969	POL	11/09/2010	Katowice, Poland
99	184.87	Nagase	Yoko	1978	JPN	11/09/2010	Jingu, Japan
100	184.647	Palten	Kristina	1971	SWE	27/08/2010	Skovde, Sweden
101	184.589	Horvath	Monika	1966	HUN	13/05/2010	Brive, France
102	183.336	Lubics	Szilvia	1974	HUN	13/05/2010	Brive, France
103	182.982	Böszörmenyi	Edit	1987	HUN	24/04/2010	Sarvar, Hungary
104	182.981	Toivonen	Mari	1972	FIN	31/07/2010	Kaustinen, Finland
105	182.651	Aradi	Jennifer	1974	USA	18/09/2010	Cleveland, USA
106	182.556	Toivonen	Mari	1972	FIN	13/05/2010	Brive, France
107	182.082	Gurdon	Eva	1979	HUN	13/05/2010	Brive, France
108	181	Williams	Melissa	1983	USA	31/12/2010	Arizona, United States
109	180.566	Bremner	Kerrie	1965	AUS	30/07/2010	Caboolture, Australia
110	180.437	Sugano	Fukumi	1962	JPN	11/09/2010	Jingu, Japan
111	180.367	Tregou	Chantal	1969	FRA	5/06/2010	De Roche LA Moliere, France

Photo from Sri Chinmoy
6 and 10 day event





