

Sept 2011 Vol 26 No 3



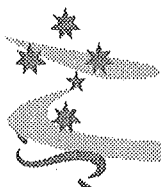
Australian
Ultra
Runners'
Association Inc

U L T R A M A G



Runners' Profiles
Macedon Trail Races
World Trail Championships
Recovery Nutrition
.... and more





Committee Corner

Updates from the AURA Committee

Robert Boyce, President

I feel very honoured to be the new president of AURA, and hope that I can continue building on the great achievements of the past presidents.

I would like to thank Ian Cornelius for the past nine years as president. Under Ian's leadership AURA has grown in membership, races on our calendar, and team participation in international events, with many world class results.

We will continue to support all members and race directors to provide the best racing experience on track, road or trail. The magazine has a new team and we will continue to have race reports and results for each race, while looking to add member profiles and much more.

Coming up, we have the World 100km in Winschoten, Netherlands and 24hr and trail teams going to Wales for the 2nd Commonwealth Championships. We have many new faces in these teams and congratulate them all and wish all our athletes the best.

I am very lucky to have a strong team around me. Below are some brief updates from a few of your committee members on what they've been doing over the past few months. I'd like to make a special welcome mention to Ben Hockings, who has joined us as SA State Rep.

Bernadette Benson, Vice President

One might wonder what a vice president would do. Certainly, there's no clear role in the title, as suggested perhaps by "Treasurer" or "Ultramag Coordinator." And I wouldn't be able to say that my duties as Vice President look like Robert Boyce's duties when he had this role in prior years. Certainly, my foremost role is to support our

President. But what do I actually do with my volunteer hours?

Typically each week I am liaising with at least one race director (RD) about an imminent or just-completed event. We coordinate any insurance coverage needed and discuss any questions about race rules and format they have. I receive race results from each RD and compile them as appropriate for dissemination to the International Association of Ultrarunners (IAU) if needed, to our records and points competition volunteer, and to our Ultramag Coordinator. I also take the results and attach them to each race's page on the website and update the website race page as necessary with winners and the like.

I coordinate with Brett and Allison, our Secretary and Assistant Secretary, to obtain regular updates of the membership list so that I can add them to our e-News database (which I also compile and email to over 1,000 people each month). And I am currently the one who approaches the RDs to consider giving the free race entry prize each month to our members.

This past month I have been working closely with our new Ultramag Coordinator, Karen Hagan, to edit articles and source photos for this issue you now hold in your hands. I'm very grateful to Karen for jumping in to take on this role within AURA.

Otherwise, I'm probably spending my volunteer time chatting on the phone or via Skype with one or more of our AURA Executive at least twice per week (a bit more of a logistical challenge with me working in Canada for 3 months - my videoconferencing time is usually 1 AM Canada time!)

We still have much to do - we have many goals and will need more hands (and the brains that come with them) to help achieve everything

we all want for our organisation. If we come knocking on your door for help, please consider lending a hand. Otherwise, certainly get out there and do what you can for our sport - volunteer at a race or mentor your workmate to run their first trail run. Live well and spread the word!

Brett Saxon, Secretary

As most of you have heard by now, we had some major glitches with the sizing of the member singlets - with many women's singlets being far too small and men's being far too large. Trying to manually adjust individual orders has been incredibly time consuming. We placed another order for more stock of smaller sizes but the company has not been able to deliver, citing difficulties with their factories and customs officials. We're now looking at other options to get members their singlets.

In addition, I have been reviewing a few options for online membership registration and tracking and our plan is to trial a new member registration platform in the spring. Keep an eye out for that.

I would also like to formally welcome Allison on board as Assistant Secretary, helping me out with the membership database and taking minutes at our committee meetings.

Karen Hagan, Ultramag Coordinator

When Bernadette approached me some months ago to become the Ultramag Coordinator I had my normal internal response - "yes" I'd love to do it and "no" isn't my life already over committed? I often refer to myself as "The Queen of Over-Commitment" but in the time that has passed since agreeing to give it a go I have found I am perfectly qualified to be involved with AURA. Everyone I've met, or emailed, or

spoken to are definitely people who give everything 110%; I guess that is why we are all drawn to the sport of ultrarunning - we go further than everyone else.

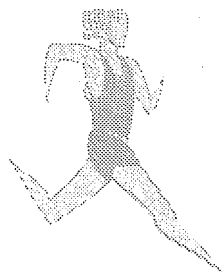
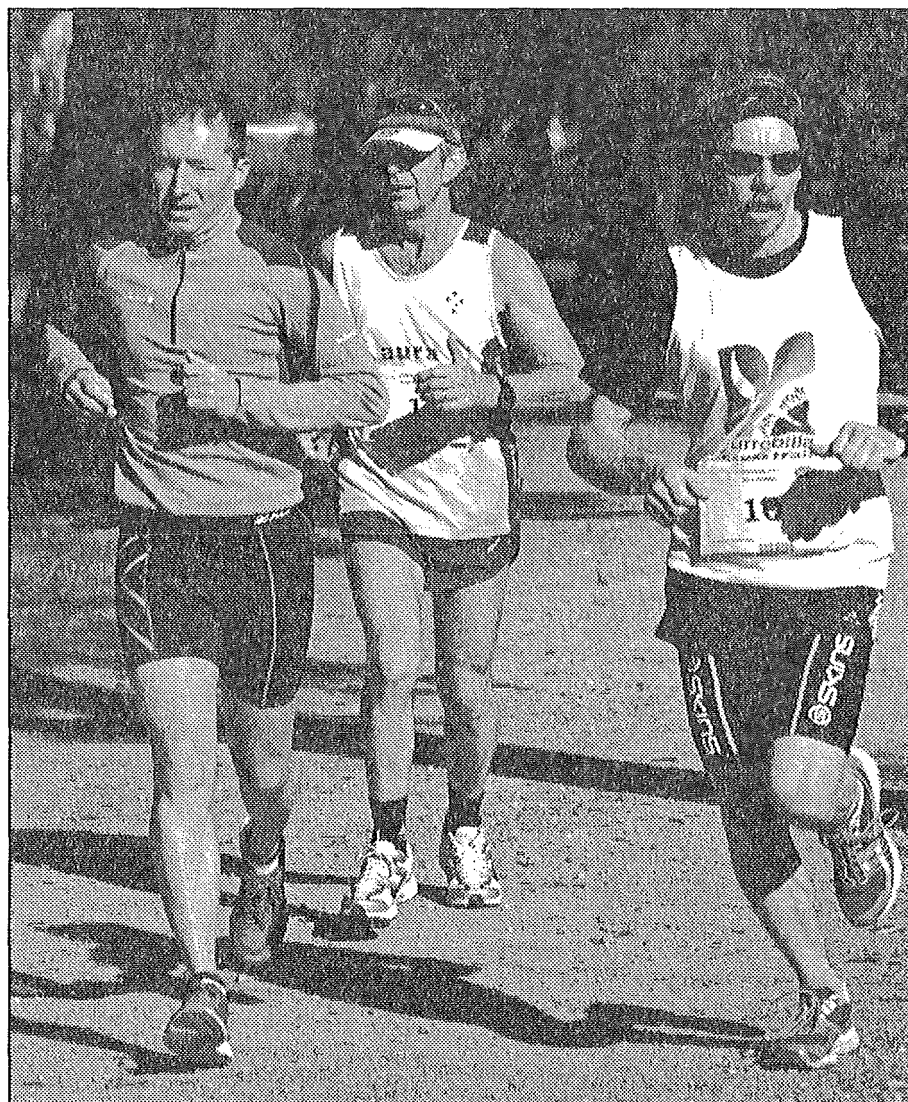
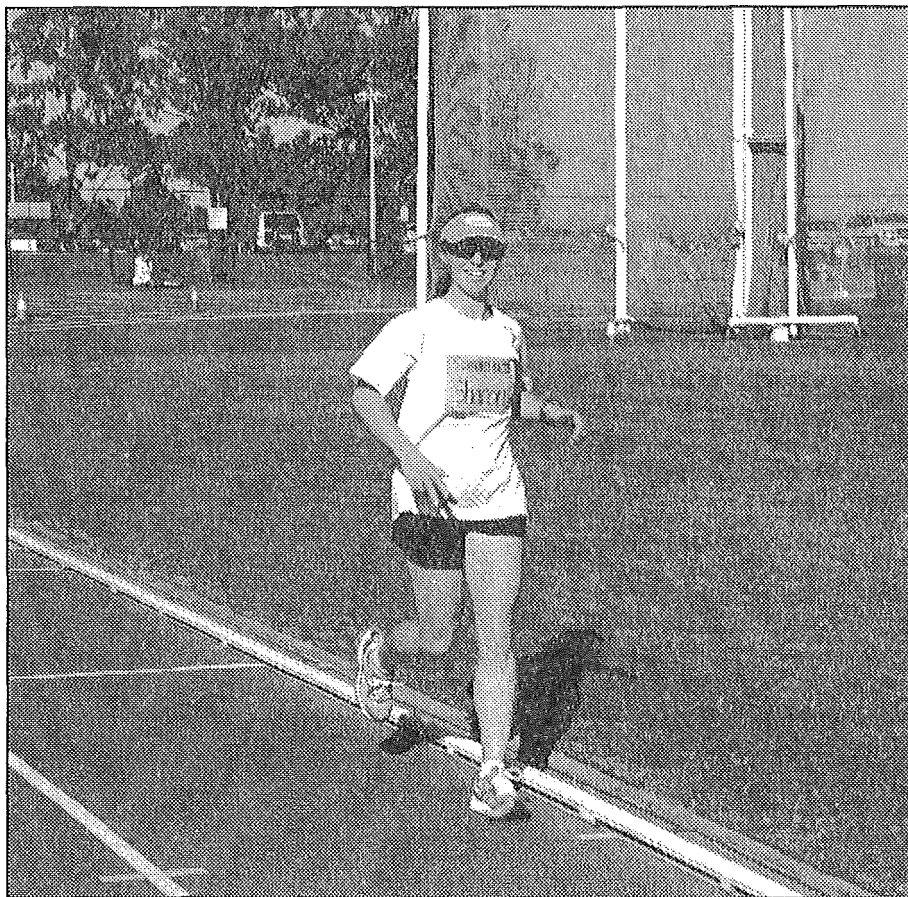
I feel as though I have jumped in at the deep end of the pool, but Bernadette (especially) has been very supportive and helpful in handing over the role to me. Thanks. I've found everyone to be very approachable, as I hope you find me in the coming year as I gain more experience in this role.

My main goal for the year is to help provide a magazine to our membership that motivates and inspires with its collective stories of amazing achievements from extraordinary people, showing us what we are capable of when we make a decision to do something that stretches us beyond our comfort zone. And if my body cooperates with my own training, I hope to go from an ultra running "intending to be" to an ultra runner by year's end.

Photos right:

Sri Chinmoy - Sharon Scholz on her way to breaking records

Adelaide: Mal, Colin and Mark





Magazine of the Australian Ultra Runners' Association

September 2011

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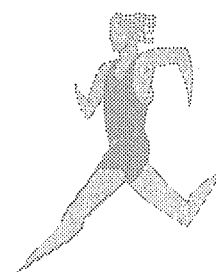
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Cover Photos:

Front - Dan Beard at Macedon 50k Trail Race, photo courtesy of fstop5

Back (inside) - Laurie Lane at Flinders Tour 50k, photo courtesy of Tim Miller, dreamsportphotography.com

Back (outside) - Natalie Jennings on her way to 277 kms at Caboolture 48 hr



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
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ACT			
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Chair of National Team Selection	Robert Boyce	president@aura.asn.au	0417 557 902
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.

Some international races, particularly IAU and Commonwealth championship events, are also shown on the web calendar.

September 2011

Saturday 10 September GLASSHOUSE 100 (QLD)

10km, 30km, 50km, 100km, 100 mile 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 with 50km, 37km, 19km options

Contact: Bruce Salisbury 03 5174 9869

Email: bruised@bigpond.com

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

Sunday 25 September SPINY CRAY TRAIL (QLD)

56 km trail in northern Queensland

Contact: Shane White 0438 758 862

Email: shan@adventuresportnq.info

Web: <http://www.aura.asn.au/spinycray.html>

October 2011

Sunday 2 October YURREBILLA TRAIL (SA)

56km trail run amongst the beautiful Adelaide Hills

Contact: Sonia Conrad 08 8362 0639

Email: office@sarrc.asn.au

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

Saturday 15 October GREAT OCEAN WALK 100 (VIC)

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

Contact: Andy Hewat 0421 040 700

Email: andy@trailrunningcompany.com

Web: <http://aura.asn.au/GOW100.html>

Sunday 16 October WASHPOOL (NSW)

54k course in the Washpool and Gibraltar Range National Parks

Contact: Greg Waite 3225 1093 (work), 3869 1661 (home)

Email: g_waite@optusnet.com.au or info@runtrails.org

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

November 2011

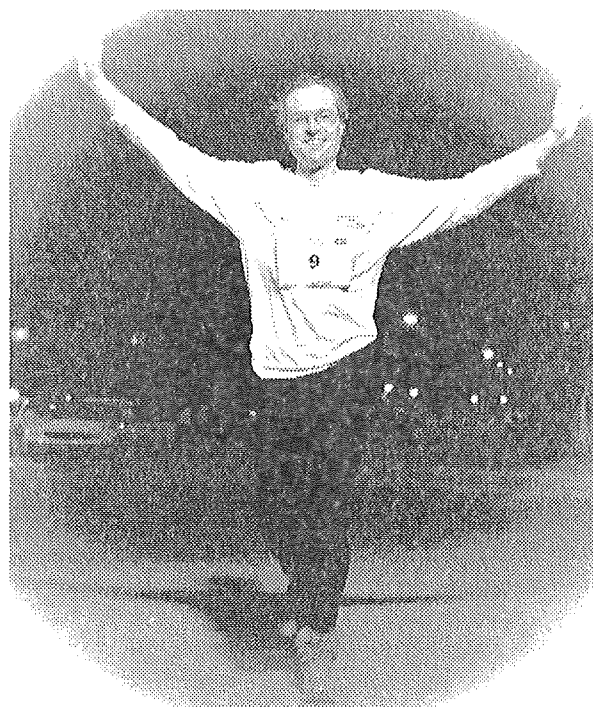
Sunday 5 November KING ISLAND LIGHT150

78 kms from Stokes Point Lighthouse to Cape Wickham Lighthouse

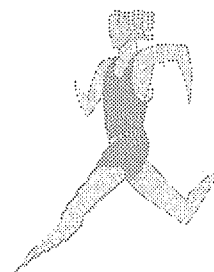
Contact: Ian Allan

Email: racedirector@kingislandlight150.com

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



David Billett 3rd male in Adelaide 24hr



Saturday 12 November THE GREAT NORTH WALK 100s (NSW)

100 miles or 100 kilometres. Teralba on the NW shores of Lake Macquarie, north of Sydney and west of Newcastle

Contact: Dave Byrnes 0428 880 784

Email: dave@davebyrnes.com.au

Web: www.aura.asn.au/GNW100.html

Sunday 19 November MOE 6HR/50KM (VIC) **This race will be cancelled if a new race director cannot be found*

Contact: TBA (New RD for 2011)

Email: TBA

Web: http://aura.asn.au/Moe_6hr.html

Saturday 26 November RAZORBACK RUN (VIC)

68km, 64km, & shorter options from Harrietteville campground en route to Mt Hotham in the Victorian Alps

Contact Paul Ashton 0418 136 070

Email: runningwild56@tpg.com.au Web: <http://aura.asn.au/RazorbackRun.html>

December 2011

Saturday 3 December BRUNY ISLAND JETTY TO LIGHTHOUSE (TAS)

64km, 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: brunyislandultra@gmail.com

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

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: <http://aura.asn.au/c2k.html>

Sunday 11 December KURRAWA TO DURANBAH AND BACK (QLD)

50km, start at Kurrawa Park, Broadbeach on the Gold Coast and run south along the Gold Coast beachfront to Duranbah

Contact: Ian Cornelius 0411 083 896

Email: ian.cornelius@rocketmail.com

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

Sunday 18 December SIX INCH TRAIL MARATHON (WA)

46 km trail run, start near North Dandalup and run to Dwellingup

Contact: Dave Kennedy 0433 333 206

Email: dkennedy@corpus.wa.edu.au

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

January 2012

Saturday 7 - Sunday 8 January NARRABEEN ALL NIGHTER (NSW)

100km and 12 hour events on a certified 100km course on bike paths

Contact: Ron Schwebel 0415 669 464

Email: rschwebel@bigpond.com

Web: <http://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. Start near Mt. Beauty.

Contact: Andy Hewat 0421 040 700

Email: andy@trailrunningcompany.com

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

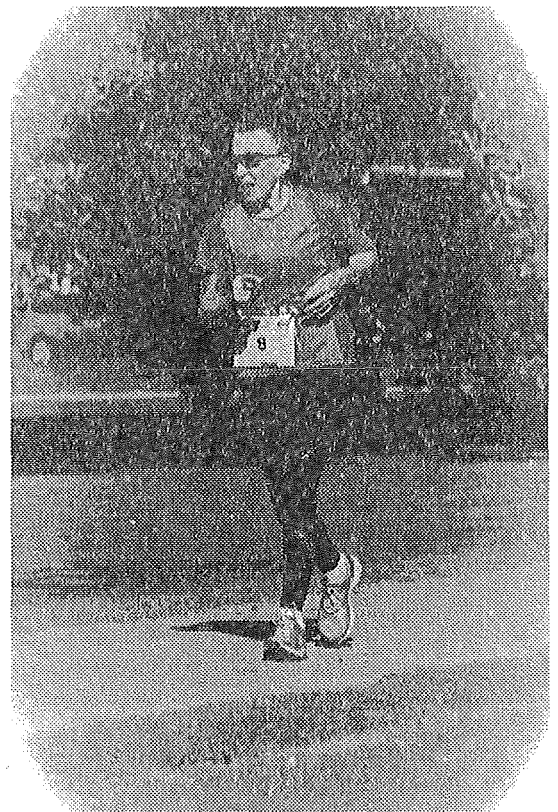
Sunday 15 January TWO BAYS TRAIL RUN (VIC)

28km and 56km races, Dromana to Cape Schank

Contact: Rohan Day

Email: rohankim@bigpond.net.au

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



Sue Worley 3rd female in Adelaide 24 hr

Sunday 22 January MANSFIELD TO MOUNT BULLER 50KM ROAD RACE (VIC)

50km road race

Contact: Robert Boyce 0417 557 902

Email: rboyce@easterntrees.com Web: <http://aura.asn.au/MansfieldtoBuller.html>

February 2012

Saturday 4 February CRADLE MOUNTAIN ULTRA (TAS)

82 km tough mountain trail run with bog, in Cradle Mountain/Lake St.Clair National Park

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

Email: dougjodi@bigpond.net.au

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

Saturday 11 February CABOOLTURE HISTORICAL VILLAGE (QLD)

6 and 12 hour

Contact: Geoff Williams 0412 789 741

Email: gjcarpet@caboolture.net.au

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

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: <http://aura.asn.au/AURADamTrailRun.html>

Sunday 26 February NARAWNTAPU (FOUR BEACHES) (TAS)

50 km out and back coastal trail run starting from Greens Beach, through the national park

Contact: Ian Cornelius 0408 527 391

Email: ian.cornelius@rocketmail.com

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

Date TBA CENTENNIAL PARK 100/50km (NSW)

A 4km loop in Centennial Park, with two distance options, on a certified course

Contact: April Palmerlee 0414 366 514

Email: apalmerlee@yahoo.com Web: <http://aura.asn.au/CP100.html>

March 2012

Date TBA COBURG SIX HOUR RACE (VIC)

Held at the Harold Stevens Athletic Track

Contact: Tim Erickson 0412 257 496 or 03 9012 5431

Email: terick@melbpc.org.au

Web: http://aura.asn.au/Coburg_6hr.html

Date TBA WA 3/6/12 HOUR *Pending the outcome of a search for a new race director, this event may change

Ern Clark Athletics Centre, Cannington WA

Contact: Nathan Fawkes 08 9529 1133

Email: fawkes@biblesocietywa.com.au

Web: <http://aura.asn.au/wa6-12hr.html>

Saturday 10 March SIX FOOT TRACK MARATHON (NSW)

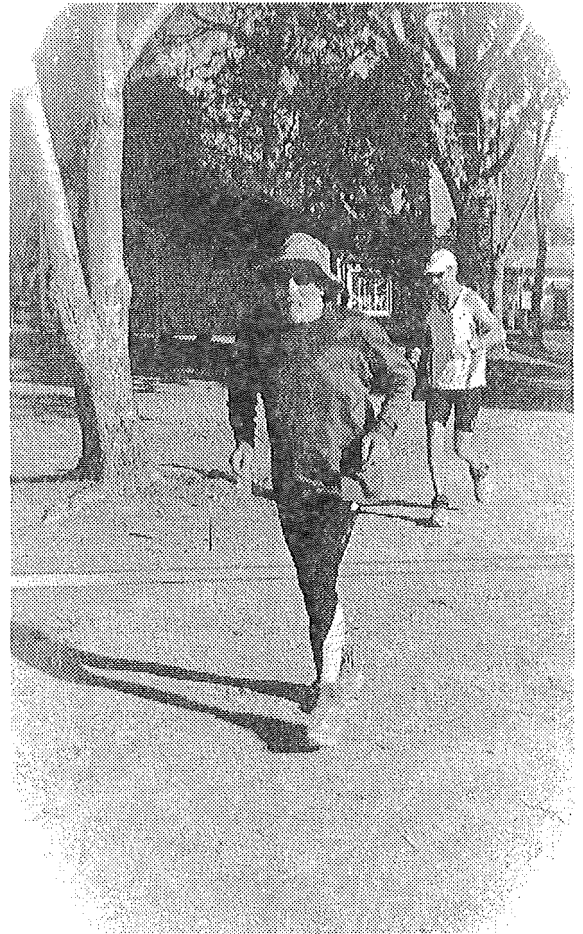
45km mountain run, from Katoomba to Jenolan Caves with approximately 800 other runners

Contact: Colin Jeftha

Email: raceorganiser@sixfoot.com

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

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



Tony Collins 274 kms at Caboolture 48 hr



ENDURATM

SPORTS NUTRITION

www.endura.com.au

MEDIA RELEASE

February 2011

Stop Pain in its Tracks with Endura Sports Injury Relief

Injuries are, unfortunately an all too common side-effect of training and competing, making it hard to reach our goals. Furthermore, many common pain relief preparations come with a risk of side effects including gut irritation.

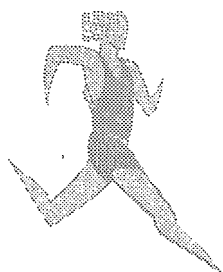
Endura Sports Injury Relief proudly introduces a unique solution for the temporary pain relief of sports injuries. This traditional herbal formula uses gut friendly herbs and is designed to manage swelling, inflammation and pain in muscles, joints and areas of damaged tissue in the body.

The formulation combines exclusive extracts of two traditional anti-inflammatory herbs known as turmeric and boswellia.

Endura Sports Injury Relief (RRP \$24.95AUS for 30 capsules) is now available in leading Sports Specialty stores, Pharmacies and Health Food stores nationally. For more information about Endura Sports Nutrition visit: www.endura.com.au or contact Health World on 1800 777 698.

For more information please contact:

Natalie Wilkes
Marketing Administrator
Health World Limited
Phone: (07)3117 3327
Email: nwilkes@healthworld.com.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, receive a copy of our quarterly glossy Ultramag, monthly email newsletter, free AURA running vest (singlet), eligibility for selection in Australian teams, eligibility for the AURA points competition, shop discounts and more.

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

membership application / renewal (please indicate which)

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

OTHER FAMILY MEMBERS (one ultramag per family only)

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

remittance

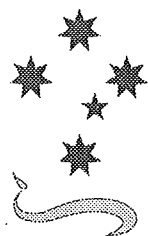
Membership	Full members: \$90	
	Family members#: \$110	
	Age concession 60 and over, or pensioner or seniors card holder: \$50	
	Juniors - 20 and under: \$50	\$
	Race Directors: \$35 Volunteers: \$35	
	Ultramag subscription only: 1 year \$35; 2 years \$64; 3 years \$90	
	# immediate family only and one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

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

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

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

aura
in it for the long run



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australian ultra runners' association inc.

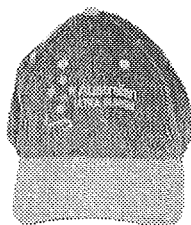
apparel



» **AURA 100 / 200 Club Shirt**

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

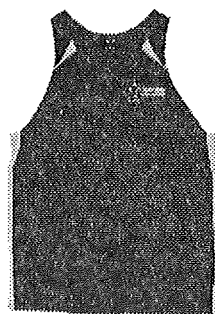
Price \$30



» **AURA cap**

Green and yellow.
One size fits all.

Price \$20



» **AURA singlets**

Quality moisture wicking fabric.
Mens S, M, L, XL
Womens 8, 10, 12, 14
No charge to members



» **AURA polo**

Quality embroidered logo
Mens S, M, L, XL
Womens 8, 10, 12, 14
Price \$40



» **AURA t-shirt**

Quality moisture wicking fabric.
Mens S, M, L, XL
Womens 8, 10, 12, 14
Price \$40

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

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

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

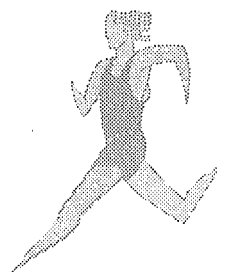
Subscription for Ultramag only - Australia 1 year \$35; 2 years \$60; 3 years \$90

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





The "KEP Track" Ultra

June 5TH 2011

Race Report by Mick Francis

This race first came to my attention a year ago when I offered to act as pacer for a friend, Kate Sommerville, over the last 22 kms in the 100km race. (The actual distance is measured as 102 km). I was very impressed with the organisation of the event and I also liked the course. I knew a lot of the route, having regularly trained on it with the Saturday morning Darlington Hills running group. Back home in the UK in the 80s and 90s I used to enjoy training and racing on the trails and mountains of Scotland and North England. This includes races like The West Highland Way, 96 miles of rough trail, which I raced several times. I held the course record there for 10 years. Since moving to Australia I have concentrated more on road and track ultras. Over the last 10 years niggling injuries have made off road running much more difficult for me.

After a disastrous attempt at the Coburg 24 hour race in April I felt I needed to aim for something different. With the Kep only a few weeks away it seemed the logical choice. I knew the course fairly well

and, although a trail race, the course from Northam down to Midland, and then back up to Mundaring, was very run-able and more akin to road racing than the old trail races I used to run in the UK.

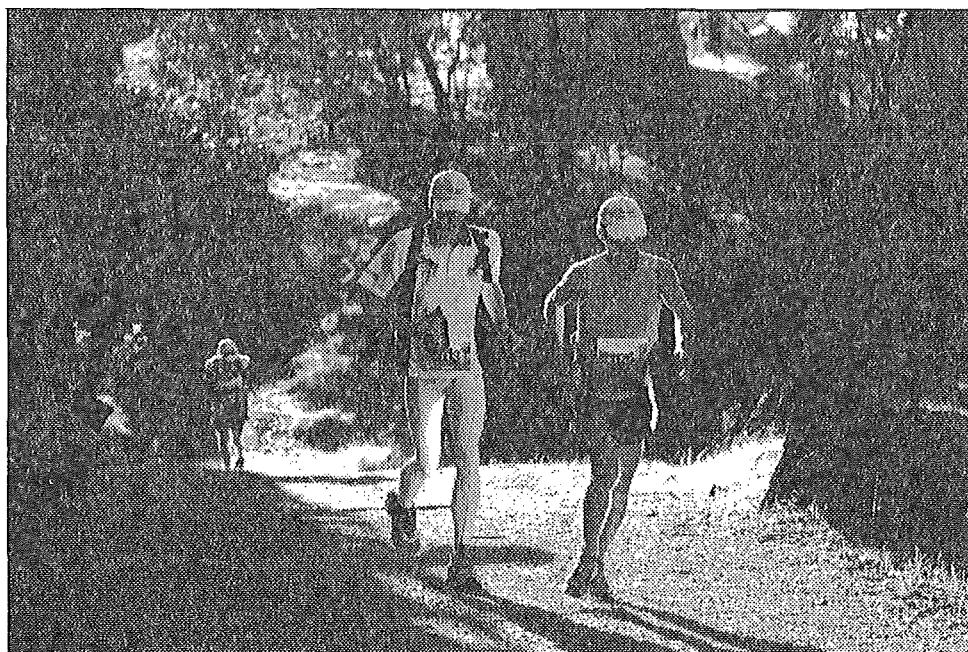
Val and I headed up to Mundaring on the Saturday before the race, picking up Rob Boyce on the way and we all headed off to Northam. After booking into our hotel it was off to the pasta party at a local restaurant. As a rule I usually tend to avoid these events, but I have to say I was glad I decided to attend this one. It was a very enjoyable evening; heaps of delicious food and good company. It seemed that most of the runners had decided to attend as the place was packed! After a good feed and an early night I woke at 5am ready to go. I was genuinely excited about this race, although a little nervous about how my body would hold up after my recent lower leg injuries. I had decided to adopt a low key approach and not worry about time, pace or position. I was going to just run as I felt and go with it.

Another change in my race plan was my food and drink intake. Over

the last couple of years I had been experimenting with a variety of the latest and greatest supplements and liquid foods and, as a consequence, I usually ended up in the toilet or nearest bush. I have to say no startling results, either. I decided to go back to what I used to do: electrolyte drink in my bottle carrier, which at each feed station I would hand to Val and she would replace with a full one, along with my old favourite: a honey and peanut butter sandwich. I would drink as much as I felt I needed, when I wanted and not when the watch told me to.

With my new/old approach I set off with 38 others (22 in the 102km and 17 in the 75km) on the short road section out of Northam on our way towards Perth. Dave Kennedy (in the 102km) and Nathan Fawkes (in the 75km) immediately shot off up the road, obviously intent on burning all of us off. I found myself in a group with Sean Cooper and 75km runner, Scott Rumbold. We jogged along and chatted and were soon joined by Scott Hawker (75km) and Oskar Booth. Onto the trail and it was time to settle down to the day's running and find our own pace. Sean (Coops) dropped back a little, and the others speeded up to catch the two up front. After 5 or 6 kms I found myself on my own enjoying a cool, sunny morning and running on a lovely trail, enjoying the solitude. After 11kms we hit the road for an 8km stretch and I kept catching glimpses of the group ahead. It seemed an unstable group with runners drifting on and off and at this early stage they seemed to be racing each other.

I was quite happy drifting along. Maybe it was the road surface that suited me, but by the end of the 8km I found myself, without trying, right up behind the group and pleased at how good I felt. After my speedy fuel stop, and a handful of peanut butter sandwich, I exited the feed zone with Dave. We were just behind Nathan but



Dave Kennedy and Mick Francis at Kep Ultra

"I felt, for the first time in ages, that I really was enjoying an ultra race again"

ahead of the two Scott's and Oskar. Dave and I ran along, but soon the other three came past to resume the battle up front. I expected Dave to go with them, but he seemed happy with my slightly slower pace. We ran together for about 10km when toilet stops, first by me and then him, split us up and I found myself ahead. I later found out that Dave swapped mid-race to the 75km option, a move allowed within the race rules.

out to be a beautiful sunny day, a perfect temperature and I felt, for the first time in ages, that I really was enjoying an ultra race again; pushing a bit on the downhill and cruising on the ups.

At about 50km I caught Scott Hawker, the 2nd place 75km runner, and he seemed to be doing it a bit tough (probably due to a pretty quick 50km race in Bunbury that he ran just two weeks earlier). Despite not looking

it was a race and it is meant to hurt so keep going!

It was now early afternoon on a holiday weekend; the trail down towards Perth was getting quite busy so there was a bit of dodging in and out between kids, dogs, and family outings. As I approached the 80km feed station I immediately felt quite tired, probably due to my increase of pace on the last downhill bit. I felt a bit lacking in energy so decided to replace the electrolyte with a Coke/ water mix. I had already warned Val that this might be required and she had one ready to go. I took an extra gooey sandwich and walked while I ate to try and get it down quicker so it could start working. The next 15 km was all uphill; nothing too steep but a steady grind. I found it hard to get going again after my short walk and settled into a much slower paced run. I found this a bit frustrating but my legs didn't seem to like the uphill at this stage. I jogged slowly uphill trying to keep a positive frame of mind. Eventually, at about 90km, I started to feel much better and was able to increase the pace a little; especially as the course flattened out as it approached Mundaring.

I reached Val at 95km, with just 7km to go, for my last bottle change; an even stronger Coke mix this time. I never drink Coke, apart from at the end of ultra races, so it really does give me the boost I need. I know I had slowed a lot on the last section; Val told me that at the 80km mark Colin Francis (no relation) was 30mins behind me. Colin and I have raced against each other many times, and he is the one WA ultra runner you wouldn't want chasing you at the end of a hard race! For all I knew he could have been closing in on me fast.

I was feeling much better now so I set off on the last leg determined not to let this one go. I pushed hard to the finish, imagining Colin right on my tail. As I approached the finish I glanced at my watch and saw it read 9hrs 10mins, with a couple of hundred metres to go. I felt the



Running the Kep Ultra for the SAS Trust -Alex Swann (118), Steven Cripps (123), Frank Rodriguez (beard), John Negoescu (out of view)

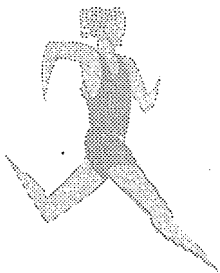
I soon caught and passed Nathan, who seemed to be suffering a bit maybe after his fast start. By now I was happy to increase the pace and stretch the legs a bit; there were some nice down hill stretches. I was happy to push down those. The 2nd feed stop was at 41km, and with another fast refuel I was away. I noticed Oskar sitting in a chair. With the two ahead of me in the 75km race, it meant I was, for the moment, the lead 100km runner. I hadn't really planned on being in the lead this early, if at all, so put it out of my mind and concentrated on keeping a comfortable pace and not killing myself. It was turning

the best, he was still running along at a good pace and we ran together to the next fuel stop at Mt Helena at 61km. This is where the two races separate; the 100km runners carry on west down the track to Midland, whereas the 75km race goes directly south to Mundaring. Scott and I wished each other well and went our separate ways. Now I was on a bit of the course I know really well and I knew the next 19km were mainly down hill. I still felt good so it was time to commit. I sped up and started to push the pace and enjoyed moving up a gear. Within a few kms I was aware that it wasn't dead easy anymore, but I told myself

"The feed station crew were all helpful and extremely enthusiastic, and when it is over you feel like you have been part of a special event"

course record, which I thought was 9hrs 12mins, could go as well. That would be a nice bonus, two minutes left for 200 metres...easy! Val was yelling about course records and I thought "yeah, yeah easy." Then I heard her shout "9:11!" Oops! So a mad sprint, or what felt like a sprint, but I'm sure didn't look like one and I was over the line in 9 hrs 11 mins 2 secs. A course record by a mere 16 seconds! I was delighted to finish and with my body still in pretty good shape. What I didn't know was that over the last section Colin was having a rare bad spell. He teamed up with Oskar and they worked together to finish equal 2nd in 10 hrs 07 mins 43 secs.

I have to say this really is a race worth doing. Race Director Rob Donkersloot puts an enormous amount of effort into the race and gets things just right. He puts an emphasis on runner safety, which has to be good. The feed station crew were all helpful and extremely enthusiastic, and when it is over you feel like you have been part of a special event. If anyone from "over East" is thinking of venturing over here for an ultra, do yourself a favour and stick this one on top of your list.



Kep Ultra 75km by Matthew Toohey

2011 has been a big year for me. One reason for this is that at the end of September I will join the Benedictine community at New Norcia, WA (about 130km north of Perth), to try out life as a monk following the Rule of St Benedict. Before I take this step there are some things that I wanted to do: a mini-"bucket list". One of these things was to run another ultra-marathon. (My only previous ultra was the 50km at Canberra in 2008).

I forget where I heard about the Kep Ultra, but it struck me as my kind of race: small, well organised and picturesque. It also gave me another reason to visit WA. But first I needed to qualify. The Six Foot Track marathon was going to be my "ticket" into Kep, but I had a shocker of a day and withdrew just after the 20km mark. So that left me with the Canberra Marathon as my last obvious way to qualify. I ran my race to plan and got my qualifier. I'm fortunate to work with Kerrie Bremner, so I had lots of good advice only a few desks away on how to train for and run an ultra. I also had practical support from a former colleague, Kirsty Laurie, and school friend Louise van Osch (and her kids Caoimhe, Tiarnan and Mairead).

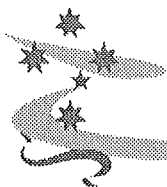
I went into the race feeling slightly underdone, but still thinking that a 9-hour finish might be a possibility. The early part of the race went pretty much to plan and I made it to aid station 2 at Clackline in 5:10. At that stage, a 9-hour finish still seemed possible, but then my lack of talent at taking on food and drink on the move came back to haunt me. The last 30km were pretty tough and I walked a fair chunk of it. I got a real boost from my cheering supporters, especially at Mt Helena, and then again at

Mundaring. I was really hanging out for the downhill section from Mundaring to the finish, and actually enjoyed it when it came along. When I got to the climb up Allen Road, just before the finish, I surprised myself by continuing to run. As I crossed the finish line I felt a sense of achievement and relief, followed shortly after by the urge to sleep!



Matthew Toohey

Thanks to Rob Donkersloot and his army of volunteers for putting on such a great event. Special thanks to fellow runners Phil Dufty and Mark Greenop for keeping me company in the early part of the race, and to sweepers Mark Imbert and Bernadette Benson, for keeping me moving when my spirits were low. Although I won't be back next June to improve on my time, I'll cherish the memories of the 2011 Kep Ultra and feel satisfied that I've crossed another thing off my "bucket list."



Mount Macedon Trail Runs

by Tayebah Alirezaee

With another early morning wake up at 4am on June 6, 2011, I wondered just how much sleep I'd really had! I was very excited to get things prepared for a 50 km trail run in Mount Macedon, my 2nd ultra event. I registered a month prior to the race because I thought many races would be cancelled as we, surprisingly, got some rain in Victoria last summer; we are not used to it! There were other elements also motivating me to register; one was a good memory from a stroll in Mt Macedon few years back when it was snowy. Beautiful memories always call us back to locations. I also liked signing the "waiver" to get into the event because it made it sound really safe! *"... you enter in the full knowledge that trail running can be dangerous and you are exposed to the elements and wild life that is present in the Australian bush. It is possible that you can sustain an injury or may even die as a result of your participation ..."*

It took me slightly more than an hour drive from Melbourne's inner suburbs to the top of Mt Macedon where the race started. Being new to sport I can't quite write a typical race report to discuss my training, nutrition and gear; but I can certainly provide tips on what **not** to do in all of these areas! My training was completely on roads (the longest run around 32km) and being last exposed to trails in April, it was not good for Macedon. It would have been nice to have challenging hills, and trail/hill training would have made it a lot easier. I carried a Nathan pack with about 1.8 litres of water and never filled it up as it was too hard; a handheld bottle would have been a lot more efficient. As for food I had 5 dates,

20 soaked almonds, 2 green energy bars which I consumed (I prefer real food), and some chips and fruit cakes from the aid stations (the aid stations had lots of food, energy drink and water available). I carried 2 extra gels and 2 sandwiches all the way and didn't use them, which I don't recommend.



2nd female Tayebah Alirezaee - courtesy of fstop5

I also wore my road running shoes (Brooks Adrenaline), which was one big mistake! I was lucky that day that the trail was not very wet, but still at some downhill sections (around

the 11 km mark) I felt like I was skiing and slipping down! Around 18km, where again there is a descent on rocks, my feet were shaky and the wind was harshly blowing right into my face; not very nice! This really affected my confidence for the whole course and killed my pace as I had broken my ankle in a past life, and didn't want to experience that pain again! A decent pair of trail runners would have been a much safer choice as advised by race organisers; if only I had listened! I used my wind jacket, gloves and warm beanie for the first few kms as it was quite cold in the morning and carried them for the rest of the race; you may ask why?! I survived the race with no blisters or chafing problems now that I know how to look after them, and had only two ankle rolling incidents (although I was very cautious and mindful) and one fall (my foot got stuck in tree root)!

The course is absolutely stunning; it's hard to explain the variety, scenery, and beauty that it holds. Good hills, beautiful gullies to go up and down, a loop around the lake, single tracks (lots of them), some steps, some jumps, so-called tunnels (they were dark and mysterious if you ran inside alone!), some rocky sections and beautiful bike tracks. Bike tracks (around the 35km mark) were covered with leaves, and running on them made me feel I had chosen a civilised sport! Every time I was going downhill I knew I needed to climb up, and yes the pressure on quads was what I could feel even during the race!

The hardest parts of the race (other than the slippery sections) were perhaps leaving the finish line area at 30km to do another 20km and the beautiful last 2km to the finish! I was suspicious as to why we

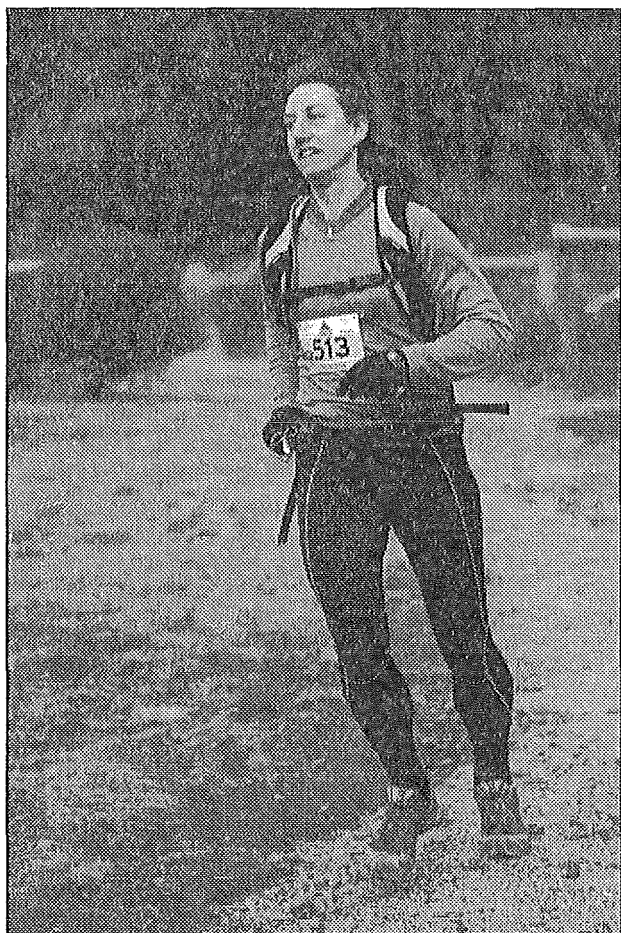
"I know that hills should be broken into proper traverse and pace, so the trick was to choose a good pace"

needed an aid station at 48km, until I got there. I received a lot of encouragement from the volunteers about "how strong a person you are." What?! "There is this hill, which is not nice, but then you will be finished." Personally, I am not scared of hills, any hills! Coming from a mountaineering background I know that hills should be broken into proper traverse and pace, so the trick was to choose a good pace (aligned with my breathing) and stick to it! The plan worked very well here and the last section was done, a left turn and I was where I started in the morning!

Although "Finish" is what you look forward to; you also get this strange feeling that you want to stay longer on trails because trail running is just amazing! What an awesome group of people I met that day (volunteers and runners); full of attitude, strength and care, who gave me this exceedingly pleasing sense of belonging. This Mt Macedon race was absolutely great (highly recommended to all trail/hill lovers) and I hope it stays in the running calendar for years! Thanks to all organisers, volunteers and running community for creating this amazing atmosphere. During the pre-race briefing, the race organiser (Brett) reminded us of the option to "curse" him on the last hill. I didn't feel the need to; I was having a blast!



Peter Bignell with Michael John
courtesy of fstop5



Thorlene Egerton - courtesy of fstop5

Mt Macedon Trail Run 50km By Thorlene Egerton

In the final 2km, straight up the front of the mountain, I was tired and a bit disappointed to be passed by three people (two of them other females on the 50km course). But I felt pretty elated running down to the finish tent to be greeted by the small, enthusiastic and slightly frozen crowd. 8hrs 22mins. I timed it well because the presentations began a minute later, while I was still enjoying my finish line cup of tea and I could soon head back to the car to warm up. It was my second ultra run and it was very different to my first (Rooftop Run 2011). As the time cut offs were generous I set out to take it fairly easy and enjoy myself. I wanted to take it carefully because I had the GeoQuest 48hr adventure race on the following weekend. It was therefore a much more enjoyable experience and I really did have a good day out.

I don't actually enjoy running *per se*. I particularly hate running on flat roads, so living in Melbourne means I don't do much training. I do, however, have a talent for running down hills; I

"I felt pretty elated running down to the finish tent to be greeted by the small, enthusiastic and slightly frozen crowd"

can do that all day and so I did. I set off with my partner, Jon, to run the downs and walk the ups. After 5km we were walking the downs as well when Jon's knee started to hurt. At about 10km it was all over for Jon so I went on alone. Highlights of the run after that were:

- Running through the frosty picnic grounds and the amazing view from the Camel's Hump.
- The aid stations - always plenty of smiles and encouragement. A chance to stop, chat and take in some calories. They broke up the route into smaller goals and really boosted my morale.
- The lovely single track between the 39km and 43km aid stations - I loved running that bit.
- Meeting Tayebah when I missed a turn off at about 45km and ended up going the wrong way along a stretch near the underpasses. Thank goodness, because after seeing her I figured out what I had done wrong and retraced my steps back to where I'd missed the turn off.
- Being all alone in the beautiful bush on the north side of the mountain between 35km and 39kms.

There were heaps of other lovely sections along the route. It really was a very impressive course for the variety of trail, bush, and scenery. I enjoyed it very much and am pretty pleased to be an 'ultra runner' now, though not necessarily a fast one.

Results - Macedon Trail Races

Results				50km	Sex	
Place	Name	Surname	Time	Sex	Place	
1	Chris	Wight	5:16:12	M	1	
2	Toby	Wiadrowski	5:28:25	M	2	
3	Anthony	Bishop	5:56:21	M	3	
4	Dan	Beard	6:14:53	M	4	
5	Lachlan	Fraser	6:24:35	M	5	
6	Simon	Marcus	6:25:16	M	6	
7	Steve	Drummond	6:40:24	M	7	
8	Luke	Crozier	6:45:10	M	8	
9	Scott	Mitchell	6:46:39	M	9	
10	Michael	John	6:49:43	M	10	
11	Peter	Bignell	6:49:46	M	11	
12	Theo	Vlachos	6:49:54	M	12	
13	Toby	McKinnon	6:49:54	M	13	
14	James	Chadima	7:08:50	M	14	
15	Robert	Hall	7:11:52	M	15	
16	Katherine	Macmillan	7:15:51	F	1	
17	Matt	McNamara	7:24:54	M	16	
18	Mark	Swinkels	7:31:17	M	17	
19	Andrew	King	7:34:14	M	18	
20	Jean-Paul	O'Shea	7:34:38	M	19	
21	Peter	Mullins	7:36:25	M	20	
22	Nick	Thompson	7:52:55	M	21	
23	David	Harrisson	7:52:55	M	22	
24	Tayebah	Alirezaee	8:08:01	F	2	
25	Derek	Josephs	8:13:10	M	23	
26	David	Rogers	8:19:08	M	24	
27	Gayle	Cowling	8:19:08	F	3	
28	Judy	Allen-Graham	8:19:36	F	4	
29	Thorlene	Egerton	8:21:58	F	5	
30	Simon	Thomas	8:25:35	M	25	
31	Grace	Bailey	8:35:55	F	6	
32	Mark	Falls	8:51:15	M	26	
33	Michelle	Donnelly	8:51:15	F	7	
34	Cathy	Maguire	8:51:15	F	8	
35	Bernd	Meyer	9:59:41	M	27	
DNF	Owen	Evans	4:02:35	M		
DNF	Gerry	Verdoorn	4:15:16	M		
DNF	Diane	Edwards	4:19:09	F		
DNF	Jason	Anderson	4:20:24	M		35k
DNF	Matthew	Hovelman-Jones	4:40:02	M		
DNF	Erwin	Jansen	4:47:05	M		
DNF	Martin	Talento	5:01:00	M		
DNF	Anna	Papij	5:37:45	F		



Gold Goast 100

By Cassie Smith

The morning of the race it was bucketing down but luckily for me I had trained in all weather conditions. So, although it was a bit off-putting, not heading out was never an option...

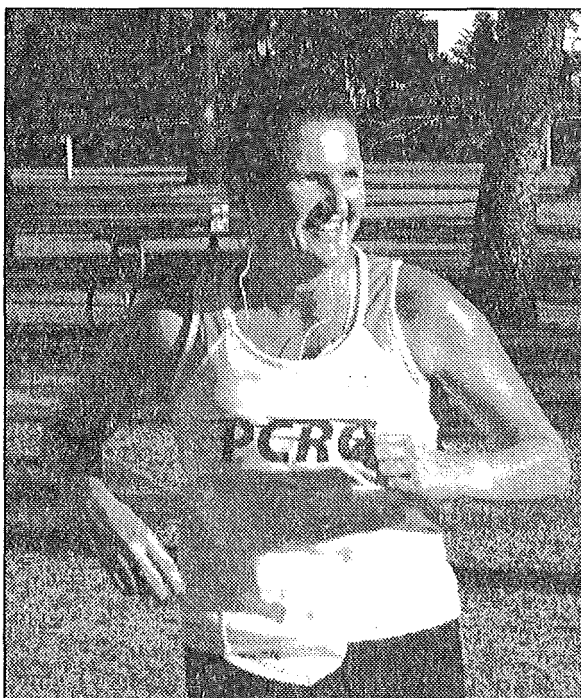
I put my spray jacket on and loaded up my pockets with snacks. I was hoping for a sub 12hr - and was quietly confident. I am not the fastest runner but I am consistent, and because I enjoy it so much I tend to try to "live in the moment" and enjoy what is around me at the time. The time really doesn't mean a lot to me but I guess you need a training goal.

This was my 3rd entry in the Gold Coast 100km so I was familiar with the course and the surroundings. I had done my biggest training run (58km) on the actual course; I like the fact that it is 4 laps as it just allows me to break it down and not really think about the total kms.

I was definitely nervous when I set out as I tend to suffer from "runners tummy." I often can't take in anything but fluids on my runs and it felt like race day was going to be no exception. Anyway, I had plenty of Coke and Salvital and my favourite lollies to get me through. My good friend Tammy had also made me a chicken broth that we had trialed on one of our training runs together. It had worked a treat so I was stocked up with plenty of that, too.... I loved it because it was nice and salty - I pretty much drank this all day.

First round was nice and comfortable and actually so was the second. By the 50km mark it had pretty much stopped raining and the weather had cleared so I was able to discard the spray jacket and that felt much better. As I headed off for the 3rd lap I started to struggle mentally - I

really had to remind myself of all of the training I had done and that my preparation had been spot on. I hadn't been sick or injured, but for some reason I just felt really disillusioned that I still had to go down and back twice. At the 50km mark I had changed my watch, hat and just tried to freshen up a bit so mentally could forget how far I had already run.



Cassie Smith

I have the best support crew in Australia - my family, friends and running buddies. They were all down the coast by then, at different parts of the course giving me drinks, cheering and support. It seemed like I only had to run about 3kms before I would see another family member or friend with Coke and/or lollies, so I really had to consider myself very, very lucky. It was these guys that really kept me going...knowing they were virtually just around the corner was so comforting. I take my hat off to other competitors on the day who pretty much "did it alone"

as I really don't know how I would have gone without the support I had. At the end of each 25km loop there were loads of people to give cheer and it was really just an incredible feeling.

By this stage I was thinking "no one said this was going to be easy" so it was one foot in front of the other and soldier on. I had broken the course down into smaller bits. First, the Nobby's steps at 5km - once you got to the top of those steps the view was fantastic. Mind you the fourth attempt was a little difficult. Then, I just had to get to the hill at the top of Burleigh. My third point was Tallebudgera and then out to the turn...once I was on my way back heading towards the 75km mark I started to get excited again. I was, however, entering into uncharted waters as my longest training run had only been 58km, so there was a big difference between 58km and 100km!

Seeing my family at the 75km mark, I had mixed emotions - I was elated that I was on the last loop, however, I also watched Tressa cross the finish line! My sister drove to every spot and met me all the way down and back. When she met me at the turn around for the last time I was so exhausted but incredibly pleased to see her and knew that I only had to do 12.5km and I was finished. I remembered thinking "I can do 12.5km on my ear..." YIPPEE!!!!

So off I went - almost in robotic mode by now and just kept myself moving. I had gotten quite wet earlier in the day I could feel some chafing on my inner thighs that was definitely going to be an issue in the shower and the following day but I couldn't afford to think about that now. By breaking it down into my

*"I was elated that I was on the last loop, however,
I also watched Tressa cross the finish line!"*

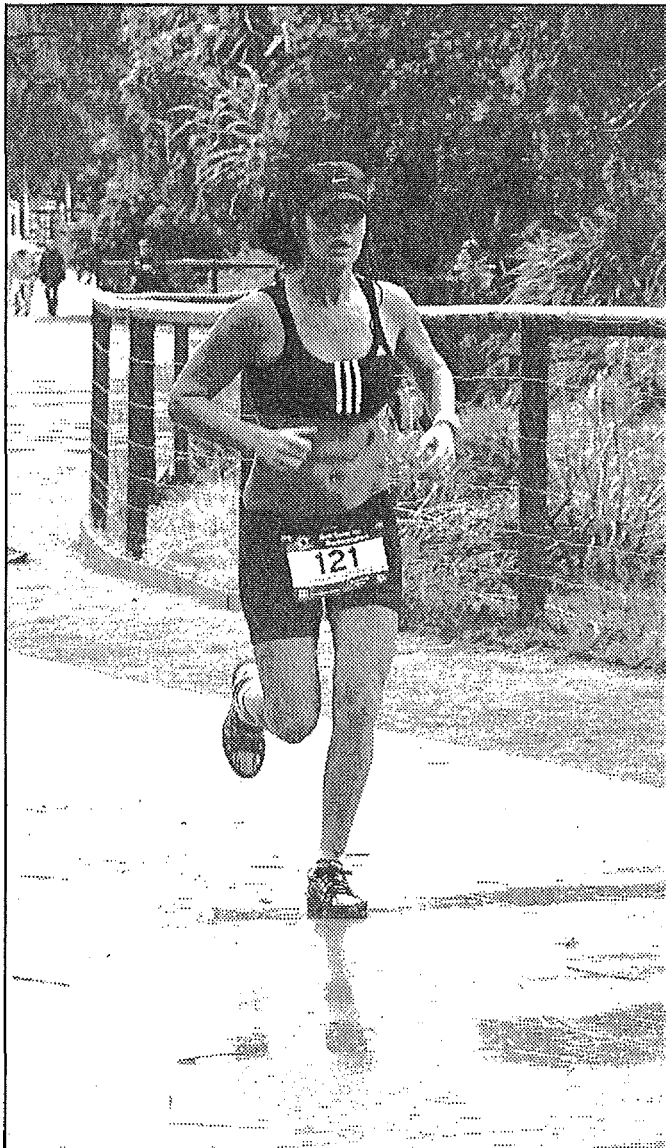
*"I knew that no matter what happened
I would keep going"*

sections, the last leg back was tough and hurting but manageable. It was never going to be an option not to finish - I knew that no matter what happened I would keep going. I had read an article a few days before with a caption that said, "There are no failures in life, there are just people who give up." After reading that I knew I was never going to give up.

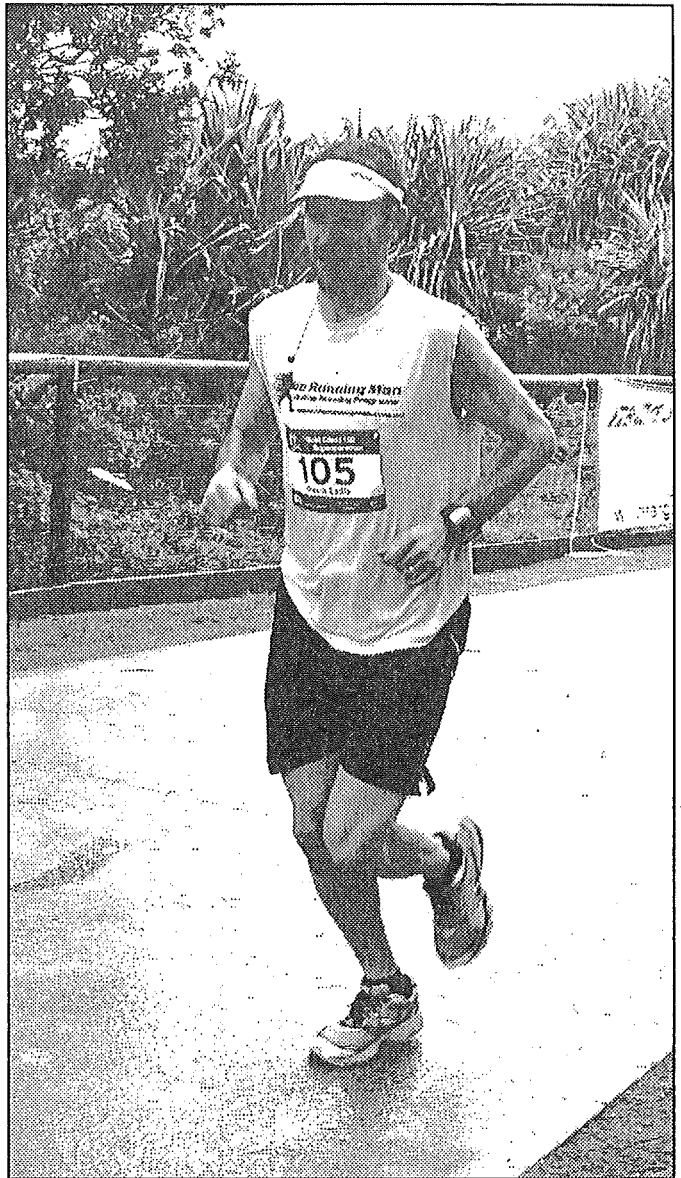
And failure wasn't an option today after 6 months of training (my training schedule started back in January). Nothing was going to stop me. When I climbed that hill for the last time, and hobbled down the stairs at Nob-

by's, I knew my friends would be at the drink stop at the SLSC telling me that I only had 5kms to go! I grabbed a handful of lollies and yelled, "See you all at the end!" I was doing it tough but excited now. I think at that point I also realized that I had knocked my goal of sub 12 on the head.

I reached the finish in 11 hours 36 minutes - what a sensational day! Huge thanks to



*Tressa Lindenberg female winner in the amazing
time of 8.08.27*

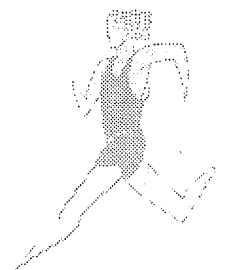


Dave Eadie male winner

Ian (the RD) for making the day run so smoothly and to my family. Largely, my dad, who took me to the start and followed me all day and my sister who never left my side for the back end. Thanks to my incredible, incredible support crew who so selflessly gave up their day and/or weekend to be there!

The tired and sore body was a bit cranky at me for a few days and the chafing caused me no end of trouble for a week or so but the question is...Will I do it again next year??? **ABSOLUTELY!!!**

*"I reached the
finish in 11 hours
36 minutes – what
a sensational day!"*



RESULTS GOLD COAST 100 - 12 JUNE 2011

PL	GPL	FirstName	LastName	Gender	Time
1	1	David	Eadie	Male	8:02:48
2	1	Tressa	Lindenberg	Female	8:08:27
3	2	Malcolm	Gamble	Male	8:25:50
4	3	Jason	Dunn	Male	8:33:42
5	2	Marita	Eisler	Female	9:10:33
6	4	Laurie	Laine	Male	9:15:08
7	5	Kelvin	Marshall	Male	9:15:28
8	6	James	Sylvester	Male	9:59:07
9	3	Jessica	Robson	Female	10:13:33
10	7	Matt	Callaghan	Male	10:31:43
11	4	Karen	Chan	Female	10:52:48
12	8	Graeme	Kirkpatrick	Male	11:15:51
13	5	Cassie	Smith	Female	11:36:12
14	9	Richard	McCormick	Male	12:11:54

Andrew Charles Male DNF

Andrew Miln Male DNF

75km

1	1	Carl	Schodde	Male	8:11:54
2	2	Stuart	Price	Male	8:30:17

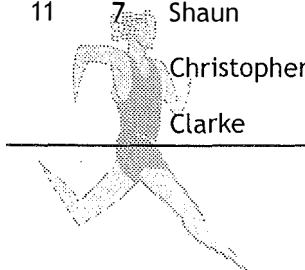
50km

1	1	Tom	Van Kalken	Male	4:18:15
2	1	Shelley	Grady	Female	4:39:44
3	2	Shannon	Proffit	Female	4:44:13
4	2	Mark	Barrett	Male	4:48:37
5	3	Joanne	Fysh	Female	5:05:35
6	3	Jean-Paul	Afflick	Male	5:05:36
7	4	Keith	Slater	Male	5:14:53
8	5	Ross	Clayton	Male	5:54:44
9	6	Colin	Colquhoun	Male	6:14:25
10	4	Rowena	Rollnik	Female	7:09:56
11	7	Shaun	Keddie	Male	7:10:00
		Christopher	Ritchie	Male	??
		Clarke	McClymont	Male	WWAY

Razorback Run

April 2011 - aka Not the Prom Run

Name	distance	Total Time
Dan Beard	68km	8.57
Lachlan Fraser	68km	9.47
Sharon Scholz	68km	9.42.42
Steve Drummond	68km	9.52.58
Katherine Macmillan	68km	11.44.44
Cassandra Schmidt	68km	10.38
Gareth Parker	68km	10.25
Hugh Hunter	68km	12.30
Damian Bowden	68km	12.30
Myles Bouvier-Baird	64km	10.57
Mark Wenn	64km	10.57
Mark Swinkels	58km	12.58
Matthew Webb	58km	13.29
Joseph Webb	58km	13.29
Nick Thompson	49km	9.16
Jamie Gan	38km	5.41
Scott Tuddenham	38km	7.34
John Lindsay	38km	7.38
Lyn Fulton	38km	7.38
Ryan Lynch	38km	7.43
Ewin Jansen	38km	7.47
Stephen Lavery	38km	8.41
Colin Gray	38km	8.41
Steel Beveridge	38km	9.24



Comrades and the Sri Chinmoy 12 Hour

By Carol Sullivan

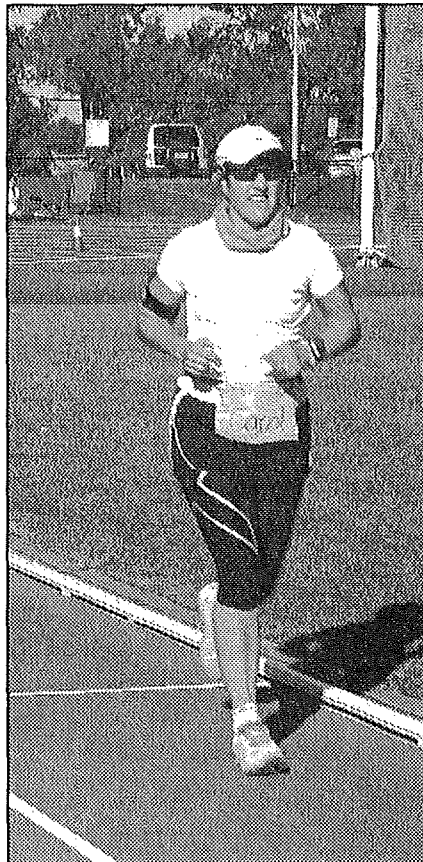
"You're just plain crazy," "You are running how far? - I don't go that far on my holidays." I am sure many of those reading this article have had people say those sorts of statements to them. Strangely, I get a buzz out of those comments; I see them as compliments. Yes, I do run those distances and I am proud of it.

But I, too, used to say "No way!!" to ultra running when my husband Keith went off to do yet another 80km, 100km or 24hr run. I thought I was doing well to get through a marathon. All that changed last year when I discovered the thrill of trail running and ran my first 50km at Glasshouse. I'm not the fastest runner, but enjoy the challenge of the longer runs and achievement felt when finishing. I have to be honest - my inspiration came from seeing my husband challenging himself and making me believe I could also do it.

When he mentioned doing Comrades I wasn't sure whether I would be able to run the 87km in 12 hours, which is the cut off. With his encouragement and support, we set off together training most weekends up on Mt. Coot-tha in Brisbane or over the Gateway Bridge. I will tell you now if you conquer Mt Coot-tha, Comrades is a pussy cat (only joking, Comrades is a bit tougher than that). Training went well even with the injury I got in early November when I tore the tendon at the top of my hamstring. The funny thing was I didn't get it running - I got it doing a weights session with my trainer. I still continued running, as you do, so it still hasn't quite healed as it should.

Comrades came around so quickly and before we knew it we were in South Africa. We were told the day would be spectacular, but weren't prepared for the competitors and supporters and their genuine support for each other. This year was

the uphill year so the race started in Durban. The morning was mild, even though we were told it would be cold. Thank goodness. Before the gun went off other runners were telling us to just enjoy the run and that we would have a fantastic day. How right they were. The gun went off at 5.30am and away we went. Well, it was more of a walk



Carol Sullivan

for the first 6 minutes until we actually crossed the start line. From there the journey began. There are five big hills in the race and five cut off points you have to get through at certain times, otherwise you are pulled from the race. Even though I worried about getting through the cut offs we actually cruised through with plenty of time to spare. My lovely husband was actually telling me to slow down.

Along the way people lined the streets cheering us on, we were wearing running shirts with the

Southern Cross and "Australia" emblazoned and all we could hear all day was Aussie, Aussie, Aussie - what a buzz. The final hill in the set of the "big 5" is called Polly Shorts - a name which brings fear to the minds of many of those who have done Comrades. Close to the top of Polly Shorts is the 80K marker so for most people getting there is a great psychological boost, like seeing the finish line in a marathon. Coming up to Polly Shorts Keith said that we had a choice for the rest of the event - we could take it easy and finish in about 11hrs 10mins or we could push it and get a sub 11hr finish. My main aim was to finish, and with Sri Chinmoy only 3 weeks away, we decided to take it easy. We walked all the way up Polly Shorts and then ran/walked the last 7 kms to the finish at Pietermaritzburg. Much of this was a gentle downhill with some even more gentle uphill sections. As we approached the stadium Keith got out the Aussie flag and we held it between us as we went through the stadium and to the finish line at 11 hours and 7 minutes. Job done - I felt great, tired and exhausted, but great.

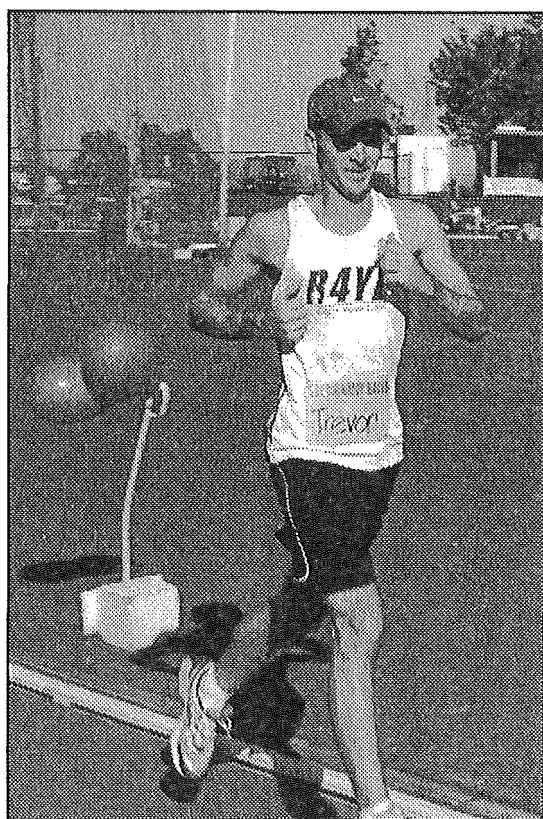
So what mad fool would then turn around and do another 12 hour race just 3 weeks later? Me of course, and many more ultra runners I'm sure (you know who you are). Last year I enjoyed my 6 hour race at Sri Chinmoy so much that I decided I would challenge myself a little more by doing the 12 hours this year. The week before the race I was trying to fight a cold but it decided to take hold, yes, on the day of the race (what a surprise).

The actual start of the race went well; I didn't feel too bad and kept up a good pace for the first couple of hours. About 3 hours in I started to feel a bit flat and could have easily given up then and there. I also realised that I hadn't really recovered from Comrades either. How was I going to get through the next 9 hours? But at the 4 hour mark

(1pm) the 6hr event started and some of the girls, Susannah and Mallani included, gave me great encouragement which helped keep me going. They did not know how close I was to stopping. Being stubborn really helps so I started telling myself, "Just do another ten kilometers and then see how you are". It worked. Once I'd done ten, then I worked on the next, and before I knew it the 12 hours was up. It also helped that all the other runners and supporters kept encouraging me to keep going (the running community is great).

I am in awe of those runners who can keep going for 24 hours and if they could do that then I could do 12 even with a bad cold. My race was over and even though I would have loved to get my 100 km, I was happy to finish with 92km. To me any run and finish is an achievement. To all those runners, and especially ultra runners out there, you are a special group of people and should be proud of your achievements. I feel privileged to be able to run with talented people, thank you.

UltraMag's Note: Carol has enjoyed many successes in her first year of ultra running, with several 1st place age group finishes at events ranging from 10km to the 54km Wildhorse Criterium.



Sri Chinmoy Results

6 HOUR RACE

Pl	Distance	Last Name	First Name	Gender
1	67.798	Truloff	Gregory	M
2	63.645	Bremner	Kerrie	F
3	60.420	Abrey	David	M
4	56.613	McKinnon	David	M
5	54.558	Watson	Ian	M
6	54.369	Fukushige	Kazu	M
7	53.574	Graham	Sonya	F
8	48.159	Harvey-Jamieson	Susannah	F
9	36.959	Moloney	Mallani	F
10	19.200	Stanger	Helen	F
11	16.000	Phillips	Lindsay	M

12 HR RACE

1	128.379	Pearson	John	M
2	111.63	Last	Geoffrey	M
3	107.646	Norris	Bernie	M
4	92.232	Sullivan	Carol	F
5	73.600	Webber	Bruce	M
6	73.600	Schultz	Micheal	M
7	32.761	Tradd	Eric	M

24 HR RACE

1	200.405	Allen	Trevor	M
2	193.568	Canty	Mike	M
3	163.156	Scholz	Sharon	F
4	159.744	Houldsworth	Steven	M
5	149.765	Jordan	Steve	M
6	137.051	Ayris	Tony	M
7	136.435	Davies	Alun	M
8	134.432	Every	Paul	M
9	134.363	Cameron	Grant	M
10	131.600	Middleton	Robert	M
11	115.564	Boyce	Robert	M
12	107.207	Sullivan	Keith	M
13	82.000	Melham	Anyce	M
14	69.200	Foster	Duncan	M

Race winner 24 hour - Trevor Allen



Adelaide 6/12/24 Hour

16th to 17th July 2011

by Colin Brooks

The Adelaide 6/12/24 was an event well organised by Ben Hockings (a top runner himself in SA), his wife Wendy, and his group of helpers. The weather was varied with a cold morning followed by sunshine during the day and a cold to very cold night. This was topped off with light to heavy rain from 7am to 10am Sunday for the finish. There were a few hiccups during the event with power failures, fixed by a generator I believe. Still, every lap was accounted for. Dr Doug Kewley (a previous 24 hour runner) sorted this all out during the event with the help of others.

The 6 & 12 hour runners were away at 6 am Saturday; with the 24 hour runners away at 10 am later that morning. It was different to arrive and start the 24 hour after the 6 & 12 hour runners. Passing the tiring 6 & 12 hour runners at times was strange; it is usually the other way around.

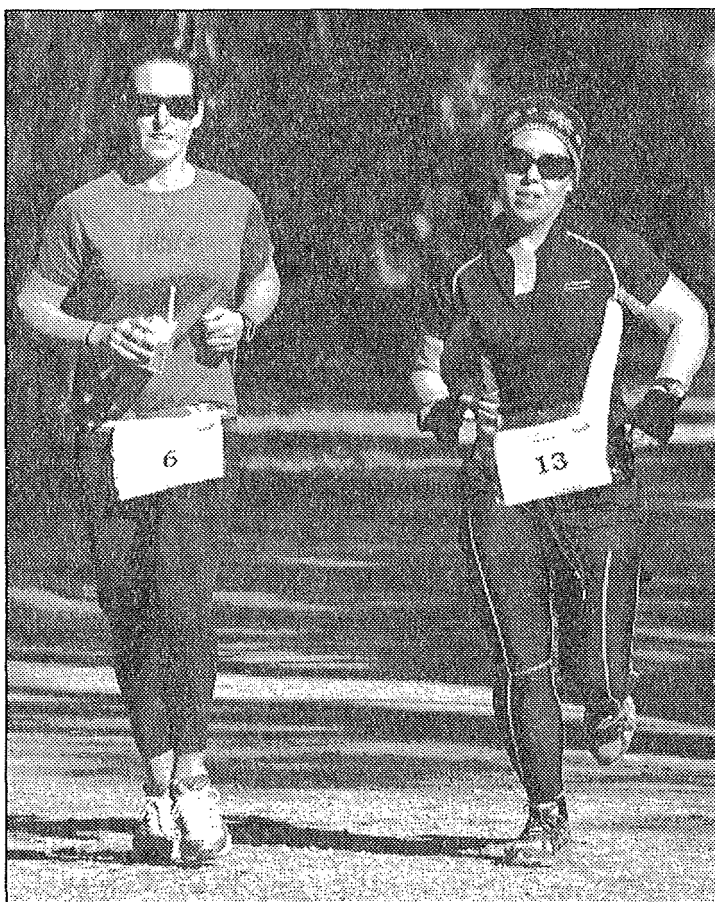
An excellent field of 20 in the 6 hour was good to see. Some experienced runners (Michael Slagter and Max Carson to name two) and many new runners going the extra time or distance. A top effort by Zac Savage with 69.268 km & Joanna Kruk with 69.223 km; each winning their gender. Michael Slagter with 64 km (2nd male and photographer for the event, well done) was helped by his injured wife who was on crutches. They even came out late during the night to take pictures and cheer people on. Max Carson, 62 years old, in his usual pink shorts, did well with 58.72 km. Lachlan Miller, who I believe only recently completed his first marathon, managed 59.36 km.

You will have to come back next year to go over 60 km Lachy!

The 12 hour saw four runners - three male and one female. Dave Edwards looked the part with 111 km and taking out the event. Just 4 km behind was Graham Tottey, a man who is now a shadow of his

soon formed at the front, consisting of Mal Gamble, Mark Worthing, Amie Siemonek, and me (Colin Brooks), with Simon Trusler just off the pace. After a couple of hours Mal put his foot down with Mark (a 1500 metre & 5 km runner). I knew Mark from the Masters' events and knew he would not hold back; he didn't.

I even advised him to hold back just a little. He lapped me fast for a third time, but just kept going; that's his style. Some 6 hours into the event young 21 yo Amie struck trouble with her feet. She was quite distressed after some fine efforts this year. She came back out on the track with inserts taped under her feet and managed 84.7 km - two marathons. Rebekah Willoughby collided with a post and had her arm in a sling for hours on end. Maybe with broken ribs or arm; she still managed 80.3 km. Simon Trusler, I think a triathlete, was at times running and walking all over the place - loss of direction, etc. He used up all his fuel but stuck it out, well looked after by his partner. In the end he managed 128.8 km, well done. I thought he was going to collapse at one stage.



Emma Vaughan and Rebekah Willoughby

former self, 10 kg gone I am told. He did the 12 hour to prove a point to Kym Williams - that he could get to 100 km in 12 hours as Kym did last year. Well done. So now does he have to move up to the 24 hour? Sputnik Sputnik with 92km was a solid performer. Danella Haseldine managed a fine 76.9km.

Now the 24 hour; 13 of us headed off at 10 am on our first lap of a 2.2 km course north and behind the Adelaide Zoo. The pace was steady at about 10 km per hour. A small group

Brett Saxon with his helper son also completed 128.8km while being on the phone many times providing Coolrunning updates and such. Sue Worley, the oldest in the event (by a month) at 63 years, went well beyond the 100km milestone to reach 108.33km. She has 100 miles to her credit from the past. Malcolm McMillan kept the same steady pace all night to notch up 131km. Olivia Thorne, a rogainer I think, was on and off the track; always coming back with a new set of colourful clothes. Even a wonder woman suit ... or was that super woman? She

managed 152 km. Emma Vaughan just blended into the night with her black Skins. She must have been on the opposite side to me most of the night as I rarely saw her. She won the ladies and 3rd overall with 168.5km.

Mark Worthing, what an effort! He is a middle distance runner, without enough training whatsoever. Going flat out early on and non-compos at times; he was mumbling strange things. Coming out of the darkness, being held up with by a stick in each hand like a skier. As I run towards him he says, "who are you, what are you?" with his legs all seized up. He slowly follows in a stiff legged walk, as I yell out, "This way; follow me." He managed 141.9km.

Now we come to Kym Williams. He ran 100 km in the 12 hour last year. I said to Kym last year, "You look like a natural to me; you should give the 24 hour a go". Many others were on Kym's case to do this as well, so he bit the bullet and gave it a go. He takes short steps

and continually talks to all, which is helpful in an event like this. The running postie with a headlamp just kept on keeping on. Consider this; he only runs two times a week - a long run of about 30 km on Sunday and a 1 hour run on Wednesday of maybe 10 km. The other days he delivers mail on his bike. Fantastic 100 mile effort. Experienced David Billett timed his run to grab 3rd, just 49 metres in front of Kym. David has struggled with injuries for a long time now. A big thank you to David's mum, Lorraine, for the hot soup to all runners.

Me, I had my share of problems all day and night - like everyone else I guess. Worst 24 hour for me. It started early by being stung by a wasp between the legs. Not good. Followed by vomiting, feeling dizzy, and changing socks and shoes three times; I normally never do that. I ended up wearing a pair of shoes for the last half of the event that already had done 1,800 km. Stomach cramps, tightening calves, ankle, foot, knee, and back trouble. What

could go wrong did go wrong. Even my wife, who is finally now here permanently from China (that's another story), ate all my noodles and potato chips. Yes, why do we do it? I was happy to reach 173 km.

The favourite for the event, Malcolm Gamble, put in a top effort again to win with 183.8 km. As usual, he was aiming for 200 km. He has certainly improved since I first competed against him a few years ago. Still more improvement to come in those legs; he has had a wonderful year. How he backs events up, I don't know. He had his troubles like the rest of us, but he built up such a buffer he managed to have some rest during the event.

Thanks to all the interstaters for coming across. Very well done to all those who managed 100 miles for the 24 hours. Congratulations to all who achieved their own personal goals in the 6/12/24 hour events. Great to see a 24 hour back in Adelaide.



Starters for the 6 & 12 hour events

ADELAIDE RESULTS

6 HOUR

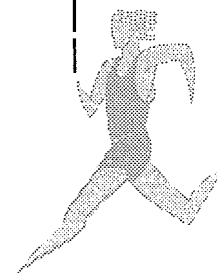
Overall Rank	Performance	First Name	Last Name	Gender
1	69.268	ZAC	SAVAGE	M
2	69.223	JOANNA	KRUK	F
3	67.522	NICOLE	BUTTERFIELD	F
4	64.018	MICHAEL	SLAGTER	M
5	63.653	ADRIAN	MILLS	M
6	61.605	GARRY	DAVIS	M
7	60.094	WILLIAM	LOFTUS	M
8	59.362	LACHLAN	MILLER	M
9	58.717	MAX	CARSON	M
10	56.401	SEAL	YATES	F
11	56.401	PAUL	BLACK	M
12	56.336	TOBY	MCKINNON	M
13	55.230	MALCOLM	ROSS	M
14	55.004	JAMES	DONNELLY	M
15	54.302	ANDREW	MILLS	M
16	53.900	SCOTT	MATHESON	M
17	52.311	TONY	KAPELLER	M
18	51.442	JAMES	DAVIS	M
19	49.414	DUNCAN	BLAKEY	M
20	25.601	JAMES	SCHROEDER	M

12 HOUR

1	111.128	DAVID	EDWARDS	M
2	106.700	GRAHAM	TOTTEY	M
3	92.474	SPUTNIK	SPUTNIK	M
4	76.960	DANELLA	HASELDINE	F

24 HOUR

1	183.800	MALCOLM	GAMBLE	M
2	173.027	COLIN	BROOKS	M
3	168.546	EMMA	VAUGHAN	F
4	163.949	DAVID	BILLETT	M
5	163.900	KYM	WILLIAMS	M
6	152.053	OLIVIA	THORNE	F
7	141.900	MARK	WORTHING	M
8	131.194	MALCOLM	MCMILLAN	M
9	128.896	SIMON	TRUSLER	M
10	128.246	BRETT	SAXON	M
11	108.330	SUE	WORLEY	F
12	84.700	AMIE	SIEMONEK	F
13	80.300	REBEKAH	WILLOUGHBY	F



My Journey to the Start Line of the Flinders Tour 50k

by Marina Brun-Smits

"Let's go for a run." With those words, which I put into action, little did my friend know what she had created. Not one to do things by half measures, so began my journey into the world of running. Now that was some 35 years ago and I haven't looked back. I took up the challenge and began with 3k runs around a parkland in the southwestern suburbs of Sydney. I soon began to take on the 10k track and joined the local harriers club, whose members would meet weekly down by the lake. But, with the joys and highs of running came the pain - literally - of many injuries, the first being a stress fracture that saw me on crutches for 2 months. This was to be one of many low points in my running exploits. Then came the shin splints and plantar fasciitis. I averaged two months out of a year injured over the first 8 years. Was there a message in there that I wasn't hearing?
REST.

Fast forward through 35 years: in suburbia as a mother and stepmother of 6 children, chronic depression for 7 years, moving interstate, yet still managing to complete some races through the highs and lows of life, including my first marathon in a time of 3hrs 59mins 07secs (it's amazing how the first of any experience tends to stick). And the beer that one of my club runners handed to me on crossing the line, saying, "Good onya mate."

Then I turned 50 and my marriage of 25 years hit a crossroads. My running, too, came to a crossroads, as I began to favour trail running which was kinder to my aging body ... though I never factored in the failing eyesight! Then I entered my



Marina Brun-Smits in Flinders 50km
credit: Tim Miller - dreamsportphotography.com

first ultra - the Flinders Tour 50k in the Glasshouse series last July. Wasn't I impressed not only with the run, but also with the organisation running these events. Not only professional, but their hospitality and warmth is second to none that I have experienced in any other events. And what about the checkpoint volunteers, their encouraging

words when you are about to hit the wall and the nourishing food they provide! A picnic on the run! Next was the Glasshouse 100, but as I was only new to the world of ultra marathon running, I erred on the side of caution and ran the 50k again in a slower time due to the warmer conditions that time of the year. During the course of these runs I have been inspired by the achievements of many of the female runners who have done absolutely extraordinary things.

In April I ran the Nerang 50k and just managed to get in last in 7hrs 31mins. Not to be deterred, I then attempted my first 80k in the Glasshouse series the very next month, choosing the midnight start. The first six hours I struggled to keep awake just long enough until dawn. I had decided in those long, dark hours that I had nothing to prove to myself and that 50k was a respectable finish and as soon as the sun rose, I was out! And that is why we have those wonderful people volunteering and offering encouragement at the checkpoints. Their words encouraged me to keep going. Unfortunately, I managed to miss a loop

and this was evident when a group of runners in front of me came in behind me. After liaising with the race director, we agreed on a way to record my time. However, I felt that I had cheated myself out of the 80k and near enough was not good enough.

"I have been inspired by the achievements of many of the female runners who have done absolutely extraordinary things"

"running through a re-routed section comprising open grassland and gums – absolutely gorgeous and a lovely way to finish"

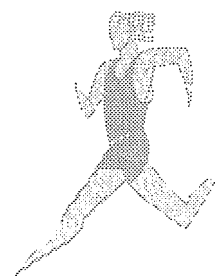
July found me back at the scene of my first ultra - the Flinders Tour 50k. The course was changed due to the aftermath of the floods in south east Queensland which caused substantial damage to the trail. The run follows forestry roads and has a combination of single track and wide graded trails with a fair share of undulating hills and some technical sections, which are used by 4WDs. I opted to start at 6.00 am as I anticipated finishing around 6hrs 30mins. Mt Berrburum is always a challenge and is tackled within the first kilometre of the run - almost vertical for 700 metres - or so it seems. A hill not for the faint hearted. This year the weather was mild and I felt comfortable for the first 24ks but then trouble struck when my left foot became sore on every strike of uneven ground. Damn! But I ignored it and pushed on until the finish line, running through a re-routed section comprising open grassland and gums - absolutely gorgeous and a lovely way to finish. My time was 8mins slower than last year, but at this stage of my life just to be able to run distance is an accomplishment. And there are less woman of my age to compete with.

So, what is next? Well, presently I am nursing an injury to my left foot which occurred in NZ a month ago skiing and was exacerbated by the Flinders Tour and am hoping to complete my first Glasshouse 100 - so watch this space. Running for me has been lifelong therapy; a meditation in motion and a lifestyle that I hope will accompany me into my twilight years! I have gained much insight through pushing past my comfort zone and learned that - although we often seek the shortcuts in life looking for the fastest, quickest, and most painless way out of a sticky situation - what we gain in the short term is lost in the long term. Life, for me, is finely balanced and to get through to the good times, we sometimes need to experience the discomforts.



FLINDERS TOUR - 2011 - Glasshouse

PI	Last Name	First Name	M/F	TIME
50k				
1	DONGES	Mick	M	4:02:16
2	BRAXTON-SMITH	Zac	M	4:06:19
3	WARBURTON	Caine	M	4:11:43
4	COOMBS	Dave	M	4:25:54
5	PRYTZ	Arstein	M	4:34:06
6	WEBSTER	James	M	4:35:22
7	BOULLEMANT	Amiel	M	4:39:05
8	MOLONEY	Nic	M	4:42:12
9	CAMPBELL	Rob	M	4:45:00
10	BISHOP	Jordan	M	4:45:18
11	BLEAKMAN	Dan	M	4:49:20
12	CORNELIUS	Benjamin	M	4:50:56
13	PEARSON	John	M	4:52:28
14	TRULOFF	Gregory	M	4:52:28
14	RAHMATE	Delina	F	4:54:31
16	WILLIS	Brad	M	4:56:48
17	BRUMNIACH	Walter	M	5:03:00
18	LACEY	David	M	5:07:51
19	ABREY	Dave	M	5:17:29
20	LAINE	Laurie	M	5:22:35
21	REEVE	Dion	M	5:25:52
22	MIBUS	Tymeka	F	5:28:43
23	LANE	Warren	M	5:37:43
24	RALPH	Alex	F	5:40:24
25	DAVIES	Alun	M	5:45:13
26	DUNCAN	Brad	M	5:51:46
27	GRIGG	Gary	M	5:57:52
28	HARVEY-JAMIESON	Susannah	F	6:01:59
29	McKINNON	David	M	6:12:08
30	HARKSEN	Debbie	F	6:14:34
31	ST PIERRE	Liam	M	6:20:02
32	McGOVERN	Natalie	F	6:20:25
33	ARMSTRONG	Mark	M	6:22:10
34	STANDRING	Srett	M	6:24:26
35	GOUCHER	Jeff	M	6:30:15
36	ANDERSON	Kay	F	6:33:11
37	ANDERSON	Wayne	M	6:33:11
38	McMAHON	Michael	M	6:33:55
39	BION	Anja	F	6:34:27
40	BRUN-SMITS	Marina	F	6:39:02
41	HENDRY	Glen	M	6:40:27
42	MACLEAN	Christopher	M	6:54:23
43	MOLONEY	Mallani	F	6:56:11
44	SWAIN	Elizabeth	F	7:08:38
45	SELLARS	John	M	7:20:17
46	SMITH	Jeff	M	7:54:22





AURA Member Profile

Name: April Palmerlee

Age: 43

Birthplace: Maryland, USA

Currently living in (suburb, state): Randwick, NSW

Number of years running: 8

Number of years running ultras: 3

Favourite running terrain (and distance): smooth trails, 60-80km

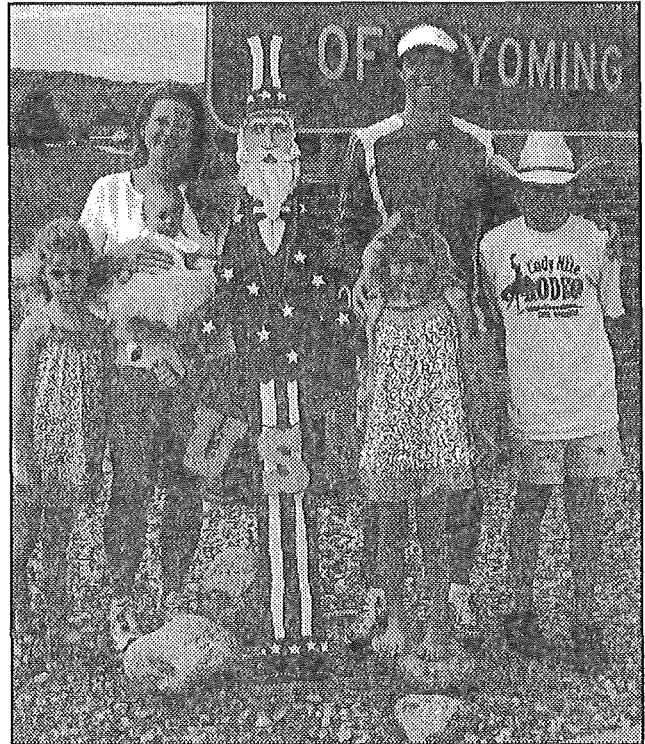
Hours and/or distance spent running each week: 100-120 km

Some ultras completed: Comrades (South Africa), Bruny Island, Yurrebilla, You Yangs, The Tan. Organiser of the Centennial Park Ultra

Running related injuries: the knees and the back give me trouble from time to time, but what I'm really known for is my lack of toenails.

Hobbies outside of running: You mean apart from running 20 hours per week and raising four children? Seriously?

Occupation: retired diplomat (international women's issues)



Name: Jacqui Guy

Age: 45

Birthplace: Hobart, Tasmania

Currently living in (suburb, state): Lenah Valley, Tasmania

Number of years running: 33

Number of years running ultras: 14

Favourite running terrain (and distance): Mountain trail runs of 35-65km or basically anything over 4 hours seem to suit me best - I've got a diesel engine ☺

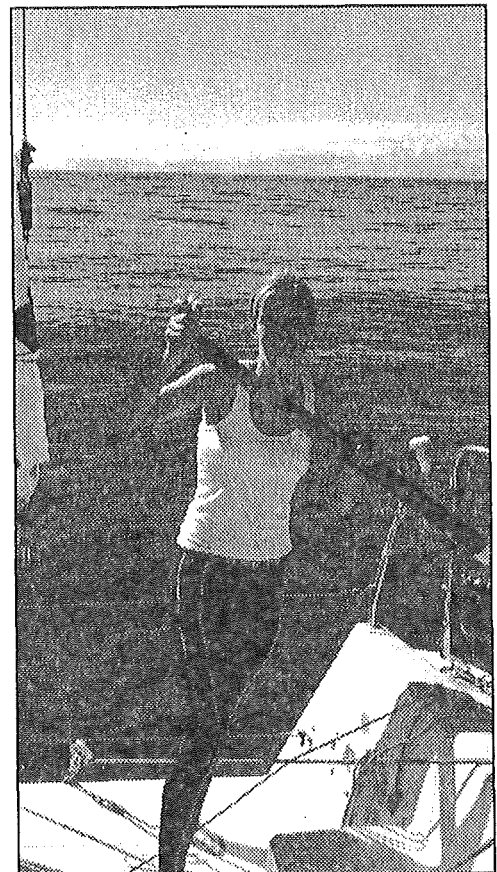
Hours and/or distance spent running each week: Not too sure - I don't keep track of it these days - probably 8-12 hours of just running, but I also cycle, kayak, swim, sail and play hockey, too.

Some ultras completed: Cradle Mountain Run, Bruny Island Run, Six Foot Track, Narawntapu, Australian Three Peaks Race (running and sailing), British Three Peaks Race. Team events hold more appeal these days, due to the fun factor.

Running related injuries: Just scrapes, bruises and a dislocated finger. A nice black eye from a fall on Ben Nevis last month!

Hobbies outside of running: Eating, Reading, Time with friends

Occupation: Nurse



Name: Mike Canty

Age: 50

Birthplace: London, England

Currently living in (suburb, state): Shailer Park, Queensland

Number of years running: 35

Number of years running ultras: 2

Favourite running terrain (and distance): Trail, the longer the better (1st 100 mile coming up in September)

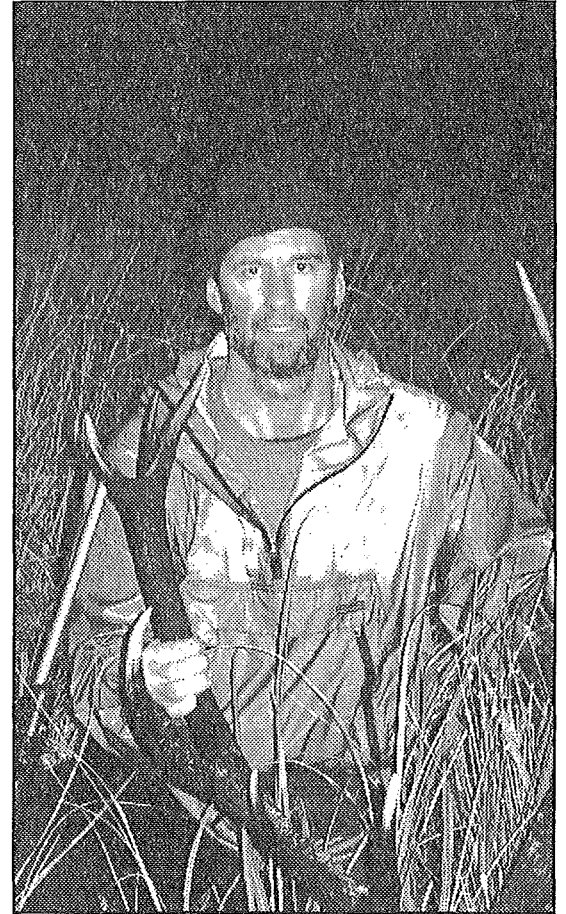
Hours and/or distance spent running each week: 100 - 120km

Some ultras completed: Glasshouse 100km (2010), Sri Chinmoy 24 hour (2011), several 50km trails

Running related injuries: Extensor hallucis longus tendonitis (according to the sports masseur) - painful big toe tendon

Hobbies outside of running: Bushwalking, hunting, camping, netball. My daughters like my netball (I play on their mixed team). They tolerate my hunting because it's, well, what men do. But the whole family think I'm nuts to run ultras. They are very supportive, however. It would be very hard without them.

Occupation: Maths teacher



Name: Rob Donkersloot

Age: 51

Birthplace: Heerlen, Holland

Currently living in (suburb, state): Kingsley, Western Australia

Number of years running: Five

Number of years running ultras: Three

Favourite running terrain (and distance): Don't really have a preference for terrain; quite like trail, road and track. Distance: I want 100 miles.

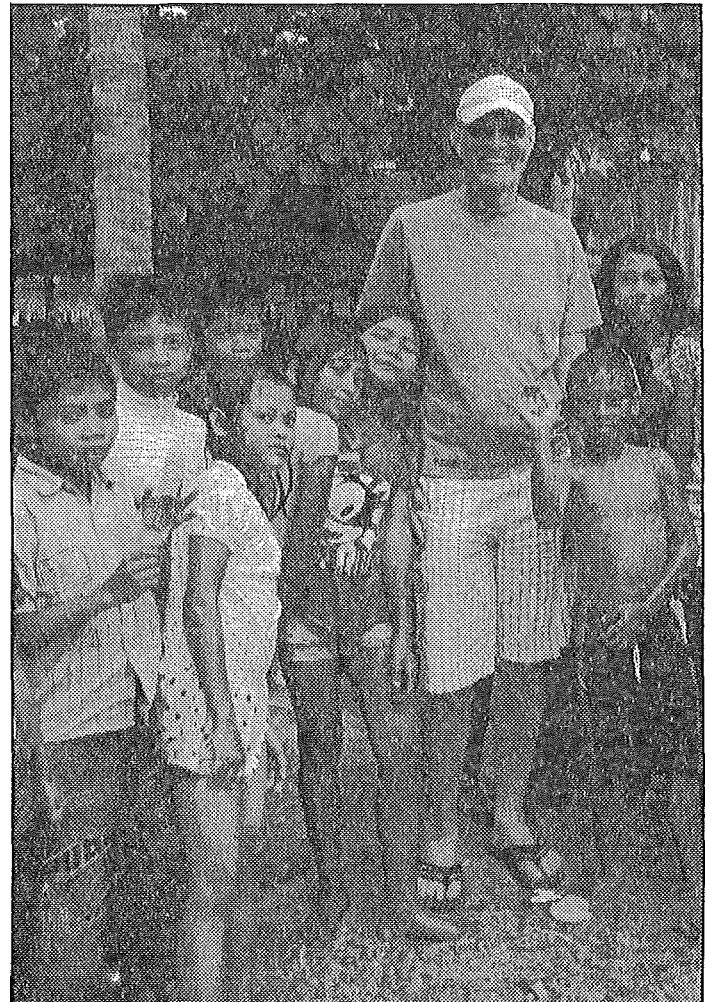
Hours and/or distance spent running each week: Up to 120km

Some ultras completed: Kep Ultra 100km, 6 Inch Trail Marathon, WA Marathon Club 40 Miler, 6 hour track, plus Coast to Kosci as crew

Running related injuries: Tore a calf, lower back.

Hobbies outside of running: technology, travel

Occupation: Web Marketing Consultant



Interview with Kerrie Bremner

by Bernadette Benson

What makes for an 8h24m 100 k time? In an interview with Kerrie Bremner, AURA member and Australian representative at World 100k events, it appears to include the "stubborn" genes and a supportive environment.... I'm very grateful that Kerrie consented to this interview, seeing that she is rather shy about such things. Thank you for sharing a bit about your history, training, and running perspective with other ultra runners, Kerrie.

Let's start with name, rank, and serial number stuff. How old are you? What do you do to earn money to pay for your running shoes? Married or single? Kids?

Age: 45 (though I don't feel it until I look in the mirror!)

Occupation: Specialist Adviser at The Treasury (maybe I shouldn't advertise this!) It was nursing in a previous lifetime but I let this lapse a long time ago.

Qualifications: Bachelor of Business (Major: Accounting, Minor: Law) and Bachelor of Applied Science (Major: Mathematics, Minor: Programming)

Family: Single, no children, but two very spoilt dogs.

Some more basics - where were you born and when did you start running?

I was born in Portland, Vic but left whilst still a baby. Most of my younger years were spent in Vic but I have also lived briefly in WA and QLD and for the past 11 years in the ACT.



Kerrie with her dogs

I enjoyed running when I was a teenager but didn't really pursue it again until my mid thirties. However, I have always participated in some form of exercise with bushwalking being a favourite.

What's your favourite running terrain and distance? Has this always been the case or has that changed over the years?

I took up running in my mid thirties with the goal of running a marathon. My first marathon was the 2002 Canberra marathon where I ran a time of 3.27, though being new to running the time didn't really mean much to me (and I sometimes wish I could go back to that blissful state when time didn't matter ☺). I much prefer the slow fatigue of running long than the lung burning feeling from short, fast events. So the natural progression for me after a few years of running marathons was to seek out even longer events.

My first longer race was the 54km Brindabella Classic, which I ran two years in a row before hearing about the Comrades marathon (no not from Colin!). I instantly became fascinated with the race and decided it was something I had to run. So the first step was to find a longer road race in Australia as a

lead up. With the help of Google I came across a 100km event at the Gold Coast, which I decided to target. Next step was finding out how to train. I sent off an email to both Martin Fryer and Trevor Jacobs pleading for help. This proved to be a good move as both were very helpful and full of good advice and Martin has continued to selflessly give me much appreciated guidance since. I did the 2008 Gold Coast race

"My first marathon was the 2002 Canberra marathon where I ran a time of 3.27, though being new to running the time didn't really mean much to me"

"I remember them being surprised that I had run the whole way and kept up with them but at the time I didn't give it much thought"

and ended up placing first female in a time of 9.14. Post race I was asked if I would be interested in going to Italy later in the year as part of the Australian team for the IAU World Championships (WC), and have been lucky enough to be selected each year since. The down side of this though is that I still haven't made it to the Comrades...but one day☺. So given my running history to date I guess I would have to say my favourite distance and terrain is 100km roads - though nothing beats training on trails in the bush.

Do you think you have any "running genes" in your family? Could you comment on how much you think your achievements in running are genes vs environment/ training?

I guess it is probably a bit of both. When I first decided to take up running I joined some work friends for an 8km run. I remember them being surprised that I had run the whole way and kept up with them but at the time I didn't give it much thought. It was only later when I started looking at Coolrunning and C25K programs that I realised that being able to go out and run 8km untrained was maybe not entirely the norm. However, I obviously wouldn't be able to go and run 100km untrained so I would have to contribute that to both training and a lot of good advice and assistance from other runners I have met along the way (and a bit of a stubborn streak probably helps as well☺).

I know you're working your way back from injury right now - bilateral tendinitis of the hamstrings, is it? How long have you been dealing with this particular injury? What other running injuries have you had?

Although the tendinitis injury (and partial tear) has only recently been diagnosed I suspect it has been hanging around for a while now. I

have had a couple of stress fractures over the years and some structural problems with my feet but nothing that took too long to get over. In most cases I was able to pinpoint the cause but my current injury has me a bit baffled.

What normal preventatives do you take? Any regular rolling, massage, chiro, etc in your regime?

In an attempt to keep injuries away I regularly have a massage every 2 to 3 weeks and try not to over train or race too often, though sometimes I'm not as strict with this as I should be! (And if I feel a niggle coming on I apply a Trails+ power patch and have a glass of AP... two good running mates, Brett and Chilli, promised me it works☺).

Normally, how many hours would you spend running each week? Or do you run more by distance? Could you give us a sense of your typical training week as you prepared for last year's World event in Gibraltar?

A normal week of running would be about 100km though this can go up and down a bit depending whether I am in training mode for a race. During the lead up to the world champs last year some weeks were closer to 140km. My two key weekly runs leading into Gibraltar were a mid week 25km run at target race pace, and my weekend long run. My long runs alternated from about 60km one week to around 40km the next. I was lucky enough to have Jackie Fairweather join me for a couple of these runs. I found the advice and encouragement she gave me to be invaluable - I credit her with giving me a stronger belief in my running ability heading into the race. I didn't do any interval work during this period but once a week I ran 10km at tempo with friends and also a local lunchtime 5km race. The remainder of the weekly running was mostly made up of easy social runs. I enjoy the social aspect of races so

where possible I will use a race for my weekly long run. I don't have any problems not racing these and enjoy using them to catch up with some of the fantastic people I have met through running.

To what do you attribute your sizeable improvement in 100k speed from your first 9.14 to your Gibraltar 8.24?

Between the 9.14 and 8.24 I had run a couple close to 9.00 and I had run an 8.55 four months before the 8.24. I went into Gibraltar with no injuries, some consistent training, and a couple more years of experience under my belt. I think the inclusion of a weekly 25km race pace run was beneficial and as I mentioned earlier some chats with Jackie helped me decide on a realistic time goal and the confidence to go for it.

Are there any ultras that have stood out as favourites? Or just highly memorable for any reason?

I set my 100km PB at Gibraltar last year so I have fond memories of that race (and hazy memories of the two weeks of partying in Spain afterwards!). Though my favourite race would easily be Coast to Kosciusko (C2K), organised by two great people, Paul Every and partner Diane. In 2008 during post Worlds race drinks with Jo Blake we formulated a pact to both run the C2K in a month's time. It was to be the first time I had run further than 100km and not everything went smoothly. I came down with gastro-like symptoms from early on in the race and struggled to eat very much for the second half. Add to this the extreme winds from Jindabyne onwards joined by horizontal rain further up the mountain! 2008 was the incremental weather year when conditions were deemed too dangerous for runners to go to the top and the race instead was halted at Charlotte's Pass - I'm sure those who were there remember it well! However despite all this I fell in love

"It was during this period that the support of my crew, the other runners and their crews, and the spectators became invaluable"

with the race that year - the camaraderie and support of fellow runners and their crews was amazing.

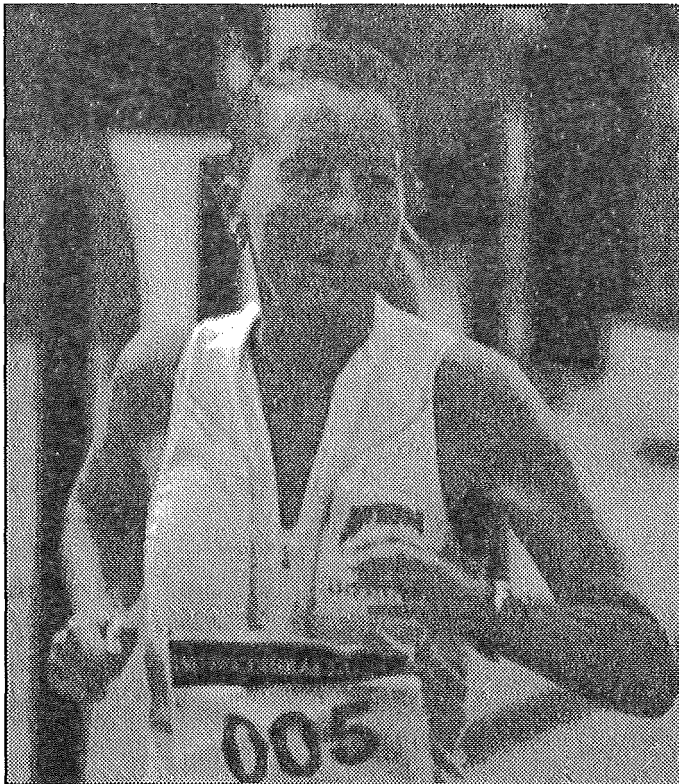
Ever since 2008 I have wanted to run C2K again and hopefully address some unfinished business by making it to the top. However I decided that when I returned I wanted to be trained up specifically for the event and not coming off the back of another big race. Hence in 2009 and 2010 I chose to crew instead. I was fortunate enough to crew for Pam Muston one year and Jo the next - both whom I gained invaluable tips and ideas from. This year if Paul and Diane will have me back I hope to return to C2K not as crew but once again as a runner.

Your 24 Hour (203km) race at Coburg in April - this was just a personal challenge or part of your C2K preparation? When I talked to you at the awards, you seemed intent that 24 track was a one-time-only thing. Is that still true?

My first couple of attempts at a 24 hour were run during periods of injury and didn't result in performances I was particularly happy with. And if I'm to be completely honest I don't think I coped well with the mental side of running in circles, either! During my 2nd attempt I probably spent more time off the track eating Big Macs (which Robert Boyce likes to remind me of☺) and having naps than I did running. Since then a little voice inside my head - the one that visits us all from time to time - kept telling me that I needed

to run one more 24 and this time no naps. I also had a secret goal to break 200km - though I think most people who know me probably guessed that was on my mind.

It was actually the 24 hour in Brisbane in July that I had originally selected but I switched to Coburg when it looked like the Brisbane



Kerrie in 2010 World 100k Championships Gibraltar

race wasn't going to go ahead. This meant that I had less time to train and it also fell two weeks after the Oxfam Trailwalker which I was running as part of the Trails+ team. So I knew I wasn't going to be as physically prepared as I would have liked but given it was the mental side that I really wanted to conquer I decided that didn't matter. Two of my best friends, Fiona and Glenda, offered to crew for me which I gladly accepted as I knew their happy dispositions and warped sense of

humour would help me survive 24 hours of circling.

The first 12 hours at Coburg went fairly smoothly and at half way I had clocked up about 119km. However a couple of rookie mistakes including poor nutritional choices, and not taping my feet which resulted in bad blisters, started to take their toll on me during the next 12 hours. With about 6 or 7 hours to go I calculated that as long as I kept moving I could walk from there and still break the 200. It was during this period that the support of my crew, the other runners and their crews, and the spectators became invaluable (thanks heaps everyone).

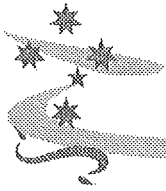
When I finished Coburg with 203km and a clean slate of no naps I was very happy and thought I had put my demons to rest. So when I told you never again I meant it at the time...but then that little voice started talking to me again!

Have you any hobbies outside of running?

Any spare time I can find is usually spent with my two dogs or bushwalking, catching up with friends, reading, cryptic crosswords, occasional bike ride or swim, eating, or drinking good wine.

If it's ok I would just like to say thanks to my number one (of one!) fan and the person whose genes I blame for my stubborn streak - thanks Dad ☺

"a couple of rookie mistakes including poor nutritional choices, and not taping my feet which resulted in bad blisters, started to take their toll"



RECOVERY NUTRITION:

The Key to Improving Performance

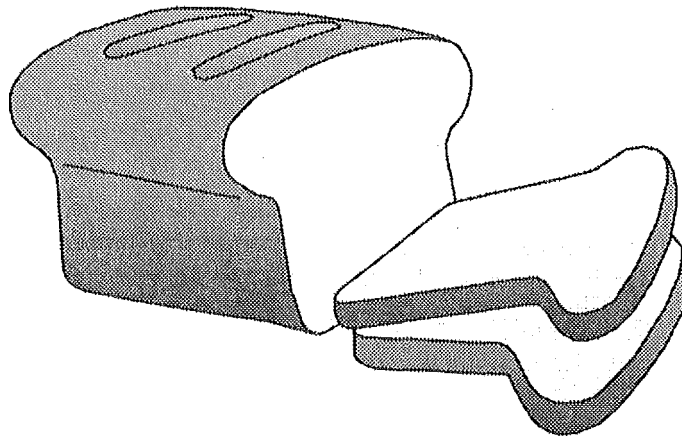
by Sunny Blende, Sports Nutritionist

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Ever wonder why sometimes after a hard workout, you feel great later and even consider a second workout the same day? And other times you're tired and fatigued and couldn't imagine doing anything else? Even if two workouts a day is not your goal it's probably a good idea to show up for work somewhat less than totally exhausted. And wouldn't it be great if you could start your next workout refreshed and replenished and maybe pushing a little harder to increase your performance. Here's the latest scientific research to help you avoid chronic glycogen depletion and put you on the road to rapid recovery.

Nutritionally speaking, you want to start out with a full tank - or better yet, topped off. The time to fatigue when exercising is directly related to initial glycogen levels. If you have 24 hours or more, you can replenish glycogen stores more easily. But if you have a life that involves other energy consumers (work, kids, chores, cross training) then the type and amount of food as well as the timing of eating that food can become critical. Most athletes are now familiar with the "30 minute window" - the time post-exercise when muscles are hungry to refuel. During this time your muscles can convert carbohydrates into glycogen up to three times faster than other times. Why is this important? Because muscle

glycogen is the body's favorite fuel during exercise and it is easier to burn than fat and more available than blood glucose (sugar). When you run out of muscle glycogen during exercise your body turns next to blood glucose for fuel. One or the other is needed to convert fat to usable energy. But blood glucose is difficult to maintain, even while ingesting sports drinks. As your body gets desperate it starts converting protein (from breaking down your muscles) into emergency fuel but not fast enough to keep up your previous pace. The result is known as "hitting the wall" or "bonking."

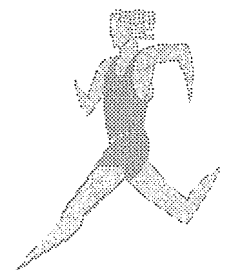


Since you cannot replace muscle glycogen while exercising (it would be used immediately for fuel), the "window" becomes critical. If you wait too long after exercising, all the carbs you eat will either go to liver glycogen, the usual place, or stored as fat. Now scientists have discovered a way your body can open the "window" a little wider. Usually only a small amount of carbohydrates are converted into

muscle glycogen but researchers know that the hormone insulin helps transfer glucose into muscles and that amino acids (found in protein) stimulate insulin production. So scientists added some protein to the post carbohydrate food in the amount of one-gram protein to four grams carbohydrate to test groups of athletes and glycogen synthesis increased by 28 percent! That's very significant. And the higher glycemic index of the carbs ingested, the more readily available the glucose, the more glycogen produced.

Sound complicated? Read the above again because if you can figure it out you will have one third more fuel, as in energy, to exercise and recover quickly. Remember you can recover with high glycemic (GI) foods or low GI foods. Low GI foods will burn fat longer. And eat a ratio of 1:4 protein to carbohydrate (or 1:3 works too) for the best result. Mix it up - try a bagel with peanut butter, yogurt with grape nuts or a sports nutrition bar. Good recovery!

"During this time your muscles can convert carbohydrates into glycogen up to three times faster than other times"



2011 IAU Trail World Championships

Connemara, Ireland - by Kevin Mannix

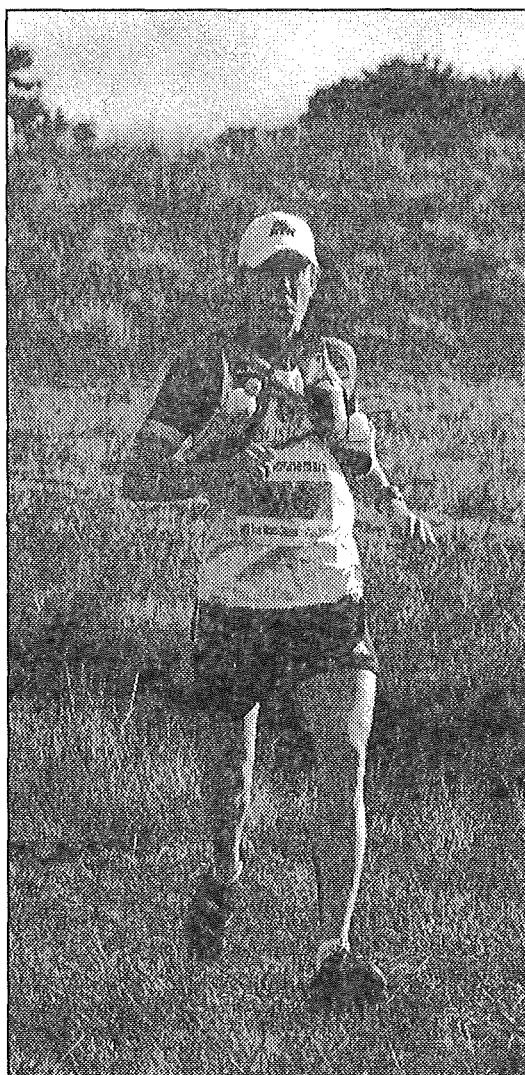
An adventure, a challenge, and an obligation to do our best. Allan Hood and I had this in the forefront of our mind as we made the long trip over to Connemara, Ireland. We were aware that we were going across without our fastest trail runners, but were determined to give everything we had.

I travelled with my wife Jo and my running mate and support, Dave Jennings. From the outset it was great to have them along, helping with all we needed and organising us. Allan travelled across solo but later caught up with his Mum, Francis, who also assisted on event day. Upon arriving in Letterfrack we were greeted with the ever friendly Irish custom and whisked off for dinner at the local pub in Tully Cross, 4kms from where we were staying.

On Wednesday Allan, Dave and I drove to Mt Benbaun and ran (trudged) up what would be the most difficult part of the course. It's an understatement to say it was a shock to see what we'd be facing; thick mud, wet and interspersed with rocks, no track or trail, straight up, steep and near the top - bordering on dangerous. Despite the unnerving training run, to see it before the event was a godsend. Before we'd seen the mountain I had predicted 7hrs but changed that to 8hrs, without a hint of sandbagging, knowing we'd be up and down this thing twice inside the 70km. We could only imagine what the other competitors would think if they came across Benbaun for the first time 30kms into the event on the day.

Our accommodation was at Letterfrack Lodge - on the sign it read "luxury budget" accommodation. The word "luxury" had been partly overgrown - could it have been intentional? We were very happy to be there though. It was the most central accommodation and Mike,

the host, was a champion man. It was our home for 5 days and we loved it. On Thursday the other teams began to arrive, with 20 nations taking part. We shared our lodge with the Dutch, the Norwegians and the Argentineans. After talking with the Dutch team manag-



Kevin Mannix

er, and hearing they had a prerequisite of a 2:35 marathon time (or better) for their runners, we knew we were up against it. We secretly hoped they'd only run on the flats next to canals, and we kept our Mt Benbaun recon quiet.

Friday night was the opening ceremony, set in a large marquee next

to the finish line area. It was there we caught up with Bernadette Benson, who was running for Canada. It was great to see her and chat about what we were in for. The announcing of the teams took place and the French, Italians and Irish had big numbers. They were all well noticed, but the BIGGEST applause was for Sherpa from Nepal. Dachhiri Dawa Sherpa had come 2nd in France at the 2009 Trail Champs and his humble, friendly nature made him a crowd favourite.

Allan and I were called up 2nd (after Argentina) and our support crew cheered loudly to give us a lift. I stood holding the Aussie flag while the other 18 teams were called. It was a great experience BUT after 3.5 litres of water that day I was nearly the first runner to get wet - and hadn't even seen the bog yet! There is such a thing as too much hydration.

Saturday morning I woke at 4.30am keeping to routine, 2.5hrs before race time (7am); had three pieces of toast, half a glass of water and a banana. Allan rose at 5am, relaxed as ever. If he ever gets concerned about anything, it certainly doesn't show. He is great company to have around before a run; or any time for that matter. I had my three bags for the checkpoints with bananas, jam sandwiches, mini picnic bars, gels, lollies and fluid. I have my bananas marked up in pen to cut in half. Jo and Dave think I am anal, if not slightly mental, but there is method in my madness.

At 6.30am we drove to the start line 4km away, at Kylemore Abbey. Wow!! What a place to start a run. The Abbey is set into the side of a mountain, surrounded by trees; an amazing sight. We noticed the start

line hadn't been erected (this at 6.45am) and wondered whether the run was going to start on Irish time - 1 to 2hrs late! We should never have doubted. Up it went in a flash and, before we knew it, the countdown began. Allan and I wished each other good luck, both thinking about Mt Benbaun, I'm sure. There was a British camera crew and a helicopter hovering just to the side; it was an exciting way to start.

The hooter went off and away we went. The front runners went out at a fast marathon pace, and the rest of us steadied into our comfortable stride, conscious that these would be the flattest and easiest kms of the day. Our pace was decent but we weren't about to chase guys like Jason Loutitt of Canada who has a marathon PB of 2:14. After 5km we began the ascent of Diamond Hill. This hill has a trail with steps at the top and was enjoyable to run up and a buzz to run down. When a small Italian woman came flying past me cutting corners and ignoring dangers, I couldn't help but follow and take up the challenge; great fun. We reached the bottom and first Checkpoint at 12km, loaded up and then set off again up the same path (2nd trip up Diamond Hill). I saw Allan at this point and he looked to be travelling well.

I was slightly slower going up the 2nd time but still felt good, just wary not to blow up. Coming down again I encountered the same thing - a Norwegian runner came flying by me this time, cutting off the small switchbacks so I followed and had a ball. We went past three other runners on the way down - it was nice to let loose and take a bit of a risk. Maybe I got a little caught up in it and when we reached the flat I noticed I'd gone pretty hard for this stage of the run (about the 19km mark). Before reaching the very bottom this time, we

were sent off to the south and onto the famous "bog." From all the rain Connemara had that week, the bog turned out to be tougher than many predicted. I fell twice running downhill on it and noticed a few others doing the same. It was hard on the legs but, if we didn't have 50km to go, it might've even had a fun element.



Allan Hood

After about 2km of bog we ran onto a dirt road where I was passed by three runners along a 3 to 4km section. I wasn't moving as easily as I was earlier, and they looked to be quick road runners so I wasn't about to chase but kept them in mind for later on. We encountered another 2km of bog before getting to Checkpoint 2 at 28km. At this stage I was placed 60th. It was great to see Jo and Dave and fuel up.

Running off again I couldn't help but think of Benbaun ahead. There were about 4kms of dirt road before it, on a slight

incline. Starting the ascent up Benbaun I looked ahead and saw the line of runners (who were hikers) going right up to the top. I hadn't imagined that this side of the mountain could be worse than the other, but it was. Through bog and sludge, interspersed with rock and puddles, we climbed straight up the side. Again no track or trail, just some flags showing a rough direction. I passed a couple about half way up and they were cursing, one of them cramping. I was glad to not be the only one battling with the ridiculous "trail." Nearer to the top it got even steeper and changed to loose rock. I started to cramp in the calves and had to stop to stretch out the locked muscle a couple of times. I caught one of the Dutch guys near the top who was waiting for his mate. Great show of teamwork, but eventually he had to leave him as he continued to cramp. The Dutch were fast on the flat but found the climbing tough. They did stick it out however until the end and, unlike a good 20 or so others, they were friendly and helpful on the course (and off it).

Reaching the peak it was a cross between wanting to throttle someone and pure delight of making it. Then came the down; dangerous, slow and steep. About $\frac{3}{4}$ of the way down it flattened slightly and we were able to move into a jumping, sliding type of movement. At the bottom was Checkpoint 3 at 40km. Francis (Allan's mum) was there with everything ready to go. The Aussie support was brilliant. Off I went on flat dirt road; this was about 4km before turnaround, where we were to come back the same way. It was at this point the leaders passed us going in the opposite direction, about 8km in front. I exchanged hellos, bonjours and bonjournos with many and it was a nice feel. Maybe it was the knowing that we'd all gone up and down "Big Benny" and

"To finish with nothing left was my 1st aim"

were about to do it again. The Irish Army was on hand as marshals throughout the run, and they cracked a smile when I mentioned I was only running to reach the pub! Any chat along the way to break up the pain was welcome. The French and Italians had supporters on all parts of the course and their big cry was "allez, allez" - go, go. A catch-cry from the Tour de France. If only we had a bike; at least on the flats!

After getting back to the checkpoint (about 49km) it was off again straight up the face of Mt BB. Half way up Lucy Colquhoun from Great Britain passed me. We chatted for a few minutes until she dropped me. She is amazingly strong and inspiring to see. I hadn't been passed by the fairer sex in an ultra before and it reminded me of where I was. I wasn't about to chase Lucy down either; she was moving the best of anyone I saw in the last half. I did,

however, know that stopping at all while going up would put me in the wrong frame of mind. It was one foot in front of the other and keep on trudging until the peak. I managed to pass 3 or 4 runners going up this time, one of them stopped mid climb. Down the other side (for the last time), I crossed paths with Roy Pirrung from the USA. He was about 20kms behind us going up for the first time. He was not a happy man and would later pull out.

Once down, I ran the dirt road leg with a new lease of life! Benbaun was finished and I was on

the homeward stretch. I chatted with Craig Mattocks from Great Britain for 2kms. He was tiring as he hadn't run "long" in his training, but he had moved very well on the mountain due to his fell running experience. At 60km, the last checkpoint, it was fantastic to see Jo and Dave. They were of course the best and friendliest crew of any nation. I tried to explain some of the previous "fun" but needed to get new bottles and

well known "vacuum" feeling of the finish. The last 200 metres were joyous, people cheering and yelling "Australie" (as they did for each country's runners). Some slapping of out stretched hands and then going under the finish line, totally relieved; happy and exhausted. 8hrs, 3mins, 57secs. To finish with nothing left was my 1st aim; to come in the top 50% was my 2nd. I was a wreck so that was good, but I was 43rd out of 80 starters for the men, so

just missed top 50%. Though going by the Irish "give or take a bit," I reckon that's close enough. Allan came in at 8:56:22, in 60th position out of 80. It was great to see him at the finish. He had a tough first half of the run but came home well, running strong in the last 10km. With lots of runners pulling out, we were rapt to finish and give all we had.

At the pointy end, the winner was Eric Clavery from France in 6:39:07, 2nd was Jason Loutitt from Canada in 6:40:32. The first woman was Maud Gobert from

France in 7:41:31. In the teams, men's places were France, Italy, and Norway. The women - France, Italy, and Canada. Bernadette picked up a bronze medal as part of the Canadian team, fantastic effort.

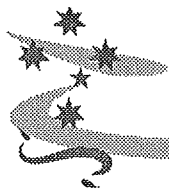
Many thanks to AURA for giving us the opportunity; it was an amazing experience. We went over without our top guys but flew the Aussie flag with pride. It was great to share it with Allan who was fantastic all week - even though he was reluctant to wear the tracksuit pants. ☺



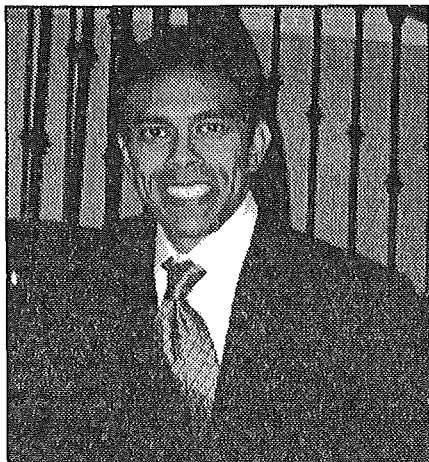
Kevin Mannix and Allan Hood

get going quickly. They told me I had moved up to about 47th of the men. I thought I was around 40th so was disappointed, but it gave me a "kick up the butt" mentally and I was determined to catch a few in the last 10km.

In the last 10km I passed four runners and felt good. The longer it went on, the more chance I had to catch those who'd come from a marathon base and/or gone out too hard. The bog, 3kms before the finish was hard to take again, but it was offset by the last 1km of trail & road downhill which came with that



International News



In our first regular feature on the international scene, Director of Communications of the International Association of Ultrarunners (IAU) Nadeem Khan reflects generally on the sport.

Why is Ultrarunning the *In* Thing To Do?

The first words that I heard when I started work at Toronto City Hall between my degrees still resonate with me today. *Instead of reading the news you will be seeing the news made.* That professional advice was quite apt when I was working in the heart of Ontario's capital and it is quite relevant today with my role at the International Association of Ultrarunners (IAU).

I ventured into the world of competitive ultrarunning early at the start of this century and for a good part of the decade piled in the miles and time to maintain the edge. I have seen the sport grow, as a spectator, a runner and now as an official. Needless to say, the world of international ultrarunning is quite enthralling and equally mesmerising.

What makes a runner go out for hours on end when training? Why do athletes pile up in a car and drive for hundreds of miles to go to a race? When was the last time a racer finished work on a Friday, travelled to a race, ran in the competition and then travelled back to their homes to be back at work on Monday?

I think a large part of it has to do with the innate human behaviour of trying the edges of limit. With the renewed interest in the marathon, professional as well as club runners are realising that the ultramarathon is the next logical step in the scheme of racing. This is possibly bringing the larger crowds (post-marathon) to this discipline of athletics that we all refer to as the "ultra."

Humans, and especially athletes, are looking for that next big challenge. Whether it is climbing the highest peak, swimming across the largest lake or cycling across the biggest continents, sports enthusiasts love the adrenaline of accomplishments. Ultrarunning perfectly suits the lifestyle of these everyday go-getters who are willing to push the boundaries of human potential on any given weekend.

Equally impressive is the fact there are races, in parts of the world, which would at first glance be seen as not so conducive to ultrarunning. One can find ultra runs like the Marathon Des Sables in the desert of Morocco, the Jungle Marathon in the thick forests of the Amazon, the Himalayan Run & Trek, and the Yukon Arctic Ultra in northern Canada.

But looking at it again, on a deeper level, it should not be surprising at all. The races have started to reach the far outskirts and the innermost reaches, since this is what ultrarunning is all about. You can enjoy the serenity of countryside trails or the noisy sidewalks of downtown roads. To add a few degrees more to the challenge, add the difficulties of terrain to the already existing complications of distance (and duration). This makes for an electrifying recipe for an ultrarunner.

Race directors, run organizers, member federations, and the IAU have all recognized the growing popularity of the sport and its evo-

lution over the years. The increased attractiveness of the trails led the IAU and the race organizers in Con-nemara to institute a team event at the recently concluded World Trail Championships. The sport is continually developing and catering to needs as and when necessary.

The family of ultrarunning is still very closely knit, which allows for a more intimate setting at international world events. The solitude of the distance events complemented with the appreciation of training that goes in to undertaking these runs has further deepened the bonds amongst ultrarunners worldwide. It is this familiar feeling amid competitors that separates us from other sports. The athletes have proven over and over again that they can remain friendly while enduring intense competitions.

It is an exciting time in our sport as we witness first hand the development of the discipline. Yes it is true, instead of reading the news, we are indeed seeing the news made.

As we march forward exhibiting our sport to more and more interested parties, I am confident that someone somewhere is packing their car to embark on a journey to race past that 42.2km distance and run into the sunset... *And perhaps may even be running when the sun comes up the next day.*

Nadeem Khan
IAU, Director of Communications

IAU is shaping up for an exciting second half of the season with the 50km World Trophy Final on August 20th in Assen (Netherlands) and 100km World and European Championships on September 10th 2011 in Winschoten (Netherlands). North Wales is the host for the 2nd Commonwealth Mountain and Ultradistance Running Championships with two ultra events (24 Hours and 53km Trails).

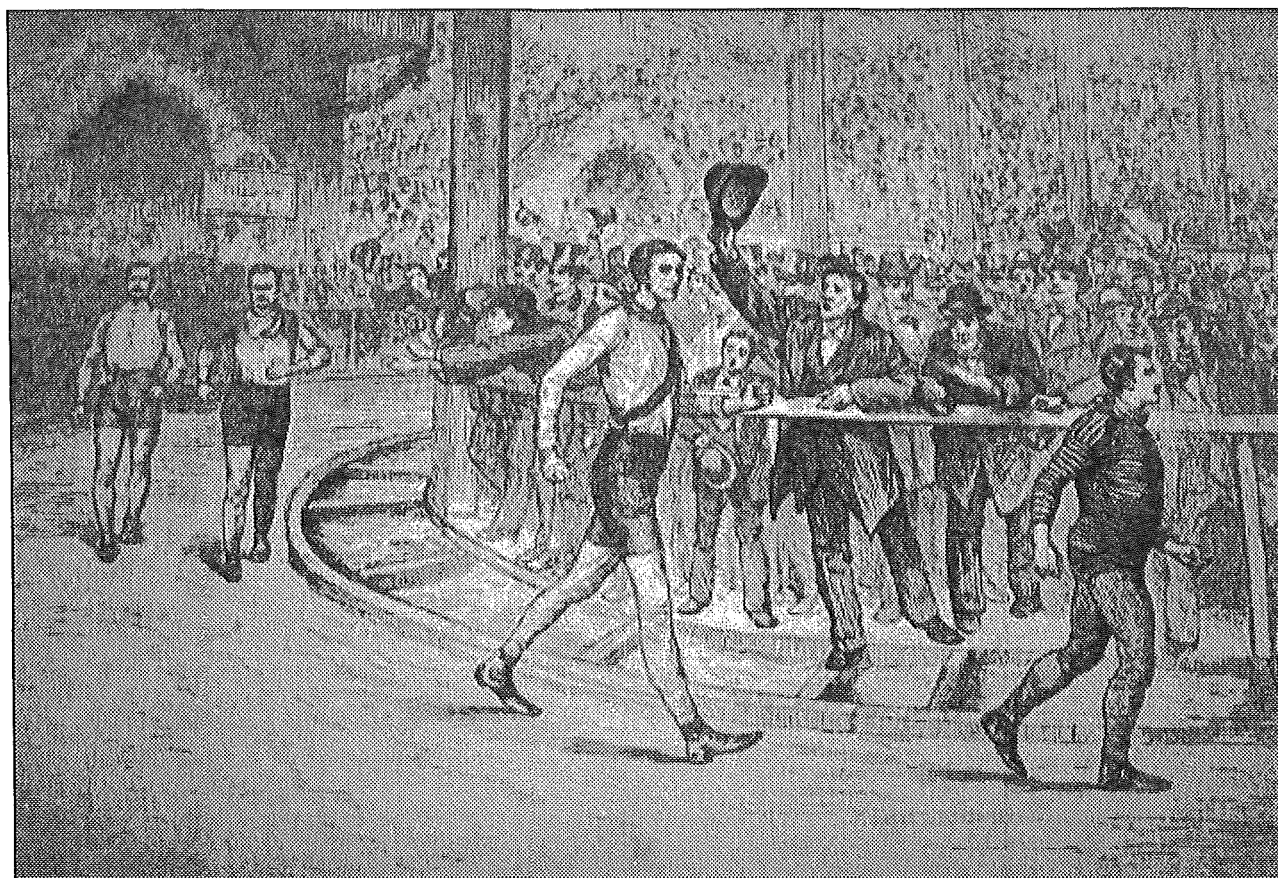




Ultra History

William Edwards – Champion Walker and a Shifty Conman

by Phil Essam



Drawing from 1800's pedestrian racing

If you cast your mind back to the study of Australian history at school, you will remember the late 1800s in particular. It was a time of the Gold Rush, Bushrangers, mass immigration and a time when the inland was being settled at a great rate all over Australia. It was also a time when Pedestrianism was one of the most popular sports and provided entertainment for the masses.

For the uninitiated, pedestrianism basically was athletics and included running and walking events from sprints to distances over a marathon. Pedestrianism started in England and America but soon spread its popularity to Australia and New Zealand. Pedestrian events were basically a social occasion where hundreds would gather to watch, socialise, have a drink and have a gamble on the outcome. Not much has changed in sport over the years since!

One of the best pedestrian walkers

of the late 1800s who competed in Australia and definitely someone who would hold his own amongst the champion ultra athletes of today was William Edwards. Over a ten year period, he competed in over a dozen races per year and in distances between 50 miles and six days. He wasn't just a journeyman though, as his results constantly showed. In 24 hour races, he was consistently completing one hundred miles plus and over six days he used to average about 420 miles, which translates to about 670 km. He also competed on four occasions against the best pedestrians that the USA had to offer and was victorious each time!

There was a darker side to Edward's career though, which today surely would have brought much needed publicity to the sport. There was at least twice that he was publicly accused of taking the profits from events he had organised. He

ended up in court for deserting his wife. He clipped a boy under the ear in New Zealand after he was sledged during a race. And there was at least one failed business interest during his pedestrian career. Perhaps this is why his career in the Colonies finished sooner rather than later and he headed back to his birthplace in England?

In this article, I shall endeavour to outline his career in more detail, provide more information about his indiscretions and attempt to fill in the gaps about his life and career. Whilst researching his life it was disappointing to note that I could not find one picture or photo of him in any historical records!

Edwards was born in England in 1851 and had his first race as a professional pedestrian when he was 16 years old - winning a ten pound purse over a two mile distance. He moved to New Zealand in 1869

and gradually worked his way up to completing the ultra distances. As an aside, I noted that in 1873 there was a champion pedestrian by the name of Edwards who organised a pedestrian carnival at Beechworth in Victoria for the local hospital. He apparently absconded early the next day with the takings and was never to be seen of again in Beechworth.

Edwards's ultra career began to really take off in 1874 when he walked 100 plus miles in a 24 hour period three times in the same year. This was in New Zealand and took place at Dunedin, Christchurch, and Wellington. These performances were to improve over the coming years, though. In 1878, he extended his personal best to 110 miles for the 24 hour at the Melbourne Cricket Ground and a year later at Bathurst he walked 111 miles. He was to extend his 24 hour record again in Sydney when he walked 113 miles and then kept going to complete 181 miles for the 48 hour period. Over 1879/1880, I counted at least a dozen ultra performances by Edwards in various corners of south-eastern Australia. They were over distances from 50 miles to 48 hours and he always finished first, second, or third.

Early in 1881, Edwards stepped up to six day racing and was to be champion at that distance as well. His first six-day race was at Adelaide in April 1881, at which he won a belt and 150 pounds with a distance of 451 miles (~ 720 km). He also took part in a six-day race in Sydney in the same year. He was to finish second with a distance of 423 miles. His next six-day race was in Geelong, where he avenged his Sydney loss to Swan and completed 431 miles. He was to beat Swan by ten miles in that race. He was then to take on a Trotting horse over six days at Geelong. The horse, aptly named "Conquering Hero" was to win with 431 miles with Edwards completing 423 miles.

In 1883, Edwards was to race for the first time against famous American pedestrian, Daniel O'Leary. Edwards was to win this encounter with a lower total of 373 miles and beat Daniel O'Leary by 20 miles. It should be noted, though, that

O'Leary wasn't in the best of health for this race. However, two months later they were to have a rematch and Edwards was again victorious, completing 446 miles. This was 13 miles ahead of O'Leary. O'Leary challenged Edwards to a third six-day race, at which Edwards once again ruled supreme over his American opponent.

In 1883, Edwards was to embark on a tour of New Zealand, but was to be in trouble with the law on his way out of the country. He was charged with wife desertion and ordered to pay 40 shillings a week over a 12 month period. He was to pay the full amount in one go and then left the next day on the boat to New Zealand. One of Edwards's first matches in New Zealand was a two-day race against the famous New Zealand pedestrian, Joe Scott. It was in that race that Edwards was to be in trouble with the law again. He took exception to a young boy barracking for Scott and giving himself a hard time and hit him with a clenched fist. Edwards was fined 5 pounds and told by the judge not to be so thin-skinned in the future. Newspaper research of Edwards around that time also revealed scant information about a failed business dealing involving ownership of a New Zealand Public House. I was unable to find the conclusion or resolution of this matter.

It was a short time after that when Edwards moved to the United States and probably the scene of his greatest triumph. In 1884, he was to take on the famous American black pedestrian, Frank Hart in a six-day race in Boston. Edwards was to beat his more fancied opponent by a distance of 10 miles, completing 426 miles. After that, he was hoping for more matches around the United States, but it wasn't to be and he was soon back in Australia competing wherever the dollars could be found for performances. Perhaps his last major effort was the six-day race against Joe Scott in 1886 where Scott completed 424 miles and Edwards completed 406 miles.

It appears that by 1888, Edwards had finished as a competitor and turned his hand to promoting pedestrian races full time. He promoted a six-day race in Melbourne in 1888 and

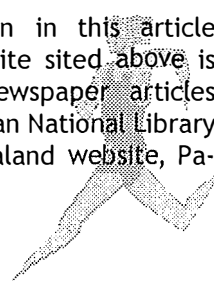
then in 1889 he was managing Joe Scott. He took Scott to an Exhibition match in Sale, which Scott lost to a doubles combination. There were accusations in the press afterwards that Edwards had not delivered his promise on the winnings and the pair had left Sale in a great hurry. The pair next came to the attention of the press when both of them were in a hotel in Fitzroy and Scott was accused of drawing a pistol to the barmaid. It is not known whether this matter went to court.

By then it appeared as though Edwards was living on borrowed time in the Colonies and in 1890 he moved back to England. He ran a public house in Essex. Nothing was heard from him after that until 1896 when it was reported that he had succumbed to heart disease and was dead at the age of 35.

No one could doubt that William Edwards was the Australian champion pedestrian of his time. He would have held his own with the "Flying Pieman" (William King) of the 1850s and he would have held his own with the better ultra runners of today's era. He also held his own and defeated two of the better pedestrians from America during his career.

There are a lot of unanswered questions, though, about his personal life and business dealings. It appears as though he was a larger than life character in his time and did have a great level of support due to his athletic ability. Was he competing around the countryside and the Colonies to avail himself of the best competition or was he moving around the countryside to escape the bookmakers and the law? There are many intriguing questions that I hope to answer one day. I have established a website for Edwards at <http://www.ultralegends.com/w-edwards/>. More information will be added when it becomes available, so please visit and read more about his incredible story.

Note: Information in this article and at the website sited above is sourced from newspaper articles from the Australian National Library and the New Zealand website, Papers Past.





www.endura.com.au

Ponder Protein For a Minute

As athletes you, especially, need sufficient protein for muscle growth and repair. Protein helps your connective tissue, cell membranes and muscle cells function effectively. Pretty important, really, when you think about the stress you put your body under when you're pushing it to the limit.

Are You Getting Enough Protein?

Athletes may significantly benefit from consuming adequate protein every day. Ensuring adequate protein intake may:

- * Minimise exercise induced muscle breakdown.
- * Maintain and repair existing muscle mass.
- * Boost resistance to infection.
- * Boost athletic performance.
- * Reduce or prevent other signs and symptoms of protein deficiency such as lowered immune function, unexplained fatigue and reduced athletic performance.

Your Protein Requirements

Your food is your fuel, so for optimal strength and power and to ensure you can reach your training goals, consuming enough protein should be one of your top priorities. A good guideline for pure protein intake as an endurance athlete is approximately 1.2-1.7 g per kg of body weight daily, keeping in mind that these figures refer to pure protein, not food weight (e.g., 100 g cooked steak contains 30 g pure protein). Protein requirements also vary depending on the intensity and duration of your exercise. Let's look at a 70 kg triathlete as an example: this athlete will need approximately 112 g of protein daily while in full training season. This equates to about 375 g of cooked chicken or beef (see Table below).

Approximate protein content of foods

Food (cooked)	Weight (g)	Protein (g)
Steak	100	30
Chicken	100	30
Fish	120	30
Tofu	250	30

Savoury Protein Powder Has Arrived!

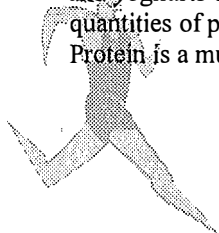
Active athletes can celebrate as Endura have a new protein powder that is dairy free, low allergy, vegan and vegetarian friendly and savoury. Endura P-Protein Soup is a creamy vegetable flavour and combines pea protein, a high quality and highly absorbable form of protein, with chromium to support normal healthy blood sugar balance. Pea protein is digested slowly making it ideal for muscle recovery.

Endura P-Protein Soup

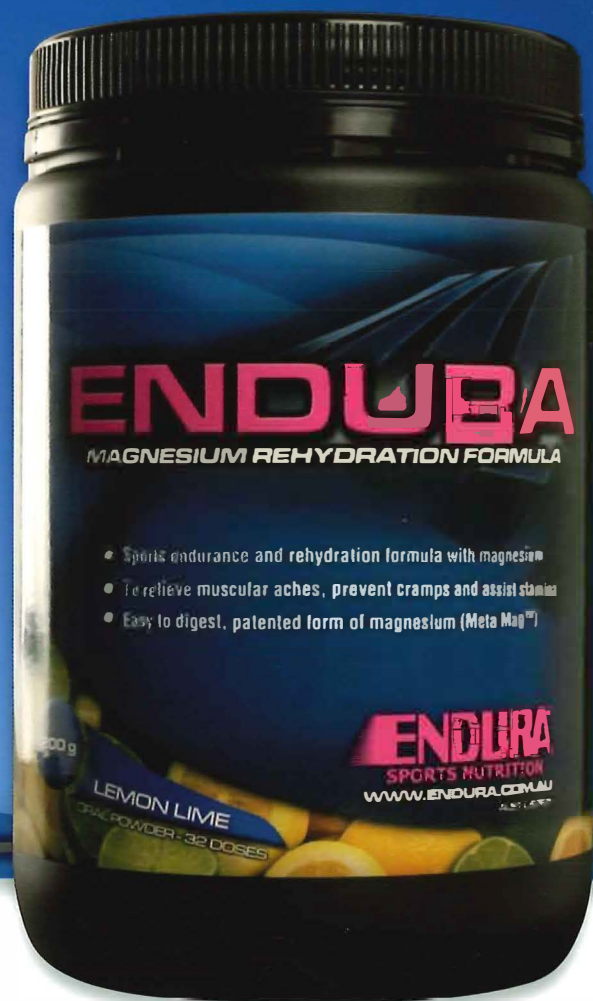
- * 30 grams of protein in every serve.
- * High protein vegetarian soup alternative.
- * For people with specific body composition goals.

You Can Only Eat So Much Tofu...

Athletes often struggle to incorporate enough protein in their diet to meet their everyday needs, and this can be even more of a challenge for vegetarian athletes. Variety can be difficult and many vegetarians can easily become bored of eating the same meals when refuelling after a training session. Portion size can be an issue as the levels of protein in many vegetarian choices is significantly lower than those in animal protein sources. Common vegetarian dietary sources of protein include tofu, tempeh, lentils, chickpeas and broad beans. Even rice, soy milk, and yoghurts contain some protein, but ask yourself - are you getting enough? Sometimes eating sufficient quantities of protein-rich food is difficult, so supplementing with a quality high protein powder such as Endura P-Protein is a much more convenient way to meet your protein requirements.



WHAT'S IN YOUR SPORTS DRINK?



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

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

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

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

Endura: The Rehydration Specialists

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

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

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

ENDURA™
SPORTS NUTRITION

Endura Sports Nutrition is available at all good Specialty Sports stores, Pharmacies and Health Food stores. For your nearest stockist visit the website or call Health World Limited on 1800 777 648. Ask in-store how to join Endura's loyalty club and visit the website to sign up for your Endura E News at

WWW.ENDURA.COM.AU

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

