

# U L T R A M A G

Dec 2011  
Vol 26 No 4



 Australian  
Ultra  
Runners'  
Association Inc

*Commonwealth  
Championships  
The Tan Ultra  
Members' Profiles  
Glasshouse 100 mile  
Walhalla, You Yangs  
and more*









# Committee Corner

## Updates from the AURA Committee

### **Bernadette Benson, Vice President**

I'm back from working and training in Canada and competing at Commonwealths. No more middle-of-the-night Skype meetings with the Executive! All settled at home and glad to be back, although as I write this, I'm packing up to head out on a new ultra adventure that will hopefully see me complete WA's 1,000 km Bibbulmun Track in record-breaking time.

I'm pleased to be getting to know more of our race directors. Being newer to Australia (3.5 years now) and AURA, I don't have the long history many members do. I've enjoyed the excitement of helping new RDs create races for late 2011 and 2012 and I've gotten first glances at race photos and articles as I helped Karen put together this December issue of Ultramag.

We got some great feedback from members regarding membership costs and value. Overall, it was very encouraging. We know there's heaps more we can do, but we need to get the major systems solidified first with a steady, core, and committed group of volunteers before we can expand from that base. To that end, I am chatting with a few spirited members who are considering taking on a regular role within AURA. And with summer approaching, I'll leave you with two just

two more thoughts: hydration and electrolytes. Enjoy it out there!

### **Brett Saxon, Secretary**

Life in the ultra world continues to keep us volunteers very busy. I'm sure many of you juggle life's many roles - work, family, and training just to name a few. With the warmer weather and longer days upon us it does seem we have just a little more time to squeeze things in.

Your committee continues to work away tirelessly working on improvements to our organisation; thank you for your patience as we get things done. The good news is the long awaited membership singlets have finally been sent and a huge thanks to our president, Rob Boyce, for his role in getting these to members. Just a reminder that memberships all fall due on 31 December - the new online system will be unveiled before then.

For me, life continues to be as busy as ever, continuing to refine and create races for you all to enjoy on the AURA Calendar. Next year hopefully will see at least one more addition of a trail race in Victoria. With the Marysville Marathon Festival getting a new 50 km trail course added, and an event management role, yours truly has a busier end to the year ahead. Toss in training for C2K, hopefully

a successful attempt to get to the top of Australia, and 2012 will be one to remember.

Have a great festive season; keep safe and injury free and I look forward to seeing you on the long run in 2012.

### **Karen Hagan, Ultramag Co-Ordinator**

With the weather warming up and summer on its way, I am sure many of you are embracing earlier morning starts to your runs in order to miss the heat! Perhaps you are even embracing the heat for summer preparedness training. I did manage a "hot run" the other day, 16 km in 36 degrees at 1pm in the afternoon; hot stuff!

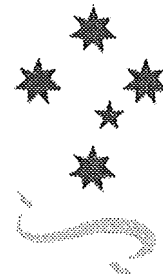
I have enjoyed preparing the 2<sup>nd</sup> edition of Ultramag since coming on board with AURA. Thanks again to Bernadette as she continues to help me settle in to the new role. Still yet to run my first ultra, reading all the fantastic articles is certainly putting a fire in my belly for trying races across all states of our country. Scattered across the land, we are united in AURA and our love of going the extra distance, and I am really enjoying all the new people I am meeting along the trails.

If you run a race, elite or back-of-the pack, we'd love to hear from you about your ideas for writing about your experiences. Articles from all perspectives

*"I am really enjoying all the new people I am meeting along the trails"*

connect with our readers on many different levels, from many walks (or runs) of life. So, please, don't be shy! I am happy for you to approach Ultramag and say "Karen, I had such a fantastic time running

that race last weekend; could I write something for Ultramag?" I'd love to have a never-ending supply of stories for our readers and it's fun for me too!



**Australian  
Ultra  
Runners'  
Association Inc**



## **MUSCLE RECOVERY: ADVANTAGES OF PEA PROTEIN SUPPLEMENTATION FOR ATHLETES**

Understanding the restrictive dietary requirements faced by many athletes, Endura is proud to announce the release of P-Protein Banana Smoothie; a delicious, high quality protein supplement that is low allergenic, vegetarian friendly, dairy free, high in protein and low in carbohydrates.

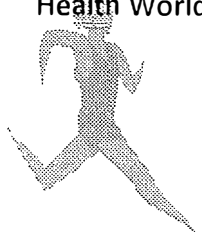
Each serve of Endura P-Protein contains 30 g of protein and only 7.8 g of carbohydrates, providing a great option for the diverse needs of athletes to help support muscle recovery and specific body composition needs.

The difference that comes from supplementing with Endura P-Protein begins with its unique vegetarian protein source. Extracted from dried pea, Endura P-Protein is a highly absorbable form of protein that is digested slowly, making it ideal for muscle recovery.

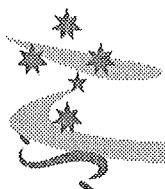
Endura P-Protein Banana Smoothie is great for those with busy timetables and may be used as a convenient on-the-go protein drink to help promote feelings of fullness and to help support normal healthy blood sugar balance.

Endura P-Protein Shake Banana Smoothie (RRP \$89.95 AUS for 24 serves) forms part of the Endura Sports Nutrition Range and is available now in Specialty Sports stores, Pharmacies and Health Food stores.

For more information about Endura Sports Nutrition visit: [www.endura.com.au](http://www.endura.com.au) or contact Health World's naturopathic team on 1800 777 648.







# Magazine of the Australian Ultra Runners' Association

December 2011

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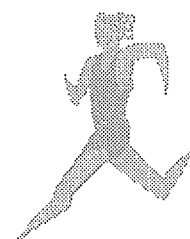
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### Cover Photos:

Front - Pam Muston, heading towards 1<sup>st</sup> female at Glasshouse 100 Miler,  
photo courtesy of dreamsportphotography.com

Back (inside) - Doug Smart in the Yurrebilla Trail Ultra, photo by Cameron Miller

Back (outside) - Dave Kennedy achieving silver medal at Commonwealth 24 hr,  
photo by Bernadette Benson





# AURA Contacts

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# AURA Events Calendar

This calendar contains only races sanctioned by AURA. This does not purport to be a complete list of Australian ultras. 2011/2012 sanctioned races will be eligible for the AURA aggregate points competition. AURA reserves the right to modify this calendar at its discretion. Always check the AURA website for late changes to race details at [www.aura.asn.au](http://www.aura.asn.au).

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

## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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>

Sunday 29 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 overnight race, starting at 6 PM  
Contact: Geoff Williams 0412 789 741  
Email: gjcarpet@caboolture.net.au  
Web: <http://aura.asn.au/CabooltureHV.html>

Saturday 18 February INJINJI STROMLO 12 HOUR RACE (ACT)  
12 hr night race 6 PM to 6 AM on 1 km circuit  
Contact: Phil Essam 0425 347 025 or Martin Fryer 0404 382 824  
Email: pandbessam@bigpond.com  
Web: <http://aura.asn.au/Stromlo12hr.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>

CENTENNIAL PARK 100/50km (NSW)

***Moved to September 2012***

## March 2012

Sunday 11 March 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](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: nathan.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](mailto:raceorganiser@sixfoot.com) Web: <http://aura.asn.au/SixFootTrack.html>

17-19 March ALPINE CHALLENGE (VIC)

100 Miler plus 100km and 60km options, team option

Contact: Paul Ashton

Email: [runningwild56@tpg.com.au](mailto:runningwild56@tpg.com.au) Web: <http://aura.asn.au/AlpineChallenge.html>

## April 2012

Sunday 1 April WATERWORLD (NSW)

45km run from Red Rock to Coffs Harbour jetty

Contact: Steel Beveridge

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

Web: [http://aura.asn.au/WaterWorld\\_RR2CH.html](http://aura.asn.au/WaterWorld_RR2CH.html)

Sunday 1 April NERANG SF (QLD)

50km IAU labelled trail run with 25km option

Contact: Ian Cornelius

Email: [ian.Cornelius@rocketmail.com](mailto:ian.Cornelius@rocketmail.com)

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

Easter Sunday 8 April WILDHORSE CRITERIUM (QLD)

53km trail race north of Brisbane, includes shorter options, on an 11k circuit

Contact: Alun Davies

Email: [ag.davies@hotmail.com](mailto:ag.davies@hotmail.com)

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

15 April CANBERRA 50k (ACT)

Historically a Silver labelled IAU race and selection race for the IAU 50k Trophy Cup

Contact: Fred Taylor

Email: [runningfestival@fairfax.com.au](mailto:runningfestival@fairfax.com.au)

Web: <http://www.runningfestival.com.au/>

14 April COBURG 24 HR (VIC)

19<sup>th</sup> annual Victorian 24 hr track championship and 28<sup>th</sup> Australian Centurions 24 hr walk; IAU labelled

Contact: Tim Erickson or Bernie Goggin

Email: [terick@melbpc.org.au](mailto:terick@melbpc.org.au) or [bernard.goggin@bigpond.com](mailto:bernard.goggin@bigpond.com)

Web: [http://aura.asn.au/Coburg\\_24hr.html](http://aura.asn.au/Coburg_24hr.html)

## May 2012

5-6 May WILDENDURANCE (NSW)

100km team race in the Blue Mountains

Email: [wildendurance@wilderness.org.au](mailto:wildendurance@wilderness.org.au)

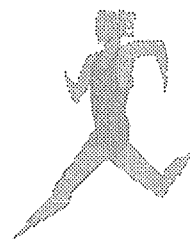
Web: <http://www.wildendurance.org.au/>

19-20 May THE NORTH FACE 100 (NSW)

100km solo trail run in the Blue Mountains plus marathon pairs option

Contact: [tnf100@arocsport.com.au](mailto:tnf100@arocsport.com.au)

Web: [www.thenorthface.com.au/100](http://www.thenorthface.com.au/100)





## June 2012

Sunday 3 June KEP TRACK (WA)

100km and 75km trail races, Northam to Mundaring, WA

Contact: Rob Donkersloot 0411 748 479

Email: rdonkers@iinet.net.au Web: <http://aura.asn.au/Kep.html>

Date TBA June MACEDON RANGES (VIC)

30 and 50km trail races

Contact: Brett Saxon 0418 557 052

Email: brsaxon@bigpond.net.au Web: <http://www.aura.asn.au/Macedon.html>

10 June GOLD COAST 100 SUPERMARATHON (QLD)

100km, 75km, 50km and 25km races, Australian 100km champs, starts at Kurrawa. 25km loop.

Contact: Ian Cornelius 0408 527 391

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

Date TBA SRI CHINMOY 24 hour (QLD)

Contact: Avirgyan Rogan 0435 201 805

Email: brisbane@srichinmoyraces.org Web: [http://www.aura.asn.au/SriChinmoy\\_6-12-24.html](http://www.aura.asn.au/SriChinmoy_6-12-24.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](http://www.aura.asn.au)



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# MARATHON



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4th annual Vibram  
Tarawera Ultra.  
17th March 2012.

Run offroad from Rotorua to  
Kawerau. Choose from 60. 85.  
100km or run as a relay team.



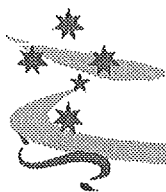
"Duude...the most  
beautiful trails that  
I've ever run"  
Barefoot Ted,  
Seattle USA



Bank of New Zealand







# Caboolture 48 hr

Natalie Jennings

Initially I had thoughts of entering the 24 hr event at Caboolture, however, after I'd started filling in the entry form I noticed that I had selected the 48 hr event by mistake. Instead of changing the form, I just thought to myself, "Oh well, I guess I will run the 48 hr event now" and promptly faxed it off before I could change my mind.

I organised accommodation, flights, and a crew member, and set about training furiously in the lead up to the event. On arrival at the Caboolture Historical Village I noticed the village had a really nice homey feel to it and I came to the realisation that this was going to become a very familiar place over the next two days. The course itself, being laps of a 500 mtr decomposed trail-like track, was not entirely flat with a two-metre rise and fall on each side.

My crew consisted of the one and only "Yvette" who, lucky for me, is a local Queenslander. Yvette is a close friend who, unfortunately, I don't get to see often enough. We had made all of the arrangements for the race via email and had spoken over the phone several times in the lead up to the event so all that was left to do was set up camp and for me to run.

The event start was very informal with no numbers issued and we had a little gathering before kicking off with the race director who introduced all of the competitors and allocated a lap scorer to each runner. I really enjoy the low-key events so this one had my tick of approval with Geoff, the race director, keeping it simple whilst adding a personal touch.

Once underway we were all smiles and the field spread out over the 500 mtr track quite quickly with different run /walk strategies kicking in early on. I stuck to my run-four-laps-walk-one routine from the start, but really I had no plan beyond that as the distance and the time that I

was about to embark on was really an unknown to me.

I quickly became familiar with my lap scorer, giving them a nod or a wave as I passed by. Before long I found myself sharing the track with several different runners and chatting for hours on end which seemed to make the time pass more quickly. The first day I was really comfortable and Yvette was making sure I was well fed and that I had all of my drinks and nutrition under control. The first night I decided to have a two-hour rest of which I slept for about one hour. The remainder of the time was spent changing clothes and just putting my feet up for a while. This made a tremendous difference as I felt so refreshed and was able to run again, ready for the morning.

Once the 24 hr runners arrived, that injected some fresh enthusiasm into me and I was soon running along with a renewed spring in my step. I had several friends participating in the 24 hr event so it was great to be able to share some time with them as well.

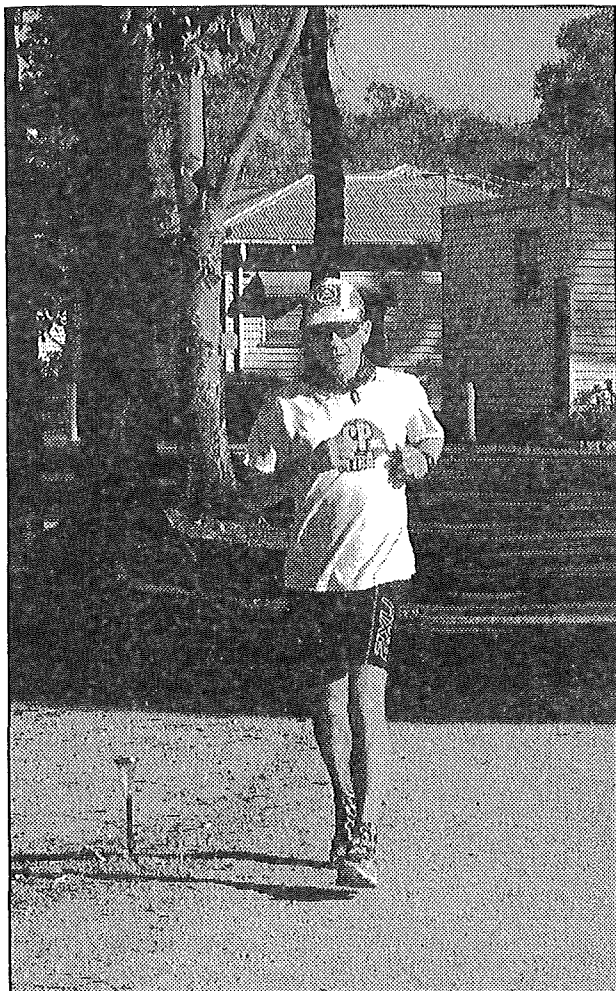
The second day was rather warm so replacing electrolytes and keeping up with my nutritional needs was vital. Yvette was as dependable as ever and very vigilant in ensuring that I had all that I needed. At this stage the run /walk strategy became more of a shuffle /walk and this continued throughout the day and into the night. As warm as the day was, the night was cold and I had to make sure I had enough layering on to keep me warm. After consuming some hot food and settling into a run-half-a-lap-walk-half-a-lap routine, I began to feel the fatigue and lack of sleep take over my body. Getting close to midnight I began to fade, barely walking at a reasonable pace and getting colder as the hours passed. I decided to lie down again for an hour and hopefully sleep to freshen myself up for the last 6 hrs.

This was not the case! Once I had lain down for a while my back and

hips began to ache and I just could not get comfortable at all, even with the extreme tiredness taking over me. I tossed and turned for a while then decided to just get back up and start walking again. My walking was almost sideways at one stage and I felt like the morning was never going to come. In a zombie-like state I dragged myself around the track to get some more laps in and then something weird happened to me, I started to see things that I hadn't seen before. Before me was a wall of big rocks which, when I got close to, disappeared. Next was a series of ladders and more rocks, which also disappeared. I knew I was missing the trails but this was ridiculous! This was the first time I had experienced hallucinations in my ultra running career and will probably not be the last. Yvette and Alun (who became an adopted crew member for a while) kept a close eye on me, as they were obviously aware that I was struggling. Their words of encouragement gave me a bit of a boost that was needed to get me back into a decent walking pace again.

Before I knew it, I had snapped out of my hallucinogenic state and was walking more purposefully while pleading for daylight to emerge. Once the sun came up I knew there was not long to go and it would all be over. I had a coffee and a gel and put on my music and slowly started running again. It was amazing the energy that I felt knowing that the finish was not far off. I managed to run most of the last 3 hrs and even semi-sprinted the last lap to get back to the start/finish area.

I saw Yvette and Alun waiting for me at the finish and, finally, it was all over. Yvette was a fantastic support and never has the phrase been truer, "A good crew makes a good runner". We hugged and shed a few tears of joy, elation and just downright fatigue. I can't wait to do this event again next year; it's a special one in its own way.



48 HOUR				
Overall Rank	Performance	Last Name	First Name	Gender
1	388.429	Fryer	Martin	M
2	278.731	Allen	Trevor	M
3	277.005	Jennings	Natalie	F
4	274.534	Kelly	Chris	M
5	252.398	Collins	Tony	M
6	227.001	McCowan	Mark	M
7	204.048	Wright	Warren	M
8	199.005	Staples	Alan	M

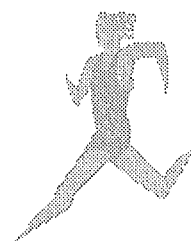
24 HOUR				
1	201.500	Waugh	David	M
2	162.000	Kruger	Brad	M
3	148.500	Houldsworth	Steve	M
4	144.561	Bradley	James	M
5	143.874	Emr	Mark	M
6	123.653	Swain	Elizabeth	F
7	114.000	Wright	Paul	M
8	110.007	Morris	Kerrie	F
9	73.000	Jaques	Sara	F

12 HOUR				
1	70.653	Moloney	Mallani	F
2	67.038	Harris	John	M

6 HOUR				
1	74.368	Pearson	John	M
2	46.775	Smith	Cassie	F
3	21.599	Tuxford	Mark	M
4	21.000	Blake	Stephen	M
5	15.000	Phillips	Lindsay	M

3 HOUR				
1	36.607	Smith	Craig	M
2	36.444	Hutchins	Tony	M
3	20.034	Fiegel	Tina	F

*Martin Fryer 48 hour winner;  
Libby Swain women's 24 hour winner*







# Tan Ultra 100 k

Magnus Michelsson

The Tan Ultra 100 k this year was a big race for me. Over the years I've punished myself pretty hard; I raced my first marathon in the mid '80s and my first Ironman in 1988 when I was 19. After 26 years you have to expect a few injury problems. Because of this, I have only been able to do 7 ultras before the Tan Ultra 100 k - Bogong to Hotham, 5 Comrades Marathons, and the World Cup 100 k in Italy.

When you run Comrades you realise how quickly someone can run ... these guys relentlessly keep up the pace. Watching them bang out 3:40 min/km late in the race, after climbing several mountains, is really impressive. This year I wasn't able to go to South Africa. This year I wasn't going to hear 20,000 nervously excited people chant the Shosholoz (thinking about it makes the hairs on my neck stand up).

I wasn't injured so I needed another race. The only time I tried to race a 100 k, things hadn't gone as planned. So I didn't have a 100 k time that I was happy with. Ok, looks like I'll try another 100k'r. Maybe one with a looped course - easier to pace yourself, easier to organise your drinking plan.... I can get the guys I coach to help out with my drinks/food. And maybe one that isn't too far to travel to...The Tan was perfect ...except you have to run up Anderson Street 26 times.

It's always hard to set a goal, especially for a distance you have only raced once (and badly). I had done 6 races over 90 k, two good ones (Comrades 5 hrs 55 mins and 6 hrs flat), one average one (Comrades 6 hrs 43 mins), and three bad ones (let's ignore those!). The two good Comrades races (one uphill and one downhill) were done at 4:00 min/km pace for 90 k. This translates as 6 hrs 40 mins for 100 k at 4:00 min/kms. This would be a real stretch, but I wondered if it was possible....

## Plans 1 through 3:

1. Go out at a good pace (something close to Comrades race pace) and see how close I would have been to being competitive at Comrades this year;
2. Win the Tan 100 k;
3. Finish the Tan 100 k!

Ummm ...it might be hard to pick an exact race goal time but let's go with Plan 1.

The race had a number of very good competitors including Nick Harrison (2:10 marathoner, team mate in Edmonton World Track & Field 2001), David Eadie (Current Australian 100 k title holder, previous Victorian 10 k title holder), Mal Gamble (second to David at the Australian titles), and Rick Cooke (top Australian marathoner and Australian Rep over 24 hrs). Clearly this year was going to be a competitive race. The Tan is an iconic track; always busy with world champions, midday milers, weekend joggers. You never really know who you might see each day. This year's race started with a short 250 m out and back, followed by 26 complete laps.

I felt heavy at the start, but I was happy, as that was normal at such a long race. During lap 2 to lap 6, things started to feel better and better as I warmed up. I was knocking out some good times and putting plenty of distance into the rest of the field. My TCR support team were doing a great job of catching my bottle as I threw it to them (for them to refill) each lap.

The field had split into many small groups, mostly chatting away, with a few of us on our own. It was great to say "hi" and cheer each other on as the race progressed. While lapping Dave Eadie he informed me that Nick Harrison and Rick Cooke were in front of him...oooh! Then he reminded me of my 100 k PB...

ahh, whatever! PBs are there to be broken, right?

Things were really on track for a fast time, even laps with toilet stops were pretty quick. Lap 8 - "Oops, that seemed a little too fast." Oh well, I felt fine and was almost a third of the way. Coming up to Anderson Street hill, again, I could see Nick Harrison and Rick Cooke. One of them says, "Hey, at that pace you might break the Australian record." lol. "Let's see how I'm feeling with a few laps to go," I reply. I wonder how close I can get to Tim Sloan's 6:29 100 k record? There is still a long way to go. Is it possible around the Tan? I'm feeling really good now.

Lap 11 - Damn, I can feel a bad blister coming on at the back of my right foot. I know my foot strike is being affected and stopping is going to stuff up my time; but so is the way I have started running on it...let's hope it doesn't get worse.

Lap 12 - Ok, I have to stop... I call out "Anyone got bandaids?" as I pass under the start-finish gantry. Everyone has confused looks on their faces. I think it's confused; could be worried, I guess. The shoe comes off but nobody is quite ready for how bad it is. I get a pretty good patch up job but "OK, I don't think this will last more than a lap. Get back out there and we can fix it next lap," Andy tells me.

Lap 13 - Lucky lap for me today; the second time I stop to get my blister fixed. Andy does a superb job on my foot, but I have lost a lot of time in the last 3 laps. Pity, it looks like I'll be nowhere near Tim Sloan's time now...that's depressing. OK, Plan 2.

Lap 14 to lap 20 - I am feeling pretty down after I started out so well. Because we have changed to plan 2, I'm now picking up my bottles and walking with them (this way I feel like I could go all day). I think the TCR guys are happy they don't have to catch the bottles anymore.

Lap 23 - Ross from my crew says,  
"Dave just came in and changed

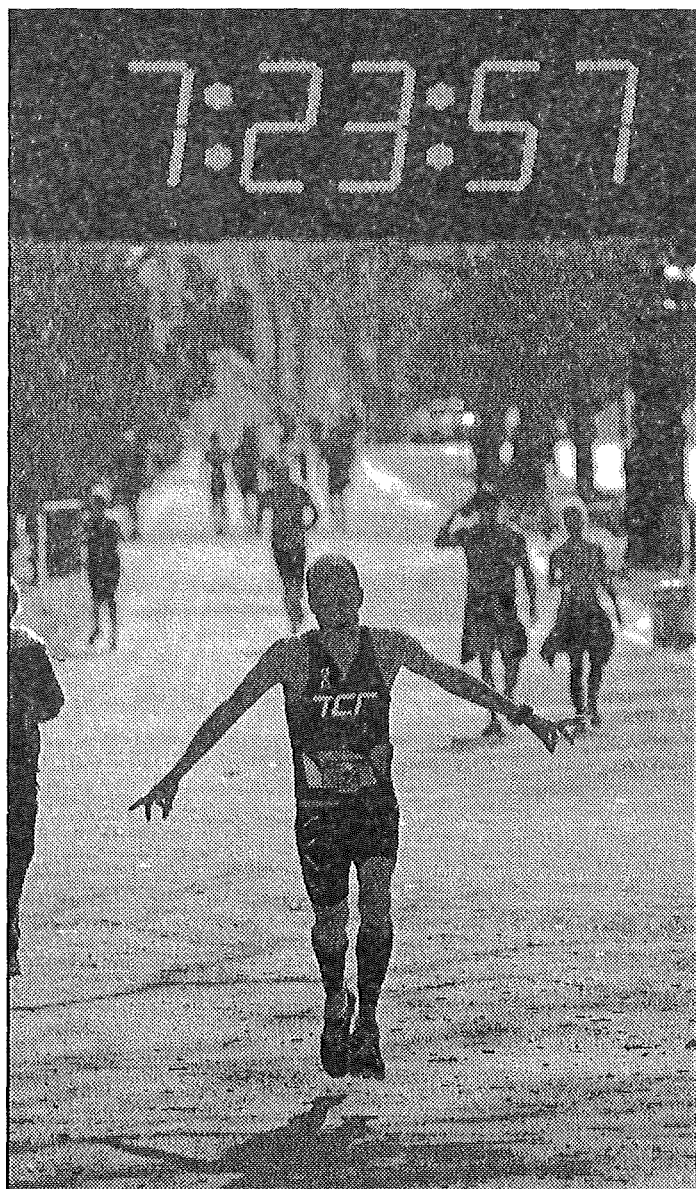
his shoes.” James adds, “He is just up in front of you.” Oh, there he is about 150 m ahead. Is he really only 1 lap down? Are the laps confusing everyone? At least I have something to focus on now. About halfway round the lap I realise he is going a little bit quicker than me; he must be only 1 lap down. Lucky there’s only about 10 km left... but we are racing again.

Lap 24 - "Maybe you shouldn't walk this bit anymore?" James advises. I grab the water bottle with a smile on my face, "No. The only way I'll lose from here is if I try and run the whole way" and that would mean slipping to Plan 3. Damn, I can't see Dave after my aid station walk. Ok, maybe James had a point.

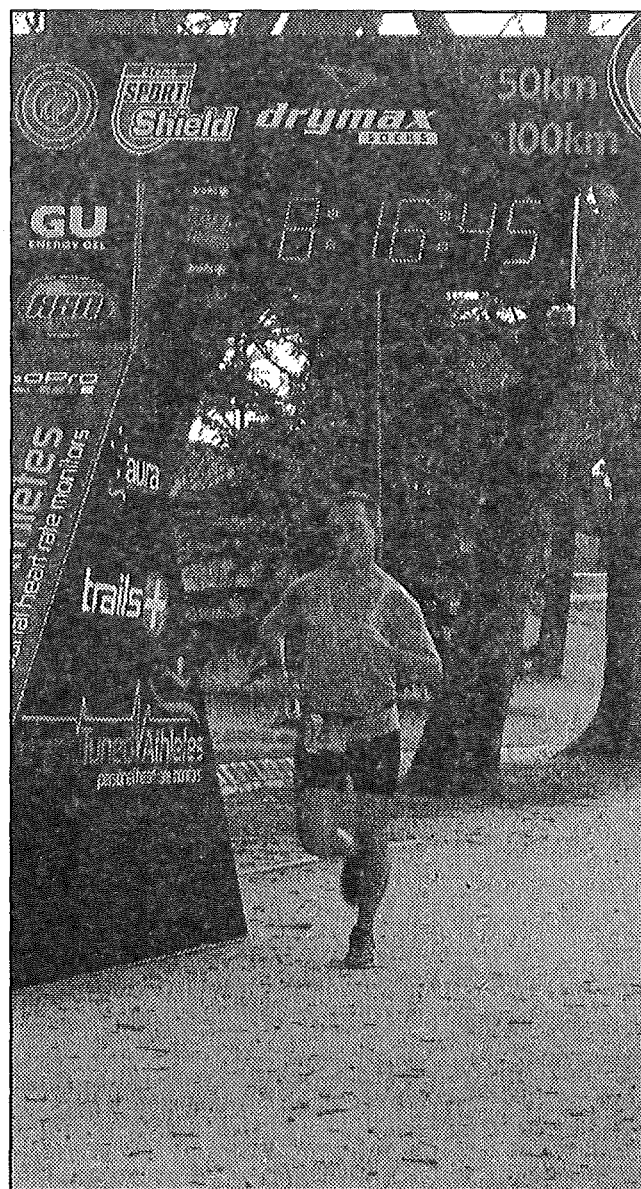
Lap 25 - Awesome! Dave closing in on me has got me back under 7:25 pace. "Ok James, I won't walk so far this time."

Lap 26 - Crossing the finish line is always nice, but getting up Anderson Street for the last time is a very close second.

My Garmin stopped at 7:23:57:92 ...bummer. Official race time seems to be 7:23:59 or 7:24:00. Well done to all of the competitors; it was a lot of fun. Special mention to Dave Eadie for his PB and for making it a really interesting race and mostly for making me run faster.

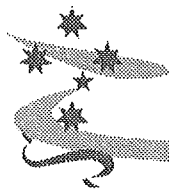


Magnus Michelsson 1st overall Tan 100k



*Mal Gamble 3rd male Tan 100km*





# Chemo to Comrades and the Mel 100km Tan Trials

by Serena Wooldridge

I did my first 10 km race in November 2005, "The Olympic Dream," in just over 45 minutes. From then on I was hooked on running races. I will never forget my best friend and personal trainer, Nicola Childs, saying to me "Serena, you will be doing marathons soon" and me replying, "No, thank you, I'm happy with 10 k's." Wow, how my life has changed.

One year later, in October 2006, I was diagnosed with breast cancer - an aggressive grade 2 carcinoma. I was 35 years old. I had to go through surgery and, in 2007, chemo and radiotherapy. I lost my hair and my strength and was not sure what fate had in store for me. I was a mum of 2 young boys and was worrying if I would see them grow up. At that time I just needed to run and sob my heart out with no one around, which got me through the hard times.

I remember asking the doctors about running through my treatment and they laughed, saying I would be lucky to walk, let alone run, as they were hitting me hard with treatment due to my youth. The one thing I learned pretty early in my diagnosis was to listen to my heart and follow my dreams, stay positive, and run. Running is what got me through those hard times - the sickness and the therapy. I ran half the distances I was used to and ran very slowly, but it got me through. I must have looked a funny sight with no hair and wearing a bandana.

One year later, in 2008, I was back to running 10 k races and did my first half marathon in Bathurst in 1 hr 44 mins. Then I knew I wanted to do a marathon. While I am running I know I am alive and healthy. I know the pain I have gone through and this pain has helped push me through barriers. Helping to motivate others along the journey of the marathons and the ultras is very healing.

After doing my first Melbourne marathon in 2008 in 3 hrs 33 mins, I

had set my heart on doing Comrades, the ultimate ultra distance run; the Mecca of all races! The uphill was just under 87 kms. The whole race, all along the way, was full of support and cheering which gets you through. In 2011 I competed in the Comrades in 8 hrs 29 mins. The whole nation stops for this race and it is televised on all their radio and TV stations. The South Africans are so friendly to you during the event. Identified by your international bib, international participants are treated like royalty by the participants and spectators. You do not need to carry any water or food; it is all laid out for you every 2 kms. Water, Pepsi, energy drinks, chocolate, fruit, potatoes and more. I have never experienced such support throughout an event. Comrades is to be commended, and once you have done a Comrades you want to go back every year.

Every day I wake up I think of Comrades; I can never forget it. It becomes imprinted on your brain and you relive it with every run you do. The 5 big hills you climb, over 1,000 metres ascent, will remain in your mind every day after the race for the rest of your life. There are so many hills included in this race that have not yet been given names; and with each uphill there are downhill, too. I took my time for the first 1.5 hours, talking to everyone. Then I put on my iPod, picked up the pace, and danced up Inchanga Hill. A euphoric experience! I remember hitting the 9 hour bus, which was so huge. I couldn't get past it for at least 10 minutes as there were so many people stuck on it. I also remember getting to Little Polly's thinking it was Polly's Shorts as my Garmin had run out of battery, how annoying! Then I discovered Little Polly's is just the little hill before you hit the big hill - to totally wipe you out before the finish!

You could spend two days walking around the expo and talking to like-minded people. The whole

experience of Comrades unites us crazy runners from all over the world, whereas at home most people cannot relate to, or fathom what drives us to such extremes. We know we are wasting our breath to even try to explain our passion for running. Comrades brings all walks of life together.

As any ultra and marathon runner knows, it is hard to taper down and we never give our bodies enough time to get over our races. Thus, I started to run one week later. I had to get ready for my next challenge, the 100 km Tan Trials in Melbourne. I could tell my body was tired and fatigued, but my spirit was alive and still on a high.

I competed and won the women's 100 km in 9 hrs 43 mins. I have to say, running this race felt a lot harder than Comrades. Not having the country stop and cheer and support you like it did during Comrades made the Tan a lot tougher, especially having to do Anderson Hill 26 times. It felt steeper than Comrades even though I knew it wasn't, so each time I would tell myself, "Get your butt up this hill. If you've gone through Comrades and through chemo, this is easy!" Brett Saxon has to be commended on the detail and planning of this race; there was plenty of food, drinks and cheer each lap.

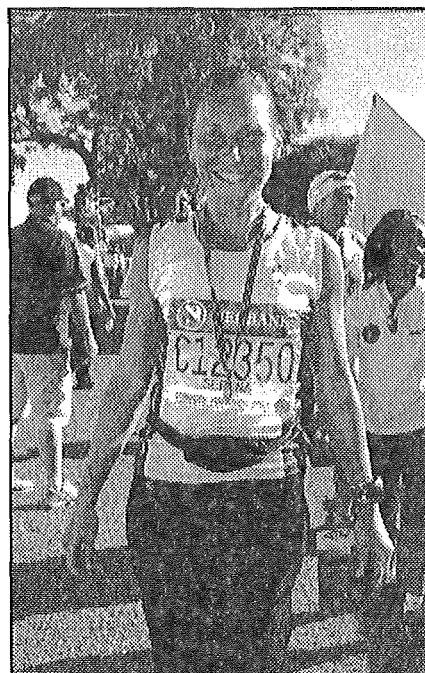
And I have to commend the non-runner supporters who come along to support us. My husband, Jeff, and my two boys Rob and Ethan, are always out there to support me during a race, in the early hours, wind, and rain. During training, they often tuck me into bed at night early so I can be up to run at 4.30 am. They put up with my grouchiness, especially when the phone rings after 8.30 pm, as boy do I start growling! Even the dog cowers for cover. Running is a selfish sport and it does take its toll on our very supportive family members who need to be given credit, too.

Having the support of my mother and father, who came along with me to Comrades and the Melbourne Tan Trials, has been fulfilling, not only for me but them as well. It's been great to see them change their own lifestyles, get into running at the age of 60, and do their very first ever 10 k race for Run Melbourne in 2011.

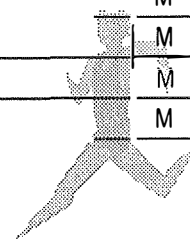
I am truly lucky. Without such a supportive husband and family through my treatment and running, I would not be where I am today. I do believe that any successful athlete must be successful in some part because they must have a fully supportive wife, husband, or other family. This is why we can

train; for there is no cheating in a long distance race. Training comes down to kms on your legs, which is only possible for me because of the support of my immediate family. Yes, I am blessed. I am running, I am alive, I am living. I look forward to my next big challenge, maybe the 24-hour or a 240 km 6 day marathon. Life has so much to offer! Turning 40 is wonderful and only runners know that reaching another milestone puts us in a new age category. Dream, Believe, Achieve!

*Serena finishes Comrades*



Overall	Time	Last Name	First Name	M/F	Overall	Time	Last Name	First Name	M/F
<b>100 km</b>					<b>50 km</b>				
1	7:24:00	Michelsson	Magnus	M	1	3:18:34	Staehr	David	M
2	7:34:46	Eadie	David	M	2	3:47:14	Edwards	Martin	M
3	8:16:45	Gamble	Mal	M	3	3:47:18	Williams	Glenn	M
4	8:37:37	Scholz	Justin	M	4	4:03:59	Mooney	Darren	M
5	8:45:57	Easton	Brett	M	5	4:03:59	Wynd	Nikki	F
6	9:06:44	Hall	Rob	M	6	4:04:39	Wallace	Natalie	F
7	9:20:20	Cooke	Rick	M	7	4:15:05	Chadima	James	M
8	9:22:55	Stratford	Luke	M	8	4:17:59	Scholz	Sharon	F
9	9:43:06	Wooldridge	Serena	F	9	4:23:05	Swinkels	Mark	M
10	9:55:09	Marcus	Simon	M	10	4:23:27	Bennett	Elizabeth	F
11	10:01:40	Bouvier-Baird	Myles	M	11	4:26:17	John	Michael	M
12	10:01:40	Wenn	Mark	M	12	4:29:02	Strapp	Tim	M
13	10:17:46	Wiadrowski	Toby	M	13	4:31:34	Alirezade	Tayebeh	F
14	10:39:14	Copp	Felicity	F	14	4:34:29	Robbs	Chris	M
15	10:41:44	Cowling	Gayle	F	15	4:39:25	Pirola-Merlo	Andrew	M
16	10:46:12	Thompson	Michael	M	16	4:42:04	Cameron	Scott	M
17	10:58:14	Evans	Owen	M	17	4:42:56	Duff	Ursula	F
18	10:59:44	Frazer	Norman	M	18	4:49:22	Loh	Sheryl	F
19	10:59:44	Hunter	Hugh	M	19	4:59:22	Jansen	Erwin	M
20	11:04:52	Donnelly	Michelle	F	20	4:59:56	Bailey	Grace	F
21	11:29:13	Sutton	Rob	M	21	5:06:40	Thompson	Nick	M
22	11:30:58	Maguire	Cathy	F	22	5:09:52	Marshall	Michael	M
23	11:35:27	Mullins	Peter	M	23	5:11:28	Johnson	Dianne	F
24	11:36:07	King	Andrew	M	24	5:11:28	Murray	Gregory	M
25	11:40:23	O'Loughlin	Daragh	M	25	5:29:24	Hutchinson	Daniel	M
26	11:41:05	Chan	Karen Woon Cheung	F	26	5:53:08	Meyer	Bernd	M
27	11:43:43	Marsh	Ken	M	27	6:19:12	Glover	Brian	M
28	11:49:49	Kew	Greg	M	28	7:18:42	Mihalakellis	George	M
29	12:03:22	McCormick	Richard	M	29	7:22:32	Jordan	Steve	M





It's Extreme -

# Kuranda to Port Douglas

## Ultra Trail Marathon - by Lorraine Lawson

It was still dark when competitors arrived at the start line for the third and final race in the Cairns Road Runners FNQ Trail Running series on a cool, cloudy 28<sup>th</sup> of August in 2011. The runners were anxious to get on their way, running from the small tourist town of Kuranda to another - the famous Port Douglas in Far North Queensland. The prospect of spending the next 64 km traversing native rainforest, open eucalypt forest, pine plantations, and picturesque creeks appealed to the 32 competitors, including myself, who set off at first light at 6.00 am.

The scenic route is incorporated in the Mowbray National Park, within the Wet Tropics World Heritage Area, where the endangered southern cassowary, a two metre tall flightless bird, still roams the rainforest areas including the first section of the race along Black Mountain Road. Those who had studied the profile knew that the first 10 kms was to be a steady climb. Beyond that, there was another 16 kms along the dusty dirt road. I filled up my little 250 ml plastic bottle at the drink stations dotted along this section, until I reached the first checkpoint called Quaid Road. It was a welcome relief with chocolate cake and friendly faces.

After collecting my compression bandage (to treat snake bites) and whistle, I reluctantly said goodbye to the lovely volunteers at the checkpoint. Within a kilometre, I turned off Black Mountain Road into the "Twin Bridges Track," passing the SES personnel keeping a keen eye on competitors. This 18 km track, shaded by large rainforest trees, follows the route of the original Black Mountain Road to the east of the current road. Closed by gates at both ends, it is a multi-use track for trail runners, walkers and mountain bikers. Having run along

here in training this is my favourite section along the course, despite other runners complaining that it was slow-going and rough under foot. The highlight for me, about 37 kms into the race, was the first of the Twin Bridges - now dilapidated, with the large logs collapsed into the shallow creek. Ditto for the second bridge, just a short distance further. It was also along here that we reached the marathon mark in

track rejoined Black Mountain Road at the 45 km mark. Runners took the opportunity to fill up hydration systems, drink some Endura (to prevent the impending cramping) and grab a handful of lollies before covering the next 2 kms to reach the "Top of the Bump" - another checkpoint. More chocolate cake and the most fantastic, energy-filled slice you'll ever eat! I'm convinced it's what finally got me over the line.

The recipe is in the Cairns Road Runners October 2011 Newsletter.

Stuffing a couple of pieces of the slice into the side pockets of my running skirt, I headed down the 6 km historic Bump Track. But I use the term 'down' fairly loosely, as a study of the profile of the race reveals numerous inclines along this section. The Bump Track offers views of the Mowbray River valley, where the Mowbray River drops through a gorge carved into the forested foothills of the Macalister Range. It was blazed in 1877 by Christie Palmerston, a prominent bushman and pathfinder of the times,

and was the main access from the Hodgkinson Goldfield to the port in Port Douglas. The Bump Track was infamous for its steepness, especially the section known as Slatey Pinch - a cutting through slate rock at a steep 1 in 3 grade - one kilometre from the bottom of the Bump. Competitors probably knew little about the history of this track, and found out first hand just how steep it is. By the time I got onto the Bump track, with another 17 kms to go, the front runners had already crossed the finish line and were having a swim in the ocean to cool their tired legs. Up until now we were running in overcast conditions, with a couple of little drops of rain, but the sky through the trees on the Bump was



*Lorraine Lawson & Emma Mills 3rd, 4th at Kuranda*

the race. A great feeling, knowing there was only another 22 k to go. After cyclone Yasi in February 2011 this track was impassable, but the hard workers from DERM (Department of Environment and Resource Management) had ensured the track was cleaned up prior to our event. Despite this, there were still plenty of wait-a-while - a nasty vine with razor-sharp spines that will grab onto your skin or tear your clothes. You don't have to be from the region to figure out that stepping high over the fallen branches of the wait-a-while reduces the repeat of torn flesh around the ankles.

It was therefore a welcome relief to spot the marshals where the



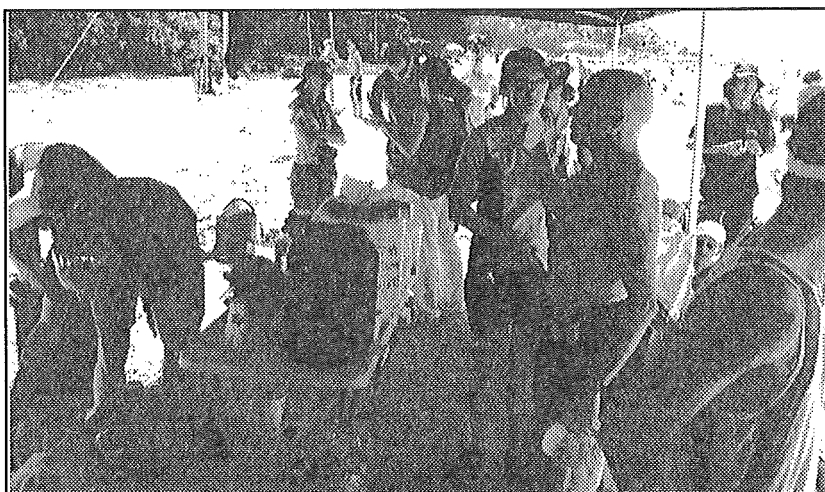
now a clear, brilliant blue and the sun was blazing down in typical FNQ style. I travelled slowly down the single track, and walked the last few kilometres; it was just too steep to run. The panoramic views were fantastic and I regretted not bringing along a camera.

A little crowd of volunteers were waiting patiently at the bottom of the Bump, including one runner who was cramping too badly to continue. After slapping on some sunscreen and stretching my calves, I headed off along the bitumen towards Port. This was the toughest part of the race for me. Not eating enough at the checkpoint earlier was a mistake, and I was left fishing for crumbs left over from the slice in my side pockets. With a headwind and a hot bitumen road, the few kilometres along this section felt like forever. For me it was that one section in the race where I would have loved to sit down and cry but, as that was only going to prolong my agony, I relented and walked sections where there was a bit of shade available. Finally, after travelling on a dirt track adjacent to a sugarcane plantation and passing a few more marshals and a drink station, I reached the southern end of the beach.

One of the many attractions of Port Douglas, Four Mile Beach is considered to be one of the best in Far North Queensland. The sand is so firm that the beach has been used for horse races and mountain bike races, and also as a landing strip for small planes. With low tide at 2.15 pm on race day, there was a broad section of the beach to run on. On any other day this 3.8 km stretch, with kite surfers on the ocean side and sunbathers on the palm-lined beach side, would be a pleasant experience. But not today - after 60 kms! Despite the clear skies, my Garmin GPS watch seemed to refuse to tick off the metres as I (mostly) walked along the beach. But finally, like the 28 runners before me, I reached the end of this iconic, inaugural 64 km Kuranda to Port Douglas Ultra - third from last and third out of the four women in the race. It took me 9 hours 30 minutes. The winners had long ago gone home (winning times 5 hrs 45 mins for first male and 6 hrs 42 mins for first female). The four pairs of North Face trail running shoes, and numerous random draw prizes donated by the sponsor, It's Extreme, had all been handed out. Yet there were many friends waiting to cheer me over the line. And yes, I'll be back for sure in 2012. What a fantastic race!

*Finish line photo by Sam Cullen*

KURANDA				
Pl	Time	Last Name	First	M/F
1	5:45:14	Carter	Ben	M
2	5:47:14	Robinson	Glen	M
3	6:11:10	Bartsch	Brad	M
4	6:15:52	Herrmann	Matthew	M
5	6:17:17	Prytz	Arnstein	M
6	6:34:46	Narywonczyk	Tynan	M
7	6:36:57	Fearon	Keith	M
8	6:38:44	Cross	Peter	M
9	6:41:58	Sager	Julie	F
10	6:47:31	Scoines	Robert	M
11	6:48:17	Lawson	Larry	M
12	7:01:28	Cavin	Ben	M
13	7:05:01	Weaver	Brad	M
14	7:09:31	Briscoe	Judith	F
15	7:20:03	Willetts	Roy	M
16	7:20:04	Le Roux	Mike	M
17	7:27:00	Duncan	Kevin	M
18	7:28:21	Jakubovsky	Taras	M
19	7:31:10	Miller	Robert	M
20	7:38:58	McClelland	Terry	M
21	7:40:32	Titmus	Steven	M
22	7:47:57	Hawthorne	Neil	M
23	7:55:17	Whittle	Ivan	M
24	8:02:00	Valentine	Ian	M
25	8:05:25	English	Stephen	M
26	8:49:38	Piercy	Idan	M
27	8:54:53	Moore	Nathan	M
28	8:54:53	Dobbs	Simon	M
29	09:30.2	Lawson	Lorraine	F
30	9:42:09	Mills	Emma	F
31	9:42:34	Elms	David	M
32	DNF	Wojciechowski	Daniel	M



## Kuranda to Port Douglas by Stephen English

Mission: Get out of cold, wet Newcastle for a tropical holiday!

What to do when we get there: Go for a run of course!

I needed to be training for the GNW100, and had to be doing some longer runs.... So I check out the AURA events page and up pops the Kuranda to Port Douglas 64 k on the 28<sup>th</sup> August. Perfect!

At 5am on the morning of the run, it is dark and wet, but *not* cold. My crew and I are the first to arrive, as we weren't sure how long the drive up to Kuranda would be. My wife, Pam, and my good mate, Bernie, have volunteered to be marshals for the day. The rest of the ladies in our tropical holiday group decided to stay in bed and go shopping later.

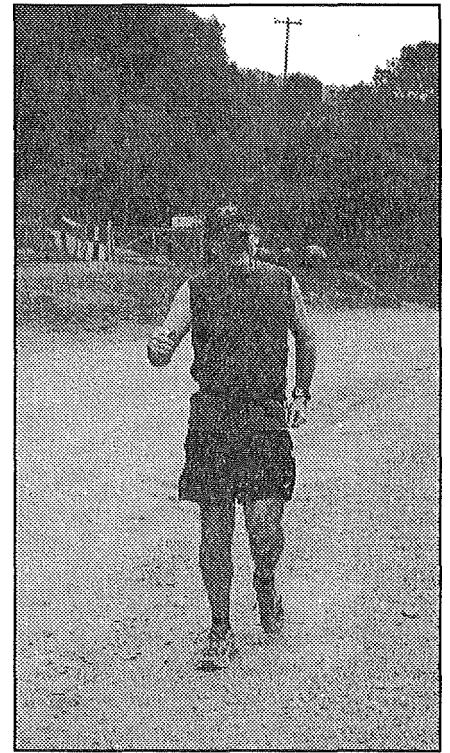
Thirty plus keen runners line up on the gravel road heading north and we are off. These FNQ runners don't hang around, and I am soon left to myself to plod through the forest in the wet and dark. But it is *not* cold.

Soon I settle into a nice easy jog as this is a training run and I have all day to enjoy the bush in FNQ. The first 20 kms is on easy gravel road with a well-stocked friendly checkpoint at the end. The mid section (27 kms) is on the old Black Mountain Road. This is vehicle-free for the use of runners, hikers and bikers.

The only mandatory gear for this run is a snake bandage and whistle, and this is the section you may need them. But they didn't warn us about the "wait a while" vine. These are like thin strands of barbed wire that hang down in the middle of the track and will pull off your cap or, worse still, wrap around your neck. Either way you come to a sudden stop. When they fall onto the track they will snag around your shoes, and even wrap around bike chains and tyres.

The next checkpoint is at the top of the Bump Track. Here I catch up with fellow AURA runner, Neil Hawthorne, in his distinctive singlet. He isn't waiting for me though and soon disappears down the track. Here's where we get to do most of our down-hilling, but for this old guy it was mostly walking as it was just too steep to risk running and crashing. It was a relief to get to the bottom and clear the dust and stones from my shoes. All level now to the end - an easy jog through the cane fields, and under the Cook Highway, to the southern end of Port Douglas and 4 Mile Beach. I meet up with Pam and Bernie who have been marshalling the back streets. They have had a long day but it is not over for me yet. Bernie gets his joggers on and joins me on the beach. Pam elects to meet us at the finish at the Port Douglas Surf Club.

Race planners take note.... ALL RUNS SHOULD FINISH AT A BAR ON THE BEACH! But, this is Queensland and this is what happens when you go to the beach in Queensland; the sun comes out! The 4-mile jog along a FNQ beach in the sun drains the last out of this southern boy, and it becomes very much a test of endurance. I'm glad to have Bernie with me to remind me that Pam is ordering the beer. I was planning on a sub 8-hour trip and did it in 8.05... That beach is loooong.

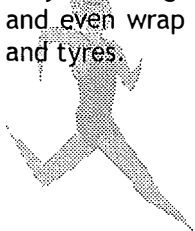


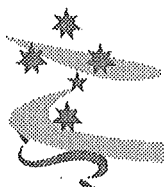
*Stephen English - Kuranda. Photo courtesy of Christine Bell*

I would highly recommend this run to everyone. It was *very* well organised and catered for by the Cairns Roadrunners. Especially if you want to do a PB over distance - it's downhill and finishes at a bar on the beach. What more motivation do you need!



*The bump track*





# 2011 Glasshouse 100 Miler

September 10-11, 2011 - By Arnie Riedl

The 2011 Glasshouse 100 Miler was the culmination of three and a half years of training. From having found myself fast approaching 40, with my belly hanging over my belt and getting short on breath walking up a flight stairs, here I am having just run 100 miles!

The journey of getting to the start line included a steep learning curve, a change of running style (from heel to forefoot strike), and many great races where I've met some amazing people. My first goal after years of no exercise was to run another marathon, and what better time to do this than during a holiday to Europe! I proudly finished 4 marathons in 4 weeks as a 40th birthday present to myself; leaving wife and children to fend for themselves while I lived it up in backpacker bliss. The trip was terrific fun and included a scenic but hot run in Portland before I left Australia, a PB in the Nice-Cannes run beside the Mediterranean, sore shins from pounding down mountains after soldiers running with packs and rifles in Switzerland, and midnight beers with the Germans the night before the Bad-Arolsen Forest Marathon. The lesson I learnt here is to avoid drinking with Germans before a race at all costs.

Next was my ultra debut at the Canberra 12hr (fatass) run where I was quite happy to cover 63km in my first attempt. It was here that a couple of Canberra's elite ultra runners expressed their strong concern at how high my heart rate was - about 50bpm more than theirs. Given that it was more than one person raising this concern I made an appointment with a cardiologist as soon as I could, which turned out to be 4 months later. The cardiologist found nothing wrong; essentially it's my natural, healthy heart rate that makes the rest of you look good!

While waiting for that appointment I read some books on high heart rates and ran slower to reduce any risks -

and as a result really fell in love with just running. How nice is it to have the world flow past in all its glory, whether it's on the trail or amongst crowds; steady, easy running just feels so RIGHT and provides such a feast to the senses! One of my favourite quotes by Ann Trason in the book *Born to Run* describes it perfectly... *"Your body becomes so familiar with the cradle-rocking rhythm that you almost forget you're moving. [Eventually,] you break through to that soft, half-levitating flow. You have to listen closely to the sound of your own breathing; be aware of how much sweat is beading on your back; make sure to treat yourself to cool water and a salty snack and ask yourself honestly and often, exactly how you feel. What could be more sensual than paying exquisite attention to your own body?"*

At times running really is such a sensual experience; while other times it's more like an S&M session with a group of the Comanchero bikies. And that about sums up my experience at the Glasshouse 100 Miler this year! Prior to the race I was concerned about being able to navigate what appeared, on paper, to be a pretty complicated track. Coming from a Canberra winter into a Queensland spring race was another worry. But let's not mention the distance - after all the furthest I'd run so far was a couple of laps of The North Face 100km, both of which resulted in some serious pain. After my first 100km I couldn't run for three months due to a knee injury (I <3 cortisone), while at the second attempt, only a few months prior to the Glasshouse 100, I literally busted a gut. Some expensive endoscopic examinations couldn't find any issues and so I was back into serious training - or so I thought.

Sadly my dad had passed away last November and Mum took it pretty badly. Still she was such a tough old woman we thought she'd be

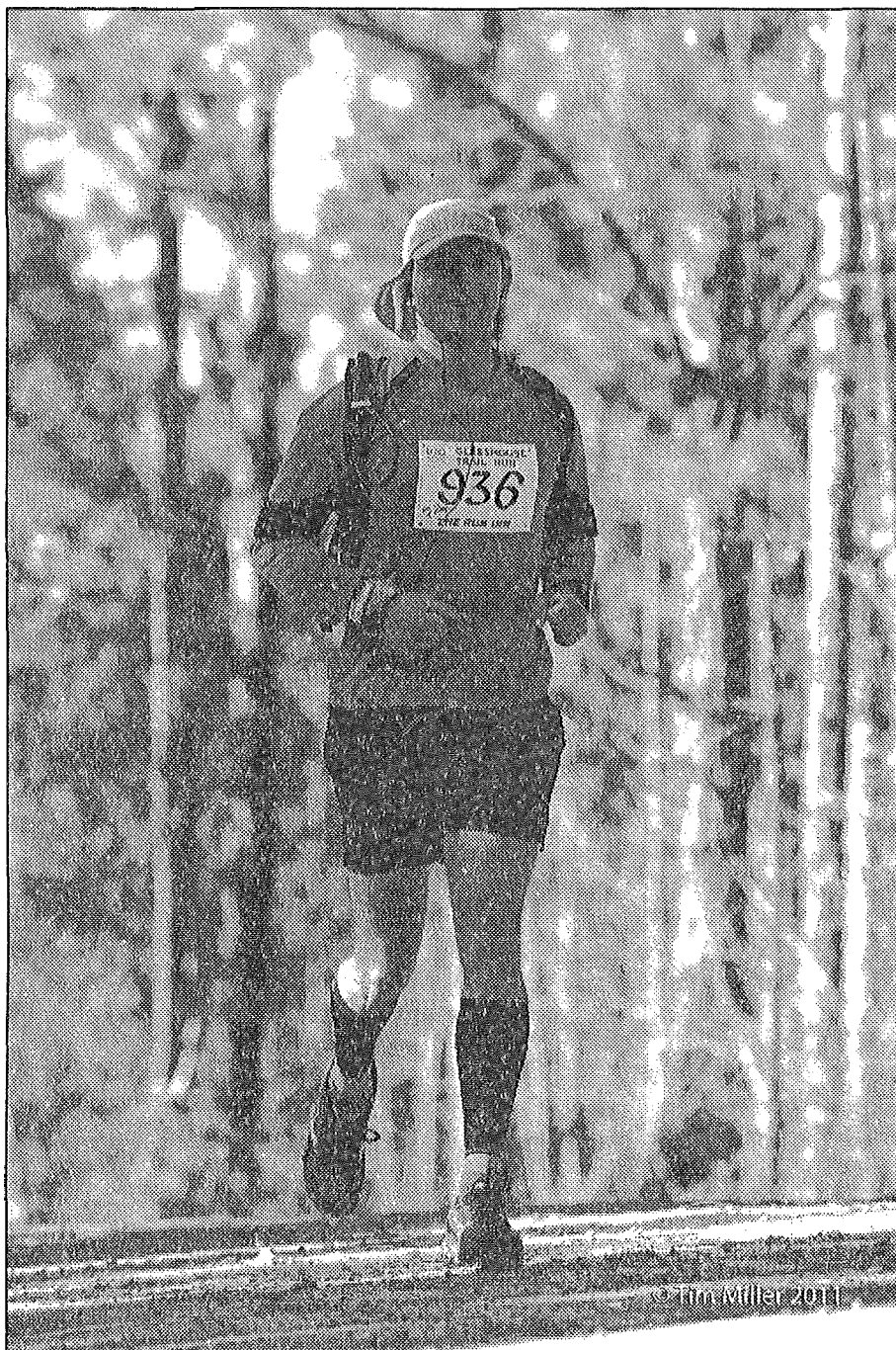
around for many years to come. Last Christmas at the age of 76 she was still clambering over Mt Taylor (Canberra) with me with the same gusto she had walked the mountains of Austria in her youth. But her never-complain attitude caught up with her and an aggressive tumour destroyed her kidneys before she sought treatment. She passed away only a couple of months before the race and it was definitely a tough time and my training suffered badly.

So I approached this race feeling undertrained and with a growing sense of sadness after having lost both parents in quick succession; but my next lesson was to be how much of ultra running really is based on your mental outlook. After one really good overnight training run inspired by the memory of my mum's physical and emotional endurance, I was suddenly filled with confidence and the knowledge that the added distance was well within my grasp. Despite this confidence, I knew many things could go wrong and my race plan was put together with a sub 30hr target.

This year's Glasshouse 100 Mile race was really well managed and I couldn't fault the organisation. A change to include a second run up Wildhorse Mountain was notified in a timely way and greeted with excitement by all. Check in and morning briefings went smoothly and the free bag and T-shirt have come in handy since the race. A cool change had hit the region and the temperature at the briefing very much reminded me of Canberra winter evenings.

After a good sleep I hit the start line raring to go. I was fortunate enough to have my sister, Selma, crew for me on this race and she did a fantastic job! Having her there at every checkpoint made the whole race so much easier mentally. The 5.30am start went without a hitch and we





*Arnie Reidl - Courtesy of Dream Sport Photography*

all jogged off into the lightening dawn. The start was a real surprise as everyone went off at such a sedate pace, relaxed and chatting. 10k later I enjoyed the steep walk up Mt Beerburum, being the most significant hill on the course but nothing like the mountains at Bogong to Hotham. Clearly this was going to be a relatively "flat" course.

Still, it was a long day to finish the western section, though I had a nice chat with quite a few people on the way including the many volunteers at the checkpoints. The gastronomic delights these volunteers were serving! The Glasshouse 100 Miler

definitely lives up to its reputation as having some of the best supplied checkpoints around. A couple of times I found myself staring at the selections like a kid in a candy store, not knowing what to take and paralysed by choices I was confronted with.

The western section also saw a number of runners pull out en-route, or stumble around those 109km and call it quits. At least one who won't be named (Cozmo) went the wrong way around one of the loops. Personally, I had been paying particular attention to navigation but I didn't find any real problems as

the course was pretty well marked. I finished the western section with a 100k PB and many joyful running moments behind me. However, as fast as I ran I still left that checkpoint well after Mike Le Roux and David Waugh had finished the race! There really are some serious talents and inspiring athletes in Australian ultra running these days. In fact I'd say the sport is filled with exceptional, down to earth men and women, and I really enjoy having a chat to them on the run - if they haven't finished already!

The eastern section was a bit of an S&M trip and I found myself lagging considerably. I'd force fed myself gels until they were coming out of my nose and I found it difficult to swallow any more. I'd also been drinking like a fish - perhaps too much as it seemed that my nature breaks were happening every 5 minutes. It had also turned so cold that I thought I was back in a Canberra winter; thankfully I'd brought most of my cold weather gear.

My pace slowed considerably as the night wore on, and even though I'd trudged up Wildhorse Mt after midnight without too much difficulty, the few kms to CP10 were a real struggle and with very little actual running. Then another two loops were called for and this is where the Comanchero's began some seriously sadistic attacks. I found myself falling asleep, weaving all over the track and barely staying on my feet. I kept looking for a place to lie down but feared that I'd be tempting hypothermia if I fell asleep beside the trail. Instead I forced myself to trudge on, ever so slowly, looking forward to the warm fire at Mrs Thomson's CP10 camp.

There was little mercy to be had! My supportive crew didn't want to risk me falling asleep and missing any cut-offs, and it took some convincing for me to realise that it was either a 10 minute powernap now or I'd be curling up in a bush a little way up the trail. Despite not actually sleeping, closing my eyes for those 10 minutes seemed to make a world difference and soon I was off again - at a rapid walk; but it only got worse. The sports drink and/or excess water didn't agree with me

and I soon began dry-reaching into the trail. A few minutes of this and I struggled along the sandy track a little further - only to get tangled up in a heavy root, flick a thick limb square into my shins and kiss the trail with gusto. As there were no witnesses to see how I actually handled this situation let me explain that I remained calm and composed, and there was no swearing or crying at all!

The only consoling part of this leg of the run was that the headlamps following me didn't seem to be getting any closer despite my pathetic efforts to move in the right direction. Still, pain, weariness, and dwindling motivation, but most of all that desperate sleepiness, were driving me to despair and when I again saw a headlamp approaching from behind I decided to have a sit by the trail and wait for my friend to arrive. Sometime later I awoke with a start and found a person coming past and I scrambled after them in a rather bewildered state, sure that I'd

fallen asleep for quite some time. It was only on investigating my Garmin file that I realised that my nap was only seconds long! We walked back into CP10 together, meeting up with the great Bill Thompson who was on his way to complete an amazing 11<sup>th</sup> 100 Miler.

Almost 20k to go, with the coming of dawn I suddenly began to feel immensely different. I tried a bit of actual running and found myself chugging along quite nicely and made it back into CP9 feeling so good I was calculating possible finish times. If I could cover these last 14k in less than 2 hrs, I could get close to 27 hours... sub- 27 hrs was probably just wishful thinking.

I barely paused at CP9 and pounded up Whitehorse Mt for the second time - this addition to the race was a real gift as it meant a dawn view over the Glasshouse Mountains themselves. Despite my growing sense of urgency I stopped to take a couple of photos before racing down again. Another quick pit-stop at CP9 and I was off; 12.5km to do in 1.5

hours. Pretty easy, eh? Well, a little bit tougher for a back-of-the-pack runner at the end of a 100mile event; but it was go hard or go home!

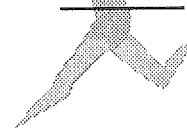
Those last couple of hours from dawn to the finish were just sensational - I was tired but otherwise in good shape. The worst was clearly behind me and the finish line was the next checkpoint. I passed a few other runners in that last stretch, hobbling and limping, but none were going to give up at this stage of the race. For my part, I held the memory of my dear mum in my mind, remembering her lifelong strength and unflinching selflessness. Perhaps her spirit spurred me on that little extra because I made it to the finish 12 minutes ahead of my near impossible 27hr goal! What a thrill this life is!

Thanks to the race organisers and the many volunteers that make these races the great events that they are. Hope to see you there again next year!

### 50km

1	WARBURTON	Caine	M	4:18:53
2	COX	Josh	M	4:23:49
3	BEATTIE	Andrew	M	4:34:04
4	SCROOPE	David	M	4:32:27
5	BYERS	Darren	M	4:44:11
6	PAICE	Glenn	M	4:45:59
7	BANAGAN	Glenda	F	4:49:46
8	SCHOT	Martin	M	4:55:16
9	BAMBER	James	M	4:55:39
10	KERHERVE	Hugo	M	4:56:55
11	SHAW	Kirsty	F	4:57:30
12	HOPKINS	Daniel	M	5:20:19
13	VEIDT	Martin	M	5:22:55
14	GUARD	Roger	M	5:35:18
15	AULT	Stephen	M	5:39:12
16	D'ARCY	Adrian	M	5:39:16
17	GOUCHER	Jeff	M	5:47:12
18	LEWIS	Tina	F	5:48:00
19	WOODWARD	Tylana	F	5:48:11
20	ULLMANN	Jeremy	M	5:48:26
21	BEAN	Marie	F	5:52:02
22	GIBBONS	Wayne	M	5:59:58
23	SYMONS	Byron	M	6:00:24

24	COOPER	Grant	M	6:02:49
25	CRADDOCK	Eugene	M	6:03:41
26	SIEM	Bjornar	M	6:03:53
27	CLARKE	Anton	M	6:12:04
28	WILSON	Linda	F	6:15:44
29	WILLIS	Campbell	M	6:15:46
30	HENDRY	Glen	M	6:22:46
31	BENDALL	Raelene	F	6:23:06
32	RICHARDS	Jaci	F	6:25:22
33	SCHOT	Dianne	F	6:27:55
34	GLOVER	Chris	M	6:28:28
35	SKED	Dave	M	6:28:29
36	BAILEY	Corina	F	6:40:58
37	CLARK	Lawrence	M	6:42:33
38	LITTLE	Carolyne	F	6:46:20
39	KNOWLES	Robert	M	6:52:44
40	GEAR	Stuart	M	7:14:58
41	SELLARS	John	M	7:18:43
42	FINNERAN	Den	M	7:32:29
43	ADAMS	Carol	F	7:34:49
44	FIELD	Leeanne	F	7:47:34
45	McFADDEN	Nathan	M	7:51:08
46	PERIAHO	Eero	M	8:23:13



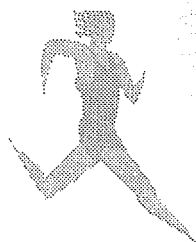
# 100km

1	ZAMBON	Oliver	M	9:13:59
2	LAINE	Laurie	M	10:16:15
3	QUIRK	Richard	M	10:17:11
4	SPINK	Lisa	F	11:25:39
5	PARATTE	Gerard	M	11:53:41
6	SWINKELS	Mark	M	12:16:39
7	HUSSEY	Lisa	F	12:23:30
8	SMITH	Innes	M	12:26:20
9	PEARCE	Mitchell	M	12:26:20
10	SALEM	Daniel	M	12:30:09
11	CROSS	Peter	M	12:35:46
12	COOK	Kermit	M	12:40:13
13	RAHMATE	Delina	F	13:07:58
14	KNOWLES	Chris	M	13:22:08
15	JONES	Joshua	M	13:33:30
16	GRILLS	Stuart	M	13:55:27
17	JACKSON	Adele	F	14:24:20
18	JUDD	Gavin	M	14:27:25
19	EMR	Mark	M	14:29:33
20	MACLEAN	Chris	M	14:56:30
21	TAYLOR	John	M	15:01:28
22	PHILLIPS	Joshua	M	15:04:28
23	POBRE	Eric	M	14:04:30
24	RIVERS	Mark	M	15:40:48
25	HOWLETT	Steve	M	15:48:13
26	POH	Seivland	F	17:12:22
27	MACKENZIE	Brett	M	17:36:58
28	RUSSELL	Carol	F	18:49:51
29	WILLIAMS	Sarah	F	18:49:51
30	BROWN	Sammy	M	18:58:41
31	BROWN	Barney	M	18:58:42
32	BRUN-SMITS	Marina	F	19:30:50
33	EMMERSON	Reece	M	20:11:11

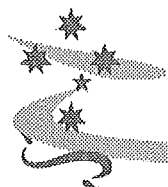
# 100 MILE

1	LE ROUX	Mike	M	15:38:48
2	WAUGH	David	M	15:59:41
3	COOMBS	Dave	M	16:44:33
3	EADIE	David	M	16:44:33
5	GAMBLE	Malcolm	M	18:45:49
6	MURPHY	Philip	M	19:24:21
6	KIRKBANK-ELLIS	Gordi	M	19:24:21
8	HEATH	Wayne	M	20:32:57
9	MASON	Rob	M	20:47:41
10	GREIG	Daniel	M	20:52:22
11	HALL	Robert	M	21:06:08
12	WEST	Michael	M	21:11:43
13	STORER	Ben	M	21:13:12
14	HEATON	Kevin	M	21:21:41
15	BOUVIER-BAIRD	Myles	M	21:23:21
16	DAVIES	Alun	M	21:41:01
17	MIDDLETON	Robert	M	22:26:35
18	STANDRING	Brett	M	22:31:43
19	MUSTON	Pam	F	22:33:10
20	STOKES	Adam	M	22:38:55
21	TOBY	Mike	M	23:45:01
22	CAMPBELL	Amy	F	24:26:05
22	SOLOMON	Colin	M	24:26:05
24	LEVETT	Martin	M	24:58:03
25	GRILLS	Matthew	M	25:16:45
26	WILLIAMSON	Kerrie	F	25:20:55
27	AYERS	Natalie	F	25:20:55
28	HUTCHINSON	David	M	26:25:01
29	SCHWEBEL	Ron	M	26:41:31
30	RIEDL	Arnulf	M	26:48:34
31	REEVE	Dion	M	26:51:32
32	JAMES	Ray	M	27:18:24
33	BROWN	Malcolm	M	27:30:18
34	HARVEY	Francis	M	28:05:25
35	BLACKMORE	Kieron	M	28:13:39
36	MACKEY	Colin	M	28:15:07
37	MAGUIRE	Cathy	F	28:29:27
38	DONNELLY	Michelle	F	28:29:27
39	KLITSCHER	Paul	M	28:37:38
40	SWAN	Brian	M	28:39:28
41	FALLS	Mark	M	29:18:57
42	THOMPSON	William	M	29:40:09
	ROFF*	Stephen	M	32:19:22
	PEARCE*	Ellis	M	32:19:22

\* unofficial







# 'Til CP9 Do Us Part

by Michelle Donnelly

*Editor's Note: For ease of reading this article (especially for those who haven't had the thrill of running the course), the course for the 100 mile race is a looped course with several smaller loops running off it. This is why it seems the reference to checkpoints is "out of order" and indeed missing some altogether! I hope that helps*

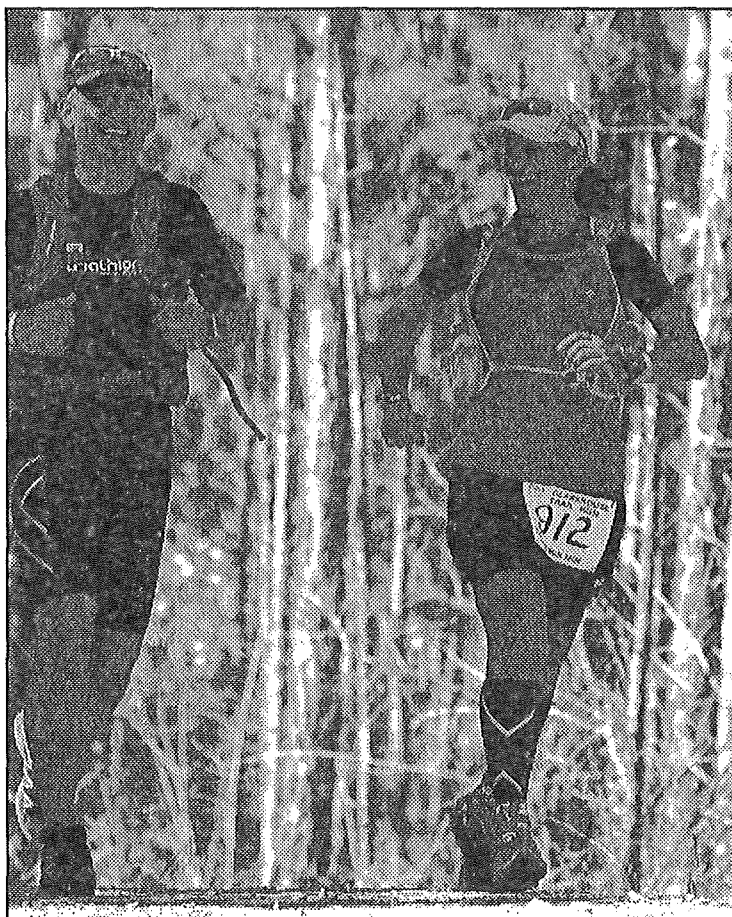
Mark and I have been running ultras together for the past 2½ years now. It is wonderful to be able to share a favourite past time with someone close to you.

We knew September & October were going to be huge for us as we took on our first 100 mile event at Glasshouse, backing that up two weeks later with a 56 km run through the Adelaide hills along the Yurrebilla trail, and then finally three weeks later with the GOW100. I, for one, was really looking forward to the challenge, but I'm not so sure Mark was as keen as I! My running buddy Cathy Maguire had convinced me to attempt Glasshouse 100 miler and so I dragged a reluctant Mark along, too.

We landed in Queensland to a cold, wet, and wintry day; we could have been forgiven for thinking that we hadn't left Melbourne. A 5.30 am start meant that the alarm went off at 3.45am! So with anti-chafing applied, Blistershield in the socks, Garmin charged and Camelbaks stacked with food and water, we set off for the start, happy to see that the day had dawned clear and cool.

The first 10 km was nice undulating track and we were soon back at the start/first checkpoint. Setting

off from here we headed straight up the concrete path to the top of Mt Beerburum, a nasty little climb indeed... but a fun downhill. The next section saw us running along gravel roads, pine plantations, and fire trails with small undulations before we ran into CP5 and the most amazing spread of food I've ever seen at a checkpoint. We had heard how good the checkpoints were at this event, but I didn't believe it until I saw it.



Mark Falls and Michelle Donnelly

Off we went again on more forestry roads until we hit the "goat track," a narrow, steep single track climbing to CP6.

Leaving CP6 we knew we were heading for the infamous "Powerline" section. Then as we crested a hill we could see the powerlines running in a straight line down and back up

again. Apparently this section can get quite hot and, as the sun was already warm, we made sure we had plenty of water on board.

What a blast this section was. Deeply rutted from all the 4WD vehicles, it was challenging but great fun running some steep downhills and short sharp uphill, and fortunately not anywhere near as hot as we expected. As we reached the top of the final climb we turned onto a nice forestry road and made our way to CP8. It was along this road that we came across a massive 5ft snake sunning itself across the track. Cathy was happy to get close up and personal to take some photos; I just wanted to get out of there. We did find out later it was probably a harmless python.

At CP8 we had to weigh in; fortunately, we had all maintained our weight and we were good to go. Cathy and I were feeling good, but Mark unfortunately was starting to feel a little ill. We set off on the first of two loops from this checkpoint. The first 10 km loop saw us running along an old railway track surrounded by beautiful purple flowers before we climbed back to CP8 again. The second loop was a little shorter, with undulations and it was along here that we picked up a fourth member of our little

band, Kieron.

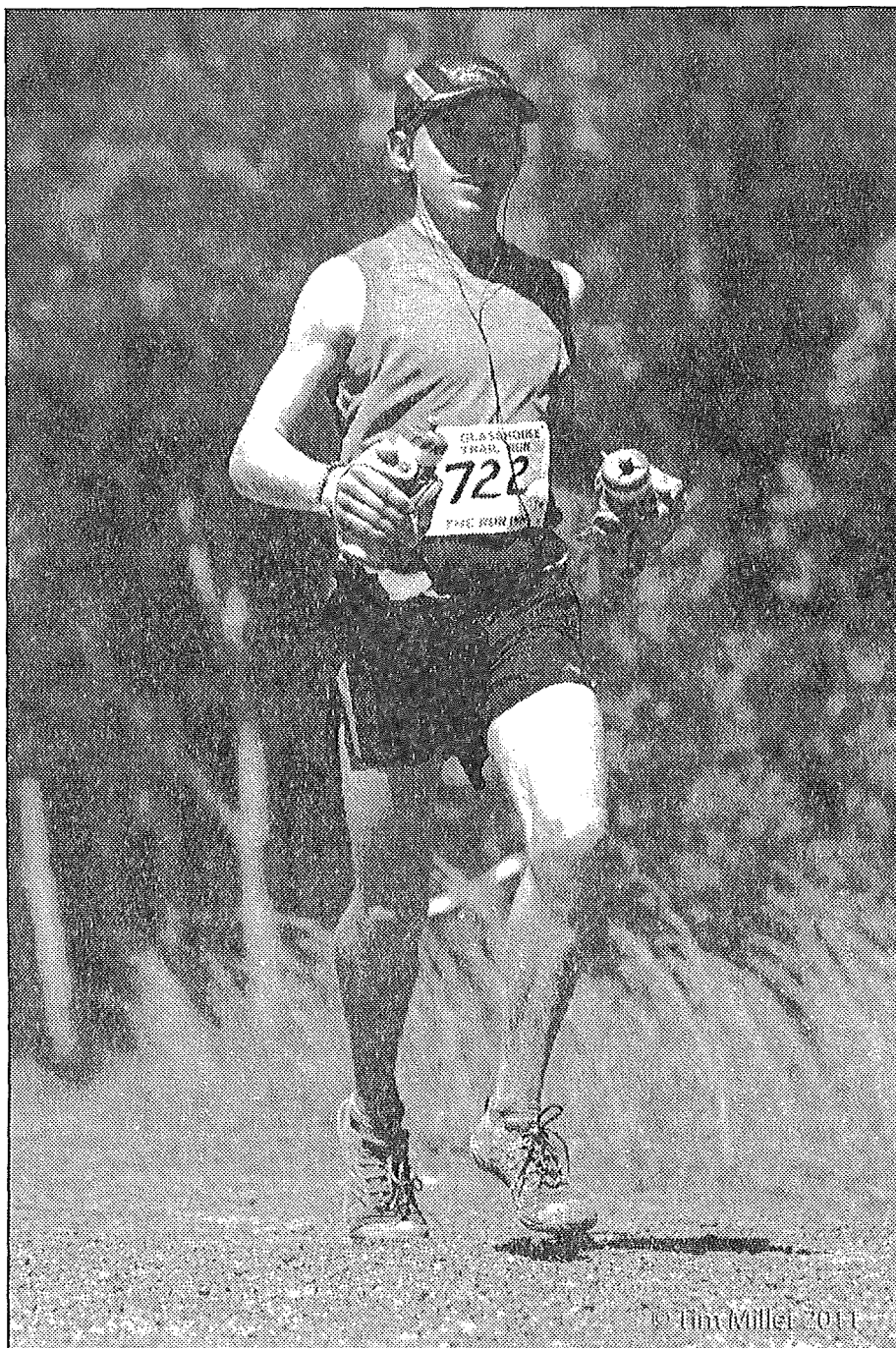
We headed along some roads and trails to CP7. Mark was still feeling ordinary but running well despite that. The 4 km loop from here along pine plantations was flat and pleasant and as we returned to CP7 it was just beginning to get dark. Out came the head torches and we

headed along some forestry roads to CP6. We found ourselves on a tough section that was sandy in places with some nasty little ups and downs; we were all very glad to see CP5 come into view, and even happier to realize we had all run a trail 100 km PB to get to this point.

From here we returned to the start, having completed the 110 km western section of the course. Mark and Kieron were both feeling unwell at this stage. I tried to convince Mark to stop, as he had been unable to eat much for the last 50 km and he looked pale and ill; however, he was having nothing of it and so we convinced Kieron to continue on, too, and off we went onto the Eastern Section.

Along gravel roads and forestry roads through a pine plantation we made our way to CP9 and the much talked about Wildhorse Mountain. We set off up the hill only to be pleasantly surprised when we reached the lookout at the top in no time at all. Back down again to the CP. It was at this stage Mark suggested that since Cathy and I were feeling so good, and the boys were sufferening a little, that we were to continue on at our pace and leave them to follow us. I was very reluctant to leave them as we had always stuck together. After tears and hugs we finally agreed to part ways and Cathy and I started off for CP10 - a 4.5 km section that was at times difficult to run as it was very sandy in places. We eventually reached the checkpoint only for the boys to trot in less than 2 minutes behind us stating they were feeling a little better.

From here we had two loops to do. The first loop was mostly fire trail through the pine plantation and very runnable. Cathy and I had soon put a lot of distance between us and the boys and found ourselves back at CP10 in no time at all. The sky was just starting to lighten as we left the checkpoint heading out on the second loop. Suddenly we heard a shout from behind and turned to see the boys just arriving at the checkpoint. We waited for them and we were soon on our way again. However, once again, we soon drifted far ahead. This part of the



*100km winner Oliver Zambon  
photo courtesy Tim Miller, Dreamsport photography*

course was along gravel roads and at one stage we were running straight ahead looking at the sun as it rose in front of us. Lovely.

Eventually we made our way back to CP9 and the second climb up Wildhorse - a little harder than the first time up. Returning to CP9 we knew we only had 12 km to go. Mark and Kieron came into the checkpoint as we were leaving, so once again we said our goodbyes and headed off. Back along fire trails, more pine plantations, and finally the trail along the road. It was along here that Kieron came flying past us like

he had only just started running. Amazing. Now we were struggling a little, ourselves. It was starting to get very warm and I had run out of water. Fortunately we didn't have far to go and we were ecstatic to cross the finish line hand in hand in 28 hrs 29 mins!

I waited anxiously for Mark to come in and was very proud to see him finish in 29 hrs 19 mins. A superb effort given how unwell he was. As we sat pondering our blisters and aching legs, we knew we'd be back again next year!



# You Yangs 50k

By Nikki Wynd

The YouYangs race is another of Brett Saxon's Trails Plus events and caters for all levels & distances. It's a must do for anybody new or just starting out in trail running and is also for the seasoned campaigner. There is an event to suit just about everybody - 15 km, 30 km, 50 km & 80 km.

The original race had been planned for July, however, due to the flooding in Melbourne it was postponed until September. I was using the YY50km as one last "training" run before my "goal" race of the Great Ocean Walk 100 km (GOW100) in October so the date change for me was perfect timing. It was one last chance to try out my gear, nutrition & hydration and test my new trail shoes. I signed up to do this event with my usual training partners, Darren Mooney & Steve Lane. Darren and I were looking at it as a decent hit out before GOW whereas Steve was going into it to check the status of an old injury, as he had signed up for GOW too.

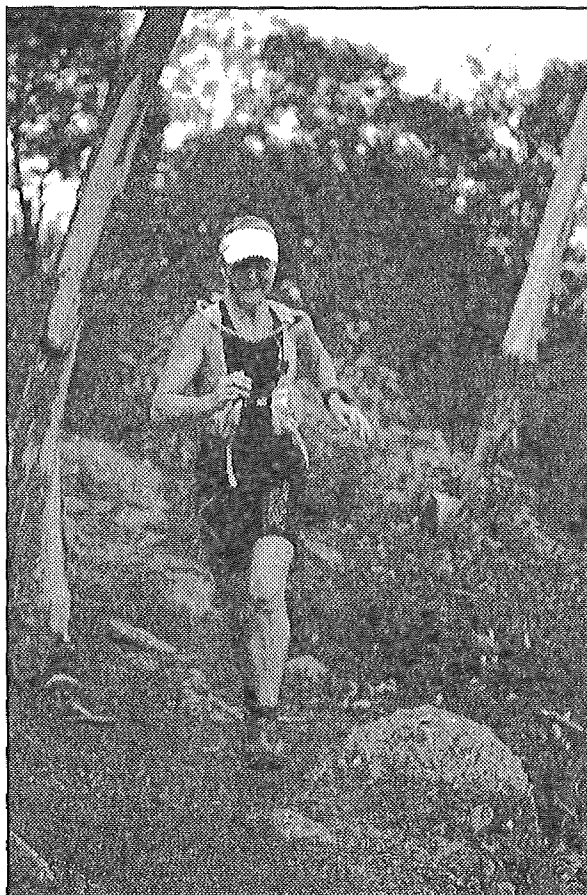
The Trails Plus events are always so much fun and a great chance to catch up with your running buddies, old and new. There is always a fun atmosphere and great camaraderie going into these events, not to mention the well stocked aid stations that all these events have.

I went into this race with no real expectations. I hadn't tapered for this race, and wanted to just have a good solid hit-out before GOW. The main aim was just to enjoy myself and finish feeling really strong.

The 50 km & 80 km events started at 7am. It was a perfect still morning, cool without being freezing, and we took off just as the sun came up. All distances cover the same course. That is, we all do the 15 km course,

then the 80 km racers continue on through the rest of the 30 km course and the 50 km course.

It's amazing how 50 kms can just vanish in a blur, but that was how this race felt. At 7am on the dot the race started and the pace was fast from the start. I just tried to hang



Nikki Wynd

onto the main group and after a few kms on a rolling sand-based road we made our first climb up towards the saddle. Once we made the descent down from the saddle, we followed the fence line all the way to the end of the park and from here we could settle into a really nice comfortable pace.

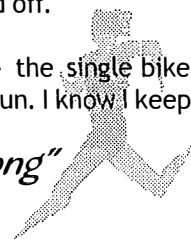
This is probably one of my favourite races of the year as there is a lot of tight single technical trail around

Flinders Peak, which I just love. We were lucky this year; due to the recent flooding and damage to the park, we didn't need to go right to the top of Flinders Peak, but instead did quite a few laps clockwise and anti-clockwise around Flinders Peak. This is a really fun section. There is a bit of walking and climbing over rocks, and the scenery from here is amazing, although you have to be careful not to linger too long!!

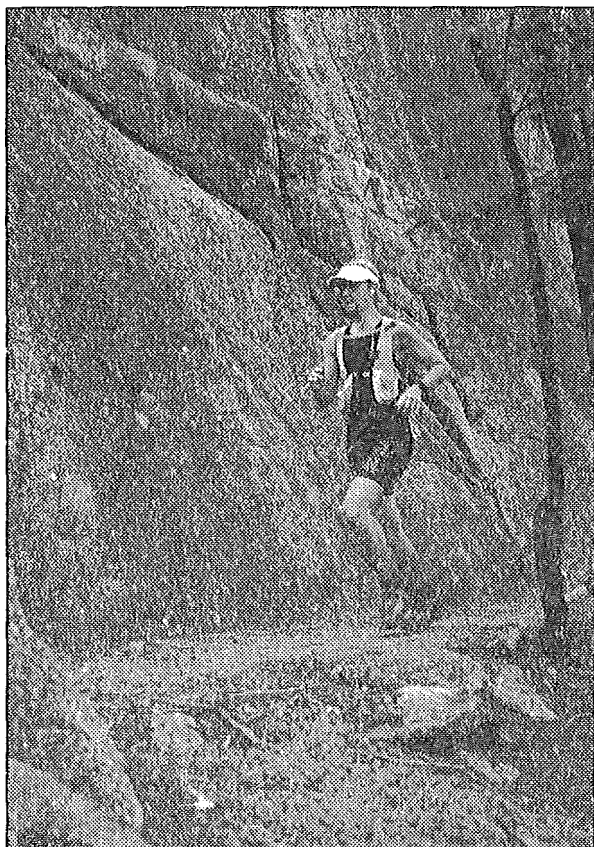
Once you've finished your 30 km and come back through the start/finish area for a second time, it's a great sense of relief to know that next time you come through here it will be the finish of your race. Once again we headed up the steps and around Flinders Peak. This time we got caught in the tail end of the 15 km & 30 km runners so there was a bit of dodging to get past a few people, but as always everybody was so friendly and happy to oblige and let us past. On this last time around Flinders Peak I was taken by surprise to see a rather large brown snake slithering along the path in front of me. This was probably the little bit of extra motivation I needed, as I ran as fast as I could all the way down Flinders Peak. Once down from Flinders Peak we headed down a really nice single track that then took us to probably the biggest and steepest climb of the day. Darren & I power walked and chatted on the ascent and gave Mal Gamble a quick high 5 before we headed out towards the single bike tracks on the lower part of the park. On the way out we passed through Caroline & BJ's aid station. It's always great to see a familiar friendly face, so we had a quick chat to them, grabbed a drink of Coke and headed off.

This next section - the single bike tracks - is so much fun. I know I keep

*"The main aim was just to enjoy myself and finish feeling really strong"*





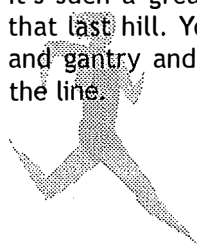


*Nikki Wynd 1st female You Yangs 50km*

saying this, but the whole race is just made up of so many different trails, some nice fast downhill, lots of good challenging technical trails, fast single tracks, and 4WD tracks that let you really get into a good rhythm. Once we got down to the single bike tracks, Darren & I took turns in leading. It's great because the person at the front can set the pace. Usually for some reason when you are leading, you up the pace, and then the person following feels like they are hanging on for dear life (well, this is how I always feel). We had both been trialling the Hammer Perpetuum Solids & liquids during this race and so far they were working really well.

We made our way to the aid station located at Kurrajong parking area, said a quick hi to Cathy, Michelle & Mark, grabbed some fuel, and off we went again. From here we headed back up to the big rock. Unlike last year we didn't have to do the lap out on the rock, much to our disappointment. We then knew there wasn't much further to go until the finish. We power walked some of the steeper sections until we got back onto the main trail heading for the finish line. At this stage we were feeling really good; there was only about a km to go.

It's such a great feeling when you come over that last hill. You can see the finish line clock and gantry and you have a downhill sprint to the line.



I finished this race with a huge smile on my face and was so happy. The Perpetuum worked really well, my new trail shoes were fantastic. It's such a great feeling when everything falls into place. I was really happy with my time of 5:11 and 5th place overall. I knew I was ready for GOW.....

#### You Yangs 50 km

Place	Time	Last	First	M/F
1	3:51:33	Spence	Julian	M
2	4:38:22	Johnston	Mark	M
3	4:56:32	Lazar Adler	Adrian	M
4	5:11:42	Mooney	Darren	M
5	5:11:42	Wynd	Nikki	F
6	5:15:41	Emmerson	Kellie	F
7	5:18:43	Phelan	Damian	M
8	5:23:40	Jeffkins	Adrian	M
9	5:30:51	Crozier	Luke	M
10	5:31:35	Kift	Edward	M
11	5:38:02	Fraser	Lachlan	M
12	5:40:18	Crooks	Nicholas	M
13	5:40:47	Chadima	James	M
14	5:42:08	Lynch	Belinda	F
15	5:45:01	Dewar	Grant	M
16	5:47:11	Malcolm	Dave	M
17	5:52:29	Wallace	Natalie	F
18	5:56:29	Horwood	Barbara	F
19	5:56:53	McNamara	Matt	M
20	5:58:02	Vlachos	Theo	M
21	6:00:28	Bourke	Shaun	M
22	6:00:36	Barker	Nicole	F
23	6:00:42	Bowden	Damian	M
24	6:01:02	Jansen	Erwin	M
25	6:08:03	Rogers	David	M
26	6:10:17	Hunter	Hugh	M
27	6:25:12	McKinnon	Toby	M
28	6:36:05	Lane	Steven	M
29	6:36:05	Evans	Owen	M
30	6:44:11	Josephs	Derek	M
31	6:51:40	King	Michael	M
32	7:03:54	Collins	Peter	M
33	7:35:11	Meyer	Bernd	M
34	7:45:17	Talento	Martin	M
35	7:48:58	Medhurst	Kate	F
36	8:32:37	Symons	Cheryl	F
37	8:35:49	Glover	Brian	M
38	8:52:32	Papij	Anna	F
39	9:56:02	March	Leanne	F
40	10:16:59	Smith	Ronald	M

# You Yangs 50m & Walhalla Wound Up

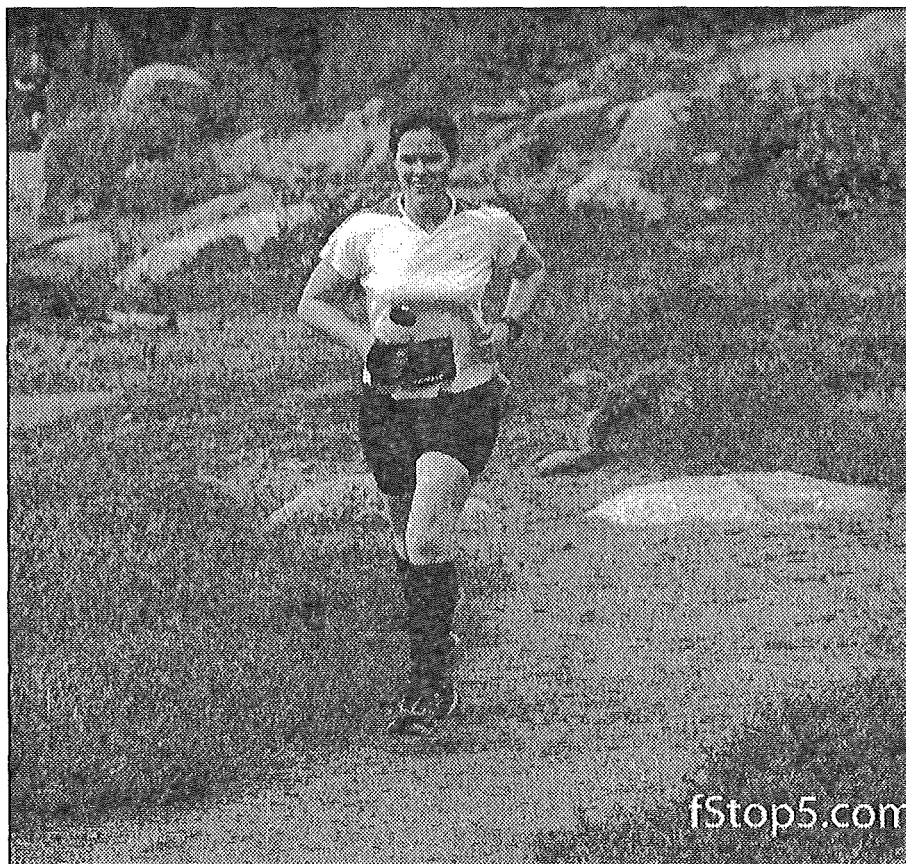
Ultras to Get to an Ultra - by Kathy Macmillan

After a winter averaging a lowly 40 k per week, I entered GOW and figured that I had better step up the training if I was going to survive my first 100 k race. With a mere nine weeks to get ready I tried to plan the best way to prepare in the available time. I decided to boost my training to roughly 100 k/wk for three weeks with the longest run in that period being the Shepparton Marathon. Then I would back off the training but run an ultra race each weekend for three weeks before a three week taper. I figured as long as I survived this rather hasty preparation I should then be in good shape to run GOW.

11<sup>th</sup> September 2011 - Walhalla Wound Up (50 k)

With the weeks of heavy training (by my standards) and the Shepparton Marathon (3:38) out of the way, I headed out to Walhalla for the first leg of the three racing weekends. I arrived in the historic gold mining town just as it started to rain. And it really knows how to rain in Gippsland. On stepping out of the car I realised my first mistake of the day. Looking down at my feet I noticed that I was wearing a shoe from each of my pairs of trail runners. Oops! I wandered over to register with the lovely ladies of the Traralgon Harriers and they promptly branded me in permanent ink with the number 13. Not good. My goal was to finish uninjured, with some good kilometres in the legs, but I was hoping for sub 5 hours as I had missed out by two minutes the previous year while running this as my very first ultra.

Only a small group of hardy souls gathered on the start line as the ever cheery Bruce Salisbury set us on our way for our 50 k jaunt through the bush - although a few had chosen an early start and were already out on the trail. The weather had obviously discouraged some people and many of the Victorian ultra nuts had been drawn north by the lure of Glasshouse. The field took off at a cracking pace down the road in



Kathy MacMillan in You Yangs 50 mile - photo courtesy fstop5

the pouring rain but David Staehr managed to out-sprint everyone and was over a hundred metres in the lead by the time we climbed up to the Long Tunnel Extended mine. This would be the last glimpse most of us would have of David as he would demolish the course to set a new record of 3:54, despite the less than ideal conditions.

Heading along the opening kilometres of the Alpine Walking Track I found myself at the very tail of the field and struggling to keep in touch. I began wondering what was going wrong when I glanced at my Garmin, which suggested that I was a fraction over 5 minute pace - this seemed an absolutely insane pace for the last runner over the first kilometres of a 50 k race on wet single track. Maybe the thought of the hot shower waiting at the end was motivating everybody.

The rain showed no sign of stopping in the first half of the race. I was

disappointed to find that a new bridge had been built at Coopers Creek so that we no longer had to walk the plank, which would have been extra fun in slippery conditions. On the steady climb up towards the Rawson-Tyers Road I caught up with the orange race walker Brian Glover who had chosen an early start. As I had seen him at Shepparton, we began talking about racing schedules and I found out that he had also entered in the same three consecutive ultras as I had.

The top section of the course, parallel to Rawson-Tyers Rd, involved skirting precariously around the edges of giant puddles with a slip potentially resulting in a murky swim. I managed to stay upright but I was to hear after the race that a few were not so lucky. The long stretch along Cowwarr Road allowed me to find a rhythm and punch out some quick kilometres as I tried to chase down the two other female runners

that I had seen pull ahead of me at the start. Unbeknownst to me, these two women had entered one of the shorter races starting later that morning and had simply run the first few kilometres with us as a warm up before turning off the trail. I was chasing phantoms but it ended up being a great motivating factor as the rain was now at its heaviest, even hailing at one point, and I had discovered many kilometres previously that my jacket was not waterproof.

I caught up with some other runners by hooning the fast and fun downhill after the 33 k aid station which was being dutifully manned by a sodden volunteer. The long nine kilometres of uphill that followed was more of a challenge, but after having conquered Swindlers Spur three times in the past year, I found myself coping with the climb better than I did the previous year. At the top I had the added bonus of the rain finally stopping and the sun making an appearance. At last! It was enough to help me sprint down the final hill for a 4:58 finish, a four minute PB and another golden shoe for being the first (and only) female finisher.

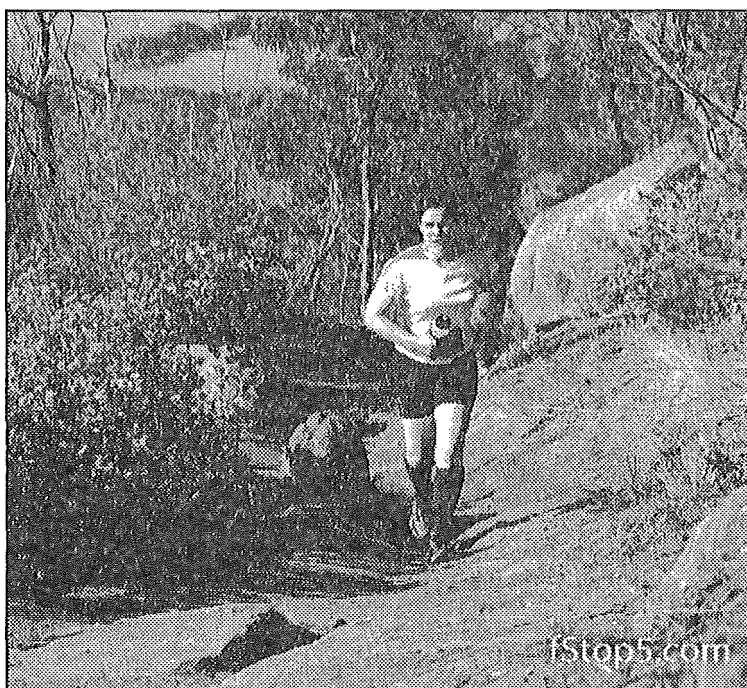
18<sup>th</sup> September 2011  
- You Yangs (82 k)

After going incredibly well for over a month my carefully laid plans derailed a few days after Walhalla when the heavy running schedule, combined with long workdays, caught up with me and I came down with a cold. I felt terrible on the Saturday and the sensible thing to do would have been to pull out of You Yangs. I guess I am not sensible.

With the safety net of knowing it was a multi-loop course and that there would be ample opportunity to pull out along the way, I lined up on the start line for the 50 mile race - 16 kilometres longer than I had ever attempted to run before. Unlike the previous week, it was an absolutely

perfect day for running - sunny with a bit of cloud and not too hot.

The You Yangs run had been a long time coming. The popular park situated between Melbourne and Geelong had been closed for most of the year following storm damage during January. Delays in fixing tracks resulted in the race being postponed from its traditional late July spot to mid-September and necessitated the Trails Plus team making some course changes as the track up to Flinders Peak remained off limits. For those of us running the fifty miles it resulted in a bonus



*Kathy MacMillan in You Yangs 50 mile - photo courtesy fstop5*

two kilometres being added to the course.

The first loop took us down a steep descent to the eastern section of the park and some great running along single trail and dirt road. The trail was busy, mainly with runners in the larger 50 k field, but I did get a chance to chat with Stephen Dose who was also running the 50 miler - amazingly his son was also in the field up ahead of us. It is rare enough for father-son combinations to tackle a marathon together and I had never thought I would see it in an ultra, but these two were out to prove it could be done. I could not match the pace of Stephen so let him go ahead and concentrated on the climb up the West Walk which included some

rocky technical sections. At the end of the 15 k loop I was not feeling too bad apart from some coughing so I decided to continue on.

The second loop started with a quick circuit up the East Walk and back to the start downhill via the West Walk. I had been running first female up to this point but Tayebah Alirezaee, who was also using the race as training for GOW, caught up to me just before the checkpoint and was looking strong while my legs were starting to feel heavy, despite the early stage of the race. Race director Brett Saxon saw us come into the checkpoint together and advised us that it was a race and we should not be trotting around holding hands. Ignoring his advice, we headed together down into the western side of the park along some brilliant track and past the aptly named Big Rock. Down on the flat, Tayebah pulled ahead while I concentrated on getting some food down, keeping a steady pace and avoiding being run over by the legion of mountain bikers that had taken over the trail. Repeatedly, the sound of whirring spokes from behind would force a rapid sideways jump into the vegetation.

After finishing the second loop at 30 k it was another trip around Flinders Peak, this time up the West Walk and back along the East Walk. A bonus this time was meeting all the runners in the large 30 k field, which had started later in the morning, heading in the opposite direction. There were many familiar faces to cheer on and everyone seemed to be enjoying being out on the trails on such a beautiful spring day.

At the bottom of the steep climb up to the saddle I caught sight of some familiar runners on the trail up ahead and spent the next 15 kilometres trying to chase down Hugh Hunter and Tayebah, spurred on by brief glimpses of a flying kilt between the trees. Although I had snuck in ahead of Hugh at Walhalla the previous



*"after jogging slowly to the 70 k mark I was exhausted and going nowhere fast"*

week, he proved to be too strong at You Yangs and beat me to the end of the third loop at 50 k. While Hugh could then sit down and enjoy a drink I had to continue through the crowd of happy finishers and begin the final loop.

One last climb up the East Walk and it was back down into the eastern section of the park, which was fortunately free of cyclists and involved some really nice trail. After much chasing I finally caught up with Tayebah and we climbed back up to the start line together, ready to head out for the final 20 k. Fortunately Brett was looking the other way at this point and did not know we were back running together again. Just as we were heading out we met Chris Wight looking strong as he approached the finish line. He was the clear winner on the day with an absolutely amazing run of 7:11 for the 50 miles, which was nearly an hour ahead of second placegetter Nick Harrison. We were soon joined by Stephen Dose on the trail - apparently we had passed him at the checkpoint - and the three of us headed downhill. I was feeling good at this stage and pushed the pace a little until the aid station at the 65 k mark. But after a brief food stop, the legs would not get going

and after jogging slowly to the 70 k mark I was exhausted and going nowhere fast.

Whether she was also tired or simply feeling sympathetic, Tayebah kept me company for the long walk home but Stephen continued running strongly and powered ahead to finish in fourth place overall in 9:57, one place behind his son Wes who made it home in 8:31. The twisting and turning nature of the trail was mentally very difficult as we managed brief periods of jogging between long periods of walking. The Zig Zag, a very aptly named convoluted mountain bike trail running slightly uphill and next to a perfectly good straight dirt road was particularly challenging. We eventually managed to make it back to the last aid station before the slow jog over the last couple of kilometres home. Much to Brett's horror, Tayebah and I held hands as we passed under the finish gantry for the fourth and final time that day as equal first (and only) female finishers. The 82 k completed in 10:15.

Although I was glad to have finished the run within the cut off time I was disappointed that I had faded so badly a long way from home. I thought I had eaten plenty so I was

hoping it was the run the week previously, combined with the cold that was responsible. If not, GOW was going to be one tough slog.

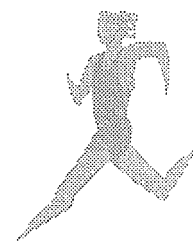
I waited around to cheer the last runner home, Felicity Copp. Having battled illness all day she toughed it out to complete the whole run, refusing to accept a lift back from the last aid station despite having missed the cut off. It was gutsy and inspiring stuff.

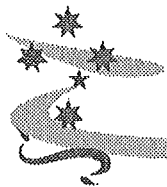
Post Script: September 25<sup>th</sup> - Yurrebilla (56k)

A quick trip over the border into South Australia was required to finish the last leg of my three ultras. My cold was greatly improved although I still had a lingering cough to carry around the course as a memento. Despite my legs hating me from the 20 k mark I was able to push through to finish the very scenic course in 6:41 and 6<sup>th</sup> placed female.

Having survived the previous six weeks in one piece, all I now had to do was recover to be set for GOW100k. Yet when I put my feet up on my first weekend of taper all I could think of was how much more fun it would be to be out on a trail somewhere running long...

Walhalla				You Yangs 50 mile				
Place	Time	Last Name	First Name	Place	Time	Last	First	M/F
1	3.54.24	Staehr	David	1	7:11:39	Wight	Chris	M
	course record			2	8:10:52	Harrison	Nick	M
2	4.08.59	Preston	Rob	3	8:31:54	Dose	Wes	M
3	4.51.58	Melchiori	Tristan	4	9:57:35	Dose	Stephen	M
4	4.56.39	Perraton	Luke	5	10:15:25	Macmillan	Katherine	F
5	4.56.41	Horstey	Daniel	=	10:15:25	Alirezaee	Tayebah	F
6	4.58.54	Macmillan	Katherine	7	10:26:51	Drummond	Steve	M
7	5.07.34	Tuddenham	Scott					
8	5.09.25	Allen	Duncan					
9	5.11.49	Smith	Jamie					
9	5.12.08	Hunter	Hugh					
11	6.39.40	Higgins	Barry					
12	6.40.28	Lancaster	Ken					
13	6.46.30	Thompson	Nick					
14	7.21.11	Glover	Brian					





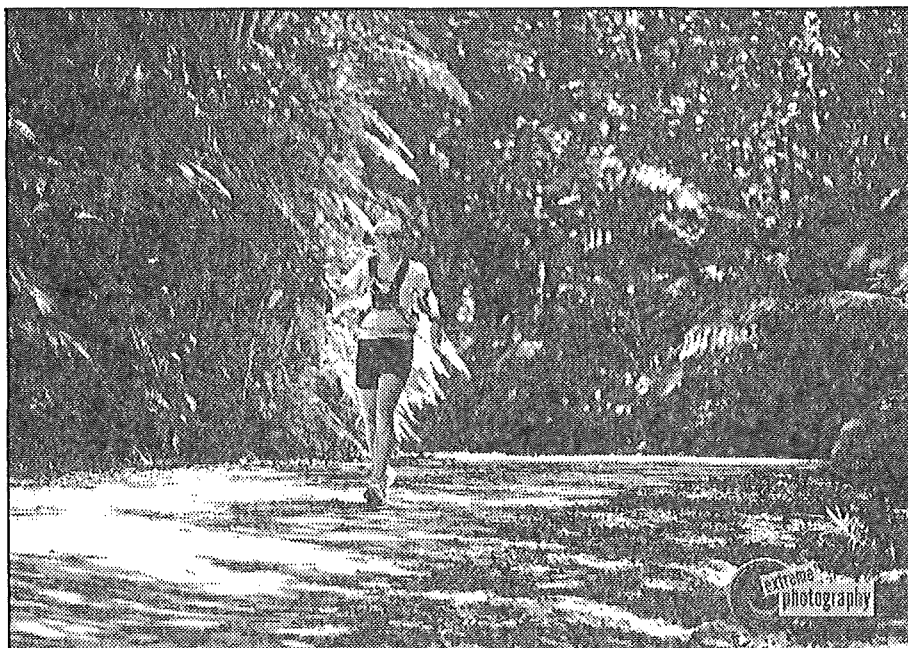
# Spiny Cray Ultra 2011

by Chris White

I'm not sure what it is about the Spiny Cray Ultra, despite it being the longest run event I've had a go at, it is, without doubt, the most enjoyable. Maybe the altitude-affected air pressure stimulates early endorphin release, or the biodiversity of highland Daintree region rainforest may trigger some primal reconnection with the natural environment? It's probably something simpler: 54 of the 57 km's are heavily shaded by rainforest canopy and crystal clear rainforest creeks provide water that is cooler, sweeter and more physically refreshing than anything you'll find in a drum of electrolyte. Most likely though it was probably the generous offer of the Highlander Tavern to shout free beer to any finishers; that kept a smile on my face and the words 'pure' and 'joy' rattled around in my head as I rolled down the long smooth downhills on the return journey.

That said, the event certainly poses a demanding challenge and the website's description as a "true tropical test" is spot on. Any thought of running 57 km with an impressive 1550 m of ascent and descent will daunt the calves, quads and lungs of all but the most well prepared mountain runners.

Julatten's Highlander Tavern formed the start line for the 6:22 am (Civic Twilight) start; the cool mountain air, 450 m above sea level (ASL), promised perfect running conditions and also provided the medium for almost visible anticipation. Event photographer Muzza (Extreme Photography) took an early mountain bike-assisted lead on the short bitumen section, before the pack split and the climb up 27 km's of dirt



Courtesy of Extreme Photography

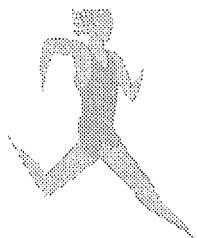
to the turnaround at 1220 m began. I'd managed to sneak under 5 hours in the 2010 inaugural running of the Spiny Cray Ultra (4:57:30) and held a casual goal of equalling, or maybe even bettering this time, but had some doubts due to a somewhat disjointed preparation and the lingering uncertainties that play on the mind before any such event.

My watch, and the kilometre trail markers, helped fade most of these uncertainties as I reached Peter at the 5 k marshal tent without a hint of fatigue and feeling fast on the steady climb. His enthusiastic encouragement was followed by a near constant dawn chorus of bird calls as the climb continued to the half marathon turnaround (10.55 k), where Alex and Ron helped me punch in, grab a hydration belt from my drop bag and then sent me on my way a couple minutes ahead of the 2010 effort.

From here the climbing steadied and undulated between creeks, ridges and valleys. The 'Lunch Spot' Creek (16.5 k) and the 23 k creek proved particularly morale-boosting, and the rolling jungle clad ridges revealed by rare breaks in the canopy hinted at just how large and wild this area is. It was near the 25 k mark that I glanced at the watch and realised 2 hours had flown by, with over 1000 m of climbing behind me, and I still felt really comfortable. The final 4 k climb, however, removed most of these feelings of 'comfort,' as the uphill really started to bite and the spring was sucked from my step.

A seemingly unending climb brought the old tin miners' hut and turnaround point into sight 10 minutes quicker than last year, and Mike proudly displayed a fine selection of treats as I punched in. A sweaty palm was filled with various running snacks not suited to squeezing into a belt,

*"What had been steady and brief downhills on the outward journey morphed into vicious soul-smashing slogs on the return"*



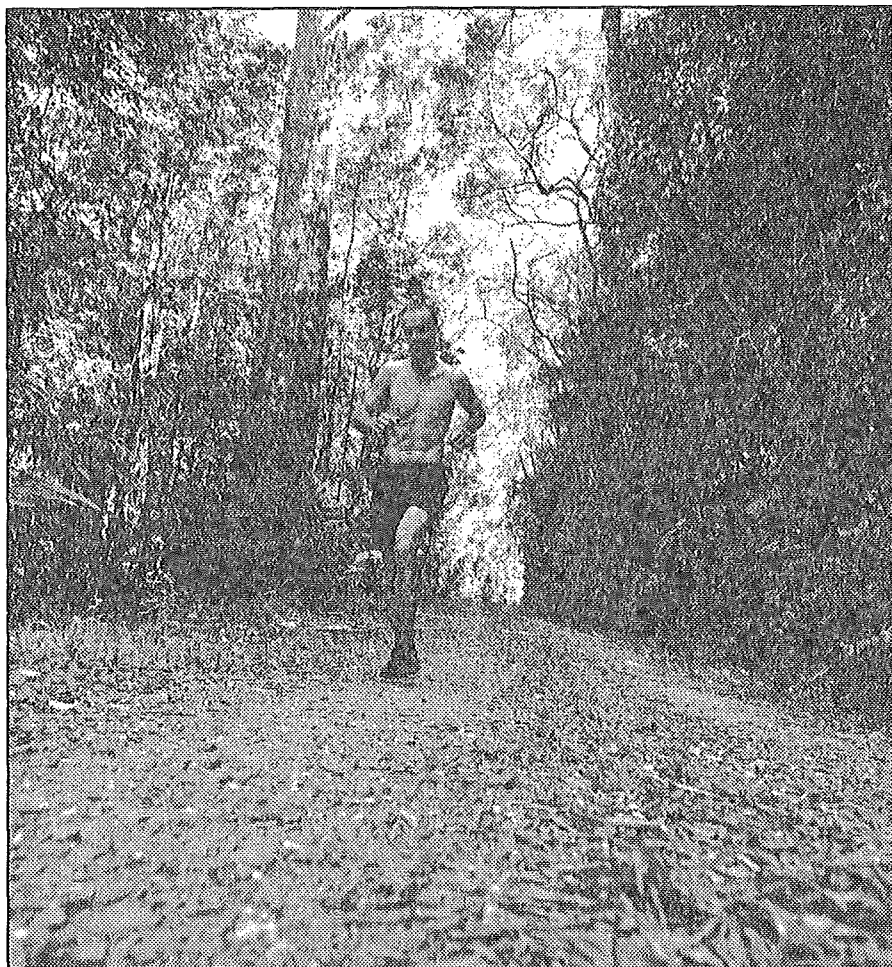
*"I get plenty of chances to ramble through the rainforest,  
jog in the fog, and climb in the clouds"*

my bottle was refilled, and I happily turned, looking forward to what should be 28.5 k's of downhill.

What had been steady and brief downhills on the outward journey morphed into vicious soul-smashing slogs on the return; and if the climbs were biting before, they were starting to drool as I approached, then chew and spit as I stumbled up. The guarantee of 10 k's of unbroken downhill, the prospect of a 4:45 finish, and the purely joyous downhills between these climbs kept my feet moving in what could loosely be described as running. The return to the half marathon turnaround brought great relief.

The legs sparked back to life with the unbroken downhill home, and a couple of sub 4-minute k's kept some hope of a 4:45 finish alive. A final water top up at the 5 k tent briefly broke the downhill momentum, but the last few k's of downhill really put the fun back in running and I again wondered where the last 4 1/2 hours had seemingly disappeared. The 4:47 finish time and 10 minute PB had me thrilled, and another brilliant Mt Lewis Road running experience has left me motivated to tackle bigger, longer, faster and higher runs.

Well done to all Spiny Cray runners in all courses for making a top run great and big thanks to Shane (RD), the course marshals, and admin crew for a thoroughly professional and well organised, but refreshingly casual and friendly event. I hope it continues for many years to come and I that I get plenty of chances to ramble through the rainforest, jog in the fog, and climb in the clouds, while pondering just what makes the Spiny Cray Ultra joyous.

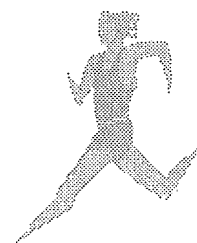


*Courtesy of Extreme Photography*

### Spiny Cray Ultra

Place	Time	Last Name	First Name	M/F
1	4:47:57	White	Chris	M
2	5:38:54	Crowe	Susan	F
3	6:17:08	Whitehead	Alison	F
4	7:16:32	Murdoch	Lincoln	M
5	7:32:11	Jones	Kylie	F
-	DNF	Fallon	Luke	M

*"54 of the 57 km's are heavily shaded by rainforest canopy and  
crystal clear rainforest creeks"*

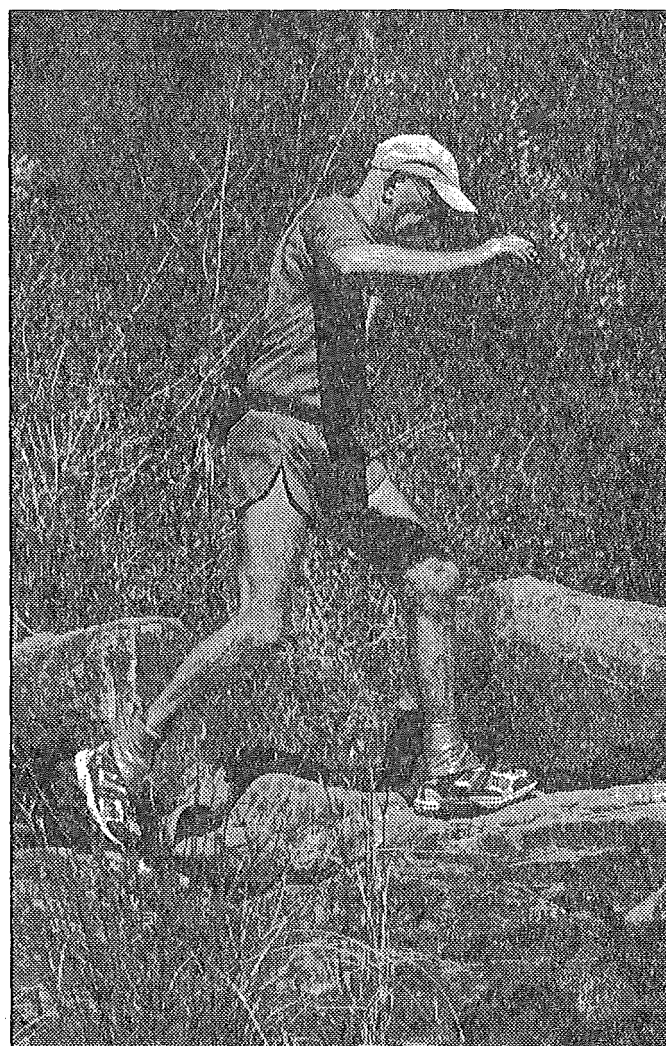




# Yurrebilla Trail 2011

PI	Result	Last	First	M/F	47	6:56:42	KERR	LIONEL	M
1	5:07:36	DUFFY	JAMES	M	48	7:01:40	ROFFEY	SALLY	F
2	5:12:59	BLOOMFIELD	MARK	M	49	7:03:52	MAFFEI	MAURICE	M
3	5:13:47	AGNIESKZRKUAK	JOANNA	F	50	7:05:17	MULGREW	KEVIN	M
4	5:17:30	BISHOP	ANTHONY	M	51	7:06:02	ORR	AARON	M
5	5:27:38	GAMBLE	MALCOLM	M	52	7:06:58	MROZOWSKI	GABRIEL	M
6	5:32:51	RIDGWELL	MARK	M	53	7:07:52	MAN	CHILLI	M
7	5:44:06	CARRACHER	ANDREW	M	54	7:11:03	MITCHELL	DAVID	M
8	5:51:06	PRYTZ	ARNSTEIN	M	55	7:12:55	WHITAKER	MICHAEL	M
9	5:57:58	JOHNSON	THOMAS	M	56	7:13:26	ADAMS	JAMIE	M
10	5:58:23	HABETS	DANNY	M	57	7:13:53	JOHNSON	PHILIP	M
11	6:00:24	JAMIESON	DON	M	58	7:19:42	DONNELLY	MICHELLE	F
12	6:03:49	NICHOLSON	JAMES	M	59	7:19:44	CHESTER	ROBIN	M
13	6:03:49	WORTHLEY	STEPHEN	M	60	7:19:47	LOFTUS	WILLIAM	M
14	6:08:40	BUTTERFIELD	NICOLE	F	61	7:21:47	DANIELS	CRYSTAL	F
15	6:08:47	WALL	DAVID	M	62	7:21:48	DANIELS	CLEVE	M
16	6:11:57	LYONS	BEN	M	63	7:22:22	FALLS	MARK	M
17	6:18:07	FRAME	NIGEL	M	64	7:22:39	THORNE	LIV	F
18	6:18:15	SCHMARR	CARLY	F	65	7:23:06	MURPHY	SARAH	F
19	6:18:47	GREENWOOD	PAUL	M	66	7:23:50	HORAN	ALANA	F
20	6:19:16	WRIGHT	BENJAMIN	M	67	7:25:35	SPUTNIK	SPUTNIK	M
21	6:24:05	SCHMARR	DAVID	M	68	7:27:47	WEBBER	GUY	M
22	6:24:12	TOOTH	BLAKE	M	69	7:30:01	CROSBY	PIET	M
23	6:24:38	GWYNN-JONES	BRONWEN	F	70	7:32:43	SMITH	JOSHUA	M
24	6:26:07	ISBELL	SAMANTHA	F	71	7:32:45	EDWARDS	DAVID	M
25	6:30:38	SAVAGE	ZAC	M	72	7:32:45	DELPOR	STEPHEN	M
26	6:31:06	HAWTHORNE	NEIL	M	73	7:34:38	STRACHAN	ALEXANDER	M
27	6:34:17	BERRESHEIM	RAYMOND	M	74	7:34:39	WEENINK	JEREMY	M
28	6:34:29	MARKCRAMEY	CAMERON	M	75	7:36:34	ANDERSON	NICOLE	F
29	6:41:22	DAVIS	JAMES	M	76	7:36:51	ROBINSON	ROB	M
30	6:41:58	MACMILLAN	KATHERINE	F	77	7:37:48	JIRANEK	VLADIMIR	M
31	6:43:06	FURNESS	KATE	F	78	7:38:44	MATTHEWS	CARL	M
32	6:43:47	TRZEPACZ	STAN	M	79	7:39:30	SMART	DOUGLAS	M
33	6:44:21	TOOLAN	RYAN	M	80	7:40:01	VAUGHAN	EMMA	F
34	6:44:38	BILLETT	DAVID	M	81	7:40:50	HOGBEN	CHRIS	M
35	6:45:58	WIEWEL	ANDREW	M	82	7:41:33	SAITES	MARGOT	F
36	6:47:18	PATRICK	CARL	M	83	7:41:35	WORLEY	BRETT	M
37	6:47:59	MILLHOUSE	STEVEN	M	84	7:42:06	LEWIS	VICKI	F
38	6:48:28	HOCKINGS	BEN	M	85	7:42:45	GREENELEE	STIRLING	M
39	6:49:15	DAVIS	GARRY	M	86	7:43:17	FOTHERINGHAM	TONI	F
40	6:49:22	MILLER	LACHLAN	M	87	7:43:29	VAN DE WATER	STUART	M
41	6:49:25	SACLOATNT	CHRISTOPHER	M	88	7:50:06	LITHGOW	JAMES	M
42	6:49:26	FRANKLIN	ANDREW	M	89	7:51:12	HAWTHORNE	CHLOE	F
43	6:50:08	SUCKLING	SANDY	F	90	7:52:06	WILLIAMS	KYM	M
44	6:52:33	RUGLESS	PAUL	M	91	7:53:13	VAN DER GEEST	CLAIRE	F
45	6:53:11	EVANS	MATT	M	92	7:53:37	HILL	IAN	M
46	6:56:24	SAGGERS	KEITH	M	93	7:57:12	GUNSON	PETE	M
					94	8:00:40	CASTON	SALLY	F

95	8:00:43	JANSSENS	WENDY	F	143	9:38:48	FRASER	STEVE	M
96	8:01:26	COWLEY	ALEX	M	144	9:42:36	PRENTICE	GLENN	M
97	8:01:36	GLOWIK	JOHN	M	145	9:45:07	O'CONNOR	MARTHA	F
98	8:01:37	HEFFERNAN	DAMIEN	M	146	9:50:25	HILL	BRETT	M
99	8:04:15	LANGMEAD	BECK	F	147	10:03:19	LOWE	ROS	F
100	8:04:16	LANGMEAD	JO	F	148	10:05:42	WELCOME	KIM	F
101	8:04:22	INGRAM	JAMIE	M	149	10:07:25	WORLEY	SUE	F
102	8:05:58	WOODFORD	LAUREN	F	150	10:09:56	SWAN	MATTHEW	M
103	8:06:09	LAWRY	CHRIS	M	151	10:10:07	BRAND	STEWART	M
104	8:12:32	HOFFMEYER	JACOB	M	152	10:10:38	O'BRIEN	PETER	M
105	8:13:03	MCMILLAN	PETER	M	153	10:10:44	WORLEY	PETER	M
106	8:13:59	CLIMENT	SEBASTIAN	M	154	10:14:10	GUY	KELLI	F
107	8:16:31	CRANSTON	SADIE	F	155	10:15:39	DI TOMMASO	JANNION	F
108	8:17:39	MCALLISTER	SYLVIA	F	156	10:15:40	COAD	MIKE	M
109	8:19:46	BROWN	CALLUM	M	157	10:15:43	MROZOWSKI	LANA	F
110	8:21:16	MORTON	SCOTT	M	158	10:18:05	PERRY	KATHLEEN	F
111	8:24:11	MAHASURIA	ASHA	F	159	10:39:04	BENTLEY	DARYL	M
112	8:26:13	OVERBEEKE	NATHAN	M	160	11:05:51	GABB	BRONTE	M
113	8:28:21	BUCKETT	SALLY	F					
114	8:30:00	WILLOUGHBY	REBEKAH	F					
115	8:30:02	ZEIDAN	NINA	F					
116	8:30:20	CHAPMAN	DARIUS	M					
117	8:30:21	SHARRAD	KATHY	F					
118	8:31:12	BENN	SONJA	F					
119	8:31:49	BRADY	DONALD	M					
120	8:33:07	AHERN	MATT	M					
121	8:33:36	TAYLER	AMANDA	F					
122	8:33:36	MCSPORRAN	KAYLA	F					
123	8:33:37	TYSON	SUE	F					
124	8:34:35	O'CONNOR	ANDREW	M					
125	8:36:47	STRACHAN	MARGOT	F					
126	8:53:22	DUNFORD	ANDREW	M					
127	8:54:07	PEARCE	RANDALL	M					
128	8:54:55	LIM	SEN KING	M					
129	8:57:57	SCHUBERT	GUY	M					
130	8:58:02	GREENELEE	JEN	F					
131	8:58:17	BENTLEY	KAREN- LYNDA	F					
132	8:59:18	REIMANN	PETER	M					
133	9:00:05	SUCKLING	COLIN	M					
134	9:01:57	VENNING	PAUL	M					
135	9:01:59	SIMS	JASON	M					
136	9:02:00	BIEZE	DANIEL	M					
137	9:05:32	CLEARY	TERRY	M					
138	9:13:05	SIMMONDS	JACK	M					
139	9:15:40	RAWLING	CAROL	F					
140	9:19:11	ROGERS	PAUL	M					
141	9:23:25	GLOVER	BRIAN	M					
142	9:27:53	MCGREGOR	EMMA	F					



Brian Glover in Yurrebilla Trail  
photo by Cameron Miller



# Great Ocean Walk

The Running Tourist – My GOW100 - by Phill Le Marinel

100 km? In a single day? Running? I get tired driving that far.

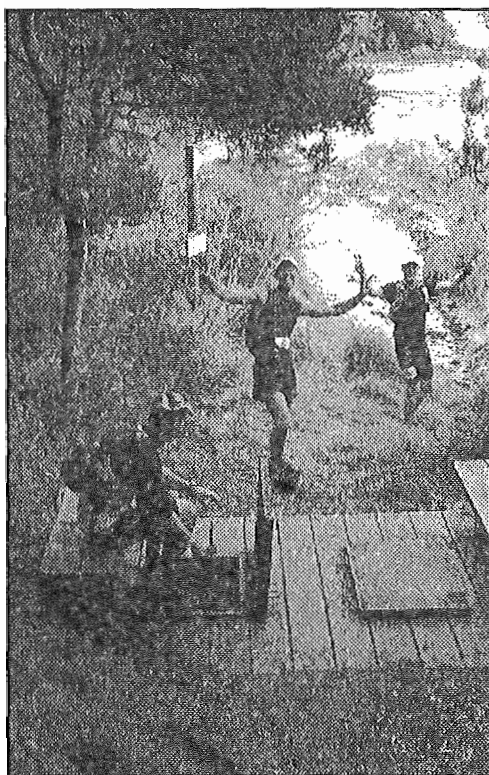
These were among the usual responses from colleagues when I informed them of my latest adventure, the GOW100. As a relative newcomer to long distance running, comments like these initiate a little secret smile. But there's one question I'm sure is very familiar to ultra-community veterans that's taken me a bit more thought to answer ... Why?

I've always been keen on being outdoors and most people describe the activities I enjoy as 'adventure sports' (although I think the term sports is actually very inaccurate). I started running several years ago to maintain my fitness for these activities, but my love of mountaineering in particular pushed me into longer distance running. As the mountains I was climbing got higher, the distances I had to run to develop the endurance I wanted got further. It's hard to train for 6,500 m when the tallest mountain in Australia is below 3,000 m. But running's addictive and has now become something I do for the love of it in its own right.

My first 100 km run was this year's TNF100 and my preparation for this event consisted of my weekly after work run (approximately 35 km), the occasional run along the Royal National Park coastal track, as well as racing the Six Foot Track and Canberra (50 km) marathons. I live and work in the centre of Sydney so getting out to the bush can prove difficult and I felt the chances of successfully finishing the distance were reasonable but not guaranteed. I can honestly say that the motivation for the TNF was the challenge: Why? ... to see if I can.

I finished the TNF in 18:28 and was considering the next adventure but the 'Why?' question got a bit more complicated. I knew I could run the distance so why put myself through another 100 km run when there's no chance of me ever coming near

a podium finish. Internet searches revealed a number of potential runs but the GOW100 looked interesting, as it was interstate, covered a beautiful course, and most importantly appeared to be organised 'by runners for runners.' The first email response from Andy Hewett (the race director) to my initial query immediately reassured me this was the run for me and the



*At the boot cleaning station*

planning for my next adventure commenced.

I decided to run the GOW100 not for the challenge, but the sheer fun of being involved in an organised event that attracted other likeminded runners over a course that in years past I would have enjoyed as a week-long bush walk. I didn't feel it necessary to increase my training load as the course looked flatter than the TNF and so, unforeseen events aside, I knew I could cover the distance before the cut-off, even with the occasional stop to enjoy the views. Planning for the run was easy too. Stephanie, my wife, will attest

to my tendency for OCD, so out came the equipment checklists - top of the list, my trusty camera. The running tourist was almost ready.

My support team comprised Stephanie and my two daughters, Zoe and Sally. Together we headed toward Apollo Bay, flying out of Sydney on the Thursday before the race for some well-earned rest and relaxation. Friday was spent on the beach, wandering around town, doing reconnaissance of the first section of the run, and generally enjoying everything Apollo Bay had to offer whilst waiting for the evening registration, gear check, and briefing. These were everything you would expect from a well-organised event. Andy and his team had obviously put an enormous amount of work into organising the event, much to the reassurance of Stephanie. The number of in-house jokes from the crowd indicated there were many repeat runners - another good sign of things to come!

And so the day dawned - well it would do later, but not at 5 am when my alarm clock went off. I have a special tune on my alarm clock for things I enjoy. I find it makes those early starts a bit more bearable. I dressed quickly having laid my clothing out the night before (yes, OCD again), dragged Stephanie and the kids out of bed, and we headed off to the start through the cold morning air. After a quick coffee and rollcall the 70 runners drifted to the start with Andy counting the minutes down toward a precise 06:15 start. Time for a quick hug from the support team, a photo, and then we're off.

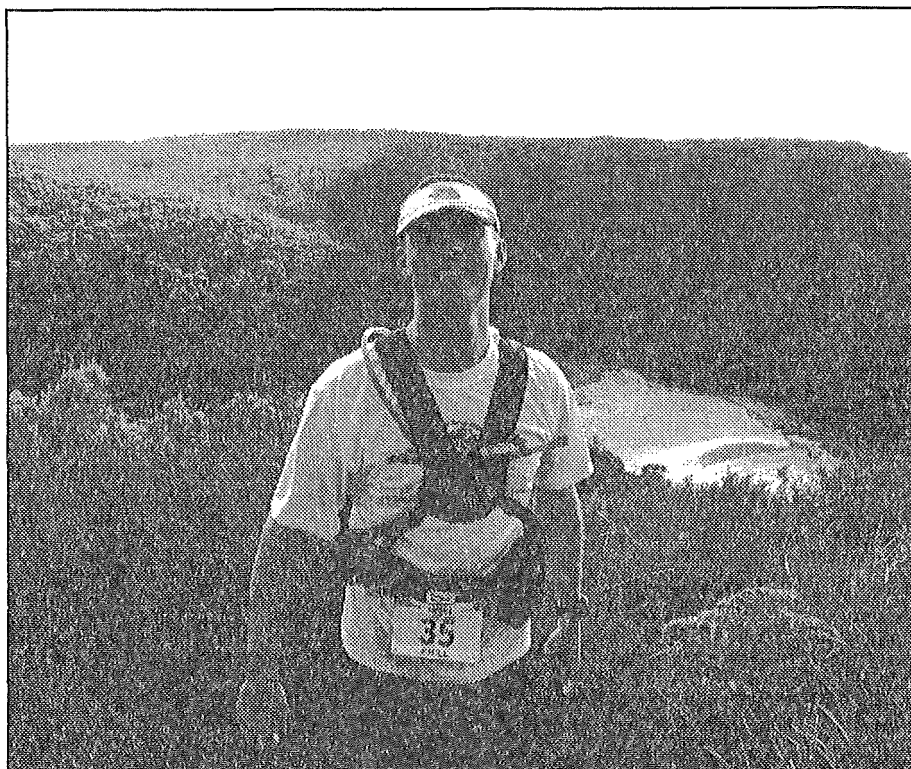
The pack stretched along the road out of Apollo Bay and through the Marengo Caravan Park before hitting rural track along the coast toward Shelly Beach. Noise in the early section was kept to a minimum per Andy's instructions and we watched the sunrise to the background sounds of light footwork, gentle



conversation, and the GPS symphony at every kilometre mark. I stopped to take my obligatory photos of the sunrise. Well, that is what tourists do after all! The rural track gave way to a short, beautifully lit beach section before heading uphill. Conversation turned to reminisce of last year with an alarming common theme - mud, and apparently quite a lot of it.

As the sun rose so did the temperature, and the multiple layers I wore to protect from the anticipated cold now seemed a bit excessive. The beanie, buff and gloves went back in the pack and I realised I'd be carrying them right to the end. So much for the carefully planned weight minimisation. Around the 10 km mark the bush track commenced meandering through trees on its gradual climb up the Elliot River Track with small easily avoided muddy patches here and there. It was nowhere near as bad as I'd feared from what I'd heard earlier in the morning. Perhaps there was a bit of leg pulling from the more experienced runners. During the ascent the small muddy patches grew in size and navigating around them became quite a challenge, eventually reaching the point that the only way forward was to step, then stomp, then eventually wade, through the middle. As the mud became wetter my shoes became heavier, and with soggy socks my pace dropped past 10-minute k's. I wondered if I should have packed gum boots rather than my trusty Salomon X2s and pondered the promotional Great Ocean Walk DVD watched the night before - full of striking sunsets, dry tracks and spectacular scenery. Quite different from the quagmire we were slowly trudging our way through.

Uphill became downhill as we turned toward the first checkpoint at Blanket Bay. The mud receded in places and I exchanged my imaginary gum boots for imaginary skis as my feet overtook my body on the slipperier sections. I gather falling over is a rite of passage on this run but thankfully I avoided adding to the muddy patina already covering my legs and bum. A quick beach section lead to the car park at 21.5 km and the welcome sight of fresh water, delicious cakes, and the incredible volunteers that make these runs possible. Unfortunately, I'd decided I



*Phil Le Marinel at Parker Inlet*

didn't need a drop bag at CP1 so was stuck with my miserable socks for another 20 km. After a brief water top up and a quick snack I headed off along well-formed and thankfully dry, firm, and relatively flat bush track toward Parker Inlet.

Parker Inlet is a picturesque bay with a river crossing (our first) marking the 25 km point and completion of the first quarter of the run. The track climbed out of the inlet via a set of steep steps and the views gave me the perfect excuse to stop for more photographs while my legs recovered a bit. We were running in small groups by this point and a fellow runner stopped, offering to take my photo. One of the things I've really come to enjoy about trail running over road running is the camaraderie; road runners barely talk to each other, let alone stop to take each other's photos! We ran together for some distance and I learned that this was his 199<sup>th</sup> marathon/ultra, with him running 50 races in one year - this sport really is addictive. We both set off again toward the Cape Otway light station with the sun high in the sky and no sign of the expected weather front that promised more interesting conditions later in the day. I began to regret packing my waterproof jacket at the start - more weight to

add to the collection of unnecessary luggage - yet another tourist trap, not using half of what's packed in the "suitcase."

In the race briefing Andy advised us that navigating the car park at Cape Otway was the hardest route finding exercise on the whole track. Ending up on the road was dangerous, could potentially threaten the future of the race, and could lead to disqualification. Lighthouse Road is surrounded by bushland laden with koalas and drivers often pay more attention to the trees than the roadway. Thankfully, Andy and his team had organised a 'chain gang' of volunteers to direct runners around the car park and onto the next section of track. Once again, we runners are indebted to the hard work and dedication of the volunteers that make these events possible.

The route to checkpoint 2 continued along the top of sandstone cliffs with views along the coast toward the west. The track surface was now soft sand, the pace slowed again, and I added sandpaper to the cement in my shoes - perhaps those gaiters I'd seen other runners sporting were worth it after all. At about the 35 km mark the wind picked up and bright sun gave way to cloud with the occasional squall.

*"The reduced pace on the ascent saw a number of runners bunch up again"*

My waterproof jacket made its appearance, probably as much to justify my carrying it as to actually protect me from the weather, but it did make an interesting element to my photographs of this section. The exposed cliff tops emphasised the impact of the wind and made the turn away from the coast in to the more protected vegetation on the approach to CP2 quite distinct. The noisy howling gale dropped away along the quiet and serene single track and I picked up my pace in an effort to make the next checkpoint on schedule.

The Aire River Bridge greeted us as we descended into the Aire River campground and checkpoint 2 at 42 km. I'd planned to spend only 10 minutes here but I hadn't considered the need to remove my socks with a jackhammer. Other runners were swapping their wet and muddy shoes for fresh pairs; I had to make do with just a change of socks but my feet loved me for it nonetheless. I could have stayed all day being waited on by yet more volunteers topping up my water and offering cake, lollies, first aid, and congratulation for looking so good after covering the same distance as a traditional marathon... but 20 minutes after arriving, I was back on my feet.

The next section was a pleasant run through heathland and relatively level sandy tracks heading back toward and then tracking along the coastline. We then dropped down from the cliff tops and progressed under the escarpment, winding around the twists and turns of the shoreline, delicately perched halfway between crashing waves and soaring birds. Such a delightful way to spend an afternoon, and several more photographs were added to my collection. The halfway point was reached as I weaved through a sea of grass trees sheltered by coastal gums, my recently purchased LineBreaker parts protecting my lower legs from a barrage of scrapes and scratches. It wasn't long before my most feared section of the run was reached. I don't mind the uphill and downhill struggles, but sand really saps my energy and the 2 kilometre slog along

Johanna Beach and our second creek crossing lay ahead.

The strong north-westerly wind blasted along Johanna Beach as if trying to guard access to the next checkpoint. All hopes of bypassing this obstacle quickly faded after zigzagging across the sands revealed there was no nice hard, firmly packed part of the beach. So the plod began. Sea spray and sand were eventually conquered and the Johanna River was reached after half an hour of slow beach walking. I waded through the river and made my way onward to checkpoint 3 along a satisfyingly solid gravel road to be unexpectedly greeted by my support crew. Stephanie and the girls had spent the morning at the Cape Otway light station and decided to stop in at CP3, luckily arriving only 10 minutes before me. Just as well I wasn't able to sprint the beach section!

I sat down to change my socks and recounted my progress as Stephanie checked out my holiday snaps. My headlamp, backup light, warmer clothing, waterproof pants, snacks and a full tank of water were added to my pack, making it just that bit heavier for the 300m climb out of the checkpoint to the highest point on the run, the Milanesia Track intersection and 60 km mark. The going was easier than expected; rumours of another muddy quagmire proved unfounded as the track climbed the side of the valley in glorious sunshine. Higher up the valley the track passed through several gates and became smoother, eventually evolving into a nice evenly-graded gravel road and as our pace quickened the field spread out until I was running completely alone for the first time.

Fording the Johanna River had fully saturated my shoes and the dampness was permeating through my changed, dry socks. The long downhill section to Milanesia Beach provided opportunity for small particles of sand and gravel to infiltrate as well; this combination was beginning to abrade my poor feet. I pulled up at a small clearing amongst grasses, ferns and patches of dappled light to apply an additional

layer of Compeed to my right sole. As I was replacing my shoe another runner, Michelle, stopped to check all was well. I thanked her, let her know I was good and picked myself up to continue toward the beach. I caught up with Michelle and her running partner, Mark, as we reached the beach and we covered the next 10 km section to Moonlight Head together.

Michelle and Mark ran both of the previous GOW 100Ks and this section was particularly memorable for them given the numerous climbs and descents. There seems to be some disagreement about how many 'hills' there are in this section, some say six, others seven, and I listened to Michelle and Mark discussing which one we were on and how many more there were to go. I've yet to find anyone to run with on a regular basis and it was enjoyable listening to them chatting to each other about something they enjoyed so much together. One final steep climb brought us up onto Moonlight Head and the unmanned water drop Andy had arranged for us. The reduced pace on the ascent saw a number of runners bunch up again as we reached the stop, and there was a consensus of opinion amongst the gathered crowd that we had completed the hardest section and a finish before the race cut-off was now assured. Unbeknownst to us, as we were topping up our water reserves and enjoying a quick snack at 74 km with 10 hours elapsed, Julian Spence, the race winner, was already crossing the finish line in a superhuman time of 9 hours 58 minutes.

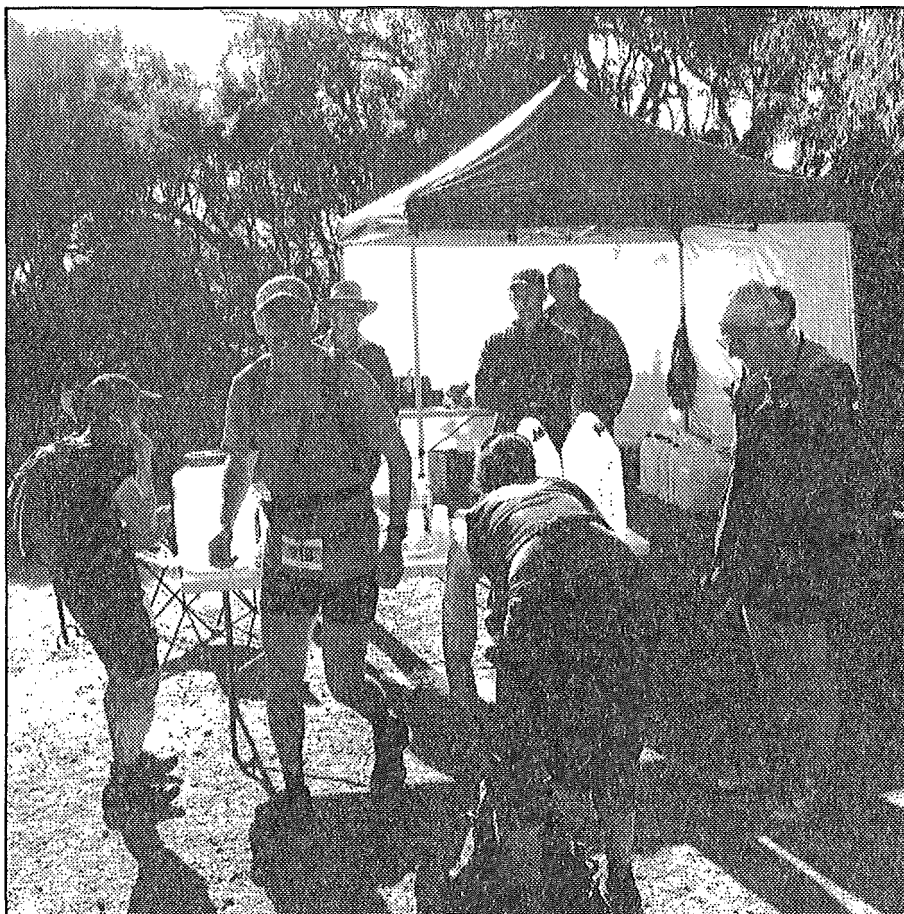
Checkpoint 4 had been moved 5 kilometres further along from its location last year to a more sheltered location, obviously a very wise choice given the howling gale we found ourselves running through and my beanie and buff made their reappearance. The GOW track has also moved from last year's course due to track realignment, and I was able to quickly jog the downhill section of a new and well-formed track toward the Gables car park. The latter uphill section proved a bit more challenging and

with the exception of managing a short run for the small crowd of supporters cheering us on, I walked my way into the final checkpoint. The temperature was dropping as the sun sank toward the horizon but luckily I'd packed a warm jacket to use at the checkpoint (sometimes OCD has its benefits!). I sheltered in the marquee tent enjoying the brief respite from the wind as I put on my waterproof jacket and reorganised my pack with the assistance of the keen volunteers, who also plied me with lollies and cake. After thanking them all I resigned myself to my fate and headed off back into the cold.

The GOW continued along the Old Coach Road, a heavily rutted four wheel drive track for some kilometres, which necessitated navigation around deep pools of water in failing light. Fortunately, the track itself was dry and I managed to avoid dunking my feet into any of the puddles. The GOW again deviated from last year's course, following a new gently undulating route running roughly parallel to the Old Coach Road. I'm sure the scenery would have been quite spectacular as we approached the Twelve Apostles Marine Park, but unfortunately the sun was nearly set and the dreaded front was approaching, bringing with it a strong headwind and driving rain.

I stopped to put on my headlamp. I use a Petzl Myo XP that has a long cable connected to a separate battery pack, and pulling a twisted mess from my bag I realised that despite packing it 'accessibly' I'd omitted to pack it 'effectively.' I sat on the side of the track trying to work through the logic puzzle, eventually succeeding in releasing the headband from the tangle as another runner ran past, stopping briefly to check if I was ok. I followed Steve at a steady pace through the darkness, wind, and driving rain; the glow of his high-visibility jacket provided a reassuring glow ahead. We crossed the Gellibrand River over the bridge in single file silence, too tired for conversation in the final ten kilometres of the run.

As my GPS beeped its 95<sup>th</sup> kilometre I felt a surge of enthusiasm and decided to run the rest of the way. Either my body had found a secret



*Aid station 1*

reserve of energy or it just wanted to get to the end. At times the driving rain reduced visibility to no more than the square metre in front of me, but this was enough to follow the path and I made quick progress to the final kilometre on bitumen. My focus on running the last section nearly caused me a lengthy detour as I ran straight past the turnoff to the Twelve Apostles car park. Realising my mistake I turned around to see three other runners I'd overtaken a few kilometres back turning off the road and making their way to the finish. Oops. In a final sprint I caught up and the four of us crossed the finish line at the same time - 15 hours 35 minutes. 12 minutes ahead of my goal time. It's amazing to see in the results how many runners cross the line together, recording the same times - a true testament to the spirit of this event.

Stephanie and the girls were waiting for me in a nice warm car and I bid the volunteers at the finish good night before being whisked though the rain to our overnight accommodation at the Port Campbell Hostel, feeling somewhat guilty that as I lay in my comfy warm bed they

would be out in the wild weather until the early hours. The next morning provided another example of how well organised this event is - everyone met together at the hostel for a cooked breakfast and we replaced some of the calories burned the previous day. Presentation of our buckles and various prizes followed and we congratulated the podium finishers and thanked Andy, Brett, Wendy, and their army of volunteers for organising such an amazing event. It was sad to leave new friends, but I'll be back next year - Why? Well, if you have to ask the question, you'll never understand the answer!

I know events like this wouldn't be possible without the tireless dedication of the organisers and volunteers. The runners' names will appear in print, but the real heroes are the guys behind the scenes and at the checkpoints ensuring our safety and (relative) comfort. A heartfelt thank you to you all. Thanks also to AURA for supporting the event, without which it just wouldn't be possible and, of course, thank you Stephanie, Zoe, and Sally for the hugs at the start and the finish.



# Tiptoeing through the Wildflowers of Washpool

By Stephen English

The Washpool 50k, held on the 16<sup>th</sup> October 2011, was a day to remember for this weekend warrior. Organised by Greg Waite and TRAQ, it was well attended by the Queensland crowd with many choosing to camp at the start line for the weekend with their families. This boy (me) and girl (Pam) are past that and chose to rough it in a motel at Glen Innes after a 5 hour drive up from Newcastle. It meant an early start to get to Washpool, but it's an easy drive and I do like my hot shower in the mornings.

It turned out to be a clear spring morning after a week of showers. I had just done a PB at the Fitzroy Falls Trail Marathon (4:12) in the mud the previous weekend so was feeling a bit cocky, but realistic in that I knew I would be feeling it at the end of 50k. This run was meant to be a training run for me for the GNW100K that was in 4 weeks time, and I needed to be able to manage the fatigue towards the end.

Greg lined us up in front of Mulligan's Hut prior to the start to give us our pep talk, and reassure us that the last 15k is downhill. There are only two checkpoints, at 9k and 35k where we cross the highway, with two unmanned water stops. Being 1000m up, this area has many crystal clear flowing creeks to quench your thirst if needed.

After a false start with someone "who will remain anonymous" leading us up the wrong track, we soon spread out along the single track and into the wilds of the Washpool National Park. The NP people do a great job maintaining the many walking tracks in this area, which is probably why it is so popular with walkers and campers. In places it was like jogging on a mown lawn. Naturally there are some rough sections, but nothing too steep and I managed an easy pace, enjoying the views of the spring wildflowers to the first 9k checkpoint in just on the hour.



*Ben Duffus finishing the 50k - photo courtesy Greg Waite*

After crossing the highway it was a long downhill on gravel road and track to the Coachwood picnic area, and a short scramble along the Coombadjha Creek to the unmanned water stop. I was thinking at the time that I wished that I had more time to stop and enjoy the varied scenery. One minute I was in moorland with wild flowers, then in a forest of fern trees, then a glen of giant trees, and then jogging beside a bubbling brook in a rainforest. However, we should be careful what we wish for.

After the unmanned water stop, at approximately 15k, the terrain changed as we worked our way over the Gibraltar Range; more open dry forest with fire trail road. But being national park the track was easy and hadn't been chewed up by 4WD's. The hills were becoming shorter, but steeper, and I was into my walk/jog strategy.

By the 25k, and 3 hour mark, I felt I deserved a break at The Haystack (a

granite rock formation) and sat down to admire the waratahs. This was a first for me to see them in the wild; also a time to clean out the shoes and ingest some fuel. Why do they make gels taste so bad? It would be better if they tasted of nothing then your stomach wouldn't know they were coming. I was halfway and my cup was half empty.

I was planning on a 6 ½ hour trip, which is average for this run says Greg Waite. I consider myself pretty average and I was starting to feel very average in the 10k to the highway, reaching the 2nd checkpoint in 5+ hours. My stomach was starting to let me know it wasn't happy. The clear spring day was starting to warm up and it was a relief to have some ice in my cup of water with some melon. My stomach didn't want any food but it was going to keep hydrated or be dammed.

As Greg told us, this last 15k was downhill and we were back on the nice NP walking tracks. Across

*"I started off at a brisk walk, planning to just jog the easy bits  
and hoping to pickup as I went along"*

moorland fields, around granite outcrops just like the movie "Picnic at Hanging Rock" and across cool creeks that drained the moors. These were a relief to stand in for a few minutes to cool off the feet as my shoes soon dried out when I started running again. And it is a great place to run...a gentle downhill, good tree cover, and a soft easy track. If only my stomach could appreciate it!



I reached the last unmanned water stop in 6 ½ hours as we crossed the access road to the campsite with just 7k to go. I pushed down some more water as my backpack with electrolyte was warm and insipid. I let a young couple move off ahead telling them I was pretty well spent and planning to finish with a lot of walking. I started off at a brisk walk, planning to just jog the easy bits and hoping to pickup as I went along.

That's when my stomach decided it had something more to say! I bent over to listen and decided to lie down on a nice soft grassy knoll to listen more closely. I won't repeat its exact words here, but it was very clear and fluid and in summary it was "STOP NOW, please!"

Decision time! Walk back 50 metres to the road and hitch a ride OR continue on for the next 7k having not so pleasant conversations with my stomach.

But when I dragged myself to my feet I found that my stomach had relinquished all its objections and the decision was mine alone. It was an "I can dance" moment, but in this case I just wanted to keep on running down the beautiful bush tracks beside the bubbling brooks forever. Maybe it was the fresh mountain air and maybe I should've started listening to my calves and hamstrings because I knew it all stops when they have too much to say.

The last 7k followed the creek, by then almost a river, to the campground. Eventually I could see a metallic glimmer through the trees

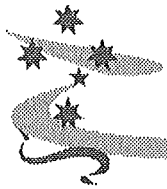
and I came out onto the campground road to be greeted by the children and calls of "are you a runner or a walker?" Those children should be taught some manners! I thought I was still running.

As all runners know you need to save yourself for the final sprint across the finish line to please the cheering crowd. In this case half the crowd was Pam manning the timing desk and giving Greg and the ladies a hand with the sandwiches. She was starting to fret after hearing from a young couple about an old bloke meeting my description looking like death walking.

For the record Pam recorded my finish time as 7:18, which was below average but one any stomach should be proud of.

**Sunday 16 October 2011 - Washpool**

50 km			
Matthew	Bourke	1M	4:47:01
Michael	Douglas	2M	4:54:53
Brad	Willis	3M	5:27:12
Peter	Thomas	4M	5:39:49
Kelvin	Marshall	5M	5:43:35
Rebecca	Wilson	1F	5:59:56
Ngaire	van der Jagt	2F	6:04:21
Jeremy	Ullmann	6M	6:06:48
Rachel	Waugh	3F	6:20:17
Michael	Schafer	7M	6:23:11
Andrew	Steven	8M	6:34:01
Barry	Monteret	9M	6:38:12
Andrew	Duffus	10M	6:43:07
Chantal	Brockman	4F	6:44:40
Dan	Ibbotson	11M	6:44:40
Signe	Riemer-Sorensen	5F	6:55:01
Martin	Lentz	12M	6:55:01
Stephen	English	13M	7:18:06
Mallani	Moloney	6F	7:19:09
Elizabeth	Swain	7F	7:19:09
Marina	Brun-Smiths	8F	7:38:01
Todd	Jenkinson	14M	7:45:56
Ruth	Laenen	9F	7:46:39
Gary	Barton	15M	7:52:01
An	Duong	10F	7:57:28
Joanne	Fysh	11F	8:42:33
Jean Paul	Afflick	16M	8:42:33
Bill	Thompson	17M	9:00:00



## AURA Member Profile

# Ian Dunican

**Name:** Ian Dunican

**Age:** 32

**Birthplace:** Dublin, Republic of Ireland

**Currently living in (suburb, state):** Perth City, WA. Been in Australia since 2003. My wife is from Victoria.

**Number of years running:** 17

**Number of years running ultras:** 21 months

**Favourite running terrain (and distance):** Off road in the mountains. I really enjoy the 100km.

**Hours and/or distance spent running each week:** It varies between 10 -20 hrs depending on which race I'm training for. But this year training for TNF 100 I was training for 15 hrs a week running and 5 hours on martial arts.

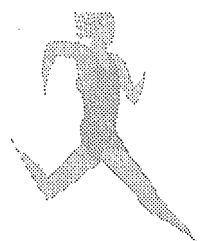
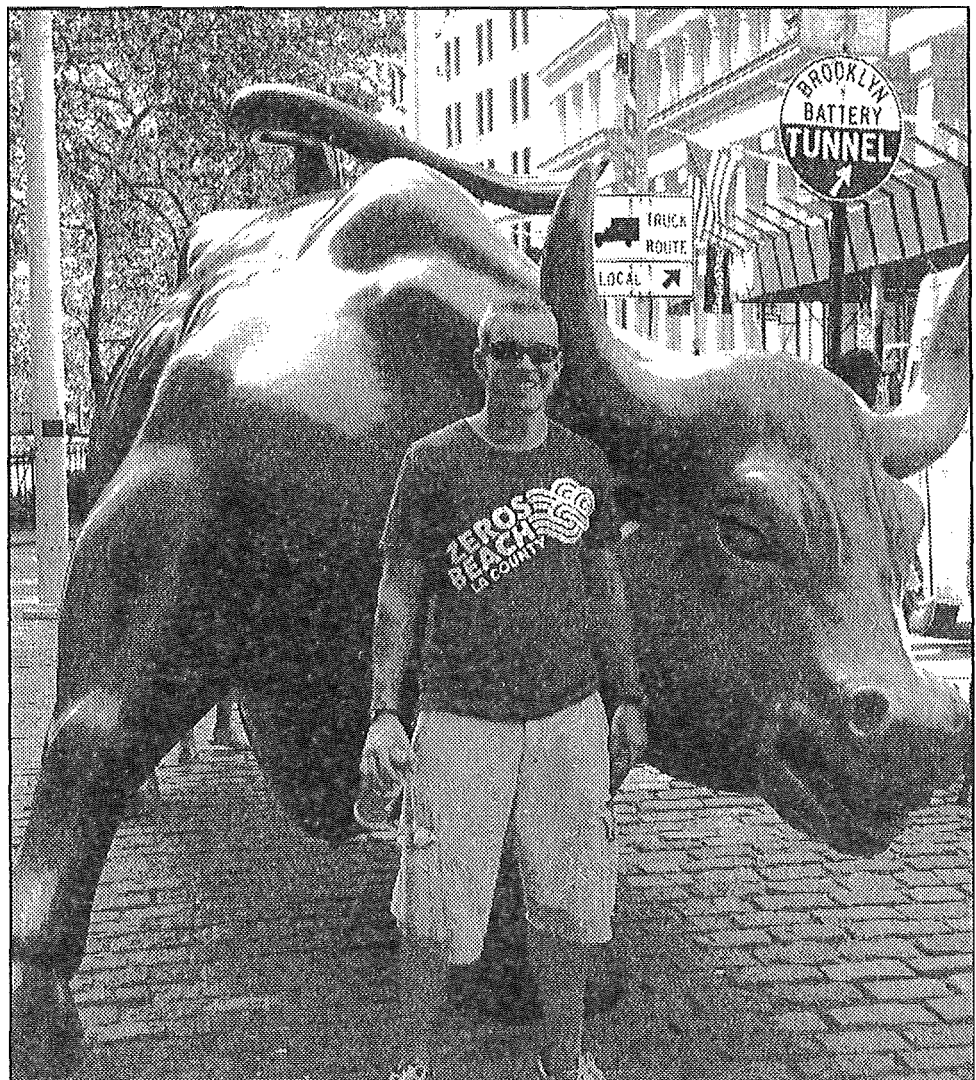
**Some ultras completed:** 2011 TNF 100 in 13hrs 40 mins; 2011 Cradle Mountain 82km in 12hrs 30 min; 2010 TNF 100 in 15 hrs 59 mins

**Running related injuries:** ITB in 2010 for a few months but other than that I'm lucky, touch wood.

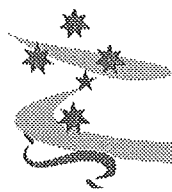
**Hobbies outside of running:**

I enjoy Japanese Ju Jutsu. Recently started Cross Fit to complement my running and martial arts. My wife and I are currently learning Spanish and I am undertaking a PhD in the area of fatigue in the mining industry. I also have a keen interest in business and economics and in particular the area of social and environmental economics. I also like to travel and read history, biographies, and some novels. I have been known to enjoy a good whisky and a fine Cuban cigar ....on occasion.

**Occupation:** Global Principal Adviser HSEC Projects, Rio Tinto







## AURA Member Profile

# Bob Fickle

**Name:** Born Robert David Fickel, better known as Bob

**Age:** 59 yrs. Turning 60 next year - it can't be right.

**Birthplace:** St. George Hospital, Kogarah, Sydney, NSW, 2<sup>nd</sup> youngest of 7 children

**Currently living in (suburb, state):** Waterfall, NSW

**Number of years running:** 32

**Number of years running ultras:** 24

**Favourite running terrain (and distance):** Road and trail as we have the Royal and Heathcote Natural parks on either side. Distance would have to be 42.195km, as I have run so marathons.



*Photo: Bob Fickel marriage to Anni 1995*

**Hours and/or distance spent running each week:** About 6hrs and 50k - not enough.

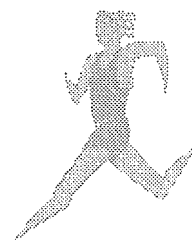
Will step up training for Six Foot Track.

**Some ultras completed:** Sydney to Melbourne 1990, 23 Six Foot Tracks. Next year I will become legend no. 4. This is the gold or motivation.

**Running related injuries:** Very few over the years, especially considering my history of 207 marathons, 60 ultras, and more. But at the moment the glute and back are problems.

**Hobbies outside of running:** Family tree. I'm President of Southside Masters Athletics Club and started the Australian 100 Marathon Club.

**Occupation:** Truck and forklift driver, Sydney markets, Flemington. Was 29yrs in August.





## AURA Member Profile

# Jessica Robson

**Name:** Jessica Robson

**Age:** 28

**Birthplace:** Sale, Victoria

**Currently living in (suburb, state):** Bruce, ACT

**Number of years running:** 7

**Number of years running ultras:** 3

**Favourite running terrain (and distance):** Unexplored trails, anything up to 100km. On road, half marathon.

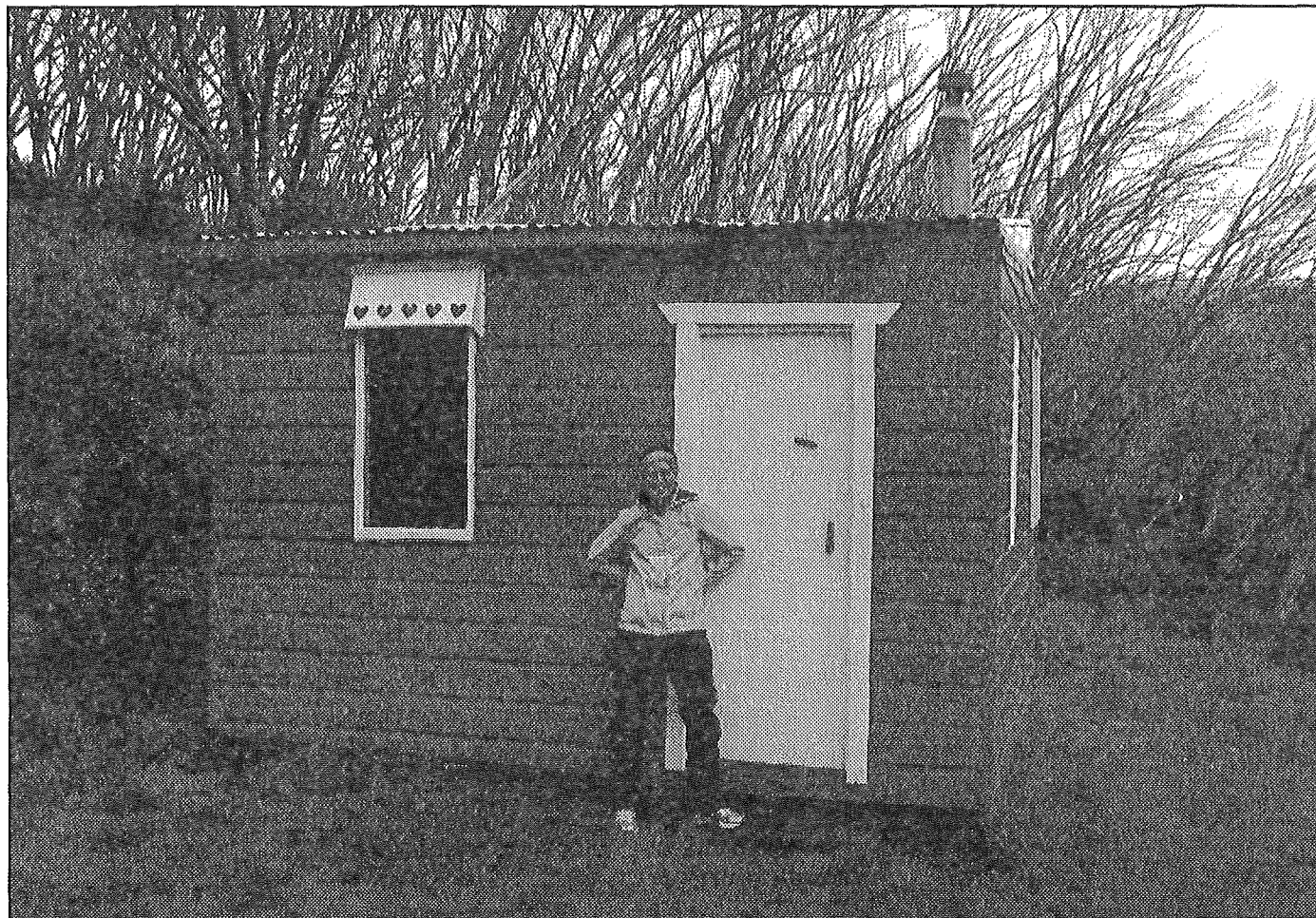
**Hours and/or distance spent running each week:** Varies depending on other training, usually 50-80km.

**Some ultras completed:** B2H, Alpine 100 mile, GNW 100km, Canberra 50km, The Tan

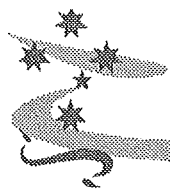
**Running related injuries:** Stress fracture in 2010 and a few lost toenails in the early days.

**Hobbies outside of running:** Cycling, swimming, paddling, hiking

**Occupation:** Air Force Clerk



*Jessica at Valentine's Hut*



# Sandra Howorth

**Name:** Sandra Howorth

**Age:** 48

**Birthplace:** England

**Currently living in (suburb, state):** Carrum, Vic

**Number of years running:** Trying to run, mainly walker. Must be nearly ten years now.

**Number of years running ultras:** 10

**Favourite running terrain (and distance):** Off road would be wonderful but worried would get lost, otherwise on the road.

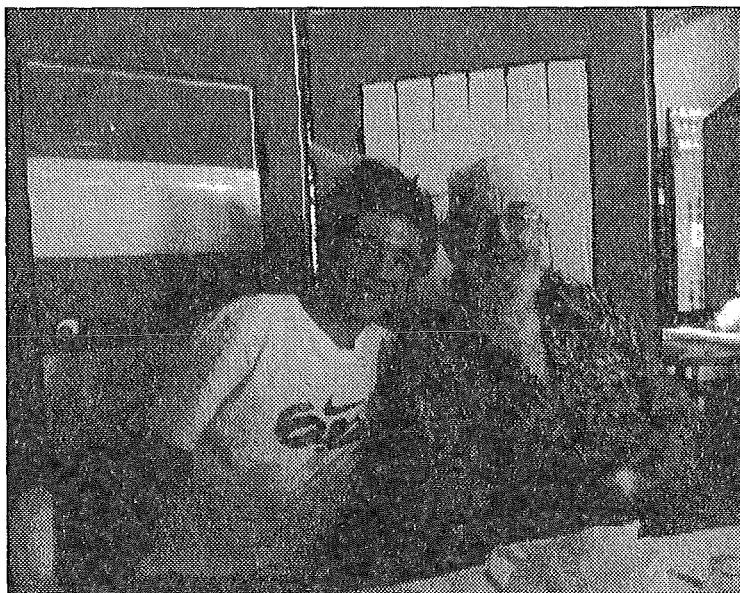
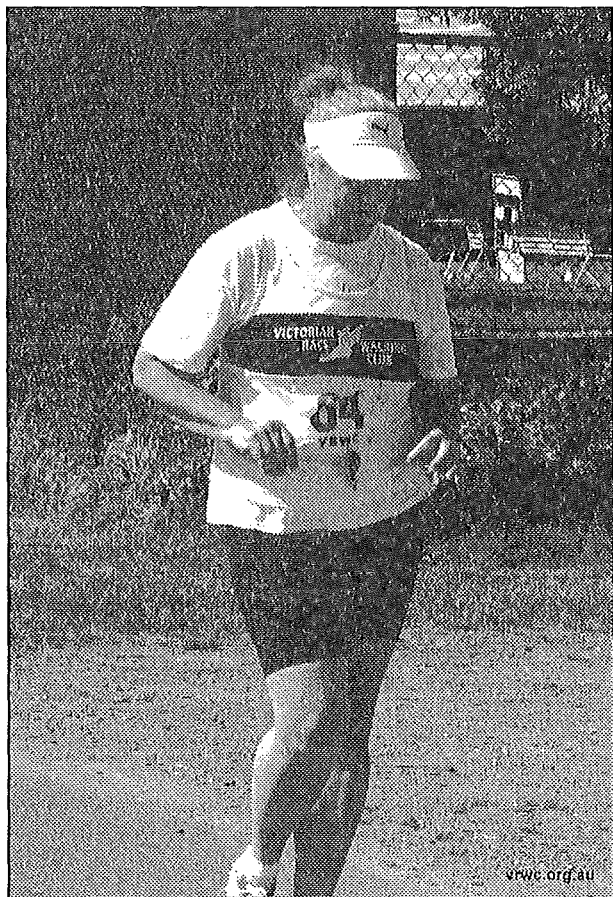
**Hours and/or distance spent running each week:** When training, 60-70kms

**Some ultras completed:** Always do Coburg 24hr and would love to do more but time constraints make it hard

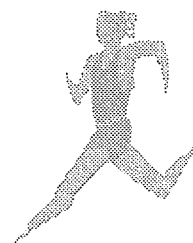
**Running related injuries:** Nil - obviously don't work hard enough

**Hobbies outside of running:** Basketball with my son

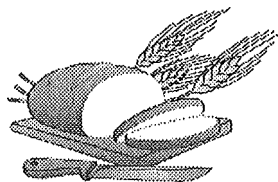
**Occupation:** Office manager



*Left: Sandra; Picture above is of my son (the most important young man in my life and my dad - the most important older man in my life) out to dinner in Chelsea*







# ULTRA ENDURANCE FUELING

by Sunny Blende, Sports Nutritionist



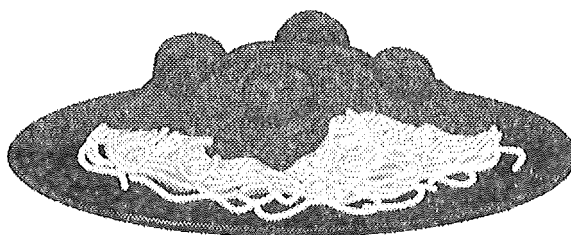
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[www.eat4fitness.com](http://www.eat4fitness.com)

Ultra races are really an eating and drinking contest with exercise and scenery included. The goal is to maximize your calorie intake thereby enhancing your performance without pushing your system over the edge and exceeding your stomach's capacity to absorb nutrients. This can be tricky and needs to be practiced in training before it will become a consistent habit in racing. At one point or another an endurance athlete's weak link is usually his or her stomach. If you can capitalize on your nutritional fueling, you'll be well on your way to a PR ultra with a strong and comfortable finish.

The classic mistakes when it comes to hydration and fueling, according to Tim Twitmeyer, himself a five-time winner of the Western States 100 Mile Run, are first, not drinking early enough. Second is not taking in enough calories early enough and the third is not paying attention to the need for salt or sodium. Even a two percent loss of water through sweat during exercise will result in a decrease in performance and an increase in effort. By the time you experience a six percent loss dehydration has set in and it becomes very difficult if not impossible to come back from this state. Studies have shown that athletes slow down in their performance approximately two percent for every one percent loss of body weight. If you weigh 170 pounds and lose three and a half pounds (two percent of your body weight), you would slow by four percent. If you were running an average 10-minute mile, you'd add 24

seconds to every mile! And it would seem a lot harder. It is important that your intake of fluids match your sweat losses. Start early and don't get behind.

To delay fatigue and keep performing at your best during an ultra you need to replace carbohydrates before your glycogen stores get depleted. The average maximum amount of carbohydrate you can absorb and burn during extensive exercise is



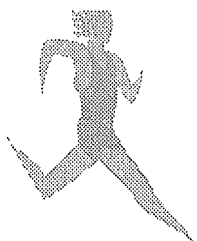
about 240 calories per hour or about one gram per minute of exercise. Eating more than this and you will be in double trouble because extra carbohydrates will be stored in fat cells (a waste of time during a race) and the metabolic process of storing takes precious energy away from your racing muscles. In addition this storage of carbs takes extra water too. Taking in less than your ideal amount of carbohydrates takes its toll because once you begin to feel fatigued and hypoglycemic (low blood-sugar) you cannot take in additional calories to make up the deficit. Start early and don't get behind.

Electrolytes, especially sodium or salt, become more crucial in ultra

endurance events because the longer races mean the effects of sweat loss and the ensuing dehydration become cumulative. As the heat, duration and the intensity of an event increase, sodium loss can become critically high. Sweating leaves the blood thicker, which makes the heart pump harder sending your pulse rate sky high. But trying to rehydrate by drinking water alone can result in hyponatremia—diluting the blood sodium level to the point that you become confused, disoriented and faint, and eventually, can lapse into a coma. The need for salt can vary according to the weather and the athlete's sweat rate so be sure and take in electrolytes in sports drinks and eat some salty snacks such as pretzels, chips, potatoes with salt, or possibly try electrolyte capsules or suck on rock salt crystals. Start early and don't get behind.

Practice drinking and eating in training runs. Get comfortable with what your stomach can and cannot tolerate so you will be able to stay ahead of the fueling game with familiar and performance enhancing drinks, gels, bars and food. Have a plan but be prepared to be flexible. Stable blood sugar directs calories to muscles so try to fuel yourself with small amounts continually. Liquids will leave the stomach sooner than gels and gels sooner than solid foods. Fructose can cause abdominal distress and diarrhea. Practice and use this knowledge so you can refuel while cruising through the aid stations to a strong and smiling finish.

*"Stable blood sugar directs calories to muscles so try to fuel yourself with small amounts continually"*





# 25th 100km World Championships

Winschoten, the Netherlands  
September 2011 - by Andrew Heyden

It's not the easiest place to get to, but Winschoten did a great job of hosting the 2011 IAU 100km World Championships on Saturday 10 September.

After flying Sydney - Singapore - London - Amsterdam, we needed to make the three hour train journey to Winschoten station. Here we were met by a mini bus for the transfer to the athletes' village, a holiday park outside town with a number of clean but cosy units.

This year the team consisted of Marita Eisler, Tressa Lindenberg and myself. Marita had already checked in when Tressa and I arrived at the athletes' village. We left the double room to Robert (Boyce) and Pitsamai, which meant I had a choice of 3 bunk beds in one room and the girls had 6 to choose from in their room. At this point we were suddenly less disappointed about the lack of team mates, as had there been nine of us, we would have all been in the same unit and the queue for the one bathroom/toilet on race day might have made us late for the start! We spent the rest of the day chatting and relaxing, and stocked up on supplies from the local supermarket. Dinner on Thursday night gave us a chance to mingle with the other 230 athletes from 34 other countries. There was plenty of tasty pasta and the atmosphere was good.

Rob arrived late on Thursday night, and we both attended Friday afternoon's technical meeting. This passed without any issues, with GPS watches now legal under IAAF/IAU rules there were no real points of contention. Late on Friday afternoon we were bussed to the opening ceremony. We had a flag parade through the Winschoten town centre, and my mind finally switched on to the race ahead and I got goosebumps carrying the flag and thinking about

representing Australia the following day.

The weather on Thursday and Friday had been cloudy and cool, but the warm welcome we had received was soon to be matched by the weather. Marita and Tressa were both very relaxed and organised. Numbers were pinned on race vests, race drinks prepared and marked, and we all knew the logistics for race day. There was little for me to do as captain other than ensure the girls knew the routine of the drink stations, timing and general race rules.

Race day arrived and we decided to skip the usual continental cheese and salami breakfast provided. It was going to be 24 degrees with sunny intervals, not ideal for racing. Pitsamai (at 0.25km) and Rob (at 4.9km) kindly manned the aid stations, and at 10am the starter's gun fired for the first of 10 flat laps around town. Each lap consisted of a winding loop past a few old windmills, along roads and paths, past houses and shops. The surface was mainly sealed bitumen and flat but with a few speed bumps to negotiate and a section of cobbled street, although this was not bad at all.

Winschoten hosts an annual 100km race at this time, and the World Championships just became part of this as they did back in 2007. Plenty of locals were out on the course and well versed in offering water and sponges outside their houses. There were also a few hoses being directed at over-heating athletes by smiling kids! For me the plan was to set out at 4:21 min/km pace for the first 50-60 km, and hang on as long

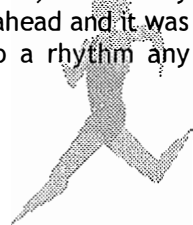


*Australian representatives  
IAU World Championships*

as possible after that in the hope of completing the course in under 7 hrs 30 mins. I felt I had done enough training to aim for this, but you never quite know. My longest run was 55 km, and biggest week was 160 km, which is about as much as work and family life let me fit in. For nutrition I had 7 bottles of Endura, with a piece of Endura protein bar taped onto each, 3 bottles of flat coke and plenty of back-up gels. I planned to take one bottle per lap, with extra water as available and a gel every 3 laps. My secret weapon was a wristband soaked with peppermint oil, which serves as a great pick up when sniffed. I stuck with the same kit as the last 100km, being 2XU compression socks and shorts and Asics DS Racers with all body parts lubricated with Bodyglide, which I find works very well.

At the sound of the gun, the one hundred or so athletes ahead of me went charging off at a brisk pace on the narrow first section of the course. The first lap was a bit quick with 5 km splits of 21:10 and 21:32. I tried hard to hold back, but so many guys were pushing ahead and it was hard to settle into a rhythm any

*"Dinner on Thursday night gave us a chance to mingle with the other 230 athletes from 34 other countries"*

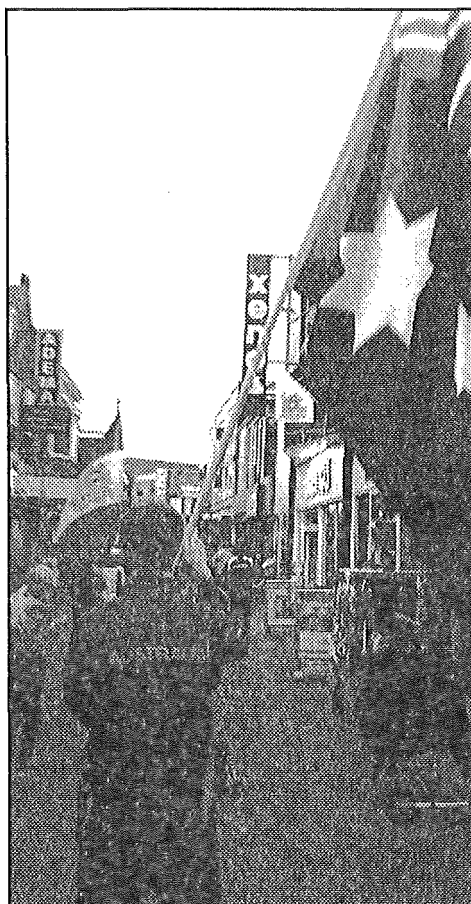


slower than 4:20 pace. After one lap I was already on my own with no one to work with, and the only sizeable group was just too far ahead to chase down. A lot of the guys were running with teammates in two's or three's, and this certainly would have made the first half of the race pass more quickly. Laps two, three and four went to plan and I felt ok, with 5 km splits of 21:45, 21:57, 21:46, 21:42, 21:53 and 21:43. I popped some salt tablets to help combat the heat, put my sunglasses on and popped a precautionary Nurofen tablet to receive the anti-inflammatory benefits of the ibuprofen after 2 hrs. My first four laps were all under 44 mins, but it didn't feel as easy as it should have. This was probably due to the heat as I had been training in the cool Sydney winter mornings for the past 10 weeks. The course was busy with lots of slower relay runners completing their 10 kms as part of corporate teams and, frustratingly, this meant diverting from the racing line continuously and taking wide lines around corners and missing drinks as others grabbed them. This was having a small mental impact.

The sun was now beating down and taking its toll. I had seen a few early drop-outs (and vomits) already, and took advantage of every sponge I could get. The atmosphere was great with many flag lined streets reminiscent of Comrades, but my lap times started slipping as my legs started to seize up. Laps five and six were 44:50 and 45:50 mins respectively; although a pee stop was partly to blame in lap six. At least I was well hydrated! I grabbed a pre-planned sniff of my peppermint wristband to give me a lift. Despite slowing down, I was beginning to work my way through the field and I pushed past two of the team GBR men that I knew from Gibraltar the previous year! Two South Africans that had placed in Comrades were also behind me now as they had started walking. My stomach was fine and the nutrition plan seemed to be working well as I switched on to Coke for the last three laps. Rob gave me some good encouragement as I passed each time, as did our two supporters, Carla and John. I also won a couple of local fans,

with two Dutch women shouting "Go Andrew" each time I passed them as they sat in their chairs with a bottle of wine. We had our names on our bibs and they probably shouted to everyone, but it was nice anyway.

Laps seven and eight were around 48 mins, so I knew I was now unable to break 7 hrs 30 mins, and was holding on for 7 hrs 40 mins. This was the hardest part of the race and I was still running alone, as I had been for 80 km. I passed Tressa



*Andrew Heyden at parade through town*

and Marita, but both seemed to be moving well and in decent spirits, which gave me a lift. I was now just concentrating on getting to Rob and Pitsamai on each lap. The ninth lap seemed to last forever and proved to be a tough mental battle as my time slipped to over 50 mins. At this point my Garmin battery ran out, another small negative to fight mentally. (In hindsight, whilst I was in good physical shape, the weeks prior to the race had probably taken a lot out of me mentally. I was busy

at work, completed on a house sale and purchase and then moved home; and my Dad had been admitted to hospital with heart issues. If I learned one thing from the race, I had probably underestimated the importance of a strong mind to go with a strong body to get the best result in these long races.)

Each kilometre was marked and I was able to watch them tick by and picked up the pace on the last lap. I needed to run under 48 mins to break 7 hrs 40 and was able to summon one last effort. As I entered the start/finish straight I could see the clock ticking and managed to cross the line in 7:39:35; an average pace of 4:36/km. This was an 11 minute PB and put me in 36th position out of 96 male finishers. I had earned my post race massage. Only 146 of the 230 starters in the world championship finished the race; a product of the distance and perhaps warmer than expected weather.

Marita ran a steady race and hung on for a 5 minute PB of 9:05. Tressa went out fairly boldly but had a few stomach issues and was unable to match her fantastic Gold Coast time of 8:08, but nonetheless completed the race unlike many others, and finished in 9:18. Once showered, we managed a beer and dinner and held our heads high.

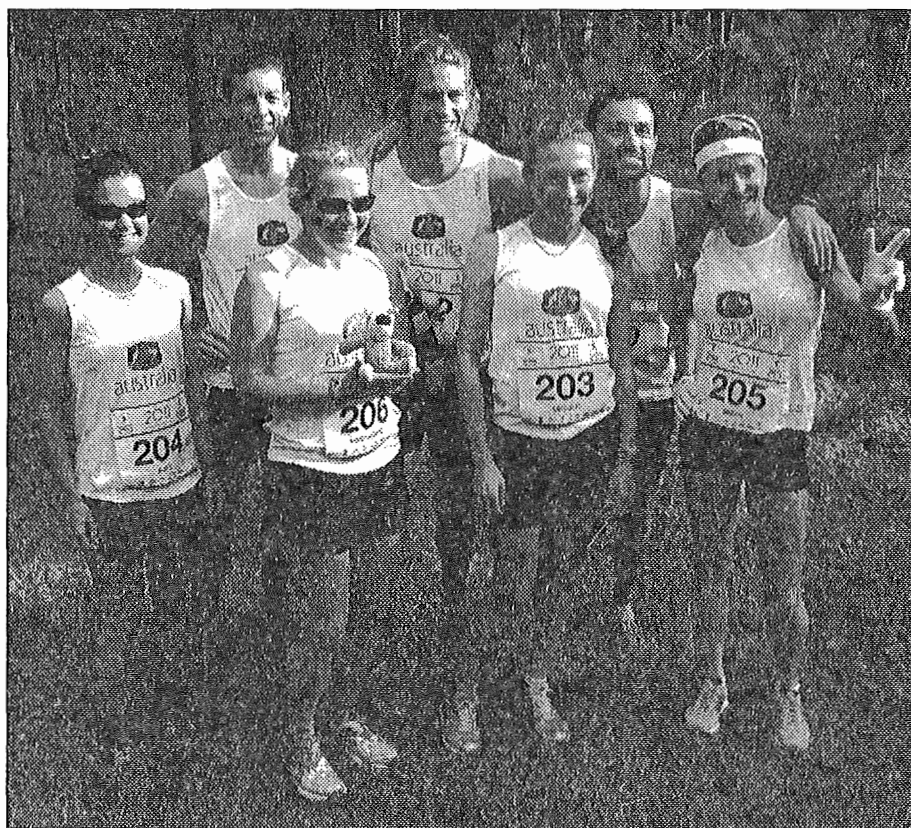
Overall it was a very well organised event, with a great course and good atmosphere. The only down points were the relaxed 10 AM start time which meant that we ran right through the heat of the day and the 12 hour cut off for the open 100 km meant the IAU awards ceremony didn't start until 10:45 PM. The men's race was won by Giorgio Calcaterra of Italy in a lightning quick 6:27:32, ahead of Michael Wardian in 6:42:49. Marina Bychkova of Russia won the women's race in 7:27:19, from Joanna Zakrzewski (GBR) in 7:41:06.

Overall a great experience, and it was good to get to know Marita, Tressa and Rob. No doubt the IAU will return to Winschoten again in the not too distant future.



# Commonwealth Ultra Trail Championships

A Captain's Perspective - By Brendan Davies



*The Australian Trail Running Team*

With the boom of trail running worldwide, the organisers of the 2<sup>nd</sup> Commonwealth Mountain and Ultra Distance Championships (CMUDC) wisely chose to include an ultra trail race in this biannual event's program. This replaced the 100km road run, which proved to be the least popular event on the program at the previous CMUDC in Keswick. Considering the 100 km World Champs were less than a month before, it must have been an easy decision for the organisers to make.

Having arrived at the race headquarters in stunning Llandudno, Wales (a much less stunning name to pronounce!), the team gathered at the group hotel to settle in and meet each other, some for the first time. Staying at the same hotel as the 24 hour team was a benefit to

the trail team. We got to know our fellow teammates and build team spirit. As the 24 hour event was first on the program, we were also able to watch a considerable portion of our guys and girls go around in their event. If any of the trail team were lacking in inspiration, they would have gone away with a bucket load to take into our own race after watching the guts and determination of these incredible runners!

From my perspective, I couldn't be happier with the swap to a trail event. I've really been focussing on trail running this year, which culminated in some very good results at 6 Foot Track and The North Face 100. This was, thankfully, enough to be selected. Having represented Australia at the last CMUDC, I was given the honour of being named

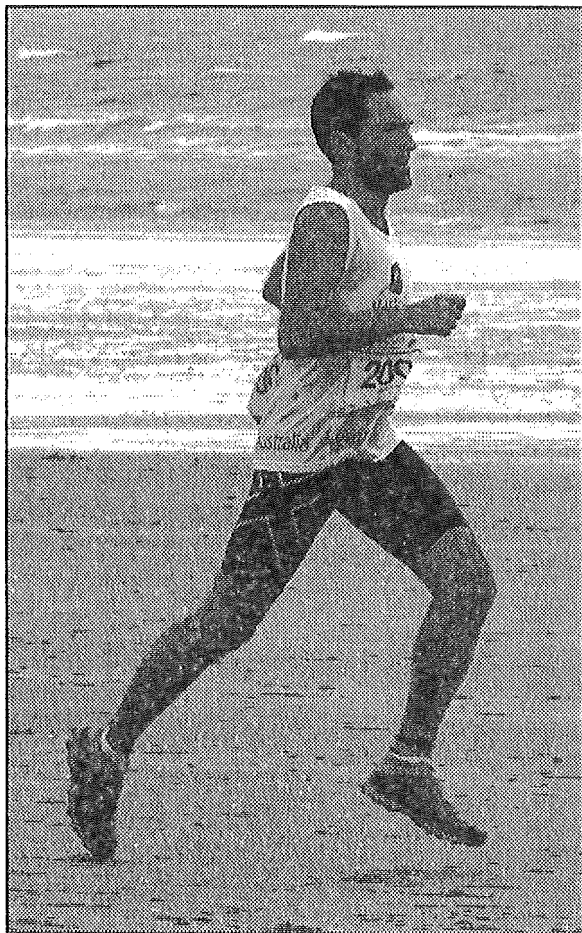
Team Captain of the trail team. Completing the men's team was the 'junior' Mick Donges and the 'all wise one' Jonathan Worswick. Making up the ladies team were Verity Breen, Kirstin Bull, Katie Siebold-Crosby and Cindy Hasthorpe. What this meant was that as a nation we would be competitive not only individually, but also in both teams' categories where the top three times from each nation go towards a team award.

Three days prior to the event the team convened and, borrowing Rob Boyce's car, drove to the Newborough Forest on the Isle of Anglesey, which was to be the venue of the 53.75 km ultra trail race. Organisers had gone to a lot of effort to make the course both scenic for runners and friendly for spectators, and they did not disappoint. It was both beautiful and challenging, and although devoid of any major climbs, the course threw up a lot of challenges in terms of the terrain and weather conditions. The route was basically a 10.5 km loop, which we were to do five times during the race. The terrain was a mixture of smooth tracks through lovely pine forest, soft sand beach running and grassy single track. Initial thoughts after the 'reccie' were that this was one of the least technical 'trail' runs we had seen and that it would suit the faster marathoners in the field rather than the hardened trail runners who were used to climbs and tricky terrain. Certainly it was very different to what we were all used to being called a 'trail' event in Australia!

I was more than happy with the course. I was sure my road running background would put me in good stead during the race, while others, such as Jonathan, were cursing their luck. Jonathan is, of course, one of the better 'technical' trail runners on the trail running scene as his

*"The terrain was a mixture of smooth tracks through lovely pine forest, soft sand beach running and grassy single track"*





Brendan Davies

*"As soon as the gun went off the Africans took off like it was a 10 km road tempo"*

factor was a strong on-shore breeze (more like a gale!) blowing. It would ensure tough running on the beach section (approximately 1.5 km each lap) and the out and back section to the little island where, at least on the 'out,' it would be coming right into our face. We were thankful, however, that it would not affect us through the protected forest sections that made up the majority of the course. We all agreed that there would be very fast and very slow sections throughout the race and pre-race advice to the team was to 'run smartly' to the conditions and terrain of the course and not to be sucked into racing the opposition too early.

results on the toughest courses over his extensive career prove. The girls were in good spirits, with Verity offering thanks to the heavens for the 'flat' course more than once!

Pre-race, as is usually a ritual for me, I glanced through the list of competitors. Some very big names were in the field. There was Vajin Armstrong from New Zealand, who won last year's Kepler Challenge, and Huw Lobb from England, who last year famously won the annual Man versus Horse race in Wales for the first time in its 25-year history. Also in the field were Richard Gardiner, the Welsh Marathon Champion with a 2:18 marathon to his name, and the Canadian Jason Loutitt, who this year was second at the World Trail Running Championship in Ireland. Throw in the English, Scots, and a mix of unknown Kenyans, Zambians, and South Africans, and this was truly an elite international field.

Race morning dawned and we arrived on Anglesey to be met by overcast and cool conditions. It was almost perfect; the only worrying

As soon as the gun went off the Africans took off like it was a 10 km road tempo. They also managed to pull along a few others, notably Loutitt and Lob. The main pack, including the Africans, went through the first lap in 35 minutes! I settled into a much more circumspect pace in the second chasing group. Most of us in this group agreed that the race was going to be a battle of attrition and 54 km was going to prove the undoing of more than one competitor!

And how right we were. By the end of the second lap I began to pass the Zambians and South African runners who were paying the price of the early suicidal pace. A Kenyan runner was still maintaining the lead, followed by Lobb, Gardiner and Loutitt. The out and back section of the island allowed the chasers to keep track of the competitors in front. Not far behind me and on my tail was Mick, Vajin from NZ and two Welsh runners, Lane and namesake Andrew Davies, who were pacing themselves perfectly.

The beach and island section were undoubtedly the toughest sections of what you would otherwise call an undulating cross country course. Faced with strong headwinds, soft sand, seaweed, crushed shell and rocky outcrops, it took a considerable amount of nous to negotiate this tough section. I did notice a lot of the front runners take the most direct line across the beach in the soft sand. My tactic was to run a further distance to the outgoing tidal mark on the harder sand and run along this stretch. Although longer, it proved to be much less taxing and allowed me to maintain my rhythm. I believe this section contributed to the demise of a lot of the early pacemakers.

Soon after, I passed a fading Loutitt and found myself in 6<sup>th</sup> place at the 30 km mark. I still felt very strong, although not as strong as Welshmen Davies and Lane, who passed me soon after. Despite being passed, the little lift I got as I ran with them enabled me to put a comfortable space between me and the chasing pack made up of Donges, Armstrong and the Scot, Andrew Fellas. I soon found myself running on clear trail and I used this time to reassess my form and my strategy for the rest of the near 20 kms. On the 2<sup>nd</sup> last lap I was surprised to see the Kenyan, Tum, lying face down on the trail clutching his hamstring. Although very unfortunate for him, it put me in the top 5 and with a chance of snaring a medal. I really put my head down and suddenly all the memories from watching the 24 hr race flooded back. I was getting tremendous support from the impartial spectators (perhaps having a very Welsh surname helped!), from Rob Boyce, who had set himself up at the halfway drink station, and the Aussie crew at the start/finish line made up of David Kennedy and Justin Scholz.

The big effort on the 4<sup>th</sup> lap was rewarded with the Welshman Lane coming back into view on some of the longer open stretches on the course and I was determined to pull



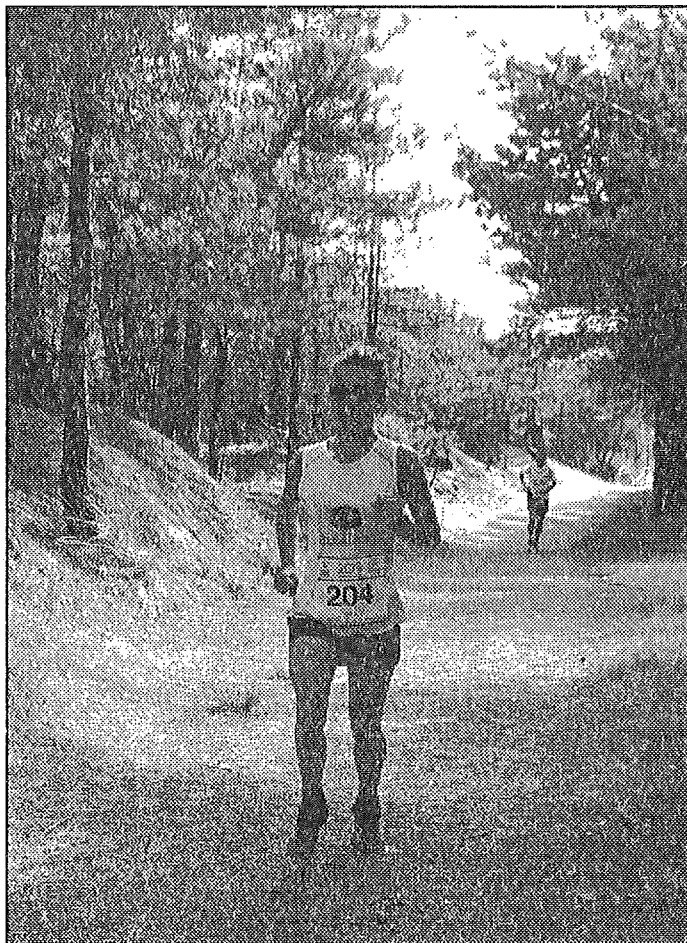
*"I am very proud of our results and very honoured to have represented and captained the team"*

him in on the last lap. Matt Bixley, the elite NZL 24 hr runner, offered me great support along the beach section. While beginning to believe a medal was going to be just out of reach, I was determined to finish as quickly as possible to ensure a strong team position. Throughout the race I was constantly doing 'rough' team calculations based on competitors' positions in relation to the Aussie guys and I knew with Mick being just on my tail, and Jonathan putting in a great effort midpack, we would be up there for a medal.

At the last drink station I was greeted with the trusty bottle of water and a "you're in 4<sup>th</sup>!" message from Rob Boyce. I was shocked and I was later to find out the Englishman Lobb had 'blown up' at 48 km and the new leader was now Gardiner from Wales, with the other Welshmen making up the top three. Suddenly a medal was within reach and, seeing Lane only 150 meters ahead, I began to call on the very last of my reserves for one last big effort. I was gradually catching him and was planning my strategy for the pass when he turned and saw me on a straight piece of trail and that was all the impetus he needed to put in a big surge. With only a few kms to go, I had no choice but to go with his surge and hope that he faded late but, despite my intentions, the body was not as willing and cramping in the calves pretty much turned my thoughts of 3<sup>rd</sup> into holding down 4<sup>th</sup>. This can be the price to pay for putting in a big effort and the finish line could not come quick enough! Entering the final stretch I was spurred on by the really respectful Welsh crowd and my Aussie crew and I threw my arms in the air as I crossed the finish line in a time of 3:38:57. I was very happy

with that race. I don't think I could have raced any smarter, or quicker, and as such it is a very satisfying result. The winner was Gardiner in 3:29:55, with the Welshmen Davies second in 3:34:34, and Lane third in 3:38:09.

Only a minute later Mick Donges, looking very fresh, crossed the finish line in 5<sup>th</sup> spot to be welcomed with



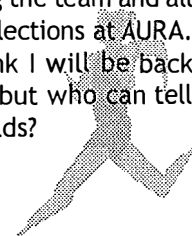
*Kirsten Bull*

a sweaty hug from me - probably the last thing he wanted! It was a tremendous result in his debut international race. Watch out for big things from this guy in the years to come, he is truly a superstar of the sport in the making. Following Mick finishing, an official told me that I had been randomly selected for a doping test. I won't go into that story; it is another story worthy of a report on its own. In a nutshell, I disappointingly missed the rest of my Aussie team-mates' finishes.

When I eventually was freed from my 'commitments,' I learned that our own Kirstin Bull had run a fabulous race to finish on the podium in third place. I did not see Kirstin on the course but obviously - and from all reports from the crew - she ran a particularly smart race; pacing herself beautifully throughout the entire race. Watch out for Kirstin, too, in the years to come in the ultra scene. Katie finished in a wonderful 8<sup>th</sup> spot, Verity in 10<sup>th</sup> and Cindy in 14<sup>th</sup> uttering something about "doing the 24 hour race next time!" The girls won a very deserving team bronze medal. The men's team results were much closer and it was very hard to make a good guess due to the number of DNFs in the race and the times being very close. With Jonathan putting in one of the fastest last lap times in the field and finishing in a superb 16<sup>th</sup> spot, we knew we were up there. However, with the race over and the typical UK weather setting in, everyone was quick to leave the island and it wasn't until the medal ceremony that night that we found out we also managed to snare a team bronze medal behind the Welsh and the English teams.

I am very proud of our results and very honoured to have represented and captained the team. Two team medals and an individual medal to

Kirstin in a world-class field is a tremendously pleasing result and can only be great for Australian ultra trail running. I am most proud of the fact that we all stuck to our race plan and really dug deep for the team when going through the bad patches. On behalf of the trail team, I would like to thank Rob Boyce and Justin Scholz for managing the team and all those behind the selections at AURA. I would like to think I will be back in two years' time but who can tell what the future holds?



# COMMONWEALTH 24 HOUR CHAMPS

by Dave Kennedy



*24 hour team pre-race*

As the competition approached I was struggling with various little injuries. I was tempted to throw my hands in the air in despair, but decided since time was short that I should cross-train. I was able to borrow a wind-trainer, which helped me get in some valuable fitness work without taxing my legs too much. As time was short and cycling isn't as good training for running as running, I swapped 2 x 30 min of running for 6 x 30 min of cycling each week. One obstacle was overcome by staying positive and not giving up. Not long after this I caught a cold. I don't really believe in running with a cold because it just takes longer to get better so I stopped. I hadn't had the best training year, with low energy levels, so I'd pinned my hopes on a final 12-week training block. This included 4 x 50 km training runs. When I caught my cold I was due to run my 2<sup>nd</sup> 50 km. That wasn't going to be a good idea. After I was better I was able to get my 2<sup>nd</sup> and 3<sup>rd</sup> 50 km done before getting a relapse.

I had two mantras in Wales: "NO excuses" and this bible verse from 1 Peter 4:12: "Do not be surprised at the painful trial you are suffering,

as though something strange were happening to you." In other words, expect that it's going to hurt and prepare for it. Don't be shocked and have a pity party.

In the back of my mind, Wales was three 24-hour ultras - the flight there, the race, and the flight home. I'd booked the more expensive 6 AM Emirates flight because it made sense to me to leave around the time I'd normally be getting up and then go to bed when I normally would. The only difference would be a 7 hour longer day with the time zone change. The flight to Dubai was brilliant as many passengers had a whole row to themselves. So I had a couple of short naps to make up for getting up so early. Five hours in Dubai tested my patience and pre-race positive attitude. Of most concern was that the B&B where I was staying in London had no check-ins after 10 pm. The plane was chockers, too.

Finally, after nearly 22 hours, we landed in Heathrow. I had about 30 minutes to get to my accommodation and, after customs and waiting for luggage, I was already late. I

bought my train ticket for the most expensive train trip in the world - £4.90 for 1.8 km - and when I got to within 5 metres of the door it took off. Never mind, only half an hour 'til the next one. Meanwhile, I decided to try to ring to let them know that I would be late. Only problem was I didn't have their number or a phone. Heathrow seems to be fairly lacking in Internet access but I located an information phone and asked them to look up the place for me. By this stage, I knew it was one of those days where there was no way they would be able to find it and of course they didn't.

I got the next train and 5 minutes later was walking (in the rain - it was actually amusing by this time) to the B&B. When I finally arrived, despite signs requesting not to ring, the bell had to be rung. After much apologising I was let in to struggle through two 2-hour sleeps.

The next morning it was great to be in London with just the train to Wales before I could finally go for a run. I had a great brekky of cereal and juice, and a walk around the local park before heading off an hour early to begin the 5-hour trip to North Wales. When I finally arrived I was jumping out of my skin to go for a run and, despite initially planning to head out with the team for an evening jog, I had to unleash myself on the local hill/mountain - the Great Orme. It was an amazing run, made even sweeter when the rain came in for the evening jog with Jo, Anth, and Rick. Dinner in the hotel was very nice and it was great to meet the rest of the team and some of the Kiwis.

The next day was spent making pikelets for the race, shopping and then resting up for the following day. We had a quick look at the 1 km road loop course. I was pleased to see that it looked less cambered than the online picture. Finally, at



*Dave Kennedy receives silver medal*

our last pre-race supper, the lack of sleep hit me and I headed upstairs for a bath and bed.

The midday race start initially seemed like it would only increase the number of hours that runners needed to be awake, but it was great not having to stress about sleeping in or hurrying around race morning. Our goody boxes were loaded and we were ferried off to the racecourse. Our moment of truth had arrived. We were introduced to the crowd, and then the countdown began. Unfortunately, with 10 seconds to go, an official informed me that my chip was on the "wrong" way and as I moved to the side of the course to fix it the entire field was on its way with me at the very back. I must admit that one of the attractions about 24 hour running is not having to get off to a good start and this delay probably helped me not go out too hard with the leaders.

I tried to settle into an easy sub 6 min/km pace and work towards my first goal of 65 km in the first 6 hours. It wasn't long before the leaders were lapping me fairly consistently, and at this stage I had no idea where I was in the field or where I was likely to finish. Talking with other runners early on, I met a 7:05 100 km runner (I have no idea who this was) and was informed the guy in the long tights lapping us again had run 240 km in 24 hours. I paid very little attention

to the stats of how far I'd run, how fast I was running, or where I was in the field until the all important 6 hour update. I had run 62.5 km. This was well short of what I would have liked and when I next heard an update of the top Welshmen on the PA, I was shocked to hear that one with around 61 km in 6 hours was 28<sup>th</sup>. Not long after this I was chatting to one of the female runners about my daughter, who usually expects a medal after each race I do, and how I would have to explain that this was an international championship and it's not easy to win medals.

Around 8 hours I asked for a score update and found out I was in 20<sup>th</sup>. The sun had set and it was time to dress for the night. I put a long sleeve top underneath my Aussie singlet and some long Skins, hoping I could get through the race without another clothes change. I also changed out of my racing flats into my lightweight Cumulus trainers. I haven't tried my flats for more than 12 hours, and during that race my calves started playing up from 96 km onwards so it was always my intention to change shoes when I changed pants. Instantly I felt heaps better. My feet felt like I was running on clouds and my other Skins had been a little too tight, so I was generally a much more comfortable runner.

The all-important 12-hour update came and I had amassed 118 km and

was in 17<sup>th</sup>. I wrote off 240 km at this stage but was pleased that despite slowing down I had begun to move through the field. I was still holding off on the iPod, saving it for as late as possible.

When I got my 14-hour update I spent half a lap processing the information, and came to the conclusion that if I kept doing 9 km/hr I was not going to be satisfied with the 226 km result. It was time for some music and to get stuck in. By the next update I had moved into the top 10 and suddenly after 17 hours I was only meters behind 2<sup>nd</sup>.

I'm not really sure why the carnage was so bad. I know Jo Blake and Rick Cooke for the Aussies were having a spewing comp, and Matt Bixley for the Kiwis had torn a calf and showed amazing spirit to still run 200 km. Anth was running strongly after a very conservative start, and John Pearson was struggling manfully with hamstring tendinopathy, having realised we might need him for a team medal.

Going into the race I had guessed I was ranked about 10<sup>th</sup> for Commonwealths, which I based on the 2010 World Rankings. Martin Fryer, Barry Loveday, Michael Lovric and another British runner hadn't made it to the start line. Once there, our Aussies Jo and John were having bad days. This left John Pares of Wales well out in front, surrounded by his home crowd, and Chris Carver and Pat "Paddy" Robbins, who I had recently passed. However, Paddy wasn't finished with me yet and at the 19-hour update, I heard he had re-passed me and I was back to 3<sup>rd</sup>. With nearly 50 runners spinning around the circuit, it was very hard to keep track of where you stood until you were able to put a face and name to someone in close proximity. Pat was now a marked man and over the course of the next few laps I chased him down. Then there was the small matter of trying to get a lap ahead for some comfort.

Over the course of the next hour I was able to get a lap and had a chat to Pat as I lapped him. He seemed unaware of our rivalry but for the



*Aussie female team receives silver medal*

next 2.5 hours the gap stayed locked at just over a lap. It would start at 1 lap plus 100m, and then every lap he would take about 10 metres off me. Then, just as I would start to worry that at my next walk-and-eat break he would pass, he would disappear. We must have been on very similar schedules. Despite the fact that I would have been ecstatic with a bronze before the race started, I refused to even find out where the 4<sup>th</sup> runner was. In my mind once I started to go backwards I could easily miss a medal altogether.

With 2.5 hours to go I started to think that we were almost there. However, then I realised that we still had 2.5 hours to go - which is a fairly long run. So I comforted myself with the fact that I only had five more half-hourly walk breaks to go. By now, being morning, the PA was back on and I discovered 4<sup>th</sup> was quite a long way behind. This was comforting, but I still had no idea who the 7:05 100 km runner was, and remembered stories of Tim Cochrane running 30 km in the last 2 hours of a 24 race.

The rain had held off all race, but after some sprinkles I ditched the iPod. Despite now having 2 laps and a little bit on Pat, once again he seemed to be running faster than me. I knew that if I needed a toilet stop, which I had avoided for the whole race (for the first time), I would lose a lap and I didn't really want to get involved in a sprint finish.

With about an hour left it looked as if the rain had cleared, so I asked for my iPod back and convinced myself that I didn't need my last walk break with 15 minutes to go. Therefore I was going to run for 45 minutes straight for the first time. This seemed like a mountain to climb at this stage, but I was still running hard for the WA record and I just couldn't justify walking with so little time remaining. As the finish approached I actually felt like I got into a better rhythm. I took strength from taking another lap off the difference between me and both John Pares and Lizzy Hawker, and actually finished with close to 11 km for the final hour. About the same as the first hour.

In my post race funk I heard that I had done 235.9 km, which was oh-so-close to another negative split. Sometime later I discovered it was actually 236.9 km, so I ended up with a 118/118.9 split. My last two 24-hour races I've gone in expecting to slow about 10 km over the second half, but actually ended up with about 1 km more. Now I need to work on getting more done in the first half.

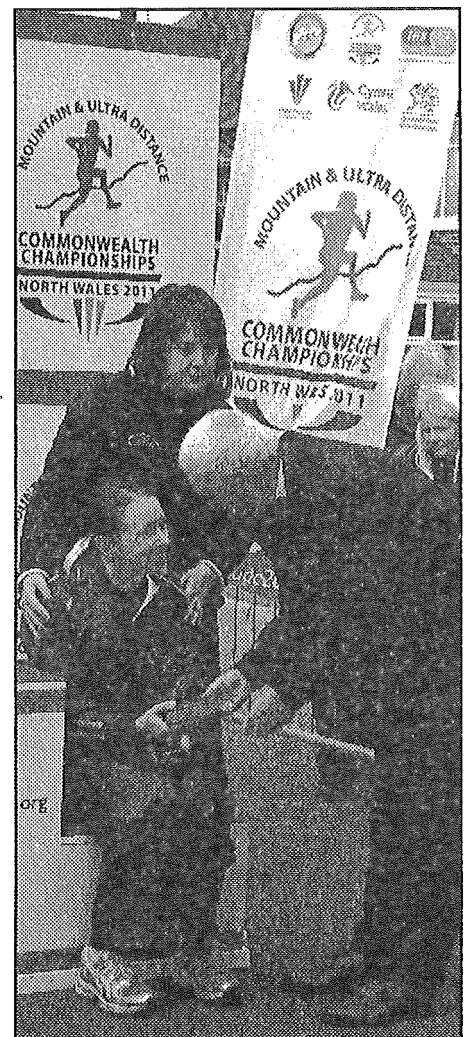
Meredith had also run a great second half and snared a bronze medal to add to the women's team silver. Sharon at no stage seemed to be running in comfort, even from the first hour, so to get to almost 200 km was a Herculean effort. Susannah put in another solid run for her country

and was great company whilst getting ready the day before.

Our men's team, unfortunately, fell 499 meters short of the Kiwis to finish in 4<sup>th</sup>, just outside the medals. Unfortunately for Anth, he was only metres short of the 220 km milestone. Along with Anth and me, John Pearson helped claw back nearly 20 km on the Kiwis in the last 2 hours to get us so close.

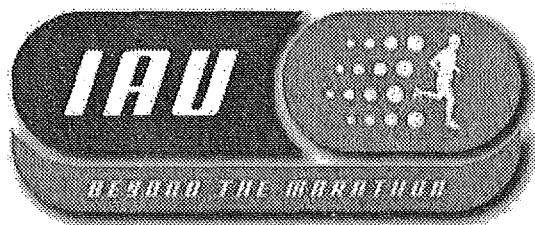
Much thanks to Pitsamai for being my support crew for the whole race; it was a pleasure to work with you.

*[Editor's Note: Dave Kennedy finished with an individual silver medal in the men's competition at this event, the 2<sup>nd</sup> bi-annual Commonwealth Mountain and Ultra Distance Championships]*



*Meredith receiving medal  
Photo by Bernadette Benson*





# International News

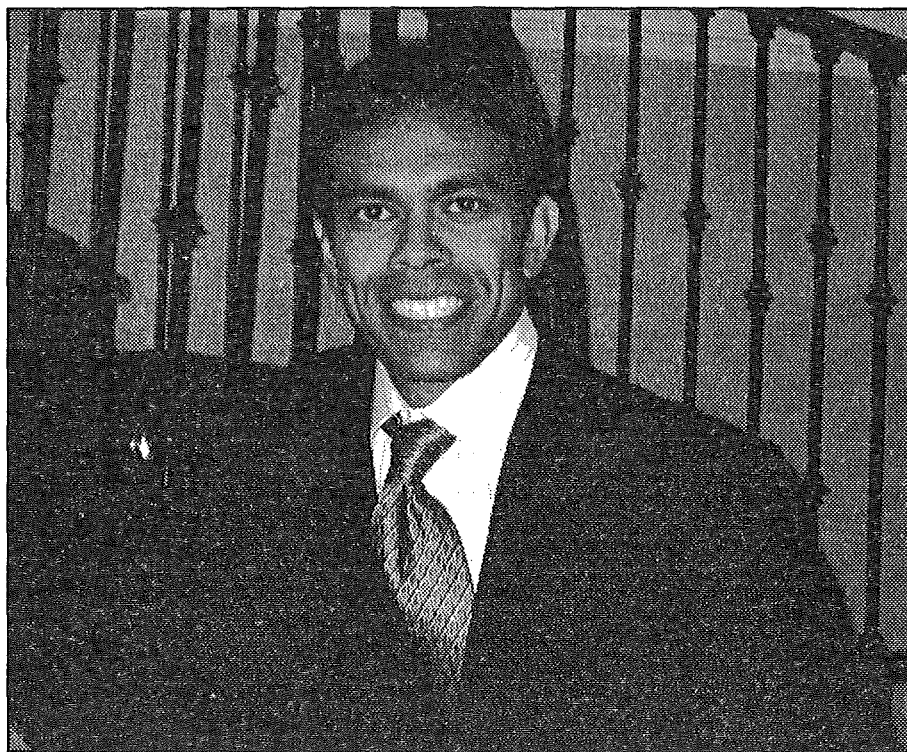
from the Director of Communications of the  
International Association of Ultrarunners (IAU),  
Nadeem Khan

In the last UltraMag issue I painted my personal opinion on the reasoning behind why ultrarunning is quickly becoming the *in* thing to do. That proclamation has been based on following the sport for more than a decade as an athlete, then team management and now as an elected official.

It is important to note that with growing popularity comes greater scrutiny of the sport. This is only fair, as compliments and criticisms are a balanced part of any project. Harmonising the two together into one entity, and developing the planned venture, progresses the sport further and farther. And no one knows about *further and farther* more than us in the ultrarunning world.

I am completing my third year in the International Association of Ultrarunners (IAU) Executive Council. Every year, around this time on the calendar, I look back and evaluate on the season, taking a closer look at the competitions organised, the performances achieved and the lessons learned. The success of an event is not only measured by the numbers that turned up but also by the level of the organisation and times/distances achieved by the participating athletes.

2011 started with mixed emotions for us. Very early in the year we had to make the difficult decision to cancel the 24 Hour World Championships. The initial bid was secured by Brugg, Switzerland. However, due to difficulties in logistics, the host organisation withdrew their bid and we were unable to secure a successful alternate bid to host the championships. The cancellation was a disappointment for us but



Nadeem Khan

we wanted to uphold our goal of organising the preeminent events for our participating athletes and federations.

Following the initial hiccup, the IAU season sailed smoothly until the completion of the last competition, in the third quarter of the year. The international ultrarunning schedule started with the 2<sup>nd</sup> 100 km Asian Championships. This event was held on Jeju Island, South Korea on March 26<sup>th</sup>. The same organisation held the first edition of the event in 2010. The Japanese duo of Yoshikaza Haro and Mai Fujisawa won the men's and women's divisions, respectively. Haro took 6:52:07 and Fujisawa took 8:28:10 to complete the centenary distance under very windy conditions.

Continental championships, such as these, are becoming an important

part of our calendar. Slightly diverse from the world championships, these competitions allow the athletes to compete in a more intimate environment with their fellow competitors. Occasionally these championships act as training and selection grounds for the world championships.

On July 10<sup>th</sup> IAU moved to Connemara, Ireland and hosted the 3<sup>rd</sup> Trail World Championships. Runners from France took advantage of their trail running expertise and grabbed both the men's and women's top spots. Erik Clavery and Maud Gobert won the gold medals, completing the 70 km event in 6:39:07 and 7:41:31 respectively. The race conditions on the day were ideal with the athletes offered a myriad of terrain to test their trail running mettle.

Trail running is very quickly becoming

*"The serenity of the trails alongside the scenic routes is rapidly substituting the road ultras"*



*"they get an opportunity to compete with the fellow top performers of the various series races"*

a very popular discipline amongst the ultrarunning community. The serenity of the trails alongside the scenic routes is rapidly substituting the road ultras. The IAU and Local Organizing Committee recognised this fashionable trend and incorporated the inaugural team events into the championships. The result was a turnout by 20 different countries in the competition.

The 50 km World Trophy Final was next on the agenda for the IAU. The race took place on August 20<sup>th</sup> in Assen, the Netherlands. Eliot Kiplagat Biwott (KEN) led the men's division with a time of 2:54:53. In the women's race Emma Gooderham (GBR) took the top honours, completing the 50 km distance in 3:17:30. The competition was a close one with several runners vying for the top spot before the eventual winners took control of the race.

Athletes participating in the 50 km finale are based on their performances in the 50 km race series around the world. This race is unique, where the top athletes are invited to the event by the IAU and the LOC, where they get an opportunity to compete with the fellow top performers of the various series races. This year we had 17 selection races on six continents.

IAU stayed in Europe for the 25<sup>th</sup> 100 km World and European Championships. The quarter century edition of the event was organised in Winschoten, the Netherlands on September 10<sup>th</sup>. This race broke all records in the number of participants and federations participating. Two hundred eighty-five athletes from 34 countries started the race, with Giorgio Calcaterra (ITA) and Marina Bychkova (RUS) winning the world titles. Calcaterra ran an outstanding time of 6:27:32 and Bychkova ran 7:27:19, bettering last year's winning time.

The 100 km world championship is the longest running IAU event and is the lone race under the patronage of the IAAF. The event has always sparked the interest of new federations and has been the key event in the international racing calendar. The championships have also seen a return of the Masters section to the event, in collaboration with the World Masters Athletics.

In addition to the IAU's major championships, the association also supported the Commonwealth Championships organised by the Commonwealth Association of Mountain and Ultradistance Running (CAMUR). The championships took place from September 23-25<sup>th</sup> in North Wales.

In the 24 hour event held in Lladudno, John Pares (WAL) took the top honour on home soil in the men's event with a distance of 244.335 km. The talk of the championships was women's winner, Lizzy Hawker's (ENG) World's Best Performance (WBP) for road 24 hour, with a distance of 247.076 km. Thanks to a flat course, gentle turns and cool conditions, several national records and personal bests were set in the race.

There was another ultra event contested at the Commonwealth Championships. Athletes competed in a 53.75 km trail event in Anglesey, through the Newborough Forest. The Welsh team had a clean sweep with Richard Gardiner winning in 3:29:55. Emma Gooderham (ENG) capped an outstanding season winning the women's division in 3:53:50. Athletes had a taste of several terrains in one race, which was incredibly exciting and challenging.

In addition to Hawker's performance, we had two more WBPs achieved this year. Sumie Ingaki (JPN) achieved a WBP for indoor 24 hour running with 240.631 km in Espoo, Finland on January 29-30<sup>th</sup>. Also, Mami Kudo (JPN) gained a WBP for 48-hour road

with 368.687 km at the International Festival of Athens on April 9<sup>th</sup>-11<sup>th</sup>. It was truly an outstanding year for record performances.

At the beginning, I alluded to the fact that the success (or failure) of a season is measured by the performances that are achieved, numbers that participate, and the organisation that is displayed. In 2011, we had three world's best performances, several national records, numerous personal bests, record turnouts and outstanding competitions staged by Local Organising Committees.

It was an excellent racing season. We still regret not having a 24 Hour World Championship, but now we have something more to strive for in 2012 and there is always room for improvement. We can continue our journey as we progress forward. Let the drum roll begin...

Nadeem Khan  
IAU, Director of Communications

*IAU has an exciting 2012 season planned for you. The season starts with the 3<sup>rd</sup> Asian 100 km Championships (Jeju Island, South Korea) on April 7<sup>th</sup>. This is followed by the 26<sup>th</sup> 100 km World and European Championships (Seregno-Brianza, Italy) on April 22<sup>nd</sup>. The 9<sup>th</sup> 24 Hour World and European Championships (Katowice, Poland) is on September 8-9<sup>th</sup>, followed by the 9<sup>th</sup> 50 km World Trophy Final (Vallecrosia-Bordighera) on October 20<sup>th</sup>.*



# “Man believed sane runs 105,000 miles”

Bill Emmerton – 1919 to 2010

One of the greatest ultra runners ever produced by Australia passed away in America last year after a long and successful career over all distances in running. His name was Bill Emmerton and he originally hailed from Launceston, Tasmania. He was born in November 1919, and for a boy that started running at 15 to combat the asthma/tuberculosis that he was diagnosed with, he rarely stood still in the seven decades that followed. He represented Australia in the Commonwealth Games, and won over 150 individual athletic titles before stepping up in distance and chalking up many multi-day solo ultra achievements in Australia, England, Canada and the US. When he was interviewed by Sports Illustrated in 1969 he calculated that he had run over 105, 000 miles in his career. Hence the by-line (*in the title*) that was coined by the journalist at the time!

Bill's answer for his medical problems was to start running, and not running around the block like this author did! He ran up to six miles a day and 15-20 miles on a Sunday. He began working in insurance when he left school and also joined the Newstead Harriers Athletic Club. He was to win many state titles in the 1940's, and in 1950 he was the third Tasmanian to be selected for the Commonwealth Games in New Zealand.

The 1950's saw his career blossom even further. In 1951 he beat the Launceston to Longford record (previously held by English pedestrian, Albert Bird), beat the Queenstown to Zeehan record, and also ran the second fastest ever 10,000 metre times in Australia. He turned professional in 1952 as he felt he had limited opportunities as an amateur. At that time he had won over 150 individual running championships and even ran a mile time of 4m5s. The world record at the time was 4m1s. His running dominance continued as a professional, winning over 40 more titles between the quarter mile to 60 mile distances.

It was in 1959 when Bill ran from Launceston to Hobart in a time of 20h41m; this was a distance quoted as being 100 miles. It was also in the late 1950's when Bill ran from Launceston to Queenstown. Three decades later he was to remember this run as one of the toughest he had run. There are several other runs recorded around this time but details are very scarce. After running 500 miles across the Australian desert in 1964, and from Melbourne to Adelaide in 1965, he ran the famous John O'Groats in the UK twice for a woollen clothing manufacturer. It was whilst flying to England for these runs that he met his future wife, Norma, at the airport in Singapore. Norma was to become his rock and constant companion for many of his tougher solo runs that were still to come.

It was around this time that Bill decided to move to the USA, where some of his more famous achievements were to occur. The second half of the 1960's saw him complete over six multi day runs in various parts of the USA. The most famous being the two runs through Death Valley in 1968. At the time it was believed he was the first person to run across Death Valley. The first run was completed in the comparatively cool month of April when he ran 125 miles. He ran it again in August that year and completed 211 miles. As many of you will know, Death Valley is now the home of the annual Badwater Race. It was interesting that Bill isn't mentioned on the Badwater website. I queried this with the Badwater RD, who admitted that he hadn't heard much about Bill's achievements, but as he hadn't run up Mt Whitney at the end he wouldn't be able to be mentioned on their web site.

His solo achievements were to continue in the 1970's; including a run from Bonita Springs to Naples, the Grand Canyon run (Bill said that he would rather run through Death Valley any time after completing this), the 3200km Pony Express Run

in 1978, and the very famous match race with tennis player Bobby Riggs, through Death Valley in 1976. Bill had to run 50 miles in the challenge and Bobby only had to run 25 miles. Bobby won the challenge by a mere 40 minutes, but this race was to give Bill publicity around the USA and the world.

Bill was still active in the later stages of his life. He wrote a couple of books promoting a healthy lifestyle, could still be found walking around his home in Phoenix, Arizona, and at the age of 69 he was to walk another 50 miles through Death Valley. He also mentored a few of our ultra athletes that are still achieving today; including American multi-day runner, John Radich, and ultra runner/race director, Dick Goodman. Radich was very sad when advised of Bill's passing. He remembers Bill's words of wisdom very fondly; *"You can have the strongest body, legs of steel and big lungs and heart - many runners and athletes have possessed this gift yet never reaching their full potential because they did not apply the mental side of running. Body, mind and spirit."*

Whilst researching for this article I was fortunate enough to speak with a memorabilia collector from the USA who has procured a large amount of Bill's sporting treasures. I am hoping in the next couple of months that I can convince a museum in Australia to purchase this memorabilia and help to share his terrific story with all Australians. I hope that this article has given readers a brief snapshot of Bill Emmerton's life and his achievements. It is probably a well worn cliché used by myself, but his story would make a magnificent book that would be enjoyed by ultra runners and athletes from all over the globe. Over the coming months, I shall be putting this article on my website at Ultralegends, along with the tribute received from John Radich and other information that I found in my research. Bill Emmerton would be a well deserved member in the AURA Hall of Fame.

Quote from Bill to his son, John, many years ago "...Always try your hardest son...don't ever get to the end of your life and wish that you could have tried harder. Always give it your best shot."

Note: Thanks to John Emmerton, Myles Noel, and John Radich for their help in researching this article. Other information was sourced via the National Library newspaper site, Coolrunning, Sports Illustrated and the Los Angeles Times.

#### Timeline of Bill's life and career

- 1919 - Born Launceston, Tasmania
- 1935 - Started walking and running 6 miles a day to get rid of his asthma
- 1949 - Perth to Launceston record (previous record set 1874)
- 1950 - Commonwealth Games representative
- 1951 - Won the 3 mile title - 84<sup>th</sup> Championship title (440 yards to 15 miles)

1951 - Launceston to Longford record and Queenstown to Zeehan record

1951 - Recorded the 2<sup>nd</sup> fastest 10,000 metres in Australia

1952 - Became a professional

1953-56 - Won 40 titles, from ½ mile to 60 mile distances

1958 - Set a 1 hour record of 11 miles and 1,039 yards

1959 - Launceston to Hobart (100 miles) in 20h 41m

1959 - 126 miles in 26h

1962 - 168 miles in 42h

1963 - Ran two 158 milers; one in 36h and the other over Mt Wellington

1964 - 500 miles across the Australian desert

1965 - Melbourne to Adelaide - 800 kms

1965 - Ran John O Groats twice - 1500 kms

1965 - JFK Run - 254 miles in 5 days - New York to Washington

1967 - Toronto to Montreal - 390 miles

1968 - Death Valley run - 125 miles

Completed twice - April and August (211 miles?)

1968 - Astronaut Run - 1000 miles Houston to Cape Kennedy

1969 - Death Valley run

1973 - Bonita Springs to Naples run

1974 - Grand Canyon run

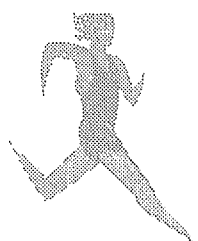
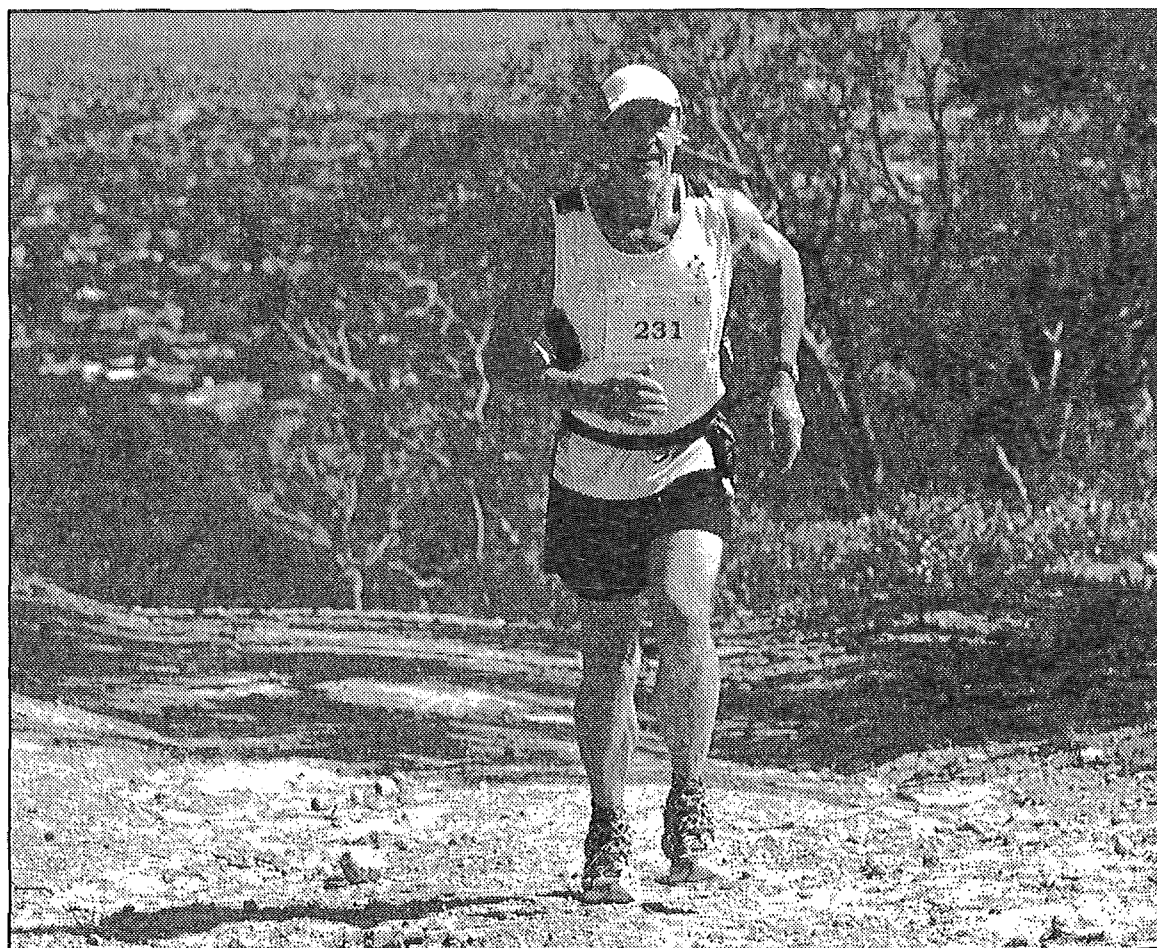
1976 - Lost a 50 mile Handicap Race through Death Valley to Bobby Riggs, where Riggs only had to run 25 miles

1978 - Pony Express Run - 3200 kms in 47 days

1988 - Death Valley - Walked 52 miles

2010 - Died

Neil Hawthorne  
in Yurrebilla  
Trail Race  
Photo by  
Michael Slagter





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

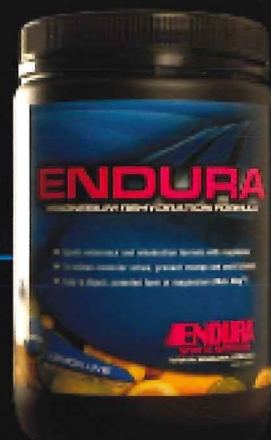
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