



Australian
Ultra
Runners'
Association Inc

Dec 2012
Vol 27 No 4

U L T R A M A G



- ▶ Interview with Carol Baird
- ▶ Book Review: Waterlogged by Dr Tim Noakes
- ▶ Mt Haig Marathon, Yurrebilla Trail, Centennial Park Ultra, and more



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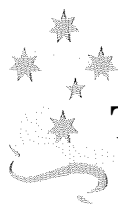
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UltraMag:

The Magazine of the Australian Ultra Runners' Association

December 2012

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Cover Photos:

Front: Erwin Jansen at GOW100s, before the dislocated finger! photo courtesy Brett Saxon
Inside Front: Tamyka Bell at Caboolture 48 Hour, 1st place female with 272.822km,
photo courtesy Tim Miller, Dreamsport Photography
Inside Back: Julian Spence, running for a 2nd place finish at Flinders Tour, photo courtesy
Tim Miller, Dreamsport Photography



Committee Corner

Updates from the AURA Committee

Robert Boyce, President

Hi all,

Our team at AURA have been working hard to continue to improve the AURA brand with our new range of clothing and the addition of a governance section to our website. This section houses our race sanctioning requirements and some guidelines we've drafted.

Your committee members and state reps are all avid runners, and many are race directors, so please make yourself known to them. If you have questions, they will be more than willing to help answer them. We are all committed to meeting members' needs and keen to hear your thoughts on how we can improve.

Phil Essam has been our historian for many years and has recently stepped down. Thanks Phil for all your hard work and great articles over the years.

The national team selection for the 24 Hour World Championships in Steenbergen (NED) on May 11-12, 2013, and the World Trail Championships in North Wales on July 6-7, 2013, will take place early next year. Applications, criteria, and qualifying race information are available from our web site. For anyone interested, please read and contact me if you have any questions.

Bernadette Benson, Vice President

By the time you read this, I should be proudly sporting Australian citizenship. Five years ago, standing atop some mountain in the Canadian Rockies, if you'd told me I'd be an Australian citizen living in Perth and vice president of AURA (which I'd never even heard of), I don't think you could have surprised me more!

I fell in love with this country, landscape, people, and wildlife (well, maybe not the ticks) almost instantly. Moving here, I learned that there was more to ultrarunning than just trails. Not only were there road events, there were these things called 6hr and 24hr track events. And they could be just as rewarding as trail running (at least for me – and that also greatly surprised me). In the sport of ultra running, there's a type of event to cater to all.

This quarter in my AURA world we farewelled a few volunteers, but happily welcomed Nicholas Bignell (Ultramag results), Michael Bedward (memberships), Ellen Lavoie (history/Ultramag support), and Peter Bignell (billings). There is great energy amongst the group. Please do take a moment when you encounter one of our AURA volunteers at a race to thank them for donating their time. Or send them an encouraging email; let them know that you notice their efforts. When you browse through AURA's shop, chase up results on the website, enjoy your monthly e-news, or hold this magazine in your hands, consider of the hundreds of hours that volunteers freely put into these things for our sport. Then, of course, go for a run!

Karen Hagan, Ultramag Coordinator

"I swear I didn't bump it Doc, but it just keeps getting bigger and bigger!"

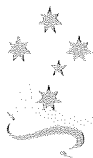
And that is without even trying! The most exciting thing is happening to Ultramag; we are getting budding authors coming to us. Although it makes compiling the magazine a little easier, it makes your reading burden heavier, I'm afraid. Where will you find the time to read it all? I am excited to know you will all

have plenty to enjoy in the lead up to Christmas.

I have enjoyed a relaxed October, attempting to find a better balance to life, family and training. I have to say I've missed my running, even though my body has thanked me for it. I think it's essential to take time each year to take stock of our own purpose; reassess your driving forces. Not necessarily to change anything, but to become less absorbed in the "running" (for just a moment) and do a "stock-take": mentally, emotionally and physically. It also helps to create more time to get all those pushed-aside tasks around the home done. I've come through my stock-take with my batteries refreshed and goals formulating for 2013; and it was also perfect timing to run less as Ultramag has taken over my evenings for the last month, particularly.

I want to wish everyone a wonderful holiday season! May it be filled with the people you love, and the things you love to do; much food, frolicking and merriment... and burning it all off with a run! Remember to keep putting your hands up to pen a race report. You don't have to have won it to be able to recreate it for our membership; every runner's story will be relatable to someone. Just as you begin to wonder where Christmas and the New Year went, March's edition will be in your letter box.

Correction: *Newbie ultra runner Ellen Lavoie from Victoria, profiled in September's Ultramag, was somewhat pleased with her portrayal as a "Comrades and Ironman finisher". This was indeed an error as she has just worked her way up in ultra distance to complete the You Yangs 30km and Tan 50km. And she just conquered the Wilson's Prom 60km in October, as well!*



Apparel

by Stephen English (Assistant Secretary)

We are now well stocked with new apparel, which can all be viewed at our online shop. We've received short-sleeved t-shirts, neck gaiters/headbands, and white mesh caps, just in time for summer. We're running a special until the end of the year where any purchase of \$60 gains a free neck gaiter.

The women's singlets that went missing are now in re-production.

New AURA sails have also been purchased so we can fly our flag at more of our sanctioned events. The apparel subcommittee plans to start working on a range of winter apparel such as long sleeve tops and jackets.



AURA State Roundup December 2012

ACT, by Martin Fryer, State Representative

While there have been no ultramarathon events in the ACT over the last few months, various members of the small but passionate ACT ultrarunning community have continued to participate in, and excel at, interstate events. The ever-consistent Pam Muston placed 1st female and 9th outright, at the Glasshouse 100 Mile in September in a PB time of 21:06. She will be favoured for another podium performance at the upcoming Coast to Kosciuszko 240km race in December. Recent Bush Capital 63km Ultramarathon winner, David Hosking, continued his good form with a fine debut at the 100km trail distance, coming 3rd in a time of 9:43 at the Surf Coast Century race, held along the beautiful Victorian coastline near Anglesea and Torquay.

February 2013 sees the return of two ultra events to the ACT: one for the trail runners and one for the road runners. If you want to experience some of the beauty of Australia's pristine sub-alpine mountain scenery then the Brindabella 100km and 100 mile runs are for you. While these runs are not yet formal events they represent an excellent opportunity for aspiring

trail ultrarunners to get together with other self-reliant, like-minded people to experience the joy and challenge of completing some big runs, with big mountains and big views. These runs follow fire roads and single track up and down some of the highest mountains in the Brindabella Ranges of the Namadgi National Park, ACT. With 4600m of ascent and 4700m of descent in remote areas, the 100 mile version of this hill climbing odyssey is not suitable for a first attempt at covering 100 miles. The 100km "Fun Run" option is still a very solid workout for even the most accomplished trail ultrarunner, with 3200m ascent and 2500m descent. Water, GPS files, navigation notes and drop-bag support will be provided.

Saturday 16 February 2013 sees the return of the successful IAU Bronze Label- certified 12 Hour and 100km Stromlo Road Circuit events, along with new entry options of 6 Hours and 50km. These events are held on a fast, smooth, 1 kilometre loop (AIMS-certified) of the Stromlo Forest Park Criterium Circuit, and take advantage of ideal evening running conditions that present a great opportunity for aspiring ultramarathon runners to run a PB. AURA members who are

current prior to the start of the race will be eligible for points in the AURA point score competition, inclusion in AURA rankings, and inclusion in IAU time/distance rankings. Performances can be used as primary evidence to support individual applications for Australian 100km team selection, or secondary qualification or proof of fitness (for runners that have a primary qualifier achieved more than 6 months prior to the planned World Championships) to support inclusion in the Australian 24 Hour team. For more information see: <http://www.aura.asn.au/Stromlo12hr.html>

NSW, by Andy Heyden, State Representative

It's been an interesting week in NSW, with some of our members having to train in both 30 degree spring sunshine and snow in the space of a week! The weather was kind, however, for the second running of the Altra Centennial Park Ultra which took place on September 23rd, and looks set to be a great annual event enjoyed by many. The 50km event saw some blistering times with emergency trainee doctor Alex Matthews



AURA State Roundup

December 2012 (*continued*)

finishing in 3:10:22; a PB and good enough to be selected for the next 50km world championships. Brendan Davies finished second, in another scorching time of 3:14:46. Fitness industry guru Chief Brabon was third with 3:39:41. Sydney's Lisa Carroli topped the women's field in 4:42:30, with ultra debutante Emily Hames-Brabon coming second in 4:55:15. In the hotly contested third place female finish, Sarah-Jane Marshall charged ahead of Lisa Harvey-Smith to finish in 5:04:42, just nine seconds ahead of the astrophysicist.

Chris Truscott set out fast in the 100km race with an eye on a sub 8-hour finish, and managed to hold his form in the later stages to clock a fantastic 7:51:43. Fresh off a major win in Vanuatu, ultra-running champion Jo Blake ran a solid 8:11:59, ahead of Victoria's Kevin Muller, who completed the podium with 8:58:40. Beth Cardelli won the women's 100km in 9:21:50. Felicity Copp took out silver with 10:45:30, followed by Sabina Hamaty in 11:26:28. There were lots of superb performances on the day and special mention to blind runner Ben Phillips, whose aim was to stay on his feet for 12 hours and run further than he ever had in his life. He did.

At the time of writing the Hume & Hovell is about to be held on the historic walking track, following, as closely as possible, the historic route taken by explorers Hume & Hovell on their 1824 expedition to Port Phillip Bay. Then minds will turn to the Great North Walk on November 10th.

Stay fit, and have fun out there.

QLD, by Keith Sullivan, State Representative

As we move into the warm and humid spring and summer, the longer ultra events tend to be behind us and the so called "sprints" make up many of the upcoming events. More and more we are finding that the calendar is becoming full of great events across the country but also along the great Queensland coastline.

September saw the running of the longest Queensland event, with a number of supporting events, the iconic Glass House 100 Miler (see the report for details). As a participant I can tell you that, yet again, it was a great event with many happy and sad stories coming out of it.

A number of the race directors for the Queensland ultra events have been in their respective positions for a number of years, soon we will be needing to supplement the great efforts expended by those hard working and dedicated people. We all need to look at what we want to get out of the ultra scene, and be willing to put some effort into the ultra community in order for it to survive and thrive.

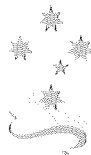
Finally, a "cheerio" to the normal author of the Queensland update, Susannah Harvey-Jamieson. Not happy with pushing her body to the limits in ultras, SH-J added cycling to her repertoire. Unfortunately, SH-J came off her cycle and broke her clavicle (collar bone). I am sure that I say on behalf of everyone - all the best for a quick recovery Susannah.

SA, by Paul Rogers, State Representative

A record 300 competitors toed the line at this year's Yurrebilla 56km, an event that takes you through some of the most beautiful scenery of the Adelaide Hills, a distance of only 1-2 kilometres from the city centre. It was Sadie Cranston's first year as race director and she organised the inclusion of New Zealander Grant Guise as event ambassador. Also racing the event, this was likely to mean the course record could be broken and the crowd were not disappointed with Grant crossing the line in 4 hours 54 minutes - the first time anyone had completed the race in under 5 hours. In a lot closer finish than in the previous year where Jo Kruk dominated, this year Jo made it two in a row in the women's placings after battling it out with 2nd place Sally Roffey, in a time of 5 hours 40 minutes.

South Australia is a bit limited in the number of sanctioned ultra events, but there were two other events that took place in the month of October. In the Trailblazer Challenge, the SA Trail Runners team of Blake Tooth and Dej Jamieson left the competition dead in their tracks on the way to a course record breaking run for the 100km pairs while Sally Roffey and Sadie Cranston were first over the line in the 50km pairs - the first time an all women's team has won the event.

Last year the inaugural Heysen 105 had just 16 competitors start with a credible 11 runners completing the historic Heysen run that follows the Heysen trail through the southern part of South Australia from Newland Hill to Kuitpo Forest. This year, 37 competitors started the gruelling course, including our own AURA members Graham Tottey and Doug Smart.



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. Sanctioned races will be eligible for the AURA aggregate points competition. AURA reserves the right to modify this calendar at its discretion. Always check the AURA website for late changes to race details at www.aura.asn.au. Some international races, particularly IAU and Commonwealth championship events, are also shown on the web calendar.

DECEMBER 2012

Saturday 1 December BRUNY ISLAND JETTY TO LIGHTHOUSE (TAS)

64km; run the length of the island with stunning ocean scenery. Solo and teams.

Contact: Paul Riseley 0438 296 283

Email: brunyislandultra@gmail.com

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

Friday 7 – Sunday 9 December COAST TO KOSCIUSZKO (NSW)

240 kilometres from sea level to the highest point in Australia

Contact: Paul Every 02 9482 8276

Email: peverydweaver@hotmail.com

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

Sunday 9 December KURRAWA TO DURANBAH AND BACK (QLD)

50km; Kurrawa Park on the Gold Coast, south along the Gold Coast beachfront to Duranbah

Contact: Ian Cornelius 0411 083 896

Email: info@kurrawa2duranbah.com

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

Sunday 16 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: davidk1998@hotmail.com

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

JANUARY 2013

Saturday 5 January NARRABEEN ALL NIGHTER (NSW)

100km and 12 hour events on a certified 100km course on bike paths, 8 PM start

Contact: Ron Schwebel 0415 669 464 or Glenn Lockwood 0414 904 171

Email: rschwebel@bigpond.com or dogets5@hotmail.com

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

Sunday 6 January BOGONG TO MT HOTHAM (VIC)

64km mountain trail run, with 3000m of climb. 35km option also available. Start near Mt. Beauty.

Contact: Andy Hewat 0421 040 700

Email: andy@trailrunningcompany.com

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

Sunday 13 January TWO BAYS TRAIL RUN (VIC)

28km and 56km races, Dromana to Cape Schank

Contact: Rohan Day

Email: info@twobaystrailrun.com

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

AURA EVENTS CALENDAR

TBC Sunday 27 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 2013

Saturday 2 February CRADLE MOUNTAIN ULTRA (TAS)

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

Contact: Doug Strohfeld 0451 633 207

Email: dougjodi@bigpond.net.au

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

Sunday 3 February DELATITE DASH (VIC)

45 km trail and shorter options in the Victorian alps

Contact: Paul Ashton 0418 136 070

Email: runningwild56@tpg.com.au

Web: <http://aura.asn.au/DelatiteDash.htm>

Saturday 9 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 16 February INJINJI STROMLO 12 HOUR RACE (ACT)

6/12 hr and 50/100km night races. 6.30 PM to 6.30 AM on 1 km certified circuit

Contact: Phil Essam 0425 347 025 or Martin Fryer 0404 382 824

Email: pandbessam@bigpond.com or flyerultra@gmail.com

Web: <http://aura.asn.au/Stromlo12hr.html>

Sunday 17 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: trailsplus@gmail.com

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

MARCH 2013

Sunday 3 March 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>

Saturday 2 March LARK HILL DUSK TO DAWN (WA)

50k and 100k trail races on a 3k loop

Contact: Dave Kennedy 0433 333 206

Email: davidk1998@hotmail.com

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

AURA EVENTS CALENDAR

Saturday 9 March SIX FOOT TRACK MARATHON (NSW)

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

Contact: Colin Jeftha

Email: sixfoottrack@gmail.com

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

Sunday 10 March NERANG SF (QLD)

50km IAU labelled trail run with 25km option

Contact: Ian Cornelius 0408 527 391

Email: ian.Cornelius@rocketmail.com

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

TBC Sunday 10 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

Saturday 16 March ROLLERCOASTER RUN (VIC)

45km trail run (& shorter option)

Contact: Rohan Day 0420 380 955

Email: info@rollercoasterrun.com

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

Saturday – Monday 16-18 March ALPINE CHALLENGE (VIC)

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

Contact: Paul Ashton

Email: runningwild56@tpg.com.au

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

Easter Sunday 31 March WILDHORSE CRITERIUM (QLD)

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

Contact: Alun Davies

Email: alun@wildhorsecriterium.com

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

APRIL 2013

TBC 13-14 April COBURG 24 HR (VIC)

Victorian 24 hr track championship and Australian Centurions 24 hr walk; IAU labelled

Contact: Tim Erickson or Bernie Goggin

Email: terick@melbpc.org.au or bernard.goggin@bigpond.com

Web: http://aura.asn.au/Coburg_24hr.html

Sunday 14 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

Web: <http://aura.asn.au/canberra50km.html>

AURA EVENTS CALENDAR

Sunday 21 April WATER WORLD (NSW)

45km run from Red Rock to Coffs Harbour jetty

Contact: Steel Beveridge 02 6656 2735

Email: steelyn@gmail.com

Web: http://aura.asn.au/WaterWorld_RR2CH.html

Saturday 27 April WILSONS PROMONTORY (VIC)

100km trail and shorter options.

Contact: Paul Ashton 0418 136 070

Email: runningwild56@tpg.com.au

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

MAY 2013

Saturday-Sunday 4-5 May WILDENDURANCE (NSW)

100km team race in the Blue Mountains

Contact: Sarah Williams 02 9282 9553

Email: wildendurance@wilderness.org.au

Web: <http://www.aura.asn.au/wildendurance.htm>

Saturday 18 May THE NORTH FACE 100 (NSW)

100km solo trail race in the Blue Mountains

Contact: Alina McMaster or Tom Landon-Smith

Email: tnf100@arocsport.com.au

Web: <http://aura.asn.au/tnf100.htm>

JUNE 2013

Sunday 2 June HOKA ONEONE KEP ULTRA (WA)

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

Contact: Rob Donkersloot 0411 748 479

Email: rdonkers@iinet.net.au

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

Sunday 2 June MACEDON RANGES (VIC)

30 and 50km trail races.

Contact: Brett Saxon 0418 557 052

Email: trailsplus@gmail.com

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

DATE TBC: GOLD COAST 100 SUPERMARATHON (QLD)

100km, 50km, and other distances.

Contact: Ian Cornelius 0408 527 391

Email: info@goldcoast100.com

Web: <http://www.aura.asn.au/GoldCoast100.html>

Saturday-Sunday 15-16 June SRI CHINMOY 24 HOUR (NSW)

IAU labelled 6 hr and 24 hr track race at Blacktown Sports Park, Sydney.

Contact: Niboddhri Ward 0449 286 553

Email: sydney24h@srichinmoyraces.org

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

AURA EVENTS CALENDAR

Friday-Sunday 28-30 June THREE MARATHONS IN THREE DAYS (QLD)

3 day stage race totalling 126 kms on trail with relay option

Contact: Lorraine Lawson

Email: trailrunning@roadrunners.org.au

Web: <http://www.aura.asn.au/3marathons3days.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/governance



The Kokoda Challenge: Putting the “Challenge” into the Kokoda Challenge Gold Coast Hinterland, Mudgeeraba, QLD July 14, 2012, by Glenn Prentice

This was the 4th year in a row that my wife, Marlene, and I took part in the Kokoda Challenge; a 96km route through the Gold Coast Hinterland. The route is the same distance as the Kokoda Track in Papua New Guinea, and the race has a time limit of 39 hours. The time limit represents the 39th Militia who were the first Australian troops to set foot on the Kokoda Track. The event is tackled by teams of four people, and the team has to stay together and proceed through each of the 15 control points, together. Your support crew are only able to meet up with you at five of these control points. Should you lose a team member, to injury or fatigue, you are able to continue with three; however, should you lose another team member then the remaining two have to wait at a control point until they are able to join up with another team. The route is by no means flat and fast! There are four major climbs, 12 creek crossings and the total of all the “ups” is around 5,000 metres, with around 85% of the course on fire tracks and trails. Over the last four years the course has been tweaked and altered, and 2012 was definitely the most challenging and technically

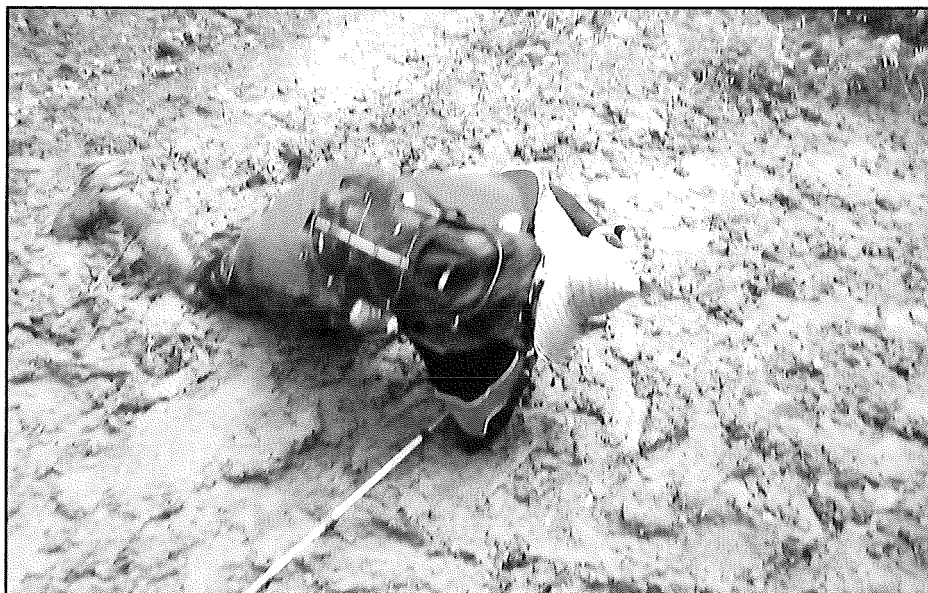
difficult route by far!

The Kokoda Challenge has the motto of “Mateship, Endurance, Courage and Sacrifice”, which is rather fitting for this event. Allow me to explain.

Mateship: Many a Sunday morning was spent with team mates, training on the trails in the forest, chatting away and solving the problems of the world while the rest of the family was still tucked up in bed. We imparted advice to new team members, built their confidence and encouraged each other.

Endurance: The event is such that, as a full team, to finish in less than 20 hours is pretty darn good. So to keep slogging from 7am on the Saturday morning until sunrise on the Sunday (for average teams) is definitely a feat of endurance. This year, the winning team came in at 11h43min, and the first female team in 19h28min.

Courage: This year “Mother Nature”, with her sick sense of humour, decided to serve up some good soaking rain for the two days before the event, and proceeded to top up her handy work during the



*Sliding in the mud! –
photo courtesy Glenn Prentice*

event. The result was a mud bath. You were unable to stop yourself on the downhill, and unable to get traction on the uphill. The course is bad enough when it's dry, but the wet made it nothing short of treacherous.

Sacrifice: Not only do you sacrifice your time training for the event, but you can only move as fast as the slowest person in the team. If you have a team member who is injured or slow for some reason, you end up sacrificing your anticipated finish time to stick with the team. This comes back to mateship, as you never know when you could be injured and end up holding back the team.

What makes the event special is that some of the Diggers that actually fought on the track are at the start, and are also available on the Sunday morning to hand you your dog tags at the finish. What an honour and humbling experience to receive your dog tags from a Digger who fought on the Kokoda Track. When you are absolutely shattered at the end and the Digger smiles and says to you, "What are you complaining about? At least you didn't have people shooting at you along the way!" you realise what they must have gone through.

Our Team Bartercard had two new members: Gavin Smith, a seasoned Comrades runner and Cassie Smith (no relation), who was in training for Coast to Kosciuszko and had just completed 180km around a track in 24 hours. Marlene and I had both just completed Marathon des Sables, followed by the Comrades Marathon. Our full team did the Gold Coast Marathon as a comfortable training run and we had a sub-20 hour time in our sights for Kokoda. This, in theory and on paper, seemed highly plausible and would be a "tick and flick" exercise, a mere formality. How wrong we were!

It rained the previous year on the day, which was bad, but under the slippery mud was dry earth, so you had some traction. This year it rained for two days before the

event, so underneath the top layer of slippery clay was more slippery clay. We started off in the rain from Mudgeeraba and on the bitumen, and we were doing a good pace.

As we went into the forest, Cassie was not comfortable with the unstable footing. We all slowed down and helped her down the steep and slippery descents and arrived at Mount Nimmel Lodge, Checkpoint 2, slightly behind schedule. We proceeded through the control and set off up Mount Nimmel, the first of the big hills. The up was arduous and not that slippery; however, down the other side was shocking. Everyone was slipping and there were a lot of people falling. It was about 400 metres from the point where the track meets up with the bitumen that Cassie slipped, fell and dislocated her finger. She was in serious pain and we were about 3km from the control point. Luckily a spectator piled a muddy and wet Cassie into their clean SUV and took her to the control point, where she was eventually taken to hospital to have her finger attended to.

Marlene, Gavin and I continued on past Pollies Kitchen, getting to the half way point at Numinbah Hall with three of the major hills, and eight creek crossings behind us just as night fell. Still feeling strong, and

with supplies replenished, we set off with headlamps out into the dark. It was basically a swamp getting into and out of the Enviro Centre, through the control, across the bridge, then into the new section of forest, which took us to Army Land. This was where any remaining expectations of finishing times went out of the window! It was a relentless climb that was so steep that, at some points, a walking pole was pegged into the mud and one foot put in front of it to stop slipping back, then moving up and repeating the process. People were pulling themselves up on tufts of grass and branches which were cutting their hands.

The darkness, fatigue, mud and steepness of the climb, made it take forever to complete the section! Once we were at the control point, it was relatively plain sailing up to Syd Duncan, with the final, slippery downhill on Hellfire Pass a few km further on. Our remaining team of three finished at 9:25am on Sunday morning, with a total time of 26 hours and 25 minutes. The unsung heroes of the event had to be our support crew of Carmen and Janice, who were at the five control points, always with a smile and encouraging words all through the day and the night.

The Kokoda Challenge is just that; a challenge!



Marlene and Glenn at a river crossing: a chance to wash off a little mud! – photo courtesy Gavin Smith



You Yangs 50-50

You Yangs Regional Park, Little River, VIC

July 22, 2012 by Andrew Selby-Smith

The You Yangs 50-50 is a series of distance events organised by the competent and well organised Trails+ team, headed by the ubiquitous Brett Saxon. The various distances are conducted on the same course, with start times adjusted to suit course lengths. The small size of the park necessitates a compact loop structure, more akin to a well cooked plate of spaghetti – and lots of it! Careful attention to navigation is required by competitors as they frequently become hopelessly lost, or take unintended short or long cuts. The weather on race day was pretty cool; cold to start, with the temperature rising later in the day under an overcast sky of white cloud, but never rising to anything vaguely approaching warm! For those who kept moving this generally meant perfect running conditions.

I'd planned a slightly fuller weekend than I would have liked. The by-election for the State seat of Melbourne was on the Saturday, so the day was occupied with handing out "how to vote cards" for the Greens, running the AV 12km cross country at Bundoora, then scrutineering for the ballot

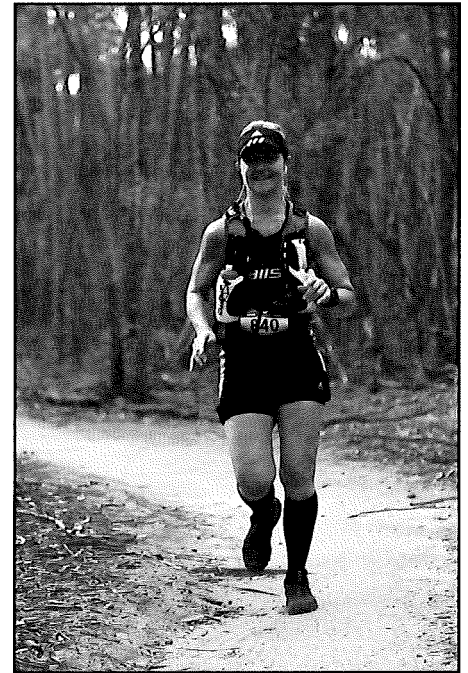


Danny Habets keeping pace for 3rd place in the 50km. – photo courtesy DandyRunner.com

count. All followed by attendance at the post-election party in North Melbourne until quite late that night! Hopes that my lift to the start the following morning would fall through and leave me to drop my tired and sore body back into bed were dashed when Nicholas Bignell was there, as arranged. I spent the ride out trying to gather what little more rest I could obtain from sitting in a warm car, and trying not to think too much about what I'd set myself up for – a run 20km longer than anything I'd done before, and being stiff and in a state of mild sleep deprivation, to boot. Not particularly given to self pity, I figured that the stiffness should eventually wear off after a bit of running, and that I'd wake up with sunlight and a bit of gentle exercise.

Having run marathons seriously for a number of years and then "retired" from regular coach-directed training in late 2009, I like to be a bit more casual and less obsessive about ultras. I do them for fun and with a degree of curiosity, although I'd be lying if I denied any competitive instinct! The standard ultra format of a small field (with many repeat offenders) on a unique course doesn't particularly lend itself to time or place in any given event being invested with any great significance, which helps to put the emphasis on participation and enjoyment in a friendly atmosphere; a placing is just a bonus.

My attitude to ultra preparation is that it is better to keep things simple and be sure they will work reliably, rather than having more complicated stuff that can go wrong more easily. I also like to direct my attention to ensuring the most important things are gotten right – clothing, shoes, taping, food and water, sunscreen, etc. I'd sum it up as "protect your comfort as simply as possible." As a result, I stick with bottles and bottle belts with carrying pockets



Nikki Wynd pushing towards 2nd overall in the 80km. – photo courtesy DandyRunner.com

rather than hydration packs, and with my usual comfortable long run gear rather than vests with pockets for food and the like. I'm not a fan of the "billboard" look – I figure that if I'm paying for my own gear and entry I'm not going to provide free advertising to a sporting goods multinational!

I'm also coming around to the view that normal food is best for ultra fuel – despite all the marketing around Powerbars and the like. Their main benefits are a really long shelf life, packability and high energy density. I carried quite a few during the event to maintain my food strategy of eating at least every hour, but I took advantage of the loop format to make two decent salad wraps, that I left in a drop bag under the food/drink table at the start/finish area, taking them at suitable points in the event. Despite being a little more awkward to eat on the go, they were cheap, pleasant to eat, went down well, and seemed to keep me going nicely. I'd do this again for future ultras. I also believe it's better to eat complex carbohydrates rather than simple ones. The simple carbs don't reach your system any faster than

the complex carbs, but the resulting energy boost fades earlier.

I don't bother with a warm up prior to ultras; I figure that if a warm up makes you run faster in the first few km, then you're going out too hard, and you'll be warmed up in 5km anyway.

I found the race a tough one. I spent the first 50km feeling like I'd had shit for breakfast, but toughed it out by eating and drinking regularly, and being a bit conservative with the pacing. By the time 50km had passed, I was starting to feel a bit more comfortable and confident that I'd hold it together in the back end and finish OK. It's a bit overwhelming to think in terms of how much further there is to go in an ultra, so instead I like to focus on the right here and the right now. I reason that if I keep myself comfortable and happy by ensuring my immediate comfort and needs, then I'll get to the finish OK no matter the distance or conditions. I also like to run in a cheerful mood; feeling great upstairs helps you to feel great downstairs!

Constant checking of the map was required to verify that I was on course and that it all made sense;

particularly towards the end as I started to tire and mistakes or missed trail markings became more likely. I didn't have a GPS or compass but there was sufficient trail signage and map detail to be sure of my location; other than one brief section under thick tree cover early on where I retraced my steps for a minute or two to ensure that I hadn't missed a turnoff, until I ran into Michael John, who was running with a GPS a few minutes behind me. He was able to verify that our elapsed distance was roughly what it should have been, so I said "thanks" and turned around and took off again! The heavy reuse of sections of the course resulted in many competitors taking wrong turns at course junctions and, unfortunately, the 80km results were marred by several disqualifications at the front of the field.

The long sections of winding single track didn't bother me as much as they did others. I figured one has to make up the distance somehow and at least it kept the thing interesting; although it made keeping track of direction a little tricky. It was definitely nice to be able to stop running after finishing though – almost nine hours on the



Andrew Selby-Smith being shadowed by Michael John. – photo courtesy DandyRunner.com

trot is a long while!

Thanks to all the friendly people out on the trails, and to everybody at Trails+ for another brilliant and well organised event. Brett Saxon well and truly earns his race director points in the AURA point score competition.

Editor's Note: For You Yangs 50/50 results, see Page 72



Mt Haig Marathon **Tinaroo Dam, QLD**

July 22, 2012 by Assistant Race Director Paul Ryan

A great turnout of nearly 70 runners contested the second annual Mt Haig Marathon, based at the Kauri Creek Day Use Area at Lake Tinaroo. The 45km runners had a challenging course, starting at Kauri Creek following Danbulla Road, then turning left up the Mt Edith Forestry Road, before coming down the range along Mt Haig Road and returning to Kauri Creek. This scenic course had various vegetation and terrain changes, stunning views over Lake Tinaroo and the Tablelands, and the

odd creek crossing. Runners also had an altitude climb from 680m to nearly 1300m, and back down again. Not great for the weary legs of the runners who completed the 3 Marathons in 3 Days event two weeks prior. They all survived. Oliver Zambon scorched around the course in 3:20:39, with the evergreen Steve Cunningham coming in at 3:39:52. New Zealander Matt Bixley finished off the top three in 3:42:46. Lorraine Lawson (5:34:09) backed up her 3 Marathons in 3 Days efforts to

finish as the first of the women home, from first time ultra runner, Sarah Griffiths (6:09:36). Well done, ladies.

The half marathon course followed the Mt Haig Forestry Road up a tough climb to an altitude of about 1160m, and then returned to the Kauri Creek Day Use Area. Ben Gerhardy (1:37:00) cleared out to the front and finished ahead of Paul Ryan (1:44:26) and Todd Rutherford (1:44:26), both sprinting to the finish line. Laura

Whenmouth (2:08:07), Krystyna Glavinovic (2:14:05) and Stevie Johnston (2:15:24) were the winners for the women.

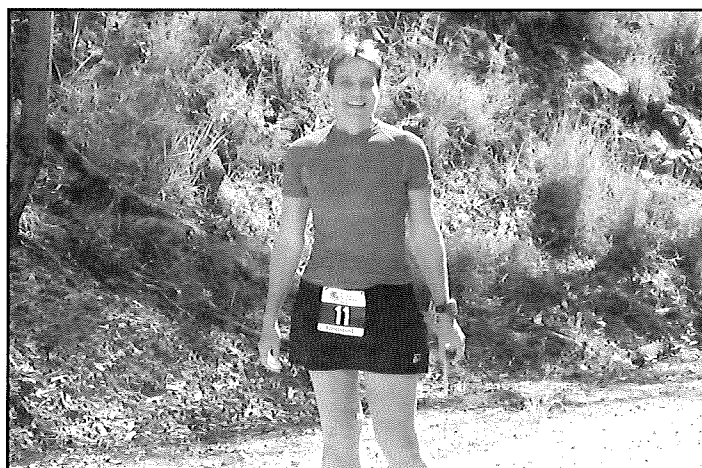
This race would not be possible without the efforts of many people. First and foremost, thanks to Lorraine Lawson, whose efforts and guidance helped clear many barriers. Shout outs also to John and Janette Jacob, who between the two of them did the shopping, course set up/pull down, time keeping, registration and the 28km checkpoint. David Von Senden helped with transporting the gear and as a sweep on race day. Gareth Smith also helped out as a sweep – on his bicycle, and he ran the last 15km with Sarah to “keep her company.” Todd Rutherford helped with course marking, registration

and set up. Neil Harrison, Kathy Swinkles, Nami Matsuoka and Yuko Nakamura did the time keeping. Keith Fearon on photography, and last but not least, Daphne Green on catering, marshalling and photography.

The event was well supported by local runners from Kairi, Atherton, Lake Eacham, Malanda, Yungaburra, Mareeba and Dimbulah. From a bit further afield runners came from Brisbane, Townsville, Mission Beach, Tully

Mt Haig Marathon 45km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:20:39	Zambon	Oliver
2	2		3:39:52	Cunningham	Steve
3	3		3:42:46	Bixley	Matt
4	4		3:51:39	Carter	Ben
5	5		4:02:54	Prytz	Arnstein
6	6		4:36:38	Brown	Mark
7	7		4:38:25	Lawson	Larry
8	8		4:50:49	Swinkels	Ponder
9	9		4:57:04	OBrien	David
10	10		5:13:57	Gaunt	Richard
11	11		5:23:51	Vaughan	John
12	1	1	5:34:09	Lawson	Lorraine
13	12		5:54:24	Elms	David
14	1	2	6:09:36	Griffiths	Sarah
15	DNF		DNF	Gurnick	Karl
Bold SURNAME indicates AURA member.					

Heads, Gordonvale, Cairns and Port Douglas. And it was a pleasure to have along runners from Melbourne (VIC), Port Macquarie (NSW), and international runners from Wanaka and Dunedin in New Zealand.



*Lorraine Lawson – overall female winner:
– photo courtesy Lorraine Lawson*



*Mark Swinkels enjoying the inaugural Mt Haig Marathon.
– photo courtesy Lorraine Lawson*

Caboolture 24/48 Hour: Zombie Sportsmanship **Caboolture, QLD**

July 28-29, 2012 by Tamyka Bell

The most famous ultras within driving distance of Brisbane are the Glasshouse Mountain Trail Runs. Along the way you pass the small town of Caboolture, in which lies an even smaller village, the Caboolture Historical Village; more affectionately known in ultra circles as the “Hysterical Village”, a collection of old buildings and

equipment maintained in working order by tireless volunteers.

Geoff Williams is the long standing race director of two separate races here: the Dusk to Dawn 12 Hour in summer, and the 48 Hour National Championships in winter. Each is accompanied by shorter events. Competitors toe the dusty start

line and embark upon an endless journey around the same 500 metres of decomposed granite, changing direction every hour or two. To most people that sounds boring, but to those who have been there it is anything but.

These races are hard on the runners’ crews and the lap counters, so Geoff



*Tamyka Bell with Steve Appleby and Cassie Smith enjoying the course.
—photo courtesy Tim Miller of DreamSport Photography*

has experimented with electronic timing over the past few years, with varying success. Timing Plus had an excellent chip and mat system that saw away with traditional lap counters, meaning we could monitor our own progress and Geoff could finally get a good night's sleep.

I only ever intended to run a 24 hour event this year, but my grandfather's illness put an end to my plans of Coburg, and my own meant that I pulled out of the Sri Chinmoy race after only 10 hours. I was overseas when the Adelaide 24 Hour was on, leaving me with no option but to enter Caboolture. You know how it is, if I'm going to front up, I might as well go the whole hog. And I figured I'd be in good company, with several of my running buddies entering different events, and two of them in the 48 Hour.

I went into the race in a very good headspace, feeling relaxed after a New Zealand ski trip. I hadn't done much training since Sri Chinmoy, and I had finally shaken off the asthmatic after-effects of the flu. There was no pressure on me; I was surrounded by friends prepared to just take it as it came and see what I could do.

I also wasn't scared off by what I had witnessed as a lap counter in 2010, or by the past race reports. In 2010, Allison Lilley wrote on CoolRunning: "It is totally unrelentless. Two hours after the 2nd 24 hour had started I had to briefly cry. I could not fathom running another 24 hour again and

it seemed like that was what was required of me." Back then, I had told myself I would never do a 48 hour race, even though I'd run for 46 hours at the Alpine Challenge 100 Mile event a few months prior.

That recollection prompted part of

my race strategy: I brought along a chart of my checkpoint splits at Alpine, so my crew could explain my progress in Alpine terms: "You're back at Warby Corner," or "You've just summited Mt Hotham," or "You're at Tawonga Huts and headed home!" I thought this would help me keep perspective; something that's easy to lose when you're running around in circles for 48 hours.

Eleven competitors jogged that first lap fairly close together and one sprinted it: Trevor Allen, another runner I'd seen back in 2010. He's fast and strong, but what really stands out about Trevor, and about most of these runners, is the amount of energy they share with others by starting up a conversation or offering some words of encouragement. It sets up a wonderful vibe that resonates amongst runners, crew and volunteers.

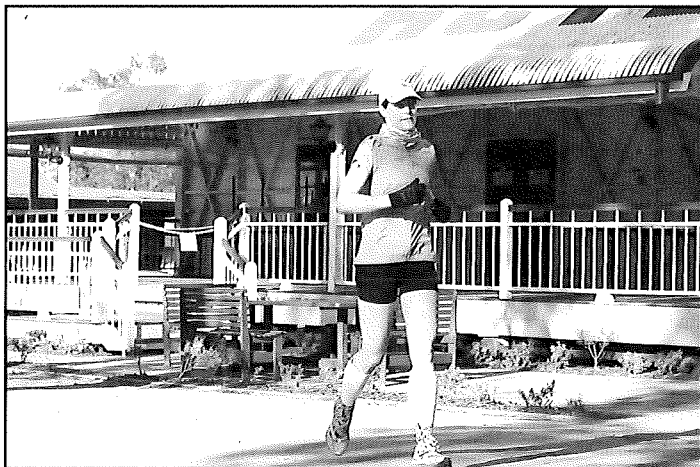
Despite being there to "see what I could do", I was disappointed with my first six hours where I only just covered 50km. It wasn't a particularly hot day but a dry wind was blowing. It wasn't until I had slowed down considerably, and started experiencing muscle spasms in my abdomen, that I recognised my dehydration. It was nothing that couldn't be fixed by walking a few laps with Ruth (who has been my crew at several races this year, and my companion runner in several others), drinking more fluids and covering my face to stop my mouth from drying out. At the time I felt

crushed; it was only later I realised how lucky I was to get the bad bits over with in the first 12 hours.

Some of my fellow competitors were having a really rough time of it. Cassie Smith, who posted impressive totals at the Coburg and Sri Chinmoy races, was not moving well, and Libby Swain had taken ill and was struggling to get any food in. As the sun set and the day cooled into evening many runners picked up, but for Cassie and Libby things only got worse. Cassie retired for the night and returned to the track the next day in much better shape and spirits, while Libby struggled on through the night with frequent rests. It's these performances that we remember most clearly after an ultra; the runners who dig deep and refuse to give in.

I don't handle the cold well so I was relieved that it was a mild night. Ruth signed off for the evening and Joe Raftery (another friend and accomplished ultra runner) was on hand for anything I needed, which was the occasional coffee with sweetened condensed milk (my not-so-secret race fuel), some hot licorice tea, and snacks. I can't emphasise enough how much it helps to have a crew that not only cares about you and but also understands what you are going through from the perspective of an ultra runner. Crews that often work with you will come to know you, but crews that are also runners will come up with novel solutions to problems and tactics that you haven't tried before. That can make all the difference.

My race plan had been little more than a vague idea of how I would run, but in the dark hours I started to break all my rules. Realising we'd have more company the following day when the other events started, I decided to use my iPod through the first night. I listened to music instead of my usual audio books and, to the horror of my fellow runners, I sang along and even danced a few times to loosen up. And at 3:42 am, after zig-zagging



Tamyka keeping pace.

—photo courtesy Tim Miller of DreamSport Photography

across the track for a few laps, I went into the tent and slept; I had sworn I wouldn't do this in the first 24 hours. I wrapped myself in a sleeping bag and lay flat on my belly on the hard floor so my hip flexors wouldn't tighten up, telling Joe to get me up in 15 minutes. I think he was surprised to find me alert and ready to go when he opened the tent flap. After a couple of slower laps I was straight back into it. This power nap was the first of many.

I got a massage shortly before the end of the first 24 hours, worrying about my time off the track but knowing that I had a better chance of reaching 100 miles if I sorted my hips out early. I guess it worked, because I reached that target with 20 minutes to spare, watched by my family and friends. That accomplished, I rewarded myself with another massage before eating a hot breakfast, brushing my teeth and retreating to the tent for another nap.

Saturday was hotter and drier than Friday, but I was prepared this time. The extra runners on the track, and the growing numbers of crew and spectators,

boosted our spirits. With much of their time spent off the track, the other women were a long way behind me (in terms of distance covered, of course; in real terms they were only a few hundred metres away). I focused on my own movement instead, just experiencing the run and enjoying the day, and stealing lunch from my crew. In a flash, the day was gone (as were the 6 hour, 3 hour and 1 1/2 hour runners) and we were facing our second night on the track.

It was a quiet night, unlike the previous one where the laughter had been frequent and I'd jokingly encouraged other runners to jump aboard my "express train" as I ran past. Even the 24 hour runners were more solemn, having reached the painful hours. The honesty and camaraderie were there though; Kerrie Williamson told me that seeing us still out there was heartening for her and gave her the confidence to keep pushing herself to her final 187.233km.

When they joined us at 8 pm, the 12 hour runners brought a new energy and enthusiasm that I greatly

Caboolture 48 Hour					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		288.492	Allen	Trevor
2	2		283.500	Loveday	Barry
3		1	272.822	Bell	Tamyka
4	3		268.507	McGowan	Mark
5	4		232.507	Kelly	Chris
6	5		215.704	Appleby	Steve
7	6		210.517	Wright	Warren
8	7		200.000	Pearce	Billy
9		2	174.769	Smith	Cassie
10		3	166.854	Swain	Elizabeth
11	8		119.000	Byeon	Daniel

Bold SURNAME indicates AURA member.

Caboolture 24 Hour					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1		1	187.233	Williamson	Kerrie
2	1		185.293	Bennett	Peter
3	2		180.502	Kruger	Brad
4	3		163.217	McClellan	Darren
5	4		154.801	Davies	Peter
6		2	148.552	Jaques	Sara
7		3	134.137	Tichon	Larissa
8	5		124.500	Houldsworth	Steven
9	6		115.635	Jordan	Steven
10	7		106.000	Last	Geoff
11	8		101.500	Sullivan	Keith
12	9		80.000	Moore	Ryan

Bold SURNAME indicates AURA member.

Caboolture 12 Hour					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		126.217	Laine	Laurie
2		1	101.173	Moloney	Mallani
3		2	86.772	Crook	Katrina
4		3	84.543	Maguire	Denise
5	2		84.650	Kopcikas	Koppo

Bold SURNAME indicates AURA member.

Caboolture 6 Hour					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		67.127	Schwebel	Ron
2	2		64.337	Mullholand	Shaun
3	3		62.655	Ponych	Greg
4	4		61.699	Pearson	John
5	5		60.762	Emr	Mark
6	6		57.500	Archer	Matt
7	7		57.029	Alder	David
8		1	54.677	Burrell	Stephanie
9	8		50.782	Boyce	Robert
10		2	49.033	McGaughey	Jayne
11		3	48.242	Vardanega	Sarah
12		4	47.702	Nicklin	Joanne
13	9		46.882	Lonsdale	Matt
14	10		46.001	Schultz	Michael
15		5	45.692	Brousseau	Caroline
16		6	43.088	Swain	Kate
17		7	35.893	Chan	Karen Woon Cheung
18	11		21.000	Phillips	Lindsay

Bold SURNAME indicates AURA member.

appreciated. Mallani Moloney took the time to encourage me every time she passed and always wore a big smile. The wife of accomplished runner Nic Moloney, she's fast gathering her own collection of excellent results, including 101.173km at this event.

I announced the first hint of light on the horizon but the other runners didn't seem to care until sunrise. The sun seemed to energise everyone but me; I was spent but I kept pushing on. Even at this late stage runners continued to encourage each other. I discussed new targets with 48 hour walker Barry Loveday, and even though not much separated us, we were honest about what we thought we would accomplish. I wanted

to break 270km, and Barry's goal was 280km. There was no sand bagging, just a bunch of runners racing ourselves, pushing ourselves to the limit of what we were capable of on that day, no matter how well or poorly it was working out for us.

When the race team handed us our blocks for the final lap, I felt a strange sorrow at the thought of stopping. It had gotten to the point where running was all I knew. At 48 hours I put the block down and then walked around the track, because I no longer knew how to cut across it. As you'd expect, everyone was back at the timing desk to congratulate each other and hand out hugs for friends, old and new, who had shared our

long journey around a short track. Both Barry and I had surpassed our goals by a few laps, with me achieving 272.822km and Barry reaching 283.500km, placing him within 5km of race winner Trevor Allen (288.492km).

During the run, Billy Pearce had shared an amusing story about his boy, who had gotten a bit confused when his dad flew away to a running race at the same time as the Olympics were starting. The determination and sportsmanship shown at the "Hysterical Village" would have put some of our Olympians to shame, and I couldn't have agreed more with Billy's sentiments: "I'd rather be on the track with you guys."



Flinders Tour 50km

Glasshouse Mountains, Berrberrum, QLD

July 29, 2012 by Julian Spence

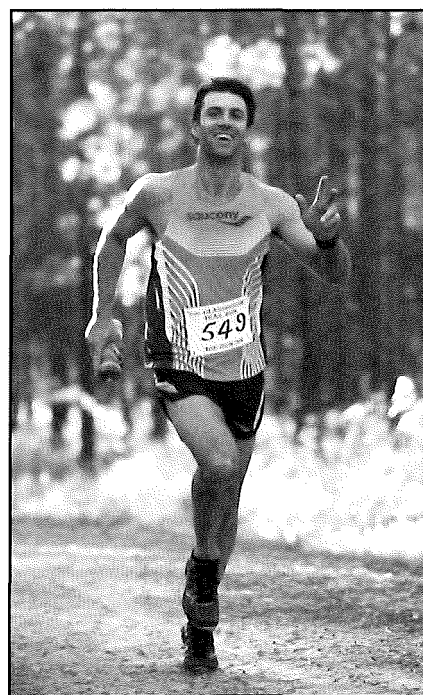
In 2009, during a shirtless running holiday in Noosa, I stumbled upon the sport of trail ultra marathon running. I had entered the 25km option of the Flinders Tour and, in the process, crossed paths with some of the oddest looking runners I had ever seen. The 50km runners had started earlier in the morning and I had been passing them as they completed their first lap. I finished my race and left wondering how anybody COULD turn and run a second lap, let alone WANT to go around again. "Weirdos" was my first thought, but the more I considered it the more stoked I was to see ordinary humans pushing the limits as they were. Fast forward three years, and I am again in Berrberrum lined up on the start, rocking some fresh Saucony Kinvara Trails, completely engrossed in this oddball world of ultra distance running.

My preparation for the 2012 Flinders Tour 50km could be best described as unorthodox....or

dumb. Dumb is probably better. A week of heavy drinking and partying in Queenstown NZ in the week leading up to it had taken away my anxiety about running an ultra with a bung Achilles and a genuine lack of fitness. So this was good. It did leave me a little tired, and the direct transit from NZ to Brisbane was quite a draining experience. Still, lining up on race morning I felt fresh and the buzz around the start line was inspiring.

The start of the race is pretty crazy. Everybody must run directly up a hill gaining about 240m elevation in the first 2km. Then we turn around and charge back down. A bit of a shock to the calves and also a wakeup call for the heart! Bombing back down the concrete path was also pretty jarring on the body, so it was nice that the rest of course was fairly hill-deficient. Somehow I managed to go off course twice in the first 8km, and both times was helped back on course by a friendly local, Jimmy Tee. Cheers Jimmy! The course was composed

mainly of fire roads, but the single track that we did encounter was pretty sweet. By the time of the turnaround I had a gap of about 5 minutes on second place, Patrick Devine-Wright. Patrick looked super and I was starting to feel



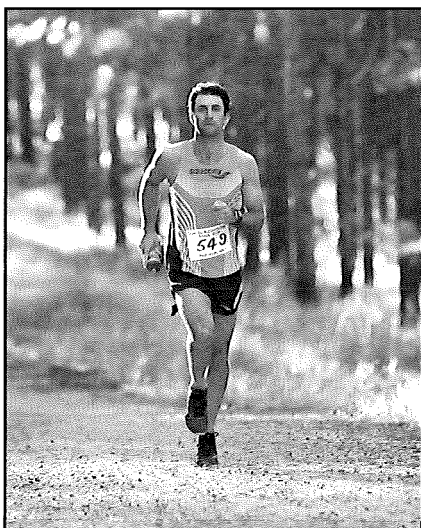
Julian Spence having a fantastic time on the trail! – photo courtesy Tim Miller of Dreamsport Photography

the effects of being overweight, so I was a tad concerned about whether he would beat me by 10 minutes or by 30 minutes.

One of the great things about the Flinders Tour race is that the 25km runners run the same loop as the 50km on the second lap. The forest roads of Berrburum become much livelier when one is surrounded by groups of friendly, fit people. I enjoyed running with several packs of 25km runners until about the 40km aid station, at which my self-implosion was in full effect. It was quite bemusing to run through the aid stations and see the volunteers in coats and beanies as I was blowing a gasket due to the relentless heat (I just got back from the snow, come on). I managed to latch on to a husband and wife running the shorter distance, and played leapfrog with them until the finish. They were very helpful in their encouragement so I thank them for their help and offer of nutrition and water. Patrick rolled up to me at the 45km mark as I was picnicking at an aid station. I briefly entertained thoughts tacking onto his heels and making a race out of it. Ten seconds later and my thoughts were back to how dang far there was left to the finish! Man did he look good. He was out of sight within a minute, and I felt jealous that he would be done with this running caper before I would be.

I fell twice in the last 5km and managed to draw some decent claret. I made sure I spread it over as many parts of my body as possible so that I looked like a super bad ass. Pretty sure I sweated it off though because nobody was even remotely interested when I rolled through the finish in 2nd place. In the end Patrick put over 5 minutes on me in that last 5km; proof that he was flying and I was shuffling. Congrats to Patrick for such a solid race. Congrats to all who ran on the day also. It was such a chilled out vibe, it's not hard to understand the reasons behind the current trail running boom.

I must say that I found myself looking longingly at a bunch of single-track trailheads that snaked off the fire roads of the course. Dirt roads with jerk motorbike riders aren't exactly why we run trail, and if the organisers could find a way to utilise as much of this single trail as possible it would greatly add to the attraction of running in this beautiful area. That said, I had a great time at the Flinders Tour. It's a great opportunity to escape the bitter "Vicco" winter, and join some of the nicest oddballs in the country!



Julian pushing hard. – photo courtesy Tim Miller of Dreamsport Photography

Flinders Tour 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:06:49	Devine-Wright	Patrick
2	2		4:12:17	Spence	Julian
3	3		4:15:28	Hannah	Jeffrey
4	4		4:25:18	Pendlebury	Craig
5	5		4:25:56	Hack	Martin
6	6		4:30:58	Cornelius	Benjamin
7	7		4:33:32	Tee	Jimmy
8	8		4:44:29	Wragg	William
9	9		4:56:13	Aimer	Ron
10	10		4:48:31	Terlich	Andrew
11	11		5:01:00	Bayne-Jardine	Philip
12		1	5:01:28	Rahmate	Delina
13	12		5:01:30	Gage	Stephen
14	13		5:01:35	Thwaites	Michael
15	14		5:09:02	Marton	Steve
16	15		5:16:11	Noble	Chris
17	16		5:20:56	Hansson	Chris
18	17		5:22:49	Broom	Simon
19		2	5:23:06	Gage	Danielle
20	18		5:23:32	Reeve	Dion
21	19		5:25:18	Coombs	Henri
22		3	5:26:45	Chatterton	Suzanne
23	20		5:27:18	Maskiell	Lee
24		4	5:30:46	Ayers	Natalie
25	21		5:31:31	Grills	Matthew
26	22		5:33:13	Marshall	Kelvin
27	23		5:44:39	Davies	Alun
28	24		5:51:05	Williams	Colin
29		5	5:53:13	Brockman	Chantal
30	25		5:54:55	Graham	Dave
31	26		5:55:42	Sewell	Andy
32	27		5:59:59	Brown	Sammy
33	28		6:07:45	Deans	Diarmuid
34	29		6:09:34	Maclean	Chris
35		6	6:10:18	Thorn	Rebecca
36	30		6:16:06	Lentz	Martin
37		7	6:16:06	Riemer-Sorenson	Signe
38		8	6:30:20	Laenen	Ruth
39	31		6:37:42	Glover	Chris
40	32		6:37:43	Willis	Campbell
41	33		6:38:01	Hendry	Glen
42	34		6:39:25	Pourchot	Jake
43	35		6:48:11	Gills	Andrew
44		9	6:50:26	Bruni-Smiths	Marina
45	36		6:50:27	Poh	Seivland
46	37		6:54:26	Lloyd	Grahame
47	38		6:55:19	Smith	Jeffrey
48		10	6:55:29	Grimshaw	Tobi
49		11	6:57:43	Lever	Amy
50	39		7:00:07	Mackey	Colin
51	40		7:10:52	Dew	Cameron
52		12	8:31:53	Banney	Jo
53		13	8:31:54	Grice	Jillian
54		DNF	DNF	Attard	De-Anne
55	DNF		DNF	Duffus	Andrew
Bold SURNAME indicates AURA member.					

The Tan Ultra: You spin me right round baby right round...

The Tan Track, Melbourne Royal Botanical Gardens, South Yarra, VIC

August 12, 2012 by Ellen Lavoie

An interesting, yet exceptionally social finale, to the Trails+ championships, the Tan Ultra, held at the infamous "Tan", circling the majestic Royal Botanical Gardens in South Yarra, had a distance for everyone. A choice of 100km in 26 dizzying laps; 50-equally-dizzying-km in 13 laps; 30km, and the newly added 15km Junior Challenge. Throw in Anderson "hill" (ok, not so much of a hill after the Maroondah, Macedon, and You Yang runs in the series), crowds to cheer us all on, supportive family and friends, and a glorious spread of aid station assistance. The mood of the day was of cheery-eyed smiling folks running in an atmosphere that can only be described as well, a social event! The weather was absolutely ideal with little wind and warm sun, so what better way to spend a mid-winter Sunday morning than running around, and around, and around for 50 kilometres!

Being my second 50(ish)km run I thought seriously Brett; the Tan, the TAN 13 times! I never even considered the 100km (ahem, maybe next year). Initially my first thought was that this run would be the torture equivalent to having each and every toenail plucked out slowly. But...having already worn the t-shirt advertising that I was a Trails+ series runner, I couldn't not do it. All the jokes about "getting dizzy" after 13 or 26 laps and "oh, are you sure you won't get lost?" and just simply "seriously?" were quickly forgotten upon arrival at the Tan on the morning of the race. Turns out it was an absolutely great time. A race of long distance with relatively short laps is the perfect way to feel included and social during a race, even if it's just

a quick hello while getting lapped yet again.

I live somewhat locally down on the Mornington Peninsula, and know the best places to park since I train at the Tan two days during the week. So I got in a few extra zzzz's and arrived after the 100km group had already started spinning around the gardens. Immediately I could tell it was a light, yet happy, festive atmosphere, with family and friends of runners waiting for their loved ones to come around every 3.84km to pick up a gel, sandwich, lolly, chips or Lize's famously yummy cookies, then followed by Coke or some other liquid (I do this for the food ya know!)

For weeks leading up to the race, I wasn't sure if I'd be able to do it since I had struggled with silly little glute/hamstring injuries, but felt fabulous on the day so all was a go for 50km worth of spinning around the gardens! It's amazing how you plan on a certain strategy but really don't know how it's all going to roll until the start. David Harrison and I committed to be running mates for the day, to push each other through and, oh, did that ever work. Thanks for that Harro! Pretty sure he pulled me through the run when all I wanted to do was stop. In addition, I had about 20 people show up from my running group to take turns doing a lap or two with me, or just cheer from the sidelines.

The start for the 50km crew was to begin by first going 100 or so metres in reverse, then turn and head in a clockwise direction. The first Anderson Hill jaunt was going to be an easy one, but better save the legs and walk part then run



Ellen Lavoie, David and Kai crossing the finish line together! – photo courtesy Ellen Lavoie

everything else...as David and I did religiously every lap. Being passed by still happily running 100km competitors was a most inspiring part of the day for me. I was stunned at the happy faces, and in some cases how often I was lapped by the same person! The first four laps, or so, I felt great like I could do this all day (Oh wait, I just about did!), but on the 7th lap, I was in heaven...half way... yahoo! Around that time, I think, Kai Ooi caught up to David and I (or we caught up to him, either way) to run, walk (up Anderson Hill that is), shuffle (in my case), and smile/grimace/pout/laugh. By the 9th lap I was having serious conversations with my right glute and leg "If you just do this for me I promise I'll let you rest in Hawaii for the next week!" Right around that time my training mate, Ross, came along to attempt to whip me into shape. Luckily he had already done some of his running for the day since by the time he came along I was at more like a shuffle.

By the 11th lap I was back to being a happy runner/shuffler, knowing it was nearly over. As a matter of fact, during the last lap coming down Anderson Hill I started off in what seemed like a sprint and boy did that shock David and Kai. To which I replied “I told you I’d get energy at the end,” David, Kai, and I crossed the finish line together in all smiles, and just in time to watch the first 100km runners coming in with astonishing finishes.

Kevin Mannix, the ever smiling, cheerful running man, was the first 100km competitor in (after lapping me I don’t know how many times!), with family in tow, at an amazing time of 8:06. For the female players, the ever remarkable Nikki Wynd crossed over the line at 8:52 (a course record). In the 50km field Toby Wiadrowski strolled in at 3:42, with Kellie Emerson being the first female in with an amazing time of 4:08.

Looking back at the day the most rewarding part was not finishing the race or coming in first place (hahaha not even close), but of the camaraderie of all the runners over all of the distances; also, the volunteers and the dedicated race director, Brett Saxon, and of my friends, and family from afar. I wish I could mention in this short article every runner I came across who gave me a boost or just made me think “wow”, but it would take too long. It was an amazing day with amazing friends...many old and many new. The ultra and trail running community in Australia is one of a kind; filled with people from all walks of life who come together and just have a great time. I can’t thank them enough, my running crew and coach for showing up to cheer me on, and my wonderful friend Rachel for watching til the end and demanding I go into the bay for my usual cold water therapy (it felt especially cold that afternoon) before drinks and food gorging at the Espy in St. Kilda post- race.



*Sometimes it is all about the support – Liza and her homemade cookies.
– photo courtesy Ellen Lavoie*

Tan Ultra 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:42:08	Wiadrowski	Toby
2	2		3:48:40	Callahan	Steve
3	3		3:50:33	Beard	Dan
4	4		3:57:12	Fraser	Lachlan
5	5		3:57:12	Gladwell	Paul
6	6		3:59:02	Gillies	Cameron
7	7		4:04:10	Allen	Duncan
8	8		4:06:24	Rogers	David
9		1	4:08:03	Emmerson	Kellie
10	9		4:16:13	Scanlon	Dan
11	10		4:21:13	Elliott	Stuart
12		2	4:25:06	Bespalov	Isobel
13	11		4:25:09	Cummings	Drew
14		3	4:30:22	McTaggart	Kerryn
15	12		4:33:52	Watson	Tristan
16	13		4:37:23	Phillips	Ben
17	14		4:48:47	Bignell	Nicholas
18	15		5:04:33	Jansen	Erwin
19	16		5:08:50	Butler	Bret
20	17		5:08:50	Scurry	Grant
21	18		5:09:15	Corner	Stephen
22	19		5:12:38	Traynor	Anthony
23	20		5:14:59	Angel	Tegyn
24		4	5:19:21	Chan	Karen
25	21		5:35:28	Williams	David
26	22		5:41:13	Kinder	Neil
27	23		5:43:42	Watts	David
28	24		5:49:43	Anderson	Jason
29		5	6:07:14	Lavoie	Ellen
30	25		6:07:16	Harrisson	David
31	26		6:07:18	Ooi	Kai
32	27		6:14:03	Glover	Brian
33	28		6:41:42	Jordan	Steve
Bold SURNAME indicates AURA member.					

Tan Ultra 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		8:06:28	Mannix	Kevin
2	2		8:35:58	Scholz	Justin
3	3		8:42:55	Marcus	Simon
4	4		8:51:54	West	Michael
5		1	8:52:13	Wynd	Nikki
6	5		9:28:08	John	Michael
7	6		9:44:41	Muller	Kevin
8	7		9:46:00	McNamara	Matt
9		2	10:21:36	Copp	Felicity
10	8		10:36:18	Evans	Owen
11	9		10:44:56	Mullins	Peter
12		3	10:50:01	Moore	Anna
13		4	10:50:59	Cowling	Gayle
14	10		11:02:53	Sutton	Rob
15	11		11:05:25	De Boer	Bart
16	12		11:17:29	Thompson	Michael
17	13		11:22:11	Hess	Albin
18		14	11:52:51	Stevens	Terrie
19		15	12:14:36	Esparon	Natalie
Bold SURNAME indicates AURA member.					



Kuranda to Port Douglas

Kuranda, QLD

August 26, 2012 by Mandy-Lee Noble



Oliver Zambon pushing to a new course record and overall winner! – photo courtesy Lorraine Lawson

After freezing on The North Face 100 (TNF100) start line, and a dreary, wet beginning to the Kokoda Challenge, I made the decision that my next ultra had to be somewhere warm and sunny. The Kuranda to Port Douglas Ultra seemed like a great opportunity to escape the winter blues and run the beautiful tropical North Queensland trails, at a time of year when the climate permitted it. As usual, my husband Chris was easily convinced to join me, as was my good friend and fellow AURA member, Mallani Moloney.

My Kokoda Challenge team mate Brad Bartsch and his wife Judy Briscoe had run the inaugural Kuranda to Port Douglas Ultra in 2011, as had our companions at TNF100 Tegwen Howell and Cairns Road Runner David Elms. So I hit them up for tips on the race and was told to expect it to be hot and humid, even though it was winter, and to keep my feet clear of the razor-sharp rainforest lawyer vine. However, my greatest fear was crossing paths with an unhappy cassowary bird, which I had heard could chase or kick you.

We chose to stay in Kuranda so that we only had a short drive to the start line. Chris, Mallani and I arrived in Cairns two days before the race, and spent Saturday relaxing and eating lots of great raw food treats from the famous Kuranda Markets. Regular ultra-runner, the ever-cheerful Marina Brun-Smiths, who travelled from Sydney, also joined us on Saturday.

On Saturday night we settled into our regular pre-race routine. The plan is an early night and waking as late as possible in the morning. Hydration packs are filled with water, electrolyte, gels, treats and mandatory gear the night before, ready to go in the morning. We then enjoyed our traditional pre-race meal of “kanga bangas” and wasabi-mashed potatoes for dinner, followed by frozen raspberries and yoghurt for dessert, before heading to bed.

The following morning the curlews woke me up just before the alarm. Chris made porridge for everyone and the girls dragged themselves out of bed. Everyone seemed quite relaxed as we discussed race plans and target times over breakfast. The nerves started to show before we set off on the five minute drive to the start line, with a few last minute bathroom visits and gear checks.

The run was set to start just after daybreak so race registration was in the dark, but I still had the chance to meet many of the other runners including iron woman and accomplished ultra-runner Michelle Duffield, who had travelled from Western Australia, Townsville Road Runner John Nuttall (wearing a Glasshouse100 race t-shirt circa 1995), and race favorite Oliver Zambon, who only narrowly made it in time to registration. The Cairns Road Runners’ President and Race Director, Lorraine Lawson, then conducted the race briefing. This included a quick lesson in snake bite first aid, and a warning about the cassowaries.

The run is divided into three distinct sections; the first section includes Legs 1 and 2, an initial 27km of undulating bitumen and then dirt road along Black Mountain Road. The second section consists of Leg 3, 21km of tropical forest trails along the twin bridges track, then back onto Black Mountain Road. Leg 4 is 6km long and includes the descent down the ‘Bump’, with beautiful views of the Mowbray River valley. Finally, the last section of Leg 5 is a flat 10km run along sealed bitumen road and then compacted sand along Four Mile Beach.

The race started at 6:00am sharp,



Runners ready to greet the day! – photo courtesy Lorraine Lawson

at a cracking pace. I am not a fantastic road runner, in fact, as I only run around 40km in an average training week mostly on the trails in my local area. My plan for this race was simple. In the first section I would just try to stick with Chris and hope he could keep up with Michelle Duffield, then use the trails to my advantage and hold on at the end. Meanwhile, the race leaders Oliver Zambon and Ben Gerhardy disappeared into the distance not to be seen again until the finish line. I was hoping that they would be enough to scare away the cassowaries for those of us who followed in their wake.

Once we got to the first checkpoint at the end of Leg 2, I was very happy to see the twin bridges trail ahead. There was a mandatory gear check; I showed my snake bandage to the marshals and then decided not to stop but to run through the checkpoint. I thought I would try to cover as much ground as I could before Chris and Michelle caught up to me. The sun was rising and the day was already starting to heat up, but the rainforest was cool and beautiful. I kept up a good pace, with the exception of a few tangles in the lawyer vines. At 35km I caught up with Craig Mann and John Drysdale and kept up with them through the creek crossings. We heard lots of curlews in the rainforest but, to my relief, the only cassowaries we encountered were pictured on council warning signs.

From Checkpoint 2, until the bottom of the bump, I lost sight of Craig and John but I did not miss the company, as this was the best section of trail of whole the race. It was a winding and slightly technical connection from the rainforest to the coastal bush land at the top of 'The Bump'. I enjoyed it so much underfoot that for a moment I lost concentration and began to wonder whether I had strayed off course. However, once I hit the head of 'The Bump Track' there was no mistaking the iconic trail with just over 2km of sharp descent. It was encouraging to see a sub-5min kilometer flash on the screen when

my Garmin beeped; even if gravity had done most of the work.

At the bottom of 'The Bump' the course led out of the bush land and onto sealed bitumen road; now there was no escape from the heat of the midday sun. I knew I would find the last section the most challenging of the course, and I would have to push hard to continue running in the heat. The next 10km was going to offer very little shade, so I asked the checkpoint volunteer to spray me down with the water hose and then set off as two runners disappeared into the distance about 600 meters ahead.

Continuing through the streets of Port Douglas, acutely aware of how slow my pace was on the road, I ran as much as I could with short walk breaks. Michelle Duffield is a proven ultra runner on the flat, and I felt sure that she was going to overtake me. My excitement and pace picked up when I reached the Four Mile Beach entrance and realised that I was going to reach the finishing line well within my target time of 6:15. I could see the finish line so I ran along the compacted sand and among the beach goers. I caught a glimpse of a runner ahead in the distance, who I thought might be John Drysdale, and even passed a couple of the relay runners. The last 5km along the beach in the heat did seem to drag on, and the last 100 meters through the soft sand took all the energy I had left.

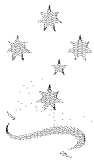
When I crossed the finish line I

was very surprised to have finished in 6:06 and in 6th place. Although I was the first female to finish, it was by the narrowest of margins. As I had suspected Michelle Duffield was gaining on me in the last section and finished in 6:07. My husband, Chris Noble, followed Michelle into 8th place in 6:11.

The amazing Oliver Zambon outclassed us all by finishing well ahead of the pack in 5:27, while Ben Gerhardy, who came 2nd, also beat the previous race record with 5:41. Craig Mann came in third overall, running hard at the end to come under 6 hours. Local Cairns runner, Dan Yeoman, was the third female finisher, while Mallani and Marina also both posted great times despite the increasing heat of the early afternoon. Congratulations to all who participated, and to the Cairns Road Runners for organising such a successful event which, I am sure, is set to grow.

Kuranda to Port Douglas 64km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		5:27:19	Zambon	Oliver
2	2		5:41:57	Gerhardy	Ben
3	3		5:57:01	Mann	Craig
4	4		6:01:58	Morgan	Kristian
5	5		6:04:07	Drysdale	John
6		1	6:06:18	Noble	Mandy
7		2	6:07:45	Duffield	Michelle
8	6		6:11:16	Noble	Chris
9	7		6:49:15	Nuttall	John
10	8		6:58:20	Lawson	Larry
11	9		6:59:59	Von	David
12		3	7:09:46	Yeoman	Dan
13	10		7:13:16	Willetts	Roy
14		4	7:20:50	Moloney	Mallani
=15	=11		7:39:12	O'Mahony	Bryan
=15	=11		7:39:12	O'Mahony	Ronan
17	13		8:11:34	Gavan	Bogdan
18		5	8:26:39	Brun-Smits	Marina
19	14		8:29:21	Elms	David
20		6	8:31:41	Hawkes	Leigh
21		7	8:33:02	Lawson	Lorraine
22	15		9:15:30	Ratcliffe	Scott
23	16		9:32:33	Donnellan	Colin
=24	=17		10:52:10	Nutley	Simon
=24	=17		10:52:10	Guest	Douglas
DNF	19		DNF	Harrison	Neil
DNF	20		DNF	Harris	Matty

Bold SURNAME indicates AURA member.



Walhalla Wound Up

Walhalla, VIC

September 9, 2012 by Chantele & Tristan Melchiori

Tristan: We approached this race with a small amount of knowledge and a lot of nerves! I completed Walhalla in 2011 as my first ever ultra but have a fairly solid running background. My wife, Chantele, had only completed her first 10km fun run at the same time last year, but since then has completed the Macedon 30km and the You Yangs 50km. I knew she had it in her to finish! We consulted my maps and elevation profiles from last year, but that all went out the window when the storm during the preceding week wreaked havoc on the course! It is a real testament to Bruce and the people at Walhalla that a course was able to be put up at the last minute.

Chantele: I'd heard the day before a race it is a good idea to go for a short jog; however, we didn't as Tristan was dealing with some hip pain. I was secretly glad because carbo-loading had made me feel like I weighed about ten tonnes - how ever would I run tomorrow? We went for a short walk instead and could see the chainsaws had been hard at work; however, it was clear this would be a race involving some hurdling skills.

Tristan: My main aim for this year was to take on the last hill hard, precisely where I blew out last year; but instead of being near the end it presented itself in the first 10km. So I took the hill as hard as I could without blowing up, and at the top found myself in 2nd place. Not long after, Andy Selby-Smith jumped out of the bushes a metre in front of me which he explained later was an unplanned pitstop! Trying to stay with him proved foolish, so I settled back into my own race and continued around the first lap of the course.

Chantele: Having only started to

run trails so I didn't have to wait around all day for Tristan, I am still lousy at hills. It was only a matter of time before Katherine MacMillan and another female runner caught, and passed, me. I tried to get comfortable with being uncomfortable, but slow and steady was all I could manage. Luckily I have a strong backside for downhills so once over the top of the hill I was able to catch and pass the others. There were a few trips and stumbles on the way down. I found it somewhat amusing when I had to climb over a really big log and then under another one in the space of a hundred meters, or so. When I got back to town I kept running back and forth to my bag; I eventually swapped my hat for sunnies and grabbed a bar and gel for the second loop.

Tristan: The second time up the hill was much more of a grind, but I keep telling myself that everyone else would be hurting too, and that I just needed to hold the pace. There seemed to be many more upward

bumps in the back of the course than I remembered and wasn't sure if the next one would break me, but luckily I made it to the last turn and when my legs hit the asphalt to signify the final bends it felt like that start of the day again. I learnt that Andy had won and I was very happy for him as he is a ripping bloke. I had improved my time and my placing and turned my attention to Chantele.

Chantele: Did I mention hills are not my friend? At the start of the second time up the main hill I couldn't see any other girls behind me, but I knew this was when I would be caught if I was going to be. My stomach was not agreeing with food anymore. I got a gel in slowly, and evidently it may have had too much caffeine because my bowels began talking to me and I was not at all pleased with their message. Just when I'd decided I would stop, I turned my head to see Kathy edging her way closer and closer to me. Now it was a matter of "holding on" in more ways than one!



Back row: Chantele and Tristan Melchiori and Stuart Elliot. Front Row: Katherine Macmillan, Anna Orr and Michelle Donnelly. - photo courtesy Chantele Melchiori

Tristan: When Chantele rounded the final turn in first place I was so ecstatic I ran down to meet her and we ran in together. I am so proud of how far she has come in such a short time, and it is a testament that anyone who puts their mind to it can have the same success, no matter where they start from.

Chantele: Both Tristan and I have pretty stressful jobs; running is something that makes us happy. Years ago, when Tristan suggested that we should run together, I told him that would never happen as I didn't "do running". Now, we encourage and push each other. We understand when one person wears their compression tights to bed it means they want to get up early to run. We both run together with the Burwood Road 2XU run group. Being in a group is great because even if you want to hibernate inside on cold winter nights, the drive to go and catch up on the latest gossip usually wins out. Plus, this group makes sure we are making the most of each run and training efficiently.

With Tristan currently doing his Masters and I'm doing a personal training course for fun, it is difficult at times to fit things in, and this leaves precious little time for much else. I think we make up the most time by getting up early, not watching television and using our commutes to and from work as training opportunities.

Tristan: We joined AURA to find new opportunities to run more races and both have goals for 2013. I would like to run Cradle Mountain and Chantele would like to find a way to make hills her friends! We are excited about the next 12 months, but look forward to returning to Walhalla next year!

Walhalla Wound Up 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:20:13	Selby Smith	Andrew
2	2		4:26:13	Melchiori	Tristan
3	3		4:29:15	Elliot	Stuart
4	4		4:35:16	Pepper	Mamix
5	5		4:38:02	Brady	Murray
6	6		4:45:47	Fisher	Dean
7	7		4:46:22	Twite	Ian
8		1	4:48:27	Melchiori	Chantele
9		2	4:50:49	Macmillan	Katherine
10	8		5:04:25	Smith	Jamie
11	9		5:05:14	Mitchell	Scott
12		3	5:09:26	Orr	Anna
13		4	5:12:42	Bartholomew	Lucy
14	10		5:12:42	Bartholomew	Ash
15	11		5:17:15	Rickerby	Shane
16	12		5:18:23	Mullins	Peter
17	13		5:18:49	Foy	Shannon
18	14		5:36:42	Orr	Duncan
19	15		5:38:29	Falls	Mark
20	16		5:38:29	Donnelly	Michelle
21	17		5:42:12	Styles	David
22	18		5:43:20	Wight	Adam
23	19		5:50:02	Angel	Tegyn
24		5	5:50:03	Alirezaee	Tayebeh
25	20		5:53:30	Anderson	Jason
26	21		5:55:16	Chinnery	Zach
27		6	6:08:07	Allan	Eliza
28	22		6:08:48	Bell	Matthew
29	23		6:12:34	Jansen	Erwin
30	24		6:17:54	Saxon	Brett
31	25		6:47:05	Glover	Brian
32	26		6:53:04	Brelsford	David
33	27		7:11:17	Higgins	Barry
Bold SURNAME indicates AURA member.					



Glasshouse 100 Mile Glasshouse Mountains, QLD September 15, 2012 by Roger Guard

To run or not to run for a 7th Glasshouse 100? I needed some inspiration! Earlier in the year I had heard that the race director, Ian Javes, was contemplating competing at 70. Sadly Ian couldn't find time for the necessary training and didn't enter. There was, however, Bill Thompson who, at 69, was competing for his 12th Glasshouse 100. There was both inspiration and good company. I have the best time for 60 to 65 year olds; perhaps having now entered the 65-70 age group (I turned 66 the week after the run) I should try to post some sort of time for this group.

Also, my last run two years ago was disappointing since I had gone over 24 hours for the first time. I wanted to finish on a better note than that.

Second challenge: convincing my wife to crew for me again. I had become addicted to her providing a cup of soup and a bucket of water (to wet my shirt and hat) at the checkpoints. She agreed, providing she only had to crew in daylight hours and that I would promise it would definitely be the last time.

Third challenge: getting in a bit of

training. I think the only way to train for these ultras is by doing other ultras. Oxfam 100 had gone well and I had done two 60kms, a few 50kms and a marathon. Although it is never as much as one would like, it had to do.

Next decision: 100 miles (160km) or 100km? My training suggested 100km, but I love the night running in the cool, so 100 miles it had to be. As the race approached I noted that there were 60 entered in the 100 mile race and 60, also, in the 100km. How times have changed.

I had been there when Ian started the race (the first 100 mile trail run in Australia) in 1996, when there were 5 starters and no-one finished. It was 32°C that day. In the second year, there were 8 starters and 3 finishers; 22 or 23 hours used to win the race. Now we have all the top runners doing 16 to 18 hours. Even the amazing 15:59 record of David Waugh has been beaten by Mike Le Roux with 15:38 in 2011. Back to the reality of mere mortals.

Race day approached. What was the temperature going to be? We were reasonably lucky this year with 24°C. Despite this, I always suffer from heat stress down in the deep gullies of the 8A and 8B circuits in the middle of the day. This year it was dry. We have had ankle deep water in the first 10km in some years, and knee deep creeks to cross with kilometers of mud. This year we tried some Percy Cerutti training instead; with heavy, loose sand in the 10A and 10B circuits.

Next problem: how to get some sleep the night before? One year I couldn't sleep at all but this year I got the desired five hours core sleep.

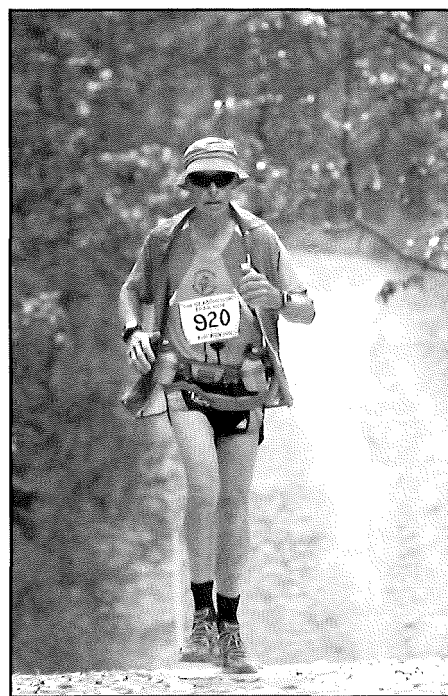
So off we went at 5.30am on a pleasant 10km circuit before tackling Mt Beerburum. I was amazed how fast the top 100km and 100 mile runners set off. I am always very cautious about Mt Beerburum early in the morning because it was responsible for my only DNF in this race. I came down the mountain too fast, stressed my quads and developed severe DOMS later in the race, making it impossible for me to go down gullies after 100km. This year all went well.

And so the morning run progressed. The drink/eat stations about every 10km are great. Ian has a wonderful band of loyal helpers who, year after year, man these stations and provide wonderful assistance and encouragement. Between 40 and 50km we go through the "power line section", which is a rugged series of

gullies between spurs. This year we shared the track with 4WDs and trail bikes. I actually enjoy meeting them; they have always been friendly and break the monotony. I do, however, acknowledge that their machines are causing horrendous erosion of the tracks.

Then to Station 8 and midday heat. I shared the 8A and 8B circuits with Alun Davies and Keith Sullivan (age 60), both veterans of the 100 mile race and great company. The afternoon run was a relief from the heat and initially fairly flat out at Station 7. The halfway mark at 80 km is here. The next goal was to get through the steep gullies of Mt Beerwah before the light faded because this section is really slow in the dark. This year I made it; last time I had failed. Then it's dark, so lights on as you come in for tea at base at 106km, with the eastern night 54km to go. It was a bit hard to get going again but I was OK to Station 9, which is at the three quarter mark. Just one marathon to go! Unfortunately, after 9, I suffered my first real energy failure and was down to power walking the rough, sandy track. I improved at Station 10 and was going OK until I struck the track next to the creek, which was stony and sandy and had lots of tree roots. More power walking. I tripped on a tree root and the upper fabric of my shoe split side to side and the toe popped out. I couldn't get it back in without taking the whole shoe off. At least I got rid of the accumulated sand and grit in the shoe.

Then, finally, the most eastern 10A circuit where I had another bout of low energy power walking in the creek section. Somehow, by the time I got back to Station 9, with 12 km to go, my spirit lifted. Hang on – not so quick! First you must ascend and descend that Wildhorse Mountain for the second time; very slowly with stiff muscles. Some encouragement from Nic Moloney, another veteran of this event, was welcome.



Roger in his 7th Glasshouse 100! – photo courtesy Tim Miller of DreamSport Photography

Finally, it was off toward home with the best jog that I could muster at that time in the race; and that was a pretty pathetic jog. There is, however, nothing like the thrill of that final 160th kilometer at the end of every 100 mile race! That's what brings you back, again and again. And what does the clock say this time? 23 hours 2 minutes and 8 seconds. I've done 3 runs better and 3 runs worse. Pity about the two minutes but, who cares, at least I got well under the magical 24 hours, and I improved on my last run.

I have nothing but awe for the winner this year, Ian Gallagher, from Sydney, who ran 16:17:12. What a thrill it must be to run this tough course in a time like that. First female was Pam Muston in 21:06:22. There have been very strong female performances in this race; testosterone is of almost no value in these long, slow trail runs.

I see from the results that I have to return for at least one more 50km run next year because Glasshouse Trail results record the total number of race kilometers each competitor has run in the race series. My total stands at 1963km, so I will definitely have to return to collect that 2000km T-shirt!

Glasshouse 100M					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		16:17:12	Gallagher	Ian
2	2		17:02:01	Stokes	Adam
3	3		17:41:31	Storer	Ben
4	4		18:36:03	Hack	Martin
5	5		18:52:06	Zambon	Oliver
6	6		18:52:42	Campbell	Rob
7	7		18:52:42	Greig	Daniel
8	8		19:18:51	Smith	Damian
9	9		20:12:25	Laine	Laurie
10		1	21:06:22	Muston	Pam
11	10		21:52:59	Solomon	Colin
12	11		22:48:20	Moloney	Nic
13		2	22:54:07	Williamson	Kerrie
14	12		23:02:08	Guard	Roger
15	13		23:13:43	Maskiell	Lee
16	14		23:13:43	Reeve	Dion
17		3	23:28:14	Eisler	Marita
18	15		23:32:29	Phipps	Nic
19	16		23:37:34	Rogers	Russell
20	17		23:45:22	Davies	Alun
21	18		24:08:54	Bendall	Gavin
22		4	24:12:40	Ayers	Natalie
23	19		24:12:40	Hannah	Jeff
24	20		24:36:35	Drummond	Steve
25	21		25:09:43	Willets	Roy
26	22		25:56:32	Knowles	Robert
27	23		25:56:33	Williams	Colin
28	24		26:02:57	Stanton	Daniel
29		5	26:04:09	Bell	Tamyka
30	25		26:28:28	Sullivan	Keith
31	26		26:38:38	Morarty	Steve
32		6	28:35:41	Brun-Smits	Marina
33	27		28:50:51	Ward	Joe
34	28		28:55:25	Maclean	Chris
35	29		28:56:11	Sewell	Andy
36	30		29:47:21	Thompson	Bill
37	31		29:47:25	James	Tony
38	32		29:57:43	Elms	David
39		7	29:57:43	Howell	Tegwen
Bold SURNAME indicates AURA member.					

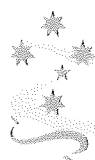


Glasshouse 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		9:04:09	Hawker	Scott
2	2		9:28:29	Nunan	Daniel
3	3		10:48:15	Thwaites	Mick
4		1	10:56:54	Moore	Georgie
5	4		11:00:00	Mulholland	Shaun
6	5		11:47:54	Sapir	Rony
7	6		12:06:01	Chen	Penbin
8	7		12:10:27	Bowden	Damien
9		2	12:11:58	Waugh	Rachel
10	8		12:16:05	Morley	Luke
11	9		12:45:07	Wallace	Greg
12	10		12:49:54	Duffus	Andrew
13	11		13:04:16	Blackmore	Kieron
14	12		13:20:06	Baker	Matthew
15		3	13:35:23	Brannock	Mahla
16	13		14:07:03	Gibbons	Wayne
17	14		14:14:11	Flores	Edwardo Roberto
18	15		14:27:45	Mcfadden	Nathan
19		4	14:34:56	Laenen	Ruth
20		5	14:40:22	Thorn	Rebecca
21		6	14:42:27	Brockman	Chantal
22	16		14:42:28	Ibbotson	Dan
23	17		14:50:25	Toby	Mike
24	18		14:59:23	Taylor	John
25	19		15:34:01	Glover	Chris
26		7	15:34:01	Lever	Amy
27		8	15:39:50	Cammack	Julie
28	20		15:39:57	Jackson	Gavin
29	21		15:45:30	Taylor	Joshua
30	22		15:48:49	Kitchen	David
31	23		15:48:49	Wales	Jesse
32		9	16:11:38	Bendall	Raelene
33	24		16:15:06	Mihalakellis	George
34		10	16:31:59	Anderson-Glover	Lori
35	25		16:40:10	Brown	Sammy
36		11	16:40:38	Jaques	Sara
37	26		17:37:06	Last	Geoff
38		12	17:52:00	Clark	Fiona
39	27		17:52:00	Clark	Ryan
40	28		17:52:41	Dang	William
41	29		17:52:43	Cohen	Hezel
42		13	18:59:10	Parrott	Ann
Bold SURNAME indicates AURA member.					

Roger striding out to finish 100 miles. –
photo courtesy Tim Miller of Dreamsport Photography

Glasshouse 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:10:26	Munro	Cameron
2	2		4:14:34	Mildner	Paul
3	3		4:15:00	Bowen	Andy
4	4		4:32:28	West	Jason
5	5		4:37:52	Allen	Trevor
6	6		4:37:52	Mooney	Darren
7	7		4:47:41	Barallon	Marc
8	8		4:50:42	Prytz	Arnstein
9	9		4:52:04	Jewell	Brad
10	10		4:52:04	Schett	Martin
11	11		5:05:09	Reid	Scott
12	12		5:06:14	Graham	Dave
13	13		5:06:48	Lye	Brad
14	14		5:08:02	Harvey	Hamish
15		1	5:18:11	Hodge	Kerri
16	15		5:21:16	Pertot	Russell
17	16		5:21:53	Carter	Ben
18	17		5:21:53	Kocho	Michael
19	18		5:24:06	Hancock	Martyn
20	19		5:25:28	Lyons	Craig
21	20		5:26:37	Richter	Adam
22	21		5:33:01	Hooper	Craig
23		2	5:38:52	Dalton	Rebecca
24		3	5:38:52	Hobley	Christy
25		4	5:42:16	Healy	Michelle
26		5	5:45:29	Gillespie	Michele
Bold SURNAME indicates AURA member.					

Glasshouse 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
27	22		5:45:29	Porritt	Jason
28	23		5:52:52	Hendry	Glen
29	24		5:53:27	Mollins	Dave
30		6	5:58:12	Lewis	Tina Sonne
31	25		6:01:47	Rafiee	Sep
32	26		6:07:13	Brown	Barnaby
33	27		6:07:13	Thames	Will
34		7	6:07:43	Schluter	Jessica
35	28		6:12:07	McKee	Peter
36		8	6:14:48	Cross	Kate
37	29		6:15:22	Druve	Ashley
38	30		6:15:29	Finneran	Den
39	31		6:23:18	Carter	Cam
40	32		6:24:18	Turzynski	Michael
41	33		6:25:47	Buchan	Bill
42		9	6:27:58	Crook	Katrina
43		10	6:39:58	Bool	Candice
44		11	6:40:28	Baillie	Kellie
45	M		6:43:51	Bool	Alan
46	M		6:43:51	Codling	Mike
47	M		6:44:06	O'Connor	Tim
48	M		6:45:20	Hardie	John
49	M		6:45:20	Slinger	David
50	M		6:55:25	Siem	Bjorner
51	M		8:12:59	Yango	Efren Allan
52	M		8:16:08	Harris	John
53	M		8:16:08	Turco	Craig
Bold SURNAME indicates AURA member.					

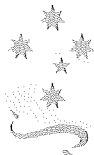


Surf Coast Century 50/50 Relay

September 22, 2012 Angelsea, VIC

Surf Coast Century 50/50 Relay: Male					
Rank	Cat Place	Time	Team Name	Last Name	First Name
1	1	7:36:40	GIANT RACING	Angus Anderson	Damien Mitch
2	2	9:34:59	TERRIGAL TROTTERS	Robertson Lee	Thomas Mark
4	3	10:06:01	BEN & DAVE	Wolstencroft Provan	Ben Dave
5	4	10:27:38	TEAM GUMP	Bortignon Ferraro	Adrian Simon
7	5	11:24:13	HAYESWINCKLE AGENT	Sutton Leitmanis	Greig Caleb
8	6	11:46:25	THE MATT AND JAMIE SHOW	Bell Smith	Matthew Jamie
Bold SURNAME indicates AURA member.					

Surf Coast Century 50/50 Relay: Mixed					
Rank	Cat Place	Time	Team Name	Last Name	First Name
3	1	9:50:10	TIMBERTOPIAN CATERPILLARS	Hedger Hopkins	Sarah Ross
6	2	10:46:39	WAL AND GED	Wolstencroft Millard	Andrew Geraldine
9	3	13:01:58	TEAM SPITFIRE	Booth Chambers	Gavin Annella
Bold SURNAME indicates AURA member.					



Surf Coast Century 100km

September 22, 2012

Angelsea, VIC

Surf Coast Century 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		8:25:31	Walker	Rowan
2	2		9:10:08	Worswick	Jonathan
3	3		9:43:48	Hosking	David
4	4		9:59:40	Johnson	Stephen
5		1	10:18:58	Stephenson	Shona
6	5		10:28:25	Roberts	James
7		2	10:38:18	Hinds	Amy
8	6		10:51:42	Meredith	Michael
9		3	10:52:50	Noble	Mandy-Lee
=9	7		10:52:50	Noble	Chris
11		4	11:03:43	O'Neill	Jacinta
12	8		11:11:43	Brown	Stuart
13	9		11:13:13	Simpson	Dean
14	10		11:25:02	Kroeger	Daniel
15	11		11:31:02	Ranson	Brent
16		5	11:31:29	Ness	Bronti
17	12		11:39:01	Hughes	Michael
18		6	12:01:00	Younan	Caroline
19	13		12:13:25	Bartholomew	Ash
20		7	12:13:25	Bartholomew	Lucy
21		8	12:13:48	Musgrove	Charne
22	14		12:25:08	Casey	Chris
23	15		12:26:01	Montfort	Jason
24	16		12:34:46	Sholl	Paul
=24		9	12:34:46	Dupe	Terri
26	17		12:44:02	Adamski	Brett
=26	18		12:44:02	Angel	Tegyn
28	19		12:45:19	Collins	Michael
29	20		12:52:02	O'Connor	Damien
30	21		13:01:58	Reynolds	Chris
31	22		13:03:12	O'Brien	Brendan
32	23		13:06:08	Sutton	Robert
33	24		13:08:01	Alihos	Turgay
34	25		13:09:12	Ratcliffe	Jeremy
35	26		13:30:03	Gray	David
36	27		13:36:04	Moulin	Stephane
37	28		13:40:31	Hepworth	Peter
Bold SURNAME indicates AURA member.					

Surf Coast Century 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
38	29		13:43:30	Yates	Chris
39	30		13:45:59	Birch	Trent
40			13:51:09	Macmillan	Katherine
41	31	10	13:55:49	Foy	Shannon
42		11	13:58:55	Montgomery-Williams	Leigh
=42	32		13:58:55	Infanti	Brett
44	33		14:08:25	Daniels	Matt
45	34		14:21:43	Thomson	Scott
46	35		14:32:13	Stirk	David
47	36		14:43:46	Conyard	Chris
48	37		14:44:42	Smith	Sean
49		12	15:02:54	Reid	Annie
50	38		15:15:32	Evans	Adam
51	39		15:16:43	Pollard	Graeme
52	40		15:20:26	Reyntjes	Jason
53	41		15:39:46	Brydon	Steven
54	42		15:45:17	Groenveld	Paul
55	43		15:47:35	Williams	Simon
=55		13	15:47:35	Sriprakash	Arathi
57		14	15:51:14	White	Kerry
58	44		16:29:09	Talento	Martin
59		15	16:45:57	Barry	Annie
=59		16	16:45:57	Barry	Meaghan
61	45		18:19:29	Meyer	Bernd
62		17	18:19:30	Temple	Nikki
63	46		19:44:54	Parrott	Adam
64		18	22:11:39	Malavey	Corrinne
65	47		22:11:40	Rutherford	Rodney
66		19	22:14:55	Griggs	Trudy
67		20	25:16:24	Watach	Laura
68		21	25:16:25	Leissner	Chelsea
=68		22	25:16:25	Gosbell	Courtney
=68		23	25:16:25	Whittington	Emma
=68		24	25:16:25	Walker	Megan
=68		25	25:16:25	Sobczyk	Taylor
73	48		25:16:56	Tong	Michael
Bold SURNAME indicates AURA member.					

Yurrebilla Trail 56km Ultra: A Participant's View

Adelaide Hills, SA

September 23, 2012 by David Close

The annual race along the Yurrebilla Trail near Adelaide, South Australia, was held this year on September 23rd. The course goes through a series of national parks on the western escarpment of the Mt Lofty Ranges, and is nowhere more than 12km (as the Little Raven flies) from the Adelaide CBD. Yet, for most of the time, it feels wild and remote.

Yurrebilla is one of those trail ultras which you can treat in either of two completely different ways: as a serious race, or as a fun day out. As the event allows 11 hours 30 minutes before the final cut-off, it can be treated in a more leisurely way than the 6 Foot Track (which is 45 kms in 7 hours, with a little less ascent/descent); the only other trail ultra which I'm familiar with.

In the three times I've completed Yurrebilla I've chosen the leisurely option, which is a contrast with my normal approach to a race. A week before, for example, I'd pushed myself hard in the 12km City-Bay, the big annual fun event in Adelaide.

In going slowly I was in good company. Many of the participants in Yurrebilla each year have no previous experience of running ultra marathons, and quite a few have never run marathons. So they have no option but to do what I did: walk all the uphill and cover the rest of the course at an easy jog.

I'm glad that I've chosen the leisurely option every time. How else can one appreciate the wealth of wildflowers, bird song and natural scenery along the route, not to mention the exuberant human company, some in wacky costumes? I wonder whether any of the fast runners noticed the patches of rare donkey orchids near the Pines Oval, or the buttercups after Echo Tunnel, or the brilliant crimson flowers of the running postman in Horsnell's Gully, or

the delicate mauve grevilleas just after Deep View Lookout? And they probably missed the cheerful accompaniment of yellow-faced honeyeaters, crescent honeyeaters, golden whistlers, Adelaide rosellas and white-throated treecreepers in the eucalypts overhead. And they could not have enjoyed to the full the wonderful views over Adelaide which you get periodically from various vantage points; the Waite Conservation Reserve, the Coach Road drink station, and Black Hill, as well as the splendid cliffs and waterfalls of Morialta Gorge. Cheering volunteers were more in evidence than ever before, thanks to the recruitment efforts by the race director, Sadie Cranston. It was good to meet up with the volunteers at the 10 drink stations along the route and sample the array of goodies on offer. And I enjoyed exchanging greetings with the scores and hundreds of runners who overtook me, though it was often difficult to guess who was greeting me from behind. No: Yurrebilla is one event which I've never wished that I could have done faster.

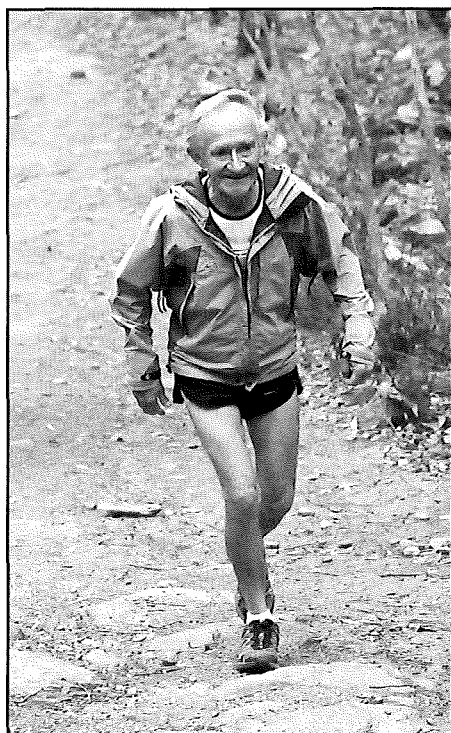
This time I had no choice anyway as I was still suffering from a flu-type virus (the umpteenth to which I've succumbed in the last winter). This is the main way in which age (I was 69 at the time of the race) affects me. I get the "flu" more seriously and frequently than I used to. Bouts of illness had prevented me from doing the three long-distance races since May which I'd hoped would prepare me for this event. Racing the City-Bay the previous Sunday had set me back badly. I set off that morning intending to pull out after 20km but, instead, I was infected by a mystery factor: the Spirit of Yurrebilla. The stream of runners in front and behind me were all imbued with the urge to finish, and this urge was most infectious. In the end I covered the course in 8 hours 53 minutes; which wasn't too bad.

Incidentally I'm far from being the oldest participant in Yurrebilla. Bronte Gabb made the cut-off this year at the age of 74. And Doug Smart did a much better time than me, although he too is 69. But everyone knows that he's taking the Elixir of Eternal Youth – which he won't share with us.

I must admit that it was frustrating not to be able to run up the Quarry Track this time (280m elevation, 2.5km long) which one encounters after 50km at Black Hill. And I wished that I wasn't quite so slow descending the goat track into Ambers Gully towards the finish. At this stage my quads became stiff and painful, an experience which I've also had in the 6 Foot Track, which also finishes with a long descent. The remedy, of course, is to run ultras like this more frequently. But with declining agility and increasingly brittle bones, I have to be especially careful on rough descents like this. That descent into Ambers Gully is one of the most treacherous I know.

Fortunately, in the last half-kilometre the track becomes smoother, enabling runners to finish in style to a fantastic welcome from the crowd at the finish. The atmosphere of this finish has to be experienced to be believed. It's not as loud as the crowd in Jenolan at the finish of the 6 Foot Track, but in a way more welcoming because the Yurrebilla crowd consists entirely of people connected with the event, without any tourists.

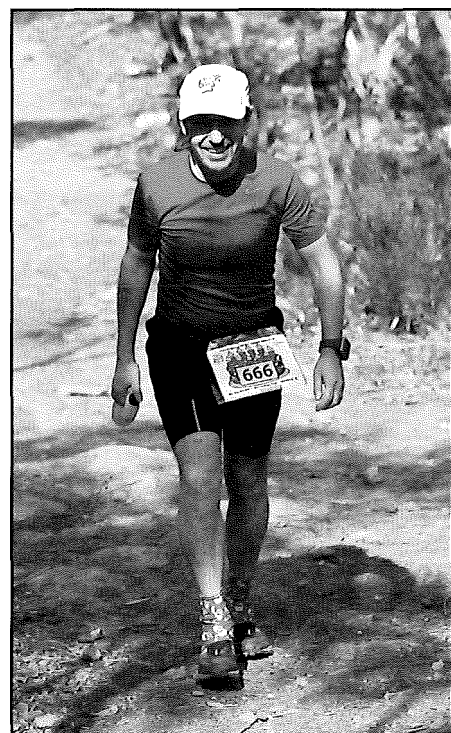
From then on runners and volunteers enjoyed the special camaraderie of the trail. Near the finish line we exchanged and joked about our experiences in this, and previous, events, and spoke about our plans for forthcoming events. These conversations continued around the table in the Athelstone Football Club afterwards, where



David Close enjoying the day on the trail.
– photo courtesy Cameron Miller

we met up with friends and heard the presentations. As a former director myself of Yurrebilla, I appreciated the chance to chat with two experienced organisers of trail runs in Victoria, Brett Saxon and Peter (Chiliman) Mullins. My wife Elizabeth drove from the opposite end of Adelaide to join us, and we gave three runners lifts back to the race start where they had left their cars. So ended a memorable day.

Editor's note: First time race director Sadie Cranston reported that she had a most exhausting, but rewarding, time managing the event and appreciated all her volunteers serving up rice pudding, pizza, donuts, tea, coffee, and cake at the aid stations - some of whom were even dressed in drag!



Graham Tottey doing what it takes!
– photo courtesy Cameron Miller

Yurrebilla Trail Ultra 56km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		04:54:13	Guisse	Grant
2	2		05:07:29	Duffy	James
3	3		05:09:23	Bloomfield	Mark
4	4		05:31:20	Byas	Dion
5	5		05:34:42	Johnson	Thomas
6		1	05:40:18	Kruk	Joanna Agnieszka
7	6		05:41:42	Tooth	Blake
8	7		05:44:38	Sweetman	Sean
9		2	05:47:44	Roffey	Sally
10		3	05:48:58	Gaskell	Stephanie Kay
11	8		05:51:14	Worley	Brett
12	9		05:52:16	Toolan	Ryan
13	10		05:55:13	Taylor	Chris
14	11		06:01:00	Jamieson	Dej
15	12		06:01:05	McLean	Gary
16		4	06:14:26	Symons	Charmaine
17	13		06:14:32	Slagter	Michael
18		5	06:14:33	Macgowan	Sharnyn
19	14		06:18:10	Swalling	Tim
20	15		06:18:29	Roberts	Paul Graham
21	16		06:20:46	Tempest	Gavin
22	17		06:21:29	Blenkiron	David
23		6	06:22:08	Gwynn-Jones	Bronwen
24	18		06:22:27	Tchigique	Eddie
25	19		06:22:51	Ellis-Steinborner	Simon
26	20		06:25:52	Hurley	Peter
27	21		06:26:50	Mitchell	David C
28	22		06:26:56	Hockings	Ben
Bold SURNAME indicates AURA member.					

Yurrebilla Trail Ultra 56km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
29	23		06:31:24	Podger	Abel James
30	24		06:32:49	Savage	Zac
31		7	06:33:53	Nickson	Louise
32	25		06:34:01	Saunders	Travis
33		8	06:35:22	Furness	Kate
34	26		06:35:30	Tottey	Graham
35	27		06:37:55	Carman	David
36		9	06:39:20	Roder	Bridget
37	28		06:40:22	Taylor	Randell L
38		10	06:41:33	Oliver-Thorne	Olivia
39	29		06:46:39	Dougherty	Warwick John
40		11	06:46:49	Gillett	Nadene Marie
41	30		06:47:56	Lampshire	Scott
42	31		06:48:23	Webber	Guy
43		12	06:48:25	Bates	Ellen
44	32		06:49:08	Rugless	Paul Anthony
45	33		06:49:33	Crosby	Piet
46	34		06:51:44	Hill	Ian
47	35		06:52:02	Gatenby	Piers
48	36		06:52:04	Miller	Lachlan
49	37		06:52:04	Smith	Joshua
50		13	06:52:20	Miner	Philippa
51		14	06:52:20	Zeppel	Melanie
52	38		06:52:48	Brook	James
53		15	06:53:02	Bichard	Dianne Joy
54	39		06:53:04	Worthing	Mark
55	40		06:54:42	Sputnik	Sputnik
56		16	06:54:42	Murphy	Sarah
57	41		06:54:44	Ronayne	Zac Tadd
Bold SURNAME indicates AURA member.					

Yurrebilla Trail Ultra 56km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
58	42		06:55:10	Gallasch	Michael
59	43		06:56:57	Weenink	Jeremy
60	44		06:57:53	Swinkels	Mark
61		17	06:59:00	Munzberg	Emma
62	45		06:59:42	Figg	David
63		18	06:59:42	Liparts	Toni
64	46		07:00:36	Porteous	Simon
65	47		07:01:48	Chester	Robin
66	48		07:02:18	Watson	Bradley Jon
67		19	07:02:45	Silke	Edel
68	49		07:04:12	Nuryanto	Andreas
69		20	07:04:20	Hosgood	Lee
70	50		07:04:37	Davis	Garry
71	51		07:06:40	Steadman	Jeremy Frank
72	52		07:08:05	Boyce	Gary
73	53		07:10:43	Bekker	Jan
74		21	07:10:43	Viviers	Marlize
75	54		07:10:44	Brookman	Torben
76	55		07:10:48	Evins	Matthew
77	56		07:11:21	Norton	Howard
78	57		07:11:40	Claydon	Paul
79	58		07:12:22	Gapes	Jon
80	59		07:13:29	Dunlop	Erik
81	60		07:13:44	Haigh	Ben
82	61		07:14:09	Guy	Steve
83	62		07:14:48	Mcbride	Barry
84	63		07:14:54	Shea	John D
85	64		07:16:23	Greeneklee	Stirling Keith
86	65		07:17:32	Jenkins	Gregory
87		22	07:19:03	Smythe	Lynn
88		23	07:19:32	Lee	Yee-Yung
89		24	07:20:17	Horwood	Barbara
90	66		07:21:08	Davis	James
91	67		07:22:21	Fromm	Matthew
92	68		07:22:21	Wortmeyer	Brodie
93	69		07:22:42	Luce	Pellegrino
94	70		07:25:02	Lawry	Chris
95	71		07:25:58	Hartley	Jonathan
96	72		07:26:16	Hogben	Chris
97	73		07:26:26	Mackenzie	Richard James
98		25	07:26:47	Vaughan	Emma
99	74		07:27:08	Angus	Matt
100		26	07:27:53	Donelley	Michelle
101	75		07:27:53	Falls	Mark
102	76		07:27:54	Trzepacz	Stan
103	77		07:28:38	Gunson	Pedro
104		27	07:30:49	Dawson	Belinda
105	78		07:31:42	Carruthers	Ben Colin John
106	79		07:31:42	Erben	Felix
107	80		07:31:43	Stewart-Rattray	Justin Simon
108	81		07:31:43	White	Tim
Bold SURNAME indicates AURA member.					

Yurrebilla Trail Ultra 56km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
109	82		07:32:15	Johnson	Philip
110	83		07:32:20	Delpont	Stephen
111	84		07:32:20	Felstead	Patrick James
112		28	07:32:38	White	Michelle
113	85		07:33:31	Johnson	Brian
114	86		07:34:06	Braddon	Mark
115	87		07:35:04	Mullins	Peter
116	88		07:36:47	Dyki	Nick
117	89		07:37:34	Smith	Michael Ian
118		29	07:37:48	Hughes	Diane
119	90		07:38:53	Cleary	Terry
120		30	07:38:58	Saggs	Stephanie Jane
121		31	07:40:26	Lobban	Rachel
122		32	07:43:55	Bremner	Kerrie
123		33	07:44:50	Gare	Barbara
124	91		07:45:18	Daniels	Neville
125	92		07:46:26	Cockburn	David R
126	93		07:46:39	Smernik	Ron
127	94		07:47:23	Johnson	Chris W
128	95		07:49:25	Smart	Douglas
129		34	07:49:40	Martin	Lindsay
130		35	07:53:23	Toogood	Tory
131	96		07:53:38	Lewis	Stephen
132	97		07:53:56	Ambrosino	Giovanni Domenic
133	98		07:54:54	Meredith	Stephen
134	99		07:55:32	Reimann	Peter
135	100		07:56:00	Rogers	Paul
136	101		07:56:41	Depasquale	Joseph
137		36	07:56:41	Kairns	Ashley
138		37	07:56:47	Rawling	Carol
139		38	07:58:21	Lewis	Vicki
140		39	07:59:27	Willoughby	Rebekah
141		40	07:59:40	Fotheringham	Toni
142	102		08:00:59	Nguyen	Andrew
143		41	08:01:26	Janssens	Wendy
144		42	08:01:53	Jarrett	Rebecca
145	103		08:01:54	Jarrett	Carl
146	104		08:05:21	Fawcett	Alex D
147		43	08:05:22	Anderson	Nicole
148	105		08:05:23	Cowley	Alex
149	106		08:09:59	Chinnery	Zach
150		44	08:11:42	Buckett	Sally
151		45	08:11:43	Tyler	Lorraine
152	107		08:12:30	Williams	Kym
153	108		08:15:34	Mcmillan	Paul Simon
154	109		08:16:22	Fuller	Chris
155	110		08:16:26	Lim	Sen King
156		46	08:17:25	Engels	Christine
157		47	08:17:43	Flett	Sorcha Maree
158	111		08:19:14	Beavis	Chris
159	112		08:19:44	McClean	David
160	113		08:20:40	Hutchings	Rob
Bold SURNAME indicates AURA member.					

Yurrebilla Trail Ultra 56km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
161		48	08:20:40	McClean	Olivia Joan
162	114		08:23:44	Saxon	Brett
163	115		08:24:19	Schubert	Guy Calley
164	116		08:28:04	Gordon	Richard
165	117		08:29:35	Adams	Grahame Paul
166	118		08:31:22	Dundon	Andrew
167		49	08:34:27	Hainsworth	Ally
168		50	08:38:01	Bachmayer	Monica
169	119		08:38:39	Telfer	David W
170	120		08:38:39	Letch	Martin
171		51	08:40:01	Salkeld	Felicity L
172		52	08:41:13	Orr	Mary
173	121		08:41:28	Little	Steven Trevor
174	122		08:43:13	Phoenix	Adam Tadeusz
175		53	08:46:29	Standfield	Catriona
176		54	08:46:30	Coad	Sue
177		55	08:49:37	Edwards	Emily
178		56	08:49:37	Fletcher	Sara
179		57	08:49:37	Grimsell	Louise
180		58	08:49:37	Tully	Lou
181	123		08:53:37	Close	David H
182	124		08:54:14	De Nichilo	John
183	125		08:57:00	Mrozowski	Robin
184	126		08:57:14	McClarty	Brenton
185		59	08:58:44	Benn	Sonja
186		60	08:58:44	Tyson	Sue
187		61	08:58:44	Berry	Trish
188		62	08:59:02	Zeidan	Nina
189	127		09:00:51	Gibson	Stuart Ross
190		63	09:03:46	Greeneklee	Jen
191		64	09:06:42	White	Janelle G
192	128		09:10:40	Bowker	Cameron
193	129		09:11:35	Griffith	Malcolm
194	130		09:12:07	McMillan	Malcolm
195	131		09:12:15	Hill	Darryl
196		65	09:14:02	Maddock	Carilon
197	132		09:14:10	Yates	James
198		66	09:15:02	Barnett	Sarah
199		67	09:15:47	Welcome	Kim Maureen
200		68	09:15:51	Kent	Alison
Bold SURNAME indicates AURA member.					

Yurrebilla Trail Ultra 56km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
201	133		09:16:26	Katzer	Dean
202	134		09:16:26	Sims	Jason
203	135		09:18:49	Horton	Timothy
204		69	09:19:46	Avemarg	Keryn
205	136		09:20:00	Vasey	Brenton
206	137		09:20:13	O'Connor	Andrew
207	138		09:23:26	Halstead	Chris
208	139		09:25:50	Malycha	Trent Jonathan
209		70	09:31:38	Mrozowski	Lana
210		71	09:33:10	Matthew	Yvonne
211		72	09:33:10	O'Donnell	Anne Elizabeth
212		73	09:38:00	O'Connor	Martha
213		74	09:38:01	Starrs	Lorna
214		75	09:38:02	Deluca	Trish
215		76	09:41:30	Pinn	Sarah
216		77	09:42:38	Danz	Cath
217		78	09:45:41	Brumby	Elizabeth
218	140		09:48:06	Knox	Jeremy Adon
219		79	09:50:09	Mathers	Dawn
220		80	09:50:11	Blewett	Emily
221		81	09:51:09	De Loryn	Tania Faye
222	141		09:54:10	Truscott	Greg
223	142		09:54:10	Brooks	Glen
224	143		09:55:38	Atkinson	Merv
225		82	09:55:40	Salisbury	Karen
226		83	09:56:39	Van Erp	Heather Janette
227	144		10:02:22	Elliott	Benjamin
228		84	10:02:25	Rys	Danielle Claire
229	145		10:11:56	Davis	Jason
230		85	10:11:56	Newman	Elizabeth
231	146		10:28:15	Baciulaitis	Steve
232	147		10:36:16	Coad	Mike
233		86	10:36:16	Sandford	Julie May
234		87	10:36:16	Cleary	Gabrielle Mary
235	148		10:36:16	Bentley	Daryl
236	149		10:41:04	Franks	Hamish
237	150		10:51:50	Glowik	John
238		88	11:14:22	Conrad	Sonya
239	151		11:14:23	Gabb	Bronte
Bold SURNAME indicates AURA member.					



Altra Centennial Park Ultra 50km

Centennial Park, Sydney, NSW

September 23, 2012 by Lisa Harvey-Smith

Two years ago I was training strongly, earning a creditable tally in my first 24 hour race. A lengthy layoff from racing due to bursitis in my ankle had left me low on racing, so the Altra Centennial Park Ultra seemed like an ideal first foray back into the ultra world.

I was underdone on mileage, but with a reasonable base of several months of 40km+ weeks, I felt I had the experience to complete the 50km reasonably well. Four weeks out I ran ten laps of Centennial Park to practice my eating. After that, I was confident that I could finish the race without dramas.

So here I was looking forward to a nice, enjoyable 50km trot around one of the most scenic city parks in my hometown of Sydney, and the day did not disappoint. Sydney has this amazing knack of producing a blue sky. The mist hung like a drowsy cloak at 6am before the first rays of the orange sunlight burst through like laser beams. Wake up runners; time to go.

Feeling like a little bit of a fraud, but also somewhat grateful of having the short shift, I arrived just after the 100km runners had started their race. We had enjoyed an extra hour in bed; we 50km 'slackers'. Enjoy it while you can, I thought to myself.

There was an impressive line-up of runners in both disciplines. Beth Cardelli, a trail runner I respect immensely, was my favourite to win the women's 100km race, even though she 'doesn't do flats'. There were also a number of very quick runners entered in both men's races, which promised an interesting tussle.

I put my Marmite sandwiches, rice

crackers and Staminade on my personal crew table and assembled a very impressive goody bag from the race sponsors. Looking at the general crewing table, it seemed like there was more than enough excellent food and drink choices to keep the large pack of runners going. Soon it was time to go down to the start line for the race briefing, given by race director April Palmerlee, somewhat unusually, from up a tree.

Some 47 runners started the 50km race with great abandon, with many of the field surging ahead of me in the first part of the race. Apart from the talents of Brendan Davies, Alex Matthews, et al., who were bound to speed off, this did not concern me too much. I'm pretty comfortable with my inbuilt metronome, which tends to deliver me even splits and a satisfying boost to my placing in the second half of the race.

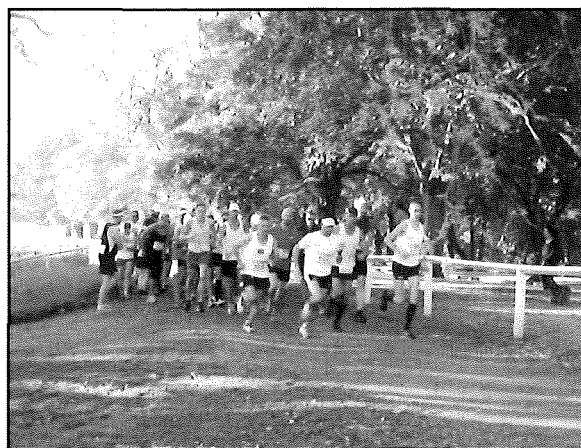
I had done something unusual for me and ingested a large quantity of Staminade for the 48 hours before the race. This had left me feeling amazingly energised and ready to go. I started strongly and felt incredibly good. My splits were even and quicker than I had planned.

Although I was happy with my running, I found it amusing/bemusing to be so comprehensively lapped by the pointy-end competitors who were blitzing around the track as if it was a 5km race. I don't just mean the 50km runners, but also the likes of Chris Truscott, Jo Blake and Kevin Muller, who all took the

honours in the 100km race. These guys are on a completely different level, which is understandable given the amount of training they get through.

The Achilles Running Club put on a fantastic show, giving their united and vocal support to Ben Phillips. Ben is blind and must rely on a guide to go out training. In fact, he got through several guides on the day and clocked up an impressive 70km. Seeing the Achilles group out there reminded me of my first marathon. It was four years ago and I ran my very first 42.2km around Centennial Park with a blind runner from the U.K., Dave Heeley, who was on his way to completing seven marathons, in seven days, on seven continents. It was the catalyst for my love of ultrarunning, though it almost killed me at the time, but I am very grateful to Dave for that experience and I applaud the members of Achilles for enabling the love of running to spread in this way.

Back to my race, and 41km in I entered the hurt locker. Suddenly my energy was gone and my hip started to hurt like hell. The slight whimpering started and for the first



Runners heading out at the start of the 50km. –
photo courtesy Michelle Reid

time I thought I wanted to stop. At that moment a big hairy guardian angel (in the shape of Paul Every) was dispatched from heaven. We chatted for a lap, taking my mind completely off the pain. Talking with Paul always reminds me that some people have run right across Australia without whinging; that makes everything seem OK again.



Lisa Harvey-Smith all smiles after completing the 50km and a PB! – photo courtesy Michelle Reid

At this stage the discomfort subsided and it hadn't escaped my notice that I was running quicker than my PB pace. Thinking "why not?" I picked up the speed as far as I could. As the final lap ticked over I cruised as fast as I was capable.

With half a lap to go I could see another female 50km runner in the distance, some 300m ahead. Greyhound to rabbit – I went off trying to catch her. In the closing stages I was gaining, gaining and I ended up in a slightly ridiculous slow motion, knackered, 50km sprint finish. Usain Bolt, you can relax.

I collapsed over the line 9 seconds behind Sarah-Jane Marshall, who hung on strongly for 3rd place. I'm reliably informed that Lisa Carrolli and Emily Hames took their first and second places in a far less dramatic manner!

As always, the best part of the event was hanging out after the race sharing stories with old friends and ultra legends such as Jane Trumper, Wayne "Blue Dog" Gregory, Allison Lilley, et al. What a wonderful community we have! The event was fantastically well organised; safe, sensitively marshalled and generously sponsored. The icing on the cake was the free boutique beers from the Four Pines brewery in Manly. What could be better? I am sure that with this kind of organisation the Altra CP Ultra will become one of the most popular races on the AURA calendar.

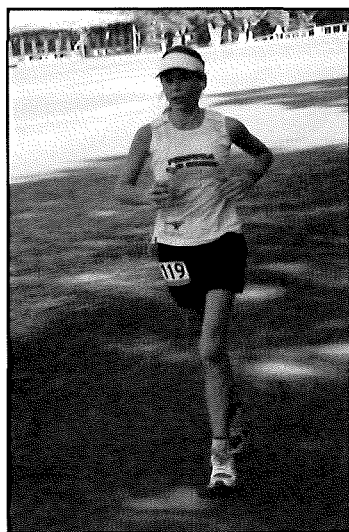
Centennial Park 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:10:22	Matthews	Alex
2	2		3:14:46	Davies	Brendan
3	3		3:39:41	Brabon	Chief
4	4		3:47:56	Ellis	Christian
5	5		3:51:11	O'Neill	Sean
6	6		4:07:23	Blackmore	Kieron
7	7		4:07:58	Cooper	Joshua
8	8		4:21:33	Touchard	Vincent
9	9		4:25:00	McCann	Jospeh
10	10		4:25:48	Goss	Ben
11	11		4:28:51	Bleakman	Dan
12	12		4:32:00	Bouvier-Baird	Myles
13	13		4:39:00	Hamilton	Richard
14	14		4:40:04	Malcolm	Dave
15		1	4:42:30	Carrolli	Lisa
16	15		4:43:13	Ford	Ben
17	16		4:46:14	Vickers	Scott
18	17		4:52:20	Bushell	Michael
19		2	4:55:15	Hames	Emily
20	18		5:02:38	English	Stephen
21		3	5:04:42	Marshall	Sarah-Jane
22		4	5:04:51	Harvey-Smith	Lisa
23	19		5:08:42	Hamilton	Grant
24	20		5:13:01	Mcdonald	Warren
25	21		5:17:24	Mccarron	Matt
26		5	5:19:42	Adams	Carol
27	22		5:23:26	Cattermole	Andrew
28		6	5:27:58	Tappouras-Locke	Karin
29		7	5:29:03	Hagan	Karen
30		8	5:29:33	Harwood	Jennifer
31	23		5:37:07	Pluss	Martin
32	24		5:45:48	Kime	Darren
33		9	5:49:36	Andrew	Natalie
34	25		5:50:21	Mikulandra	Mark
35		10	5:51:06	Williams	D Lynn
36	26		5:52:45	Cooley	Damien
37		11	5:53:43	Owen	Annabel
38		12	5:54:46	Blair	Sharon
39		13	5:57:24	Melamud	Cherrine
40	27		5:57:39	Morrow	Trent
41	28		5:57:48	Gregory	Wayne
42	29		6:23:29	Morunga	Jeff
43		14	6:29:22	Pretty	Helen
44		15	6:35:21	Mcmanus	Kelly
45	30		6:41:53	Indermuehle	Balthsar
46		16	7:35:58	Dwyer	Heather
47	31		8:26:31	Gentle	Michael
Bold SURNAME indicates AURA member.					



Altra Centennial Park Ultra 100km

Centennial Park, Sydney, NSW

September 23, 2012 by Beth Cardelli



Beth Cardelli running strong. – photo courtesy Stefica Key

Road and track ultras in Australia may not be seeing the growth in participation at events like the trail ultras, but the increase in participation is there; partly due to the efforts of race directors like April Palmerlee, and partly because of events like the Altra Centennial Park Ultra (CP Ultra). In just its second year, CP Ultra has managed to increase its number of runners in both the 50km and 100km races. This year I joined the ranks of the 100km runners in my

first ever 'road' ultra, primarily to give it a go and to see what this type of running is like.

On race day morning the runners were greeted by a low fog which hung over Centennial Park, giving a false sense of security as the mild morning temperature quickly gave way to very warm, sunny spring weather in the latter part of the day. Some of the runners assembled for CP Ultra were there to use the IAU Bronze-labelled event to qualify for either the 100km IAU World Championship (male qualifier 8:00hrs, female qualifier 9:00hrs) or IAU 50km Trophy Cup (male qualifier 3:20hrs, female qualifier 3:50hrs); others to break a PB and some, like myself, to set one.

The 100km race got underway first with little fanfare. It would be a long day for the runners, and just as long for their support crew and event volunteers. At the direction of April, the runners lined up, then headed off at a casual pace counter clockwise for 440m, before turning around and heading back to the start line to commence the first of 28 laps of Centennial Park; each lap being 3.54km.

The first few laps saw runners fall into a comfortable pace as they started to familiarise themselves with the course and conditions. It only took a few laps and the lead runners started lapping those further back in the field. It made for a very social atmosphere as we exchanged encouragement and support amongst each other. As Centennial Park slowly came to life the runners would get the occasional word of encouragement from the general public, too.

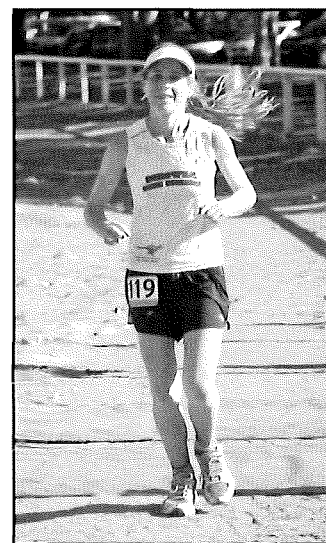
Starting an hour later, the 50km race was a complete contrast to the 100km event, with the 50km runners starting at a much faster pace from the very beginning. Brendan Davies, followed closely by Alex Matthews and Chief Brabon, were quick to take off and it was clear

that there would be some close racing amongst them. As the race panned out, and after a few lead changes between Brendan and Alex, it was Alex Matthews who finished ahead of Brendan Davies with times of 3:10:22 and 3:14:46 respectively - both with an IAU 50km Trophy Cup qualifying time. The first female across the line was Lisa Carrolli in a time of 4:42:30.

As the last of the 50km runners completed their event the first of the 100km runners started to cross the long sought-after finish line. After running a very consistent and methodical race, Chris Truscott was rewarded with the win, in a 100km IAU World Championship qualifying time of 7:51:43. Chris was followed by legendary ultra-runner Jonathan Blake in 8:11:59. The first female across the line was me, in a time of 9:21:50.

A special mention should also be made of Ben Phillips who, although being visually impaired, managed to run a total distance of 71.68km within the 12 hour time limit, along with his seemingly endless supply of companion runners from Achilles Running Club.

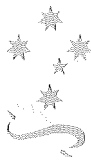
A word of thanks should be extended to the volunteers who spared some time to help out at this event. April seemed to have provided an endless supply of enthusiastic volunteers. It would be good to see this event grow in coming years, as I think it should, and become a permanent fixture in the Australian road running calendar.



Beth crossing the finish line 1st female and a course record! – photo courtesy Stefica Key

Centennial Park 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		7:51:43	Truscott	Chris
2	2		8:11:59	Blake	Jonathan
3	3		8:58:40	Muller	Kevin
4	4		9:13:29	Mason	Rob
5		1	9:21:50	Cardelli	Beth
6	5		10:08:51	Tancred	Damian
7		2	10:45:30	Copp	Felicity
8	6		10:55:15	Sylvester	James
9	7		11:11:36	Mccullough	Jesse
10	8		11:12:45	Doughty	John
11		3	11:26:28	Hamaty	Sabina
12		4	11:27:38	Hepworth	Annabel
13	9		11:28:39	Sicklinger	Philip

Bold SURNAME indicates AURA member.



Great Ocean Walk 100

Apollo Bay to the 12 Apostles, VIC

October 14-15, 2012 by Shona Stephenson

Four days after winning the Surf Coast Century I received a message from Brendan Davies saying that I “should come along and try to win” and “break another record.” At that stage I was broken. I’d been racing at least every three weeks, or less, including Oxfam Trail Walker Sydney, Coastal Classic, and then the Surf Coast Century (SCC); all with wins and all setting new records. At SCC I ran the next day to win the “Concrete Shoe”; I was stuffed. If Brendan thought I could back up yet again then I must be able to.

After a few hiccups, which included me forgetting to actually book flights to Melbourne, I was picked up from Avalon Airport and taken to the registration of the event by my good friends Brendan Davies and Damian Smith. Registration at the Apollo Bay Hotel was straight forward; after the bag check we all sorted out our drop bags while Andy Hewat, the GOW Race Director, had the race briefing. I was so confused with my drop bags. It took me almost an hour to sort it out while I ate my dinner. I had a few extra check points included in my drop bags. I was informed that “Moonlight” check point did not exist. I also had an extra food bag which took me 15 minutes to work out that it was my starting food drop bag! Far out! I must’ve looked like a total amateur! I did not have my maps printed and laminated as I usually would, with course descriptions. I could not go through my normal visualisation routine that I go through before an event. I felt like I was running blind on this course.

After a terrible night’s sleep, because I was kept awake by a snoring Canadian backpacker for most of the night in our 4-man

dorm, I rose at 5am. I had kept saying to her “roll over” in the hope that she would roll over and stop snoring. I ate my pre-made breakfast (check out my website for a recipe), drank my coffee, and got dressed. Brendan, Damian, Ruth (the barefoot runner who kindly gave us a lift to the start, and yes she ran the whole thing barefoot in 15:25) and I drove down to the start line. The race start, and the course briefing, was again at the Apollo Bay Hotel. After being weighed in and doing a quick warm up, the runners all lined up in front of the Anchor and Andy counted us in. We all took off at 6:30am.

It was cold, dark, wet and windy. I was bummed that I could not wear my sunnies. My nose started to drip instantly. The GOW started off along a footpath at Apollo Bay, then Mount’s Bay, before we hit the trails at Hayley Point. Everyone warned me that it was going to be a tough event. But how hard could it really be? I guess I would find out.

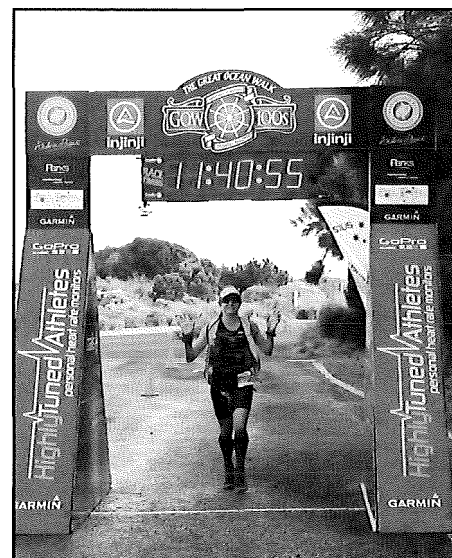
The first leg was pretty straight forward. Mud, mud, mud and more mud; maybe a little bit of dirt, and a flight or two of slimy bush stairs, and then some more mud. I was running along with my nose dripping wishing that the bloody sun would come up so I could put my sunnies on. At times I wear my sunnies with my vision darkened just to give my nose and eyes relief. I knew that eventually the stream of snot would enter my lungs and I was going to then have to deal with my asthma.

I hit the single track and enjoyed the ride; I love this type of running. It’s just made for me. Then the sun came up, just enough, along the Elliot River Track for me to wear my glasses, putting all my trust in

my taped ankles as I ran along with darkened vision. At the 15km mark my shoulder started to play up. This scared me a bit. I was worried that it was hurting me so soon. The pain was almost unbearable at times at SCC. I just hoped that with stretching, massage on the run, and by correcting my posture I would relieve the pain. I adjusted my UltraAspire pack to make sure my posture was correct. The thought of 85km of pain, and a possible DNF because of a shoulder injury, was really distressing.

The track had taken a bit of rain, having to hurdle over numerous fallen trees along the Elliot, Parker Rd and Johnson Track; at times the mud was calf deep. I had to pick my line and follow the driest and highest route through the mud. After climbing solidly for 15km I descended towards Blanket Bay. The trail soon narrowed and I again started to enjoy the technical trail running. Before long I was running into Blanket Bay Beach, across the sand and up the stairs and into the Blanket Bay Campground. I was on time and still hitting my splits.

I quickly swapped my food bag



*Shona Stephenson crossing the finish line!
— photo courtesy Brett Saxon*

and water bottles over and headed back out of the checkpoint. I had not seen another runner since Mount's Bay at the start; I really was running all on my own. The remote, wet, isolated, wilderness track was the total opposite to Surf Coast Century.

Leaving Blanket Bay I waved to my mate, Semeer, a volunteer who I met at SCC. After the fire trail I soon rejoined a single track and enjoyed the ride. My inov8 x-talon 190 were awesome. The mud just got everywhere. I was wearing gaiters for the first time ever, and I was so happy that I was. The second leg was a bit of a blur. My lungs were not working. I had asthma. I used my Ventolin, though it didn't seem to be helping, and an hour later I used it again at the 30km mark. I was getting worried. I thought that if it didn't improve I would have to call ahead and tell the race organisers that I was going to need oxygen at the finish line. It was raining and foggy, and the view was covered in low clouds. I just put one foot in front of the other and worked my way along the trail of the Crayfish Bay Track. The stairs along the GOW are bloody hairy; they are small and covered in slime algae. With wet muddy feet I had to take my time. "Let's just get to the finish line in one piece"; for once I was being cautious while racing. Racing GNW Miler in four weeks' time was on my mind.

I exited the Crayfish Bay Track, turned left and crossed Lighthouse Road, waving to the cars driving past. I spotted a black wallaby as I ran towards the lighthouse. I was happy to see the Cape Otway Lighthouse; they usually represent the highest point of an area. I pushed on and rolled on down the hill, back onto single track, towards the Rainbow Falls, and then onto Aire River and Check Point 2. Until CP 2 I thought the track was really easy and run-able.

I didn't really understand what everyone was talking about. Sure it was wet and muddy, but in the right shoes you could still make great time. I was happy to run into CP 2 Aire Beach, at 41.5km, in 4 hours and 6 minutes...I think.

"You're flying" a volunteer said.

"It's not that hard; not yet anyway". I replied.

I probably jinxed myself. Section 3 was where all the fun started to happen. I exited the Aire River Campground and headed up the climb. My shoulder must have been hurting me; I was getting a bit worried about it and it was playing with my head. I never realised how the rain, wind, and cold affect me. Am I just a total princess? Or is it just that Sydney has been so warm and dry of late? When the sun finally did come out to play, my mood changed and I felt positive; I enjoyed the view and I enjoyed the run. This only lasted for a few fleeting minutes, before the weather soon closed in again.

The track through to Johanna Beach was an awesome, tight and muddy single track. At times I smiled and enjoyed the view, but quickly had to look back to the track again. If I was to stay on my feet I'd have to have absolute concentration on the trail. I started to develop a love-hate relationship with the GOW. Some sections were so muddy and slippery it was insane; almost impossible to get traction as you climbed. I was happy to be in the inov8's and I thought about all the other shoe wearers in a less aggressive tread. They would be slipping everywhere, but I was managing to keep my feet. I usually use the trees for balance when I race, but my shoulder was hurting. I could now feel referred pain down the outside of my arm to my fingers; my pinky and ring finger now started to feel tingling. I just hoped this didn't get any worse.

Other sections of the trail were like running through god's country; a pure wilderness and breathtaking. I appreciated and cherished the experience. My trail running has taken me to the most untouched places in Australia. I worked hard through this section and I had the pleasure to spot an echidna just off the track. I was suffering a bit, I could tell as I noticed my breathing. My asthma had calmed down a bit, but I was not 100%; probably about 80% lung capacity. (I've had tests done on me while exercising and my trachea narrows from 3.4cm to 2.6cm in diameter when I exercise and have asthma.)

I ascended the stairs towards Rotten Point, and soon rolled down the technical trail towards Johanna's Beach. Johanna's Beach was my "hell on earth". I was hit with the force of the southwesterly head wind. I ran down towards the wet sand trying to conserve my energy. It proved to be the wrong move when my foot disappeared into calf deep sand. I looked at where the other runners' treads were, and I decided that about 10m in from the tide line was the most solid part of the beach to run on. The sand was harder just behind the high tide line.

Johanna Beach just sucked. I'm pretty sure I cried. It was a miserable place to be. It was cold, dismal, gruelling, and slow; a total slog in the windy conditions. I was constantly being blown sideways by the wind; it was crazy.

I spotted the volunteer and exited the beach. I took some time to see who was following me. Only one person and it looked like a guy, cool. I ran into the checkpoint and spotted Brett Saxon and Malcolm Gamble. "Man I'm happy that is over," I said.

I quickly swapped my food and water over. I also picked up my new Ay-Up All-Rounder Lite, back up light and high visibility vest. I

thanked the volunteers and headed straight out of there walking up the hill; organising myself on the go. I was now 30 minutes behind on my splits. Oh well; I guess that was the section that everyone was warning me about. I headed up the biggest climb of the day, freezing my tits off. I was happy that the race organisers made us wear the high visibility vest; it actually was quite warm. The wind was so fierce that I had to wrap my Hydrapak hose around the armhole of the vest to keep it on my shoulders. As I was climbing out of the hell that was Johanna Beach, I noticed some south facing cottages perched up on the hills. I was feeling so low at that point, and I cursed anyone who would want to live in an exposed, vile, and windswept place. This is worse than New Zealand, I thought, what a crap place to live. I then cursed Brendan Davies for persuading me to come and race this gruelling event.

At the top of the climb I encouraged myself and said out loud. "Good Girl", which was only meant for me yet it was overheard by a chestnut mare, who looked at me a bit confused. I guess even she thought anyone running up this climb was crazy. This brought me back to reality. I kicked on and

a few kilometres later I had the pleasure of descending the next 3km along the fire trail behind a "big boomer" kangaroo. This was so much fun; I was starting to enjoy myself again. The pain in my shoulder was starting to ease a bit and I was feeling better knowing that I had only 30-something km to go.

I was slow; I felt slow. I don't know that if running 100km only three weeks before played on my mind or if it was just the constant onslaught of mud and soft sand that sapped all the energy from my legs. The descents just got hairier and hairier. They don't look like much on the profile but they are steep, rugged, wet and loose. I thought about GNW and I just eased myself down the descents, nursing all my niggles. My goal was to finish this race uninjured, and still be able to run my first 100 miler in four weeks.

I looked after my nutrition by consuming a Hammer Tropical Gel or Perpetuem every 30 minutes and eating the Hammer Bar coming out of each checkpoint. I was using Hammer Fizz for my hydration needs and I was feeling okay. I pushed on and encountered more steep technical descents. The minute you ran down one of these

clay crevasses you headed straight back up another one. I'd been all alone since the 5km mark and I had no idea where my competition was. I had nobody crewing for me to ask. The steam went out of my run.

I stopped and had a pee and I heard a voice behind me. It sounded like a girl's voice. Hurry! Either Nikki or Isobel are behind you. Move it. Don't let them see you. I kicked it on and pushed hard. Go, go, go. It took whoever it was 5km to catch me. I turned around and it was Dan Beard. The girl's voice ended up being Dan singing to "Marky Mark Go Vibrations" that he was listening to on his iPod.

"You look so fresh," I said to him.

"I'm just rocking these cool 90's disco beats." Dan replied.

"Have you seen any girls? Are they behind you?" I asked.

"Not far." Dan replied.

With this I was almost sprinting; quick, move it.

"Sorry I gave you a bum-steer." Dan corrected. "I meant not far until the checkpoint, only 4km. I haven't seen anyone since Pebbly Beach and that was a guy."

Cool. We kicked it on together and I enjoyed his energy; I fed off it. We soon found ourselves descending into a gully. I enjoyed the ride and I was beginning to feel good again. I worked out that I'd lost 2.5km off my Suunto, so I was not travelling so badly after all. Dan soon disappeared into the distance and I knocked into a rhythm again. Before long I was at the Gables Check point and I was feeling happy. Dan was still in the checkpoint sorting out his food and hydration.

"Potatoes?" A volunteer offered me.

"No way," I almost laughed.



Dan Beard enjoying the run. – photo courtesy Brett Saxon

"You have 20km to go," a volunteer assured. I really did not believe them. I was not sure how accurate the km was; with the new course being run I was not sure if 20km was really 20km. It's funny how your head works when you are at your limits.

I quickly swapped over my food and hydration for the day and I was off and out of there. I already had my beanie and gloves on me and the wet weather pants were not required for the final leg. I took off up the fire trail and I was happy to be heading to the finish line. It took Dan 3km to catch up with me and then fly straight past me grooving to his music.

The trail soon narrowed and I descended yet another set of slippery steps. The trail then rolled like a mouse trap roller coaster along the side of the Twelve Apostles Marine Park. I was stunned by the beauty of the coastline when I had a chance to sneak a peek. The track again descended into ankle killing clay escarpments of a track. I nursed my body through this section, just trying to be as nice to it as possible. The sand dunes seemed to return again and I watched for the tread of the guys up ahead to follow the best path through the dunes. At the top of a climb I spotted the Apostles. They seemed to be miles away. Again because I had not prepared myself I did not know where the finish was. I was starting to curse the race organisers. Don't make me run past every bloody Apostle I thought. I don't care how amazing they are.

I exited the single man track and ran out onto the road, crossed the bridge and rejoined the track. I looked behind me and I could not see anyone chasing me down. Just do enough to win. That's all you have to do, don't be silly.

I entered the Port Campbell National Park and I realised I was

all out of my trusty fuel. I was running on just Hammer Fizz for the last 10km. Bugger. I was low on fuel; I was just going to have to run the rest on my trusty fat reserves. My phone rang at 10 hours 30 minutes. I then started to get worried that Mikey was warning me that someone was behind me.

The last section was murder. Whoever designed those wooded slat dune stabilizers needs a bullet. On the south side they are the most slippery surfaces I'd come across over the entire 100kms, except for maybe a couple of slimy wooded bridges near the Gables. These slats are a death trap or an injury waiting to happen. I scaled up the side of them and just hoped that the other side would be dry or covered in sand. Lucky it was. I'd hate to have to run down the south side of these slats; it would be like running down an icy wall. The trail soon turned to loose gravel. This surface I also hated. I shed a few tears. It felt like running on rough marbles. I kept checking my watch, and trying to calculate how far it was to the finish, as I had lost 2.5km along the way.

I turned behind me and I spotted a green top in the distance. Move it. It's Isobel. I tried to kick it on, but having run out of fuel it was not easy. I managed to get a few more kilometres before the figure caught me. I was relieved when I saw a Japanese face of Mikio Miyazoe. Phew. I think I've gotten away with it.

We exited the single man track and spotted the traffic controller, Wendy, Andy Hewat's spouse.

"How long to the finish?" I asked.

"About 1km," she replied.

"You're the best, thank you so much." I could have kissed her.

I crossed the road and watched Mikio romp away up the road. I

just did my best to turn my legs over. They were knackered. I turned the corner and rolled into the finish line exhausted in 11 hours 40 minutes. I did it. I won my 4th race in a row and I now hold my 4th record in a row. Who would have thought that in a year I'd win 3 solo 100km events, and break or set a record for each one, also breaking a mixed record for a team 100km event?

I bent over and coughed my lungs up, wheezed and reached for my asthma drugs. I was stuffed. I was having problems breathing. I was not injured. Finishing the GOW uninjured was my main goal of the day. Even my shoulder fared much better than at SCC, so this was promising. Brendan gave me a huge hug. The super star ran it in 9 hours 16 minutes, and my mate Damian Smith, 3rd in the men's in 10 hours 38 minutes, soon joined us in celebration. It was going to be a fun car ride back home to NSW tomorrow. It was the NSW raider's squad car.

Seven minutes later Izzy ran over the line looking as fresh as can be. I was blown away at how good she looked. I almost fell over when she told me she was 42. Her kids are taller than me! Izzy looks way too young to be 42. I'm in awe!!! The GOW was her 2nd 100km race and she looks like she could have run back to the start. Last year's winner Nikki Wynd took out the final place on the podium in a time of 12 hours 26 minutes.

Taking 2nd placed male, Damon Goerke also ran a sub 10 hour time in 9 hours 51 minutes. In the pairs, NSW runners again stole the show with Michael Meryment and his wife Annalisa Meryment smashing the pair's record with 11:47, followed by Samantha Gash and Dan Kruger in 12 hours and 27 seconds, with Grant Dewar and Gary Cobbledick in 3rd place with 12 hours 35 minutes. All three of

the pairs finished under the previous record for the relay division.

I would like to say a huge thank you for everyone who helped me out over the weekend. Andy and Wendy Hewat and Brett Saxon, your race is amazing. You thought of everything. The GOW is so well run; I had a ball. I hurt, it toughened me up and hopefully I'm not such a princess anymore. Thank you to all the volunteers who endured those cold conditions; you guys were all amazing at the checkpoints. A massive thank you to Dameon and his partner, Fleur, for driving myself, Brendan and Damian around; we would have been lost without your help. Semeer, thanks for my champagne. Mikio, thanks for taking 5th spot off me in the last kilometre of the event. Thank you Izzy and Nikki for pushing me to the end.

A massive thanks goes to Tony at the Port Campbell Hostel, your place was just what I needed; thanks for the beers and the chocolate. A huge thank you goes out to Brendan and Damian, I would not have been down there if it was not for you guys. I had a ball driving 13 hours back to Sydney with you both. A massive thank you to my sponsors Barefoot Inc, Max and Sally, for believing in me over the past year; I have gone from strength to strength because of your support. Thanks Hammer Nutrition - I love your products; they just keep me going. Ay-Up, I was too quick for your new All Rounder, but bring on GNW 100 Mile. I want to make it 5 records and 5 wins in a row!

I will be back in 2013 at the GOW. I think I can go much faster....

Great Ocean Walk 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		9:16:41	Davies	Brendan
2	2		9:51:44	Goerke	Damon
3	3		10:38:33	Smith	Damian
4	4		11:26:27	Beard	Dan
5	5		11:39:52	Miyazoe	Mikio
6		1	11:40:54	Stephenson	Shona
7		2	11:47:11	Bespalov	Isobel
8	6		12:26:18	Gillies	Cameron
9		3	12:26:22	Wynd	Nikki
10	7		12:28:47	Murphy	Phil
11	8		12:45:22	Corbett	Wayne
12	9		12:49:30	Graham	Dave
13	10		13:11:00	Hurst	Blair
14	11		13:24:25	Collins	Michael
15	12		13:29:45	Trevena	Daniel
16	13		13:41:18	Trotter	Simon
17	14		13:41:37	Walter	Nathaniel
18	15		13:45:06	Drummond	Steve
19		4	13:54:41	Wallace	Natalie
20		5	14:00:23	Macmillan	Katherine
21	16		14:15:28	Angel	Tegyn
22	17		14:20:35	Perraton	Luke
23	18		14:21:39	Smith	Jamie
24	19		14:33:19	Falls	Mark
25	20		14:44:29	Berry	Kieron
26	21		14:53:06	Gullifer	John
27	22		15:03:31	Bowden	Damian

Bold SURNAME indicates AURA member.

Great Ocean Walk 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
28	23		15:22:36	Sutton	Rob
29	24		15:22:46	Mitchell	Scott
30		6	15:25:31	Dover	Ruth
31	25		15:34:31	Orr	Duncan
32	26		15:35:19	Steinerts	Ashley
33		7	15:39:53	Alirezade	Tayebeh
34	27		15:48:08	Schodde	Carl
35	28		15:57:41	McDonald	Andrew
36	29		16:00:34	Bolus	Ryan
37	30		16:12:01	Pooi	Choon Poh
38	31		16:13:00	Evans	Owen
=38		8	16:13:00	Cowling	Gayle
40	32		16:22:52	Josephs	Derek
41		9	16:33:14	Barker	Nicole
42	33		16:33:16	Kew	Greg
43		10	17:19:00	Hepworth	Annabel
44		11	17:25:47	McTaggart	Kerryn
45		12	17:29:22	Maguire	Cathy
=45		12	17:29:22	Donnelly	Michelle
47	34		17:39:53	Lumbroso	Joachim
48	35		17:47:40	Bell	Matthew
49		14	17:52:33	Bennett	Kelly
50	36		18:25:02	Anderson	Jason
51	37		18:27:11	Klitscher	Paul
*			18:47:34	Bowd	Todd
*			18:47:34	Cooke	Geoff

Bold SURNAME indicates AURA member.

Great Ocean Walk 55/45 Relay			
Rank	Time	Last Name	First Name
1	11:47:23	Meryment Meryment	Michael Annalisa
2	12:00:27	Gash Kroeger	Samantha Dan
3	12:35:29	Dewar Day	Grant Paul
4	12:47:45	Krolkowski Peper	David Marnix
5	13:33:05	Weatherly Jones	Clare Brian
Bold SURNAME indicates AURA member.			



Greg Kew and Nicole Barker supporting each other on the trail.
– photo courtesy Brett Saxon



Hume & Hovell

Hume & Hovell Walking Track, NSW

October 20, 2012

Hume & Hovell 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		5:02:20	Cuthbert	Paul
2	2		5:13:50	Pearce	Steven
3	3		5:35:04	Breckenridge	Wylie
4	4		5:36:18	Greenwood	Ben
5		1	5:49:18	Avalon	Jessica
6	5		5:53:49	Horwood	Chris
7	6		5:59:31	Howells	Scott
8	7		6:06:18	Moody	Alex
9	8		6:11:06	Avery	David
10	9		6:34:37	Kime	Darren
11	10		6:38:10	MacDonald	Paul
12	11		6:42:20	Mackett	Joffrid
13	12		6:42:20	Ernst	Ingo
14	13		6:48:17	Penson	Joel
15	14		7:15:45	Brown	Paul
16		2	7:15:45	Brown	Janine
17		3	7:27:22	Watson	Elizabeth
18	15		7:37:50	Jurkiw	Yaroslav
19	16		7:51:14	Watson	Stephen
20	17		7:51:14	Buchanan	Jed
21		4	8:40:50	Schindler	Tanya
22		5	8:44:22	Hurley	Bernadette
23		6	9:17:50	Fitzpatrick	Valerie
24		7	9:28:59	Tibbs	Colleen
Bold SURNAME indicates AURA member.					

Hume & Hovell 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		11:45:43	Donaldson	Edward
2	2		12:03:57	Gamble	Malcolm
3		1	12:25:27	Richardson	Sarah
4	3		12:50:13	Solari	Mark
5	4		13:04:46	Rowe	David
6	5		13:08:29	Muller	Kevin
7	6		13:21:06	Kirkbank-Ellis	Gordi
8		2	13:32:31	Peach	Elouise
9	7		13:49:01	Pickering	Gary
10	8		14:10:58	Davis	Morgan
11	9		14:24:21	Davis	Kurt
12	10		15:14:12	Hudec	Peter
13	11		15:31:12	Lamb	Giles
14	12		16:07:08	Duffy	Simon
15		3	16:17:57	Watson	Hunna
16	13		16:20:41	Savill	James
17		4	16:20:41	Muston	Pam
18		5	16:29:20	Maloney	Lyndal
19	14		16:37:02	Sutton	Rob
20	15		20:45:00	Mackenzie	Brett
Bold SURNAME indicates AURA member.					



AURA Member Profile

Kieron Blackmore

Name: Kieron Blackmore

Age: 56

Birthplace: Dublin, Ireland

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

Number of years running: 54.5 years

Number of years running ultras: 2.5 years

Favourite running terrain (and distance): NSW National Parks and Blue Mountains type trails. 100km is a nice distance and gets one home in time for a night's sleep.

Hours and/or distance spent running each week: Averages from 50km to over 100km a week when the stars are in alignment.

Some ultras completed:

2011: Comrades, 6 Foot Track, Canberra 50km, The North Face 100, Glasshouse 162km, GNW 100km, Coast to Kosci

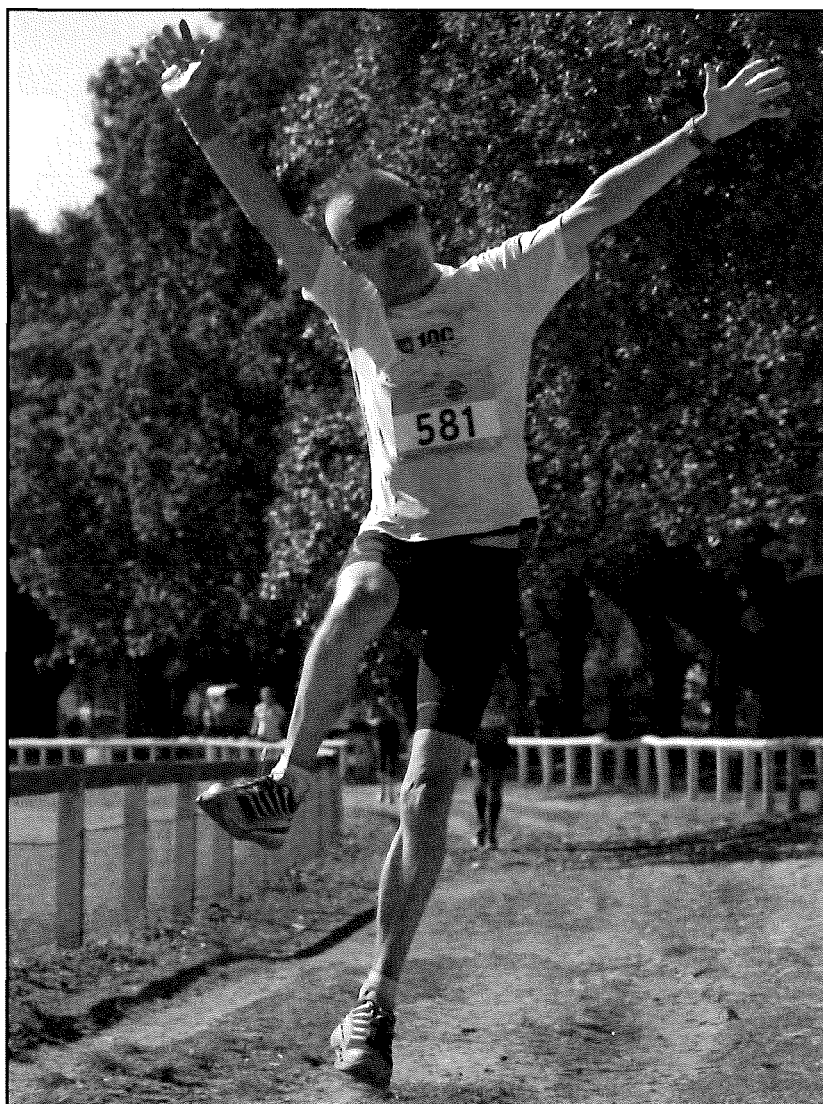
2012: Comrades, Glasshouse 100km, Centennial Park 50km.

All set for GNW 100km and Coast to Kosci again.

Running related injuries: Does the loss of every toe nail over 2.5 years count? 2012 had me sidelined for 4 months from an inflamed left knee, followed in quick succession by a lazy left glute and a right knee meniscus tear. Apart from that, it's the usual selection of rolled ankles, gashed knees, wounded pride, bruised ego and the occasional hissy fit.

Hobbies outside of running: Travelling overseas but that usually includes some sporting event. I've been lucky enough to work, live in, or travel to every continent except South America. I need to diversify my interests!

Occupation: IT Infrastructure Program Manager



Kieron at the Centennial Park Ultra



AURA Member Profile

Vanessa Bolton

Name: Vanessa Bolton

Age: 40

Birthplace: Arica, Chile

Currently living in (suburb, state): St. Kilda, Victoria

Number of years running: 20

Number of years running ultras: 1 year. Although I did a 95km run/walk from Arica, Chile into Bolivia with 1300m altitude with my mother when I was ten years old.

Favourite running terrain (and distance): Trails, 50km

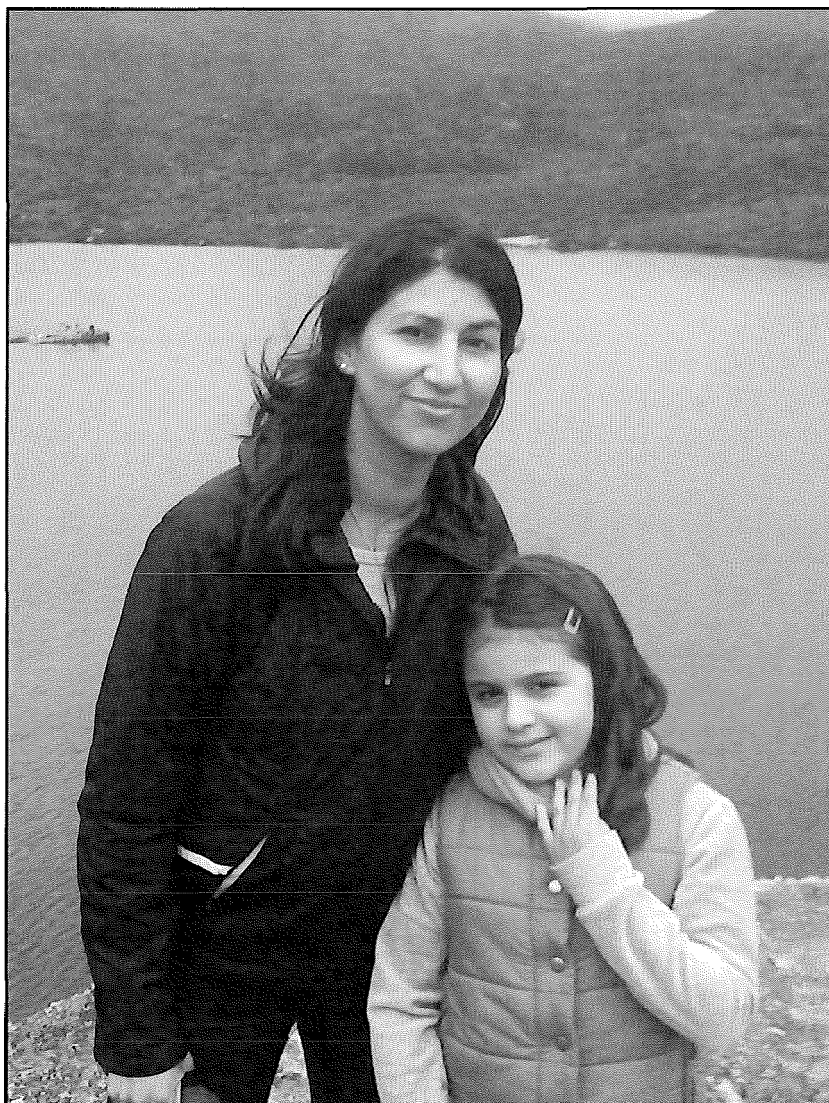
Hours and/or distance spent running each week: 60 to 120km per week on road and trails.

Some ultras completed: Two Bays Trail 56km, Rollercoaster Run 43km

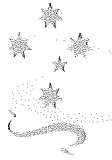
Running related injuries: Plantar fasciitis, but it hasn't stopped me from running. Stress fractures about 4 years ago.

Hobbies outside of running: Walking, cooking, reading.

Occupation: Self-employed



Vanessa with daughter Isabel at Cradle Mountain, TAS



AURA Member Profile

James Roberts

Name: James Roberts

Age: 25

Birthplace: Kalamunda, Western Australia

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

Number of years running: 2 years

Number of years running ultras: 1 year

Favourite running terrain (and distance): Trails by far! Especially technical single tracks through forests and hills, as well as mountain trails that have amazing views at the top. Anything from 50 - 100km.

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

Some ultras completed: 6 Inch Trail Marathon, Kep Track 75km, Surf Coast Century 100km.

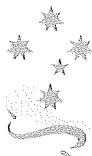
Running related injuries: Soleus tears, Iliotibial band syndrome and gluteus medius issues (mainly due to muscle imbalances).

Hobbies outside of running: Playing guitar, gardening, coffee, mountain biking, bush walking and travel.

Occupation: Exercise Physiologist by study, landscape gardener by employment.



James in London, July 2012



AURA Member Profile

Kate Sommerville

Name: Kate Sommerville

Age: 41

Birthplace: Melbourne, Victoria

Currently living in (suburb, state): Maylands, WA

Number of years running: 9

Number of years running ultras: 5

Favourite running terrain (and distance): Spring and autumn groomed bush trails. A 34km is a nice distance to make you feel alive but still able to do something else.

Hours and/or distance spent running each week: 80-120km

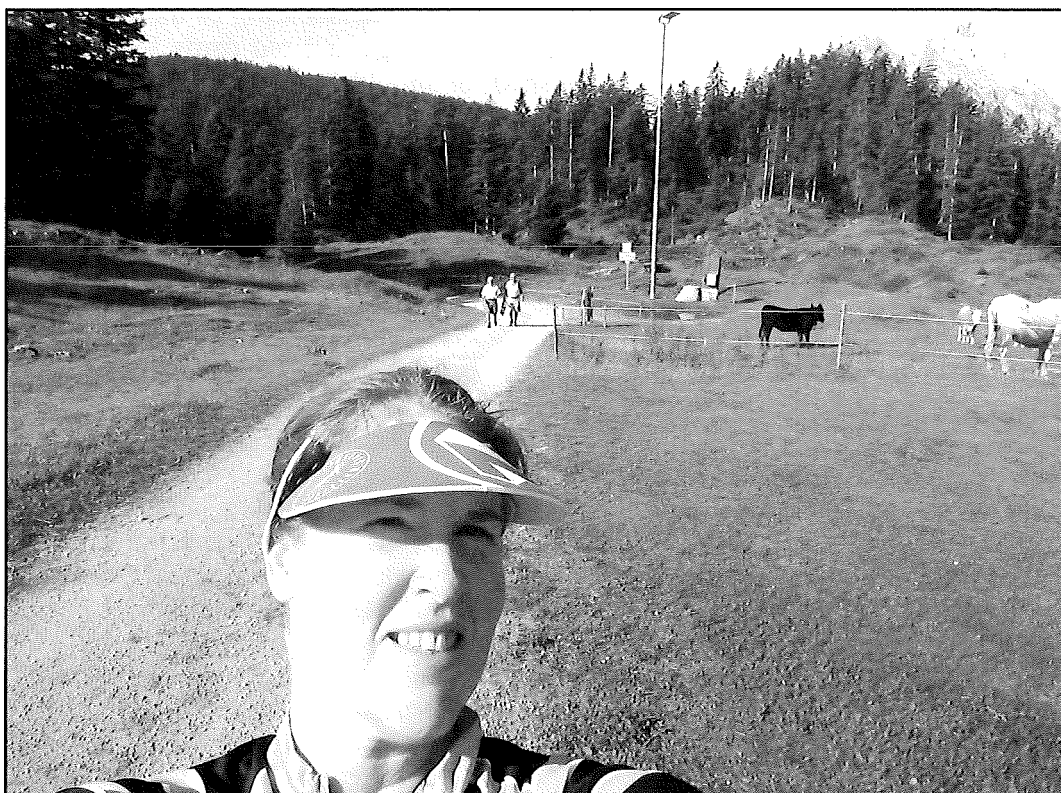
Some ultras completed: Comrades, Kep Ultra, Perth 40 Miler, Tan Ultra, 6 Inch Trail Marathon, and a 6 hour track race.

Running related injuries: I am lucky to not get too many injuries; I usually do something silly like trip and break something. My problem area is my weight.

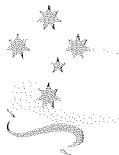
Hobbies outside of running: I am a board member for a minerals professional institute, the AusIMM. I do around 200 hours of volunteer hours a year providing leadership and professional opportunities for 10,000 members. It's my final year.

Occupation: I am a mining engineer by trade and recently held manager roles at a fly-in-fly out operation. Sunset runs in the Pilbara on the 2.5km bush trail were magic. I've taken a 6-month sabbatical to complete my last AusIMM year. I am looking forward to taking on a role where I can run a little more. 100 miles and a 24 hour are on the agenda for 2013!

The photo: After a few years of taking my non-running husband around the world for running events he decided to take me on a motorcycle holiday in the Austrian Alps. The back of the bike was a great way to see the country. I managed to steal a day to do a long run close to Seefeld, Austria. With over 260km of signposted, groomed trail, cafes at the top of hills, and spectacular scenery I was in heaven.



Kate on a cycling holiday in Austria, July 2012



Interview with Carol Baird

by Bernadette Benson

Hi Carol. Thanks so much for consenting to the interview. I am personally really looking forward to getting to know a bit more about you. I moved to Australia four years ago and became heavily involved with AURA about two years ago. Over the last two years, your name keeps cropping up...I'll be updating one of our event pages with the latest winners and see your name as a previous winner...Or looking at the female AUS records and spot the name...

So this past week I started hunting a bit more. Who is this Carol Baird? Well, first of all, I see you currently hold nine Australian age group track records in the W50 and W55 categories, and one Australian age group road record. You hold the W60 record for the Six Foot Track Marathon. You are a Centurion - someone who has walked 100 miles in less than 24 hours. From what I understand, actually, you are a Centurion at least 10 times over and in at least three countries.

It looks like you came late into ultrarunning, as nearly all the race results and records I see are from 2005-2006. Where did you actually get your start? Race walking? And when?

My first long distance walking event was in 1998 when I set myself the goal of walking 100km

in 24 hours.

Prior to this my only walk experiences, apart from bushwalking when I was younger, had been the annual Two Day Walk walking event in Canberra. This is not a competitive event but a challenge walk of 30km on each day - Saturday and Sunday. It was during the seventh year of participating in this event I decided to give myself a challenge to see how quickly I could walk these distances. On the second day I met a member of the ACT Racewalking Club who invited me to come along to a "come and try day."

This, I think, may have been the beginning. The race-walking technique came quickly to me and after only two months of attending each Club Saturday event the opportunity to enter the annual ACT Lake Burley Griffin Race Walking Carnival became available. I entered the 5km event and with absolutely no understanding of the rules of warnings and red cards I finished, or should I say survived, without being disqualified.

However, I refused to do race walking training as I thought people would look at me as peculiar. One event to follow was a 10km walk and I entered totally unprepared. I think

I had more movement from my mouth complaining about how much my legs hurt. It was after this that I considered training to be necessary. My training primarily consisted of walking around the West Basin of Lake Burley Griffin (16km) each Tuesday morning with two blokes - one of them was already a Centurion (having walked 100 miles in 24 hours). I



Gold Coast 24 Hr, 2003 at the 100 mile mark.

usually lagged behind listening to them talking about a coming Centurion Walk in Melbourne.

I thought about this and agreed it would be a challenge, but all I wanted to do was walk 100km. I reckoned that being able to do 60km all up over two days in the Canberra Two day Walk would get me through halfway, and there was 24 hours to get the other 40km out. But it was so hard! Even though I got through the first 50km in a respectable 6 hours 50 minutes, I had blisters in the first 30km. I had a rest and mentally calculated I could have many more rests to find the second 50km. This was a big mistake! As I hobbled over to the lap scorers they asked me if I was retiring. "No way," I replied, with my feet absolutely killing me. Then I knew that the only way to finish was to keep going - no more stops even though my feet were absolutely killing me. I finished in 16:16:10. I ended up with disgusting feet and was hardly able to walk, but I was more determined to return the next year and tackle 100 miles.

This I did in September 1999 at Coburg in Melbourne. I completed 169.252km in a time of 22:16:43 and became the 39th Australian Centurion. My enthusiasm for this type of event then became evident in that I completed three 100 mile walks within 12 months. I then went to New Zealand and was successful in winning two years in



Australian Mountain Running Championship, Mt Tennant, ACT 13km, 2007.



Gold Coast 48 Hr 2005 – finishing with 298km 89m

a row and became a New Zealand Centurion. The opportunity to compete in the inaugural Malaysian 24 Hour walking event occurred less than eight weeks after the New Zealand event in 2001. Again I completed another 100 mile walk, and finished second female in a truly international event.

It was obvious that I had the capability for endurance - and to put all pain and discomfort aside was also an attribute (or perhaps silly or mad). Additionally I have a very strong mental focus.

Why did you decide to move from walking to running ultra distances?

After some time as a walker, and beating so many runners in open ultra events, I started to dream about running instead of walking. It meant that all I had to do was not tick the walking box on the entry form, and start training to run. At this stage I hadn't run more than 10km. It was hard at first, but I managed to get some reasonable time and distance comfortably achieved before I entered the Queensland Gold Coast 24 Hour event. This was my first ultra distance run in August 2003, and I completed 188.645km. I won this event, first female, and went on to further successful runs. One I am proud of is winning outright the Coburg 24 Hour run in April 2004 (189.292km).

I saw reference to you perhaps holding world age group records, but those don't appear to be current. Did you indeed hold a world record at any point?

According to the World Best Class Ages report of 31 December 2005 I held the W55 12 Hour track event record of 108.8km, after a race at the Gold Coast on 12 August 2004. I bettered this distance on 30 September 2006 in the Sri Chimnroy event in Adelaide by attaining 111.304km. I believe that at the time it was also a world record, but it was never ratified. Both of these distances have since been bettered by other talented runners.

Can you tell us more about what happened with the ankle injury in 2007 that I heard took you out of the sport entirely?

Now that I had "become" a runner, to be able to run the Six Foot Track became my ultimate dream. All those years that I was a walker I took interest in this event and thought I would love to be able to compete in it. I love the bush/trails and bushwalking. At last, in 2004 I entered and completed the run in 5:40:15. In the 2005 event I got my time down to 5:01:33. I trained particularly in regard to the down hills and I had also just completed the Australian Alpine Walking Trail – 7 weeks backpacking over 680km from Walhalla in Victoria to Namadgi in the ACT. I believe this walk gave me great strength in my legs and I also lost weight, making me a better runner. As a 56 year old I happened to do my best times – ran my first single Canberra marathon in 3:32:49, and followed up with the 50km in 4:18:51. This still stands as a W55 Australian Record.

Then in 2006 – disaster! I did a "Did Not Finish" in the Six Foot Track event. Only 20 minutes into the race down Nelly's Glen – I was in absolutely awful pain. I went over on my ankle, bounced back on the other side but I

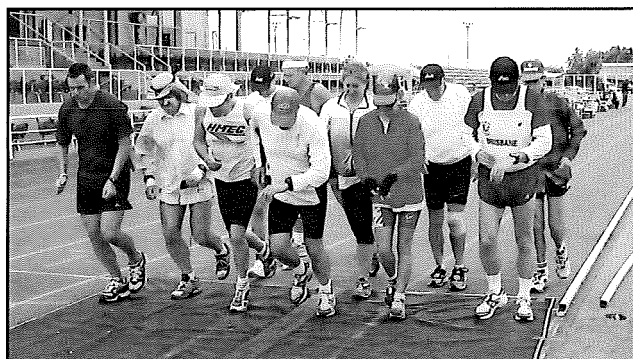
didn't fall over. I think I had more pain knowing that I couldn't even hobble for the next 7 hours. I got over the disappointment and the injury, but who knows if that was the beginning of the complications with my ankle.

I subsequently ran the 24 hour Adelaide event with my ankle taped. I continued to manage my oft-aching ankle with physio and learned how to tape correctly. I taped it for the 2007 Six Foot race and managed a 5:37:50 finish. I then put my focus on completing the Coburg 24 Hour run in April, but sadly my ankle was getting too painful.

I subsequently had an ankle arthroscopy in May 2007 and was told by the doctor that that was it. No more running, not even ultra walking. I was told to imagine a bald tyre leaving Canberra to drive to Brisbane – what condition would it be in? The same would happen to my ankle if I continued. The following months became very frustrating but at least I gave my ankle good recovery time.

It turned out that the "tyre wasn't bald" after all, as you continue to run the Six Foot Track Marathon and recently ran a sub 4hr marathon to qualify yet again. But do you have lingering issues in regards to injury?

Around January 2008 I was getting frustrated at not running/walking and getting very unfit so I started doing some short runs and started to consider the Six Foot Track race again. I did minimal training and relied on the 7 hour cut-off. My previous times still allowed me plenty of walking if I need it. I subsequently ran 5:50. Wow! My ankle wasn't too bad so I decided



Gold Coast 48 Hr 2005 – start line



*Coburg 24 Hr 2004 outright winner, 189.692km,
with Kevin Cassidy*

to enter again the following year, put in more training and hopefully do a better time.

Along came the 2009 Six Foot Track race, and having just completed my second Australian Alpine Walking Trail walk, which took me away from running and everything else for 7 weeks, this time walking north to south, I commenced training around January. I ran 5:02:08 and, to top it off, it was my 60th birthday the next day. One more day and I could have dramatically reduced the W60 record. I returned in 2010 and ran 5:04:10 to claim the W60 race record, also earning my buckle (6 runs). I was so happy; I was still running, contrary to what my surgeon/specialist had said.

Also in 2009, after Six Foot, my husband and I planned a holiday in the UK and he mentioned to me that the British Centurion 24 Hour Walk was on the weekend before we returned home. My brain started ticking; "Would I do it?", "Would I wreck my ankle?", "Who cares?" I just wanted another Centurion number to go with my Australian, New Zealand and Malaysian numbers. Mothers' Day (May 2009) was my first training walk; 16km around my old training ground of the West Basin of Lake Burley Griffin. Three weeks later I completed the 20 Mile event at the ACT Lake Burley Griffin Race Walking Carnival. But I was still going to have to find another

80 miles. We flew to Britain the following Wednesday. In between travelling, holidaying, and visiting relatives I found some time to train. The canal banks were fantastic for providing long walks and the longest I walked was for about 5 hours.

So came 11-12 July 2009 and I walked another 100 miles around the Roley Mile Race Course in Newmarket England. After 6 weeks of excellent weather, it turned out to be a traditional English summer day and we had heavy rain for most of the event. The track was an unusual mix of road, potholes, rises and downs, turns and gates. I attained my 100 miles in a time of 22:34:06 and became a British Centurion. I came home on the aeroplane the following Wednesday with "Michelin Man" legs.

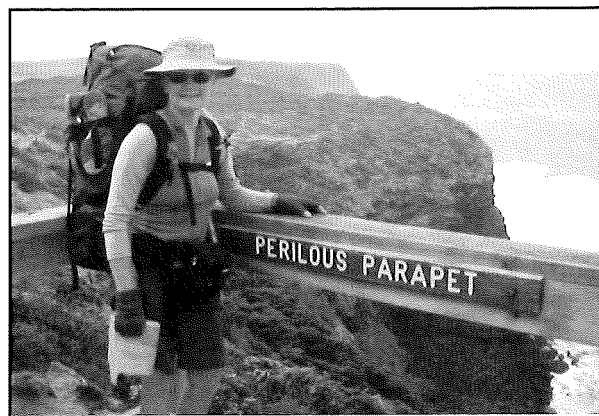
After this I was going to accept that my ankle would now be completely stuffed and that perhaps I would not be able to run again. But I gave myself good recovery time and plenty of rest, ice, and anti-inflammatory creams. I got over it and found myself back into running with no ill effects on my ankle. As previously mentioned I ran the Six Foot Track race in 2010 and attained the W60 race record. I missed the 2011 Six Foot Track event as we went on holiday.

I had planned to enter the 2012 Six Foot event, and to qualify I ran the Wilson to Bilpin 34km and attained a qualifying time of 3:40. However, my daughter's wedding put a stop to competing (as did the washout, anyway). During the run, though, I injured myself and it took 5 months to get over the torn muscles in my buttock. With 7 weeks of training behind me I entered the Canberra marathon in April with the aim of getting a qualifier for the 2013 Six Foot track. I achieved this in a time of 3:52:10.

During your apparent peak around 2005-2006, what was your weekly training like? How much distance were you doing? Did

you do speed work, run trails or road? The training takes a lot of time – were you working at the same time?

During this time it was a continuation approach. I'd come off one and have a couple of weeks rest, then approach training again. I have always believed that quality rather than quantity is the approach. I would have good rest days between long runs of 3 to 4 hours, maybe covering 80-100km per week. I would also bike regularly between runs. I put focus on my training two to three months out from an event. I would put consecutive days together covering much longer runs averaging 30 to 36km, never really any longer. On the day of the race my determination and mental focus took over. I was working briefly for two years but still made time after work and weekends to do the important training. I would use the track season with ACT Veterans Athletic Club to gain speed. I only do a few sessions of speed and hill runs a few weeks out from training for the Six Foot race. I would run/walk Mt Tennant (5km to a top intersection then return, very steep), near Canberra, every fortnight at least 6 weeks out from the Six Foot race. It would give me strength and agility over the many rocks that are on the track. I do believe in running on bitumen regularly as well as the trails. When I was doing the walking ultras they were always on bitumen; I had to get the hardness in my legs as the 24 hour walks were all on tracks, and we all know track running can make our legs quite sore.



Finishing 250km Great South West Walk, Victoria, September, 2012.

Sri Sri Chinmoy Self Transcendence Ultra: 3100 Miles Around the Block Queens, New York USA from June 17, 2012 by Grahak Cunningham

Founded in 1997 by fitness guru Sri Chinmoy, to exemplify the endless possibilities of the human spirit, the Self-Transcendence 3100-Mile Race is held every year on a concrete footpath around an 883-metre block in Queens, New York. It's the world's longest official foot race. Runners are given 18 hours a day, from 6:00am to midnight, for 52 days, to run a minimum of 60 miles a day to complete the distance. This involves circumnavigating the block 5649 times. Over the duration of the race, runners wear out fifteen pairs of shoes, and their feet swell an extra size. In a typical New York summer, temperatures can reach 40 degrees Centigrade with 85% humidity. Competitors must contend with boredom, fatigue, torrential deluges, extreme pain, injuries and sleep deprivation - but most of all, they have to deal with themselves. Outwardly for their efforts they will receive a plastic trophy and a t-shirt; inwardly, they will make a lifetime of progress. Wolfgang Schwerk holds the record of 41 days.

My last 3100 mile race was a second place finish 2009. I watched the next two 3100 mile races from the sidelines. Seven-time winner, Finland's Ashprihanal Aalto, was the favourite in 2011 and established an early lead on the rest of the field of around 100 miles and was, given his record, seemingly unassailable. Two new Ukrainians started to monster him. Without a handler, drinking way too much Coke (which he preferred over water), and the constant pressure from the Ukrainians from behind, four days from the finish he cracked. Suffering heat stroke, he was hospitalised and put on a drip. Returning to the course, miserable

and beat he walked the remaining distance. Sarvagata Ukrainsky was crowned the new champion, Igor Mudryck came a close second, and Ashprihanal took third and announced he wasn't going to come back for 2012.

By February 2012 I was motivated to race again for the fourth time. I got into reasonable shape and started serious training for the race: 5 weeks of 160km, 2 weeks of 200km, and 1 week of 220km. I decided to write a last will and testament before I left. No one has died in the 3100 but I thought I might be the first. "I'm not signing that," said one of my house mates, "it's like signing your death warrant."

"But you're getting my car." I argued.

"Your car is rubbish," he reminded me, "and I'm not signing it."

I went down to the local pharmacy and they refused to witness it.

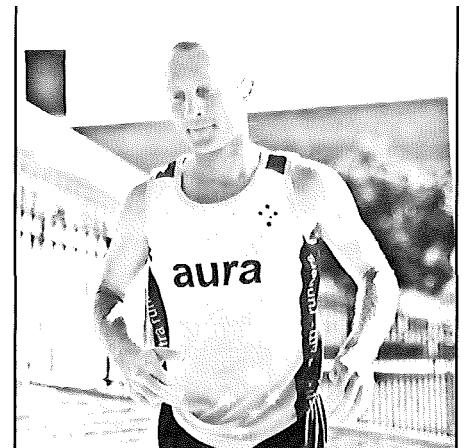
"We don't even know you," said the young Asian pharmacist, with her assistant looking over her shoulder.

"You don't need to," I said, starting to get frustrated. "Just sign it. You guys sign anything and everything anyway." In the end, after my persistent begging, they reluctantly witnessed it. I left it on my bed incase I died during the run and flew to New York the next day. When I told the other runners I had done up a will before the race they thought it was pretty funny.

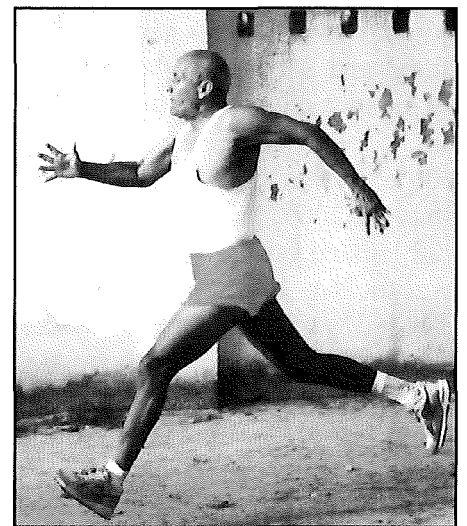
I had the usual feelings before the race - nervousness, trepidation, excitement, all mixed into one. I wanted to get started. By the time

it came around I had already been in New York six days and been tapering for a few weeks. Any longer and the effects of all my good training would have started to wear off. I thought I had the capacity to average 70 miles a day (113km) for the race and that was my main goal. In 2009 I came close with an average of 69.8 miles. If I could stay free of the horrendous blisters that affected me in the 2009 race, I thought I could do it.

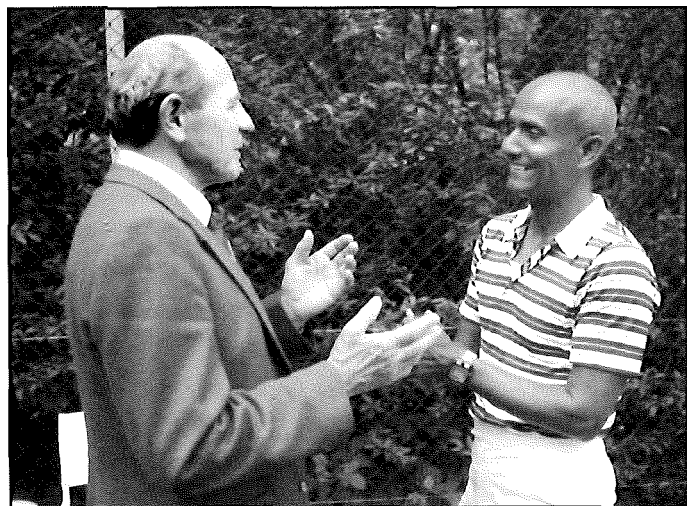
The start was innocuous. The weather was perfect, no rain and not too hot. Everyone did really well. The first day is great. Everyone



*Grahak on Day 22.
- photo courtesy Grahak Cunningham*



*Sri Chinmoy, race founder
- photo courtesy Grahak Cunningham*



*Sri Chinmoy with close friend the great Zatopek
— photo courtesy Grahak Cunningham*

runs fast, is happy and physically fresh. The days and weeks of lack of sleep haven't set in and the body is fresh and injury free. The small rises in the course don't seem like hills yet and it is easy to feel strong and still have a great spring in your step. I only had the fourth highest mileage of the day with 78 miles. The new runner, a 46 year old Russian wood cutter, Vasu Duzhiy achieved 81 miles.

The weather stayed perfect again for day 2 and Vasu did another 81 miles, leaving the course at 11.15pm. Most runners were murmuring what an amazing start he was having and admiring his speed, while others were wanting to offer him words of advice. The ultimate and regular mistake of an enthusiastic first-time-3100-runner is to go out too fast. He slowed the next day, and the next; by day 9 he only did 48 miles. He revealed his injury and showed some runners the blister on the bottom of his foot. It was repulsive and more like a hole. It was worse than the one I had in 2009, though in a better spot located on the pad below the third toe. My handler took a photo of it and was promptly told by the race directors not to put it on the web as it would upset people too much. The blister hindered him for the entire race, but in the end he was one of only 6 runners to finish in 2012 just 7 hours before the 52 day cut off.

have been faster. Mentally I was really down and frustrated as well. There is not much worse in the 3100; I was moving slowly, had no energy, my body was tired and my mind was depressed. I came out of that trough and learnt a lot from it. I had other days in the race where I could barely move, but I just surrendered to it. I would try every conceivable solution, such as changing shoes, caffeine, a short sleep, leg rubs, and so on. But if nothing would work I would just accept that laps would be slow going that evening and try and remain cheerful. If my body wasn't going to cooperate at least I could be detached and control my mood.

By the end of the first week I was running consistently and my mileage was on track for the 70 miles a day average for the race. By the end of day 8 I found myself in the novel position of leading the 3100 mile race. There is a lot of pressure being first, and to go with it Sarvagata was beginning to return to his 2011 form and was really picking up his mileage.

Sarvagata turns into a super athlete in the race. His skin goes really tanned, so brown he wouldn't look out of place playing basketball with the African American's that play on the courts on the weekend. He comes in overweight and judging by his starts in 2011 and 2012 slightly under trained. Then

My first really tough, hot days were on days 4 and 6. I ran well in the morning and had my usual 20-minute break at 2pm. After I left the van I had nothing left; my body was just totally devoid of any energy and I was barely moving. I kept trying to run but walking would

he begins to shed kilos; he lost 14 kilograms in the race. Rapidly reaching an ideal running weight he starts doing really big miles. On day 9 he ran very strongly. He was ahead of me all day but I passed him in the afternoon, regaining some laps as he slowly warmed up after a break. We passed the lap counters area at the same time and they called out our laps. He heard I was ahead and looked surprised, grabbing my lap sheet from the counters in disbelief to double check everything was correct. "You are so strong Grahak," he commented. I knew he was chasing me then. I was Sarvagata's rabbit.

The pressure became immense at this time and my mind started to drive me a bit crazy. I started to imagine a sprint finish on the last lap, or being passed just a day out from the finish. All this and I still had thousands of miles to go. Sarvagata's helper was really pushing him. He would check my laps every half hour to see if I was ahead or behind for that day. Also he would update the mileage board really frequently when Sarvagata was gaining on me just so I would take notice and feel more pressure. I started to dwell on what it must have been like for Asprihanal the previous year with two runners chasing him down, and a parochial team of Ukrainian helpers against him adding to the mix, while he had no one.

It wasn't all negative having someone chasing me. It was definitely taking me to a place, in terms of mileage, where I hadn't been before and was doing many personal bests. One day I did 74 miles (119k) and left the course at 11.15pm. I was having really nice meditations, particularly in the mornings and evenings. It is hard to explain what happens, but one night I just felt immense gratitude and love in my heart. I felt myself getting more and more energy and power, and my heart expanding and expanding. It was one of the nicest meditations I have

ever had, including formal ones in front of my shrine.

I started to develop a swollen Achilles in week 2. It has happened in every race so I wasn't too concerned. It was painful to touch and stretch but it didn't prevent me from running. Skeletally and muscularly I was fairing well. My main issue, as usual, came from my skin. Violent boils appeared on my upper inside thighs and all my leg hairs in that region fell out. From the continuous friction of thigh on thigh the skin was irritated and red. When I touched the skin it was so hot it felt like I could boil an egg. The rash soon spread inside my shorts and onto my perineum; it would itch uncontrollably at night. I would lie in bed screaming and crying trying not to scratch and desperate to fall asleep and get some rest. I never once had a deep sleep; the rash and dreams about running took care of that.

Soon another type of rash developed that started to appear in regions where sweat would gather. Worst under my armpits, it became really painful. Anytime I reached for something the skin would agonizingly crack open. It spread further down the center of my chest along anywhere sweat would trail, right past my navel then on to my back, arms and hands. Soon I was pretty much covered in it, and it looked and felt evil. Someone suggested it was a good thing having the rash as it was "healing as a lot of toxins were coming out, leaving the body." Personally I would rather that it stayed suppressed and I just died a few years earlier! Two doctors examined it and said it was from my liver being intoxicated. One said from painkillers, and the other from too much coffee. I was having four to five coffees a day but a lot of people drink that much. As for the painkillers I only really took ibuprofen in the first ten days to deal with pain whilst sleeping, and then very intermittently. So a real diagnosis was never made or

proven.

I started taking an Epsom salt bath every night. The bathtub was really just a glorified bucket. I just fit into it with my legs hanging over the edge. It was really relaxing and I started to look forward to it in my last few laps every night. I finished with a shower and applied a magical mix of cream and rose oil, which was meant to be soothing. One night I thought it would be really good to have a chair to sit on in the shower. I had been to Myanmar earlier in the year and many of the outdoor food stalls had little plastic kiddie chairs you could sit on as you slurped your noodles and this is what I really wanted.

Sure enough, riding to the race the next day, in front of the last house before hitting the course, in someone's rubbish pile was a kiddie chair. It was wooden but looked perfect. I grabbed it and rode with it the rest of the way to the start. Someone drove it over to my accommodation so I could use it that evening. I was looking forward to using it all day and was amazed at how my desire for a chair was so quickly and miraculously fulfilled. When I got home I turned the shower on and collapsed, exhausted, onto the kiddie chair and fell straight through it. I felt pretty stupid, it was in the rubbish pile because the top was cracked and was an obvious a death trap for someone's toddler. It was hard to extract myself out of and I was lucky not to do myself a serious bum injury. Fortunately, one of my housemates at my accommodation was a carpenter so he repaired it complete with extra

reinforcement and padding for comfort.

All the creams and salt baths provided a little relief, but the rash stayed with me for the duration of the race. To run I required strategically placed paper towels. The only times the rash prevented me from running was during rain storms when my running shorts got water logged and rubbed heavily on the pimples on the skin. I would have to retire to the van and change into dry clothes. I still have marks on my skin, several weeks after finishing.

By day 13 I reached 1000 miles. I got a call from Australia notifying me that I had taken the road record. It was held by Tony Rafferty for 24 years, so it was nice to break it in 13 days+16:39:22. I celebrated it with a quick photo next to the mileage board. It was almost the end of the evening so I did a couple of more laps before going to bed.

After day 13 I had to block a lot of thoughts out of my mind as I was starting to calculate the day I would get passed. I resigned myself to the fact that, most likely, I would lose my first place, but not without doing a little more calculating. If I could average 71-72 miles, Sarvagata would have to do 73-74 miles to pass me. This wouldn't be easy for either of us. I really tried to just run my own race from then



*Grahak crossing the finish line
—photo courtesy Grahak Cunningham*



Grahak savouring the victory – photo courtesy Grahak Cunningham

on, and push myself to 131 laps to get above 71 miles. Reaching halfway on day 22 was probably my favourite milestone. After that it is like running down hill; every day starts to feel closer to finishing and it feels like you are coming home.

We both definitely made some tactical errors. It's hard to ignore the competition and easy to let things get out of proportion. "Do not enter into the world of comparison," Sri Chinmoy once wisely said, "just dare to better yourself every day, without fail!" All I had to do was maintain my average. If Sarvagata could pass me he deserved to win. I would be still improving my best dramatically and be well above my goal of a 70 mile average. All Sarvagata had to do was average 73 miles a day, which he was capable of. Instead, he started going ballistic and I tried to, mistakenly, stick with him. On day 23 I did 77 miles (125km), which is incredible for me. I couldn't believe it when Sarvagata still did more, reaching 77.9. Trying to stick with him was a mistake and I did it a number of times. I could only do it for a few days then the lack of sleep, high mileage, pressure, and lack of energy, would all catch up with me and I would dip well under 70 miles for the next day, undoing all my hard work. On day 26 I managed just 66 (107km) while Sarvagata did 75 (121km). Nine miles is a lot to lose.

Again and again I just had to remind

myself to ignore that I was being chased from behind and just run my own race. I received an email from a retired competitor, addressed to Sarvagata and me, saying he was enjoying the battle from his lounge. I ripped

it up in disgust. My helper lightened

things up a bit when, while I was asleep, he ignored my request to place a piece of chilled aloe vera down my sock to cool my feet. Instead he placed a greasy cheese stick. Tired and grumpy I didn't think it was that funny, although everyone else did. It took me 5 laps to appreciate the joke.

Sarvagata had a section mid-race where he averaged over 76 miles for a week. By day 28 he had reduced my lead to just 41 miles. On day 31 the incredible pace and hard work Sarvagata put in all came tumbling down and he suffered a nasty injury to his hip. On one side, his hip looked really swollen, almost "lady like," he stated, and below it was some kind of weird blood blister. Day 31 he managed just 49 miles, then on day 32, 56 miles. After that he never really recovered; his hip, shin splints and a sore Achilles plagued him, and he reached 70 miles only once more before finishing second in 46 days 3 hours and 42 minutes.

My brother arrived in the last few days of the race; it was a total surprise. An expat Aussie, who was coming down regularly to support me, said he had something from Australia for me. "Is it licorice?" I asked excitedly.

"No, it's better than that."

"Is it chocolate?"

"No, it's better than that."

"Impossible." I thought to myself as we had made it into camp, and there was Ian standing in the counting area. Understandably, my tireless helper Satyakarma Elliott got tired; he lost a bit of interest in the race once the sting went out of it. Exhausted, he fell ill, and some days wasn't coming down for long at all. My brother's arrival was perfect and he wanted to spend as long as could at the course serving.

I was helped by a lot of other people in 2012 who wanted to see me do well, to transcend my previous best. Dipali Cunningham, Australian world record holder for six days (512 miles), was working in "Annam Brahma," a local vegetarian restaurant. My hunger couldn't be satiated by the race cooks and the leftover salty dhal, rice, lasagne and carrot cake from the restaurant saved me in the evening when I was famished. Friends were cleaning my room or running my bath at home to save me time. Others were bringing down ice creams every day. I received numerous calls and emails from Australia, which really helped.

The 3100 mile race is such a special race. It raises me to another level. Coming into the last few days, part of me couldn't wait to do something else. It was easy to think, "I just want to get out of here." Out of respect for such an event I just killed those thoughts and tried to remain in a devoted consciousness. Running in the final day was such a relief. I always have some kind of niggling fear in the 3100 that I won't be able to run the next day. Coming in for that last day I was finally able to relax. It was quite a lonely race in 2012. Despite being on the same loop as the other runners, I hadn't talked to anyone much except for the Dutch runner Pradeep Hoogakarr, and Stutisheel Lebedev, another Ukrainian. I was pushing too hard.

"Do not give up. In order to reach your goal, be regular, be

determined, be cheerful! Do not give up, do not give up! The Goal is ahead of you. If you do not give up, you are bound to reach your destined goal." Sri Chinmoy

At 6 pm a real crowd appeared. A choir was coming down and I was told I could choose a song. I chose "My Australia" by Sri Chinmoy, which contains the line "You take a drop and give the Ocean." Word was sent out for someone to rustle up the music for the choir to use. Journalists and cameramen started appearing. The finish area was decorated with streamers, balloons, and flowers. It wasn't just my victory, but for everyone who helps or has even heard of the race, and for the world. I knew for winning you got a wreath to wear on your head. My head is pretty big so like so many other hats in my life (Christmas cracker paper hats, caps, bike helmets and so on) I was worried it wouldn't fit on my head.

Mainly, I just tried to offer gratitude.

The New Zealand girls who had cooked for me managed to find an Australian flag and I carried that for the last lap. Coming up the home straight, the crowd started showering me with rose petals and ringing bells. It was all very touching. I broke the tape that two Australians held and stood at the finish soaking it all in. I think everyone could rejoice in the achievement. As is the tradition for a finisher, the other runners had all waited by the lapboard for me to come through the tape. The choir sang a number of songs including my request, "My Australia." The song goes for about 7 minutes and the runners stood by on their sore legs and politely waited, ribbing me later for choosing such a long song. The race directors all congratulated me. I felt truly blessed. I finished first averaging 43 days 10 hours and 36 minutes

averaging over 71 miles (114k).

I'm lucky the race seems to fascinate people. Since finishing I have had enough work doing speaking so I haven't had to go back to real work yet, or real running, although I did manage a 10km the other day. Soon I will be 100%.



Grahak enjoying the completion of the journey with his crew – photo courtesy Grahak Cunningham

Badwater Ultra Marathon: My Ultimate Race of Endurance

Death Valley to Mt Whitney, California, USA

July 16-18, 2012 by David Eadie

My final few steps of the 2012 Badwater Ultra Marathon were pain free and filled with a huge sense of accomplishment. It was the realisation that I was about to finish the Badwater Ultra Marathon in 30 hours 24 minutes and 22 seconds and become the 10th Australian, and 1st Australian police officer, to ever finish what is globally recognised as the toughest foot race of its kind.

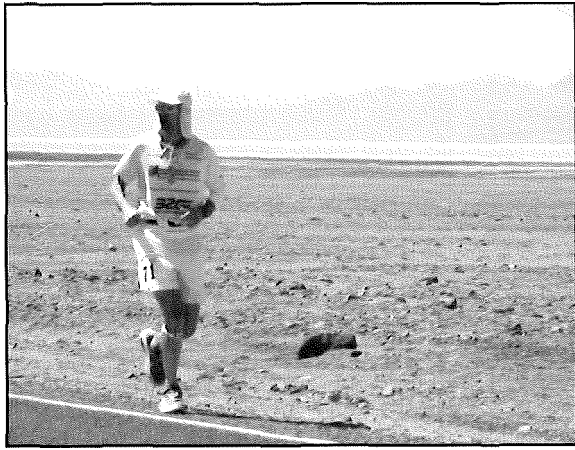
At 4:24pm on July 17th 2012 I crossed the finish line at Mt Whitney, falling into the arms of my wife Kim, our 4 year old son Lucas, and my race crew (Mike Toby, Adrian Panozzo, Casey Cooper, Bonnie Busch and Ian Sharman).

Wow what a moment; a surreal feeling that I had achieved my ultimate ultra marathon running goal. For ultra marathon runners Badwater is the Mt Everest of our sport; a brutal 217km journey along desert highways from Death Valley, California (282 feet below sea level) to Mount Whitney (the highest continental point in America at 8,360 feet above sea level), in a hellish environment of up to 120 degrees Fahrenheit, and a 48 hour time limit.

After many years as a middle distance runner and Ironman triathlete I first started competing in ultra marathons in 2006. It wasn't long before I was reading about the Badwater Ultra Marathon and watching documentaries on

this epic event. I was captivated. "Could I finish this event?" "Was this really possible; 217km on foot though one of the hottest deserts in the world?" From those first few years running ultra marathons I had a dream, a goal; to one day face this challenge and see what I was capable of.

After a very successful 2011 season where I was awarded the Australian Ultra Marathon Runner of the Year award, I submitted my application to compete in the 2012 Badwater Ultra Marathon. The process to compete is unlike most other races. You don't just enter Badwater - you apply. Each applicant must meet strict qualifying criteria. Runners must include past race credentials to



David at 20km. — photo courtesy David Eadie

show organisers they're capable of completing the race. Each year only 90 of the world's best credentialed ultra marathon runners are invited to compete.

It was with great excitement that in February 2012 I was notified I had been selected to race. The planning and preparation then commenced in earnest, and my main focus (outside of my training) was putting together a great crew that would take me across Death Valley. In an event of this nature crew are essential, and can ultimately make or break a runner's performance. I wanted a crew who would be engaging and positive, as well as have a range of ultra running experience.

After a search far and wide, I pulled together a magnificent crew who met all my needs. My crew consisted of Mike Toby (a friend and accomplished ultra runner who recently finished the Comrades Marathon), Adrian Panozzo (a friend and experienced endurance athlete who has completed the Marathon des Sables), Casey Cooper (a Las Vegas-based military officer and ultra runner), Ian Sharman (US-based elite ultra runner who was 5th at the 2012 Western States 100 Miler) and Bonnie Busch (a US resident, 3 time Badwater finisher and 7 time crew member).

Race rules permit runners to have a crew of up to 6 people with 2

support vehicles that can follow their runner along the route, providing food and drinks as required. Runners are permitted a pacer (after the first 17 miles) but at no stage are they permitted to run alongside or in front of the runner. They are affectively a 'butler'; someone to run behind providing drinks on request and, in most cases, carrying extra water to spray or pour over their runner.

In developing a strategy to keep cool and hydrated I spoke at length with several of the previous Aussie athletes who had competed and read all the available information on 'crewing' and 'surviving' the Badwater Ultra Marathon. The best practice, and the one I adopted for my race, was for the crew vehicle to drive on and wait a mile up the road each time, providing small but continuous amounts of nutrition and hydration as well as ice cold towels that could be worn under my hat. I also had a contingency plan for using an 'ice bath' which was an extremely effective tool.

At 10am on July 16, 2012, there I stood at the basin on Death Valley about to run the world's toughest ultra marathon. As the US national anthem was played the reality of what was about to occur finally hit me. In the days leading up to the event I had been extremely calm and relaxed about the race, but as I stood on the start line I became very nervous. Thankfully this only lasted a minute and once the start gun went off it was down to business.

As the race started the temperature was already 40°C and the radiant heat was extreme. I was surprised at the speed the 10am wave of runners went off at. I settled into a 6min/km pace which was comfortable

in the conditions. Conditions were tough but the toughest battle was the thought of the many miles that lay ahead. I worked my way through this by breaking the race into manageable sections. Each section of the race presented very different challenges, terrain, and issues, with no free miles. I had to concentrate the whole way, managing my hydration and dealing with the heat. Cooling was made easy with the ability to have a pacer running behind you and spraying you down as required.

The roads were so long and straight; you could see where you were heading for miles. The environment is so sparse, but beautiful at the same time, providing some distraction from the monotony of running mile after mile. I guess the constant extreme heat and the three mountain ranges we had to negotiate for a total of 3962m (13,000ft) of cumulative vertical ascent and 1433m (4,700ft) of cumulative descent adds to the difficulty.

In terms of race management and overall wellbeing, I had a great race; no blisters or major issues other than feeling a little ill at 75km where I required a 30min power nap to deal with my sore tummy. I left nothing out there and felt I paced myself well. I went in with one objective - to finish and enjoy the experience. I knew if I paced myself well the finishing time would take care of itself.

I was surprised how well my feet held up and how well the shoes that I wore, the Hoka One One Bondi B, performed. I had no need to change my Injinji socks or the shoes the whole race, so that was a bonus. My quads suffered the most and it was only after coming down the steep 19km section to Panamint Springs that they began to hurt. They stayed moderately sore for the remainder of the race,



David all smiles crossing the finish line!
—photo courtesy David Eadie

but not sore enough that it stopped me from running where the terrain permitted.

It's the three long climbs throughout the race that do the damage. They are just too steep to run non-stop, and you're faced with hours and hours of walking up these monster climbs. The first 70km to Stovepipe Wells (which I covered in 7 hrs 22 mins) was undulating but extremely hot, from 45°C to 48°C. It was amazing how hard the elite runners went out at this stage of the race and I was placed approximately 35th at 70km.

The next 30km was a long slow grind from Stovepipe Wells to 'Town Pass', where we battled 80kph head winds. I didn't have a great time up this climb. I was a little sick, slow and tired, but managed to survive. By far this was the hardest section of the race for me.

We then dropped 20km down into Panamint Valley, which

is effectively the half way point and a mini milestone to reach. I was just racing to finish at this stage and the finish time wasn't a priority. I was happy just rolling along, ensuring I was well hydrated and not having issues.

The next 15km climb to 5800ft at Father Crowley Lookout is a tough one, and was basically a fast

power walk to the summit. Once over the summit I was able to run 99% of the undulating 65km to Lone Pine. It was at this stage I started to realise I was on for a reasonably fast time. It was a great section for me and I ran the majority of this section, passing lots of tired runners from the early starting groups.

Once at Lone Pine (200km), where I caught the legendary Pam Reed, I knew I was going to finish and just had to negotiate the relentless 17km climb to the finish at Mt Whitney Portal, some 8500ft above sea level. I had a great chat with Pam and she urged me to push on as she was suffering. I was feeling good and pushed the pace, walking very hard and strong to the finish.

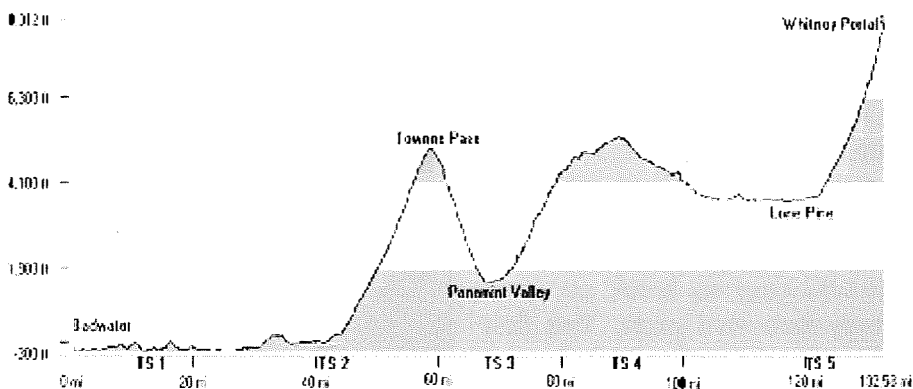
The relief that came over me when I crossed the line was something I have never experienced before. I guess the emotion of it all, and having my crew and wife and son there to experience it with me,

made it all the more special. I was fortunate to have a great second half of the race coming through the field. I recorded the 7th fastest time over the last 60 miles, the 5th fastest time over the last 30 miles, and was second fastest time over the last 4 miles.

I knew with about 40km to run that I was well under the previous fastest known time for an Aussie athlete, but I was still very cautious as so much can go wrong in the last 4-5hr. There are no guarantees you can walk strong up the last 17km climb. With about 15km to go I pushed really hard knowing that I was well on target. But it's a funny thing - you're still managing lots of things and being super cautious as the wheels have fallen off many athletes in the last 3-4 miles over the years.

In this event the finish time isn't really a mark of your performance. Athletes have 48 hrs to complete the course and I can assure you just finishing is a massive achievement. I just happened to be a little faster than others, but in no way any more special than those behind me.

Badwater was the culmination of a 5 year dream. Sure it hurt and I suffered the whole way, but the satisfaction of knowing I have finished the event, being the 10th Australian ever to finish, makes it all worth it. I must also mention how critical my crew were to my result. My crew serviced me extremely well, providing pacing duties from mile 30 to the finish, stopping the support vehicle every mile to provide food and nutrition, keeping me cool and most of all motivating me to keep running. I must also thank Kim Eadie, my wife, and Lucas, my 4 year old son, who came along and both provided great support. It was great to have them there to experience this epic event.



Badwater Ultra Marathon Course Profile – Death Valley to Mt Whitney, California



IAU World 100km Championships: In Pursuit of the Sub-7 Dream

Seregno, Italy - April 22, 2012 by Brendan Davies

“Just keep putting one foot in front of the other Brendan! Keep moving forward at any cost.” It was only 15km to the finish but it could have been a thousand. I was feeling like death and looking for a hole to lie in. Hey, who turned out the lights? Oh, that’s weird; it was just an overhead tunnel I was running through. What’s happened to my hearing? Is it the sweat filling my ears or is something cognitively going awry? This was going from bad to terrible, very quickly...

Going back 24 hours...being introduced as Team Australia. Andrew Heyden and team manager, Robert Boyce, standing with the Australian flag in the Seregno Piazza during the opening ceremony was a real buzz. Baton twirlers led a 20 piece marching band through the city centre, belting out energising hits like “Eye of the Tiger” and, the less athletically themed but equally impressive, “Smoke on the Water”. All the athletes marched behind the band and were graciously welcomed by the local residents, shoppers and store owners, who looked all a little bemused by what was happening in their city’s streets. We proudly marched behind Andorra, a one-man team, and in front of the larger Austrian team; the proximity of this northern Italian town to Austria worked favourably for them, and they were keen to grab a team medal. The biggest cheer was of course left for the even bigger Italian team, led by the irreplaceable and current 100km World Champion, and IAU ultra runner of the year, Giorgio Calcaterra. This was a guy who once ran 20 sub 2:20 marathons in a year. All the big ultra running nations had large teams: the USA, Spain, Russia, Japan and Sweden.

Go forward to the next morning at the start line and I was gripped

by feelings of great anticipation and pride, running for Australia with the elite of road ultra running. Leading into the event I felt as best prepared as I could be. I had done everything right, giving this race the due respect it deserved. I had done the long runs, 40, 50, 60km+ weekly progressions with good mate, and Aussie 24hr representative, Ewan Horsburgh. I had done the back-to-back long weekend runs and the long taper into the event, walking my way around foreign lands and denying myself the feast of Turkish cuisine day after day. I was fresh and ready to rip in. I had my race plan, and I was looking forward to seeing what I could deliver.

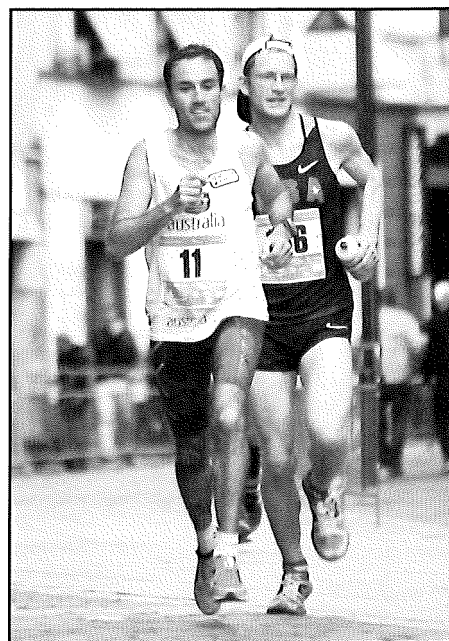
My previous best at this distance had been 7:31 at the inaugural Commonwealth Ultra Distance Championships in 2009. After this, I had failed twice at the road 100km format, both times pulling the pin at 50km after setting over ambitious targets. I had learnt my lesson and I wasn’t going to jeopardise the outcome I deserved by getting caught up in the moment or by not running my own race. I had crossed off all the little one percenters, and now it was time to execute.

My plan was to follow the great Don Wallace’s advice and leave the running until the very end of the race. The build up would be slow but purposeful, measured and precise. It’s the only way to run these events where pacing is crucial and knowing your targets are key. The layout of the course was to my liking, five 20km laps through the streets of Seregno. With only one u-turn, it was a quick, flat course. The five lap format was ideal as it was easy to break my race strategy into five parts. The first 20km was the warm up, second lap was to be the building stage, third the consolidation, fourth

was the ‘let the games begin’ and the fifth was always going to be the mystery lap (in other words, let’s see how I feel)! With Robert Boyce positioned at the 10km aid station and my ever supportive wife Nadine at the start/finish, my nutrition and hydration aid plan was in capable hands. This is how the race unfolded.

Lap 1, 0-20km: The brisk morning air made for ideal conditions. I started conservatively and had to rein in my stride length and cadence; jogging and barely raising a sweat, warming up and introducing myself to some others to run with. I was trying to be as economical as possible with my leg lift and power output. I was keeping fluids and calories up while letting the bunnies go off in the distance. My average km splits were 4:08 and this was, if anything, a couple of seconds faster than I had planned but mentally I was right on top of this race.

Lap 2, 21-40km: Was very similar to the first 20km, but I began to ramp up the cadence slightly, while still feeling like a fast jog.



*Brendan Davies doing what it takes.
— photo courtesy Brendan Davies*

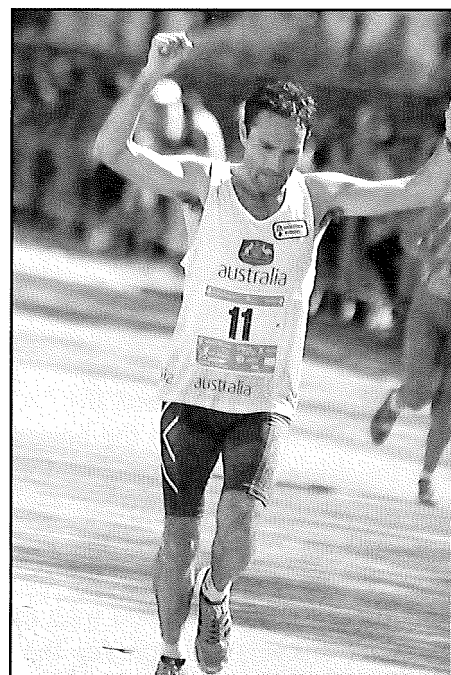
I found some packs to run with and protected myself from the little breeze that was blowing. I was running well within myself, but this is not easy! One of the hardest things in ultras is keeping the speedometer under control. I knew during this lap that I was going to have a good day. I kept my fluids and calories up, sticking to the plan of a gel and sports drink or water every 10kms. I learnt the hard way that Italian aid stations are quite different from those in Australia, twice picking up cups I thought were water, only to gulp down firstly warm tea and then mineral water! I didn't gain many places but this was not expected at this early stage. My average km splits were 4:01. I was getting a buzz out of the crowd lining the streets and loving it!

Lap 3, 41-60km: I started to pull in a few of the packs. I was running with French and American runners, and we gradually reined in some packs that were starting to pay for their quick start. I was in a really good rhythm and felt great. My feet were comfortable, my arms and shoulders relaxed and my cadence was ticking over like clockwork. Thankfully there were no signs of muscular fatigue. In the much more taxing trail ultra races my quads and calves would be beginning to complain by now. I was running as lightly as possible, just trying to kiss the ground before toe off, high on my midfoot. Each kilometre I would focus on something new; rotating between an aspect of my feet, arms, breathing, head and torso. I was listening attentively for the slapping sound of a tired footstrike. I heard them, but only from those that I was passing! Average km splits for this lap were 3:58. Things were on track!

Lap 4, 61-80km: This was easily my quickest lap. I was lulled into a false sense of security by my race execution thus far and, depending which way you look at it, I either courageously or foolhardily decided that this was the day to have a crack and go for something

special. I began to stretch out, up the cadence and the effort scale. I pulled in so many of the early pacesetter bunnies; they offered no challenge at all when passed with so many of them fading badly while I was powering on. I probably passed 10-15 guys while also seeing a lot of others pull the pin and succumb to the mental barrier that is another 30-odd kilometres with a broken down engine. At the 70km aid station Rob handed me a cup, with what at that point had been routinely water. With the day heating up, and the opportunity to grab some random liquid to drink only a hundred metres further up at the lucky dip communal aid table, I thought I'd throw this one over the head. Great idea, only that it was Coke in the cup! I could hear chortles of laughter as I ran off. Regardless, it must have still given me the effect I wanted and you know it is a good day when you start passing powerhouse nations like Japan, Spain and the USA. I suspected I must be up in the top 20, but surprised myself and caught Nadine off guard at the 80km mark by coming in seventh, and finding her casually chatting to the Irish crew! I was on track for a massive run. Average km splits were 3:52 and by the end of the lap my average splits of the entire race were right on 4 minutes.

Lap 5 81-100km: BAM!! From going feeling great to someone dropping the piano on my shoulders! I could not believe how quickly I was breaking down. Without much warning, from the 82km mark my splits started to blow out worryingly. I walked a couple of the aid and sponge stations and was beginning to be passed by runners that I had passed a little earlier on the previous lap, and I knew it was now a real possibility of losing the sub-7 goal and blowing my time right out. They do say these races are run in the last 10km; had I made my charge a little too early? At the 90km aid station Rob Boyce this time handed me, in his wisdom, a bottle of coke and it made an immediate difference



*Brendan celebrating a hard fought finish.
— photo courtesy Brendan Davies*

and I began running myself out of the bad patch! Back to running instead of shuffling, hitting 4:10-4:20km again, and even passing one French guy that had only a couple of kilometres earlier passed me. I was battling it out with a US runner with whom I had run a large section of the race. I had no idea of my position but it didn't matter, the sub-7 was the only goal. In the last 2-3km I battled, but he put on a great surge with a km to go and I couldn't go with him. My average km splits were 4:34. I'd thrown the dice and come out worse for wear, but nothing ventured, nothing gained!

Reflecting back on this race, I know the overwhelming sense is that it was a successful race. I can't help but think that at the 80km mark I was on track for a massive negative split and the perfect of perfect races, with an approx 6:45 finish time and very high finishing position; however, it was not to be. The bad patch from 82-91km probably told me either that I made my charge a little too early, or put just a bit too much into the previous lap. I tend to think it was a bit of both, especially towards the end of the 60-80km lap where I was putting efforts in to chase down guys that were no longer

struggling, but actually running quite within themselves. I think I may have gotten a bit greedy with the passes. Resigning myself to ease back just behind these guys who were running well, and settle down the pace, would probably have been the wisest choice. But in the heat of the battle, these decisions are difficult to make!

On the positive, I reached my 'A' goal of sub-7 hours and the bonus was finishing in 11th place, which seemed was destiny given this was also my bib number! Pacing-wise, I was disciplined early on, something I have struggled with in the past, but this race proves that in ultras the idea is to ease into the race and aim for a negative split. Fellow Aussie Andrew Heyden went in with a few niggles but toughed it out bravely to finish in a very smart time of just over 8 hours. The winner was hometown hero Giorgio, with a sub 6:30 time.

It was, as always, a great honour to represent Australia and I really did enjoy training and racing again on the road, after concentrating

on trail ultras so much in the last year, or so. I definitely encourage all ultra runners to have a go at the road or track ultras. Road and trail are different disciplines altogether, and road ultras can teach you so much about economy, rhythm and pacing that trail ultras don't really allow you to do. I really hope that we have two full teams at next year's World Champs in Korea. There is so much in our favour; it's only a short trip from Australia and it's roughly in the same time zone. I have a feeling there won't be as many of the European nations represented either, due to travel and expenses. The course is flat and fast and you can be sure of Korean efficiency with the organisation. I really believe we have the quality in our ultra running ranks to challenge for team medals. Unfortunately, there are not a great deal of qualifying races and this is so often the hardest part of getting into the team but, with the race in October next year, there is plenty of time to prepare and plan a qualifier.

Lastly, I would just like to thank



Brendan and Robert Boyce, AURA President and national team manager; all smiles afterwards. – photo courtesy Brendan Davies

AURA for their support and selection in the team and, in particular, Rob Boyce for his efficient and smooth managing on the ground in Seregno. Thanks also to team captain Andrew Heyden for his support, and of course my wife Nadine for impeccable crewing and putting up with the alarm clock going off so early in the morning for so many early morning training runs!

IAU 24 Hour World Championships Katowice, Poland

September 8-9, 2012 by John Pearson, Team Captain

This year I was very proud to be given the honour of captaining the Aussie Team for the 24 Hour World Championships. Five men and four women were selected; with Mike Canty, Rick Cooke, Ewan Horsburgh, Dave Kennedy and myself, and Susannah Harvey-Jamieson, Allison Lilley, Meredith Quinlin and Sharon Scholz. Unfortunately, due to injury we lost Meredith Quinlan and Mike Canty; although Mike did get to experience the race whilst doing a sterling job as crew.

The days leading into the race were quite warm and a few athletes were concerned about race day

temperatures. Race day came along and, fortunately, conditions were ideal. The twelve noon start is unusual for us in Australia, so we had to try and adjust meal times to suit the later start. There was plenty of nervous energy at breakfast as all the nations mingled quietly before boarding a very overcrowded bus to the start. It is often hard to replicate your normal pre-race routine at these events, and after being packed like cattle on the bus, along with all our race foods and clothes, it was a relief to finally arrive at the course.

Each runner went about preparing for the 24 hours ahead; talking things through with crew, strapping

various body parts, getting in that last bit of pre-race hydration and nutrition. With 15 minutes to go we assembled on the start line. We formed the traditional Aussie group huddle and I threw forward my best motivational speech.

The first few hours ticked by slowly as we all familiarised ourselves with the race loop. The course was quite scenic compared to previous years, with large trees providing plenty of shade and a lake central to the course. There was a rise and fall of just over 6 meters per lap which sounds insignificant, however, it soon presented as a hill! After 24 hours it totalled around 800 meters

of ascent and decent.

Around four hours in it became obvious that Sharon was experiencing problems, and she was soon joined by Susannah. They both showed great courage in trying to battle on; however, Susannah took a turn for the worse, which resulted in a knock to the head and paramedic treatment. Despite managing to eventually get back out on the course, it was not to be her day and she withdrew a few hours later. Sharon was also forced to withdraw too, which left Allison as the sole female.

Ewan was also struggling at around 6 hours, obviously feeling the effects of a bad gastro infection leading into the race. It was a very brave effort throughout the entire 24 hours from Ewan as he was not looking well for large parts of the race. Whilst the injuries and illness were affecting some, the rest of us were consistently racking up the laps, with Dave pushing hard in the early stages. Rick seemed to be having his fair share of ups and downs and, at times, looked like death, only to come steaming past minutes later. Allison and I seemed to be having a more even run, with not too many issues to deal with.

The night time hours seemed to last forever, despite the perfect conditions. I think it was a relief for all when dawn came upon us; signalling the last quarter of the race. By this stage the gap between Dave, Rick and I was less than two laps, and we were all still moving reasonably well and nudging each other along. Allison had a good night and was looking good to push through the 200km mark for the first time. The support crew were doing a fantastic job of feeding and watering us as we ran the downhill section through the congested crewing area.

Those last six hours are really where the places can be made up in these events as the fast early pace by many athletes takes its toll, with many now reduced to a walk. With two hours to go Rick was running

like a man possessed as he reeled me in and then set off in pursuit of a worried looking Mr Kennedy. I am sure the push for bragging rights in the men's team helped add a few good kilometres to the team total, and also helped us reel in the Belgians during the last hour.

The gun finally sounded and brought an end to the 2012 World Champs. After being officially measured I began the long walk back to the crewing area to be reunited with my teammates.

Everyone had their own hopes and dreams coming into the event; some achieved them while others, unfortunately, did not. This was not

due to lack of effort; everyone gave their all on the day and I was proud to be part of such a great team.

The men's team total was our second highest recorded result with three solid performances; this bodes well for the future. The race also produced PB performances for Rick and Allison.

On behalf of the team I would like to thank AURA for their support, and also say a huge thank you to the support team who do an excellent job of keeping us going.

Hopefully next year Holland will provide us with the opportunity to push a few steps further.



Team members the night before the race. Back row: Ewan Horsburgh, Dave Kennedy, Rick Cooke, Allison Lilley and Mike Canty. Front row: Sharon Scholz, Susannah Harvey-Jamieson and John Pearson. — photo courtesy Justin Scholz



Team members 30 minutes before the start of the race. Clockwise from left: Rick Cooke, Allison Lilley, Susannah Harvey-Jamieson, John Pearson, Sharon Scholz and Dave Kennedy. — photo courtesy Justin Scholz



Raleigh Wilson Challenge 'Tornado' 156

Tai Tam Reservoir, Hong Kong

October 13, 2012 by Andrew Dawson

Hong Kong's known for ridiculously long working hours, but last week's Raleigh Wilson Challenge 'Tornado' brought a whole new meaning to "a hard day at the office". This annual race follows the Wilson Trail; a 78km path that meanders from the south of Hong Kong Island to the north of New Territories, near the Chinese Border. Like many of Hong Kong's trail 'races', the Raleigh started life as a hiking competition to raise money for charity. Most participants choose to do the 78km full course, or one of the shorter 'day' or 'night' options; however, we'd signed-up for the 'Tornado' which adds a return trip and makes it Hong Kong's longest race at a gruelling 156km. It's a team event and I'd partnered up with fellow Aussie runner John Ellis.

Hong Kong's running season begins in October when the cooler autumn weather arrives. Race day temperature was forecast at 29° with 60-80% humidity; hotter than we hoped but nowhere near as bad as the 33° we'd been training in. The trail running scene in Hong Kong is growing fast, but still retains a local, friendly feel and

pre-race nerves were quickly forgotten amongst the banter on the start line. Then we were off.

I'm sure most of you imagine Hong Kong as an urban landscape, choked by high-rises. While this is true of the built-up areas, over 70% of Hong Kong is actually countryside, making it something of a trail runner's paradise; though I'd hastily add a paradise for those who love hills. The first stages took us over several of these hills, and we ascended Violet Hill (affectionately known as "Mont Violet"), Jardine's Lookout and Mt Butler in quick succession. The views of downtown Hong Kong were spectacular. Starting at the same time as those doing the 78km race meant a pretty quick pace was set early, and on several occasions John had to remind me to take it easy.

A unique aspect of the Raleigh is the need to catch the MTR – Hong Kong's underground train network – 15km into the race. We descended to the suburb of Quarry Bay and had to battle crowds of Saturday shoppers and negotiate the twists, turns, and four escalators of the station, to hitch our train ride

under the Harbour. Emerging from the surreal, air-conditioned MTR, we poked our heads up at Yau Tong in the south-east corner of Kowloon. Here the trail negotiated a series of exposed ridges and the heat of the day began to make itself felt. Several teams passed us as we slowed down to try and preserve a bit of energy.

The next section took us through shady forests and several villages where locals tend vegetable gardens and enjoy a lifestyle far removed from the bustle of central Hong Kong. As we slowly ticked off the kilometres we passed through a variety of landscapes, including the rugged Tung Yueng Shan, the second highest point on the course and the peaceful shores of the Shing Mun Reservoir, before a climb up and over Lead Mine Pass to the town of Tai Po. Apart from the odd cobra and wild boar, running in Hong Kong is pretty safe; however, the resident Macaque monkey population always makes passing Golden Hill an interesting experience. While the frolicking babies are extremely cute, the big guys eyeing off my banana flavoured Gu were a little unnerving. This section of the Wilson Trail



Andrew and teammate John on the trails of Hong Kong Island. – photo courtesy Andre Blumberg



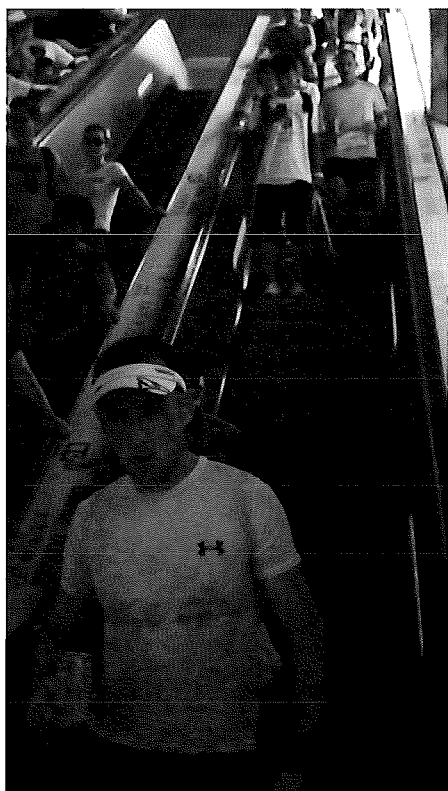
Andrew and John working their way through the weekend crowds to get to Quarry Bay MTR. – photo courtesy Andre Blumberg



Time to refuel at the turnaround point. – photo courtesy Tony Lai

crosses Hong Kong's longest trail - the 100km MacLehose - several times and the annual Oxfam Trailwalker and Vibram HK100 ultras that follow the MacLehose are well worth a look.

After 60km of countryside it's a little surreal running through the urban streets of Tai Po, but the flat footpaths offer a brief sanctuary before the real work begins. From here it's only 22km to the turnaround point at Nam Chung, but it's a hugely demanding 22km. First up is Cloudy Hill, where we trudged up never ending staircases of steep, concrete steps that lead from false summit to false summit. By now the sun had set, our torches had come out, and we began to pick up the pace as the day cooled off. After Cloudy Hill and the descent to Hok Tau Dam, we started to climb again; this time up the dramatic stone steps of Wong Leng, Hong Kong's 15th tallest peak at 639m. Overlooking Plover Cove and the city of Shenzhen in China, this isolated area is one of Hong Kong's most spectacular. The trail follows a ridgeline and eventually reaches Pat Sin Leng or 'Ridge of The Eight Immortals'. Named after famous beings from Chinese



A unique feature of a trail race – an escalator ride! –
photo courtesy Andre Blumberg

mythology, it's a rollercoaster-like series of eight separate peaks that must be scaled in quick succession. The final 5km to the turnaround point is all downhill and should have been relatively easy, but the old footpath we followed through woodland and ruined villages was made of large stones that required technical running that proved difficult on tired feet.

Then, all of a sudden, there were lights, cheering crowds and a finish line, complete with ribbon, that we stumbled across. While most teams were busy congratulating themselves, opening beers and basking in the glory of finishing the 78km event, we refuelled, restocked and turned our backs on the celebrations. It took us 14:10 to reach the turnaround point, and heading back into the darkness for the return trip was one of the hardest parts of the race. On our outward trip we'd used the checkpoints and had friends meet us at road crossings with support, but for the return trip we'd conned friends into pacing duty. As the night progressed so did our struggles against tiredness, fatigue and sore muscles. I can't overstate how much difference having pacers to motivate us made and I honestly doubt we could have finished without them.

One of the lowest patches came around 4am when exhaustion had set in. Soon after leaving Nam Chung we past another team and found

ourselves in third place; however, the fact we'd entered the 'elite' category and had to make a 32 hour cut-off was becoming a serious concern. With eight hours left we still had 40km to go, and finishing the last quarter of the course in a quarter of the time seemed an impossible task. As the sun rose so did our spirits, and, fortunately, our pace. Strangely for an ultra our pace quickened as we got closer to the finish. I'm not sure if it was the thought of finishing, the McDonalds we'd eaten for breakfast or the bag of ice we'd bought at a convenience store and carried with us to battle the heat that did it, but whatever it was, it worked.

It was time for another train trip under the harbour before the last big ascent up the exposed steps of Mt Butler. The final 15km Hong Kong Island seemed to fly by and we finally crossed the finish line at 3:26 on Sunday afternoon; 31:26 after staring. We managed to secure third place in the 'elite' category, but more importantly we'd finished. Of the twelve teams who started the Raleigh Wilson Challenge 'Tornado' 156 only seven finished. The winners – Law Chor Kin and Thomas Lam - smashed the old course record by 2:30, to finish in 24:50. With nearly 8,500m of elevation gain the 'Tornado' was certainly a hard day at the office, but on reflection it was also an extremely rewarding one.



Job well done! John and Andrew with Raleigh Challenge Chairman Tom Tong.
– photo courtesy Andre Blumberg



What is a Sensible Racing Strategy for Elite 100km Runners?

A sizeable portion of this historical piece was written by Andy Milroy in 1992 and has been brought up to date to include a commentary on significant 100km performances of the past 20 years.

Andy Milroy is a British ultra running historian, founding member of both the International Association of Ultrarunners (IAU) and the Association of Road Racing Statisticians (ARRS), and a writer.

In October 1975 Cavin Woodward, running in a track 100 miles, set a new world best for 50 miles of 4:54:53. Losing concentration he eased off a little but still went through the 100km point in 6:25:28. (He was to carry on to set a new world 100 mile best of 11:38:54.) Three years later Don Ritchie reduced the 100km track best to 6:10:20.

In the thirty-five-plus years since Cavin set his 6:25, the world ultra scene has been transformed out of all recognition. There is now an annual World 100km championship and national 100km championships exist in many countries. The 100km has become the universal ultra, promoted and practised on every inhabited continent. Despite the huge expansion in the number of races, of runners tackling the event, and the great rise in its status, few men have surpassed Cavin's 100km split time. Don Ritchie's 6:10 remains well clear of all opposition. Why should this be? Were Cavin Woodward and Don Ritchie such special athletes?

The answer as to why they produced such good times perhaps lies in their racing programs. In 1975 in the preparation for this 100 mile, Cavin ran eight marathons at sub-maximal pace, using them as training runs for ultras (the times ranged from 2:22 to 2:37). He also ran five ultras - two 30 milers, a 36

miler, a 40 miler and the London to Brighton. In between these he ran a mixture of shorter races ranging from a track 5km to 10 miles on the road. Thus the bulk of Cavin's racing was close to or shorter than the marathon. Apart from the 40 miler, he ran only two long ultras that year.

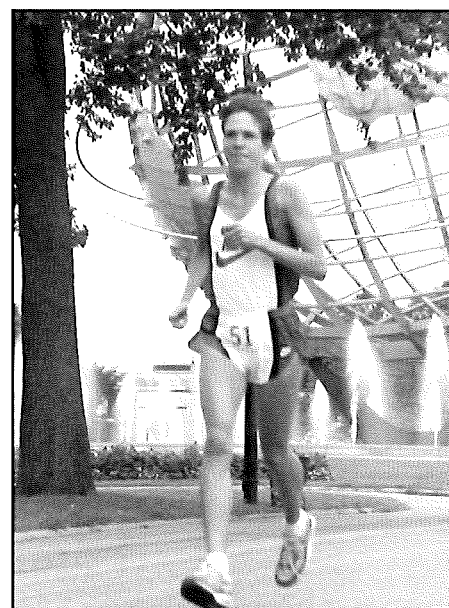
Don Ritchie was perhaps at his peak as a 100km runner between 1977 and 1982. Looking at his racing program for 1977, it was based even more firmly on short races than Cavin's was. Apart from two 50km track races and the 36 mile Two Bridges, the bulk of his races were over 10 to 12 miles, with a couple of 3 and 5km track races thrown in for good measure. He ran just two long ultras - the Brighton and the 24 Hours at Crystal Palace. In the latter event he stopped at 100 1/2 mile having set a new world 100 mile best of 11:30:51.

The following year a prolonged knee injury severely limited Don's racing until June when he ran 6:18:00 for the Hartola 100km. Don has said that he felt superb that day. Between Hartola and the Brighton, Don ran a 13 miler, a marathon, a 40 miler, a 10 miler and the 36 mile Two Bridges. In early October he won the Brighton in a course record, and a month later set a new world 100km track best of 6:10:20.

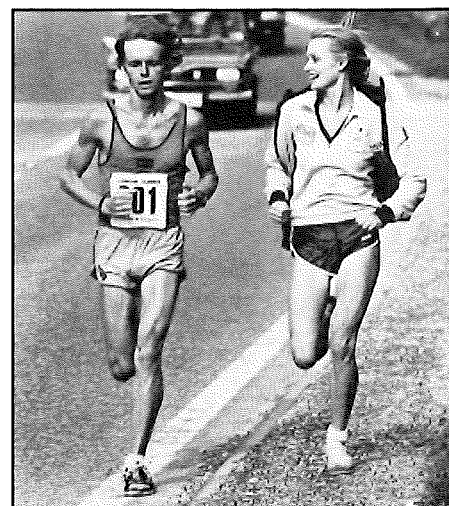
In 1979, following a 50km, a 40 miler and a marathon, Don won the Del Passatore 101km, and three weeks later set a new world 100 mile road best at Flushing Meadow, New York. Recovery from the 100 mile took some time. Injuries then curtailed his training and caused him to retire in both the Brighton and the Crystal Palace 24 hours. 1980 followed a similar pattern - good wins at the Turin - St Vincent 100km and the Del Passatore were

followed by injuries that cut short his ultra racing schedule for the year. The battle against injury continued into 1982. At last, late in 1982 Don began to recover, achieving 2:24 for the Aberdeen marathon in September. A week later he ran 6:28:11 to win the tough Santander 100km, the fastest time to that date on a certified course. Three weeks later he entered the RRC 100km track race. In very tough windy conditions he set a new world best for 40 miles before retiring from the battle.

From the above it can be seen that both runners raced only twice or three times a year at 50 miles and



Ann Trason at 1989 US 24hr 143 miles



Bruce Fordyce with sister 1982 London to Brighton

beyond, either through intent or circumstances, building up to such events by using short sub-marathon, marathon and short ultra events.

What of the runners who have surpassed Cavin's 6:25:28 on a certified course - what were their racing schedules like? One was the Belgian, Jean-Paul Praet. His coach, Patrick Descheppe, wrote that Jean-Paul's yearly program contained two 100km races, one in June and the other in the autumn. Before the first 100km event he would run one or two half marathons, a marathon, a 50km race followed, perhaps, by another marathon. This is from March until the first two weeks of May. Following the 100km came three weeks rest with some light training before the build up to the next 100km in the autumn.

Another runner was Bruce Fordyce. In "International Ultra Training" Bruce wrote "Just as the World's top marathoners race perhaps two or three marathons in a year, so should the World's top ultramarathoners... Any of the top 100km runners can churn out a series of 7 hour races. I would prefer to run perhaps two sub 6 1/2 hours in a year." In 1983 he ran the 56km Two Ocean race as a training run (3:14) in preparation for the Comrades. After setting up a record in that race he took four to six weeks to recover fully before preparing for the Brighton. In the Brighton that year (his third successive win in the event) he set a new world 50 mile road best of 4:50:21. His advice on marathons was to use them as training runs. He would probably only race hard once (over the full marathon distance) in the five months before the Comrades.

In the early 1990s the fastest marathon runner to successfully make the transition to the ultras was Konstantin Santalov, a 2:14 performer. Minutes faster over the marathon than Fordyce, Ritchie, Woodward or Praet, he had the potential to threaten even Ritchie's

6:10. He ran under 6:30 eleven times, four times in 1992, but aside from a sub 6:20 mark set on a course not measured by calibrated bicycle, he never approached Ritchie's 6:10. Arguably he never achieved his true potential at the 100km due to his extravagant racing policy.

Takahiro Sunada in 1995 competed for Japan in the IAAF World Marathon Cup over the classic Athens marathon course, finishing second behind the former World marathon champion Douglas Wakiihuri, in a personal best of 2:13:16 to Wakiihuri's 2:12:01.

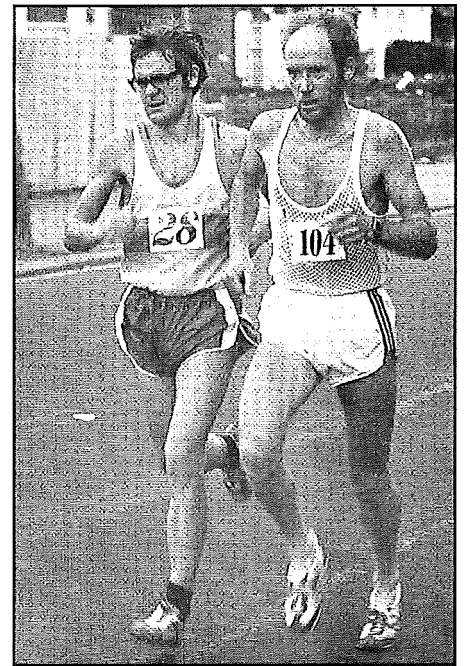
In December at the famous Fukuoka marathon, he finished 10th in another personal best of 2:12:01. He was still only 22 years old. He was still improving at the shorter distances running 13:43:39 in 1996 for 5000 metres.

Most of 1997 was lost through injury when he was forced to have surgery to the plantar muscle. In 1998 he decided to move up to the 100km. This is unusual for an elite marathon runner in Japan where such runners are employed as members of company teams who tend to decide the races these runners compete in.

Sunada recorded the fastest road time on record on a course measured by calibrated bicycle - 6:13:33. Interestingly, racing the 100km did not affect Sunada's basic speed; he was still able to run sub-14:30 minute for 5000 metres.

1999 did not start well for Sunada. He did not finish the Beppu-Oita Marathon in February, and ran only 2:22:44 in the Nagano marathon in April. Despite this, he entered as an individual in the World 100km Challenge in Chavagnes in France. There he set out to run away from the rest of the field, clocking a phenomenal 2:54 for the first 50km. He went through the 60km in about 3:28 but trouble hit at 63km. He finished with a final time of 6:26:06.

Later in the year he returned to



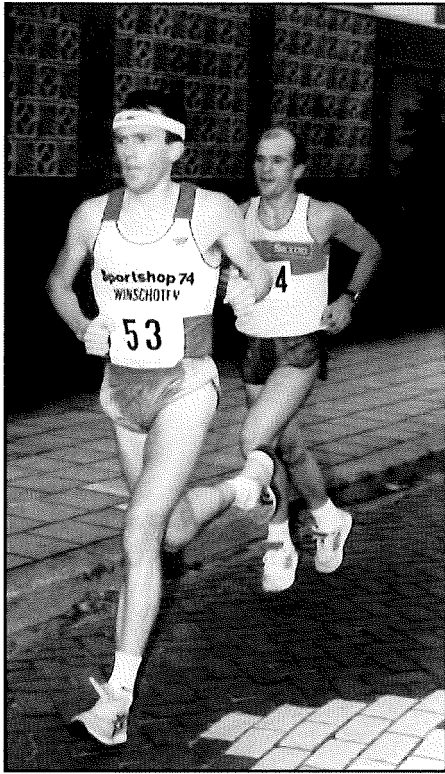
Cavin Woodward and Don Ritchie 1970s

the Fukuoka Marathon and again set a personal best of 2:11:03, finishing 8th. No only did his basic marathon speed seemed unaffected by his ultra experiments, indeed it seemed enhanced. However, his Fukuoka performance was then followed by a more mediocre time (2:20:00) at the Tokyo Marathon in February 2000. Unable to compete in the World 100km Challenge that year, he entered the European 100km Championships as a guest in Belves, France. He won the open race easily in 6:17:17.

Once again the 100km event did not seem to make an impact on his basic speed. In May he was able to run 14:18:05 for 5000 metres on the track, and in July he finished 8th in the Sapporo half marathon in 1:03:39. In September in the Berlin marathon he finished fourth in a new personal best in 2:10:08.

Sunada's racing strategy has been covered in some depth because he shows that running 100km races can improve marathon performance and that a restricted racing program at the 100km can be effective in terms of running very fast times. Unfortunately his experiments with the 100km ended in 2000.

Perhaps the most dominant male 100km runner to emerge in recent



Praet and Santalov 1991

times is Giorgio Calcaterra of Italy. Calcaterra, like Cavin Woodward, likes to race frequently; he competes almost every weekend, and has run more than 1,000 races in his career. Over his career he has averaged 16 marathons a year, with a peak of 31 in 2004. In 2000 he was credited with running 16 marathons under 2:20; his personal best is 2:13:15 in 2000. At shorter distances his personal bests are 14:34 for 5000 metres and 30:00 for 10,000 metres with 1:05:00 for the half marathon.

In 2003 Calcaterra took part in the difficult Pistoia Abetone, a 53 km uphill race, winning in 3:41:01 (Mario Fattore, world 100km champion in 2002 and 2003, was second in the same time). In 2004 Calcaterra again won the Pistoia Abetone, this time in 3:30:20. In 2006 he moved up to the 100km. That year he ran three 100km races plus a 50 mile race and the 78km Swissalpine Marathon. He took the national title at Faenza in 6:45:24, but finished away from a podium - in 11th place (7:04:01) - at the World 100km in Korea.

The following year he undertook two 100km races plus the Swissalpine Marathon (78km), but

it was 2008 that saw him reduce his ultra racing schedule still further. He won the Passatore at Faenza in May and then won the World 100km in 6:37:41 in November.

The following year he contested three 100km races, finishing second in the European 100km at Torhout, despite persistent stomach problems. For six to eight months during the second half of 2009 and the first months of 2010 his training was interrupted by continual back problems during his work as a taxi driver. 2010 again saw two 100km races plus the Swissalpine Marathon, but because of the back problem in neither 2009 nor 2010 was he a contender in the World 100km.

In 2011 he was able to revert to the successful pattern of 2008, running only the Passatore before again winning the World 100km in 6:27:32. Calcaterra has been successful at the highest level when he restricted the number of 100km events run in a year.

Does this success with a restricted racing program at 100km apply just to male runners? If we look at the elite female runners who have produced 100km performances of around 7:30 and faster there are three individuals - Chantal Langlace, Ann Trason and Brigit Lennartz. Chantal Langlace was basically a marathon runner who moved up to the ultras a couple of times very successfully. (Her 7:27:22 was on a course that was around 550 metres short, so equates to around 7:32 on a full 100km course). I suspect Chantal ran a mixture of shorter races, 10kms, half marathons and marathons as preparation for the 100km since that would be her standard running fare.

I don't have details of Ann Trason's racing program for 1988 (The year she set a world road best of 7:30). However, I have made a careful study of *Ultrarunning Magazine* for that year. She appears to only have completed one ultra prior to Santander, the 100 mile trail race at Leadville where she set a course

record of 21:40. That was in late August. Previously she had retired from the Western States 100 miles at 73 miles in late June. Her run in early October at Santander was on a tough hilly course which makes her 7:30:49 even more remarkable.

It is interesting that the following year in ideal conditions on a much faster course she ran 7:33:12, despite the motivation of having lost her world 100km best that year. That year, 1989, she had run a 100 mile track world best in March, a course record in the Western States trail 100 miles in June and in September had run sub-8 hours for 100km en route to a new world road 100 miles best of 13:55:02, and 143 miles 152 yards in 24 hours. So by late October she had a lot more competitive long ultra miles in her legs than she had had a year before.

The woman who took the world 100km road best from Trason was Brigit Lennartz. Dr Karl Lennartz, her father and coach, has written a detailed account of Brigit's racing schedule for 1990, the year when she improved on her own world 100km best. In January she ran a half marathon followed by three 10km races; in March a half marathon followed by a 10km and a marathon in 2:38:15. Over the next month she ran a 15km, a half marathon, a 10km, a 25km and two more 10km, leading up to her 7:18:57 100km best in April. A similar racing schedule prepared her for another 100km in June (7:51:50), and then in late July she won the Swissalpine marathon (67km). In terms of times Brigit's 7:18 and 7:26:52 place her well clear of the opposition. It is interesting to note that her racing schedule is very similar to that of Ritchie, Praet and Fordyce.

Trason regained the world best with 7:09:44 in 1993. That 100km looks to have been her only road ultra that year. She had won a 50km on the trails, then the American River 50 Miler on the trails, and another 50 miler before winning the Western

States 100 miler in June. She ran another 50km on the trails before the Amiens 100km.

When Trason broke this record at Winschoten in 1995 with 7:00:48, she had followed a similar pattern of races to 1993. She ran a 50km on the trails then a week later regained her 50km track world best when she ran 3:20:24 at Santa Rosa. In April she ran the American River 50 Miler, again on trails. In June she won the Western States 100 miles on the trails running 18:40:01. On the information currently available, the 100km at Winschoten looks to be her only ultra at the 100km or longer on the roads that year.

The fastest 100km yet on the roads by a woman was set by the Japanese runner Tomoe Abe in the Lake Saroma race in Hokkaido, Japan in 2000. Her 6:33:11 100km was rooted in a strong base as a fast runner at shorter distances - 3000 metres in 9:22:15 in 1989, 5000 metres in 15:53:46 in 1993 and 10,000 metres in 32:55.78. In 1993 she also ran 67:39 for 20km on the road.

She made her marathon debut in 1993 when she ran 2:26:27, and was then third that year in the World Championships marathon at Stuttgart in 2:31:01. The following year she won the Japanese Marathon championships in 2:26:09, which was also a new Japanese marathon record.

She ran no marathons in 1995 but



Tomoe Abe (left) Stuttgart World Marathon Championships 1993

was third in the Japanese marathon championships in 1995. In 1997 she was selected to run in the World Marathon Championships but struggled to finish in 29th place, in 2:45:19.

1998 again saw a relative decline in her performances as the standards in the women's event in Japan rose. Coached by Takeshi and Shigeru Soh, twin brothers who were notable marathon runners in the late '70s and early '80s, they suggested that she attempt a 100km run to convince her that she had extraordinary endurance capabilities.

The example of Takahiro Sunada may also have been influential in persuading the Soh brothers that such a run would be beneficial to Abe's marathon career. Sunada had shown that running such distances as the 100km could have a positive effect on the performance of an elite marathon runner. The 100km race was undertaken as part of Abe's marathon training. This was the only 100km that Abe was to run in her career. Regrettably it did not lead to a renaissance in her marathon career.

So the evidence from women seems to support the view that restricting the number of 100km run in a year will improve the performance in those run.

An unexpected insight to appear from an examination of Don Ritchie's racing schedule is the effect of enforced rest through injury. In 1978 a prolonged knee injury forced Don to postpone the start of his racing season until the 27th of May. A month later he ran the Hartola 100km in 6:18:00, stating afterwards that he felt superb. In 1982 injury again restricted his racing mileage, not as severely as in 1979, but enough that he only managed four races of the marathon distance and more, the longest being 53km. From this he emerged to run 6:26 at Santander. (Valmir Nunes, current world Cup Champion, and Konstantin Santalov

ran 6:36 and 6:37 on that course this year in a very competitive race). Erik Seedhouse had two enforced periods of rest in this year from his usual hectic racing schedule. Following the first he set a 100km PB of 6:37, following the second he ran at the World Cup. A back problem forced him to retire from that race but a week later he set the second fastest time of his career (6:42). Subsequently his times declined.

The effects of enforced rest have also been observed in elite marathon runners. Prior to the 1984 Olympics Carlos Lopes was hit by a car ten days before the race and was unable to train again before the race. Similarly Joan Benoit's knee surgery forced her to rest at a crucial period in her buildup for Los Angeles. Both runners emerged triumphant.

Thus it would seem that a well-planned racing program incorporating no more than two or three 100km a year, and adequate rest, would pay dividends to any elite 100km runner. This view is also held by Professor Tim Noakes, who has carried out extensive studies of South African ultra runners. (The Comrades Marathon in South Africa is the largest ultra in the world, currently attracting around 13,000 runners, and consistently attracting the top distance runners in that country).

Why should this be so? Marathons and ultra marathons do take time to recover from, particularly if raced flat out. Praet takes three weeks easy running after the June 100km, Fordyce four to six. Tim Noakes reckons it may take months to fully recover from such a race. Racing another 100km before fully recovered from the previous one will eventually lead to runners becoming 'punch drunk.' Drawing from the experience of top marathon runners, the number of top class performances a runner has within him is limited. Life at the top in marathon running tends to be short. Ron Hill remarked that Abebe



Giorgio Calcaterra 2012 World 100km win

The message is an elite 100km runner needs to run marathons, half marathons, and 10kms to maintain and develop his leg speed. Run too many 100kms and that speed will be lost.

In recent years the elite runners have increasingly focussed on the World 100km to the exclusion of other major ultras - which has severely limited their racing opportunities. Partly this is due to the demands from federations: selected runners to compete for their country are very controlled in their racing at 100km and further. When these elite runners arrive at the World 100km, the event being very competitive, no one is prepared to take risks. Consequently the necessary fast pace over the first 50km in order to get on terms with Ritchie's 6:10 does not happen. (In that race in 1978, three men went through the first 50km in under three hours.)

So we now have elite runners restricting their racing at 100km, but due to competitive pressure are unable and unwilling to run the first half of the race fast enough to give them a chance to finish close to 6:10. However, when the World 100km is held early in the year, as happened in 2012, the opportunity exists for elite runners to go for such a time, perhaps in a less pressured event with possibly significant financial inducements to set a new world 100km best.

After running 100km in 6:25:28, Cavin Woodward ran a further 38 miles to break the 100 mile record on the cinder Tipton track. If the present generation of elite 100km runners wants to surpass Cavin's mark and get on terms with Don's 6:10, they have to plan their racing schedule with great care. Unless they do, Don's mark could last as an absolute world 100km best well beyond 35 years - well into the 21st century.

Bikila lasted so long at the top because he raced so infrequently. The same applies to ultrarunning. Don Ritchie was remarkable in the sheer longevity of his ultra running career as an elite performer. None of the runners who contested the '77 and '78 Brightons behind him was still a force to be reckoned with when he was still competing internationally in the early 1990s. Most had disappeared from the scene.

Another factor affecting 100km performance is leg speed. Elite 10km runners run 5km and 3km for speedwork, 5km runners 1500 metre events, 1500 metre runners 800 metres and so on. The same applies to the 100km. If a runner runs a whole series of 100km events his body will get used to running at ultra pace, his cruising speed will drop. It is perhaps worth looking at the London to Brighton in this context. In the '70s it was normal for the first 10 miles of the Brighton to be run in under the hour, and often 30 miles was reached in close to three hours. In those days there were a mere handful of ultras for British runners - the Woodford 40 for example. The runners who contested these events were basically marathon runners who ran the occasional ultra.

In later years the pace of the Brighton slowed. I suspect the reason is that there were then around fifty ultras in the UK for runners to choose from. It was runners used to running at ultra speed who latterly ran the Brighton, not those used to the faster tempo of the marathon.

Top 10 Male/Female 100km Performances of 2012 (at 1 Nov)

Ranking	Name	Citizenship	Age Category	Time
1	Giorgio Calcaterra	ITA	M40	6:23:20
2	Jonas Buud	SWE	M35	6:28:57
3	Yoshikazu Hara	JPN	M35	6:33:30
4	Hideo Nojo	JPN	M35	6:35:49
5	Alberico Di Cecco	ITA	M35	6:40:30
6	Takayoshi Shigemi	JPN	M23	6:43:41
7	Giorgio Calcaterra	ITA	M40	6:44:49
8	Asier Cuevas Etcheto	ESP	M35	6:44:54
9	David Riddle	USA	M23	6:45:19
10	Andre Collet	GER	M40	6:45:48

Ranking	Name	Citizenship	Age Category	Time
1	Shiho Katayama	JPN	W23	7:33:36
2	Amy Sproston	USA	W35	7:34:08
3	Monica Carlin	ITA	W40	7:35:05
4	Kajsa Berg	SWE	W23	7:35:23
5	Irina Vishnevskaya	RUS	W23	7:36:01
6	Meghan Arbogast	USA	W50	7:41:52
7	Pam Smith	USA	W35	7:43:04
8	Judit Foldingne Nagy	HUN	W45	7:43:55
9	Mami Kudo	JPN	W45	7:48:05
10	Irina Vishnevskaya	RUS	W23	7:52:07



'Waterlogged' by Tim Noakes, MD, DSc

Book review by Katherine Macmillan

Back in June, as the wintery sun set over the top of Mt Macedon, I was recovering at the finish line of the state ultramarathon trail championships. As I cheered in the back-of-the-pack runners, I noticed several of them come in with swollen hands, an early indication of the potentially fatal condition exercise-associated hyponatremia (EAH). Just over a month later, when I was half way through the Adelaide 12 Hour, I noticed my own hands beginning to look puffy. Taking great care of how much I was drinking for the next six hours, I managed to finish the race, but my hands did not return to their normal size until the next morning.

The experience scared me a little and I knew I had to find out more about this condition. When the guru of hyponatremia, Professor Tim Noakes, released his book 'Waterlogged – The Serious Problem of Overhydration in Endurance Sports' (Human Kinetics, 2012) I knew it was essential reading for me. Many of you will already be aware of Tim Noakes, a sports scientist from South Africa, as the author of 'Lore of Running'; which was first released in 2003 and is considered by many to be the running bible.

Waterlogged is a very interesting book in that it not only delves into the details of EAH, but charts Noakes' own experiences from first becoming aware of the problem through correspondence following the 1981 Comrades Marathon, to the unexpected challenges he has faced over the last few decades while trying to promote his message about the dangers of overhydration.

As a word of warning to anyone interested in reading this book, be prepared for a lot of science! If data, scatter charts, acronyms and statistics scare you, then there will be large sections of this book

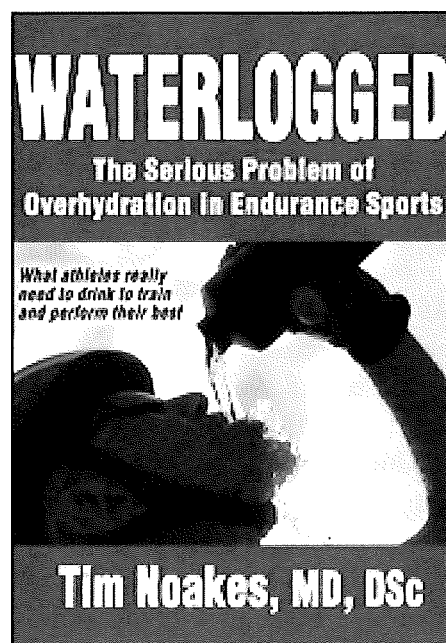
that you may want to skip. On the other hand, physiology nerds will love the degree of detail and the numerous scientific studies discussed in the text.

It is clear that the main message that Noakes is trying to drill into readers is that endurance athletes should drink to thirst, rather than to prevent dehydration. He presents evidence that suggests that dehydration is not associated with poor performance (the winners of endurance races tend to be the most dehydrated runners in the field) and that hydration status only has a small influence on thermoregulation.

Waterlogged delves into the causes of hyponatremia, with a crucial point being that a dysfunction in secretion of anti-diuretic hormone from the pituitary gland (SIADH) is necessary for it to develop. Without the presence of SIADH, in most cases an athlete's kidneys would be capable of correcting fluid overload by producing more urine. Noakes stresses that EAH, despite the name, is not caused by a deficiency in sodium and that taking salt supplements is not an effective prevention method.

One of the more controversial aspects of the book is the level of criticism Noakes directs at the sports drink industry, in particular the Gatorade Sports Science Institute (GSSI). He implies that profit has been the driving force behind the heavily promoted recommendations that runners need to drink ahead of thirst to prevent the 'dangerous' effects of dehydration.

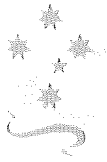
At 448 pages, Waterlogged would have benefited from less repetition. Personally, I would also have liked Noakes to delve more deeply into why some athletes are prone to developing EAH, while others are not, given similar fluid intakes. The



implication is that susceptibility to SIADH during exercise is based on genetic factors, but I am curious about the possibility of other variables, such as training load and medications, also having an effect.

Although the book went to great lengths to demonstrate that the dangers of dehydration were overestimated, I have to admit that I was not fully convinced. Most of the data presented was from marathons, ironman triathlons and 'shorter' ultramarathons such as Comrades. Only a small amount of information was collected from events that lasted 24 hours, or longer. A brief mention of a case of acute renal failure being associated with dehydration in the female winner of the 1984 Comrades Marathon was mentioned in the footnotes rather than the main body of text.

After reading this book I believe I am much better informed on appropriate hydration strategies for ultramarathons. With this new knowledge I was able to reflect on what may have gone wrong for me in Adelaide. I calculated how much fluid I had consumed and came to the following conclusion – I think my arm warmers may have been a little tight!



Hydration...again!

by Sunny Blende, M.S., Sports Nutrition

Why, exactly, do we as ultramarathoners need to drink so much? What is so magical about being hydrated? If you think about it, the result of the human body running and running and running boils down (pun intended) to one thing – heat production. As we exercise, we produce heat, especially as the intensity increases. If we run slower, we don't produce "cool," we just produce less heat. So before we get so overheated that we suffer heat stroke, our body attempts to regulate our temperature through several methods: evaporation, convection, radiation and conduction. Since evaporation accounts for 80% or more of our heat loss during exercise, that is where this article will concentrate.

Evaporation is influenced by the way we dress, but the biggest factor in ultrarunning is that evaporation causes water loss. Ah...hydration again! We need to drink to replace the liquids lost in sweat. And we need to sweat to allow the evaporation mechanism to keep our bodies cool and dissipate our accumulated heat. And we need to stay cool to maximize our performance and allow our bodies to run as fast as our training and genetics allow. Studies have shown that after a 2% loss in body weight, performance starts to suffer.

Sweating is a response influenced by training and you will sweat sooner and more as you increase your miles and become more fit (although your body will adapt by conserving sodium and therefore a trained ultrarunner will lose less sodium in their sweat than an untrained one). Several factors can also affect our sweat rate –

the clothing we wear, and the duration of the exercise. In an ultra race, the temperature and the length of the race are the same for everyone. We can control our clothing by choosing lightweight, light colored, breathable fabrics. Garments saturated with sweat (even if they are quick-drying) provide the most cooling because of the "breeze" you create as you move forward; sweat that drips off you onto the ground is ineffective at cooling. Often it is better to wear a shirt, than not. So that leaves intensity as the modifiable factor. "Average" sweat rates at 65% intensity are about a litre per hour. As intensity increases, so does body temperature and the need for regular fluid ingestion to replace losses and cool our bodies.

Cardiovascular Drift

In addition to an increase in body temperature with increased intensity, there is an increase in metabolic cost known as "cardiovascular drift" with longer durations of exercise. This is the slow rise in heart rate and oxygen consumption with the same work effort. This means the intensity of our effort is increasing even though we are not running any faster. Glucose ingestion helps prevent cardiovascular drift, but in a long-distance ultra, this phenomenon will happen eventually.

Sweat Rate

Once again, you really need to know your sweat rate...don't put this off any longer! To do this, weigh yourself naked before a one hour run. When you're finished, towel off, pee if you have to, and weigh yourself again nude. The amount of weight you lost equals

approximately the amount of fluid you lost per hour, with one pound equaling 16 ounces (1 gram equals about 1 ml). If you drank something during the run, subtract that amount from your hourly sweat rate. Once you have the amount of liquid per hour that you lose, do the same thing again on one of your long runs, and drink approximately your "sweat rate" in liquids per hour. After a few hours of running, especially if the temperatures are warming up, you may find that you are still short. You may need to drink more water or add more salt, or both, as the day and you get hotter, but expect to lose about 2% of body weight in a long ultra. If you have gained weight after many hours of running, you may be slowing down or decreasing the intensity and actually need less liquid per hour. And remember, as you become more trained, your sweat rate may change.

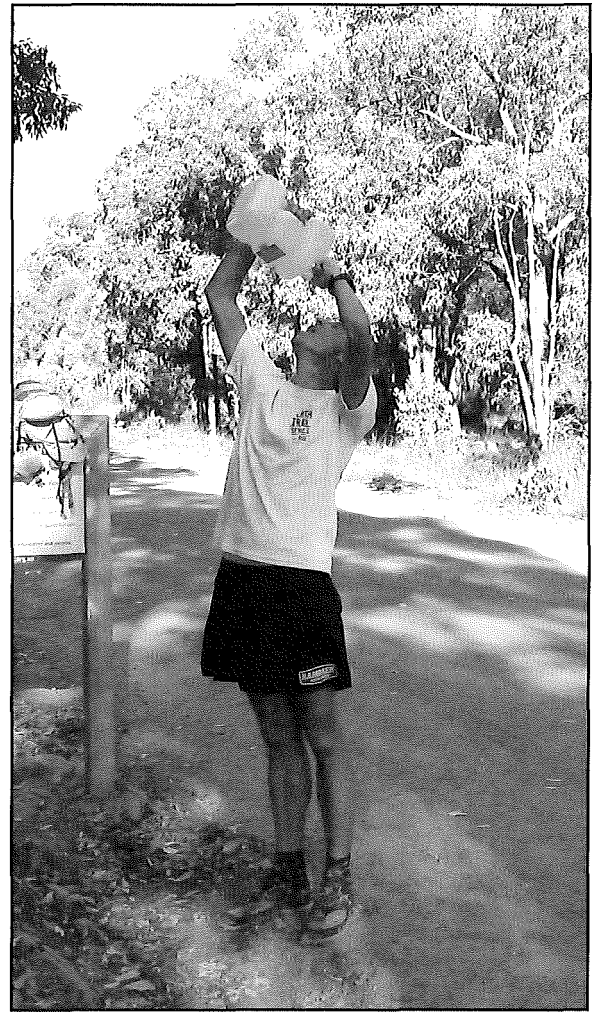
How Much Salt

What is the role of salt, or sodium, when ultrarunning? Sodium helps with water levels – inside your cells, outside your cells and in your blood. Too much water intake dilutes the sodium outside the cells, which then become leaky, allowing water across the cell membranes resulting in too much water inside the cells. The cells then swell, even brain cells, and the outcome is hyponatremia. Too little water and the blood becomes thick resulting in a slowing down of oxygen and nutrient delivery or dehydration.

Since sodium helps stabilize our water levels, learning your sweat rate can also help you with the amount of sodium you need to replace when running under different conditions. Some of the factors that affect this are:

1. How much salt is in your sweat - Individuals have different amounts of sodium in their sweat that can range from a low of 220 mg to over 1,000 mg per pound (450g) of sweat. The average is about 500 mg of sodium per pound.
2. How much you sweat - Sweat rates normally range from 16 to 64 ounces (500 ml to 2 ltr) per hour or one to four pounds (500 g to 2 kg). (Remember one pound equals 16 ounces or 500 g equals 500 ml).
3. How much you exercise in the heat - Training helps with acclimatization. The same ultrarunner can lose upwards of 1,000 mg of sodium per pound of sweat if they are not used to the heat; acclimated, that same runner's loss can drop to 300 mg.
4. How long you are running - The longer you sweat, the more electrolytes you lose. Pay attention to drinking sports drinks with sodium (some of the newer endurance drinks have twice the amount of sodium per the same amount of carbohydrate), eating salty snacks and taking electrolyte tablets as the miles accumulate.

While some ultrarunners can tolerate running while dehydrated better than others, your performance will be best when you are replacing most of the fluids you lose. It is usually not possible to replace all the fluids you lose when racing at a high intensity, nor is it advisable to try. This often leads to hyponatremia (over-hydrating), which can be a very serious, even fatal, condition. Expect to lose 2-3%, but also try to acclimate to heat in training because accumulated dehydration can lead to DNF's or poor times. When you are training day after day, you need to rehydrate. Fluid replacement works best when you stay hydrated all the time, not just while exercising. When you wake up in the morning (after an overnight "fast"), you will be somewhat dehydrated. Get in the habit of drinking a glass or two of water upon waking. After a significant workout, rehydrate and refuel to fully recover. Now, out the door – measure your personal sweat rate!



P.S., Tim Noakes, author of The Lore of Running, has written a new book called Waterlogged. It is very detailed and full of information and studies on hydration, dehydration and hyponatremia. It is highly recommended for further information.

ENDURATM

SPORTS NUTRITION

Working Sports Nutrition Into Your Diet Plan

Are You Getting Enough Essential Nutrients?

If you want to perform at your peak, it's important that you're using the right fuel. Getting the right amount of carbohydrates and protein in your diet at the right times is essential! But, you don't have to be a master chef to get this balance right. Endura has all the essentials you need to ensure you achieve the optimal nutrition you need to transform your body into a performance machine.



When you're relying on your muscles to get you over the finish line, it's important that you give them the attention they deserve! Amino acids, derived from protein, provide the building-blocks of our muscle cells. In order to maintain a healthy muscle mass when working out and competing hard, protein needs to play a starring role in every meal and snack. The harder you train, the harder your muscles work and the greater their requirements for protein.

It is recommended that athletes consume 1.0g to 1.7g of protein per kilogram of body weight per day, depending on the type and intensity of exercise undertaken. This equates to approximately a palm-sized portion of protein with each main meal and a half palm-sized portion for each snack. Healthy sources of protein to incorporate into your diet include lean meat, eggs, fish, tofu, legumes, nuts and seeds.

Optimise Your Recovery

Glycogen is the main fuel stored within the muscle. If these stores become depleted, your body can start to break down muscle tissue to gain an alternative source of fuel. This is why it's important to consume fuel with the right balance of carbohydrates and protein within the first half to one hour following exercise. Endura Optimizer is a nutritional sports formula, rich in carbohydrates and protein in a ratio of 6:1 – the most efficient ratio for supporting muscle mass and optimal glycogen replenishment following exercise.

Don't Leave Your Muscles Starving for Nutrition

A healthy diet is the cornerstone of good health, but during training and competition your body will crave the extra nutritional support it needs to stay in top shape and allow you to perform at your best. Don't let the physical strain of intense exercise leave you feeling fatigued and depleted.



International News: The Year in Review

by Nadeem Khan,

Director of Communications of the International Association of Ultrarunners (IAU)

I always get a feeling of contentment and gratification around Thanksgiving. In addition to enjoying the festivities surrounding me and spending some time with family and friends, I get to reflect on the season we have had and express my thoughts on paper.

We, at the IAU, have concluded another international ultrarunning season. This year's slate of events included the 100km World and European Championships in Seregno, Italy, the 24 Hour World and European Championships in Katowice, Poland and the 50km World Trophy Final in Vallecrosia-Bordighera, Italy.

We did not have a World Trail Championships this year (it makes its return in 2013). However, the major IAU events that we did have this year were not short on outstanding performances and amazing feats. Giorgio Calcaterra and Amy Sproston in the 100km, Mike Morton and Michaela Dimitriadu in the 24 Hour, and ultimately, Steven Way and Helen Taranowski at the 50km, all competed against several outstanding athletes from around the world and rose to the top of the podium.

In addition to winning in their respective events, these athletes also amassed excellent times/distances, in crossing the line first. These high calibre performances were mirrored by Gabor Muhari, running a new World's Best Performance for 6 hours.

Exceptional performances were not limited to the podium finishers. Several athletes, in each of the major IAU events, pushed the envelope in any given championship and achieved remarkable results, whether it was national records, age-group accolades and/or personal bests.

This is evidenced by eleven male athletes running under 7 hours, combined with same number of female athletes under 8 hours in Seregno. At the 24 Hour in Katowice, nine male runners ran more than 250km and eleven female runners compiled more than 220km. Not to be outdone, amongst the 50km sprinters of ultrarunning, three male competitors and an equal number of female contestants ran under 3hr and 3hr 40min, respectively.

The sport of ultrarunning is at a critical crossroad. It has progressed immensely over the years and now excellent performances are being complemented by an increasing number of athletes participating in the events. In Seregno we had a new record of 222 athletes, representing 36 federations, participating in the 100km championships. This record setting feat was repeated in the 24 Hour World Championships when Katowice had 269 athletes representing 35 federations.

The increase in participation is reflective of several new members who have become members of the IAU. Portugal, Romania and Algeria have joined the IAU folds and are experiencing ultrarunning on the international level. The increased number of athletes representing an increased number of federations, combined with brilliant performances, is doing wonders for the sport.

Having progressed so much, you can be convinced that we will continue to ensure that the sport continues on an upward and onward trend. In addition to coordinating the major IAU events, we are trying to promote ultrarunning on all fronts, grabbing every opportunity to promote the sport.

2013 promises to be another



Nadeem Khan

exciting year of international championships. We start the year with the 10th 24 Hour World and European Championships in Steenbergen, the Netherlands (11th-12th May), then travel to the 4th World Trail Championships in North Wales, United Kingdom (6th-7th July) and the 27th 100km World Championships in Jeju Island, South Korea (13th October). The location and date for the 10th 50km World Trophy Final has not been decided at the time of the submission of this article.

My mantra for the last four years, since I was introduced to the global aspects of the sport, has been that it is an exciting time for ultrarunning. The excitement keeps on increasing by the year. The foundations of the IAU (and the sport) have been strong since its inception in the 1980s and the advancement, combined with the growth, have been phenomenal.

I look forward to seeing where ultrarunning will take us in the future. If its stakeholders are any indication, we know that time and endurance are its forte and we are all in it for the long run.



You Yangs 50-50

You Yangs Regional Park, Little River, VIC

July 22, 2012

You Yangs 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:22:41	Fuller	Brad
2	2		4:28:05	Wiadrowski	Toby
3	3		4:30:20	Habets	Danny
4	4		4:44:38	Beard	Dan
5	5		5:07:40	Dunnett	Marcus
6	6		5:12:29	Crozier	Luke
7	7		5:15:24	Cummings	Drew
8	1	1	5:16:18	Emmerson	Kellie
9	8		5:17:24	Rogers	David
10	9		5:20:20	Lee	Steve
11	10		5:21:07	Reynolds	Chris
12	11		5:25:58	Ferraro	Simon
13	12		5:26:11	Fraser	Lachlan
14	13		5:26:30	Spillane	Michael
15	14		5:27:05	Dewar	Grant
16	15		5:33:16	Allen	Duncan
17	16		5:43:54	Leitmanis	Caleb
18	17		5:47:21	Grove	James
19	18		5:47:21	Barrett	Philip
20	19		5:49:26	Powell	Mark
21	2	2	5:52:29	Hardman	Chloe
22	20		5:53:41	Bignell	Nicholas
23	21		5:55:52	Phillips	Ben
24	22		5:56:20	Bowden	Damian
25	23		5:57:34	Mullins	Peter
26	24		6:01:59	Perraton	Luke
27	25		6:01:59	Robbs	Chris
28	26		6:04:30	Thrall	Gerard
29	27		6:05:49	De Boer	Bart
30	28		6:08:27	Emanuelle	Shane
31	29		6:09:06	Dubberley	Greg
32	30		6:13:08	Playne	William
33	3	3	6:13:46	McTaggart	Kerryn
34	31		6:16:08	Lewis	Joe
35	4	4	6:17:56	Melchiori	Chantele
36	5	5	6:20:00	Allan	Eliza
37	32		6:37:06	Sutton	Rob
38	33		6:43:30	Elliott	Stuart
39	34		6:49:34	Gray	David
40	35		6:50:57	Jansen	Erwin
41	36		6:51:19	Corner	Stephen
42	37		6:52:05	Pasztaleniec	David
43	38		6:59:59	Falls	Mark
44	39		7:05:38	Watts	Dave
45	6	6	7:05:38	Pedley	Karen
46	7	7	7:07:24	Otto	Liesel
Bold SURNAME indicates AURA member.					

You Yangs 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
47	8	8	7:07:24	Marsh	Susie
48	40		7:08:31	Cheong	Gary
49	41		7:11:13	Meyer	Bernd
50	42		7:12:37	Hess	Albin
51	43		7:26:16	Talento	Martin
52	44		7:42:12	Lindsay	John
53	9	9	7:46:43	Weatherly	Clare
54	10	10	8:05:52	Barber	Roz
55	45		8:15:24	Morgan	Matthew
56	46		8:50:03	Glover	Brian
Bold SURNAME indicates AURA member.					

You Yangs 80km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		7:31:10	Mannix	Kevin
2		1	8:34:48	Wynd	Nikki
3	2		8:57:45	Selby-Smith	Andrew
4	3		8:59:20	John	Michael
5		2	9:17:51	Wallace	Natalie
6	4		9:22:01	Drummond	Steve
7	5		9:26:03	Drew	Glenn
8	6		9:31:52	Melchiori	Tristan
9	7		9:37:47	Muller	Kevin
10		3	9:44:25	Barker	Nicole
11		4	9:52:41	Copp	Felicity
12	8		9:53:05	Evans	Owen
13		5	9:53:05	Cowling	Gayle
14	80k		11:39:59	Maguire	Cathy
15	75k*		8:26:25	Cook	Victor
16	75k*		8:31:53	Edwards	Michael
17	75k*		8:53:13	Hudec	Peter
18	75k*		8:53:13	McCann	Joseph
19	70k**		8:48:57	Mitchell	Scott
20	70k**		9:04:34	Josephs	Derek
21	70k**		9:41:36	Bell	Matty
22	50k		3:30:45	Smith	Sean
23	50k		5:38:20	Marcus	Simon
24	50k		6:24:33	Alirezaee	Tayebeh
25	50k		6:37:06	Macmillan	Katherine
26	50k		7:31:10	Esparon	Nat
27	50k		7:57:00	Lim	Jon
28	50k		8:34:20	Stevens	Terrie
29	30k		2:45:08	Cooke	Rick
30	30k		3:26:42	Hall	Robert
31	30k		3:46:15	Siemonek	Amie
32	30k		3:51:32	Perkins	Sarah
Bold SURNAME indicates AURA member.					





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THE RUN INN