

**Mar 2013**  
**Vol 28 No 1**



Australian  
Ultra  
Runners'  
Association Inc

# U L T R A M A G



- ▶ Interview with Martin Fryer
- ▶ Ultra History: Across America on Foot
- ▶ Hume & Hovell 50/100,  
Great North Walk 100s,  
Kurrawa to Duranbah, and more



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# UltraMag:

## The Magazine of the Australian Ultra Runners' Association

March 2013

### Contents

Table of Contents .....	1
Committee Corner .....	2
State Roundup .....	3-4
AURA Contacts .....	5
AURA Calendar .....	6-10

### AURA Race Reports & Results

Surf Coast Century (results in December 2012 issue) .....	10-11
Hume & Hovell 50/100 (results in December 2012 issue) .....	12-13
Washpool .....	14-15
Wilsons Prom .....	15-17
Great North Walk .....	18-22
Marysville 50k .....	23-25
Razorback Run .....	25-27
The 30/50 Challenge .....	27-28
Moe 6 hr & 50k .....	28-30
Bruny Island Ultra .....	30-32
Coast to Kosci .....	32-34
Kurrawa to Duranbah .....	34-37
6 Inch Trail Marathon .....	38-40
Two Bays Trail Run .....	40-43

### Other Articles

Member Profiles .....	44-47
Interview with Martin Fryer .....	48-51
Running for Joy .....	52
Manaslu Mountain Trail Race .....	53-54
History: Across America on Foot .....	55-57
Book Review: "Pole to Pole" by Pat Farmer .....	58
Endura Advertorial: Are You a Pure Bred Long Distance Runner? .....	59
International News .....	60

### Cover Photos:

- Front:* Rowan Walker, racing to 1st place in his first ultra, Surf Coast Century – photo courtesy Rapid Ascent
- Inside Front:* Tegyn Angel and Jamie Smith (above) and Frank Palermo (below) enjoying Two Bays Trail Run – photos courtesy fstop5.com
- Inside Back:* Martin Fryer, staying focused on a very wet track in Soochow, Taiwan, on his way to 247.590km in 24hr



# Committee Corner

## Updates from the AURA Committee

### Robert Boyce, President

Welcome to 2013. We have a big year ahead with more races to compete in, four great magazines to read, and the chance to buy some new AURA apparel.

With the athletes of the year just announced, I would like to congratulate them. There were some outstanding performances from Beth Cardelli and Brendan Davies, who won the female and male athletes of the year award, and from Martin Fryer (Bryan Smith award), Tony Collins (Cliff Young award), and Oliver Zambon (Rising Star) – those three are all past winners. Well done all.

My first run for the year was the Narrabeen All Nighter. This was the first time that I have competed in the race. I had a very enjoyable night, catching up with many AURA members. The race had a great atmosphere, was in a great spot, and the support was first class. I would like to thank Ron and Glenn (aka Horrie) and all the volunteers, and recommend to all it's a must-do on our list.

This year I hope to run in many of our new events. The list has grown so long over the recent years I have a bit of work to do. Please join me in supporting our new race directors and hope to see you at a race soon.

### Bernadette Benson, Vice President

Sadly, unlike Robert, I don't have a job that gives me such abundant opportunity to collect air miles and race at many of our AURA events. Being in WA makes things a little trickier, as well – I expect some of our NT and TAS members might feel similarly. However, I keep whittling away at the wish list of ultras, whilst the list keeps growing! And WA continues to

develop a greater selection of ultras. Of course, if I don't re-nominate for a committee position within AURA this year, which could free up some time (thinking, thinking...).

Which leads me to remind you all – as you read this; our annual AGM should be in the works. Every year all positions become vacant and are available for nomination by any AURA member. Maybe this year is a year you could devote some extra time to your sport from the other side of the "aid station table." Please feel free to talk to any of the "outgoing" AURA executive, Robert, Brett, Stephen, Rick, or me about volunteering. We also have several subcommittees and individual roles, such as apparel, UltraMag, and billings, and there are other areas within AURA we could certainly develop, such as our Hall of Fame.

### Karen Hagan, Ultramag Coordinator

The other day I headed out for a long weekend training run. It was PERFECT for many reasons.

I had been intimidated by the thought of it all week, and it was relatively easy: my training must be paying off. A slower pace than I could have gone alone, but 40km in 5:38, with 1000m of elevation gain. I only walked one mega hill up (after 32km)...and ran the rest.

The temperature was moderate, the wind caressing, the company genuine and the landscape SPECTACULAR! We found wild nectarines, blackberries and figs, and 1000 Monarch butterflies accompanied us for long portions of the trail; some of them were as big as my palm.

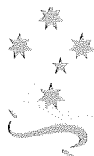
The real reason for the perfect morning was simply because I DID IT. At a time when a friend

waited to turn the life support systems off on the love of her life, and painfully let him pass away, I felt privileged every step that morning for the fact that my life, at that moment, was truly wonderful. As she had to help her young son say goodbye to his father, they were on my mind every moment. As I grunted and groaned up hill, and grinned and flew downhill, I thought "how lucky am I?"

I put my body through the tasks I do, BECAUSE I CHOOSE TO. I challenge my will to continue, when my body is crying out otherwise, BECAUSE I CAN. I surround myself with like-minded people, who contribute positively to my life, BECAUSE I AM FORTUNATE. I can't even begin to imagine what it would be like to have to go through what my friend is going through...all because she has no real choice. It is out of her control.

The lesson, friends, I am trying to convey is to be the person who impacts on their own life; don't let your life happen to you. If you are waiting for the perfect moment, day or person to begin living, it will NEVER come. Life does not give us perfect moments...we create them. You need to be the change you want to see in your own life before, all too soon you, also, are left with no choice.

Seriously...we don't get a do over. Be present in your life, be passionate about something, be playful, be persistent...the graces in life come not from the time where everything is aligned, but from when you begin to find gratitude for even the smallest moments. Love your family, love your friends but, most importantly, love yourself. Stop making excuses...there is never a better moment to begin whatever it is you've been waiting for...it is NOW.



# AURA State Roundup

## March 2013

### State Roundup ACT by Elizabeth Bennett State Representative

December and January are typically quiet months for AURA events in and around the ACT. However, two happenings worthy of note are: (a) the representation and good performances of several ACT AURA representatives at Coast to Kosci - particularly Pam Muston who was the second placed female and (b) Martin Fryer being awarded the Bryan Smith Award in the annual AURA awards. (The Bryan Smith Award is awarded to the AURA member who ran the furthest distance in 24hr during the year.) Congratulations!

Looking forward, the most significant upcoming ACT AURA event(s) is the IAU bronze labelled 12 Hour and 100K, and the new 6 Hour and 50K, on February 16, 2013. These events form part of the Stromlo Running Festival and will be run on the 1 kilometre loop (AIMS-certified) cycling criterium circuit - i.e., a fast, flat course.

Current AURA members will be eligible for points in the AURA point score competition, inclusion in AURA rankings, and inclusion in IAU time/distance rankings. Performances in these events may also be used as primary evidence to support individual applications for Australian 100K team selection, or secondary qualification or proof of fitness for runners who achieved a primary qualifier more than 6 months prior to the planned World Championships to support inclusion in the Australian 24 Hour team.

### State Roundup NSW by April Palmerlee State Representative

Race director Peter FitzPatrick put on a great inaugural event with

beautiful scenery of natural forests, mountains, pine plantations, brumbies, an array of wild life, and the waters of Blowering Dam lapping the edge of the single track at the 2012 Hume & Hovell 50/100 Ultra. 46 starters enjoyed a great day out. The diverse terrain captivated the runners and many enthusiastic finish line conversations were overheard. The next race will be on 19/10/13.

Race director Dave Byrnes cited the cool, wet weather as one reason why all the open course records were broken in the Great North Walk 100s in 2012 - most by huge margins. Brendan Davies finished the 100 Miler (actually 175.3km) in a time of 19:27, more than four hours ahead of second place and 2.5 hours ahead of the previous record; making it a very early morning for the few volunteers who got to Patonga in time for his finish at 1:27am. Interestingly, more than a quarter of the 100km finishers had yet to make it to Yarramalong (103.7km) when Davies reached the 100 Mile finish. Gill Fowler, a rogainer, was the first woman to ever break 24 hours (with a time of 23:58) and looked likely to finish in second place overall, before flagging just a smidgeon in the last 25km. Forresters' Beach runner Clarke McClymont destroyed the 100km record, breaking 10 hours for 103km.

The cooler conditions also helped the attrition rates with only 10/65 (15%) starters dropping out of the 100km, and 25/75 (33%) starters dropping out of the 100 Miles. As usual, a number of competitors had falls, became ill or injured, or got lost, but none was serious enough to warrant the involvement of emergency services. More than 10% of the field carried personal locator beacons, using a hiring arrangement negotiated with a commercial supplier, but none were activated. Next year's

event will be over the weekend of November 9-10 2013.

Fifty-eight runners and seven teams lined up at the start of the Narrabeen All Nighter 2013 event. According to race director Ron Schwebel, the feature of this year's race was the great running by the females: seven ran over 100km. Sarah Richardson provisionally broke two F45 Australian Age records (6 Hour - 56.666km and 12 Hour - 108.904km). Natalie Watson's 12-hour race record was under threat for most of the night, but winner Sabine Hamaty just missed the mark, with 110.081km.

M50 winner, Peter Nuttall, broke the Australian record for his age group (awaiting ratification) with 103.165km. The teams format was new this year and seven teams organised themselves for the 12-hour event.

Defending Coast to Kosciuszko champion Ewan Horsburgh, and C2K debutante Bernadette Benson, were the first runners to complete the 240km course from Boydtown Beach to Charlotte Pass, via the summit of Australia's highest mountain, Mount Kosciuszko.

Thirty-four runners assembled on the shore of Twofold Bay for the dawn start. By sunset, Ewan ran into Dalgety, at 146km, sharing the lead with course record holder Jo Blake. Ewan was soon able to pull away and establish a decisive break, although come sunrise he was forced to respond to a late challenge from a consistent Michael West, who closed to around 3km as they ran through Perisher Valley (212km). Ewan surged to finish in 27:31.

By contrast, Bernadette's race was characterised by the immediate authority with which she led the women's field; which included past winners Pam Muston and Sharon Scholz. Soon after passing 100km,



# AURA State Roundup

## March 2013 (*continued*)

Bernadette was an hour ahead of Swiss runner Julia Fatton's race record pace of 2011. Bernadette's audacious early running precipitated a stoic night and following morning. Her tenacity was rewarded with the fastest finish by an Australian woman in 31:49 (yes, Bernadette is now Australian!).

Twenty-nine runners completed the race; enjoying either a stunning panorama from Kosciuszko's summit, or, for the later finishers, a sublime starlit moment of accomplishment on the top of Australia, beneath a majestically clear night sky.

Washpool is situated in the northern rivers corner of NSW, a long way from anywhere, in one of Australia's best national parks with the best track networks. There are rivers, granite, rainforest, wildflowers, good camping and swimming; all in one spot. The race field is 120 and it fills up; a sign that those who've been there like it and come back. The event is low-key but the trails are well-marked, and the escarpment usually provides cool running conditions. In 2012, although race day was quite hot, race director Greg Waite just missed snow when course marking two days earlier - usually it's nice and cool for the late October weekend. The women's times stood out as noticeably faster this year, a great achievement considering the heat. And all the races were closely contested at the front, with relatively small gaps between the first few places.

### State Roundup QLD by Keith Sullivan State Representative

Over the last few months ultra runners in Queensland delighted in putting themselves through long events in heat and humidity that tends to validate the "crazy"

tag that our friends call us. To all my fellow ultra runners who are still out there running, please, take care in the conditions that we experience; this applies not only to the events but also to the long training runs. Sometimes these difficult conditions can sneak up on us; as an example, events that occur overnight still need attention paid to hydration and nutrition.

Race reports will cover events such as Kurrawa to Duranbah (K2D), and others such as Caboolture Dusk to Dawn will be run between writing this message and distribution of the magazine.

It seems that even in our Queensland climate there are always events all year round, and you are all encouraged not to put your running on hold during these hot, hot months; just take care. The calendar is now getting so busy that it is difficult to fit in all of the events that you want to do. Personally, I missed out on one of my real favoured events, K2D, in order to compete in Coast to Kosci.

If the heat and humidity is adversely affecting your running, hang in there, autumn and winter approach.

### State Roundup SA by Ben Hockings State Representative

On January 13, 2013 the first annual South Australian AURA BBQ took place, with about 15 people attending. They were a mixture of members and others who were interested. The membership base is slowly growing in South Oz, and all of us here are looking forward to seeing our members compete, not only in our own local AURA events, but also those interstate.

The next scheduled AURA event in South Australia is the Adelaide 6/12/24 Hour on July 13-14. Please visit the AURA website or contact

race director Ben Hockings at [ben@yumigo.com.au](mailto:ben@yumigo.com.au) for more details.

### State Roundup WA by Dave Kennedy State Representative

December saw the running of the 8th 6 Inch Trail Marathon, and the 4th official race (with the first 4 being fat ass runs). Once again I was sidelined as race director of an increasingly growing field. We capped the field at 200 and were sold out two months in advance. This year we will increase the limit to 250. Unfortunately, we only had about 160 starters, of which 153 finished. Runner after runner pulled the pin for various reasons. As far as I'm aware it is still the biggest ultra ever in WA, behind only the Perth and City to Surf Marathons in participant numbers.

This year seemed to be the year to get lost. Even our only eight-time runner managed to take a wrong turn, and also the DEC employee who marked this section of the Munda Biddi Trail took a detour. James Roberts was the first official runner across the line after the three leaders, who were all on record-breaking pace, missed a turn with 2km to go. James added to his impressive resume with only 2.5 years running, and 18 months doing ultras.

Other than 6 Inch it has been a quiet time in WA, with no other summer ultras scheduled until the Lark Hill Dawn to Dusk 50km & 100km on March 2nd. This is run on a 3km trail loop through the night and I, for one, am itchy to get racing again. (Although that might be the tick bites I collected on the Bibbulmun track last weekend).

Following the lead of SA, WA members should keep their ears open for information about an upcoming member BBQ get together...once WA State Rep 1 & 2 confer!



# AURA Contacts

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

# 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](http://www.aura.asn.au). Some international races, particularly IAU and Commonwealth championship events, are also shown on the web calendar..

## MARCH 2013

### **Sunday 3 March CONVICTS AND WENCHES (NARAWNTAPU) (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](mailto: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 trail loop

Contact: Dave Kennedy 0433 333 206

Email: [davidk1998@hotmail.com](mailto:davidk1998@hotmail.com)

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

### **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](mailto: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](mailto:ian.Cornelius@rocketmail.com)

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

### **Sunday 10 March COBURG SIX HOUR RACE (VIC)**

IAU labelled event held at the Harold Stevens Athletic Track

Contact: Tim Erickson 0412 257 496 or 03 9012 5431

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

Web: [http://aura.asn.au/Coburg\\_6hr.html](http://aura.asn.au/Coburg_6hr.html)

### **Saturday 16 March ROLLERCOASTER RUN (VIC)**

45km trail race (& shorter option)

Contact: Rohan Day 0420 380 955

Email: [info@rollercoasterrun.com](mailto: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](mailto:runningwild56@tpg.com.au)

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

# AURA EVENTS CALENDAR

## **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](mailto:alun@wildhorsecriterium.com)

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

## **APRIL 2013**

### **Saturday - Sunday 13-14 April COBURG 24 HR (VIC)**

AURA National 24hr championship, Victorian 24hr track championship & Australian Centurions 24 hr walk; IAU labelled

Contact: Tim Erickson

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

Web: [http://aura.asn.au/Coburg\\_24hr.html](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: Keith Hong 02 9282 1322

Email: [khong@fairfaxmedia.com.au](mailto:khong@fairfaxmedia.com.au)

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

### **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](mailto:steelyn@gmail.com)

Web: [http://aura.asn.au/WaterWorld\\_RR2CH.html](http://aura.asn.au/WaterWorld_RR2CH.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](mailto:wildendurance@wilderness.org.au)

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

### **Saturday 18 May THE NORTH FACE 100 (NSW)**

50km & 100km solo trail races in the Blue Mountains

Contact: Alina McMaster or Tom Landon-Smith

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

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

### **Saturday 18 May WILSONS PROM (VIC)**

100km trail and shorter options

Contact: Paul Ashton 0418 136 070

Email: [runningwild56@tpg.com.au](mailto:runningwild56@tpg.com.au)

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

## **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](mailto:rdonkers@iinet.net.au)

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

# AURA EVENTS CALENDAR

## **Sunday 2 June MACEDON RANGES (VIC)**

30 and 50km trail races.

Contact: Brett Saxon 0418 557 052

Email: [trailsplus@gmail.com](mailto:trailsplus@gmail.com)

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

## **Sunday 9 June GOLD COAST 100 SUPERMARATHON (QLD)**

100km, 50km, and other distances

Contact: Ian Cornelius 0408 527 391

Email: [info@goldcoast100.com](mailto: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](mailto:sydney24h@srichinmoyraces.org)

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

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

3 day stage race totalling 126 kms on trail

Contact: Lorraine Lawson

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

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

## **JULY 2013**

Saturday – Sunday 13-14 July ADELAIDE 6-12-24 hour (SA)

IAU labelled loop race on 2.2k footpath

Contact: Ben Hockings

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

Web: [http://www.aura.asn.au/adelaide\\_12hr.html](http://www.aura.asn.au/adelaide_12hr.html)

## **Saturday 13 July THE KOKODA CHALLENGE (QLD)**

96km team trail event

Contact: Samantha Klintworth

Email: [info@kokodachallenge.com](mailto:info@kokodachallenge.com)

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

## **Saturday 20 July MT HAIG MARATHON (QLD)**

45km trail race (& shorter options)

Contact: Lorraine Lawson

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

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

## **Sunday 21 July YOU YANGS 50-50 (VIC)**

50km and 50mile trail races

Contact: Brett Saxon

Email: [brsaxon@bigpond.net.au](mailto:brsaxon@bigpond.net.au)

Web: <http://www.aura.asn.au/youyangs5050.html>

# AURA EVENTS CALENDAR

## **Friday – Sunday 19 - 21 July CABOOLTURE 24-48 hr (QLD)**

Historically, an IAU labelled 6-12-24-48 hr race on a 500 mtr loop

Contact: Geoff Williams

Email: [gjcarpet@caboolture.net.au](mailto:gjcarpet@caboolture.net.au)

Web: [http://www.aura.asn.au/Caboolture\\_6-12-24-48.html](http://www.aura.asn.au/Caboolture_6-12-24-48.html)

## **AUGUST 2013**

### **Sunday 11 August THE TAN ULTRA (VIC)**

50km and 100km loop races

Contact: Brett Saxon

Email: [brsaxon@bigpond.net.au](mailto:brsaxon@bigpond.net.au)

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

### **Sunday 18 August ALICE SPRINGS ULTRA MARATHON (NT)**

60km road race & shorter options

Contact: Danny Fraser 0417 895 613

Email: [danny.fraser@ntschoools.net](mailto:danny.fraser@ntschoools.net)

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

### **Sunday 25 August KURANDA TO PORT DOUGLAS ULTRA (QLD)**

64km trail race (& shorter options)

Contact: Lorraine Lawson

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

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

## **SEPTEMBER 2013**

### **TBC Sunday 8 September WALHALLA WOUND UP TRAIL RUNS (VIC)**

Trail runs from Walhalla's Star Hotel with 50km, 37km, 19km options.

Contact: Bruce Salisbury 03 5174 9869

Email: [bruised@bigpond.com](mailto:bruised@bigpond.com)

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

### **TBC Sunday 15 September ALTRA CENTENNIAL PARK ULTRA (NSW)**

AURA National 50km championship; 50 and 100km IAU labelled races on a 3.55km loop

Contact: April Palmerlee 0414 366 514

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

Web: <http://aura.asn.au/CP100.html>

### **Saturday 21 September SURF COAST CENTURY (VIC)**

100km trail race near Anglesea, with relay option

Contact: John Jacoby 0408 035 261

Email: [john@rapidascent.com.au](mailto:john@rapidascent.com.au)

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

### **Saturday 21 September CANBERRA CENTENARY (ACT)**

New 100km trail race

Contact: Martin Fryer

Email: [flyterultra@gmail.com](mailto:flyterultra@gmail.com)

Web: TBA

# AURA EVENTS CALENDAR

## **Sunday 22 September SPINY CRAY TRAIL (QLD)**

56 km trail in northern Queensland

Contact: Shane White 0438 758 862

Email: [shane@adventuresportnq.info](mailto:shane@adventuresportnq.info)

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

## **Sunday 22 September YURREBILLA TRAIL (SA)**

56km trail run amongst the beautiful Adelaide Hills

Contact: Sadie Cranston 0400 763 222

Email: [sadiec@adam.com.au](mailto:sadiec@adam.com.au)

Web: <http://aura.asn.au/YurrebillaTrail.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](http://www.aura.asn.au/governance)



## **Surf Coast Century** **Anglesea, VIC, September 21, 2012** **by Rowan Walker**

I had always planned on participating, to some extent, in the inaugural Surf Coast Century, but it is correct to say that I'd not decided on tackling the 100km solo until less than two weeks out. I had hoped to slot into a team with some of my local running friends, but lack of planning and early organisation on my part, meant that most of my prospective teammates had already been snapped up to run with other teams.

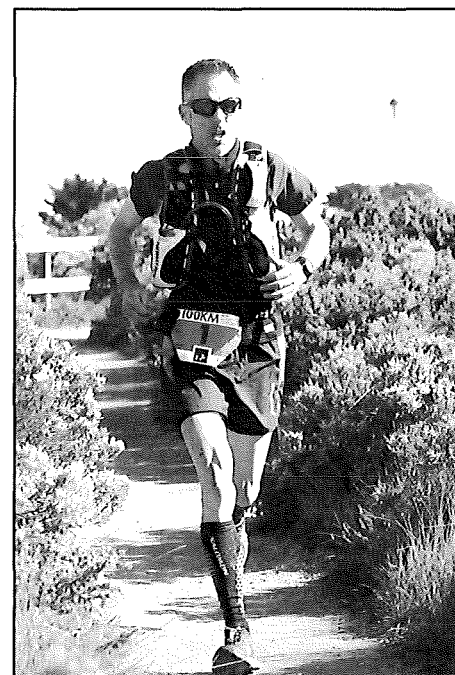
As the race drew closer, teaming up with SC local and event ambassador, Julian Spence, looked to be the most likely option, before Julian succumbed to a few persistent niggles and reluctantly withdrew. Following Julian's demise I had a tentative agreement from recent Kokoda Trail podium finisher, Chris Wight, but I sensed that I was pressuring him to commit against his best interests in the post-Kokoda-phase, so started

to seriously consider doing the full distance as an individual.

The appeal of doing a relay leg, or two, on such great trails in the lead up to my next marathon was never in doubt; however, stepping up to the full 100km was something well out of my comfort zone, and fairly risky considering I was committed to run the Auckland Marathon five weeks after the event. My main concern was not so much finishing, but how much it might take out of me and jeopardise my prospects the following month in New Zealand. Encouragement and advice from Julian, Chris and Scott Nicholas cemented my decision, and just short of two weeks before race day, I committed.

As I was building at the time, albeit reasonably slowly, towards Auckland Marathon in late October, I had some reasonable mileage in the legs, and went into a short taper and crash course in nutrition options

and strategies. In the lead up to the aborted 2012 Bogong to Hotham, I had gradually acquired most of the kit required for an ultra, and researched ultra nutrition strategies. But apart from a few of the longer training runs in late 2011, I had not



*Serious running, photo courtesy of Rapid Ascent*

been able to test these. I went with a liquid and gel mix, with emphasis on the liquid carbohydrate and protein mix backed up by caffeinated gels later in the race.

My race day plan was to be conservative early and hope that I wouldn't slow too much after 50-60km. On advice from Julian and Chris I walked early, and often, up any section that was particularly steep or rugged; such as the steps from the beach up to the cliff-top at Point Addis. I always knew that I would dramatically slow as I fatigued, and wanted to conserve a little energy while still making reasonable time. The first 50km were pretty enjoyable and runnable, with wide flat beaches (interspersed with a few rocky sections), followed by the rolling undulations of the Surf Coast Walk and single track trails as you head back to the half-way point at Anglesea. Most of this early part of the day was fairly uneventful, with only a few wrong turns that didn't lose me too much time and only one trip (I managed to "save" this first one; there was plenty of "kissing dirt" to come later!)

The magnitude of the undertaking hit me a little as I came into the checkpoint at half way. Having not run more than 35km in training all year (though I had completed two marathons), meant that I was approaching the unknown. A few amateur fumbles at the aid station and I was away again. By 60km I was starting to feel pretty bad. Walking up what seemed to be only slight inclines became, rather than a preservation strategy, an absolute necessity. Probably more than anything, the fact that I was forced by fatigue to walk as often as I did was a bit of a shock. I always figured that I would progressively slow but hoped that I'd be able to maintain some momentum above a walk on hills that would, ordinarily, never trouble me in training.

The spectacular, but at times,

slightly rugged trails around Carrawong Falls and Distillery Creek caused a few falls as fatigue began to really bite, and my typically low stride became a shuffle. Mentally I was concentrating on keeping the fuel intake regular and ticking off the aid stations with the 77km being particularly welcome; it seemed to symbolise the turn towards home.

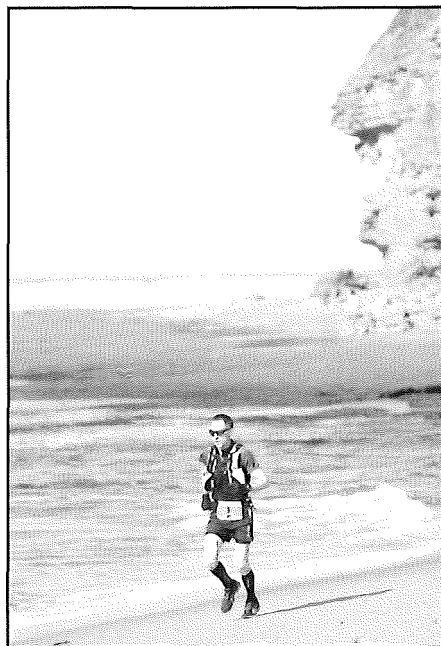
The main preoccupation in my mind over the last 20-30km was how far back the chasers were at this point. Passing team runners gave little more detail than "a fair way back." What's a fair way? Two minutes? 20 minutes? As I was really struggling at this point, this was mentally difficult.

As expected, the sand run beach strip after 90km+ was a killer, but the smaller section that preceded the run along the Great Ocean Road and, in particular, the steep stairs up to a private property leading to the road, felt particularly brutal. The short climb up the irregular stairs caused the only real cramping or seizing of any muscles, as my inner thighs both tightened. I was really slow along the several kilometers of beach, alternating walking with running as the sand and my fatigue allowed. Once off the beach I gained some momentum along the flatter sections, before again being forced to walk up what seemed to be slight inclines. The last section of groomed track leading back to Anglesea was a pretty tough grind after a long day, and the turn down to the beach was welcome. At the point of returning to the beach my brother met me and managed to jog a short distance along the sand beside me.

The feeling of finishing the 100km in 8 hours 25 minutes, and managing to win the inaugural event, was one of the most satisfying running experiences of my life. Gambling that the "miles in the bank," following years of marathon training, were able to get me through, rather than

specific preparation, had paid off. There was no doubt in some aspects it was as hard as anything I've ever done; the fatigue was crushing after 60km and the extent to which I'd been forced to walk had surprised me. I guess it was different to a marathon in the same way a marathon is different to a 10km race. Fighting fatigue and the urge to slow or stop for 40km was a new, and not overly pleasant, experience! Although I came out of the event with a few knee issues I managed to not only make it to New Zealand but also cap of a great year with a win in the Auckland Marathon.

Writing these thoughts some months after the event coincided with a return to some of the best trails of the race for a training run with a few friends. It was great to cover some of the ground and reminisce about the day and, with luck, I can return to defend the title in September 2013. The event covers some great running trails and beaches without being overly technical or remote (and thereby inaccessible to all but the most experienced trail runners) so if you have yet to make to jump to 100km this is certainly worthy of consideration.



*Seriously scenic running,  
photo courtesy of Rapid Ascent*



# Hume & Hovell 50/100

## Hume & Hovell Walking Track, near Tumut NSW

October 20, 2012, by Sarah Richardson

Having failed to finish the Glasshouse 100 Miler (at 133km) I went into the Hume and Hovell 100km with a single goal: to finish. I had been unable to put any weight on my right leg in GH but I couldn't get an appointment to see the surgeon for months, so I just had to manage it.

I had a nice trip to Tumbarumba and a good, quiet and comfortable night. The registration was easy and typical of my ultra experiences; everyone was super friendly. I was given great advice: be good to myself and walk the hills early.

It was still dark when we got to the start and I did my usual trekking back and forward from the toilet. We set off on a very calm chatty jog. I was being so cautious and walking all the little rises but had someone with walking poles in front of me. So despite my plan for a super easy start, I still wanted to get in front of the poles so I could stop having to lean back and avoid losing an eye!

The early km were through farm land and, fortunately, someone up ahead was very familiar with the

course and guided our little group through. I stepped into a muddy bog and my shoe stayed in it, so I had to go back and retrieve my shoe from the mud and put it back on. I like having my laces loose, especially in an ultra, so I probably shouldn't plunge straight through the boggy bits.

Once we got onto the trail it was beautiful and soft underfoot. Typical Australian bush – very scrubby and the track meandered all over the place. Having run extra km in GH by taking a wrong turn, I was determined not to get lost this time. At Paddy's River Dam I saw some of the guys in front of me so headed towards them, only to find out that they had lost the trail markers. I turned around and headed straight back to the last marker, pulled out the race instructions and found the right way through the gate. I promised myself that I would read ahead from then on. It paid off at the Buddong Falls turn where I found the same people looking around for the track. I read out the instructions and headed off to find the next marker only metres up

the track. It really was very well marked and the instructions were easy to follow.

At the first checkpoint we could meet our crew, and I was feeling relaxed and happy and did a quick refuel and headed back out. I am spoiled with having a wonderful, supportive husband as my crew and when I saw that he was looking happy I figured I must be looking OK, because when I'm struggling he always looks worried. This race I had planned to practice patience and I was always making sure I felt calm and relaxed and wasn't trying to move fast or strain at all.

Shortly after this the 50km runners joined us on the course and some of them were moving very fast! I just relaxed and wished them well as they ran past. It made me very aware of the full heavy pack I was carrying and as the morning was warming up I would have loved to offload it!

By the time we got to the gear check it was starting to get hot and I was really glad to have a cold drink, or three, and to refill my pack and take an extra water bottle with me. Just as well I did because it was very exposed and hot, and the trail was now hard and rocky and my toes were banging on the front of my shoes on the descents. I was thinking how good a sharp knife would have been and I could have cut the toe box out of my shoes. But I didn't have one so I just curled up my toes to see if that helped and headed down the hill.

Once we got down on the fire trail by the dam it was really hot and dry, and the trail was hard and dusty. The lake water looked so lovely I just wanted to run down and dive in, and drink it all. I estimated that I had about 3km



50km starters

to the next checkpoint and I was completely out of water and really hot and thirsty. I couldn't decide whether to slow down to make sure I didn't do any damage while I was completely dry, or to try and run a bit quicker to get to the next checkpoint as soon as possible. Instead I just stayed patient and kept the same pace ticking along. A 50km runner came past and I asked him how far he thought we had to go to the next checkpoint and he said about 7km. Argh, I had completely underestimated it, so I knew I was really going to appreciate a cold drink when I got there. It sounds like a lot of people ran out of water along that section, too.

I felt sure I was going really slowly, but I kept telling myself to be patient and just keep putting one foot in front of the other and that I'd get there, eventually. Coming into the checkpoint there were a couple of runners stopped and stretching their cramping muscles. As I ran past I asked if I could help and one asked me for some new hamstrings. Despite my pack feeling like it weighed a tonne, I hadn't packed any hammies so I ran on into the checkpoint for a nice big drink. Again, I must have looked happy and relaxed because my husband did; so I filled up the bladder in my pack, took an extra bottle of water with me and drank plenty while I was there. It was great to quench that thirst!

So not far to go now and I still felt really good. I knew that I had over 20km to run, and that anything can happen, but so far everything was feeling OK. I ran out and was obviously still a bit dry and hot because I went through all that fluid very quickly once I got back out on the trail. I was told that I was first female but I just smiled. I've been first before and DNFed so I knew that it really didn't count yet. I was sticking to my race plan of taking it easy and enjoying the run, and for



*Finish "bell" rings for Sarah*

most of the day I didn't see anyone so I had no idea who was where either in front of or behind me.

As I ran down towards the creek with a little over 12km to go, the police were there and, as I was already out of water again and knew that I'd struggle to finish without any, I asked whether they had any water and they said that the creek was drinkable. My worry was that if I squatted down to fill my bottle my hip would seize up and I'd be unable to run again. So I did my best controlled Pilates squat and squeezed my glutes and nearly fell bum first into the creek. That wouldn't have been so bad, but I have no idea how, or if, I'd have ever climbed back out. Luckily I managed to fill my bottle without incident and was really glad of the cool drink. I did have a secret secondary goal for the race, and that was to finish without using my lights. Hilarious given that I had in my pack my Ayups and battery, spare Ayup battery, spare headlamp and spare battery for that. Still, I was quietly hoping to finish in daylight and I was really starting to think that I might just manage it.

I could see the dam wall and started to get excited that I was on the home stretch. I had given up walking up the hills because my legs still felt

fine and I was finding it harder to get myself to start running again after I walked, so I decided to just keep running. Then the track turned 180 degrees away from the wall! That evil voice in my head said "Ha, see you'll never get to the finish, it will take you ages! It's getting dark...", but I was ready for that today. I knew that I just had to keep patiently moving forward. I was being very careful through the blackberry patch. On the eastern side of a big hill it had gone quickly from blazing sunshine to dusk and I didn't want to trip over now. I was busy concentrating on where I put my feet and moving onwards, when suddenly there was the road! I was almost at the finish and it had just snuck up on me.

The last bit of the trail down to the finish was really loose and wound back and forth on itself. It was the most difficult section of the day to figure out where it went and I couldn't actually see the finish line. But I managed to find the track and not fall head first down the embankment. Finally, there was that lovely finish line. I still felt fantastic, it was still daylight and to top it all off I was first female in the 100km race.



# Washpool 50km

Washpool & Gibraltar Range NPs, northern NSW

October 21, 2012, by Jonathan Worswick

It had been a big race year for me so I thought I would top it off with something low key and in an area I had never visited; Washpool fit the bill. The day before the race we (my partner Kate had decided it looked like a good weekend so she tagged along) drove from Ballina up to Mulligan's Hut campground in the Gibraltar Ranges NP, where we camped. (Aside: This Mulligan bloke was apparently an early entrepreneur who, among other things, tried to build a dam in the area.) It was a sweltering 40 degrees as we passed through Grafton en-route, but thankfully as we began the long climb up the escarpment the temperature dropped a bit so it was ONLY 27C at 5pm! (Another aside: the escarpment is 1000m above sea level and, as we later learned, part of the 220km Grafton to Inverell Cycle ride.)

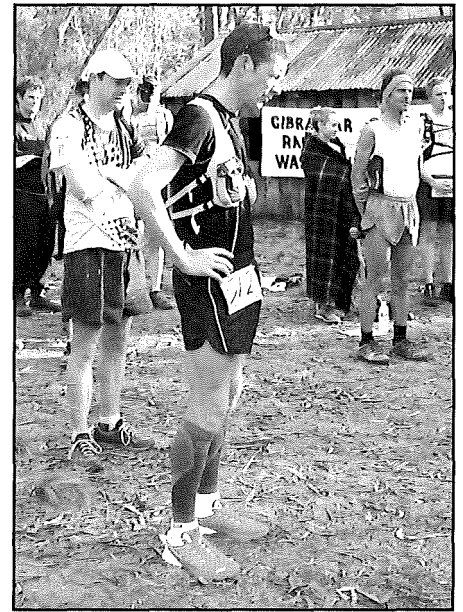
We arrived at the picturesque Mulligan's Campground late afternoon, which was the actual race start, and was about 15km on dirt road from the main drag. Next to the campground was a creek with beautiful swimming holes, rock pools and cascades, and a few remnants of Mulligan's "dam". Not far away, Gondwana Forest;

very picturesque. We had a chat with some familiar faces then took a short walk. It was good to see there was plenty of water running in the creek, alongside the trail. This was to become an important factor during the following day.

The race was very low key with only about 35 people in the 50km, a number of others doing the 9km and 25km options; close to 120 in all the races. Following a quick registration, we started at 7:30am from the clearing outside the hut. I had previously checked the entrants and hadn't recognised any names, so thought I had a good chance of doing well. I should have known better.

Soon after the start I found myself in a small group with Michael, a fast marathoner with a top three finish in last year's race, and Luke, an elite triathlete trying his luck at trail running. About this time, with the temperature rising and the competition looking hot, I realised this was not going to be an easy day. The 3 of us ran the first 15-20km together, leading the field. On the far side of the course, after crossing the main road and heading from Washpool NP into Gibraltar

Ranges NP, there were no course markings or water stops, so our group stopped at a creek crossing to fill our bottles and dunk our heads to cool down as it was really getting hot.



*Looking focused at the race briefing*

After a quick chat Luke and I moved ahead and stayed within a minute or two of each other for the rest of the race. I have a sneaking suspicion Luke was playing with me as I pulled away a few times, thinking I had made a break, only to see him not far behind.

The race followed some good fire roads, but also some single track along creeks with only a few short technical sections. As there were only a few small hills it allowed us to move along at a good pace. The route was not marked on the more remote sections so, in spite of the race director's clear pre-race instructions, we had a couple of navigationally challenging moments; losing a few minutes where we had to get out the course map to check directions. Tip: always attend the race briefing and pay attention to what the race director is saying; especially when he tells you where the major turns are - durrh!

The back end of the course followed the same route as the shorter 9km race and was well



*Starters*

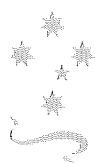
marked. Luke caught me up at the last unmanned drink stop (again), but I set off with a spurt and soon found myself running through the campground to the finish, closely followed by Luke who was just over a minute behind. After a few snacks, a swim (well more like a dip as the water was freezing), a quick chat with runners from the various events, we then headed back to the coast for a day relaxing and whale watching.

It had been an enjoyable weekend and a great place to hang out for a couple of days.

Washpool World Heritage Trails 50K					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:43:27	Worswick	Jonathan
2	2		4:44:41	Harrison	Luke
3	3		4:58:53	Douglas	Michael
4		1	5:28:15	Noble	Mandy-Lee
5		2	5:28:58	Waugh	Rachel
6	4		5:33:46	Barr	Peter
7	5		5:34:29	Noble	Chris
8	6		5:46:09	Payne	Mark
9	7		5:47:01	Marshall	Kelvin
10	8		6:02:19	Alberthsen	Richard
11		3	6:03:32	Moloney	Mallani
12	9		6:05:37	Pearson	Philip
13	10		6:08:54	Duffus	Andrew
14	11		6:16:38	Thomas	Peter
15	12		6:25:05	Kirkpatrick	Graeme
16	13		6:26:35	Guard	Paul

Washpool World Heritage Trails 50K					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
17		4	6:36:05	Crook	Katrina
18		5	6:46:30	Robb	Vanessa
19	14		6:46:30	Walsh	Matt
20	15		6:48:53	English	Stephen
21	16		7:03:48	Bebbington	Errol
22		6	7:04:38	Brun-Smits	Marina
23		7	7:08:05	Poberezovska	Olga
24		8	7:10:45	Barnes	Tamsin
25	17		7:10:45	Robinson	Richard
26	18		7:29:18	Payne	Steven
27	19		8:14:21	Turner	Nicholas
DNF				Purdue	Brooke
DNF				Attard	De-Anne
DNF				Holmes	Adrian
DNF				Barton	Gary

Bold SURNAME indicates AURA member.



## Wilsons Prom

### A Hundred Miler in Two Part Harmony

Wilsons Promontory NP, VIC, October 27, 2012

by Dan Beard (DB: 100km) & Malcolm Gamble (MG: 60km)

#### Q1: *Why Wilsons Prom?*

**DB:** As a teacher I have been here many times on school camps, and love the place. Paul Ashton's events are something a bit different too. They are basically self-supported runs as opposed to races as his Running Wild website states. He also advertises as great runs, great places, great people and when you have done a few you know most of the runners at them and find they are great people. An added bonus is that because they generally don't attract the volume of runners as other events, I place higher in them!

**MG:** For those runners who have been lucky enough to tread the trails of this pristine national park on Victoria's rugged South East coast, it would come as no surprise that the various distances on offer seem to attract a small, but dedicated,

band of regulars. After the devastating flood and storm damage of recent years, I was keen to get down 'n' dirty at the 'Prom to re-visit this magical part of Victoria.

#### Q2: *Why did you choose the particular race distance that you did?*

**DB:** I generally like to do the longest distance in an event, although this isn't always possible. The more time out and about at the Prom or other national parks the better. The last time I ran at the Prom was my first run over 60-odd km and I was fortunate enough to run the best part of 80 of the 100km with Whippet (Andrew Hewat). This was a fantastic experience for a novice ultrarunner and I learnt so much from the great man. I was also keen to improve my time and see more of the Prom since it was ravaged by floods 2½ years ago.



*Tea Trees At Pillar Point, photo courtesy of Mal Gamble*

**MG:** Backing up from the inaugural Hume & Hovell 100km race the previous weekend, the longer distances weren't an option for me (well, not a sensible option anyway!) So the 60km race seemed like the best choice. In fact, every year I front up for the Prom and enter the 60km. It's not a deliberate or unhealthy obsession with 60km races, or that I enjoy clearing the cobwebs for the bulk of the field coming in the opposite direction, more that I am coming off other races. Even with the change to a different time of year, a busy running calendar, including 50 mile and 100 mile road races in my native Ireland the previous month meant the inevitable tick in the 60km box.

**Q3:** *How di d you prepare?*

**DB:** The Prom was 2 weeks after GOW where I spent a few pennies physically so the day after GOW I was in the water at Port Campbell trying to minimise the damage. Closer to the run, I wrote down the landmark distances on laminated paper to carry with me – a way to break the race down into manageable goals. Short of that, I packed my tent and sleeping bag in the car and headed to the Prom. Race day, I chucked all the compulsory gear into my hydration pack, laced my shoes and started running.

**MG:** My preparation for this race was more along the lines of a training run where I would need to be self-sufficient for a full day out in the bush. Although water supply is very good, everything else for this race is carried on each runner's back by necessity. Preferring to travel lightly, I used GU electrolyte tablets and protein powder which dissolves in water and a variety of simple nibble energy foods;

chocolate, vegemite with crackers and a few doughnuts.

**Q4:** *What di dyou take away from the race?*

**DB:** 100km is a long way! My time was a lot slower than I hoped so I was pretty disappointed during the latter stages. This meant I had to adjust what I was after from the run. So being flexible is one thing I took away. Also, that the Prom is a magical place and Paul Ashton's runs are good fun (for most of the journey). Finally, to get a big brown snake off a trail, retreat 10m, throw sticks at it and sprint past the spot where he left the track.

**MG:** Having the confidence to pace conservatively early on, and 'gut run' at solid pace deep into the business end of an ultra, is a key tool in the Gamble kitbag. After a frustrating year battling a chronic calf injury, the way my legs responded over the final 15km was a real return to form for me. It was also great fun being out there with other runners. During the 60km race I had spent most of the day trying to reel in an ace technical trail runner from Tassie, Iestyn Lewis. I was finally able to overhaul him close to the finish where the more open sections of fire trail and flat firm expanses of beach tipped the scales more in my favour. But a friendly chat after the race was typical of the kind of people that the sport of ultra running seems to attract.

Another highlight I took away from the weekend was the opportunity to run with one of the most tenacious runners I know, Kathy Macmillan. In recent years, she has become increasingly guilty of racing a lot of ultras, almost as much as me. A charge which has pros

and cons, of course. How much is too much? How much is not enough? A runner like Kathy has the courage to risk finding out the curly answer to that question.

Pre-race I had foolhardily suggested to Kathy that I'd run the final 20km loop (80 -100km) with her in the 100km race. It is notoriously hard for runners to get back to the race base camp at Tidal River (80km) and then head out again, so I half suspected that the evening post-race would be spent swapping ultra war stories with others over mugs of hot coffee and Caramello Koalas. However, I had clearly underestimated the character and fortitude

of Kathy, who obviously resented the idea of others sitting around chatting while she battled Mt Bishop. Kathy was in and out of camp before I was ready, keen to keep moving and heeding the 'beware the chair' mantra all ultra runners know, especially so at the 'Prom. I eventually caught up to Kathy as she was descending Mt Bishop. She was in an awesome positive mood and moving really well, still running and enjoying the scenery visible at night on the open expanses of Squeaky Beach and Pillar Point. 'Whippet' Hewat graciously waited for us, and we negotiated wombats back to the finish.

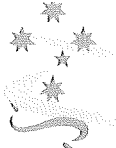
Wilsons Prom					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
100km					
1	1		14:04	<b>Beard</b>	Dan
2	2		17:48	<b>Hewat</b>	Andy
3		1	17:48	<b>Macmillan</b>	Katherine
80km					
1	1		12:22	Street	Josh
2	2		14:29	Henschke	Phillip
3	3		15:08	Rafiee	Sep
4	4		16:19	<b>Mullins</b>	Peter
60km					
1	1		7:58	<b>Gamble</b>	Malcolm
2	2		8:08	Lewis	Iestyn
3	3		10:00	<b>Angel</b>	Tegyn
=4	4		10:43	McCabe	Matthew
=4		1	10:43	Hansen	Jacqui
6		2	13:05	<b>Lavoie</b>	Ellen
7		3	14:10	<b>Bremner</b>	Kerrie

Wilsons Prom					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
48km					
1	1		4:57:30	Goerke	Damon
2	2		5:16:28	Williams	Paul
3	3		6:02:50	Crooks	Nicholas
4	4		6:07:50	<b>McCormick</b>	Richard
5		1	6:37	Grose	Fleur
=6	5		7:46	Pacher	Nick
=6	=5		7:46	Gray	Colin
=6	=5		7:46	Lavery	Stephen
9	8		7:59:40	<b>Ashton</b>	Paul
10	9		7:59:50	Cornall	Terry
11	10		8:34	Sedgwick	Joel
12	11		9:59:42	Sedgwick	Heath

Bold **SURNAME** indicates AURA member.



Tidal River Bridge, photo courtesy of Mal Gamble



# Great North Walk 100 Miler

Teralba, NSW, November 10, 2012

by Martin Price

Wouldn't be dead for quids. I'm on the last leg of the GNW 100 Miler, in a magnificent bush landscape and, not only have all the niggles of the past months magically gone, but I'm running strongly and heading for a PB and a sub-30 hour.

The GNW 100 is my favourite race and having moved to beautiful Tassie a few years ago it gives me the rare chance to catch up with friends. Check-in was smooth and in no time we were off; I was talking with Eagle, who ran the first race with just a handful of entrants, compared to today's field of 140. It takes a while for me to warm up, but after the climb at Heaton's Gap I was into the rhythm and ready for the rainforest.

Didn't have high expectations this year as hadn't been able to get in the planned mileage. I averaged 200km per month, but with many multi-day treks and lots of mountain walking. This was also my first GNW since being diagnosed with coeliac disease, so I was fuelling with Perpetuem and Hammer Bars, topped up with occasional bananas and chips, all of which, fortunately, are gluten free. The more scientific approach to nutrition works well for me.



*Martin Price running through the night,  
photo courtesy of Craig Gavin*

I went though CP1 on schedule, and was quickly off again on the long fire trail along the ridge, before the quad-hammering downhill to Congewai Road, where I caught up with Sailaway, remembering we'd run this same stretch together 2 years ago. The cooler weather really made a difference here as it's normally in the high 30s on race day. We were well ahead of splits to the school at CP2, and a weight loss of 1.8kg seemed about right.

Gordi finally appeared, after his usual detours to explore other parts of the course, so I headed off in pursuit, finally catching him after the big climb. Together with a 100km runner from Noumea, we made good time to the Basin and CP3, arriving over an hour ahead of schedule, and in broad daylight. The Basin was my first planned crew stop and, thankfully, my sister Alison and Dad made it in time. I enjoyed seeing Marg, Gary, Paul and Diane all helping out here, along with Dutchie and Karl, who asked if I was "planning to sit around talking all day" or "would I consider getting back in the race?" I took the hint and went after the big Kiwi, managing to reach the road before needing lights, which helped keep the pace up. CP4 is always a welcome sight after 10km of bitumen. I was feeling great but the doctors were concerned as I had put on over 1kg since the last weigh-in. I was under the mistaken impression that I could be held at a CP if I lost too much weight so had deliberately sculled water just before arriving. I wasn't sure if that really was the problem, but while starting to sledge ERB who had been gaining on me steadily, I suddenly felt faint, sat down, then passed out for a while in the medical tent. It took an effort, but after 40 minutes I got up and restarted. Unfortunately, I missed out on being paced by Darrel who

had already left.

I headed slowly out of Yarramalong and, after the first of several route errors, reached the old course (re-opened after a few years) of an easier, shorter "myrtle rust" detour. I had by then attached myself to a runner and pacer, as I was unsure of the course and still managed to drag them off track for a few minutes. I'm sure they were pleased to see the back of me once they made a stop. Getting to Somersby is always a grind but you just have to work through it. I was hearing the Three Amigos (AV, Darrel and Terry) in my head telling me "It won't run it on its own" and "It's supposed to hurt", and other less publishable encouragements. It was a relief to see the lights of the CP, and also to see I was still just ahead of splits despite my stuff ups. Quickly, I was out again and soon ran into Gordi, who had pulled the pin after doing it tough all day. Although this is a short leg, I was running more of it in the dark than usual and really appreciated the arrival of daylight, revealing a heavy mist over Mooney Creek. I arrived at the final checkpoint, where Alison was waiting with a much anticipated plate of bacon and coffee milk.

The last leg has always been my absolute favourite, with spectacular rock formations, views across dense bush to the coast, and the classic NSW coastal landscape. Even though I was on target for a sub-30 I decided that I should adjust my goals and leave nothing behind. I switched to gels and started pushing harder, knowing I could ignore the pain for a few more hours and just appreciate my surroundings. The trail flew by and runners appeared regularly in the distance giving me more incentive to keep the press on. I picked up seven places in the last leg, which I completed in less than 4 hours. I couldn't be happier with the result and have the added bonus

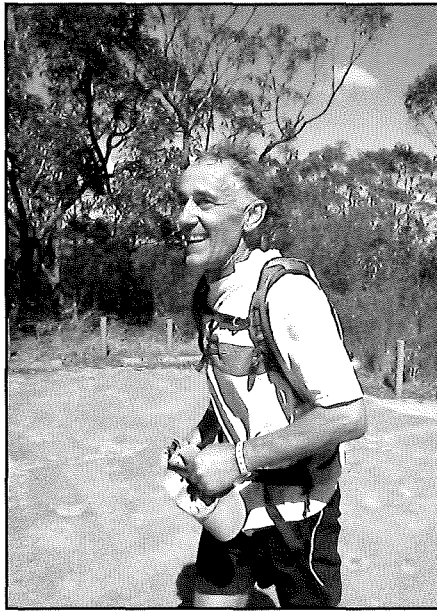
of an age group record.

I had told my wife that this would be my last 100 miler, but may well come back next year.

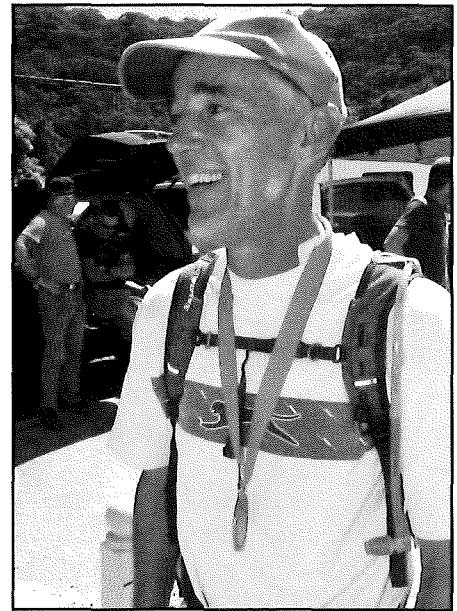
Stupendous performances from Brendan Davies and Clarke McClymont (in the 100km), and I was delighted to see TallGeoff and ERB smash their PBs, and to Grant for finally getting to the end after all these years. There were so many great runs. Tough luck to those who didn't make it, despite gutsy performances.

Many thanks to Dave and all the Trotters and other volunteers for looking after us and to all those who kept me company, and whose names I've forgotten.

*[Editor's note: Martin finished in a time of 28:18, in 11th place.]*



*Fifteen minutes before finish!*



*A job well done*

## Great North Walk - Maiden 100 Miler

### Teralba, NSW, November 10, 2012

by Dave Graham

The Great North Walk 100s is Australia's iconic 100 mile and 100km trail series, organised by the Terrigal Trotters. For me, it has been an ambition ever since I ran my first ultra marathon and the 2012 GNW was to be my first foray into the world of 100 Milers. To say I was nervous would be an understatement. I remember well that day I finally had the courage to enter. With that final click of the mouse I was in.

I love that feeling of entering a race. Once you know you're in, there is no going back. I am committed, and now comes the training, endless nights wondering about nutrition, whether have I run enough miles and why on earth I am even doing this. I guess my training program is nothing fancy, just consistent, long solid runs, interspersed with the occasional tempo run. I listen closely to Dave Eadie as he encourages and guides me along the way. I read all the posts in

Cool Running, looking for clues. I research the articles on Ultra 168. My biggest concern is finding my way; I download all the maps from the GNW website and studiously inspect the route. Aside from this I have no support crew and of more concern, no pacer. I wonder if I need one. Dave reassures me – just get on and run it and look for other runners to run with – no big deal. I trust him and race day approaches. I then remember that I have never seen any of the course.

It's start time. I love the pre-race sense of expectation. It's a cool morning at Teralba and 150 runners gather at the start. There's the usual nervous banter and gear check. It's immediately apparent to me that this is a well organised event and this plays out throughout the weekend. Dave Byrnes is an experienced RD and we benefit from his experience. It's an understated start and we're off at 0600. I'm still trying to

come to terms with the fact that I am running 174km. I'm confident though; it's a cool day, which is remarkable considering previous years. The first 20km pass and I finally settle into a comfortable pace. The views from Heaton Gap inspire me and, before long, a small group of us are descending to the rain forest. I remember reading about this; slow down I tell myself and watch your footing. I team up with Andy Bowen and we run together through to Check Point One. I had met Andy previously at one of the Glasshouse series back in September – it's good to meet someone I know. The first check point is a breeze and we are soon out again banging along the forest trails. I tentatively ask Andy what sort of time he's aiming for, as I am keen to run with someone who knows the course. We agree to team up and my spirits soar. The concern of my lack of support crew and pacer dissipates. We can do

this. The km pass, as does the idle chit chat and banter with passing runners, and before we know it we are belting along the Congewai Road into Check Point Two.

With fluids topped up and socks changed we're out again. It's a quick turnaround. Andy's talked up the next section of hills. He's right; it's tough going and the day is now warming up. Up the first hill from Glenagra Farm is smooth and we race along the ridge tops and after a steep descent into Watagan Creek we find ourselves climbing again. It's much steeper and the unmanned water point at the top is a welcome reward. The next leg to the Basin drags on. We descend into the gully and yet the trail just seems to go on, with no sight of the next CP. At last we meet runners heading out from the Basin which spurs us on and, finally, we are there. It's still light – that's good. Andy is not as buoyant as he was earlier and I think the heat is knocking him around a little. We get out of the Basin and pass Jane Trumper heading in, cheerful and positive, she gives us a lift. At the top of the climb out we meet up with Dave Byrnes; the effect on Andy is tangible and he rapidly regains his energy and focus. It's a good sign; we're running well and we're an awesome team – and that's all that matters at this point. As evening settles in we hit the gravel road about 10km out from Yarramalong. We're feeling strong and Andy sets a solid pace.

At 14hr 52min into the race we arrive at Yarramalong. It's a respectable time for a 100km. Fluids, socks and clothing changes, and without any second thoughts we are off on the trail again for Somersby. I'm thrilled. I thought 100km would be a psychological wall – it isn't and I see a glimmer of hope which may be the finish of my first 100 Miler. Yet I calm myself, as there's so much ahead of us. This section becomes a blur of trails and hills, and we miss a turn only to run into a fallen tree across the track – I remember Brendan Davies warning

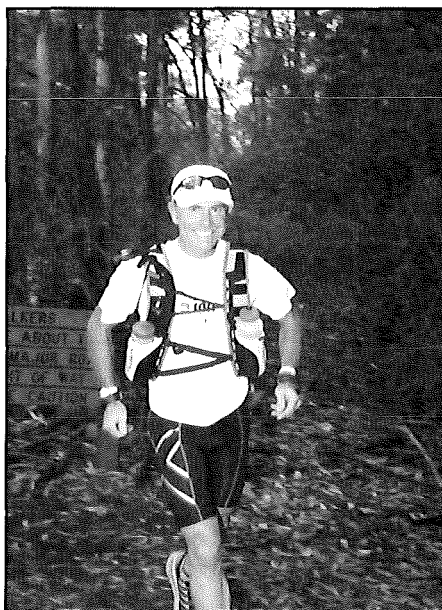
me about this and we quickly retrace our steps and are on our way again. I silently thank Brendan for the advice and wonder how he is faring up ahead of us.

Somersby! The routine of the check point is well established. I change shoes and in a very short time we are back on the trail again. The next few hours we run together but with hardly a word between us as we run within our own thoughts. I am amazed at how the time passes. We catch up with a group of runners at Mooney Mooney Creek who seem to be doing it tough. We realise our aggressive run/walk tactics are paying off. Andy picks up the pace as dawn approaches and we run under the F3 Freeway. He mumbles something about sub-30 and that we might have a chance. My brain is another place, but I am aware that something big is stirring, and we again up the pace for the Mooney Mooney Creek Bridge Check Point.

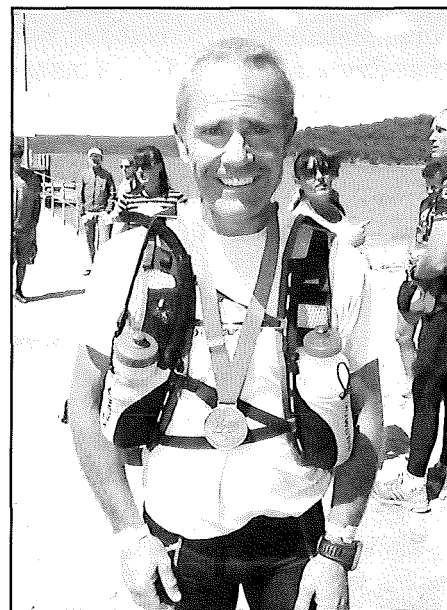
Andy's crew and pacer is Jaci Richards, and she joins us at the last checkpoint. I am beginning to understand that we can run this in under 30 hours; surely that can't be right? I spend the next 10km going over the mental math. Andy is right. Jaci is a star, and is unrelenting as she drives us both on. Darting ahead and then back to herd and motivate us towards the finish.

We are both suffering in our own worlds, focused on only one goal. Jaci excitedly points out the beach as Martin Price rockets past us. I am inspired and tell Andy that we are going to run the length of the beach, to which he mutters some expletive at me. The bell is ringing for someone at the finish and I decide I have never heard a sweeter sound. We've done it in 28hr 48min.

GNW was not only a brilliant first miler for me, but also a highlight for many reasons. In particular the course record was torn up by Brendan Davies with an amazing time of 19hr 27min. It's an epic run and I was fortunate to pair up with Andy Bowen. I recently drove to the Hunter and passed over the course on the F3 and thought back to the dawn on the second morning of the GNW; something that will remain with me for some time. I am not a particularly talented runner. Only 4 years ago I couldn't run further than 7km, and only ran my first half-marathon 3 years ago. To run 174km was an unforgettable experience. Will I be back – hell yes! A big thanks to the RD Dave Byrnes, to Jaci Richards for being the pacer and support crew I didn't know I had, to Dave Eadie for coaching and believing in me and, of course, to Andy Bowen for 29 hrs of fine companionship along the GNW.

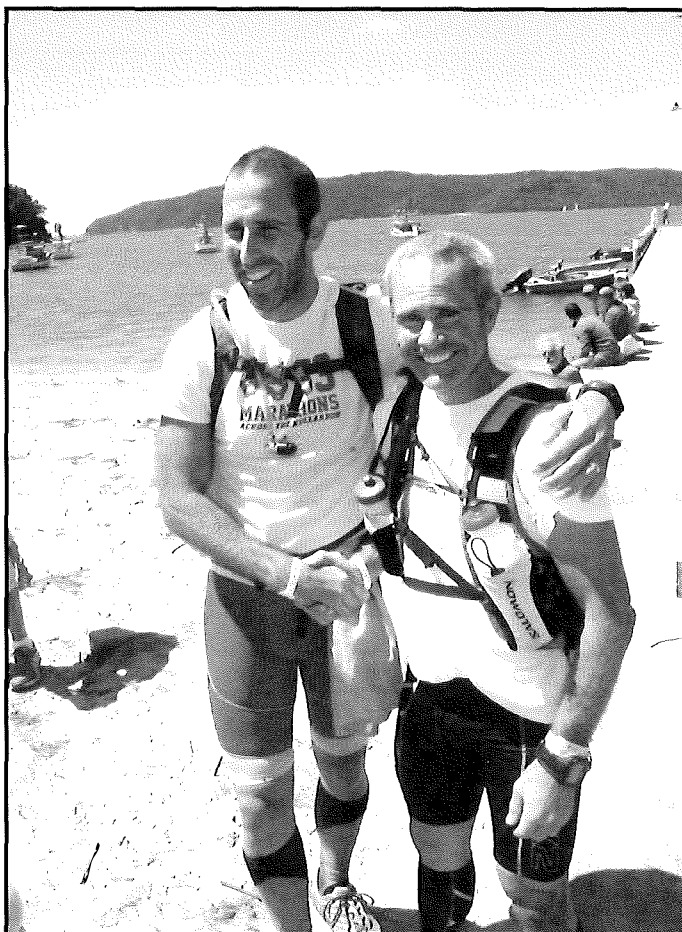


*Looking relaxed,  
photo courtesy of Craig Gavin*



*A 100 mile smile*

GNW100 Miles					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		19:27	<b>Davies</b>	Brendan
2	2		23:33	Nikolaev	Nikolay
3	3		23:40	Smith	Damian
4		1	23:58	Fowler	Gill
5	4		25:02	<b>Murphy</b>	Philip
6	5		25:59	Dose	Wesley
7	6		26:59	<b>Le Marinel</b>	Phill
8=	7		27:43	Evison	Geoff
8=		2	27:43	<b>Lilley</b>	Allison
10	8		27:46	Thwaites	Mick
11	9		28:18	<b>Price</b>	Martin
12	10		28:29	Redding	Mark
13=	11=		28:48	Bowen	Andy
13=	11=		28:48	<b>Graham</b>	Dave
15	13		28:59	Hughes	Michael
16	14		29:30	Iremonger	Rob
17	15		29:40	Collins	Brent
18	16		29:41	Hayward	Todd
19	17		29:51	<b>Ward</b>	Joe
20	18		30:05	Dubois	Andy
21=	19=		30:31	Campbell	Seth
21=	19=		30:31	Hewitson	Paul
23	21		31:03	Cuthbert	Paul
24	22		31:15	Mattingly	Rob
25	23		31:27	Mcgrath	Michael
26=		3=	31:43	Dear	Kirrily
26=		3=	31:43	<b>Trumper</b>	Jane
28=	24=		31:44	Bowers	Stephen
28=	24=		31:44	<b>Hewat</b>	Andrew
30	26		33:26	Chamberlain	Matthew
31	27		33:27	Benayoun	Stephane
32		5	33:42	Macdonald	Helen
33	28		33:47	Robertson	Owen
34	29		33:52	Brown	Greg
35	30		33:59	Colagiuri	Pete
36	31		34:12	Hardie	Michael
37	32		34:21	Campbell	Grant
38	33		34:38	Vazquez-Recio	Luis
39	34		34:39	Wye	Graham
40	35		34:44	Gill	Oliver
41	36		34:46	Campbell	Mickey
42		6	35:26	<b>Laenen</b>	Ruth
43	37		35:30	Stevens	Ronald
44=	38=		35:38	Lee	Kian Hwee
44=	38=		35:38	Ng	Seow Kong
44=		7	35:38	<b>Orr</b>	Anna
44=	38=		35:38	Wijaya	Hendra
48	41		35:43	Fanelli	Eden
49	42		35:49	Siem	Bjornar
50		8	35:50	<b>Bendall</b>	Raelene
			DNF[CP6]	<b>Alirezaee</b>	Tayebeh



*Celebrating a team effort, photo courtesy of Craig Gavin*

GNW100 Miles					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
			DNF[CP6]	Kirkbank-Ellis	Gordi
			DNF[CP5]	<b>Lafferty</b>	Lise
			DNF[CP5]	Markey	Gavin
			DNF[CP5]	Ridley	Graham
			DNF[CP4]	Abel	Matt
			DNF[CP4]	Annett	Noel
			DNF[CP4]	Bradburn	Michael
			DNF[CP4]	Brun-Smiths	Marina
			DNF[CP4]	<b>Butler</b>	Bret
			DNF[CP4]	<b>Byrnes</b>	Sharon
			DNF[CP4]	Cronshaw	Jason
			DNF[CP4]	<b>Hack</b>	Martin
			DNF[CP4]	James	Ray
			DNF[CP4]	<b>Jones</b>	David
			DNF[CP4]	<b>Mcdonald</b>	Andrew
			DNF[CP4]	Nicholson	Gary
			DNF[CP4]	Pearce	Brendan
			DNF[CP4]	Poh	Seivland
			DNF[CP4]	<b>Stephenson</b>	Shona
			DNF[CP4]	<b>Thompson</b>	Bill
			DNF[CP4]	Tucker	Mark
			DNF[CP4]	Waugh	Rachel
			DNF[CP3]	Fourter	Simon
			DNF[CP2]	<b>Barlow</b>	Nicholas

Bold SURNAME indicates AURA member.

GNW100 Kilometres					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		09:58	Mcclymont	Clarke
2		1	12:36	<b>Cardelli</b>	Beth
3	2		12:41	Johnson	Stephen
4	3		12:52	Sims	Michael
5	4		13:20	Batty	Tom
6	5		13:25	Mills	Stephen
7=	6=		13:33	Brown	Malcolm
7=	6=		13:33	Kroege	Daniel
9	8		13:44	Best	Steven
10		2	13:54	Best	Natalie
11	9		13:59	<b>Guest</b>	Steven
12	10		14:04	Kirksmith	Jason
13	11		14:12	Enfield	Scott
14	12		14:21	Lasserre	Georges
15	13		14:22	Kranz	Adam
16	14		14:27	Parker	Nathan
17	15		14:46	Burke	Ashley
18		3	14:47	Keith	Susan
19	16		15:04	Maillar	Emmanuel
20		4	15:05	<b>Moloney</b>	Mallani
21	17		15:06	Lauer	Simon
22		5	15:22	<b>Noble</b>	Mandy-Lee
23	18		15:23	Nailer	Daniel
24	19		15:32	Judd	Gavin
25	20		15:34	Vickers	Scott
26	21		15:36	Mencinsky	Taras
27		6	15:44	Hemmila	Cindi
28	22		15:52	Barrett	Matt
29	23		15:59	Bacon	Matt
30	24		16:01	Thomas	Peter
31		7	16:03	Bachvarova	Antoniya
32	25		16:13	Gordon	Jeremy
33	26		16:18	Adamski	Brett
34	27		16:33	Archer	Nathan
35	28		16:40	Austin	David
36	29		16:45	Maher	Michael
37		8	17:26	Atkinson	Jennifer
38	30		17:28	<b>Blackmore</b>	Kieron
39	31		18:08	Green	Paul
40		9	18:26	Tichon	Larissa
41=		10=	18:28	Beard	Helen
41=		10=	18:28	Walsh	Kate
43	32		19:19	Schultz	Lindsey
44	33		19:32	Scurry	Grant
45	34		19:40	Gray	Stephen
46	35		19:56	<b>Kelleway</b>	Malcolm
47	36		20:04	Temple	Neil
48	37		20:15	Quinn	Gerry
49=	38=		20:18	Hughes	Pat
49=	38=		20:18	Isberg	Dom
49=		12	20:18	<b>Marshall</b>	Sarah-Jane

GNW100 Kilometres					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
52	40		20:56	Vernon	Grahame
53	41		20:57	<b>Fowler</b>	Graham
54=	42		21:09	Konuma	Akira
54=		13	21:09	Konuma	Mutsuko
			DNF[CP3]	Benson	Hal
			DNF[CP3]	Neale	Cliff
			DNF[CP2]	Bleakman	Dan
			DNF[CP2]	Gerber	Grant
			DNF[CP2]	Lobsey	Philip
			DNF[CP2]	Person	Marc
			DNF[CP2]	Rafagnin	Matheus
			DNF[CP2]	Thomson	Greg
			DNF[CP2]	Walden	Joy
			DNF[CP1]	Wong	James
<p><i>The following competitors were entered in the 100 Mile event but pulled out of the event at 100km or further.</i></p> <p><i>Their times at 100km are noted for their own records, but do not constitute an official finish in the 100km event.</i></p>					
.			12:39	<b>Stephenson</b>	Shona
.			13:13	Abel	Matt
.			13:31	Annett	Noel
.			14:21	Lafferty	Lise
.			14:30	Markey	Gavin
.			14:53	Waugh	Rachel
.			15:05	Hack	Martin
.			15:15	Kirkbank-Ellis	Gordi
.			15:32	Tucker	Mark
.			16:18	<b>Byrnes</b>	Sharon
.			16:52	Ridley	Graham
.			16:58	Pearce	Brendan
.			17:55	Mcdonald	Andrew
.			19:04	<b>Alirezaee</b>	Tayebeh
.			19:17	Bradburn	Michael
.			19:32	<b>Butler</b>	Bret
.			19:51	Brun-Smiths	Marina
.			19:51	Cronshaw	Jason
.			19:51	<b>Jones</b>	David
.			20:13	<b>Thompson</b>	Bill
.			21:30	Poh	Seivland
.			21:32	Nicholson	Gary
.			21:47	James	Ray

Bold SURNAME indicates AURA member.



# Marysville Ultra Marathon 50km

Marysville, VIC

November 11, 2012 by Karen WC Chan

Since late August, the Red Cross blood bank has stopped my regular plasma donation. They found my Ferritin was 6ug/L; i.e., the iron store was almost completely depleted (normal range: 15-200ug/L). I had a similar issue in 2008 (prior to running) but I resolved it within 2 months, from 9 to 39, by carefully in taking food containing more iron. The 'quick recovery' surprised both the blood bank doctor and my GP. I understand iron deficiency is the most common nutritional deficiency

in both Australia, and around the world. The recommended level for women aged 19-50 is 18mg/day, and for men aged 19+ is 8mg/day. It is important for oxygen transport and to maintain a proper immune system. I am always careful with iron intake.

I was very lucky to have it detected early. As I had been sleeping for 10-14 hours a day, which was extremely unusual, a visit to the GP confirmed a similar result. Luckily,

both the ultrasound and blood test for celiac disease were negative. My diagnosis is iron deficiency, and luckily not anaemia, as I do not eat red meat and to take an iron supplement is my only option. I consulted the sport dieticians and began to adjust my lifestyle to find the equilibrium required to meet the supply and demand. The battle is unexpectedly longer this time compared to 2008 and it requires a change of pace and to test my endurance.

## ↑Supply

increase food intake containing iron with a high absorption rate e.g. shellfish, apricots

iron supplement

consume food high in Vitamin C to aid absorption

no tea/ coffee during meal  
fortified cereal

## ↓ Demand

reduce cardio training

continue with stretching and weight training  
rest when needed

be a volunteer in the race  
listen to the body  
(change volume if needed)



My body was in a total mess with gastro problems as a result of taking the iron tablets, but I was patient and tried to put up with it. I asked my GP whether I can still run ultras, he says "you are mad, but do what you like." I registered, withdrew and re-registered for Centennial Park Ultra in September. It is a local race and hard to refuse. I fell twice and was not injured, but I retired at 50km and became a volunteer to serve the fellow volunteers and runners. In October I had a cold, after a few visits to my friend at the hospital, prior to NZ Sri Chinmoy 24 Hour. The race was battered with wild weather almost all the time, and I decided to stop at 12 hours to avoid the cold and clammy night run. I developed shingles on the following day and was lucky to see the GP on the third day.

I have been looking into Marysville

Ultra Marathon for months but made no commitment. Should I or shouldn't I do Marysville? It is a very scenic race and I did the marathon in 2010 and was hoping to return again to help with the communities after the bush fire. The race was organised by Brett Saxon from Trails+, which was always a delight. Prior to the race I was happy to find out my Ferritin has reached 39, which was close to the level of 40 recommended by my GP. I quickly registered for the race just two days prior to the start.

I arrived at Marysville at 8pm on the Friday, after the flight and bus trips. It rained heavily overnight, but luckily the course was dry on Sunday. I met Brett

Saxon and his friend early Saturday morning for a walk and a chat. The ultra-community is like a family that supports each other. I visited Bruno Garden, the local bakery and shops, and the photo exhibition afterwards. I like Bruno's art and creativity. It was wonderful to see the strength of the Marysville communities as they regrow, and the town had more bushes compared to 2010. Of course I enjoyed the luxury of



Karen Chan appreciating the joy of running,  
photo courtesy of dandyrunner.com

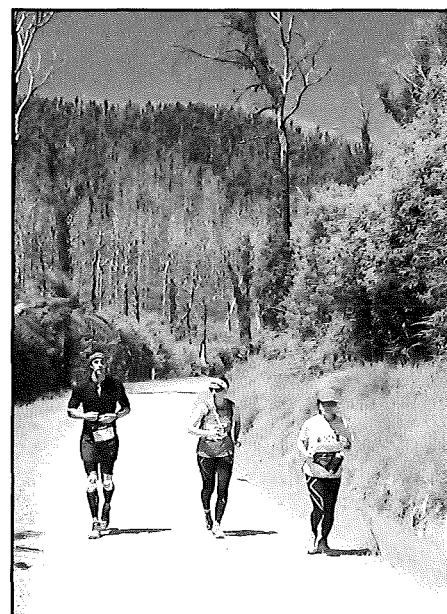
staying in a beautiful three bedroom house because everywhere else was fully booked! The race pack was great with many goodies, drink and canned food!

My racing goal is always to have fun; stress free, regardless of time or distance in my result, and learn from the experience. My last trail ultra was The Great Barrier Reef 74 Ultra in November 2011 in which I fell badly; resulting in three stitches, but I have met great new friends. I knew the Marysville course had changed since I competed in 2010. I had no expectations; however, I was better prepared this time with a trail shoe.

It was a nice morning with 60 runners gathered at Gallipoli Park for the 7am start. Brett announced we had a runner from overseas which was very welcomed. We quickly started off into the bush and had fun! I was running with Rosemary at a similar pace in the first few kilometres; we ran and talked. Some runners had a few issues in the early hours so we hoped they were OK. The course was very different to 2010 and almost completely on trail, which was more joyful. There were many beautiful big trees but the signs of bush fire were still in sight. There were some fallen big trees on the ground but they were not an issue and running along the rivers was great. They even have a new and modern "loo" installed before the Stevenson Falls. The weather was great compared to the hot day in 2010.



*A playful sculpture from Bruno garden in Marysville*



*Karen, on the right, with good company, photo courtesy of Tegyn Angel*

We also ensured to have a one minute silence for Remembrance Day at 11am. The volunteers at the aid stations were fantastic. The food and drink from Trails+ never disappointed. Some volunteers even dressed up too, which also made the run more fun!

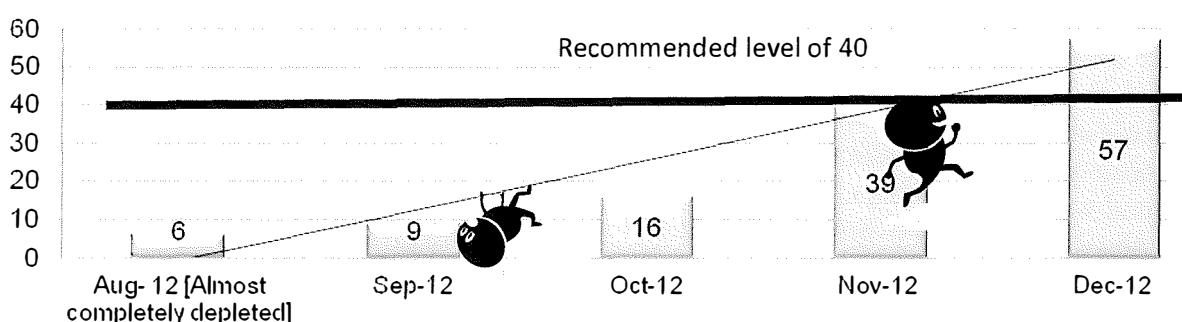
Rosemary and I enjoyed each other's company; she also has low iron issue like me. Our goal was the same; to meet the 1pm cut off at 40km, which we had achieved. The next section was a 3-4km run on bitumen to Stevenson Falls which was rewarding! After the falls, we returned to the trail and met another runner, Heath, and continued the good conversation and enjoyed the new company. I started to worry, however, about missing the one and only bus at 3pm back to Melbourne, and my flight back to Sydney. I loved the company of new friends

but had to speed up to finish. After crossing the finishing line and being greeted by Brett, I was running back to the house to check out.

Many thanks for the friendly communities in Marysville, the race organisers and the great volunteers who ensured we had a great and safe time. The trail is not very technical, so it caters for both fast and novice like me. I encourage people to come and have fun in Marysville. It is very scenic so not to be missed!

*Yeah! At the time of writing, I received the best Christmas present for myself and I'm singing Delta's song- 'Sitting on Top of the World'! My Ferritin level has reached 57 (beyond the recommended level) in 4 months. Doctors say it usually takes 6 months. Stop, revive and survive is worthwhile.*

### My successful battle on iron deficiency [iron store of Ferritin (ug/L)] to above recommended level



Marysville Ultra Marathon 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:15:06	Wiadrowski	Toby
2	2		4:20:03	Beard	Dan
3	3		4:21:40	Westergren	Rasmus
4	4		4:39:58	Savage	Robbie
5	5		4:46:02	Muller	Kevin
6	6		4:48:29	Allen	Duncan
7	7		4:56:10	Elliott	Stuart
8	8		4:58:08	Ferraro	Simon
9	9		4:58:22	Elliott	Craig
10	10		5:01:25	Bartholomew	Ash
11	11		5:02:21	Marshall	Kelvin
12		1	5:03:12	Wright	Sophie
13	12		5:08:40	Foti	Daniele
14	13		5:13:34	Melchiori	Tristan
15		2	5:13:34	Melchiori	Chantele
16	14		5:15:02	Lewis	Joe
17	15		5:17:25	Cummings	Drew
18	16		5:17:55	Totter	Graham
19	17		5:24:43	King	Andrew
20	18		5:26:36	Eastham	David
21		3	5:26:52	Macmillan	Katherine
22	19		5:27:38	Bortignon	Adrian
23	20		5:33:45	Evans	Owen
24		4	5:34:00	Robinson	Karen
25	21		5:35:32	Bowden	Damian
26	22		5:36:05	Stokes	Philip
27	23		5:36:58	Brown	Mick
28		5	5:39:00	Hawkes	Leigh
29	24		5:42:25	Rath	Steve
30	25		5:46:05	McNamara	Matt
31		6	5:48:08	Horvat	Mathew

Marysville Ultra Marathon 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
32		7	5:48:56	Taylor	Skye
33		8	5:49:03	Royal	Kylie
34	26		5:49:59	Smith	Jamie
35	27		5:52:02	Bennett	Nick
36	28		5:52:33	Kratky	Petr
37	29		5:53:46	Wight	Adam
38	30		6:06:00	France	Stephen
39		9	6:07:06	Horwood	Barabara
40	31		6:10:33	Fox	Nigel
41		10	6:13:03	Hepworth	Annabel
42	32		6:15:37	Hess	Albin
43	33		6:20:34	Macey	Nick
44		11	6:23:27	Stibbe	Wendy
45	34		6:36:29	Mestdagh	Oliver
46	35		6:50:00	Piper	Owen
47	36		6:51:50	O'Brien	Matthew
48	37		7:05:33	Connolly	Simon
49	38		7:05:49	Chinnery	Zach
50		12	7:09:11	Higgins	Jacqui
51		13	7:09:13	Faulkner	Rachel
52	39		7:16:04	Cornall	Terry
53	40		7:25:53	Bell	Matt
54		14	7:28:07	Marsh	Susie
55		15	7:28:07	Otto	Liesel
56		16	7:32:09	Chan	Karen
57		17	7:35:07	Jaboor	Rosemary
58	41		7:35:07	Sedgwick	Heath
59		18	7:49:47	Attard	Melanie
60	42		7:55:40	Meyer	Bernd

Bold SURNAME indicates AURA member.



## The Razorback Run

### Harrietville, VIC, November 24, 2012, by Clare Weatherly

November 24th and time for running the mighty challenging, but oh, so spectacular, Razorback Run. There's a choice of 5 runs in total, ranging from 22km through to 68km, each with their own unique challenges and highlights. Spectacular undersells these runs. My chosen adventure was the 64km, which allows you to finish on one of the most beautiful of trails in the actual Razorback, and then have a hurtling, quad-busting, descent down Mt Feathertop's Bungalow Spur into Harrietville.

Gear packed, work finished, and the

quickest of seven hours in the car ensued, to arrive in the real heaven that is Harrietville. Straight to the pub I go for local trout, to catch up with fellow runners and the pre-race briefing. The style of RunningWild's races seems to attract people with a pure love of mountain running; a friendly laid back bunch, making for a great atmosphere.

"Trail Pops" aka Paul Ashton, began his famous pre-race briefing outlining all the adventures that might confront us. Snakes, getting lost, using maps, water, the difficulty (if not impossibility) of evacuations,

hypothermia, heat stroke, dehydration, bugs in the water, river crossings, falling limbs, and wild brumbies! OK, so Harrietville's heaven clearly had the possibility of leading a trail to mountain hell.

The 2011 Razorback run was my first of the RunningWild runs, and I distinctly remember thinking that whilst most people run away from death, I was clearly going to be running right towards it. Now I was wondering how many runners in the room were experiencing the sense of trepidation that I had felt. The "be alert" and "heaps alarmed"

speech finishes and we all depart for some sleep before the fun begins.

6:00am, after lots of friendly banter and a few nervous giggles, the 38, 58, 64 & 68km runners head off. I'm running somewhere near the back of the pack and as I reach the general store, where we make a right turn, a large group of very fast runners approaches from straight ahead. I am ecstatic to find I will not be the first one to miss a turn on the run (there's a signpost there also) and I won't be the first to miss that either! (More on that later).

Off the speed demons fly again, me in their slipstream, map in hand, to the park entrance which leads us on a 12km ascent of Mt Feathertop. For me it's a hike and a great time to soak in all the smells, sounds, and beauty of the mountains which I have missed for six months. Past Federation Hut, and up to the Cross, and the welcome relief to be able to drop the pack for a bit. Heading up to summit of Mt Feathertop the sun is well out and we have a perfect 360 degree view of the mountains. All around you can hear laughter and excitement. There are runners playing in the most persistent of the snow, still to be melted. Others spotting insects, taking in the views, and one hurtling towards me with a GoPro on his head capturing the carnival like atmosphere. There really is no race here; I love this feeling. Anyway, that being said, I have a mission today and that is to make it back in time for dinner, which I missed in 2011. My stomach directs me off and down Mt Feathertop to the famous Diamantina Spur. A fairly steep little descent down to the Kiewa River crossing and the climb to Pole 333.

Pole 333 is a spectacular four-way junction, set on the peak of the high plains. If you're lucky you might see some brumbies; I managed to see two. Unfortunately, the four-way signpost I did not observe so well...and off I headed in the "sure fire" right direction to be confronted with a red roofed hut 4km later. Hmm...I really didn't think that

should be there and, well, I was wrong; it was supposed to be there. I, however, was not. Time to reflect, breathe deep. Luckily, I was having fun. I love this place and I managed to convince myself this really was a stroke of luck. An extra 8km in this majestic place? Wow, what a great mistake! Deep breath, fool the mind; off I go to find the correct trail and, thus, Mt Hotham. Still with dinner in mind, I try to pick up the pace a little here as I don't do hunger well. The sun is shining fairly brightly now and makes for a nice warm climb to the summit.

Somewhere here I am seriously relieved to find another friendly runner to calm my navigational fears, which have mysteriously grown legs. Then another sense of relief ensues to find Trail Pops with a big smile at Mt Loch car park, with a well stocked little aid station in the boot of his car.

Spectacular views prevail all the way across the Razorback; which is the most unbelievable single-track trail. No imagination is required for the naming and I pass many hikers, all enjoying the same views, although I do note that hikers smile a lot more in the morning than in the evening, and I mentally note packing light must be a key to maintain a cheery spirit. I gather further proof that material things don't necessarily bring lasting joy. So, across I continue, grinning widely, for the

final burst down Mt Feathertop. The trail widens along here and is fairly soft underfoot; it allows you to muster up any parts that aren't yet screaming in pain, throw them in the tumble dryer, and see what you can come up with. I feel like any part that doesn't hurt at the end is an insult to this well made trail, so I try to respect it and off I go.

Into Harrietville Caravan Park I find the La Sportiva finish tent with a great cheering squad and aid station waiting. As I walk off, my distinct shuffle is now a mark of respect to the Feathertop track. Again, the group meet for dinner, although some people are still soaking up the most of the mountains and remain on the track for a little longer. I remember that feeling from 2011 and munch down my dinner, a little chuffed. Presentations are held with plenty of prizes given out thanks to some really generous sponsors in Fox River Wines (awesome!) and Bogong Equipment.

Some of the more hardened mountain runners talk of another run in the morning, and then weary eyes and legs gradually depart for a heavy sleep; no doubt a lot easier than the previous night!

Time for me to say goodbye to the magical mountains and amazing people, and wonder how the shire managed to put what feels like an extra five hours worth of road in between Harrietville and home over the weekend!



*Endless skies, photo courtesy of Tegy Angel*

Razorback Run					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
68km					
1	1		8.18.49	Scholz	Justin
2		1	12.39.10	Parker	Melanie
3	2		13.21.16	Swann	Steven
64 km					
1	1		7.41.58	Donges	Michael
2	2		9.29.31	Sweetman	Sean
3	3		10.28.40	Muller	Kevin
4	4		10.32.00	McCormack	Ashley
5	5		10.55.00	Angel	Tegyn
6		1	12.27.00	Weatherly	Clare
7		2	12.48.20	Hansen	Jacqui
8	6		13.04.00	Fisk	Ben
9	7		13.55.00	Henschke	Philip
10	8		14.30.00	Peden	Grant
11	9		15.42.00	Rogers	Paul

Razorback Run					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
64 km					
12	10		15.42.00	Hockings	Ben
			DNF	McCabe	Matt
			DNF	Emanuelle	Shane
58km					
1	1		7.23.03	Cooper	Matthew
2	2		9.05.00	Street	Josh
3	3		9.52.00	Taylor	Chris
4		1	10.31.00	Macmillan	Katherine
5	4		11.07.00	Hudec	Peter
6	5		11.20.00	Cummings	Drew
7		2	11.59.57	Edwards	Dianne
8		3=	14.00.00	Holmes	Katherine
9		3=	14.00.00	Evans	Sophia
Bold SURNAME indicates AURA member.					



## The 30/50 Challenge

### Mornington Peninsula, VIC

### November 24, 2012, by Simon Marcus

*Firstly I would like to say I'm a first time author and long time enthusiast of AURA and their magazine.*

My build up to the race had been the Melbourne Marathon, some recovery, and then some hard training. My reason for entering the race was my brother, who had been getting into marathons and wanted to try an ultra. So we investigated and found a new race down on the Peninsula and we decided that this would be one. It got a big tick in the box as the finish line was at the Portsea Pub.

We woke at 5.00am, ate some toast, and did the usual pre-race stuff. We were both excited and couldn't wait to get down there fast enough. The morning was beautiful and slightly chilly. The day's temperature was to hit the 30 degree mark which would be hard work on the beach. There was a little bit of star-spotting at the start line, with Olympians and some ultra female champs present.

Starttime was nearing and the usual thoughts started running through my mind: "Have I done enough training?" Too late. BANG. Time to go; we are off. The first 20km of the race is the Two Bays Trail down to the lighthouse, which is a great run. The pace early was a hectic downhill with Beth Cardelli and Shona Stephenson out in front.

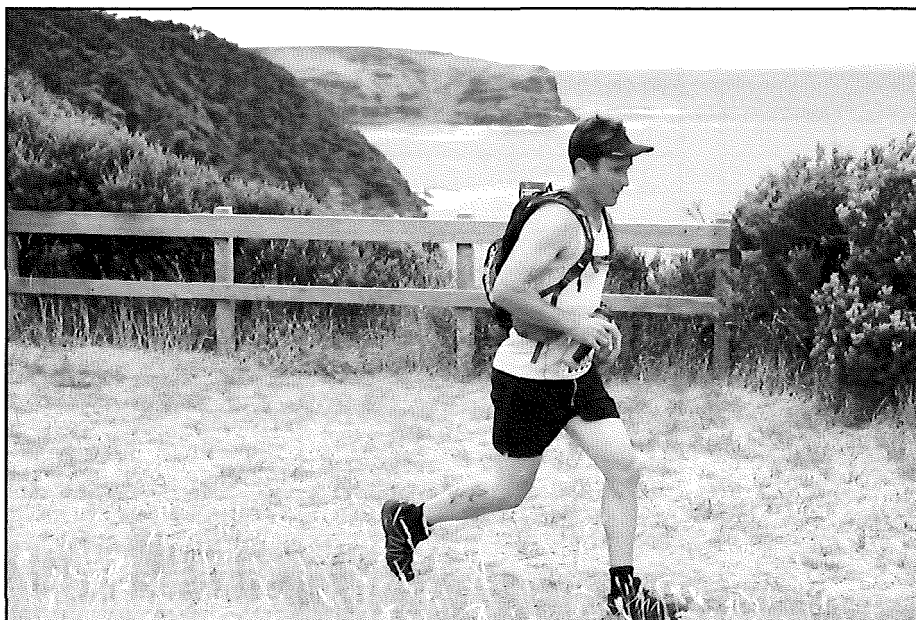
Soon I found a pace I was comfortable with, had a chat with the ladies and went on, thinking to myself I hope I don't go out too hard, too early. Having the Two Bays section to myself was a different experience. Seeing wildlife at every corner was a great feeling. Coming into the first check point I was feeling great; no need to stop, keep on moving. The first 20km seemed to fly past and I really enjoyed the sights and the trail.

Heading into the second check point I was still feeling fine, but I was sure this would change when I hit the beach. To my surprise there was a crowd there. This was where

the 30km course started, and they had not long gone. This gave me a little spring in my step getting through the second check point. Just a couple more km until the beach and I was still feeling good. Passing the 30km entrants down to the beach, they were all very supportive and encouraged me along. I hit the beach at the 27km mark.

Now for the real fun part. The beach was hard work, with absolutely no hard sand to run on anywhere along this section; the sand was ankle deep. All of a sudden my thoughts had gone from being "all good here" to "geez, have I gone too hard, too early?" I'm not lying when I say this was hot and hard work. Soon the legs were telling me to ease it back a bit.

The beach section took forever, and I was looking forward to it being over. We were heading back to some trails, which was a relief to my legs and I was able to find a rhythm again. Catching up with



Running along the Mornington Peninsula

the leaders of the 30km race and chatting to them made me take my mind off my legs. The sun was getting high and the heat was setting in. My watch was telling me 48km and what was coming up was more beach running. By my account it was about 2km worth that I didn't see coming; 50km up on the watch and I was still not at the finish line. Heading off the beach again, and up the stairs at the Portsea Lifesaving Club, a quick glance down the beach from the stairs showed me I had a handy lead. Right; time to get to the finish line and have a beer. As my watch ticked over to 52km I was finally there. I finished in first place with a great reception from the crowd and volunteers.

30/50 Challenge - 50km solo					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		5:13:24	<b>Marcus</b>	Simon
2		1	5:24:36	<b>Stephenson</b>	Shona
3		2	5:24:39	<b>Cardelli</b>	Beth
4	2		6:28:19	Axup	David
5	3		6:29:10	Marcus	Shaun
6		3	7:14:56	<b>Allan</b>	Eliza
7	4		7:33:12	Watts	David
8		4	7:57:14	O'Connell	Nicole

Bold **SURNAME** indicates AURA member.

After finishing and chatting to the organisers and volunteers, I went over and caught up with the family. They were all very excited for the result that I had achieved. Now we waited to cheer my brother into the finish and see how he was travelling. I knew that he would be hurting a lot, so I shuffled back up the road towards the Portsea Lifesaving Club to run the last 1-2km with him. He gave me his Camelbak and told me I was an idiot for making him do the race. I laughed and we shuffled together to the line. With his first ultra under his belt, and a third place beside his name, he might have caught the ultra bug.

To the volunteers who helped out on the course and around the finish area, you were all amazing. Without

you the races that we enjoy wouldn't go ahead; thank you again. Overall the race was awesome and I recommend it to everyone. It was very well organised and the track was well marked. See you next time.



## Moe 6 Hour/50km

### Moe, Victoria, November 25, 2012, by Larissa Tichon

Pitching a tent to combat the sun, glugging down Endura with "a gel on top," and juggling my PMI chart (Pluses, Minuses, and Interesting things) of wearing long skins versus shorts - I know I am 20 minutes from the start of my first speed event in a while - the Moe 6 Hour race. I know it's not going to be a cruisey rhythm, coupled with melodies to be sung aloud. It's going to be one song on repeat; 4min50sec pace for 300m and a steady strong power

walk for 100m. I am not sure what to aim for but know that anything above 60km is good - 10kph. It's a little more that the cruisey 8kph that got me my 180km.

I line up just before 8am for the briefing and feel the sun already beginning to take its stance for the day. I've been up since the early hours of the morning, driven two hours, and am more than ready to run, run, run (with that infamous power walk).

*Baby, put your trust in me*

*Whenever you feel like, I'm not gonna treat you right*

*Baby, put your trust in me*

*Just push your fears aside, boy*

*There's no need for jealousy*

*Whatever you feel like*

*Just know I'll be right there by your side...*

I am off bouncing to my new rave music! It encompasses this amazing road trip, cruising in Sash's car down the Victorian roads. I am off in my own world again; a world of pensive reflection and forward projection (of the non-accounting, holiday-mode form!) I briefly reflect on the words of the song, my growth from escaping a possessive and jealous relationship, to thinking forward - the concepts of trust and comradeship. How easy it is to make friends, but how watering those relationships is more routine: something that you sometimes forget to do, like those pot plants on the veranda.

"This is not an easy walk in the park." I am looking at my crew nestled up in a tent, escaping the direct sun.

51minutes: 10km. The marshal has been methodically jotting down lap times. I make it 10.8km to give myself a bit of leeway for my target.

Hour 2 and I am onto song number 2:

*When the rain falls down I look up  
to the sky*

*Picture you up there and all I do  
is cry*

*Being here without you is like a  
dying pain*

*I'm here looking up, searching for  
you in the rain*

*You're looking down on me like a  
guiding star*

*I will always love you wherever  
you are...*

I am thinking about my deceased grandparents, Babalala and the afterlife. I am passed by a male runner speeding away at what looks to be 16kph. It's part of the environment: "Do not enter into the world of comparison. Just dare to better yourself every day without fail!" (Sri Chinmoy)

2km on my Garmin and I stop to chat with my crew.

"You're going really well! 2 hours is an amazing time for a half marathon."

"Yeah I'm feeling it though!" I gulp down the Endura and pass the bottle over whilst simultaneously stretching and munching on a muesli bar (soon to find out the dryness of this bar was not so good on my liquid consumption to follow).

I gulp down a 600ml bottle of water in one lap and signal my pointer finger (it's sign language for more fluid) as I throw my bottle to my crew, power walking past.

Reaching the marathon I begin to feel the midday heat.

"I need ice please!" My request is as polite as you could manage in the heat. The volunteers are right onto it, passing me my iced bottle (a sensation I have dreamed of for quite some time...pre-race included), whilst simultaneously managing the recently finished 50km entrants. 60km seems so far away. My ice is melting in my bottle and my recently sponged body has turned the water to sweat. I am slowing down and my music is now on song 3, Collide:

I'll pick you up when you're down.

Be there when no one's around.

When you're in unfamiliar places,

Count on me through life's  
changes...

It makes me think of that special smile in my life; but, somehow, that thought is transient in this scorching heat. It's like that moment of tide change – somehow the strong forces of the backwash seem to be my negative thought "colliding" into the weak full waves of high tide. I am slowing down, becoming more aware of my surroundings; the panting of the relay team (whom I thought were individual entrants throughout the whole race), the striding of the small field of entrants and the sun...ice...cap...sunglasses...zinc...sunscreen.

I look down at my watch telling me 48km at 5 hours. It's going to be tough.... Passing the 50km mark in accordance with my watch, I wait for the regular 10km mark cheer...nothing.

"Did I reach 50km?"

"You are at 47km." It's your lap counter.

"I think you must have miscalculated!" This somehow alters my energies. Confusion; I slow down.

"It's been confirmed. Your laps have been correctly counted. The Garmin sometimes is a tad off in the counting of km around an oval." My problem solving mind directs the math calculation to my crew. How fast do I need to run to make 60km?

"It's 5:10km pace." I am provided



*The starters*



*A unique recovery position*

#### Moe Victorian 6 hr & 50km track championships

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		72.217	<b>Gamble</b>	Malcolm
2	2		70.895	Stratford	Luke
3	3		69.153	<b>Gillies</b>	Cameron
4		1	64.790	<b>Bespalov</b>	Isobel
5	4		61.259	<b>Kelly</b>	Chris
6	5		60.650	<b>Nuttall</b>	John
7	6		57.611	<b>Sutton</b>	Rob
8	7		57.090	<b>Loveday</b>	Barry
9		2	56.740	<b>Tichon</b>	Larissa
10	8		50.895	<b>Boyce</b>	Robert
11		3	50.400	Hames	Emily
12	9		50.000	Brabon	Chief
13	10		46.308	Glover	Brian
14	11		44.226	<b>Jordan</b>	Steve
15	12		34.697	Timms	John

Bold SURNAME indicates AURA member.

with the information the following lap by the going-beyond-customer-service crew member of mine. A couple of laps into that pace and I begin to power walk; "It's too hard." The heat and lack of speed training is coming to me in this last bit.

It's only then I realise that, yes, I haven't made the 60km but bloody hell I am going to give this last bit the best I have! "Keep on Ravin' Baby" – it's the song that builds me up. I am a strong person. I can do this. I soar past. Running again never felt so great. It's such a mental game. 56.740km; 2nd place. I started strong and finished strong. In between was a bit of a blur, but I learnt the importance of speed training and heat training, and have a lovely tan line of incorrectly applied sunscreen (missing a few spots) on my legs to remind me of my lessons!

Thanks to all the race coordinators. It was such a well-organised event with the lap counters, liquids and atmosphere, not to mention the lovely lunch and presentation to follow!

#### Moe Victorian 6 hr & 50km track championships

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:53:57	Brabon	Chief
2	2		4:03:53	Stratford	Luke
3	3		4:09:00	<b>Gamble</b>	Malcolm
4	4		4:18:32	<b>Gillies</b>	Cameron
5	5		4:25:38	<b>Nuttall</b>	John
6	6		4:31:12	<b>Kelly</b>	Chris
7		1	4:31:43	<b>Bespalov</b>	Isobel
8	7		5:03:50	<b>Sutton</b>	Rob
9		2	5:14:20	Hames	Emily
10	8		5:14:15	<b>Loveday</b>	Barry
11		3	5:15:51	<b>Tichon</b>	Larissa
12	9		5:48:24	<b>Boyce</b>	Robert

Bold SURNAME indicates AURA member.

## **Bruny Island Ultra Marathon** **Bruny Island, TAS, December 1, 2012, by Annabel Hepworth**

For me, just participating in the Bruny Island Ultra is one of my bigger achievements. But my pride has little to do with having put one foot in front of the other for 64km, for having kept on even though I felt burnt out from having run Sydney's Glenbrook Trail Marathon in extreme heat just six days earlier, or from ascending in gale-force

winds to the iconic Bruny Island Lighthouse at the end.

No. What made the Bruny event such a big deal for me was the very act of getting there.

Bruny is just a 15 minute ride on the punt service from the seaside town of Kettering, a 35km drive

from Hobart, making this isolated island of 600 residents quite accessible. The only problem was when I went to hire a car at Hobart airport, the man behind the counter told me that my driver's license had just expired. I was gob-smacked. A quick panicked phone call to the NSW RTA only confirmed that there was no easy

way out of the strife I was in. But as I'd already flown from Sydney to Hobart, and told my husband and 7 year old daughter that they would be looking after themselves for a few days, I was hell-bent on getting myself to this run. I posted a desperate plea for help on the Facebook page for the event. The Bruny Island accommodation service gave me details of an island cruise operator that would let me tag along with a group of day-trippers the following morning. That meant that I could get to my accommodation at Adventure Bay on Bruny, but it didn't quite get me to the start of the race at Dennes Point, which was some 39-or-so km further north on Bruny. At this point, I posted that I would either run to the start or try to find a bicycle, in the hope that someone would just take pity on me. Later that evening, Andrew Law (who went on to win the race with a time of 5:21) offered me a bed in a house hired out for volunteers if I could finagle a way to Dennes Point the night before the race.

The following morning, the day before the race, I joined the cruise group on the Hobart waterfront and they took me across to Bruny. It was stunning, with rolling green fields, orchards, native forest, long beaches and wildflowers. Plus, it emerged over Facebook that a hash house harriers contingent from "the mainland" (Tasmania) could give me a lift across to Dennes Point that evening.

After a day of relaxing in a quaint café, and repeatedly wandering towards the forested hills in search of 3G reception, plus a failed attempt to spot one of the island's famous white kangaroos, I met some of the harriers at the bowls club and after dinner we drove out towards Dennes Point. We stopped at the Country Women's Association hall, where some of the event team were camping overnight, and collected my race bib and negotiated my start time for the following day. We agreed that I would start at 5.30am, which was

conservative, but I was concerned about getting a lift on the ferry back to Hobart. Runners left at five minute intervals, and most solo runners started later than me.

On race morning I walked the few hundred metres from the volunteer house to the start, where race director Paul Riseley was sending runners off at their agreed start times. It was perfect running weather; the air was crisp and clean, and the heat of the previous day had eased. I took one last look at the water view from Dennes Point, Bruny's farthest northern tip, then took off.

The road, a mixture of gravel and bitumen, was gently undulating, overlooking grass agricultural pastures and dry forest. I had the road to myself and settled into a comfortable pace of 6 to 7 min/km. After a couple of hours the course had flattened out. By then, I was starting to see relay runners on the course. Many knew that I was running without a support crew and just a 2L pack of water, as I had sent out a Facebook message earlier in the week. There were frequent and generous offers of water and anything else I wanted. The Hash House Harriers I had met at the bowls club the night before were out in force, with a team garbed in gold lamé skirts

(men included). They were all a fantastic cheer squad.

Before the half-way point I reached "the neck", which is the narrow stretch of land that connects the north and south parts of the island. The winds were strong, whipping sand into my eyes and slowing me down. But this was also the site of the fairy penguin rookery, the very idea of which thrilled me hugely. I was on the lookout for penguins, although I didn't spot any. Again, the water views were just gorgeous. I continued on, enjoying the camaraderie of the growing number of relay teams on the road.

By the last third of the race the scenery became more densely forested. It also got hillier, although I was running up most of the hills. By the time I had passed the standard marathon distance, the fatigue was starting to set in, but I was injury free, well hydrated ... and another solo runner's support crew had even offered to sponge the dust off my face.

The last few kilometres up to the lighthouse were a grind as the winds picked up, but the scenery was stunning. Having speedy relay runners on their fresh legs helped keep me going at a reasonable clip. The lighthouse was in sight. The pathway up to it was a short, sharp



*A group of the solo finishers*

climb, and the winds were so strong at the top that I struggled to touch the door of the lighthouse (the official finish). I made it in 7:03. I said a quick hello to the very kind women from the harriers group who had driven me around, and were the official time-keepers for the race.

Race marshals organised me

a lift back to the Hotel Bruny (technically Australia's southern-most watering hole), where the prizes were awarded to the winners. Of the men: Andrew Law came in first at 5:21, followed by Stuart Hill 5:29 and Tom Burlford 5:44. And the women: Michelle Chopping 5:55, Bev Allen 6:11,

and Jennifer Boocock 6:13:46.

I can't wait to run Bruny again, although next time with my daughter and husband who are keen to see this beautiful "island off an island." And I have a shiny new five-year driver's license in my purse, so I'll be going back.

Bruny Island Ultra					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		5:21:07	Law	Andrew
2	2		5:29:22	Hill	Stuart
3	3		5:44:38	Burford	Tom
4	4		5:48:43	Bowerman	Andrew
5		1	5:55:51	Chopping	Michelle
6	5		5:58:44	Chamberlin	Matthew
7		2	6:11:09	Allen	Bev
8		3	6:13:46	Boocock	Jennifer
9	6		6:17:29	Clark	Shane
10		4	6:22:03	McCarthy	Tina
11	7		6:31:03	McComb	John
12	8		6:31:03	Hawthorn	Tom
13	9		6:34:29	Wright	Paul
14	10		6:36:04	Beeston	Phil
15	11		6:36:05	Cannell	John
16		5	6:46:40	Guy	Jacqui
17	12		6:46:40	Rees	David
18	13		7:00:09	Crawford	Cameron
19	14		7:00:29	Robinson	Steve
20	15		7:02:13	Lewis	Lestyn

Bruny Island Ultra					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
21	16		7:03:16	Sutton	Andrew
22		6	7:03:42	Hepworth	Annabel
23		7	7:11:56	Sprent	Jenny
24	17		7:15:48	Hanson	Shane
25		8	7:27:41	Amazing Race	Paula
26		9	7:29:41	Aitken	Kelly
27	18		7:34:14	Appleton	Jeff
28	19		7:41:07	Metcalf	Dean
29		10	7:59:26	Berry	Krystal
30		11	8:06:20	Blackman	Monique
31		12	8:07:01	Green	Angela
32	20		8:12:58	Roberts	Martin
33	21		8:32:39	McKenna	Peter
34	22		9:54:16	Crotty	James
35	23		10:25:16	Tuffin	Lindsay
36		13	9:09:32	Miller	Toni
			32km	Grubert	Doug
			36km	Wheatley	Peter

Bold SURNAME indicates AURA member.



## Coast to Kosciuszko

### Eden to Mount Kosciuszko, NSW

### December 7-9, 2012, by Kevin Muller

Coast to Kosci is a race I have been following since 2006. I put it on my bucket list even though I had never done much more than 10km fun runs. After following the 2011 C2K I decided to pull the finger out and try and qualify. I did the Coburg 24 Hour better than expected, and signed up for a few more ultras during 2012 to maintain fitness. I decided to aim for a 32-36 hour finish, with 30-40 hours if things went better or worse than planned.

My crew consisted of my two sisters,

Allison and Sandra, who had done a lot of crewing for me all year, and my daughter, Cassie. They were very keen and I didn't need to ask them to crew; they already had everything planned. Andrew Donaldson, who won the Hume & Hovell 100km in his first ultra, offered to help crew and pace me during the latter stages of the race.

I arrive at the scenic Twofold Bay and notice a few runners are carrying water bottles, or small back packs. I am a bit worried as

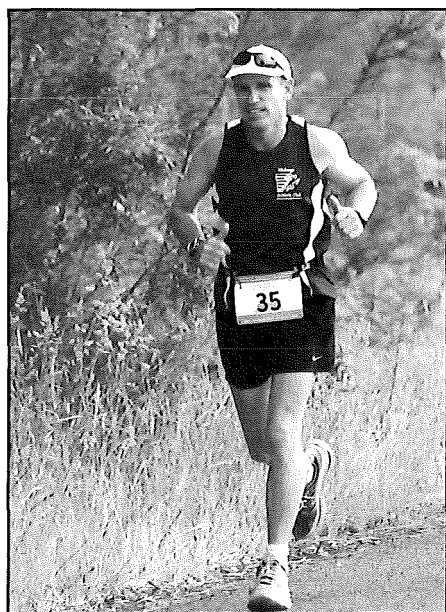
I have nothing, but Brett Saxon assures me I don't need to carry anything. He says this while carrying about 15kg of gear. There is nervous excitement amongst the runners, a few photos are taken, and soon enough, we get the "ready set go" and we are off.

The weather is warm, partly cloudy with a light tail wind. We run up to, and across, Princes Highway and up a steep track. Trevor Allen, Rick Cooke and Jo Blake continue running up the hill and are soon

out of sight. I am immediately behind Ewan Horsburgh, who walks the hill. I decide he knows what he is doing and do the same. I'm surprised how hilly the early stages are. After an hour or so Ewan disappears into the distance and I don't see again until we cross paths on the Kosciuszko track.

During the first few hours plenty of other runners are nearby and I get to know their crews and vehicles. I run with Rob Mason for a while; his parents are excited about this race, too. We arrive at the first crew point at 24km; all the crews are there clapping and cheering. I pass the marathon point in 4 hours and Rocky Hall (50km) in 4:55; and 5 minutes under 30 hour pace. Bernadette Benson and Dave Baldwin are close and I see their crews more than most; they both pass me and disappear up Big Jack Mountain. I catch Trevor Allen and walk Big Jack with him. Adam Stokes passes us running uphill. The mountain climb seems to go forever with the same scenery and same distance from the top.

After Big Jack I start to feel low on energy and all the bones in my feet ache, but I arrive in Cathcart right on 30 hour pace. The next section to Gunningrah Road has lots of hills in open countryside. Michael West flies past and during



Kevin Muller working his way through the field,  
photo courtesy of dandyrunner.com



Start line, photo courtesy of dandyrunner.com

the remainder of this section I don't see other crews. I can't stomach the Perpetuem anymore, and half a honey sandwich makes my stomach feel like glass as my pace and morale drop. I alternate between water and maltodextrin, with the occasional gel, which goes down OK. I arrive at Gunningrah Road in 8th place; just under 32 hour pace.

The road to Dalgety is bitumen; the hills get smaller and I gradually regain energy. I pass Rick Cooke who has quad problems and is now walking. This makes me think of how far I still have to go and how much could still go wrong. At dusk I have a quick change into night gear and new HOKAs, and continue on. The gels are going down well, and I eat the occasional Power Bar, but they take a long time to swallow. As I leave Dalgety I spot the occasional glow from a head torch ahead. I pass Dave Baldwin and Bernadette Benson at the start of Beloka Range. Halfway up the range I pass Jo Blake who looks a bit wobbly; he is doing it tough but still battling on. The night is beautiful; clear skies and still, and I don't see any other crew vehicles or head lamps all the way to Jindabyne.

At Jindabyne Andrew decides to run with me to the finish. I had never run with a pacer before and this turns out well with Andrew running ahead/behind for food and drinks. We pass through a caravan park and back up to the road, where

my wife, Rita, meets us on the path at 2:45am. My morale picks up more as I realise I'm going to finish. I pass Adam Stokes at Thredbo River and begin the long 13km climb to Guthega turn off. The temperature drops and I put on a spray jacket, beanie and gloves. I'm still wearing shorts, but my legs are fine. There are big snow poles along the side of the road and I decide to run one/walk one, and run the flats and downhills. There is lots of wildlife with possums, kangaroos, wallabies and wombats keeping us company.

I arrive at Charlotte Pass in 27 hours. I meet and greet Ewan, who is 2km from the finish on his way to back-to-back wins. The path gets steep after crossing the Snowy River and I soon meet Michael West who is running back down in 2nd place, having left his crew in his wake. One kilometre from the top we cross a snow drift which is quite slippery. At the top we are the only ones there; the views are uninterrupted in every direction and we take a couple of photos. A gentle jog down to Charlotte Pass to finish in 29 hours and 38 minutes; I am stoked.

It gets hot on the descent to Jindabyne, and I feel for the runners still on the course in the worst of the heat. The atmosphere at the presentation was fantastic. Paul and Diane put on a great event and straight away I knew I wanted to come back and do it all again next year.

Coast to Kosci					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		27:31:51	Horsburgh	Ewan
2	2		28:53:43	West	Michael
3	3		29:38:10	Muller	Kevin
4	4		31:29:34	Baldwin	David
5	5		31:38:50	Simpson	Shane
6		1	31:49:21	Benson	Bernadette
7	6		32:07:54	Stokes	Adam
8	7		32:12:23	Mason	Robert
9	8		32:27:22	Heaton	Kevin
10	9		32:52:57	Moloney	Nic
11		2	34:28:22	Muston	Pam
12		3	35:13:18	Lilley	Allison
13	10		35:24:30	Schwebel	Ron
14	11		35:37:30	Pickering	Gary
15		4	36:12:44	Scholz	Sharon
16	12		36:23:46	Blake	Jo
17	13		37:17:57	Bennett	Peter
18		5	37:44:33	Williamson	Kerrie

Coast to Kosci					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
19	14		38:11:02	Wallace	Greg
20	15		38:41:12	Hanney	Roger
21	16		38:56:30	Sullivan	Keith
22	17		39:56:26	French	Adam
23		6	41:28:52	Trumper	Jane
24	18		41:53:30	Riedl	Arnulf
25	19		42:14:44	Allen	Trevor
26	20		43:46:02	Blackmore	Kieron
27		7	44:38:43	Spink	Lisa
28	21		45:08:46	Hermann	Jan
29	22		45:54:06	Saxon	Brett
30		DNF at 127km		Mullins	Peter
31		DNF at 133km		Cooke	Rick
32		DNF at 180km		James	Raymond
33		DNF at 185km		Smith	Cassie
34		DNF at 200km		Brown	Malcolm

Bold SURNAME indicates AURA member.



## Kurrawa to Duranbah Gold Coast, QLD

December 9, 2012, by Kerrie Otto de Grancy

### Weather:

Race day temperatures were mild, far from today's 43 degrees here in NSW. A cool front set in a couple of days prior. Temperatures dropped for race day, starting around 18-19 degrees, with some cloud coverage, then warming up to around 26 as I finished the race. The mild temps aided to an enjoyable race.

### Pre-race preparation:

Taper one week prior: Sunday: 20km, Monday: Yoga AGOGA session, Tuesday: Rest, Wednesday: Yoga, 40min jog, Thursday: Yoga, easy 30min jog, Friday: Easy 20min jog, Saturday: Rest. Extra yoga, a mid-week massage, and extra protein to my usual diet. I also upped my magnesium intake.

### Pre-race thoughts:

"My tummy feels weird, I hope its nerves!" As a virgin ultra-runner, and newbie to the running world, I am still stampeding around in a bubble of "ignorance is bliss."

### Running surface:

Mixture of footpaths, road, and grass. Overall, a kind running route with pristine coastal terrain and ocean views.

### Pre-race routine:

Rise at 3am, breaky, coffee, shower, gear check, head to race. I like to arrive one hour prior to start time (4am); allowing time to get my bearings, register, eat, meditate, warm up and empty my bladder.

### Footwear:

Nike Free dri-fit ankle running socks, two week old Nike Free 3.0 (I love the sock fit design...pure comfort, light weight). At the Duranbah half-way mark I changed into my worn out, yet trusty, "angel slippers" Nike Free 5.0 (also a sock fit.) These babies have seen me through all of my 2012 races, and roughly 60% of my training, clocking approximately 800-1000km and, of course, flip flops for post-race!

### Foot care:

The month leading up to the race, whenever possible, I would use my 9cm massage ball on the soles of my feet, stretching out my arches and soothing tender points. I carry the spikey ball of pleasure in my handbag.

### Hydration:

I always start drinking electrolytes 24 hours before

any long run; three litres of water a day; making a conscious effort before race day.

### **Energy / calories consumed prior to the race:**

No idea, but more than usual. The day before I ate pasta and cream (two things I omitted from my diet years ago.) I fuel up on lots of fresh organic veggies, chicken and salmon. At 3am I had breaky: A short black, a bowl of chia with guava coconut water, fresh blueberries, strawberries and mixed raw nuts. At 4am a banana, at 4.30am half an avocado.

### **Energy / calories consumed during the race:**

Three Torque gels; one at 10km, one in my popper that I sipped on from 25-30km, the last at 40km. I also consumed a sachet of cocoa butter at 21km, half a lollie snake at 35km, (I wanted to throw up as it was far too sweet and gooey) and a Coke at 45km. Now I'd heard that Coke consumption has its positive effect on energy levels during endurance races, but my judgment has always been that of horror. Coke is what I would refer to as the "devil" of the non-alcoholic beverage consumption world. But in a desperate attempt to aid my performance, and rattle my fatigue, one hand swiftly grabbed a cup of liquid sin and down the guzzler it went! Did it help? I have no idea, if not as a placebo it did!

### **Sodium / electrolytes consumed during the race:**

I started the race with a children's popper that I'd emptied and refilled with Gastrolite. I avoid Gatorade and other commercial sports drinks as I find them sickly sweet. I had a 2nd Gastrolite drink at 25km.

### **Things that worked for this event:**

The weather. The friendly support crew at each 5km aid station, and those scattered around, to ensure we stayed on course (thank you to those who took my popper bottle and refilled it with water as I showered myself in Gatorade. (Yes, I was hot and clearly delirious.) The friendly support at the end of the race, dousing me with water and handing out ice cold watermelon, orange and pineapple (heavenly); all this going on as I contemplated what to do with my body. Sit? Walk? Lay down? I did all three, in that order. My shoes were comfy; the change at halfway gave my feet a new lease of life. No chafing; thanks to well trialed and thought out running attire. The ice baths =

EUPHORIA. A well organised trophy presentation with the honorable and legendary

### **Things that didn't work well for this event:**

My Nokia Bluetooth headset died at 10km. At this point I teamed up with a gentleman who was doing the 50km as a "training" run. His usual races are the 250km beaten track ultras. I felt humbled and hungry to stick with him and learn what I could about his psyche, nutrition and training plan. We ran together until the 20km mark where I knew I had to make a critical beeline for the toilet. I had DIARRHEA. This was not funny. I'd managed to hold it in for 10km; not sure how. At this moment I was so grateful to be on a course dotted with lavatories! I was losing time, and my new found mentor! I did as speedy a duty as possible and bolted to catch my friend. It was not to be. It was at this point I focused on getting to halfway and changing my shoes. I could already sense the sigh of relief my feet would experience as the shoe swap was carried out.

After a quick refresh at 25km, new shoes, my pre-made electrolyte mixed with a gel, an encouraging hug from my friend, I was pumped to run back up the hill and over the mound. Once my stride had settled down, and I had my rhythm back, I started to yearn for my music. At the 30km station I mucked around with my head set and phone for what felt like forever. It was useless. I had to give in and carry on. How could this be? No back up, and several failed attempts asking aid stations and other runners' support crews if they had a headset. This was it. The home stretch...how could I do my "lightning" finale without a well prepared and thought out play list?

I had to give myself a mental face slap and talking to. "A true athlete does not need music; focus, suck it up, no excuses". That said, I am a stubborn mule and decided desperate measures were at play and I wanted



*Kerrie, centre, and the Brisbane skyline*

a distraction. I was over my own thoughts, the glorious sounds of nature, runners and passersby. Mid-motion I pulled my phone out of my running belt and exchanged it with my popper that I held onto as back-up hydration. I fumbled through my icons, hit the playlist, then activated the LOUD speaker and ran the last 19km with my phone in one hand and my popper in the other. Truth be told it was not the same. In fact, I am unsure it helped at all but I hadn't given in and I'd found a solution. Well, kind of. In my mind I'd won the music battle! In hindsight I am thankful for this distraction.

At 45km I had the relief of knowing there was only 5km to go; I told myself "that's nothing!" Well, at 47km it felt like everything. For 3km I had the following mantra pounding around my head like an old-school pinball: "Do not stop, keep going. Pain is your friend. Hello friend." (I recently read this somewhere...mmm, I wanted to believe it.)

From 49km my mantra accelerated with my cadence. I love to sprint. Well, at least attempt a version of sprinting, at the end of every long distance run. The thrill and motivation experienced as you pass other runners on the last leg is a rush not to be missed! Squeezing out the last bit of juice my body was willing to give paid off, as I managed to place 2nd female. How very surprising, and a cool initiation into ultra-running.

#### **Race time:**

4 hours 28 minutes

#### **Post-race recovery:**

Ice bath = heaven! Thank you Ian Cornelius for organising a great event, and the baths; they made all the difference to my amazing recovery. Ice baths are

a must. Electrolytes and lots of water, followed by a post-race celebration dinner with a BFF at the Glass Restaurant at Marina Mirage.

#### **Day after the race:**

Epsom salt foot bath for an hour, and lots of deep heat on my calves and quads. I escaped DOMS, but did endure two weeks of left outer-edge foot pain (diagnosed to be Reflex Sympathetic Dystrophy) that messed with my ability to do yoga and run. This passed quickly; two weeks of discomfort gave me an opportunity to pull back and get a solid recovery.

#### **Things to improve for next time:**

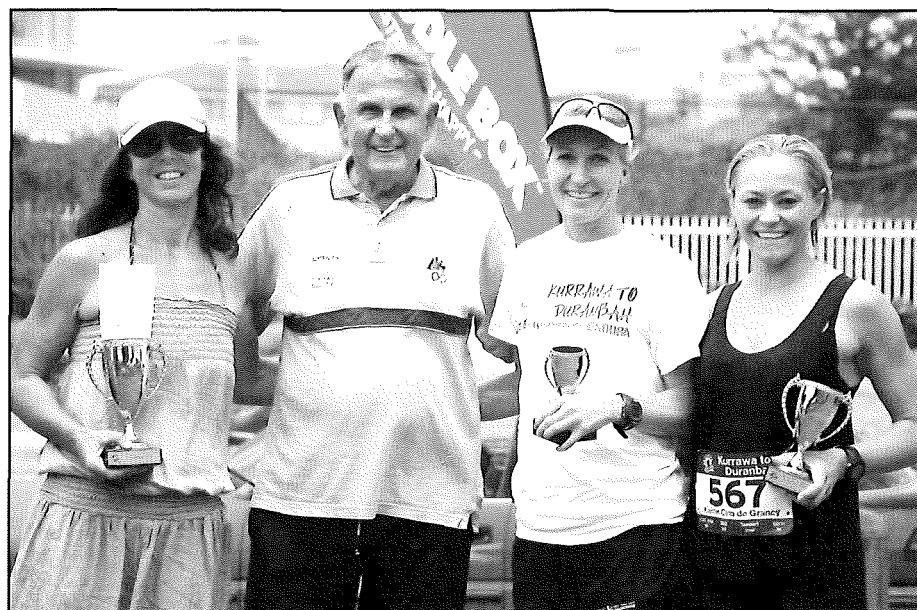
Carry spare old-fashioned earphones as back up and avoid eating rich foods the night before. Pick the brains of our trophy presenter: world class athlete and legend, Ron Clarke, who set an astonishing 17 running world records in his time. I am ashamed of myself for not personally engaging in a D&M with you. An honour to have had you present on the day. Run faster!

#### **Post script:**

A smoky haze and the scent of burning streets, much like those in Mumbai, India, engulf my senses whilst I sit here typing the final draft of this report. I am relieved to be in a motel room where my two children and I have taken refuge after evacuating our tent in the early hours of this morning, due to catastrophic fire warnings. Driving north up the Princes Highway (which is now shut off) I had chills as I envisioned the horror one would endure fleeing, and getting caught, in the wake of an inferno. Irony would have it that race proceeds from the Kurrawa to Duranbah (K2D) were going to ultra-runner burns victims, Kate Sanderson and Turia Pit. I cannot begin to entertain the true horror they faced, and are still facing. I trust our humble tribute and contribution will aid the girls in some way.



*Gutsy to the finish*

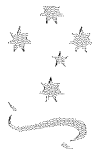


*With the female placegetters, on the right*

Kurrawa to Duranbah					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:40:31	Coombs	Dave
2	2		3:41:01	Webster	James
3	3		3:45:45	<b>Hack</b>	Martin
4	4		3:53:12	Judd	Matt
5	5		3:56:16	<b>Quirk</b>	Richard
6	6		3:59:27	Cornelius	Benjamin
7	7		4:01:25	Whiteman	Steve
8	8		4:05:49	Jewell	Brad
9	9		4:06:11	Enkelmann	Rodney
10	10		4:09:42	Foster	Simon
11	11		4:09:54	Bishop	Jordan
12	12		4:13:18	<b>Marshall</b>	Kelvin
13	13		4:15:57	Kettle	Brett
14	14		4:16:10	Marton	Steve
15	15		4:18:58	Waddington	Nigel
16	16		4:19:11	<b>Duffus</b>	Andrew
17	17		4:19:35	Hackney	Shaun
18		1	4:20:12	Birch	Lynwen
19	18		4:22:49	Lucas	Stephen
20	19		4:23:56	<b>Truloff</b>	Gregory
21	20		4:24:05	O'Keeffe	Michael
22		2	4:28:31	<b>Otto de Grancy</b>	Kerrie
23	21		4:30:50	Johnson	Luke
24	22		4:31:01	Payne	Mark
25		3	4:31:29	Hodge	Kerri
26		4	4:31:39	Eakin	Karen
27		5	4:34:29	<b>Jones</b>	Tia
28	23		4:37:14	Schott	Martin
29	24		4:38:37	<b>Gamble</b>	Steve
30		6	4:43:22	Collins	Sarah
31	25		4:44:03	Collett	Trent
32	26		4:44:04	Pesut	Geoff
33	27		4:44:42	Maish	Stuart
34	28		4:45:55	<b>Emr</b>	Mark
35		7	4:47:07	Mendes	Anna
36	29		4:47:07	Mendes	Paulo
37	30		4:47:53	Hilliam	Tony
38	31		4:48:03	Grills	Matthew
39	32		4:49:01	Lye	Brad
40	33		4:49:19	Anson	Malcolm
41		8	4:52:12	Cubis	Natasha
42	34		4:53:17	van Velden	Johannes
43	35		4:55:11	James	Peter
44	36		4:56:01	Davis	Harry
45	37		4:57:12	<b>Armstrong</b>	Wayne

Kurrawa to Duranbah					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
46	38		4:58:11	Bonifant	Hamish
47	39		4:58:11	OMeara	Greg
48	40		4:59:25	Casey	Dan
49	41		5:00:23	Orton	Jayson
50	42		5:06:12	Wray	Robert
51		9	5:06:12	Lahey	Sascha
52	43		5:06:39	Leggatt	Ross
53	44		5:08:05	<b>Last</b>	Geoff
54	45		5:10:33	Barrett	Mark
55	46		5:12:50	Griffiths	Rob
56	47		5:14:40	Lyons	Sean
57	48		5:17:44	Carolan	Ronán
58		10	5:20:57	Eccleston	Catie
59		11	5:21:31	<b>Brun-Smits</b>	Marina
60		12	5:22:49	<b>Jaques</b>	Sara
61		13	5:27:32	Robb	Vanessa
62	49		5:27:33	Walsh	Matt
63	50		5:27:34	Beasley	David
64	51		5:27:34	Hooper	Craig
65		14	5:29:36	Tomlins	Belinda
66	52		5:29:48	Kirkpatrick	Graeme
67	53		5:31:04	Borbidge	John
68		15	5:35:56	Tomlins	Katie
69	54		5:36:07	McKenzie	Peter
70	55		5:38:45	Wells	Bob
71	56		5:39:22	Dennien	Ben
72		16	5:41:25	Langley	Jodie
73	57		5:43:12	Clifford	Mark
74	58		5:50:40	Ormiston	Geoffrey
75	59		5:53:53	Egan	James
76	60		5:54:24	Tomlins	Geoff
77	61		5:56:37	<b>Sinfield</b>	Peter
78	62	16	6:00:51	Marchenko	Russell
79		17	6:01:05	Mullins	Hiroko
80	63		6:07:04	Thomas	Nick
81	64		6:19:39	Cox	James (Jim)
82	65		6:19:41	Huband	Graham
83		18	6:24:10	Cunial	Sharon
84	66		6:27:04	Benadie	Brendon
85	67		6:30:11	<b>Evans</b>	Brian
86		19	6:32:00	Mugridge	Amanda
87	68		6:47:44	Gladman	Mark
88	69		7:09:36	Williams	Geoff
89	70		7:27:22	Mulherin	Michael

Bold SURNAME indicates AURA member.



# 6 Inch Trail Marathon

## North Dandalup to Dwellingup WA

### December 16, 2012, by Rachel Evans

I looked forward to my second 6 Inch Trail Marathon with eager anticipation. Training had been a little patchy, but I felt I had done enough. The forecast temperature was mid-to-high 20's, which was about perfect. The 3am alarm didn't even wake me as my nerves and the anticipation had kept me awake for most of the night. Trying to eat at that time in the morning, when nervous, presents me with a huge challenge, but I forced in an energy bar and woke my lift to the start line in North Dandalup.

It was freezing and windy at the start, and the portaloos were getting a good workout. It was a prompt start at 4:30am and the assault on the BIG HILL. After 3km of ploughing uphill the course flattened for a few km, the sun rose, the scenery was beautiful, and I settled into a really comfortable rhythm. This is why I enjoy trail running. I felt good and strong and without pushing too hard (I thought!) arrived at the first aid station (23km) considerably faster than last year.

Not too long after, I started to feel the effect of the pace and realised the next 20km were going to be tough. I arrived at the second aid station wishing I was closer to the finish and feeling sick from all the gels. I seemed to have encountered more hills than I remembered there should be. I left the second aid station in a big hurry. The wonderful volunteers were very helpful but I just couldn't wait to get to the finish. Then there were some more forgotten hills, which challenged my calves and my left ITB - even to walk. Five km from the finish and I was being



*Rachel looking comfortable*

passed regularly by happy, friendly runners all glad to be close to the finish. The camaraderie is one of the reasons I love this type of racing. Finally, I could see the finish and surprisingly so, considering the last 12km was only 4 minutes slower than my time from last year. Tears came into my eyes at the finish and I am already thinking about next year.

This is such a fantastic event. Sure, I won't go quite as fast at the start next year. I am grateful I came across no snakes and didn't get lost; there were many stories of both from the day. There were PB's and PW's; good, bad, happy and sad stories from lots of my friends, but the general consensus was that we all had lots of fun and will be back next year. Have to keep trying for the perfect race, which may take forever.



*Start line 4.30 am*

6 Inch Trail Marathon					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:32:49	<b>Roberts</b>	James
2	2		3:38:33	Matthews	Kevin
3	3		3:44:10	Coombes	Brett
4	4		3:47:54	Berg	Craig
5	5		3:52:14	Pendse	Jon
6	6		3:53:01	Rodriguez	Etienne
7	7		3:53:22	Fozdar	Jamal
8	8		3:54:01	Barton	Michael
9	9		3:54:30	Thackray	Ricky
10	10		4:01:50	Maguire	Thomas
11	11		4:05:04	<b>Francis</b>	Michael
12	12		4:05:34	Taylor	Michael
13	13		4:07:33	Fawkes	Nathan
14	14		4:10:34	Smith	Tony
15	15		4:13:53	Riley	Phil
16	16		4:17:30	Law	Callum
17		1	4:19:34	van Blomestein	Eulalia
18	17		4:19:48	Dagg	Garry
19	18		4:23:18	Gray	Jeff
20		2	4:25:02	Hickey	Jacqui
21		3	4:25:48	<b>Oborne</b>	Jodie
22	19		4:27:23	Fonte	Justin
23		4	4:27:54	Whelan	Fiona
24		5	4:28:26	<b>Hefferon</b>	Beck
25	20		4:28:30	Maidment	Mike
26	21		4:29:04	Morkel	Andre
27	22		4:29:42	Chrystie	Kyle
28	23		4:30:17	Kenmare	Steven
29		6	4:32:28	Broadway	Claire
30	24		4:33:05	Wu	Shao
31	25		4:33:31	Fisher	Glenn
32	25	7	4:33:32	Stockman	Sandra
33	26		4:34:34	Williams	Paul
34		8	4:35:20	Whitfield	Kellie
35		9	4:36:34	Lootz	Marlene
36	27		4:37:23	Charlton	Neil
37	28		4:38:49	Joyce	Paul
38	29		4:38:59	Brookes	Neil
39	30		4:39:00	Keenehan	Jay
40	31		4:39:11	Bennett	Brian
41	32		4:40:28	Carlin	Simon
42		10	4:41:12	Simpson	Katie
=42	33		4:41:12	Taylor	Sam
44	34		4:42:29	Wholey	Grant
45	35		4:42:41	Ankers	Paul
46	36		4:42:58	Doherty	Christopher
47	37		4:44:12	McLoughlin	James
48	38		4:44:31	Bonnick	Simon
49	39		4:46:32	Hearn	Mick
50		11	4:46:55	Leo-Smith	Amy

6 Inch Trail Marathon					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
51	40		4:47:42	Hoffmann	Mark
52	41		4:50:43	<b>Simpkins</b>	Marc
53	42		4:51:26	Haustead	Bruce
54		12	4:51:49	March	Karen
55	43		4:53:56	Flahive	Martyn
56	44		4:54:42	Mapstone	Andrew
57	45		4:57:10	Junk	Ian
58	46		4:58:40	Boyes	Timothy
59	47		5:00:12	Fenelon	Alan
60		13	5:01:15	Fieberg	Barbara
61		14	5:01:22	<b>Kennedy</b>	Belinda
62	48		5:01:24	Smetherham	Glen
63		15	5:01:24	West	Rachel
64	49		5:02:05	Evans	Paul
65	50		5:03:30	Roempke	Luke
66	51		5:04:38	Richmond	Daniel
67	52		5:04:38	Kaesler	Shaun
68		16	5:04:57	Au	EeLyn
69		17	5:05:04	Ivey	Gemma
70	53		5:08:06	Rees	David
71	54		5:09:12	Raudino	Tony
72	55		5:09:19	Truran	Brian
73		18	5:09:28	Williams	Kylie
74		19	5:11:20	Bell	Andrea
75	56		5:13:18	Stewart	Brad
76	57		5:13:28	Collins	Peter
77		20	5:14:13	MacDonald	Shona
78	58		5:14:23	Stokes	Peter
79	59		5:14:25	Hendry	Clarke
80		21	5:15:15	<b>Salmons</b>	Fee
81		22	5:15:25	<b>Rees</b>	Jo
82	60		5:17:57	Wigger	Karl
=82		23	5:17:57	Whitfield	Samantha
84	61		5:18:18	Stanley	Lee
85	62		5:19:39	Wigger	Francis
86	63		5:20:05	Furse	Nigel
87	64		5:21:41	Mountjoy	John
88	65		5:22:50	Dowling	Paul
89	66		5:24:20	Adams	Robert
90		24	5:24:39	Giles	Kilee
91	67		5:25:14	<b>Caldwell</b>	Mark
92	68		5:25:36	Wells	Jason
93	69		5:28:04	Dye	Dave
94	70		5:28:28	Tan	Jeffrey
95		25	5:28:45	Wilson	Dionette
=95	71		5:28:45	Meckenstock	Matt
97	72		5:29:58	Toohey	Joel
98		26	5:30:56	Heal	Sarah
99	73		5:31:31	Dodds	Hunter
100	74		5:32:17	Smith	Brendan

6 Inch Trail Marathon					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
101	75		5:36:42	Lewis	Dylan
102	76		5:37:32	Doubell	Ivan
103		27	5:38:19	Dean	Joanne
104		28	5:38:52	Henderson	Amy
105		29	5:41:25	Greensill	Gail
106	77		5:41:56	<b>Donkersloot</b>	Robert
107	78		5:42:19	Shaw	Brent
=107	=78		5:42:19	Shapland	Darren
=107	=78		5:42:19	Hunt	Greg
110		30	5:42:33	Brinkworth	Anne
111		31	5:42:40	White	Karla
112	81		5:42:54	McLeod	Gordon
113		32	5:43:06	Heagney	Karen
114	82		5:43:36	Hartwell	Ben
=114	=82		5:43:36	Johnson	Simon
116		33	5:44:14	<b>Evans</b>	Rachel
117		34	5:46:15	O'Keeffe	Heather
118		35	5:49:22	Jessop	Cindy
=118		=35	5:49:22	Nevard	Genevieve
120	84		5:50:55	Greenop	Mark
121	85		5:51:52	Wardrobe	Richard
122	86		5:52:07	Greensill	Brett
123	87		5:53:14	Darwin	Keith
124	88		6:00:42	Turner	Mike
125	89		6:00:49	McFarlane	Robin
126	90		6:01:01	Smith	Neil
127		37	6:07:24	Keage	Jocelyn
=127	91		6:07:24	Brook	Timothy
129	92		6:09:17	Bell	Chris

6 Inch Trail Marathon					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
130		37	6:10:21	Shudra	Jon
131		38	6:13:39	Allen-Byatt	Martha
132		39	6:17:43	Bray	Lou
133	94		6:18:11	Macey	Nick
134	95		6:21:27	Kaufman	Carl
135	96		6:22:50	Baker	Phil
=135	97		6:22:50	Cunningham	Terry
137	98		6:24:10	Graham	Bob
138	99		6:24:28	Verschuuren	Paul
139	100		6:30:12	<b>Boyce</b>	Robert
140	101		6:31:20	Deering	Bill
141		40	6:33:36	<b>Stone</b>	Natasha
142	102		6:34:53	Manos	Kent
143		41	6:35:40	Bresser	Kerriann
144	103		6:38:56	Rollings	Dennis
145		42	6:39:50	Starostka	Michele
146	104		6:47:28	Ferris	Jason
147	105		6:49:37	Dean	David
148	106		6:54:40	Speldewinde	Peter
149	107		7:18:42	Dunks	Grantley
			DNF	Underhay	Glen
			DNF	Vandeveld	Alecia
			DNF	Whisson	Kelley
			DNF	Phillips	Jonathon
			3:18:00*	<b>O'Neill</b>	Christopher
			3:18:01*	Ingraham	Todd
			3:18:04*	Hill	Gerard
			3:32:57*	Bakowski	Thomas
			3:33:08*	Carroll	Michael

Bold SURNAME indicates AURA member.



## Two Bays Trail Run

Mornington Peninsula, VIC, January 13, 2013, by Richard Johnson

January 13th, 6.00am: Cape Schanck, Victoria is humming with the chatter of runners ready to take on the 56km event across the picturesque trail, from one side of the Mornington Peninsula and back again to Cape Schanck. The emotions for me are pretty raw. I have gotten to the start line of my first ultra.

My stomach is jumping; my mind is flipping from knowing I can, to being absolutely positive I can't make it through this event. The camaraderie between runners abounds; pictures are being snapped, people checking in on Facebook (if, of course, you have

internet). Hands are shaken and wishes of good fortune are swapped between runners, all around.

Race packs are collected, some with personal messages of good fortune from "Mumma Two Bays" (aka Katrina Ablett). With much chatting and laughter the 7am start time is quickly upon us. With a few words of wisdom and encouragement from Kevin Mannix, and a countdown from Mumma Two Bays, about 200 runners head off from the start line. The ubiquitous bent arms pressing start buttons, as we cross the first timing pad at the banner, is almost comical.

Reality sets in. I am embarking on my longest run ever. The weather is perfect. It's on; it's now or never! The first few km go past in a blur. A lot of single file trotting along behind runners as the field finds its natural place, and pace. I was determined not to go out too fast - the bane of my racing history. I am in a place of euphoria at this point taking it all in; enjoying the trail and admiring the amazing view over Bushranger's Bay. What a privilege to be here, and to be taking part in my favorite activity as a bonus.

I can't believe how quickly we scoot through that first aid station,

to be cheered on by the awesome volunteers. It just fires me to keep on going. Not only that the personalised race numbers mean you are cheered on by name, it is an awesome feeling and a great motivator.

The new direction of the event this year, and the diversion to create better traffic flow, puts everyone from newbies like me, to experienced hands like Damon Goerke and Kevin Mannix, all in a similar place as far as knowing what is coming. The diversion is a mix of great trails that just burn up under your stride, and deep sandy sections that reduce me to trudging. All combined with what feels like a gradual, uphill grind.

The convergence of the two parts of the trail sees us pass over the first timing mat, and head down the longish straight section to the Brown's Road aid station. I am lucky enough to pass some friends going the other way taking on their own 28km challenge. High fives as we pass.

Approaching the aid station I am greeted by the smiles of my family, waiting patiently for me to hand me a fresh bottle of sustenance, and not to be outdone by another amazing supportive performance by the aid station crew. Next is the turnaround at the 28km mark. A joy to ring that bell; I made it a performance, as instructed. Refueled and within cutoff, I head back up the hill over Arthur's Seat again. It's a grind back up the hill, and I have to admit I am reduced to walking for a good chunk of it.

Heaps of greetings and high fives, and "how good is this?s" are exchanged in both directions over the Seat. On the way up it was jumping out of the way as the front runners stormed past. On the way back it was the joy to see, give, and receive encouragement from others taking on this challenge.

The second half was an ebb and flow of energy and emotional fortitude for me. I went from elation to arguing with myself

about whether to keep going. Every aid station gave me the fortitude to keep going, with their supply of gels and hydration, and endless enthusiasm. There was a great moment when I was questioning my sanity as I started bounding down one of the descents, as a group of butterflies circled me and made it crystal clear that I was, in fact, perfectly sane and in the best possible place I could be at that moment. I have to thank many runners, both known and unknown, who got me through; not least of which is the notorious Matty Bell. Thanks mate for sharing the trail and pushing me on.

Around 10km from the end I latched on to a group of about three other runners, and we paced

in a comfortable, single-file trot. We split up near the end and within a few hundred metres I came across Tristan Watson and Adam Wight. I could have passed them and finished in front, but it just did not seem right. We ran across the line together in a time of 6:49:10. I shouted with glee, hugged my friends, accepted my finisher's medal with pride, and felt thoroughly stuffed! So darn good it took me five minutes to remember to turn off my watch.

A stunningly good event staged by Rohan Day, Michael Clarke and Katrina Ablett. Thanks guys; you rock. Hanging out for a repeat performance next year, but first bring on the Trails+ Mountain Series and The Roller Coaster Run.



*Hard at play, photo courtesy of fstop5.com*



*Success! The first ultra, photo courtesy of fstop5.com*

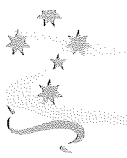
Two Bays Trail Run					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:16:41	Kohlar	Jarad
2	2		4:18:40	Donges	Michael
3	3		4:29:43	Goerke	Damon
4	4		4:33:48	Kurov	Serge
5	5		4:34:22	<b>Mannix</b>	Kevin
6	6		4:47:43	<b>Wiadrowski</b>	Toby
7	7		4:51:51	<b>Beard</b>	Dan
8	8		4:52:46	Whittaker	Graham
9	9		4:57:08	Vintin	Sean
10	10		4:58:07	<b>Muller</b>	Kevin
11		1	4:58:13	<b>Bull</b>	Kirstin
12	11		4:58:22	Bartlett	Peter
13		2	5:02:45	Hardiman	Lucie
14	12		5:03:07	Shipsides	Tristan
15	13		5:08:07	<b>Langelaan</b>	Daniel
16	14		5:10:28	Stratford	Luke
17	15		5:13:11	Turner	Andy
18	16		5:13:37	Overend	David
19	17		5:15:40	Koester	Byron
20	18		5:16:07	Klein	Phil
21	19		5:17:06	<b>Polidano</b>	Adrian
22	20		5:19:33	<b>Collins</b>	Michael
23	21		5:21:09	Tyrrell	Luke
24	22		5:21:39	<b>Ferraro</b>	Simon
25	23		5:23:46	Vowels	Ewen
26	24		5:24:08	Zan	Steven
27	25		5:24:16	<b>Louw</b>	Eric
28	26		5:25:10	<b>Miller</b>	Tristan
29	27		5:26:06	Compson	Andrew
30	28		5:26:28	Railton	Graeme
31	29		5:26:53	<b>Fraser</b>	Lachlan
32	30		5:26:57	Garrett	Justin
33		3	5:27:53	Plyashechko	Maria
34		4	5:28:32	<b>Noble</b>	Mandy-Lee
35		5	5:29:21	Condron	Sonia
36	31		5:29:55	Moody	Alex
37		6	5:30:08	<b>Emmerson</b>	Kellie
38	32		5:30:38	Trower	Brian
39		7	5:30:47	<b>Macmillan</b>	Katherine
40		8	5:31:14	<b>Bespalov</b>	Isobel
41	33		5:31:44	<b>John</b>	Michael
42		9	5:33:41	Copp	Felicity
43	34		5:35:12	Daye	Jason
44	35		5:35:27	Jennings	David
45	36		5:36:02	Lee	Brendan
46	37		5:36:31	Rowan	Andrew
47		10	5:36:50	Wereszczuk	Tracy
48	38		5:38:14	Blanco	Alfonso
49	39		5:38:45	Dalton	Robert
50	40		5:39:45	Edwards	Martin
51	41		5:40:26	Arnold	Jason
52	42		5:41:20	Lawtey	Shane
53	43		5:41:26	Crozier	Luke

Two Bays Trail Run					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
54	44		5:41:46	Mcenaney	Kurt
55	45		5:43:12	Williams	Sean
56		11	5:44:42	Bartholomew	Lucy
57	46		5:44:58	Bailey	Donald
58	47		5:46:12	Webb	Matthew
59	48		5:47:02	<b>Wenn</b>	Mark
60	49		5:47:32	Tsiros	Paul
61	50		5:47:34	Brown	Mick
62	51		5:47:48	Gullifer	John
63	52		5:48:02	Dimmer	Andrew
64	53		5:51:41	Sandilands	Alistair
65	54		5:55:30	Foti	Daniele
67		12	5:55:53	<b>Melchiori</b>	Chantele
66	55		5:55:53	<b>Melchiori</b>	Tristan
68	56		5:56:00	Graves	William
69	57		5:57:05	<b>Scholz</b>	Justin
70		13	5:57:05	<b>Scholz</b>	Sharon
71	58		5:57:21	Payne	Marcus
72	59		5:57:27	Chadima	James
73		14	6:00:34	Geard	Ang
75	60		6:00:51	Brewster	Shaun
74	61		6:00:51	Stickland	Brett
76		15	6:01:50	Buckerfield	Sarah
77	62		6:02:50	<b>Lewis</b>	Joe
78	63		6:02:55	Ianzano	Joseph
79	64		6:03:37	Walker	Brendan
80	65		6:04:10	Foster	Adrian
81	66		6:05:19	Nelson	Luke
82		16	6:05:33	Law	Rosa
83		17	6:06:01	Robinson	Karen
84	67		6:06:38	Dale	Michael
85	68		6:07:53	Mccann	Joseph
86	69		6:09:17	<b>Bartholomew</b>	Ash
87	70		6:09:23	Monster	Martin
88	71		6:10:30	Cusick	Garth
89	72		6:11:02	Kofman	Paul
90	73		6:11:29	<b>Swinkels</b>	Mark
91	74		6:11:44	Yates	Mark
92	75		6:12:01	<b>Wilson</b>	Matthew
93		18	6:12:06	Grant	Virginia
94	76		6:15:08	Evans	Owen
95	77		6:15:31	Bryant	Nick
96	78		6:16:33	Krolikowski	David
97	79		6:18:53	Wills	Ross
98	80		6:20:16	Robbs	Chris
99	81		6:20:42	<b>Cummings</b>	Drew
100	82		6:20:54	Walter	Nathaniel
101	83		6:20:56	Ayres Da Silva Neto	Otavio
102	84		6:23:15	Nilsson	Andrew
103	85		6:23:51	<b>Day</b>	Paul
104	86		6:25:27	<b>Smith</b>	Sean
105	87		6:25:38	Rogers	David
106	88		6:26:11	Payne	Bruce

Two Bays Trail Run					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
107	89		6:27:43	Lucas	Stephen
108	90		6:28:39	Payne	Andrew
109	91		6:29:06	Currie	Rod
110	92		6:31:02	Plant	Graham
111	93		6:31:33	Veensra	Matt
112	94		6:31:41	Stokes	Philip
=113		19	6:32:31	Barker	Nicole
=113	95		6:32:31	<b>Kew</b>	Greg
115	96		6:32:42	Crouse	Jaco
116	97		6:34:42	Whitehouse	Tom
117		20	6:35:04	Miller	Anne
118	98		6:36:22	Hall	Shaun
119		21	6:38:40	Cowling	Gayle
120	99		6:39:21	<b>King</b>	Andrew
121	100		6:39:36	Guy	James
122	101		6:40:51	Seiler	Chris
123	102		6:41:19	Frohlich	Chris
124	103		6:41:35	Hartley	David
125	104		6:43:44	<b>Perraton</b>	Luke
126	105		6:45:40	<b>Smith</b>	Jamie
126	105		6:45:40	<b>Angel</b>	Tegyn
128	107		6:46:10	<b>O'Connor</b>	Damien
129	108		6:48:29	Blobel	Norbert
130		22	6:48:58	Thapa	Sofia
=131	=109		6:49:37	Wight	Adam
=131	=109		6:49:37	<b>Johnson</b>	Richard
=131	=109		6:49:37	Watson	Tristan
134	112	112	6:50:15	Robinson	Greg
135		23	6:51:08	<b>Mctaggart</b>	Kerryn
136		24	6:51:24	Morgan	Heather
137		25	6:51:28	Rim	Kerryn
138		26	6:51:31	Morgan	Liz
139	113		6:51:38	Mcbride	Daniel
140	114		6:51:42	Flood	Jamie
141	115		6:53:54	Mcdermott	Andrew
142	116		6:53:56	Morrison	Brett
143	117		6:54:38	Goodwin	Russ
144	118		6:54:39	<b>Hughes</b>	David
145	119		6:55:29	Groenveld	Paul
146	120		6:57:52	<b>Hartnell</b>	Gregor
147		27	6:57:52	Kempton	Alexa
148	121		6:58:58	Bell	Matty
149	122		6:59:15	Kossart	Theo
150	123		7:00:37	Blyth	Nicholas
=151	=124		7:02:44	Spencer	Paul
=151	=124		7:02:44	O'Driscoll	Chris
153		28	7:03:11	<b>O'Brien</b>	Sue
154	126		7:03:11	<b>O'Brien</b>	Andrew
155	127		7:03:18	<b>Bourke</b>	Shaun
156	128		7:03:49	Morrison	Andrew
157		29	7:04:53	Wightman	Tracey
158	129		7:05:28	Searcy	Angus
159		30	7:05:43	<b>Shiu</b>	Crystal

Two Bays Trail Run					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
160	130		7:06:53	<b>Hunt</b>	Martin
161	131		7:07:33	Josephs	Derek
162		31	7:10:53	Vu	Tovy
163	132		7:12:56	<b>Cheong</b>	Gary
165	134		7:13:40	Williams	Jason
164	133		7:13:40	Briggs	Adrian
166	135		7:13:49	Scurry	Grant
167	136		7:14:09	Carson	Matthew
168	137		7:14:51	Drew	James
169		32	7:14:56	Gordon	Anna
170	138		7:15:11	<b>Thom</b>	Craig
171		33	7:19:40	Mcauliffe	Kate
172	139		7:22:03	St.Clair	Mark
173	140		7:22:22	<b>Lim</b>	Jon
174	141		7:22:56	Connolly	Simon
175	142		7:23:54	Byrne	Patrick
176		34	7:24:30	Sekulic	Natasha
177		35	7:26:06	Tindley	Keren
178	143		7:27:24	D'Onofrio	Gus
179	144		7:28:35	Lawrey	William
180	145		7:30:38	<b>Palermo</b>	Frank
181		36	7:34:24	<b>Allan</b>	Eliza
182	146		7:36:36	Clapham	Kerry
183	147		7:38:16	Buchanan	Jed
184	148		7:39:00	<b>Jansen</b>	Erwin
185	149		7:40:58	Cooley	Dom
186	150		7:48:58	Searby	Adam
187	151		7:50:00	<b>Kinder</b>	Neil
188	152		7:54:03	<b>Mason</b>	Brendan
189	153		7:55:12	Ooi	Kai
190	154		7:55:12	Cooper	Damien
191		37	7:55:29	<b>Bolton</b>	Vanessa
192	155		7:55:31	Taylor	Neil
193	156		7:56:05	<b>Cleary</b>	Terry
194		38	7:58:22	<b>Williams</b>	D Lynn
			8:05:20	Jayasinghe	Sid
			8:14:32	Daye	Ian
			8:44:47	Clark	Catherine
			DNF	Strapp	Tim
			DNF	<b>Bignell</b>	Nicholas
			DNF	Meyer	Bernd
			DNF	<b>Lindsay</b>	John
			DNF	Unknown	Unknown
			DNF	Pollard	Graeme
			DNF	Savage	Jasmine

Bold SURNAME indicates AURA member.



## AURA Member Profile

# Isobel Bespalov

**Name:** Isobel Bespalov, known as Izzy [www.runizzyrun.com](http://www.runizzyrun.com)

**Age:** 42

**Birthplace:** Glasgow, Scotland. I came to Australia when I was 1 year old, however, feel more Australian than Scottish!

**Currently living in (suburb, state):** The Basin (the foothills of the Dandenongs) Victoria.

**Number of years running:** 7 years

**Number of years running ultras:** 1

**Favourite running terrain (and distance):** hilly off-road, so far 100kms, but I will be trying 100 miles next year, so who knows!!

**Hours and/or distance spent running each week:** 120-150kms, plus stretching daily, weights a couple of times a week, hiking and sometimes mountain biking!

**Some ultras completed:** TNF100, GOW 100, also the Victorian Trail running series of 50k races. Tried a 6 hour track race this November too, that was tough!

**Running related injuries:** ITB syndrome, 2 stress fractures (at the same time on the same leg!), sciatica, and hamstring tendonitis. All have been on the same leg!!

**Hobbies outside of running:** Mountain biking, enjoying a good coffee, reading.

**Occupation:** Primary School teacher



*Family holiday to Vietnam, 2012, with husband Andrew, children Adam & Zara*



# AURA Member Profile

## Colin Brooks

**Name:** Colin Brooks

**Age:** 59

**Birthplace:** Semaphore, Adelaide

**Currently living in (suburb, state):** Gawler River, S A

**Number of years running:** On & off for 45 years

**Number of years running ultras:** 15 years

**Favourite running terrain (and distance):** 24 hour track because of the ease of getting food and drink, and I enjoy running in circles...my wife thinks I have a problem!

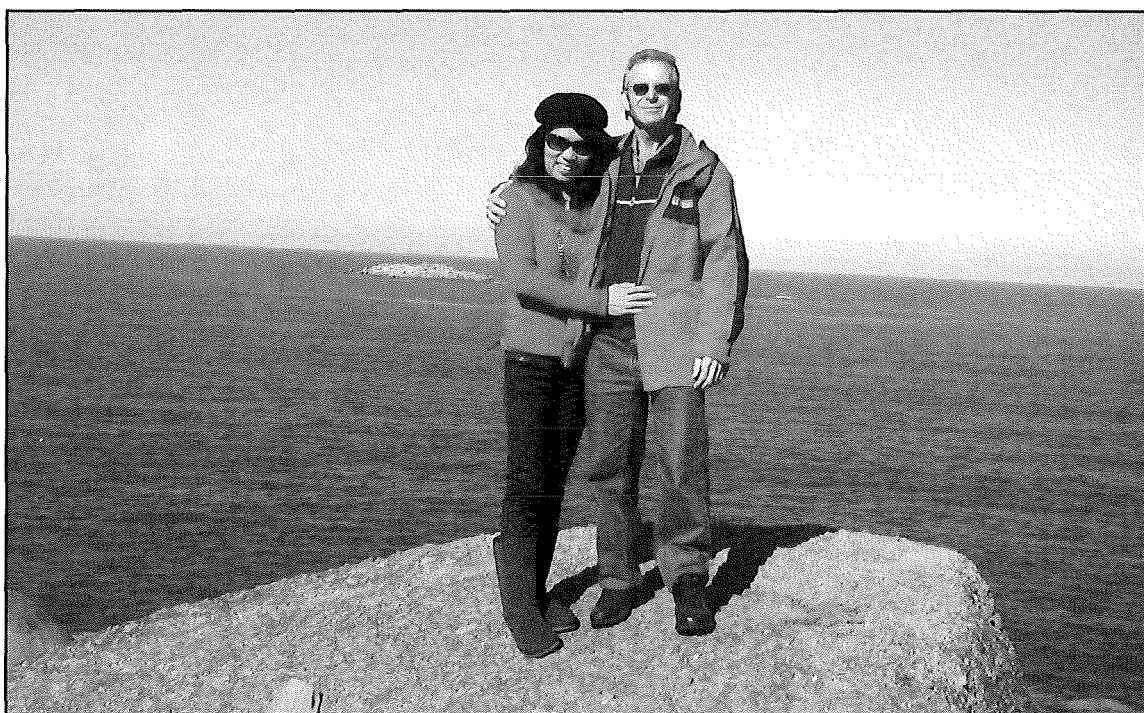
**Hours and/or distance spent running each week:** 65-100km per week. The last 2 years have been all bike training due to spine problem (microdiscectomy operation soon) from an old football injury. But I expect to get back running ok.

**Some ultras completed:** Australian 2008 24 hour Aura winner (almost like the last man standing...remember that olympic ice skater?!); 48 hour Caboolture, 6, 12, and 24 hour Vic & SA; Yurrebilla trail; 50km trail ultra in Beijing.

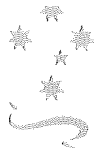
**Running related injuries:** Every joint and muscle from the waist down at times.

**Hobbies outside of running:** Greyhound racing, fishing, walking with wife, Aussie football, cricket, and bike riding.

**Occupation:** Retired gas industry technician (you could say I was burnt out).



*With wife Salina, 2011, at Victor Harbor, SA*



# AURA Member Profile

## Tina Fiegel

**Name:** Tina Fiegel

**Age:** 64

**Birthplace:** W. Germany

**Currently living in (suburb, state):** Manly, QLD

**Number of years running:** 20

**Number of years running ultras:** Nil at present due to foot surgery.

**Hours and/or distance spent running each week:** Lately it has been 20-30 km per week - anymore and I get injured (not ideal for an ultrarunner)

**Some ultras completed:** Glasshouse 50/55; Gold Coast 100 km; Kurrawa to Durangbah 50km; 24-hour runs Gold Coast and Caboolture; 12-hour runs Caboolture

**Running related injuries:** ITB, knees, plantar fasciitis. The hip and foot problems, however, were due to accidents and old age

**Hobbies outside of running:** Going to the beach, outings with the dog, swimming, gym, skiing, dancing, golf, reading, going to the theatre/ballet/opera

**Occupation:** Retired



*Gold Coast Sports Super Centre 48-24-12-6 hour track race, 2006*



# AURA Member Profile

## Martin Price

**Name:** Martin Price

**Age:** 60

**Birthplace:** UK

**Currently living in (suburb, state):** Launceston, Tasmania

**Number of years running:** Around 7

**Number of years running ultras:** 4

**Favourite running terrain (and distance):** Anywhere in the bush with friends or alone for an hour or ten.

**Hours and/or distance spent running each week:** From 4 to 20

**Some ultras completed:** Favourites are GNW and 3 Peaks

**Running related injuries:** The usual stuff

**Hobbies outside of running:** Sailing & eating

**Occupation:** Part labourer/part retired



*At the Drei Zinnen Alpine Run, Dolomites, Italy, 2010*



# Interview with Martin Fryer

## by Bernadette Benson

**I had a chance to interview Martin Fryer in late December 2012, just back from his third Soochow International (invitational) 24hr race in Taiwan. It was at this event that Martin, at the age of 51, broke the World's Best M50 24hr performance by 380 metres (to be ratified). And he did it unknowingly! Martin went into that race with a significant list of achievements, so he was well experienced in pacing himself to incredible results.**

**Martin, naturally, we are waiting for ratification of your World's Best claim, but it would be great to have a chat about that race. I understand that you actually broke Dave Cooper's 1985 M50 record without actually knowing it at the time!**

Yes, at the 20 hour mark, I was sitting at 211.6km. I managed to run 8.4km, 8.4km, and 8.8km each hour after that, leaving me at 237.2km with one hour to go. Up to this point I had been focused on getting to 240km, which is the "A" qualifying standard for the IAU World 24 Hour Championships. My recollection was that the M50 24hr track World's Best was around 250km, so the thought of getting 13km in the last hour

seemed impossible. Little did I realize that I only needed just over 10.1km in the last hour to break the record. Maybe this was a good thing because I stayed relaxed and just focused on minimising my walk breaks. With approximately two minutes to go, I unknowingly passed the record mark of 247.210km and by the time the gun went off, I had run 247.590km, a world record by only 380m – less than a single lap of the track!

**How long was it before you found out what you'd done?**

Because of all of the trouble I'd been having trying to locate the live race website for my friends and family, I had asked my crew to send updates every 3 hours to Prachar Stegemann's mobile (the Canberra Sri Chinmoy Centre leader). When the race was over, he sent me a text asking if I had broken the M50 WR of 247.210km. Then it struck me that I might have actually made it after all, so I asked Frank Kuo (Soochow 24hr Race Director) what my final total was just before the awards ceremony (about 90 minutes after the end of the race). I saw that I had completed 618 laps on the electronic scoreboard (247.2km) and he confirmed that I had indeed done another 390m for a total of 247.590km. I couldn't believe that I could have cut it that close after a whole day of running!

**At this event, you also broke three other records to be ratified. Two were Australian age group records which you had broken at the Soochow event in 2011 – the 100 mile record and the 200km record. The two records you broke in 2011 took over 2 hours off previous times. And then at Soochow this year (December 2012) you took a little more time off your own 2011 results. You are now also applying to claim the M50 12hr record, which has been held by Bryan Smith since 1994 (131.111km) - your new distance you believe to**

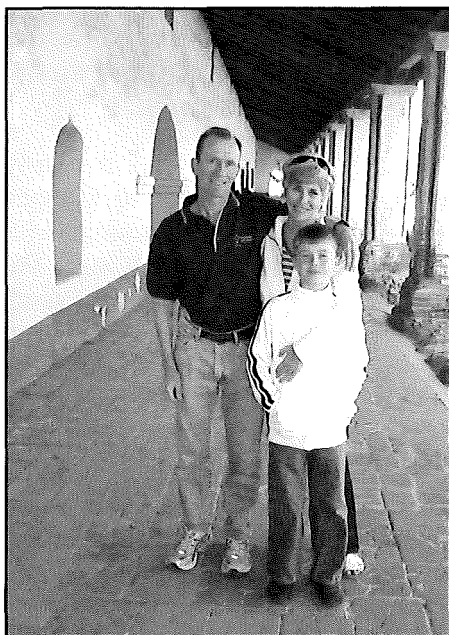
**be 133.600km. Incredible results. Yet, I understood that you have been battling injuries ever since the May 2012 6-Day race in Hungary. Is this a case of more rest being a good thing? It seems I've heard a few times lately that runners forced into rests are finding themselves performing better.**

I've heard a lot of similar stories as well from road, track and trail runners at all levels. This applies to both voluntary (taper or yearly downtime) and involuntary (due to injury or other factors) rest periods. I'm sure all keen runners go through the same sequence of emotions when they are sidelined with injury. It is literally an endorphin withdrawal reaction when our daily fix has been taken away. The consequences are physical, mental and emotional because most of us have proudly incorporated the "I am a runner" mantra into all of our daily routines as well as into our deeper sense of self. Once the initial crankiness, bewilderment, sense of loss, etc. dissipates, you can take a deep breath and move to a place of acceptance, where you are grateful for the other parts of your life. This allows you to re-balance things - more time for family, friends, work, home projects and other creative pursuits.

For me, the main bonus of the injury downtime this year was that it gave my body and mind a good break from what has been a very solid 15 years of ultrarunning. Most of those years have involved 3 or 4 major training cycles of 8 to 10 weeks, 5000 to 7000km of training, two or three major events of 24hr or longer, three or four minor events of shorter distance/duration, and a fair bit of international travel. While most of us dread those awful "business planning retreats" that many of our workplaces force upon us, I found that this downtime gave me the opportunity to do something similar on a personal level. It was the perfect



*Last few minutes of the race, Soochow 2012*



*With Lynn and Luke on a family trip to USA, 2007*

time to stop and be grateful; a time to reflect upon and to analyse my past training and racing, and a time to think about my future running goals and what changes to training and lifestyle would be compatible with those goals.

It is now clear to me that most of the time, as runners with busy lives, we do not take the time to have a rest and do such important reflection and planning. And I should also emphasise that this sort of planning should stretch out to the “impossible” goals that are probably many years away because they require the gradual acquisition of skills, capabilities and experience. I remember noting “complete a 6 day race” in my crazy goal list back around 2000, and it took me until 2011 to complete (and win) one. The plan along the way was to optimise performances at 24hr and 48hr races before I could seriously think about the big jump to 6 day racing. This type of patience and long-term planning is not only great at building your confidence along the way, but also guarantees a certain “longevity” to your running career that sadly many runners do not achieve.

One of the greatest advantages of downtime due to injury is that it builds gratitude. This gratitude is a powerful force that should be foremost in our mind every time we run, whether in training or in a race. In training we should be grateful for

the simplicity and sheer joy implicit in the act of just running. In racing we should be grateful for all of the hard work and sacrifices that race directors, volunteers, crews, friends and family make for us so that we can pursue our dreams. Every year I take the opportunity to help out at several races and in 2012 this included the Sri Chinmoy 24hr race in June and the Canberra Bush Capital events in July. Helping out at these races reinforced my appreciation of the depth of human spirit that is encouraged by the pursuit of running, particularly ultrarunning. I carried that sense of gratitude and appreciation to the Soochow race in December, where it helped me to enjoy a race that, on paper, should have been gloomy and dismal in such terrible weather conditions.

**I read a few years ago that you felt you ran with three “minds” that alternated throughout a long event – the hippy, the mongrel, and the scientist. I’ve just read that you’ve switched to a vegetarian diet and started meditating. So does that mean the hippy is taking over more of a third of the brain now? What, if any, changes do you think this is having on your running?**

My “switch” to a vegetarian diet and meditation is not actually a radical change for me. On the dietary side - I have always eaten a largely vegetarian diet anyway, with only occasional meals of lean red meat, chicken breast fillet, or fish, taken in between large amounts of fresh fruit and vegetables. I haven’t made the move to a more pure vegetarian diet for any ethical or health reasons but rather because of the improvements that it has had on the quality of my meditations and my overall “lightness” of mood and subtlety of perception in my everyday life.

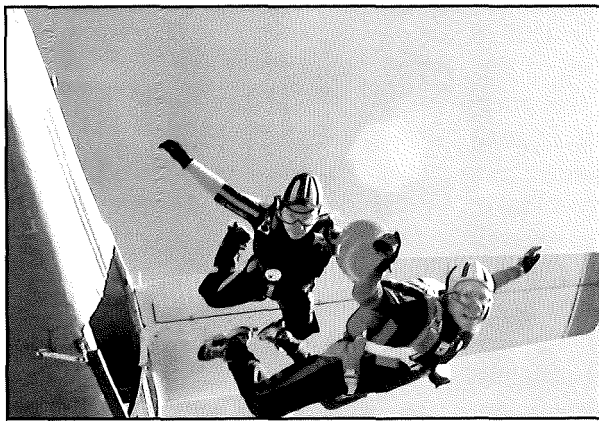
On the meditation side - I have been interested in this all of my life. In the late 80’s I passionately pursued Satyananda

Yoga (postures and meditation) as a way of coping with the stressful period of trying to write up my PhD. From the late 90’s through to the present, I have been using “binaural beat” technology (listening to brainwave entrainment CD’s and MP3’s) as part of my meditation/relaxation strategy. The only change recently is my return to a very disciplined, traditional (non-technological) meditation practice (morning and evening meditation sessions every day) and my acceptance of the Sri Chinmoy spiritual path, which I can now see is a completely natural and logical step for me as it perfectly integrates my meditation, ultrarunning and spiritual aspirations. Given that we all have direct personal experience of unique states of consciousness during ultra events, it seems logical to me that we should strengthen our appreciation and understanding of such states. It is also reassuring to know that modern neuroscience has convincingly shown (via MRI and other methods) that even as little as 6 to 8 weeks of daily mindfulness/meditation practice actually remodels our brain such that there is a shift in activity from the lower, more impulsive parts of the brain to the higher, integrative parts of the brain, particularly the medial prefrontal cortex, which gives us improved sense awareness, calmness, and resiliency.

You would think that doing more meditation would increase the “Hippy” part of my brain but in fact it equally helps the “Scientist” and “Mongrel” as well. The better concentration, clarity of thought, and subtle body awareness that comes with meditation practice



*Getting passed the flag in last 5 minutes of Surgeres 48hr, 2009*



*Martin and friend over Canberra for SIDS RedNose skydive display*

boosts the ability of the “Scientist” to make clear decisions regarding pacing/nutrition/hydration, etc., based on better data acquisition. The will power required and the ability to push through extremes of pain and fatigue needed in the “Mongrel” mode are also enhanced by virtue of the calmness and discipline that consistent meditation confers. So maybe now I have a somewhat evolved “Mongrel” mode that is quiet, but nonetheless dynamic.

The recent changes have allowed me to rediscover my running all over again - I am enjoying my running training and racing more than ever. In training, I have found that I have been able to recover better from larger loads and intensity, in spite of the inevitable aging process. In racing ultras we know that the longer the distance or duration of the ultramarathon then the greater the “mental” component. In multiday races it is 90% mental and 10% in your mind! The actual running speeds are literally pedestrian in these very long events and peak performance at the pointy end of the field ultimately gets down to an individual’s ability to stay focused and their capacity to work through extremes of pain and fatigue. I believe that consistent meditation has improved my ability to enter a relaxed state of alertness in events. This alertness then expands into a feeling of deep experience and immersion and a feeling of oneness with the journey and the participants of the race. In hindsight, I can see that all of my very best previous performances were completed in this spirit, and

that it is this spirit that allows the pain and fatigue associated with ultra-endurance events to be accepted and transformed into joy.

**I know you as a 24hr to 6 day specialist. In 2011 you ran the 100km CP Ultra in 8 hours flat. Is this the only time you’ve targeted a “short” event? Have you ever targeted a 50km or 6hr? If not, why not?**

To be honest I never felt that I had the speed to really excel at those short distances/durations. I was probably sidetracked from them by jumping straight into 24hr track races in 2004 after doing some trail 50 and 100 milers (Glasshouse) in the few years before that. My relative success in the track races lured me down a different path of going longer and I do regret not doing 6hr, 50km, 100km or 12hr races when I had more speed. I’ve dabbled in a few shorter events (such as winning Mansfield to Buller 50km road in 2010 in 4:11 or CP Ultra 100km in just on 8hr) but have never actually targeted these races. I have used them as solid fitness tests on the way to longer goals.

After my disappointing withdrawal from the Bornholm 6 Day race on Day 3 with Achilles issues (June 2010), I spent the second half of that year doing short races and working on my speed. It clearly paid off with a string of all-time PB’s at age 49: 10km (35:50), half marathon (1:19), marathon (2:45) and 24hr track (259.481km). I’ve studied my training and racing from that period but have not been able to replicate it. I will probably have a go at some of these shorter events sometime in the M50 to M55 age range but I will not go near them until I can get my 10km time at least back into the 36’s or low 37’s. This will require time off from multi-day type training which tends to blunt your leg speed tremendously.

**I simply must know...when did you start running? Were you the “gifted track kid” or ...?**

Starting around age 7, I regularly enjoyed running down to Coogee Beach, Sydney most mornings with my dad (about 1.5km each way). We would then do some laps on the sand, have a swim, and run home. I now realise just how strong a lifelong influence that had on me and I am eternally grateful to my dad for that. Those early experiences reinforced the feeling that exercise was a joy and not a chore, something that has stayed with me to this day.

I was definitely not a gifted track kid. I ran a bit of cross country and track at high school but didn’t do too well as I didn’t have any real leg speed. I quickly noticed that I was better suited to longer events and my first real taste of knowing that I had endurance capacity was City to Surf, where I ran a 51:50, which actually placed me in the top 200 way back then!

Running took a back seat to tennis, skydiving, and university study/research from about 1978 through to 1988. From 1989 to 1991 I was working at the University of California at Berkeley (USA) and somehow found myself running with the East Bay and San Francisco Hash House Harriers, which led to discovering many of the fantastic nature parks in the Bay area. I soon started to run with some serious trail runners and I quickly came to love doing trail races and training runs of 20 to 30km; particularly on single track in the redwood forests, on Mt Tamalpais, and along the trails on the cliff tops overlooking the coast north of San Francisco. That was where I first encountered that strange breed known as “ultrarunners” and I was truly shocked to see these people (many of whom were training for the Western States 100) heading off for another 50km after I had finished my long run.

I eventually ran my first road marathon in 1991 (3:08) in Sacramento and then came back to Australia where I finally cracked 3

hours (2:58) on my third marathon in Adelaide. From 1992 to 1997 I concentrated on career moves and promotions as an academic, but I still ran casually. I just didn't race. I did quite a bit of gym work then and my diaries (and photos) indicate that I weighed 75kg (all muscle of course), which is a long way from the 60 kg I race at now!

The beginning of my ultra career was stimulated by joining Sydney Striders in 1997. My first year of ultras included 6 Foot Track (45km), Brisbane Waters Bush Bash (about 50km), Royal National Park 50km, and the Brindabella Classic (54km). It's hard to believe that was more than 15 years ago. I have completed more than 100 ultras on road, trail and track since then.

**Before you became a vegetarian meditator (please excuse the tongue-in-cheek description) you were still running incredible times and distances. What other traits or skills do you see as being key to your successes?**

I'm not sure that I would ever describe myself as a "vegetarian meditator"! I would rather say that I have always been a very mindfully aware person (who also happens to be a runner), who is now adding in vegetarianism and traditional meditation to take me further along the path of self-transcendence (constant progress in your inner and outer life). I have absolutely no doubt that my practice of mindfulness/meditation over the years is the key thing that has shaped both the traits that I have, and the skills that I have developed, for success in ultrarunning.

The traits that I believe I have gradually developed for ultra success include patience, curiosity, persistence, acceptance, poise, resilience, and openness. All of these are related in some form or another but above all I would say that I am very resilient. Resilience is a key trait that is both required for ultras and is also developed by doing lots of ultras! To me, resilience is the ability to stay calm,

patient and mindful in the midst of recurring obstacles and episodes of extreme pain and fatigue.

Key skills contributing to my ultra success include: a strong understanding of correct pacing, optimising the use of walk and run efforts strategically, the ability to enjoy and digest a wide variety of different foods and drinks, the ability to recover and keep moving day after day with minimal sleep, a love of learning and a passion for continual experimentation, the ability to design and enjoy a very wide variety of training modes and methods, and the ability to sense and proactively respond to physical issues potentially leading to injury.

**Juggling work (earning money) and running – is it in fact a juggling act for you? If so, what are your strategies for coping?**

It is a juggling act that requires several strategies; however, while my job as a Principal Regulatory Toxicologist at the Therapeutic Goods Administration in Canberra has a lot of responsibility and is quite demanding, I am lucky to have a very small immediate family unit (my wife, Lynn, and my 16 year old son, Luke) who are very loving and supportive of my running. They are also smart because they know that running makes me happy and that they can get me to say yes to anything if my running is going well. With Lynn only doing casual primary and secondary school relief teaching and Luke pretty much grown up, we have a fairly flexible schedule. So my strategies for coping (i.e., not interfering with family time and activities too much) and getting in the requisite volume of training (normally peaking at about 160-200km/week for a few weeks in any given cycle) mostly involve building mileage using run commutes and doing longer runs out of normal family hours. This boils down to doing a large chunk of my easy training km as commutes, some with and some without backpacks (typical load 2.5 to 5 kg).

While I know it is physiologically better to do one 20km run than

two 10km runs, this system works well for me when building base. In a really big week I will even do some triples – 10km in to work, 10km at lunch and 10km home. There is a lot of eating, showering and changing in that schedule, but I have found that it actually gets you used to the persistent feeling of fatigue/recovery that one experiences in the multiday races. One disadvantage of this system is having all the right running and work clothes available for each day. It is also sometimes a tight squeeze to make it to important post-lunch meetings and I get pretty tired in the afternoons when doing triples.

The other strategy is to do my longer runs out of normal family hours, so this means doing early morning runs both on weekdays and weekends – so no sleeping in for me. For my occasional really long run (e.g., 5 to 10 hours) I sometimes run overnight, starting late Friday night, or alternatively start really early (2 am to 4 am) Saturday or Sunday morning, so that my run doesn't interfere with the family activity schedule too much. The main disadvantage, once again, is being sore and tired during family activities – but I get no sympathy there as it is all self-induced.



*Just finished Western States 100 Miler; 2007*



# Running For Joy

## by Tamyka Bell

If you've ever been involved in a combat sport or career, you've no doubt heard the saying "train hard, fight easy". I guess the ultra running equivalent is "train hard, race easy"; except this doesn't always hold true. The best laid plans only survive until the start line, and sometimes they don't even make it that far. Ever been sick the week you're meant to reach peak training volume? Or woken up on race day with a nervous stomach, only to realise that it's a tummy bug? Or rolled your ankle 20km into a 100 miler? Or taken a wrong turn?

How we deal with these setbacks is what ultimately determines our success as ultra runners. I'm almost certainly preaching to the converted here, but there's another dimension to be considered, and that's how we define "success". Ultramag is the magazine of the Australian Ultra Runners' Association and, the last time I checked, the word "competitive" didn't feature in our association's name.

For a few select runners, the definition of success is winning a race. For many more, it's achieving some kind of personal best, or overcoming some envisioned or real challenge. But for some (including me) the definition of success in ultra running has nothing to do with performance. For us, it's all about joy.

Think back to when you first took up running. Was yours an active childhood, with boundless energy and joy in the very movement of your body in physical pursuits? Or did you up running as an adult, seeking a lifestyle change with better health and fitness? I fall into this latter category, finding running through my fitness training for boxing.

It was hard when I started, but it became something that both my body and mind yearned for; something that I missed when I wasn't doing it. Running was joy; I felt joy from running quickly and running slowly. I felt joy from pushing hard up hills, or flying downhill like a kid with a big grin across my face. In races I felt joy from the start to the finish. That's a whole lot of joy when you're running ultras.

But then came coaching. And training plans. And nutrition plans. And race plans. And rules that I didn't make up. And goals that weren't my own. The joy went away, and in its place came a few age group podium finishes; the sort of achievements that I needed to "talk up" because I was in an age group with little competition. Racing was high pressure, training was a drag, and I wanted out.

I was a runner who couldn't bear to run.

The trails inevitably called me back, and once again I found the joy that was simply running. Not competing, not training, not goal-setting; just running. So when I came back to racing it was with a new definition of success: feeling that joy throughout the entire event, and all the training that led up to it. Taking pleasure in propelling my body through beautiful spaces and exploring new places.

It took me almost five years to figure out that training hard would never guarantee racing easy. Pinning all my hopes on the outcome of one day was a high risk proposition, and provided little incentive to push me through a miserable training regime. Redefining success only took one question from my partner, carefully delivered at a very low point in a race: "Are you having fun?" I was struggling and I didn't know if I could continue, but yeah, I was still having fun. I was still feeling that joy of running, and I still am.

So no, if I'm not enjoying my training, I stop. If I'm not having fun in a race, I will pull out. Some will support my decision, and others will not. That will depend on whether our definitions of success and of an ultra runner agree. For those who don't support me, that's okay. I do not run for them.

I run for joy.



# Manaslu Mountain Trail Race

## Manaslu, Nepal, November 10-23, 2012 by Sputnik

At the start of 2012 I set myself a bunch of running goals. I'm still pretty new to this whole running lark so there was nothing too ridiculous in there. I wanted to do a 1:40 half marathon, a 3:50 marathon and a 100km trail race in any time at all.

The 100km goal came quicker than expected when the 45km 6 Foot Track was cancelled and I somehow found myself in New Zealand the following weekend running the 100km Tarawera Trail Ultra. I followed that up a few months later with the race I'd originally planned to do, The North Face 100, and in the months that followed I managed to tick off my half and full marathon times as well. So with all that done, I had the idea that maybe I could do something really epic and exciting to finish off the year. When I saw the 212km multi-stage Manaslu Mountain Trail Race in Nepal, it had my name all over it. Well, at least I thought it did.

On paper, it looked relatively modest. No killer distance days, porters to carry your sleeping gear and only about 1,000m of elevation each day. Sure, with a maximum altitude of around 5,200m, altitude sickness would be a risk, but everything else seemed pretty reasonable. I asked what I thought were all the right questions to make sure it wasn't beyond me, and after being assured my experience would hold me in good stead, eventually signed on.

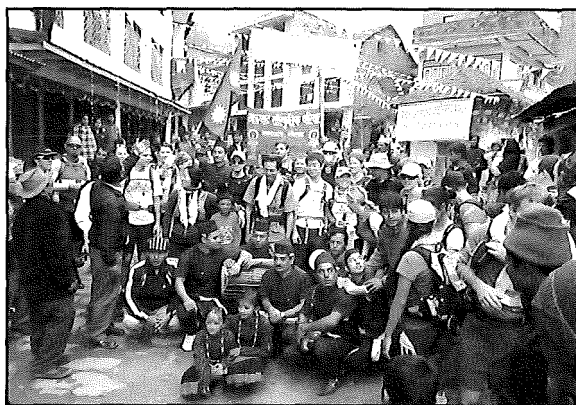
I've never been particularly strong

at going up hills and TNF100 earlier in the year had really tested me in this department. But this time around I'd trained harder and was better prepared. So while I was anxious as I headed over to Kathmandu, I was more excited than nervous. With a few days up my sleeve I decided to sneak in a little run up to the 2,732m peak of nearby Mt Shivapuri. I'd been told it was only about 90 minutes to hike to the top so figured it couldn't be too tough.

Needless to say, when it took me almost 4 1/2 hours to cover the 14km round trip to the top and back, I wasn't all that impressed. So much for tapering. It also struck me that Nepali descriptions and time estimations might not be as accurate as I was used to. If a mere 14km had taken me that long, might the Manaslu Ultra be a little, or even a lot, tougher than I'd anticipated? I was worried now, and rightly so.

The "almost flat" first stage of the race was supposed to be the easy day. Described as 25km on "good trails with some small ups and downs, I quickly learned that "Nepali flat" is a whole lot different to "Australian flat." I suppose it's relative. When you live in a country with more than 240 peaks that are over 6,000m above sea level, perhaps anything less than two or three thousand metres is considered flat. But anything bigger than your average speed hump constitutes a hill for me.

Stupidly, I'd interpreted the first day stats of "ascent 260m, descent 0m" as meaning there was 260m of total, cumulative ascent, and no real descent to speak



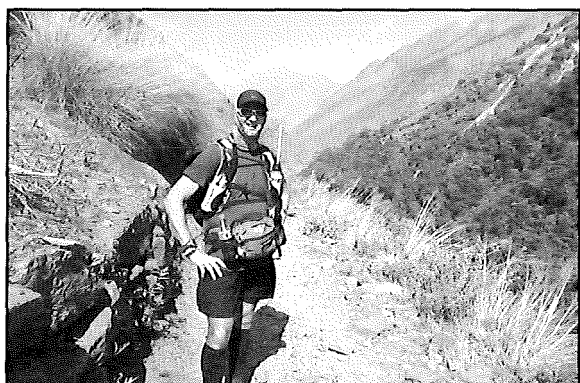
*Start line*

of. You can imagine my surprise when I hit the actual trails which my Garmin data later listed as having 2,149m of ascent, 1,828m of descent and an extra 2km of distance thrown in for good measure. Even allowing for some inaccuracies, it's fair to say it wasn't what I was expecting. Neither were there "good trails", instead, at times, they were super technical with sheer cliff drops.

I managed to complete the first stage in just under five hours, a few hours slower than I had planned, and spent the rest of the night re-setting my expectations for the remaining stages of the race. For someone of my ability, there was going to be a lot less running and a lot more "fast-packing." Lizzy Hawker, who's won the UTMB a "lazy" five times, might not have been having too many problems, but the rest of us mere mortals were going to have to chew like hell.

At 39km, Stage 2 was the longest distance of the race. It turns out it was actually more like 42km, and 990m of ascent was closer to 5,000m which made for a very long day out on the trails. Don't get me wrong, the scenery and experience were still as magical as I'd hoped they'd be, but my "modest multi-stage ultra" was certainly nowhere in sight.

With no access to electricity, my trusty Garmin didn't make it through Stage 3 - and I almost didn't either. By this point, I'd well and truly



*On the trail*

given up expecting the race data or briefings to be anything even close to accurate, but when I hit an incredibly steep 1,000m climb over a 2km distance, I confess, it all got a bit much for me. I'm still not sure exactly how long Stage 3 was (it was supposed to be about 20km) or how much elevation was involved, just as I'm not entirely sure how I made it to the end. To the best of my knowledge I was only about half way through when I started to find it difficult to breathe, or eat without throwing up. I assumed I was nowhere near high enough to be feeling the effects of altitude sickness and that I was just tired and, well, to be honest, "soft." I seriously considered pulling the plug at this stage and I'd love to say I didn't because I'm tough and resilient, but the reality is being out in the middle of nowhere meant I had fairly limited options. I could either try to descend the cliff I'd just come up or push on and hope things leveled out a bit, which I eventually chose to do; mostly because the descent seemed the more dangerous option. It took me about four more hours to reach the checkpoint at the end of Stage 3 where I was greeted by the race doctor who, after taking a quick look at me, explained I might be in a bit of trouble. Apparently blue lips are neither fashionable nor a sign of good health.

By then my inability to breathe, eat or, at times, even balance properly and my increasing chest pain had given me an inkling all was not well. But still, I'd made it to the end of Stage 3 and I still wasn't coming last. I managed to get myself into some warm clothes and scoff some hot noodles before the doctor gave me a proper check

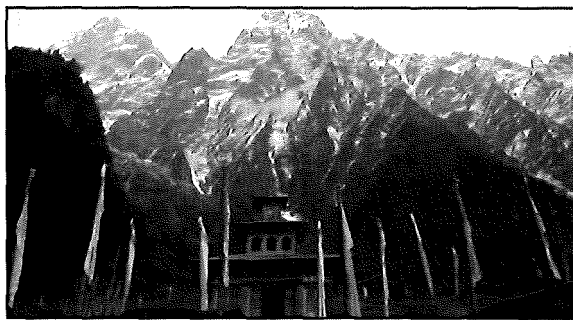
over and told me my race was over. Obviously I was gutted, but also, honestly, a little relieved. I've done some relatively tough runs in my time but that day didn't just push me to my limits, it pushed me beyond them and I can't say I enjoyed it all that much.

Come morning and feeling slightly more human after a good night's sleep, I enquired about pushing on. "What would my chances be if I keep going? About 50/50?" I asked. "Less than that" was the reply. Which meant my only safe option was to be helivac'd out with one other runner who was also sick and another who'd decided he'd had enough.

For obvious reasons, I can't tell you an awful lot about the next few stages of the race except there were three other runners helivac'd out after us. Two more had to use horses to get across one of the higher passes. And a shortened course was created to help about half of the field of runners get to the end.

I can, however, tell you a little about the final stage because, after getting out of hospital and being given the all clear, I spent the next few days crammed into a minivan, with 20 or 30 locals, on my way around to the finish line where I ran the final stage in reverse for a few hours, until I came across the runners making their way back down. This section of the course was postcard perfect with some wonderful forest trails and views of the river and mountains. More like what I'd expected for the rest of the race actually.

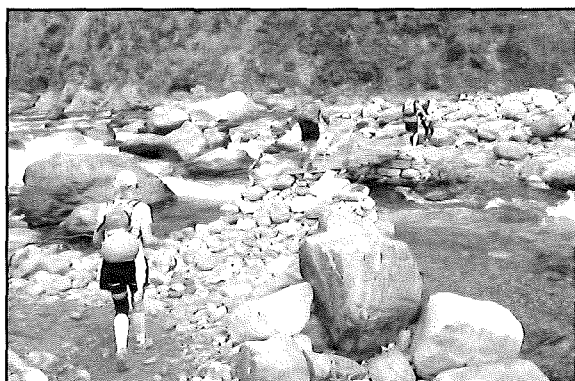
On that final day, runners came across the finish line well into the night, some even the next day after bunkering down in various villages along the way. Then there was the small matter of the five hour hike to get from the finish line to reach the bus pick up



*Buddhist temple*

point back to Kathmandu. I found the hike pretty demanding, so I can only imagine how the people who'd just completed the entire race must have been feeling. Five more hours of trails after you've just finished a race is an interesting touch, that's for sure.

Looking back at it now, despite my own race not going so well, I'd have to say I still had a pretty amazing adventure and got to spend time with some amazing fellow runners from all over the world. My first DNF under pretty extreme circumstances is something I'm still coming to terms with though, so I'm yet to decide whether or not I'll be there again next year to complete some unfinished business. My "never again" has already become a "definite maybe", which is probably a good sign this event has some real appeal. As a first time race it may have had a few hiccups, but I can absolutely imagine it becoming quite popular in the coming years - especially with more experienced runners looking for a real challenge. Whether or not I'll be one of them remains to be seen.





# Ultra History

## Across America on Foot – The First of the Pyle Races

### by Andy Milroy

*This article is an excerpt from a longer piece, taken with permission from [www.ultralegends.com](http://www.ultralegends.com)*

There [was] only one serious attempt in the twentieth century to develop professional Ultrarunning, and that was in 1928. Perhaps prompted by the rash of American ultra performances that had taken place in 1927, sports promoter Charles C. Pyle [better known to critics as Cash and Carry Pyle], decided to promote a footrace across America from coast to coast.

Pyle had begun his sports management career by signing up one of the first great stars of professional football, Harold 'Red' Grange. Grange was contracted to the Chicago Bears, and Pyle very successfully promoted a series of matches for the Bears in a tour across America. Pyle then moved on the managing Suzanne Lenglen, the great French lawn tennis star, created a tennis circus and moved around the United States with a portable tennis court.

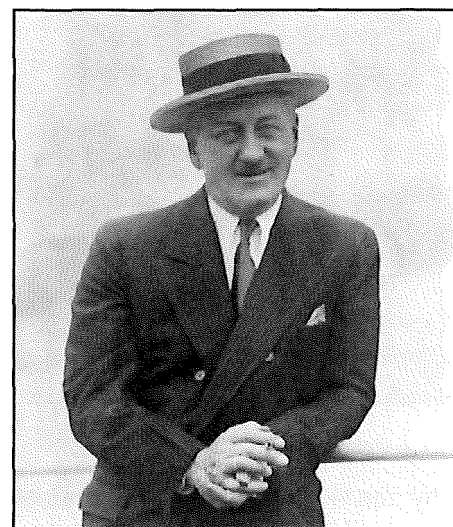
C.C. Pyle then decided to extend his sporting empire further. Perhaps it was the influence of Mme Lenglen that prompted him to look closer at sporting events in France. The Tour de France, obviously caught his eye, as did probably a race that began in 1926, the arduous 500km plus Paris to Strasbourg walking race. Perhaps the success of these events gave Pyle the notion of combining the two ideas and promote an extended footrace to be competed in stages. The fact that Route 66 linking Los Angeles and Chicago had just opened up probably gave Pyle the idea that there was a new ready made course for a such long point to point race. But why stop halfway when a trans-America race would have so

much more media appeal?

Pyle was not the first professional running promoter this century. Following the 1908 Olympic marathon when Dorando Pietri had been sensationally disqualified, a marathon craze had swept the world, but by 1928 most of the professional marathon runners of that era had been long retired. Pyle was probably aware of the recent U.S. ultra marks, particularly those by native Americans, but he relied upon the lure of prize money totalling \$48,500 to attract other competitors from across the world as well, and it did. The announcement was made in Hollywood, and the news was carried by newspapers world wide.

Possibly the foremost runner attracted by the money was already a professional. Willi Kolehmainen, brother of the great Hannes who had won Olympic gold in the 1912 and 1920 Olympics, was arguably the greatest of the runners of the Marathon Craze twenty years earlier. Willi had set a world professional marathon record of 2:29 in 1912, a mark to be unmatched by an amateur until 1925. Willi Kolehmainen lined up for this race across America, as did several other Finns. [In the 1920s the Finns were widely regarded as the masters of distance running.] Another runner from the Baltic with excellent credentials had also entered – Estonian Juri Lossman, who had won the silver medal behind Hannes Kolehmainen in the 1920 Olympic marathon.

Perhaps Pyle's greatest coup however was to sign up the greatest ultrarunner of the period, Rhodesian Arthur Newton, multiple winner of the Comrades, and recordholder for the London to Brighton.



*"Cash and Carry" Pyle*

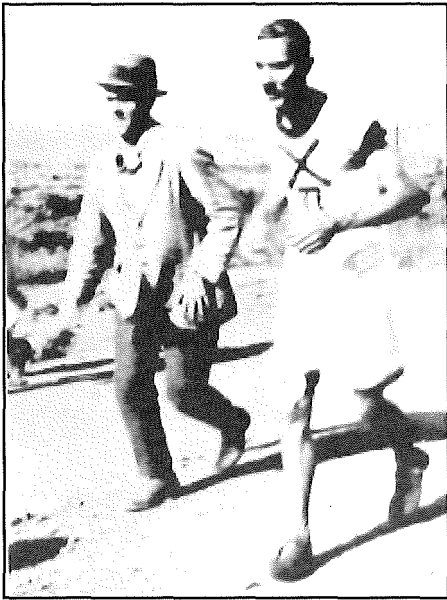
The prospect of prize money did attract experienced American ultrarunners like Lin Dilks, as well as notable native American runners such as Nick Quamawahu, a Hopi Indian from Arizona. Quamawahu had defeated the world marathon record holder, Albert Michelsen over the 26 mile distance the previous year. There were also former Olympic competitors, Phillip Granville (CAN) and August Fager (USA), the latter having competed in the steeplechase.

There also a mass of unknown runners who were to make their names in this first great race across the American continent. However only a handful of the entrants had even run fifty miles.

### The 1928 Race

At 3:46pm on the 4th of March 1928 from the Ascot Speedway, Los Angeles, 199 runners lined up in front of the starter's podium where the tall Pyle, swathed in a double breasted overcoat with fur collar surveyed the field. Red Grange, his football superstar, fired the starter's pistol and the runners set off on their proposed 3100 mile journey.

The first 17 mile stage was won



Arthur Newton, 1922 Comrades

by the 40 year old Kolehmainen, but he had had to run hard to win. The second stage of 35 miles told the same story. The Finn looked invincible, but the following day he ground to a halt with a leg problem. Nick Quomawahu, the small graceful, silent Hopi runner held the lead briefly but by the end of the fifth day the 44 year old Arthur Newton, had taken the lead. Over the following days the lean Rhodesian runner moved inexorably away, usually winning the longer stages. Newton was an economical, flat footed runner, who ran with little arm movement, just his hands flapping.

Behind Newton, other younger, less experienced runners were developing their own styles and tactics. Some like the 23 year old Pete Gavuzzi, an Anglo-Italian former waiter on the liner SS Majestic, choose to run fast for two days and then have an easy day to recover. Others, among them Andy Payne, an Oklahoma farm boy, and later in the race. Johnny Salo, a 35 year Finnish-American shipyard worker, chose to run more economically, ensuring they invariably finished in the top five or six each day.

Reaching Flagstaff, Arizona, after fourteen days, Newton had a eight hour lead over Andy Payne in

second. But the Rhodesian was in trouble. He had started the race with a problem with his left leg, and had strained his right leg in attempting to compensate for that problem. Sunburn made massage impossible and on the sixteenth day he was forced to retire. The twenty year old Andy Payne from Oklahoma was now in the lead.

Payne had perhaps inherited his running ability from a distant Cherokee ancestor. Although he had poor basic speed, he could churn out mile after mile without problem. However his lead was not to last long. A sudden illness on the 17th stage reduced him to a walk and Arne Suominen, another of the Finns, took the lead. That day's race had been won by Lin Dilks, Pennsylvanian ultrarunner, whose exploit had perhaps helped convince Pyle there were American runners capable of competing successfully in such a race.

Souminen was a Detroit doctor who had given up his medical practice to compete in the race. Having taken the lead, he was to continue in that position for nineteen days, running fluently and relaxed, but behind him Payne had thrown off the infection, and he and Gavuzzi kept Souminen's lead pegged to around three hours. The three leaders were now close to twenty hours ahead of the rest of the field.

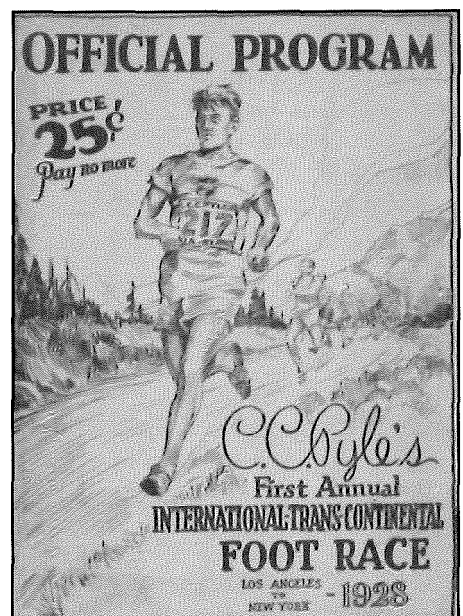
Running from east to west was to mark many Pyle runners for life. One side of their necks and faces were constantly exposed to the beating sun and blistered badly. When the blisters burst, they became sores which were to leave permanent scars.

As the race left New Mexico and entered Texas the runners were faced with gale force winds and driving snow. The shifting surface caused Suominen to tear his achilles tendon and forced him to retire. It now looked to be a race between Payne and Gavuzzi

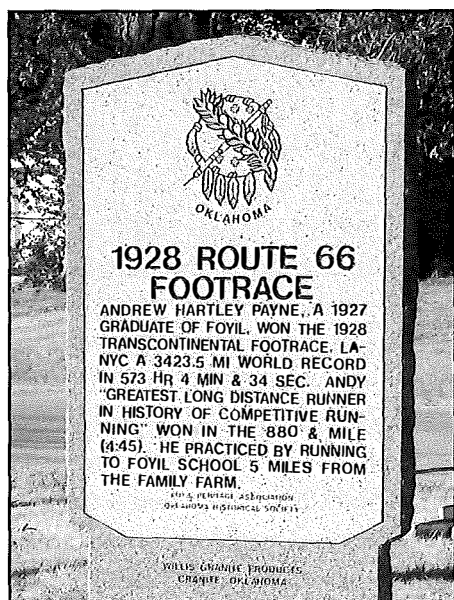
with perhaps Johnny Salo, as the major threat to the leading pair. Gavuzzi was a faster runner than Payne, with a very long stride for someone of his size. Like Payne he had run intelligently, avoiding the rashness of the early leaders, and had adopted a hard/easy approach to the event. Some days he would cut loose and build up a big lead, and then the next day run with the pack and recover. The third contender, Salo, was a muscular, very strong runner who came into his own in difficult conditions, or on the longer stages.

Payne entered his home state in the lead, some two and half hours ahead of Gavuzzi, but the British runner began to cut loose and soon took great chunks out of the lead. Payne led through his home town of Foyil but Gavuzzi was closing. On the 53rd stage Gavuzzi took the lead and by the 59th day had a lead of five and a half hours. But Gavuzzi too had started the race with a problem.

Before the race he had had tooth ache and had been advised to have all his teeth removed. Since that would have made eating impossible and made the race a non-starter, Gavuzzi had chosen to start the race without oral surgery. On the 59th stage his dental problem re-emerged and for the



The 1928 program



*The Andy Payne monument in Oklahoma*

next ten days or so he was unable to take any solid food. Despite this he continued to draw away, and by the 68th stage had a 6 hours 9 minute lead, but his health was in decline.

Pyle now upped the stakes, increasing the length of each stage to bring the finish sooner and to reduce the size of the field, in order to cut down on his costs. The runners who were no longer in contention for prize money began to support and encourage each other to finish the considerable distance each day. Newton, now a member of the race staff, spent long hours on the road encouraging exhausted runners to continue. His efforts were greatly appreciated. At the finish in New York, the finishers clubbed together and presented him with a silver cup.

Seventeen days from New York Gavuzzi found that two weeks without solid food was just too much. Rather than risk his health further he decided to retire despite his six hour lead. Only 56 runners were left out of the 199 starters.

Andy Payne was now twenty-four hours ahead of Johnny Salo. Despite that, the latter launched a sustained attack that went on for day after day. He took five and three quarter hours out of Payne's lead

before blisters caused him to drop back. Payne then took back over an hour from the strong Finnish-American runner. On reaching Salo's hometown of Passaic, New Jersey, the Finnish-American was awarded the honour of being made a member of the town's police force. In the long term, this was an honour he would have been better off without.

On May 26th the race arrived in New York, and finished with a twenty mile run on the track at Madison Square Gardens. The winner was Andy Payne with 573:04:34, from Johnny Salo 588:40:13, with Phillip Granville third 613:42:30. Mike Joyce was fourth and Guisto Umek fifth.

Pyle was reckoned to be \$50,000 dollars down on the race before he paid out any prize money, but due partly to the millionaire father of one of the competitors, all the prize money was paid. Payne received \$25,000, Salo \$10,000 and Granville £5,000.

After the race had finished one trans-continental runner was seen regularly covering distance in New York. His comment was that it was 'dangerous to stop the agony all at once...A lot of the boys are feeling terrible and they don't know what is a matter. The thing they are suffering from is lack of pain.'

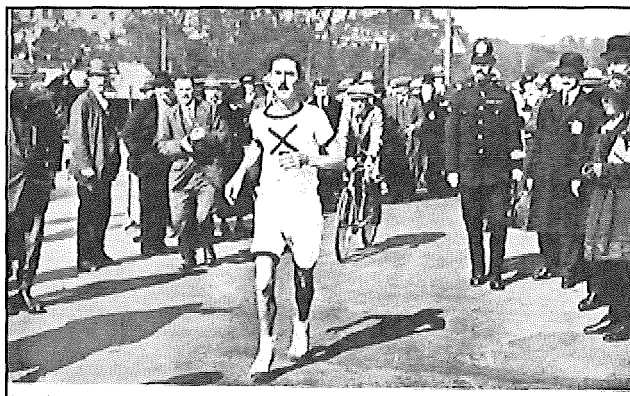
However other trans-continental runners were able to make use of their new found endurance. Tex Rickard promoted a 26 hour two man team event in the Madison Square Gardens, recruiting some forty runners, mainly from the Pyle runners. The race was won by the pairing of Phillip Granville and Frank Van Flute, from Newton and Gavuzzi. Following a prolonged bout of sickness, Gavuzzi

had spent several hours off the track. He and his partner sprinted alternate laps in the last hour or so to make up the leeway, but the deficit was too great.

The success of this event persuaded Rickard, owner of the Madison Square Gardens, to promote another such race. Selected trans-continental runners were chosen to compete against the Olympic marathon champion, Boughera El Ouafi of France, who had been persuaded to turn professional. Two such races helped establish a livelihood for professional runners, while the possibility of another trans-America race in 1929 was worked out.

Another Pyle runner resorted to long solo runs to keep in condition. Lin Dilks made an attempt on the American 100 mile road best in November. He had set out to run from Newcastle to Erie, covering 63 miles in 9:57, and reached 82 miles in 13:14 before being forced to retire from the attempt.

The 1929 race was to be organised differently from the earlier event. Competitors had to provide their cars for their support crews. This was to reduce the field considerably. On the whole the entrants were to be experienced competitors from the 1928 race. As Pete Gavuzzi later put it, "The 1928 race was an amateur race, the 1929 was professional." To Gavuzzi, being professional meant being well prepared and properly trained for the event.



*Arthur Newton, London to Brighton, 1924*

# "Pole to Pole: One Man, 20 Million Steps" by Pat Farmer

## Book Review by Isobel Bespalov

I started *Pole to Pole* and was initially a little disappointed. I found the preface and first section "Warming Up" were filled with facts and details, and the writing itself didn't grab me. To be honest, if I had not volunteered to write this review I would have probably given up.

However, I am glad that I persevered. "Stage 1, The Arctic" was the first section about actual running; although not much of that was done. On some days the going was so slow that in 12 hours they only covered 8km! The cold they had to endure sounded awful; the actual Arctic terrain itself provided them with many challenges, and the limited (freeze-dried) food they had supplied limited calories. This book was starting to grab me!

It definitely improved once the team was "out of the freezer and into the frying pan" (pg. 35) as they hit Canada. The temperatures were regularly over 30 degrees Celsius. The running section of Pat's story was now underway! I was really surprised by how little support and financial sponsorship he had. These two factors made his journey much more difficult than it had to be. But of course, no story is interesting without these episodes of hardship! By now, Pat was running about 85km per day, day after day after day! What a machine!

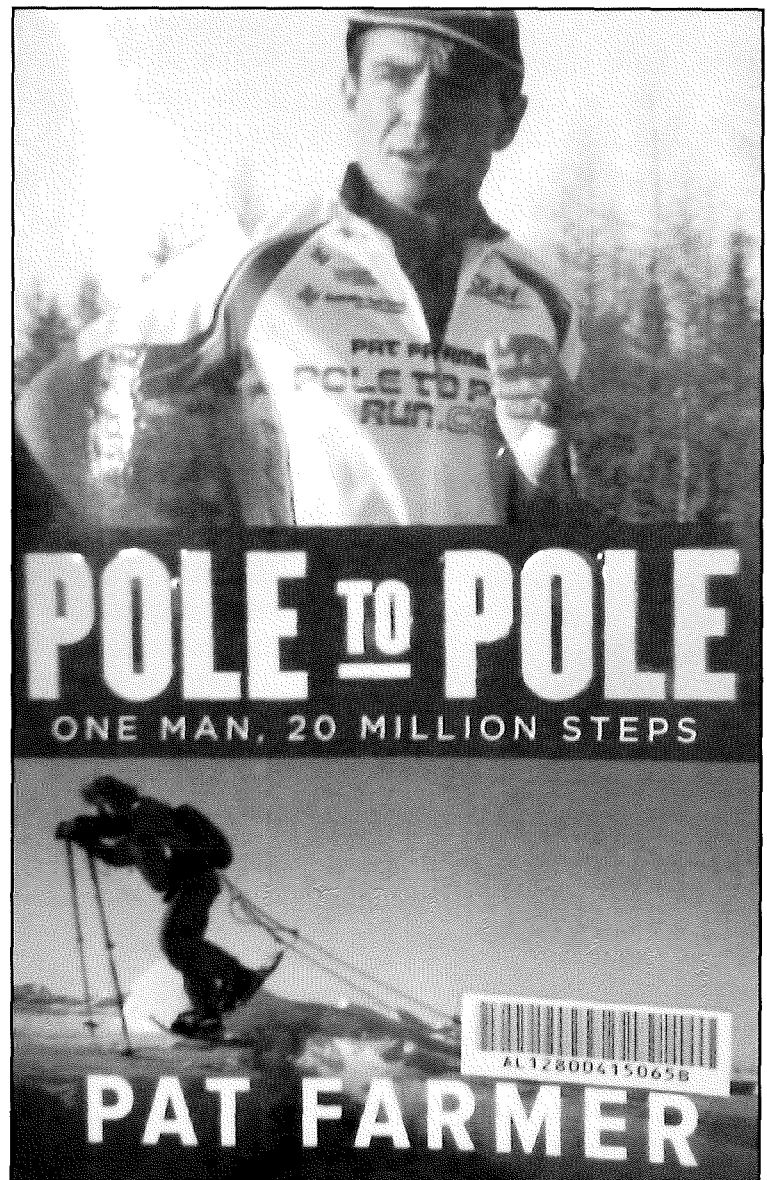
Pat was doing this run to raise awareness and money for the Red Cross and their water and sanitation programs around the world. He was pushing his body to the limits to draw attention to the needs of others. He put his life on hold, including only seeing his children a few times throughout the year,

for a noble cause. My admiration for him grew throughout his story.

I vaguely remember seeing something on T.V. last year about this run (to be honest, I don't watch much T.V. and avoid the news like the plague!). At the time, even as a runner, I didn't really think much about it or how hard it must have been. This book has opened my eyes to Pat's determination and tenacity to get through some very difficult situations: unpredictable weather, unreliable transport, tensions with the crew, fatigue (physical

and mental!), roads with reckless drivers, dogs, floods, thieves, mosquitoes, leeches, mountainous terrain, out-of-control trucks, drug warriors, landslides, and the list goes on and on! He did it tough, lost a lot of weight along the way, but in general he maintained a positive outlook that enabled him to fulfill his dream of running Pole to Pole.

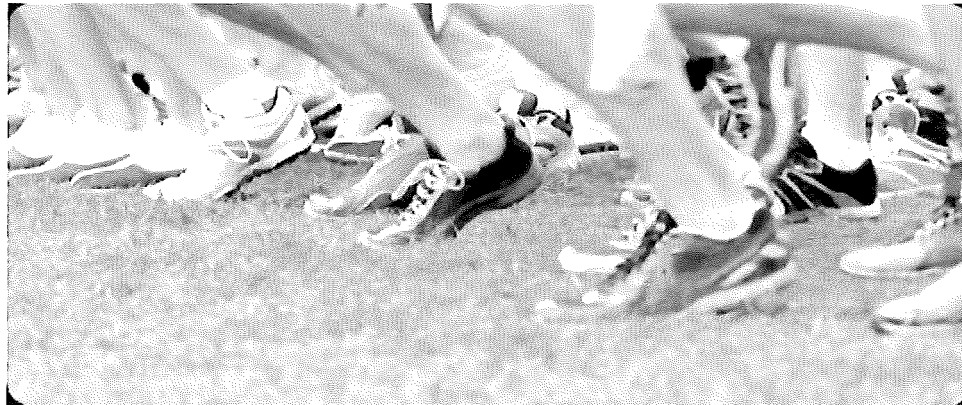
I highly recommend this book. Maybe you won't find the beginning bits flat like I did, but if you do, persevere and you will be rewarded. Happy reading!





### Are You a Pure Bred Long Distance Runner?

Your non-sporting friends wonder why you do it. You realise you are part of a special breed. Remember your first runner's high? Maybe that's what got you hooked on long distance sports. Or maybe it's the sense of freedom you experience as you track across wide open spaces that keeps you coming back for more; feeling fighting fit, capable of going anywhere your legs carry you. If you are a long distance athlete, you can rest assured we are as committed as you are when it comes to helping you perform and recover to your full potential.



### Your Body Is Your Temple

The body you have now is the only one you have to last you a life time. Treating it well is essential if you want to get the most out of your body, both physically and mentally. This involves feeding it enough of the right nutrients, providing it with adequate rest and mixing up your training program to include resistance training. Strength building exercise will increase muscular strength and endurance, helping you to perform at your peak.

Carbohydrates often get a bad rap these days. People are becoming more aware of the need to moderate carbohydrate intake in certain health conditions and for weight loss. However, you must keep in mind that your active body, the body of an athlete, really does need some carbohydrates. You just need to choose the right ones. The key is to think complex rather than simple carbohydrates. Complex carbs are the best dietary sources of carbohydrates to enjoy in your everyday training meals. Complex carbohydrates have many functions within the body, such as:

- Acting as a major source of energy (particularly during long distance exercise).
- Regulating fat and protein metabolism.
- Representing the primary energy source utilised by the brain and nervous system.

For an extra carbohydrate boost, the high quality carbohydrates found in Endura Optimizer are easy-to-digest and supply a steady release of energy, making it ideal to use before, during and after exercise.



# International News

by Nadeem Khan, IAU Director of Communications

January for many is a time of New Year's resolutions, reminiscing about the holidays, and planning for the future. For the IAU Executive Council it is also the time that we gather at the IAAF headquarters and discuss the association's future goals and current policies.

This year's meeting resulted in a multitude of important decisions being taken by the council members. I thought it was relevant to share some of these discussions in my column as several of these will be of interest to our national and international athletes.

The first one that might be of significant importance for members of the national team is the frequency of our Major IAU Championships (MIAUCs). 100km and 24 Hour World Championships will continue on an annual basis. However, we have decided that due to (a) the number of major championships in a year and (b) the proximity of these annual events, we will organise the Trail World Championships and the 50km World Trophy Final in alternate years.

The Trail Championships are planned for 2013 in North Wales. The 50km World Trophy Final, with qualification stretching through to June 2014, will take place in the fourth quarter of 2014. This new frequency of events will broaden the time frame between championships and allow for more preparation time for both IAU officials and team management/athletes, allowing us to uphold our high caliber of events.

I am sure that it is a known fact now that the 100km World Championships scheduled in Jeju Island, South Korea was cancelled. We are currently looking at some prospective projects and are closing in for some substantial

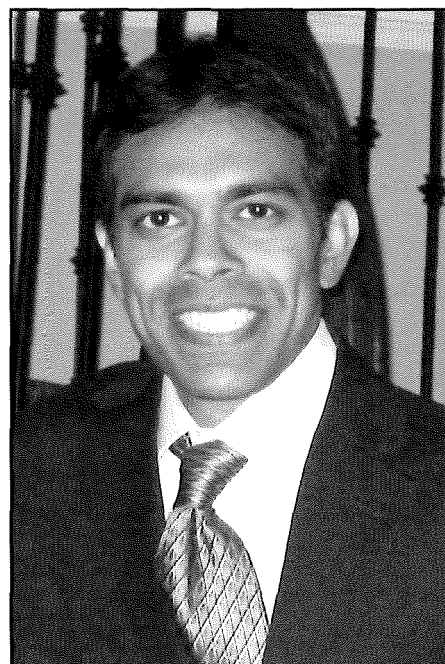
discussions. Information on these championships will be posted on our website. On a relevant note, the 100km World and European Championships (2014) have been awarded to Daugavpils, Latvia.

Administratively, the IAU also received some good news in Monaco. We are very close to being registered in the principality. This is an important move for the association to be formally located and an important milestone in its existence.

Another pertinent issue is regarding labelling. Australia has been a frontrunner when it comes to labelling of events and submission of results. We believe that labelling is a significant indication of the high standard of events putting the races on a level playing field. Australia has upheld that wonderfully. We have added a clause to the labeling documents advising races to have an AIMS/IAAF measurer for the measurement of the course (road races) for 2014 and beyond.

The Athletes of the Year award has become quite the exciting event on the IAU calendar. The IAU Council at the meeting approved the submission of votes by member federations and council members to announce Giorgio Calcaterra (ITA) and Mami Kudo (JPN) as the ATY2012. Both athletes have had outstanding season with Calcaterra repeating as the world champion and Kudo continuing her dominance in the timed events.

In Monaco, the IAAF also advised us that they will be dedicating an entire page on their website to ultrarunning. This is a significant development as the IAAF website is a high traffic site and the discipline of ultrarunning will get a wider exposure. The site will have articles submitted by the IAU



and will link several articles back to the IAU website.

The Records Committee always comprises a busy set of individuals, working hard. In Monaco the following World's Age Group Best Performances were ratified: Jo Schoonbroot (NED M60 6HoursRoad 78.053km), Gert Thys (RSA M40 50kmRoad 2:48:39), Allen Smalls (GBR M40 6HoursTrack 86.698km) and Simon Schmid (M40 SUI 48HoursRoad 371.475km).

The meetings are an integral part of the functioning of the IAU. It is our one opportunity to get the entire council in one place to discuss all the pertinent issues. The meeting this year was quite productive as is highlighted by some of our discussion items above.

As always, I am at your disposal, and will be available to answer any of your questions. I wish you all the very best for the 2013 season and look forward to seeing the chants of "Aussie-Aussie-Aussie" at the world championships.



