

U L T R A M A G

June 2013
Vol 28 No 2



Australian
Ultra
Runners'
Association Inc



- ▶ Interview with Ron and Shirley Young
- ▶ AURA Annual Member Statistics
- ▶ Mt Buller Skyrun,
Convicts and Wenches,
Maroondah Dam, and more

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IRONMAN
70.3 CANBERRA

IRONMAN
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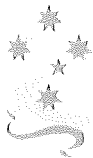
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Editorial

Karen Hagan, UltraMag Coordinator

Life surely is an endurance event with peaks and troughs, accomplishments and near misses. Ultra running mirrors the endurance that life requires of us, encouraging you to put one foot in front of the other. Often what we do as ultra runners helps us to make sense of our day-to-day life: the stress relief, the quiet contemplation, the sweat and physical exertion that helps us “work out the kinks”, and in doing so brings us to a better version of ourselves and, by extension, helps us cope with whatever comes our way.

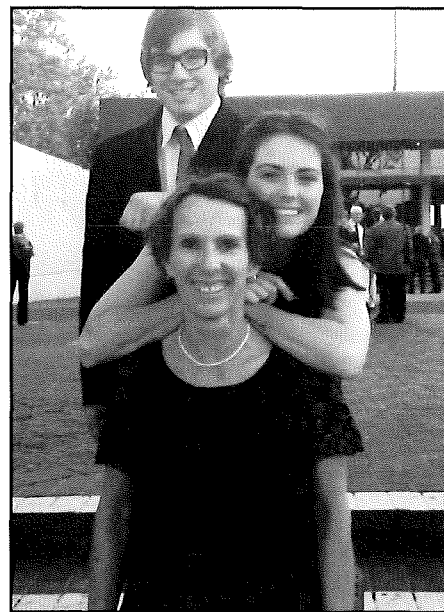
What do you do if you reach a point where that may no longer hold true? Do you push on through the moment, believing it's just a temporary disillusionment with “the run”, or do you acquiesce...is it final? If the adage is true that in order to grow you must sometimes let go, can it be applied to running, indeed to any passion? Do I run because it defines me? Surely I was myself before I ran, and now I am myself who runs? I have been grappling, of late, with my own purpose: the “one thing” (as Curly said in City Slickers) that drives me to run. Everyone will have a different purpose, of course, but I seem to have lost mine somewhere in the scheduling of an already time-taxed life (as, no doubt, we all have). The fun (usually with a capital F) is gone, and I just feel raw and spent...and rather cranky even, and I know it's all in my head!

And as I am weeks out from attempting a distance I've never done before...is it really an impending divorce from something that used to bring me so much joy,

or am I just being a scaredy cat? Couple that with work and an ever increasingly independent family who needs me less, and less, I feel like I've reached a tipping point. One thing is for certain, although physically I have held up to the training, mentally I have not...and I now understand how our sport is said to be 5% physical, and 95% mental.

In an attempt to “mix-it-up” a little, I have been trying to do something other than running, while still running a little. My mileage has dropped off over the last few weeks; I've dusted off my mountain bike, swum a couple of times, and even been to a thing called a “body balance” class. I particularly like this as it gives me an opportunity to breathe (as opposed to pant), and to just be still, along with stretching (which is only a benefit to my running... am I a runner?)

In a mountain bike / cross-training / find my mojo / reconnect with my family session today I took my son along on a ride; promising him dirt and fun. He'd (surprisingly) come for a road ride on ANZAC Day with me; I think he was secretly happy I wasn't running, again. He covered 24km in a personal best for him as someone who is quite inactive. Today I reasoned with him he could make the 28km route I'd planned out “no sweat” and we headed off on a glorious autumn afternoon, with the promise of a cool drink and potato wedges at the pub on our return. He managed fantastically to the half way, and even enthusiastically headed back after a short “breather”. About 2-3km into the return journey, and 12km from our destination, his



wheels fell off; the bike, however, was okay.

He was struggling, it was no longer fun, and he was getting really surly. I reasoned with him that “he could do it” and “not far to go” and told him he shouldn't be too cranky as he was doing a great job. As my platitudes fell on deaf ears, I looked into his eyes and it wasn't his ears I needed to connect with, it was his heart. His face wasn't exhausted, it was disappointed; lined with self-doubt, anger, and frustration...at himself, his life and his “stupid, crappy bike”. I realised I was encouraging him in a way I thought he needed, making me feel better as a supportive mother, but what he needed was for me to listen, and not fix the situation.

I realised that it's not that we don't want to hear encouragement from those around us; sometimes we just want to acknowledge to ourselves that it is okay to feel this way...that it is difficult...and that sometimes it feels like we can't do it. That in the self-doubt and exertion of the moment, we do open ourselves up to being vulnerable and it can be

scary. After we rested a few times, we finally made it back to the pub; quietly. We pulled into the car park and he apologised for snapping at my “encouraging words”. I knew exactly where he was coming from, and how he felt, and I said “It’s OK, love.” He debated that it wasn’t as he’d “lost it”...but I said in the making of a new self, we must chip away at the old one – especially if we aren’t that fond of the old one. He laughed and said “metaphors are cliché”...and I replied yes, but they can hold the truth.

Today I discovered that, despite the constant juggling in my life, I like

my running-self better. I wasn’t horrible before, I just know I am a better person now. I just need to find a better balance, but I don’t won’t to be any other self other than the one that running is turning me into. I think, in time, my family will come to see my running-self is the better me, too.

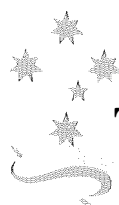
As we “chip away at the old” UltraMag, we find it continually changing. And based on the member feedback we’ve received, you are all enjoying the changes, too. So we thought, as we are looking more like a “real” magazine all the time, we’d start each issue with an editorial (read:

me waxing lyrical). Hopefully each issue has something that will resonate with you, spur you on, and motivate you.

This issue is jam-packed with 17 race reports, results and photos. As usual, we’ve included member profiles, an international race report, and a new book review. Each issue we’d like to include a book review and a review by a member about an international race they’ve taken part in, so please email ultramag@aura.asn.au with your ideas. We are always open to contributions, and if you have an idea for submission please don’t be shy.



*The World 24 hr team at the opening ceremony
Photo by Justin Scholz*



UltraMag:

The Magazine of the Australian Ultra Runners' Association

March 2013

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Cover Photos:

Front: Sue & Andrew O'Brien share a moment at the finish of their 100km event at Caboolture: family involvement, support, encouragement and togetherness.
Photo credit: Tim Miller, Dreamsport Photography

Inside Back: Mandy-Lee Noble racing in Nerang SF: the weather didn't dampen her resolve, taking out first place female. Photo credit: Steve O'Keeffe, SOK Images



Committee Corner

Updates from the AURA Committee

Robert Boyce, President

The AURA AGM was on Monday 8th April and, again, I have the great honour of being president. Justin Scholz has come on board as our new vice president. I would like to thank Bernadette Benson and Brett Saxon who have stood down from their commitments as VP and secretary, respectively, over the last few years.

AURA still has the position of secretary to fill, so anyone who has a few hours a week to help us continue to improve our great association for all its members, please contact me.

As I write this, our 24 Hour World Championship team (John Pearson, Dave Kennedy, Rick Cooke, Ewan Horsburgh, Mal Gamble, Allison Lilley, Bernadette Benson, and Sharon Scholz) is getting ready to head to the Netherlands. In the lead-up, our Facebook page has been providing information on athletes and the event in general and live updates are planned throughout the race. We hope you got to check it out.

Our trail team has been selected and

is heading off to Wales in July. A few spots are still vacant and members are encouraged to apply to join Kirstin Bull, Mick Donges, Georgina Moore, and Mandy-Lee Noble in representing Australia this year.

I had a very entertaining day at the Australian 24 Hour Championships, one of our most successful championships with 20 competitors going over 100 miles. Thank you to the Coburg Harriers for a first class event and to all competitors for the amazing distances covered.

Justin Scholz, incoming Vice President

It is a pleasure to take on the vice president role for AURA. Outgoing VP, Bernadette, has added great value to our organisation since undertaking this role in 2011. She has helped to strengthen many behind the scenes areas, including compliance. Fortunately Bernadette will continue to provide some assistance to AURA and we very much welcome her ongoing support. As VP I will do my best

to support the organisation and help Robert to develop and deliver a growth focused, professional approach for our sport.

My background is varied, with qualifications including a Master of Management, and experience developing strategic and business planning systems, and quality and finance systems, within large and small, private and government organisations. I hope that these skills will be of use to the AURA team. Personally, I am married to Sharon (16 years) and have a 10 year old daughter, Jasmine. We live in regional Victoria (Wangaratta) and enjoy maintaining our fitness as a family. I have achieved some solid results in ultra events over the past five years, having not previously engaged in much physical activity at all through my early adult life. PB's include 214km in 24 hours, 8:35 for 100km and 3:43 for 50km.

I believe strongly in openness and accessibility, and hope that members will look to contact me in any areas where they feel my involvement can lead to better outcomes for our organisation and our sport.



AURA State Roundup

June 2013

NSW by Andy Heyden, State Representative

The focus in NSW was on the 2013 Six Foot Track race, especially given last year's cancellation. 780 runners finished the 45km course, including a number of AURA members, but first across the line was Tony Fattorini in 3:26. Having trained with Tony a few times leading up to the race I could see he was in strong form, despite playing down his chances given the very strong field. Sam Walker was second across the line in 3:30,

with Mark Green hot on his heels and just a further 40 seconds back.

Sara Burgess won the women's race in 3:59, with Angela Bateup (4:05) and Michelle McAdam (4:09) earning their places on the podium. Good to see Don Wallace mixing it up at the top of the field with 6th overall.

As autumn sets in, the Water World, WildEndurance and North Face 100 races will be in quite a few minds as they enjoy some cooler morning training runs.

QLD by Susannah Harvey-Jamieson, State Representative

Another year has been and gone in the AURA membership committee. We farewell the inspirational Bernadette Benson (as VP) and welcome the tenacious Justin Scholz to fill her shoes. Both Keith Sullivan and I are delighted to remain on as your Queensland Reps; any questions, we are always willing to help! It has been a very eventful start to autumn with lots of runs such as the Wildhorse



AURA State Roundup

June 2013 (*continued*)

Criterion and the recent Coburg 24 Hour. The Queenslanders are always proving their amazing capabilities with a special shout out to Kerrie Williamson, who took out the national title with 192.811km, and Keith Sullivan, who gained a new 6 hour track record (M60) of 66.536km (to be ratified). To pinch his catchphrase...Bloody Marvellous!

I wish to pass on my congratulations to Queenslander Mandy-Lee Noble, who has been deservedly selected for the Australian team in the 4th IAU World Trail Championships in Wales. I know how hard she has been training in the last year and her selection is "just desserts" for her amazing ability. She was in the winning TrailsPlus Trailwalker Team in Melbourne; just one more accolade in many recent finishes. She is the quiet achiever in the sensational new talent that has been coming through in ultra-running recently.

On a sadder note, I have been reflecting on the terrible bombings at the Boston Marathon. It reiterates that we never know what lies ahead; so treat each run as if it's the last time you can, live for the moment, and remember why running is so important to you. See you on the trails!

SA by Ben Hocking, State Representative

Congratulations to all SA AURA runners who have recently taken part in Maroondah Dam, the Shotover Moonlight Marathon, and Tarawera Ultra in NZL. Steph Gaskell, in particular, has had a great start to 2013. After finishing second at Maroondah Dam she went on to win the 60km Tarawera Ultra. Run well to all our athletes heading over for The North Face and Wilsons Prom.

Coming up in SA we have the

Adelaide 6/12/24 on July 13-14, plus the Yurrebilla 56km Trail Ultra on September 22. Please visit www.yumigo.com.au and www.sarrc.asn.au respectively for more information.

TAS by Allan Hood, State Representative

Tasmania's ultras all appear in a flurry over the summer months and, in addition to the now established three regular ultras, the last I heard the King Island Ultra would be held this November, in line with the planned alternate year staging. Lachlan Fraser wrote a great report of the inaugural event in 2011, so those who are inspired, and have no fear of flying in very small aeroplanes, can reach it easily from the mainland for a very enjoyable weekend.

The Bruny Island 64km run had its 25th running in early December. Local Hash House runner Andrew Law proved that beer drinking and being over 50 is a good combination by taking the win in just over 5hr 15min. A good time in very windy conditions. Numbers have been steadily increasing in this event as many local runners use this as a qualifying event to enter the Cradle Mountain Run.

One of the most competitive fields for many years lined up for the Cradle Mountain Run, the classic 82km traverse of the Overland Track. Stu Gibson impressed with a close second place, in just over 8 hours; and incredibly after only 6 weeks training having spent most of last year working in Antarctica. Canberra's Rob Walter ran a superb race, becoming only the fifth runner in the event's history to finish in under 8 hours. Matt Cooper and Hanny Allston were close behind in 3rd and 4th; Hanny smashing the previous female record by over an hour! Great to see Hanny pushing the guys and giving this event a

serious go, after first running it as a teenager a few years ago.

Aubrey Henricks made a triumphant return to ultras by improving his own record time in the Narawntapu Run, now renamed as the Convicts and Wenches Ultra. This is an out and back course held in a very scenic coastal national park in northern Tassie, very well managed by Queensland based RD Ian Cornelius. Aub was no doubt inspired by finally becoming an AURA member!

Although no longer AURA sanctioned, the Three Peaks Sailing / Running event at Easter attracted many ultra runners, mainly due to the first leg of a 65km run on Flinders Island. Showing his form, Aubrey teamed up with Doug Grubert to dominate the King of the Mountain competition in the event.

Now that gun runner Stu Gibson, with his partner Chloe Rudkin, have moved to Hobart I have an interesting statistic. As Michael Meredith has also recently joined AURA, Hobart's AURA membership has increased from one last year (i.e., me) to 4. Can any other Aussie state capital boast a four-fold increase in membership?

Michael Meredith is also taking part in this year's UTMB in France. Michael has steadily improved in ultras, and took inspiration from a very solid run in last year's first running of the UTMF in Japan. This event (100 miles around Mount Fuji) could grow to be a regional drawcard, and certainly easier for Aussie runners to get to than the European or North American 100 milers.

WA by Dave Kennedy, State Representative

Summer is a quiet time for ultras in WA. Most of us are out lapping up the warm weather and getting



AURA State Roundup

June 2013 (*continued*)

some heat training in, which can be likened to altitude training. That's right; we may lack for mountains (despite the 1000m high Stirling Range being a mere 5 hour drive away) but we make up for it with temperatures averaging 30C throughout summer.

So, after all that heat training we were rewarded with the Lark Hill Dawn to Dusk Ultra. With RaceReady Timing on board I was able to mix my responsibilities of race directing with a run in the 50km. I went out hard and was with the leaders until about 27km when the wheels fell off waiting for the moon to rise. In hindsight, I should have used a headlamp but it was a great night with just a token 45 minute nap on the back

of the ute to get me through. The highlight for me was seeing Fee Salmons, whom I coach, winning the 100km on debut. At the AGM, Fee joined us as the second WA state rep, taking over from Karen Hagan.

The Lark Hill 50km was the start of my training for the World 24 Hour Champs and it is great to be joined by another West Aussie, Bernadette Benson, at this year's race. Towards the end of my training block I took part in the Mt Helena 40 Miler run by the local marathon club. Local AURA members Lucia Caravia, James Roberts, Scott Hawker, and Bel Kennedy (my wife) also took part. Despite warm weather both the men's and women's course records

fell. I know it's supposed to be autumn, but April has been hotter than March and also very humid, which we're not used to at all over here. Now we move into what many call marathon/ultra season, as the best running weather in Perth is invariably winter.

Just prior to going to print we will have had the brutal "The Truth or Consequences", a 50km trail race in the Serpentine National Park. Kep 75km / 100km will be in early June. Later in the year we look forward to WA's first official 100 mile trail race, The Waterous Trail on Foot (WTF). There is free* entry for interstate visitors so get yourself some cheap airfares and get ready for a fast and scenic miler. (*There is a nominal \$5 fee to cover Registrarnow.)

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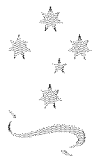
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AURA EVENTS CALENDAR

This calendar contains only races sanctioned by AURA. This does not purport to be a complete list of Australian ultras. Sanctioned races will be eligible for the AURA aggregate points competition. AURA reserves the right to modify this calendar at its discretion. Always check the AURA website for late changes to race details at www.aura.asn.au. Some international races, particularly IAU and Commonwealth championship events, are also shown on the web calendar.

JUNE 2013

Sunday 2 June HOKA ONEONE KEP ULTRA (WA)

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

Contact: Rob Donkersloot 0411 748 479

Email: rdonkers@iinet.net.au

Web: www.aura.asn.au/Kep

Sunday 2 June MACEDON RANGES (VIC)

30 and 50km trail races.

Contact: Brett Saxon 0418 557 052

Email: trailsplus@gmail.com

Web: www.aura.asn.au/Macedon

Sunday 9 June GOLD COAST 100 SUPERMARATHON (QLD)

100km, 50km, and other distances

Contact: Ian Cornelius 0408 527 391

Email: info@goldcoast100.com

Web: www.aura.asn.au/GoldCoast100

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

IAU labelled 12 hr and 24 hr track race at Blacktown Sports Park, Sydney.

Contact: Niboddhri Ward 0449 286 553

Email: sydney24h@srichinmoyraces.org

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

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

3 day stage race totalling 126 km on trail

Contact: Lorraine Lawson

Email: trailrunning@roadrunners.org.au

Web: www.aura.asn.au/3marathons3days

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

Web: www.aura.asn.au/adelaide_12hr

Saturday 13 July THE KOKODA CHALLENGE (QLD)

96km team trail event

Contact: Samantha Klintworth

Email: info@kokodachallenge.com

Web: www.aura.asn.au/kokoda

AURA EVENTS CALENDAR

Saturday 20 July MT HAIG MARATHON (QLD)

45km trail race (& shorter options)

Contact: Lorraine Lawson

Email: trailrunning@roadrunners.org.au

Web: www.aura.asn.au/mthaig

Sunday 21 July YOU YANGS 50-50 (VIC)

50km and 50mile trail races

Contact: Brett Saxon

Email: brsaxon@bigpond.net.au

Web: www.aura.asn.au/youyangs5050

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

An IAU labelled 6-12-24-48 hr road race on a 500 mtr loop

AURA National 48hr Championships

Contact: Geoff Williams

Email: gjcarpet@caboolture.net.au

Web: www.aura.asn.au/Caboolture_6-12-24-48

AUGUST 2013

Sunday 11 August THE TAN ULTRA (VIC)

IAU road labelled 50km and 100km loop races

Contact: Brett Saxon

Email: brsaxon@bigpond.net.au

Web: www.aura.asn.au/tanultra

Sunday 18 August ALICE SPRINGS ULTRA MARATHON (NT)

60km road race & shorter options

Contact: Danny Fraser 0417 895 613

Email: danny.fraser@ntschoools.net

Web: www.aura.asn.au/AliceSprings

Sunday 25 August KURANDA TO PORT DOUGLAS ULTRA (QLD)

64km trail race (& shorter options)

Contact: Lorraine Lawson

Email: trailrunning@roadrunners.org.au

Web: www.aura.asn.au/kuranda

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

Web: www.aura.asn.au/Walhalla

AURA EVENTS CALENDAR

Sunday 15 September CENTENNIAL PARK ULTRA (NSW)

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

Contact: April Palmerlee 0414 366 514

Email: apalmerlee@yahoo.com

Web: www.aura.asn.au/CP100

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

Web: www.aura.asn.au/surfcoastcentury

Saturday 21 September CANBERRA CENTENARY (ACT)

New 100km trail race

Contact: Martin Fryer

Email: flyterultra@gmail.com

Web: TBA

Sunday 22 September SPINY CRAY TRAIL (QLD)

56 km trail in northern Queensland

Contact: Shane White 0438 758 862

Email: shane@adventuresportnq.info

Web: www.aura.asn.au/spinycray

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

Web: www.aura.asn.au/YurrebillaTrail

Saturday 28 September WTF100 (WA)

50 mile & 100 mile trail ultra following the Waterous Trail

Contact: Dave Kennedy 0433 333 206

Email: davidk1998@hotmail.com

Web: www.aura.asn.au/WTF100

OCTOBER 2013

Saturday 12 October GREAT OCEAN WALK 100 (NSW)

100km solo, 50/50 two person relay along one of Australia's most spectacular and scenic trails

Contact: Andy Hewat 0421 040 700

Email: hewat.a@gmail.com

Web: www.aura.asn.au/GOW100

Saturday 19 October HUME & HOVELL 50/100 (NSW)

50km & 100km event following the expedition track of Hume & Hovell in 1824

Contact: Peter Fitzpatrick 0428 423 633

Email: peterfitz47@bigpond.com

Web: www.aura.asn.au/HumeHovell

AURA EVENTS CALENDAR

Sunday 20 October WASHPOOL (NSW)

50km trail ultra through heritage listed rainforest, high country and granite outcrops

Contact: Greg Waite (07) 3869 1661

Email: g_waite@optusnet.com.au

Web: www.aura.asn.au/Washpool

Sunday 27 October NED KELLY CHASE 100KM (VIC)

100km fully sealed road ultra

Contact: Justin & Sharon Scholz 0407 081 070

Email: justinscholz@telstra.com

Web: www.aura.asn.au/nedkellychase

NOVEMBER 2013

Saturday 9 November GREAT NORTH WALK (NSW)

100km and 100 mile trail ultra following the Great North Walk between Sydney and Newcastle

Contact: Dave Byrnes 0428 880 784

Email: dave@davebyrnes.com.au

Web: www.aura.asn.au/GNW100

Saturday 16 November THE 30/50 CHALLENGE (VIC)

50km solo trail (shorter team options) along the Mornington Peninsula

Contact: Sam Rowse (03) 9598 4520

Email: sam@challengerevents.com.au

Web: www.aura.asn.au/3050Challenge

Sunday 17 November MARYSVILLE MARATHON FESTIVAL (VIC)

50km trail (and shorter options)

Contact: Brett Saxon 0418 557 042

Email: brsaxon@bigpond.net.au

Web: www.aura.asn.au/Marysville

(TBC) Sunday 24 November MOE 6 HOUR & 50KM (VIC)

Historically, IAU labelled 6 hour and 50km track races

Contact: Roger Maximu 0403 349 701

Email: maxis@vic.australis.com.au

Web: www.aura.asn.au/Moe_6hr

Saturday 30 November RAZORBACK RUN (VIC)

68km trail (and shorter options) along Mount Feathertop

Contact: Paul Ashton 0418 136 070

Email: runningwild56@tpg.com.au

Web: www.aura.asn.au/RazorbackRun

Saturday 30 November BRUNY ISLAND ULTRA (TAS)

64km road/trail, the southern-most ultra in Australia

Contact: Paul Riseley 0438 296 283

Email: brunyislandultra@gmail.com

Web: www.aura.asn.au/BrunyIsland

AURA EVENTS CALENDAR

DECEMBER 2013

(TBC) Friday 6 December COAST TO KOSCIUSZKO (NSW)

240km road ultra from sea level to the highest point in Australia

Contact: Paul Every (02) 9482 8276

Email: peverydweaver@hotmail.com

Web: www.aura.asn.au/c2k

Sunday 8 December KURRAWA TO DURANBAH (QLD)

IAU labelled 50km road course

Contact: Ian Cornelius 0411 083 896

Email: info@kurrawa2duranbah.com

Web: www.aura.asn.au/Kurrawa

Sunday 15 December SIX INCH TRAIL MARATHON (WA)

IAU labelled 46km trail race

Contact: Dave Kennedy 0433 333 206

Email: davidk1998@hotmail.com

Web: www.aura.asn.au/SixInchTrack

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



Narrabeen All-Nighter **Narrabeen, NSW, January 5, 2013** **by Wayne “Blue Dog” Gregory**

Narrabeen is situated on Sydney's strip of northern beaches, also known as 'The Insular Peninsula.' It's a little over 20km north of the Sydney CBD, and if you are lucky enough to live in that neck of the woods you don't leave there. Like The Eagles say...“you can check out anytime you like, but you can never leave.” I'm moving there when I win the lottery.

Narrabeen is known for its world-famous surfing beach, a Mecca to which every grommet and waxhead aspires to make a pilgrimage. There is also a winning smell in the air, which is a carry-over from the area's local rugby league team, the mighty Manly Sea-Eagles.

Only slightly less famous than

the beach and the footy team is the Narrabeen All-Nighter. Like-minded souls from interstate and overseas make their own journeys to participate in this unique event. As the name suggests, it is an all-night escapade of sustained hot and sweaty physical activity with other people. Some call it ultra-running.

I love the All-Nighter; held in the first week of January, it still feels like the holiday season. It's a choice of either Narrabeen or Bogong to Hotham to kick off the ultra-running year, and currently I'm Bogonged out. (Apart from running, there are no similarities between these two events.) ☺

The All-Nighter bends the normal

rules. Most running races are a set distance, and the winner is decided by who has run the quickest time. At the All-Nighter everyone runs the same time, which is 12 hours, and then we stop and get the measuring tape; longest distance wins. And if you haven't yet guessed, it's held at night, commencing at 8:00pm and finishing at 8:00am.

Entrants run around the edge of Narrabeen Lake on a bicycle path. It is pancake-flat. After 1.666km you turn around and run back to the start, where you are greeted like a god and rewarded with words of praise and encouragement and given nice things to eat and drink. Each return trip is 3.333km. Three return trips equal 10km, and so on.



Gathering at the start of the event

Narrabeen All Nighter					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		131,062	Gamble	Malcolm
2	2		111,865	Knowles	Chris
3		1	110,081	Hamaty	Sabina
4	3		109,333	Simpson	Shane
5		2	109,259	Tichon	Larissa
6		3	108,903	Richardson	Sarah
7		4	108,362	Hepworth	Annabel
8		5	107,389	Vaughan	Emma
9		6	107,347	Moloney	Mallani
10	4		106,901	Jenkins	Peter
11	5		103,165	Nuttall	Peter
12	6		102,453	Mcquade	Jonathan
13		7	101,599	Chan	Karen
14		8	98,909	Owen	Ann
15		9	98,113	Hamilton	Lauren
16		10	95,391	Symons	Cheryl
17	7		90,178	Mullins	Peter
18		11	89,311	Crim	Jade
19	8		87,400	Finlay	Greg
20	9		87,037	English	Stephen
21	10		86,396	Rutter	Barry
22		12	85,937	Balkema	Belinda
23	11		85,618	Moreton	John
24	12		85,563	Kime	Darren
25	13		84,586	Nuttall	John
26	14		84,045	Boyce	Robert
27	15		82,745	Brown	Greg
28		13	76,355	Walden	Joy
29		14	75,402	Simpson	Belinda
30	16		75,344	Golby	Craig

Narrabeen All Nighter					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
31	17		73,975	Wentworth	James
32		15	73,703	Wiltshire	Cathie
33	18		73,333	Sloan	Bert
34	19		73,065	Chrisp	Darryl
35	20		71,680	Dukes	Paul
36	21		71,368	Dugdale	Martin
37	22		70,666	Meagher	Andrew
38		16	68,573	Murray	Meagan
39	23		68,347	Major	Ash
40	24		65,396	Richardson	Saul
41		17	65,018	Marshall	Sarah-Jane
42		18	63,438	Watson	Natalie
43		19	56,666	Bishop	Lauren
44	25		56,666	James	Ray
45	26		53,333	Mackay	Jim
46	27		50,000	Lazar Adler	Adrian
47	28		50,000	Leahy	Ric
48	29		50,000	Phillips	Nathan
49		20	43,333	Bennett	Andrea
50	30		43,333	Berriman	Benjamin
51	31		43,333	Dang	William
52	32		43,333	Darwin	Adam
53	33		43,333	Hedges	Joseph
54	34		43,333	Trimmer	Jason
55		21	30,000	Montalto	Catherine
56	35		30,000	Patrick	Graeme
57		22	26,666	Pretty	Helen
58		23	20,000	Santos	Maria

Bold SURNAME indicates AURA member.

Narrabeen All Nighter - Team Results				
Rank	Cat Place	Cat Place	Distance	Last Name
1	1		150,090	OWENS ELASHKAR
2	2		111,865	MULLEN CAMENZULI
3		1	110,081	SCHUY COLADO
4	3		109,333	HONG SMITH
5		2	109,259	DONOVAN DONOVAN
6		3	108,903	WILSON MULLINS
7		4	108,362	GREGORY GREGORY
Bold SURNAME indicates AURA member.				

Repeat for eleven hours.

For the last hour, the 12th and final, we go to the sprint format, where the course is shortened to 500m, or 1km out and back. I don't really know why; it's weird, whacky and quirky, but good! Just don't eat as much each time you get back to the start.

During the event it is very social, with all the runners coming and going in each direction throughout the night. Then there are the geese, ducks, possums and bandicoots; you'll never be lonely at the All-Nighter. 2013 was my second running of the event, and I entered with the sole goal of losing. That is, losing the weight that my festive season excesses always attract. Last year I had entered as a solo entrant; however, with the new addition of 'team' entries this year, I propositioned my wife Bernadette

running 100km within the 12 hours, which we believed we could achieve without pushing too hard, and it would also enable us to enjoy the social side of the event.

The event rules allow team members to interchange as often as required, so we went in with a plan of interchanging every three laps (10km). As the night unravelled, we realised this was not a good strategy. It seemed that after running 10km and 'handing over', you would eat, rehydrate, fully cool down and start to get a bit sleepy, and then have to get up and run again. So after midnight, we each took turns in running longer stretches so our partner could grab an hour or so of sleep. In hindsight, probably a straight six hours each would be far better.

to join me in an 'All-Nighter'...and Team Gregory-Gregory was born.

Due to ongoing injuries and our level of fitness, (or lack thereof), we set ourselves a somewhat modest goal of

The eventual winning team of Owens and Elashkar were very impressive, running one fast 3.333km leg each and swapping over, with the non-runner keeping warm on an exercise bike before swapping again. This allowed them to clock up a little over 150.090km in total, a very fine effort. It also highlights the wonderful effort of the overall individual winner, Mal Gamble, who racked up a monster 131.063km.

An added benefit of this event is that out on the course you can watch the race unfold at the pointy end while doing your own thing. For Bernadette and I, our 'thing' ended at 97.215km, a bit short of what we wanted but enjoyable nonetheless. I'd highly recommend the Narrabeen All-Nighter. You can throw yourself into a record-breaking attempt on a fast, flat course, or use it as I do to ease into another year of running, or for something else altogether. We all run for different reasons.

The event has a really good feel and vibe to it; it is very friendly, very laid-back, very relaxed and very easy-going. It starts at 8:00pm if everything is ready. Or maybe closer to 8:30 if there are a few hiccups. Whatever, chillax and run; you've got all night.



Mansfield to Buller

Mansfield, VIC, January 27, 2013

by Duncan Allen

It is 1am on race morning and I am lying in my little tent beside Lake Eildon listening to Madonna singing 'Like A Virgin'. I've just listened to most of John Williamson's greatest hits, and we had some Police earlier. The music is not my choice, but probably the iPod shuffle choice, played through a fairly impressive car stereo of fellow campers who are still celebrating Australia Day. I

am almost at the point of giving up on getting any sleep before my 4.30am alarm goes off, telling me to get up and make porridge. I'm not too bothered as I'm always too excited to sleep well the night before a race and, in fact, I read somewhere, and I doubt this is true, that it doesn't affect your performance that much anyway; it's the night before the night before the race that you must get

good sleep.

At 5.30am I am at the town toilet block seeking directions to the start line from fellow runners, who I know I will find there. Ten minutes later I am at the corner of Highton Lane and Mansfield Road, where runners are reluctantly peeling off warm clothing in the predawn chill and stuffing it into bags to be transported to the summit in

Robert Boyce's ute.

There's something almost furtive about this gathering of two dozen souls on a lonely corner of a sleeping country town, and I expect Robert's race briefing to open with: 'You're probably wondering why I've invited you all here...' Instead, he advises us to jump into the ditch if we encounter an oncoming vehicle further up the hill, where the road narrows, and that we shouldn't celebrate when we see the finish line for the first time, because there's still another 2km to the top of the mountain, and then we are off!

Ahead the sun rises over Mount Buller, burning the mist off the surrounding paddocks and evaporating any remaining pre-run nerves as we stretch out and settle into a rhythm along a straight, yet undulating road. It's comfortable running on the gravel shoulder, or the bitumen, and I gradually reel in a couple of other runners. At Merrijig I pass Natalie Wallace who is looking good; 20km later she passes me looking even better and on her way to an excellent second-placed female. The mountains are now looming and we are starting to climb in earnest.

There are many twists and turns as the road hugs the contours, seeking the path of least resistance up the mountain. I catch up, briefly, with Nikki Wynd as the gradient starts to bite and, not knowing the course, beg her to tell me I can expect some downhill soon. She gives me a look that says 'Are you joking? How could you not have done your homework?' and politely informs me that there will be no respite until the last 2km. I digest this information gloomily as I try to dig in for the next 15km. Sensing an oncoming cramp I guzzle as much electrolyte as I can at the aid stations and wish I had some

salt tablets with me. A week later Simon Ferraro is selling the powers of pickle juice to me on the Mount Buller Skyrun, and two weeks after that he generously offers me some when cramp strikes again on Mount St Leonard in 'Maroon Dah Dam'. Now it is on my self-imposed mandatory gear list and I am encouraging my family to eat lots of gherkins so I can have the juice.

Cramp hits with 10km to go and I am reduced to mostly walking; fortunately only one runner passes me at this stage. Eventually a ski-lift passes over the road and I realise it can't be far to Mount Buller Village, and the finish line aid station. On arrival I grab a large handful of crisps, for the salt, and press on towards the summit, passing the ever-jovial Dan Beard, amongst others, on his way down. There is a short, but ferocious, grassy climb, and then the top is in sight. I touch the cairn and turn for the finish, trying to absorb spectacular summit views as I stumble down the uneven stone steps. I pass Lisa Wilkinson coming up and hope I can keep ahead of her. Finally I make it to the finish, and am urged to keep running through the finish line, instead of following my instinct to veer off in the direction of the food table. Conditions are mild on top of the mountain and some of the

Mansfield to Buller					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4.00.19	Wissmer	Ryan
2	2		4.11.23	Eadie	David
3	3		4.25.46	Scholz	Justin
4	4		4.27.42	Wiadrowski	Toby
5	5		4.32.14	Moulday	Geoff
6	6		4.37.28	Beard	Dan
7	7		4.39.44	Kehoe	Dan
8		1	4.42.09	Wynd	Nikki
9		2	4.49.44	Wallace	Natalie
10	8		4.55.32	Allen	Duncan
11		3	5.02.12	Wilkinson	Lisa
12	9		5.20.22	Marshall	Kelvin
13	10		5.28.23	Mullins	Peter
14		4	5.34.58	Scholz	Sharon
15	11		5.45.20	Sutton	Rob
16	12		5.47.10	Ramirez	Claude
17		5	6.19.00	Thompson	Michelle
18	13		6.25.56	Mihalakellis	George
19		6	6.38.33	Comer	Kerri
=19	14		6.38.33	Gawne	Brian
21		7	6.38.34	Symons	Cheryl
22	15		6.51.48	Lim	Jon
23	16		7.23.22	Ryan	Brendan

Bold SURNAME indicates AURA member.

guys who have the physique for it are soaking up some sun shirtless. I keep mine on. Before long there is a nice award ceremony and I catch a lift back to Mansfield, almost wishing I had stayed longer in the sun, eating rock-melon and enjoying the atmosphere.

Congratulations to Ryan with a blistering 4:00:19 and Nikki with at hat-trick of wins 4:42:09. And the other place getters: David, Justin, Natalie and Lisa. Also to everyone else who made it up the hill in one piece! Many thanks also to Robert Boyce and his team of volunteers for putting on a great race, that still seems to be a well-kept secret as it only attracts a couple of dozen runners each year. I for one intend to return next year and will have some long road climbs in my training program and pickle juice in my pocket.



The Cradle Mountain Run

Cradle Mountain, TAS, February 2, 2013

by Michael Meredith

The 76-odd kilometre Cradle Mountain Run is held early February, and follows the Overland Track through Tasmania's famous World Heritage Area, from near Cradle Mountain to Lake St Clair. Organisers emphasise that this is a shared running experience rather than a race. The all-time list suggests that the likes of Kromar, Sloan and Diamantides weren't loitering for group photos though.

After some "keyboard Keno" I was lucky enough to get one of 50 spots on offer. Estimating my finish time at 10 hours (and deep down hoping for a 9-hour-something) I was aiming for a 30 minute improvement from my first ultra effort two years ago. At the time I had dismissed the Run as "too many trees, too much mud, too hard." After doing the 100 mile Ultratrail Mount Fuji and 100km Surf Coast Century I was wondering if my opinion would be different this time.

The Run weekend began with the organised bus trip from Launceston. With a mix of locals and visitors, experience and abilities, it was a chance to share tales and tips and check out the scenery of northwest Tasmania. A highlight is the severe form of Mt Roland, which is part of the Triple Tops Race course - Tasmania's own "Hell of the North".

That evening Keith and Dale

Lancaster, rusted-on fixtures of the Run, went through the race notes with an authority that comes from experience and humour that comes from running way too many miles. They advised us we would have cool, dry weather (which could change) and a ready water supply for those ferals relying on hand-helds. Conditions underfoot are acknowledged as testing and the advice is to "deal with it". Fair enough, as it is not a road race.

Accommodation is the event-organised Waldheim Huts. I try to avoid runners the night before as they freak me out with plans of pace, profiles and cut-offs; however, I was in with local legends Allan Hood, John Cannell and Scott Schilg, who are all pretty cool customers. I thought if I get near these guys tomorrow I will be doing OK. The evening was spent with last minute packing, checking, repacking, toilet runs and wishing I brought my four seasons mummy bag instead of just a booster. It gets cold in d'em d'ar hills.

A cold daybreak saw us lined up on the duckboards in self-seeded order. Unlike a majority of runners at the start of a fun run, no one got their ambitions confused with their ability. Hence the order of Cooper, Gibson, Heatley, Smith, Walter and Alston was close to the

money 80 clicks later. The relief was almost audible as Paul Pacque sent us on our way in single file – a giant trail-running caterpillar.

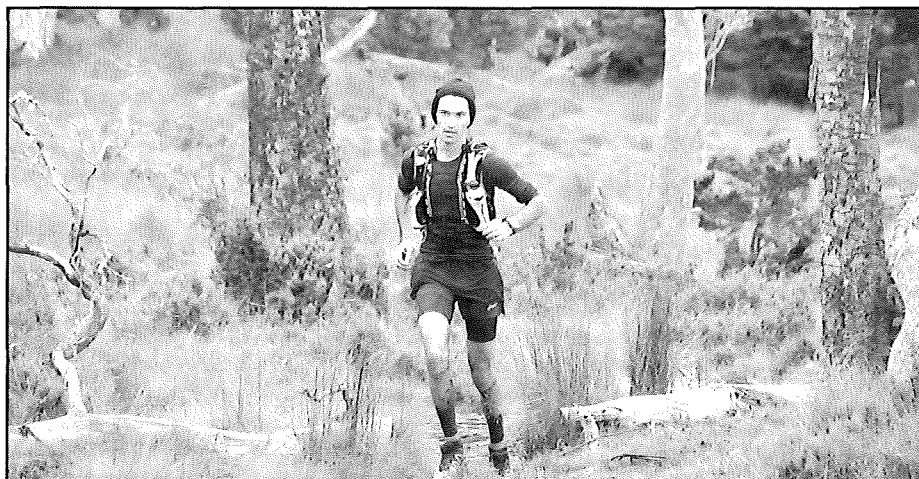
We ran over a moor, through forest glade, then swept around the postcard-perfect Crater Lake. It is up the rocky scree to Marions Lookout (yes, no apostrophe is correct) to the track's highest point. Steps, fixed chains and 40 runners breathing down my neck saw me to the top a lot quicker than I thought prudent, but I go with it across Cradle Plateau.

The Plateau is the full Wuthering Heights experience – alpine herb fields, swirling mist, rocky trail; all frustratingly distracting you from the silhouettes ahead disappearing into the distance. With sun rising behind Cradle Mountain, casting a curtain of shadow, it was spectacular. Further along there are great views across to the scream of stone that is Barn Bluff.

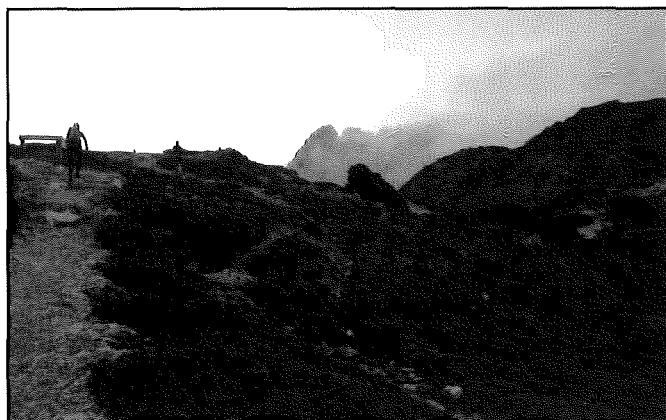
Along here I noticed that there seemed to be more duckboard than from my prior run. Some were slippery, and the broken ones revealed a black molasses below that reminded me that out there, somewhere, was a dank, muddy puddle with my name on it.

My nutrition is the chalk that is Hammer chews, BBQ chips, and a cocktail of the Japanese Pocari Sweat, Dextro Recovery Powder and stream water.

The middle section of the run is Tasmania's version of Tolkien's Middle Earth: Lake Windermere, myrtle-beech rainforest, the soggy Froggy Flats, the gradual climbs of Pelion and Du Cane Gap. The trail is sketchy in some places, but not impossible. I did manage to find my puddle though on a deceptively flat section. The result is my runners are now doomed to the bin at run end. Cresting Pelion Gap to the applause of lurching



*Michael Meredith (author) at the Cradle Mountain Ultra
Photo by Bernard Walker*



A runner summiting Marions Lookout at sunrise during the race

Photo by Phil Beeston

backpackers, I think to "10 hours is still possible". Seeing no-one in front I realise that all runners, no matter how many are in a race, are irredeemably alone.

The last checkpoint at Narcissus is well stocked, but keen to start along the infuriatingly slow section along Lake St Clair (yes, that is how it is spelt), I do not linger. Eventually I reconnect with Allan Hood and John Cannell. If you want to learn how to run through forest tanglewood these are the guys to follow. As I am

challenged by anything more than a cracked footpath, follow I did. Plus, after several hours of going solo, I was glad to have company.

With 3 kilometres to go John encouraged me to press on for a sub 10-hour finish. After the twists, trips and turns of the forest, Watersmeet's gravel path is a relief and I opened up into what felt like a 3:30 min/km tempo run. Later analysis of the Garmin suggested this was not the case.

Results are announced at the



Cradle Mountain's infamous "duck boards"

Photo by Phil Beeston

Derwent Bridge Pub the next morning. Rob Walter stood tall on debut and won from Stu Gibson in a slick 7:56. Hanny Alston showed that she has found her feet in ultra-running, finishing fourth overall and establishing a record time of 8:13. I had well and truly been "chicked".

A sub-10 hour finish? Well I missed it by "that much"; however, a new PB is always gratifying. I also like this run a lot more. More experience has resulted in an attitude adjustment - runs and races are to be enjoyed rather than endured.

Cradle Mountain Run					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		7:56	Walter	Rob
2	2		8:01	Gibson	Stu
3	3		8:09	Cooper	Matt
4		1	8:13	Allston	Hanny
5	4		8:58	Smith	Damian
6	5		9:12	Heatley	Dave
7	6		9:34	Helliwell	Chris
8	7		9:39	Schilg	Scott
9	8		9:43	Bird	Paul
10	9		10:01	Meredith	Michael
11	10		10:04	Cannell	John
12	11		10:10	Hood	Allan
13	12		10:10	Hammond	Graham
14	13		10:14	Koester	Byron
15	14		10:40	Melchiori	Tristan
16		2	10:53	Macmillan	Katherine
17	15		10:59	McInerney	Garth
18	16		11:04	Cole	David
19	17		11:04	Monks	Paul
20		3	11:05	Rundle	Sue
21		4	11:07	Rudkin	Chloe
22	18		11:12	Meckenstock	Matt
23		5	11:13	McConnell	Bryony
24		6	11:36	Lafferty	Lise
25	19		11:36	Person	Marc
26	20		11:38	Andersen	Nik
27		7	11:44	Shadbolt	Jane

Cradle Mountain Run					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
28	21		11:46	Noall	Gary
29	22		11:48	Purton	Mick
30	23		11:51	Cockshutt	Marcus
31	24		11:54	Angel	Tegyn
32	25		12:05	Le Marinel	Phillip
33	26		12:14	Hodder	Jeff
34	27		12:31	Beeston	Phil
35		8	12:45	Middleton	Rebekkah
36	28		12:45	Middleton	Mark
37	29		12:52	Wood	John
38	30		12:53	Slagter	Michael
39		9	12:53	Symons	Charmaine
40		10	12:56	Murphy	Sarah
41	31		12:59	Evans	Brad
42	32		13:08	Squire	Tim
43		11	13:13	Hardman	Chloe
44	33		13:16	Palfreyman	Andrew
45	34		13:22	Smith	Sean
46	35		13:29	Strohfeld	Doug
47	36		13:39	Brockman	Chantal
48	37		13:45	George	Craig
49	38		14:29	Pickup	Richard
50	39		14:42	Judd	Gavin
51		12	15:36	Atkinson	Sally
			DNF	Best	Steven

Bold SURNAME indicates AURA member.

Mt Buller Skyrun: “My Mt Buller Ultra 45 to 60ish”

Mt Buller, VIC, February 3, 2013

by Eliza Allan

My Mt Buller ultra begun with 1hr and 50mins of steep, rocky goat-trail ascent from the start to a small flat area; there was, of course, much more ascent to go.

The Mt Buller ultra brought me great joy, amazing views, wonderful company, and an extra 15 or so kilometres I had not expected, on top of the gruelling 45km. My trusty Target-bought digital sports watch, a borrowed map, and my GPS-enabled smart phone sufficed to guide me the 25km to the historic hut where I was dumbfounded to find myself in 9th place and even more excited to find a most welcome and well ventilated drop toilet.

Distracted by text messages and caffeine kicking in, I took a wee detour downhill all the way to the bottom. The “Road Closed” signage was a disappointing sight. Doh! An extra hour all up, so? I pushed hard up the climb out of the valley and was surprised to see some very fit dudes with their “wheels having fallen off” while making their way down the rocky steep descent to the hut. Alas, my

fast progress did not rebuild my shattered confidence in wishful navigation, nor recharge my now flat phone battery. Tension was building as I had overheard a runner mention the paths out from the hill needed good navigation. Oh no!

Anyway, my trusty map could not be read and the marshal’s words to “turn right 800 metres” could not be calculated while having a fuzzy moment. I turned right at 200 metres and enlisted help from mountain bikers as the confusing “Parks Victoria” signage did not match my map. Trouble was brewing as the trail I was speeding along no longer showed signs of footprints, only bike tyre marks and snake belly etchings in the dirt. I checked my nearly-full hydration pack (good), reached for my last rice cake with cheese and vegemite (yum) and figured I’d hit the bottom of the mountain and finish line nonetheless. T’was not to be as I reached the bottom and realised I was on the wrong side of the mountain. Doh! Man, it was a long way back, all uphill. I may have had a wee tear (just the one)

and reminded myself not to panic and dig deep.

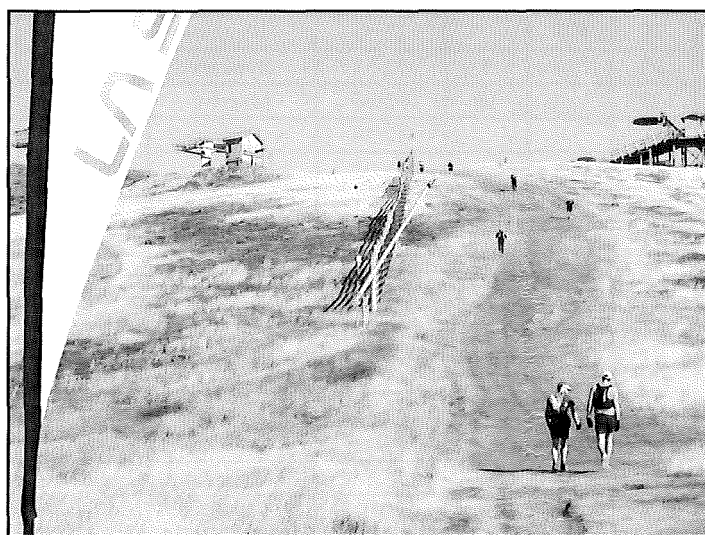
The strangest burst of energy overcame me and I experienced a piercing clarity of vision I’d never heard of. Scott Jurek in “Eat and Run” talks of



Simon Ferraro at Mt Buller Skyrun
Photo - La Sportiva Mountain Running
Facebook page

transcendence and finding energy after all the fuel is gone. It was my race, my path and there was sweet joy to behold in finally finding the right path. Woohoo! And the downhill path to the finish! I let my little legs spin down the rocky mountain (it felt like an eternity), and I munched down my last muesli bar and marvelled at how well I felt clocking over 7.5hrs with only another half hour in sight.

A few other runners also went astray that day, and I was there to meet all of them as they smiled at welcoming faces milling at the finish. I will never panic. I will always check my water, watch for snakes and, if I have time and energy, I will always wait for the last runner to cross the line. Respect the distance, not just the time. Mt Buller rocked and I most definitely will be back next year to smash that mountain with a GPS and long life battery watch.



There are no chairlifts in ultra running!
Photo - La Sportiva Mountain Running Facebook page

Mt Buller Sky Run					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4.14.56	Donges	Mick
2	2		4.18.15	Hose	Blake
3	3		4.52.00	Hutton	Shane
4	4		5.00.20	Power	John
5	5		5.43.29	Mainwaring	Shane
6	6		5.47.32	Ferraro	Simon
7	7		5.50.58	Allen	Duncan
8	8		5.54.59	Loos	Pierre - Francis
=9	=9		6.27.00	Cummings	Drew
=9	=9		6.27.00	Dewar	Grant
=11		1	6.28.39	Bartholomew	Lucy
=11	11		6.28.39	Bartholomew	Ash
13		2	6.40.00	Wallace	Natalie
14	12		6.50.03	Krolkowski	David
15	13		7.05.00	Boyce	Robert
16	14		7.14.41	Butler	Greg
17	15		7.20.34	O'Connor	Damien
=18	=16		7.20.50	Spillane	Michael
=18	=16		7.20.50	Kift	Edward

Mt Buller Sky Run					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
=18	=16		7.20.50	MacNamara	Matt
=21		3	7.23.01	Fewster	Emily
=21	19		7.23.01	Stodart	Hugh
23	20		7.26.55	Hudec	Peter
24	21		7.33.30	Byrne	Patrick
25	22		7.51.16	Carroll	Geoff
26	23		7.56.34	Crooks	Nicholas
27	24		7.58.12	Jones	Michael
28		4	8.05.24*	Allan	Eliza
=29		5	8.08.46	Morgan	Heather
=29	25		8.08.46	Currie	Rod
31	26		8.09.42	Scobie	Aaron
32	27		8.30.05#	Robertson	Andrew
=33	=28		8.44.00	Palmer	Ian
=33	=28		8.44.00	Cooper	Damien
35	30		8.57.20	Poynton	James

Bold SURNAME indicates AURA member.

* Eliza Allan completed 55km
Andrew Robertson completed 52km



Caboolture Dusk to Dawn

“The Luxury Side of Ultra Running”

Caboolture, QLD, February 9, 2013

by Raelene Bendall

My husband, Gavin, and I are fairly new to AURA and ultra-running. We ran our very first ultra at the 6 Foot Track Marathon (45km) two years ago, and only completed our first 100km less than 12 months ago. We’ve both been hooked ever since. In the latter half of last year we participated in the Glasshouse 100 and The Great North Walk. While exploring trails is amazing, sometimes carrying a loaded backpack full of compulsory gear, while worrying about hydration and navigation is hard work. To me, the opportunity to run an ultra without a loaded backpack, with access to a proper toilet, and with a crew to serve hot food and cold drinks sounded like a holiday. There would be no hills, no stairs, no technical descents and no chance of getting lost. By the time that I had signed up for the Caboolture 12

Hour, I’d well and truly convinced my husband that this was going to be a 12 hour “luxury run”.

So on February 9th “Team Bendall” lined up for our very first track race [Editor’s Note: Caboolture events are technically classified as road races, due to the surface]. My mother and sister crewed for us. As an inexperienced track runner I didn’t really have a plan. I did, however, have a stomach bug that I had picked up on a work trip earlier in the week which meant that I didn’t eat for two days. On the plus side, I was running lighter and leaner than I had in years! I was, however, on the mend and had begun to eat again the night before. On the down side, that food had finally hit my system about half an hour before the race start, so it was very fortunate that indeed this was a luxury race and the toilets were

only a few meters from the track. I think I now have my very own cubicle at Caboolture as I ended up leaving the track at least 15 times throughout the race. Frustrating indeed, and certainly testing on my ultra-running Zen-like patience.

It was an eye opener to see the different tactics employed by everyone. The race walkers were awesome, with their strong consistency and others had extremely disciplined pre-planned run/walk strategies. There was definitely no walking for Deb Nicholl, the present 12 hour record holder, who had come to set a new record in the 6 hour event. Deb blasted around the track from 6pm until midnight. I was in complete awe of her amazing strength and focus, but she still had time and plenty of breath to say “hi” to everyone as she blitzed her way

to a new record of 74.993km on a crowded track. Big congratulations to Mallani Moloney who clocked up 62.078km and to Kerrie Williamson for her third place. The men's 6 hour event was a race to the finish with less than 1.3km separating first to third place. Greg Ponych took the honours with 62.884km, closely followed by Nic Phillips with 62.004km, and Wayne Spies with 61.54km.

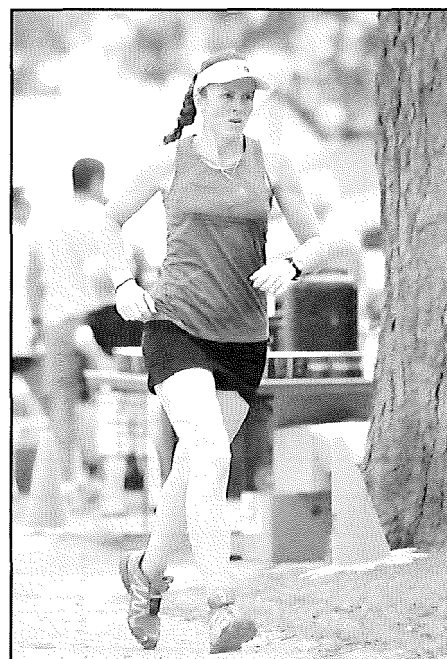
When I took up ultra running I didn't actually realise that it involved sprint finishes after running for nearly 12 hours, but that is what my race experience came down to. Geoff Williams organises a fantastic race, and this year he introduced an electric timing system and television screens which updated everyone's laps and race positions. Until recently, I've always been a back of the packer, and at a previous ultra in January, I actually led the race for a short while. I didn't know my position until the turn, and when I did, I completely lost the plot, fell apart and finished in second, with which I was way more comfortable. Throughout this race, my crew had offered to update me of my progress several times, as I don't actually wear a GPS and I couldn't see the board, but I didn't let them. The truth is that when you're running around a track you've got a rough idea of how well you're doing and I

enjoyed the distraction of what other runners were doing.

Every time another hour rolled over we changed directions and a fresh bunch of relay runners would hit the track. They were fast, and in the early hours of the morning smelt good as they raced past. My husband covered his first marathon in 3hr26min but had slowed up after 85km with a slight hamstring tear. He still covered the 100km in 9hr35min and was ecstatic with his first track race. He threw on his recovery gear after 100km and jogged/walked the remaining two hours out, so that he could get to 6 Foot Track in one piece.

Before the race I had decided that I really wanted 100km and, as the last half hour rolled around I still hadn't heard my name called over the speakers and I began to stress that I wasn't going to make it. Sue O'Brien (Couple on the Run) was the first female to crack the 100km mark in the dying stages of the event, her husband Andrew alongside her, as always. Within a couple of minutes, my friend and long-time awesome ultra runner Marina Brun-Smits reached the milestone, and I followed on the same lap. My mother finally stepped in, 10 minutes before the finish, and informed me that although I had been leading for most of the race, during my last toilet stop I had lost it. If I wanted it back I would have to overtake my friend Marina.

To be honest, I wanted the win, but it's hard to take it from a friend. I guess in the ultra running community we're probably going to like the person we're competing against, and that's what attracts me to the sport. So I

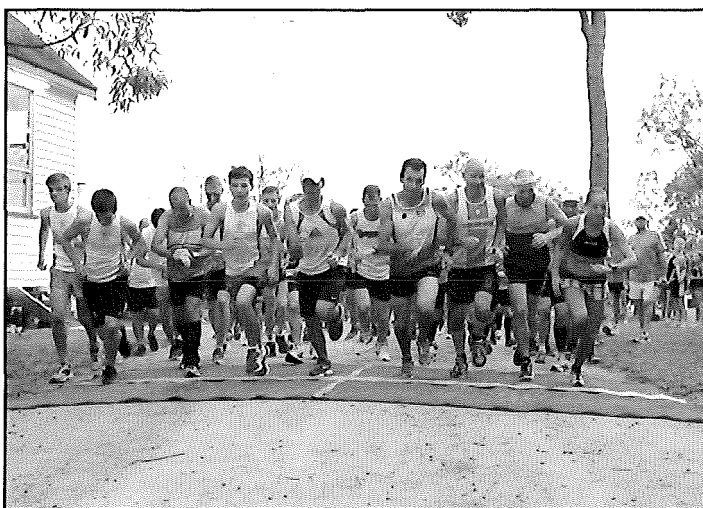


Raelene Bendall of "Team Bendall"
Photo -Dreamsport Photography

gave it a crack and my last two kilometres were my fastest of the event.

Australian representative John Pearson flew around the track for the entire 12 hours, not just the last 8 minutes, but unfortunately missed setting a new track record by 191m, with his 131.55km. Laurie Lane finished in second with 125.723km, and Gavin Bendall's 116.455km secured him third. I ended up with 102.118km, and Marina was only 300m behind with 101.831km. Cheryl Simmons finished third, with 98.927km.

[Editor's Note: Sue O'Brien completed exactly 100km, though was registered in the 100km event, rather than the 12hr event.] The supporters were awesome and unwavering. I missed the encouragement of Andy Sewell's kids when they headed to bed for the night as they were by far the most creative and encouraging supporters on course. It was great when they woke up early again, for the finishing stages of the race. Gavin and I can't afford overseas holidays to Bali or Fiji, so it looks like we may just have to return to Caboolture in July for our little 'Lap of Luxury.'



And they're off: the start at Caboolture
Photo - Dreamsport Photography

Caboolture Dusk to Dawn 12 hour

Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		131.550	Pearson	John
2	2		125.723	Laine	Laurie
3	3		116.445	Bendall	Gavin
4	4		114.279	Moloney	Nic
5	5		112.309	Mulholland	Shaun
6	6		110.760	Allen	Trevor
7	7		110.573	Jewell	Brad
8	8		102.562	Payne	Marcus
9		1	102.118	Bendall	Raelene
10	9		102.007	McBride	Barry
11			101.831	Brun-Smiths	Marina
12	10	2	101.711	Walmsley	Lee
13	11		101.317	Sewell	Andrew
14	12		100.697	O'Brien	James
15		3	98.927	Symons	Cheryl
16	13		97.069	Bennett	Peter
17	14		95.335	McLeavy	Guy
18	15		93.043	Woodger	Greg
19		4	92.952	Holloway	Belinda

Caboolture Dusk to Dawn 12 hour

Rank	Cat Place	Cat Place	Time Distance	Last Name	First Name
20	16		92.500	Sutton	Rob
21		5	91.612	Cook	Katrina
22	17		90.547	Angus	Matt
23	18		90.212	Last	Geoff
24	19		82.711	Weir	Sam
25	20		80.211	Malby	Ben
26	21		80.194	Adams	Grahame
27		6	76.740	Smith	Cassie
28	22		73.741	Hardy	Bruce
29	23		72.740	Ream	Dom
30	24		71.705	Jordan	Stephen
31		7	70.550	Morris	Raewyn
32	25		55.500	Truloff	Gregory
33	26		52.655	Maybir	Caleb
34	27		50.500	Quirk	Richard
45	28		49.000	Thwaites	Mick
36		8	34.000	Haslam	Susan
37	29		32.500	Nathan	Malcolm
Bold SURNAME indicates AURA member.					

Caboolture Dusk to Dawn 6 hour

Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1		1	74.793	Nicholl	Deb
2	1		62.884	Ponych	Greg
3		2	62.078	Moloney	Mallani
4	2		62.004	Phipps	Nic
5	3		61.541	Spies	Wayne
6	4		58.370	Hooper	Craig
7		3	56.813	Williamson	Kerrie
8		4	56.144	Burrell	Stephanie
9	5		55.127	Walsh	Matt
10	6		54.218	Emr	Mark
11		5	51.347	Jaques	Sara
12	7		48.256	Standring	Brett
13	8		47.005	Sutherland	Tim
14	9		45.714	Anderson	Peter
15	10		44.536	Ivory	Mitchell
16	11		43.002	McNevin	Allan
17	12		42.937	Cossey	Alan

Caboolture Dusk to Dawn 6 hour

Rank	Cat Place	Cat Place	Distance	Last Name	First Name
18		6	42.500	Schaffer	Sally
19	13		42.500	Spiller	Mike
20		7	42.026	Mugridge	Amanda
21	14		40.690	Pedler	Ken
22		8	38.200	Gibbons	Sue
23	15		38.000	Knowles	Christopher
24	16		38.000	Nunan	Daniel
25	17		36.500	Croft	Jeremy
26		9	34.549	Charlton	Sammi
27	18		34.473	Harris	John
28		10	33.387	Grady	Leticia
29	19		33.320	Buchan	William
30		11	32.375	Pretorius	Elis
31	20		31.742	Melrose	Peter
32		12	27.223	Melrose	Toni
33		13	25.000	Mason	Jenny
Bold SURNAME indicates AURA member.					

Caboolture Dusk to Dawn 100km

Rank	Cat Place	Cat Place	Time	Last Name	First Name
=1	1		11:47:22	O'Brien	Andrew
=1		1	11:47:22	O'Brien	Sue
Bold SURNAME indicates AURA member.					

Caboolture Dusk to Dawn 50km

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:07:33	Kruger	Brad
2	2		5:24:03	Marshall	Kelvin
3		1	6:15:21	Brousseau	Caroline
Bold SURNAME indicates AURA member.					



Injinji Stromlo 12 Hour / 100km

AURA National 100km Championships

Stromlo, ACT, February 16, 2013

by Jodie Osborne

This was my first experience running 100km, and my first experience of a timed race such as the 6 or 12 hour. Despite knowing next to no one at this event I was made to feel very welcome by race officials and fellow competitors and felt right at home. I made the trip all the way to Canberra from Perth, WA just to see how I measured up against runners from right across Australia. There are very few ultra events on offer in WA and while this is changing, thanks to the efforts of a few passionate and talented WA ultra runners, the remoteness of Perth means that accessing all the great events on offer in Australia is out of the reach of many Western Australians.

When I mentioned that I was going to run 100km to my running buddies they weren't surprised. When I then said it was on a loop course of 1km long they thought it was a little crazy. When I said it was run at night, in the dark, they thought I was insane. Wouldn't it get boring? One of the highlights of some longer events is the experience of running in scenic surrounds which

can take your attention away from the hurt of running for so long. Running a 1km loop 100 times (or more) at night just does not sound fun.

The 1km loop was, in my opinion, quite good.

Participants pass their crew area every one kilometre, which made it easier to communicate to your support crew what you needed on the next lap rather than have them anticipate your requirements. It was also possible to interact more with fellow competitors. While I usually have the pleasure of running with someone on longer trail events, it can be at times quite isolating if you're running on your own. Participants' split time, and those passing the start/finish just before you, were flashed up on a screen so you had instant feedback on the current kilometre split

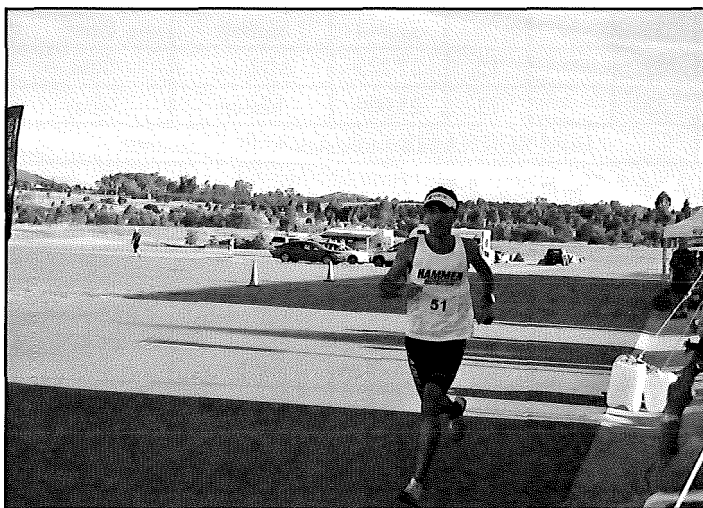


*Start of the 50km at Stromlo
Photo - Phil Essam*

participants had close encounters with kangaroos during the night.

This event was low key, but superbly coordinated, thanks to the race organisers who were happy to assist anyone with specific requests in regards to record attempts. Most notable was Martin Dent, who recently ran in the 2012 London Olympic Marathon, who was attempting to break the Australian 100km record. The race for the 50km/6 hour runners started at 6:00pm. Brendan Davies quickly showed the field a clean set of heels, running his first 1km lap in 3:20. He was not challenged over the 50km, finishing in 3:16:49. April Palmerlee was also unchallenged in the 50km for the women, and ran with determination to finish first for the women in 4:22:40. In the 6 hour race Joseph McCann was 1st male with 66.139km, and Jayne Crossling 1st female with 55.371km.

The longer events of the 100km and 12 hour started at 7:00pm. Martin Dent set a good pace early, running consistently and right on record pace. Marty had a large support crew, including



*Brendan Davies running on to a win in the 50km event
Photo - Phil Essam*

and distance completed. As the sun set, the scenery slowly changed and glow sticks lit the race line, with floodlights providing some additional lighting. As the track is located in the Stromlo Forest Park some

his extended family, whose calls of encouragement could be heard almost everywhere on the 1km track. While not directed at me I was certainly entertained and encouraged by their antics during the night. It was inspiring to be in the presence of such a high profile athlete mixing it up on the track and to get updates during the event as Marty went through the marathon distance, and then 50km, on record pace. Unfortunately, proving that ultra running really is a challenge and a big step up from the marathon distance, Marty was unable to complete the 100km on the night and the record still stands. However, one record broken on the night included the barefoot record for the 100km. Robert Knowles comfortably broke his previous barefoot record, finishing the 100km in 9:47:52.

As the 50km runners finished their event and the 6 hours elapsed, the number of runners on the track dwindled. Several had to reluctantly withdraw but the support of the officials on the night did not waiver. In the 100km Marita Eisler ran strongly

and looked comfortable all night and took line honours and is the National 100km Road Champion with a time of 8:47:44. Well ahead of the men, Mal Gamble was the 1st male in a time of 8:55:46, followed by Andrew Donaldson in 9:17:20 and Cameron Gillies in 9:17:24. I was pleased to be 2nd female in 9:31:18 in my first attempt at this distance, and Larissa Tichon in 10:17:12 took 3rd female in the AURA National 100km Championships.

I was very pleased to be able to stop running in one direction and, after walking out the soreness for a while and a warm shower, I felt okay despite having run 100km with no sleep, and was inspired by the hardy souls who were still out on the track as night faded to day and the sun began to rise. We watched the clock countdown the final minutes of the 12 hour race. Mal

Gamble was 1st male in the 12 hour with 130.600km and Larissa Tichon 1st female with 115.545km. New course records were set on the night for all the 12 hour and 100km events.

Lastly, a very special thank you to Martin Fryer, chief race director, and Phil Essam for making me welcome. Also to Rob Knowles' wife, Jackie, who I met for the first time that night, but was willing to assist me by crewing for both Rob and I right throughout that long, cool night in Canberra.



Winning female in the 12 Hour event, Larissa Tichon
Photo - Phil Essam

Injinji Stromlo 12 hour					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		130.600	Gamble	Malcolm
2	2		123.419	Gillies	Cameron
3	3		120.337	Sullivan	Keith
4	4		118.689	Donaldson	Andrew
5		1	115.545	Tichon	Larissa
6		2	109.257	Hamaty	Sabina
7		3	107.984	Hepworth	Annabel
8	5		105.334	Mullins	Peter
9	6		102.165	Pearce	Billy
10	7		101.598	Burns	Doug
11		4	100.986	Thompson	Michelle
12	8		97.041	Thompson	Michael
13		5	95.314	Bennett	Kelly
14	9		93.000	McClellan	Darren
15	10		90.062	McCarron	Matt

Injinji Stromlo 12 hour					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
16	11		87.684	Kime	Darren
17	12		83.266	Jordan	Steve
18		6	81.665	Wiltshire	Cathie
19	13		77.005	Roberts	Martin
19	14		77.005	Ryan	Brendan
21	15		62.000	English	Stephen
22	16		56.000	Smith	Damian
23	17		51.000	Schwebel	Ron
24	18		50.000	Sylvester	James
=25	=19		43.000	Riedl	Arnulf
=25	=19		43.000	Richardson	Saul
27	21		42.000	Samir	Shadi
28	22		38.000	Watson	Peter
29		7	33.000	Marshall	Sarah-Jane
Bold SURNAME indicates AURA member.					

Injinji Stromlo 6 hour					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		66.139	McCann	Joseph
2	2		60.084	Chan	Henry
3	3		58.026	Crouse	Jaco
4	4		55.687	Wright	Scott
5		1	55.371	Crossling	Jayne
6		2	50.615	Liddell	Sonia
=7	=5		50.000	Graham	Dave
=7	=5		50.000	Khoury	Peter
9	7		47.860	Foster	Peter
10	8		40.000	Mansell	Ken

Bold SURNAME indicates AURA member.

Injinji Stromlo 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:16:49	Davies	Brendan
2	2		4:00:17	McCann	Joseph
3		1	4:22:40	Palmerlee	April
4	3		4:35:14	Graham	Dave
5	4		4:55:41	Khoury	Peter
6	5		5:03:30	Wright	Scott
7	6		5:05:03	Chan	Henry
8	7		5:05:08	Crouse	Jaco
9		2	5:13:01	Crossling	Jayne
10		3	5:24:35	Adams	Carol
11		4	5:55:05	Liddell	Sonia
12	8		5:56:52	Boyce	Robert

Bold SURNAME indicates AURA member.

Injinji Stromlo 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1		1	8:47:44	Eisler	Marita
2	1		8:55:46	Gamble	Malcolm
3	2		9:17:20	Donaldson	Andrew
4	3		9:17:24	Gillies	Cameron
5		2	9:31:18	Oborne	Jodie
6	4		9:41:42	Sullivan	Keith
7	5		9:47:52	Knowles	Robert
8		3	10:17:12	Tichon	Larissa

Injinji Stromlo 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
9		4	10:56:07	Hamaty	Sabina
10		5	11:02:06	Hepworth	Annabel
11	6		11:30:08	Mullins	Peter
12	7		11:38:17	Marsh	Ken
13	8		11:44:06	Pearce	Billy
14	9		11:47:37	Burns	Doug
15		6	11:53:01	Thompson	Michelle

Bold SURNAME indicates AURA member.



Maroondah Dam 50km

AURA National Trail Championships

Yarra Ranges, VIC, February 17, 2013

by Dan Langelan

Maroondah Dam ultra, the Australian National Trail Championship, and Race #1 of the Victorian Mountain Trail Championships, was only a few days away. The forecasted temperature was mid-30s, which was making many runners nervous about the possibility of cancellation due to a total fire ban day. Fortunately, the news arrived the day prior to the race that it was able to proceed, but it was still border line.

The mid-30s forecast created significant uncertainty for me personally. In the 18 months I've raced in ultras, I have been

extremely lucky to never race in conditions hotter than mid-20s. All week I was trying to decide between a fuel belt and a hydration pack. There are always plenty of check points to refuel in trailsplus events, and I didn't want the extra weight on my back, but felt it was too risky not to carry the extra fluid in the heat so I went with the hydration pack.

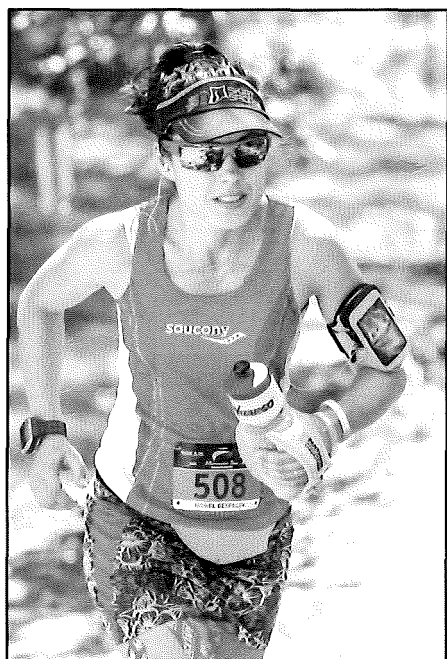
There were a couple of changes to the 2013 course. The first was the start at Dom Dom Saddle and



RD, Brett Saxon, during the pre-race briefing at Maroondah Dam
Photo - fstop5.com

completing 5km out and back on Road Eight, before continuing on the usual course. When the buses arrived at 7:45am the air was still cool, but we all knew that would not last long. The change in the course provided an open uphill start, which allowed the runners to sort themselves out quickly. The turnaround at 5km allowed runners to see what was happening at the pointy end of the field, and also say g'day to runners they didn't see at the start line, to see if Toby Wiadrowski had removed his shirt, and to receive the Kev Mannix signature high 5. At this point Mick Donges had a clear lead and hadn't even worked up a sweat.

The first 10km had no net elevation gain this year, and no single trail tracks with ferns to cut up the legs, but it didn't feel any easier. The next 10km is probably the easiest section on the course and it was still shaded, so the heat was not an issue. The climb in elevation between the 20km checkpoint and the peak of Mount St. Leonard was matched by an apparent climb in temperature. As the sun rose higher during the morning the course became more exposed, and there was very little breeze to



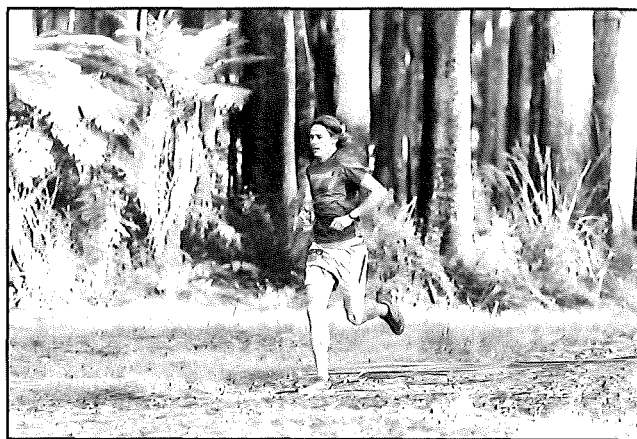
*Nearing the end of winning her 50km race:
Isobel Bepalov at Donnelly's Weir Road
Photo - fstop5.com*

relieve. I remember thinking that once I got to the peak of Mt. St. Leonard I could pick up speed going downhill and create my own breeze to help cool off. Unfortunately that theory was rubbish and it felt even hotter on the downhill. My legs were starting to cramp so I couldn't push as hard as I would have liked.

I met a couple of runners going down Mt. St. Leonard who were struggling with the conditions, including my Three Peaks Race team mate Andy Selby Smith. We tried to push each other, however, when I saw a young boy with a water spray bottle and I bent forward to allow him to spray me in the face, both hamstrings cramped simultaneously. It took the best part of a minute for the cramp to release before I could push on and catch Andy again.

The last change to the course resulted in a little more distance and a river crossing. I normally don't look forward to getting wet shoes, but this time the cold water was a huge relief. I wanted to dip my head into the water but I knew bending over would result in cramp, so I had to settle with just my feet being cooled off. A few km later the finish line was a huge relief.

Given the conditions, I thought it would be wise to cool off in the river after the run. Sitting in the icy cold water was an awesome feeling, until I realised I couldn't stand up.



*Mick Donges running along Dom Dom Saddle towards his win in the event
Photo - fstop5.com*



*Dan Langelaan (author) running strongly at Maroonah Dam
Photo - fstop5.com*

After a minute or two I managed to roll onto my stomach and get up, which saved the embarrassment of calling for help in a river that was less than one foot deep!

It was impressive to see how the runners coming through later in the day (in hotter conditions) had pushed through and made it to the finish line. First aid did a great job helping those suffering with heat exhaustion. Thanks to Brett and the many volunteers who made the event run so smoothly. Congratulations to Mick Donges, Kev Mannix, Toby Wiadrowski, Shona Stephenson (who set a course record of 4:52:40), Stephanie Gaskell and Mandy-lee Noble on their sensational times and podium finishes. Also congratulations to all those who competed, starting and finishing in the hot conditions is a great achievement regardless of the time taken.

Maroondah Dam 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:13:49	Donges	Mick
2	2		4:24:47	Mannix	Kev
3	3		4:28:33	Wiadrowski	Toby
4	4		4:38:19	Beard	Dan
5	5		4:51:21	Muller	Kevin
6	6		4:52:27	Langelaan	Dan
7		1	4:52:40	Stephenson	Shona
8	7		4:53:56	Vintin	Sean
9	8		4:55:20	Selby-Smith	Andrew
10		2	4:55:56	Gaskell	Stephanie
11	9		4:58:02	Byas	Dion
12	10		5:01:38	Marcus	Simon
13	11		5:06:33	Alcock	David
14	12		5:07:39	Melchiori	Tristan
15		3	5:15:26	Noble	Mandy-lee
16	13		5:15:58	Ferraro	Simon
17		4	5:17:36	Macmillan	Katherine
18	14		5:18:01	Collins	Michael
19	15		5:20:32	Allen	Duncan
20		5	5:20:37	Emmerson	Kellie
21	16		5:20:58	Barrett	Philip
22	17		5:21:13	Hutton	Shane
23	18		5:24:55	Crozier	Luke
24		6	5:26:10	Bespalov	Isobel
25	19		5:26:23	Zan	Steven
26	20		5:32:37	Mckeown	John
27	21		5:33:10	Gullifer	John
28		7	5:42:28	McConnell	Bryony
29	22		5:43:35	Foti	Daniele
30	23		5:49:01	Worley	Brett
31	24		5:54:30	Miller	Tristan
32	25		5:55:00	Sandilands	Alistair
33	26		5:55:17	Mitchell	Scott
34	27		5:56:16	Robertson	Andrew
35	28		5:56:47	Dalton	Robert
36	29		5:58:32	Marshall	Kelvin
37		8	6:03:10	Wright	Sophie

Maroondah Dam 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
38	30		6:06:45	Stokes	Philip
39	31		6:10:37	Smith	Jamie
40	32		6:16:45	Lewis	Joe
41		9	6:16:56	Robinson	Karen
42	33		6:19:16	Jones	Brian
43	34		6:20:53	Brereton	Vin
44	35		6:20:53	Hamilton	Justin
45	36		6:20:53	Banik	Daniel
46	37		6:22:23	Day	Paul
47		10	6:26:11	McTaggart	Kerryn
48	38		6:26:38	Smythe	David
49	39		6:28:20	Kift	Edward
50	40		6:28:20	McNamara	Matt
51	41		6:29:47	Corner	Stephen
52	42		6:40:41	Johnson	Richard
53		11	6:42:00	Allan	Eliza
54	43		6:44:31	Crabtree	Simon
55	44		6:46:36	Sutton	Rob
56		12	6:50:57	Stevens	Terrie
57	45		6:56:23	Byrne	Patrick
58	46		6:59:38	Blobel	Norbert
59	47		7:05:28	Phillips	Ben
60		13	7:07:58	Eadie	Kim
61	48		7:14:01	Hunt	Martin
62	49		7:15:08	Fox	Nigel
63	50		7:18:57	Palermo	Frankie
64		14	7:35:19	Esparon	Natalie
65	51		7:35:19	Cleary	Terry
66		15	7:39:35	Shiu	Crystal
67	52		7:43:18	Bell	Matthew
68		16	8:01:30	Bolton	Vanessa
69	53		8:02:19	Cano	Emilio
70	54		8:07:07	O'Brien	Paul
71	55		8:09:45	Jansen	Erwin
72	56		8:27:01	Civijovski	Vele
*	57		8:32:18	Hewat	Andy
*		17	8:32:18	Fletcher	Robyn

Bold SURNAME indicates AURA member.

* Sweepers



Lark Hill Dusk to Dawn 50/100km

Port Kennedy, WA, March 2, 2013

by Fee Salmons

"Ultra runners are a crazy bunch." I'm sure you have all heard this said from time to time. If crazy means being overly friendly, even during long and gruelling events, then I guess they are right. Every time I have introduced someone new to an ultra, whether in the capacity of volunteer, spectator or participant, they have been astonished by the relaxed and friendly atmosphere during these events. Lark Hill was no exception. The usual nervous chatter could be heard before the start. Competitors comparing their gear, training, expected finishing times and, of course, the real and imagined injuries most of us get a week or two out from any large event.

Lark Hill begins just after sun set and is run through the night. It is in its second year but this year it was run with a difference; the age of technology arrived in full swing. The race was digitally timed and at each lap photos were taken and the times flashed across a large screen for the competitors to view. Our friends and family were able to track our process with live updates. We were even able to watch the race sped up to the song 'Monster Mash' which was posted on You Tube after the event. This proved to be a very entertaining memory.

Before the race began I was unsure of my ability to finish. Firstly I had never run as far as 100 kilometres. Then there was the issue of this being an overnight race; I usually go to bed thirty minutes after I can get my children to sleep. Then to top things off, every member of my family came down ill the week before the race. This could have been considered training for sleep deprivation, only I was on a taper.

I started the race with much anticipation. During the first 30km or so I was fortunate to have the

company of Deb Archer. She had recently moved to Mandurah and I had met her out on the trails. I convinced her to give ultra running a try and she was participating in the 50km event. It is always fantastic running with someone who is experiencing an ultra for the first time; she was amazed by the camaraderie of the event and I am certain that she has now caught the ultra running bug.

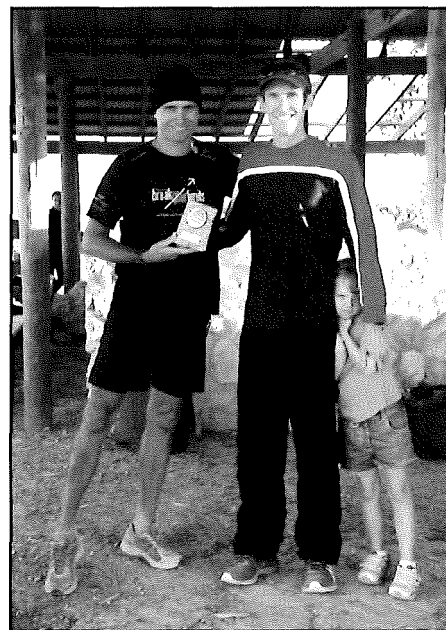
When I eventually found myself on my own I had to concentrate on sticking to my race plan; I wanted to run at a 6min/km pace and have a 2 minute walk break at the aid station, which occurred around every three kilometres. I managed to do this for the first 60km; then I merely tried to stay on my feet. Unable to do simple mathematical sums I entertained myself each lap trying to work out how many laps I had left to go, and if it was possible to just walk and still finish within the course cut off time. This usually took me the most part of each lap to then simply forget the answer a couple of hundred metres later. Eventually I had some help. Rob Adams, who I was certain at the time was a mathematical genius (or he was simply in much better shape than I), was able to calculate all my mathematical sums. He told me at one point that if I walked the rest of the way at 7km per hour that I would finish within the required time. This, I'm sure, was meant to be encouraging, however, I happen to be a very slow walker and I am lucky to walk at a 5km pace at the best of times so, disheartened, I plodded on.

At one point during the race I had decided that ultra running was not for me and told the race director David Kennedy that some people are built for ultra running and others are, quite simply, not. I was not. I was reminded by a friend at

the finish that I used to give this same spiel during my previous marathons. Luckily I did not retire right there and then and kept pushing on, experiencing runner's high several times throughout the night.

Tim Eva managed to win this event outright, gaining twenty seconds on his previous attempt to set a new course record. Well done to all the other runners, both for their efforts on the night and their friendliness during such an event. During this race I had the pleasure of talking with many of you and our common pacer, Jamie. It was a fantastic evening and a superbly well organised event. Many thanks to David Kennedy for all his hard work and, of course, for all the training and racing advice he has given to me. Also, thank you to all the volunteers and runners out on the course: you are all truly a 'crazy' bunch.

[Editor's note: Fee humbly forgot to mention that she also managed to win the women's 100km event. Well done Fee; ultramum!]



Two-time winner of the men's 100km, Tim Eva, with RD Dave Kennedy, and up-and-coming RD Hannah Kennedy
Photo - Susan Grober

Lark Hill Dusk to Dawn Ultras 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		10:50:06	Eva	Tim
2	2		11:00:46	Wholey	Grant
3	3		11:27:36	Fonte	Justin
4	4		11:41:13	Dodds	Hunter
5	5		11:44:30	Foley	Paddy
6	6		11:50:25	Sutton	Rob
7	7		12:22:20	Butterworth	Simon
8		1	12:33:54	Salmons	Fee
9	8		13:08:22	Adams	Rob
			DNF (50km)	Frattini	Silvio
			DNF (50km)	Hagan	Karen
			DNF (75km)	Marshall	Laura

Bold SURNAME indicates AURA member.



Running into dusk at the start of Lark Hill Dusk to Dawn
Photo - Susan Grober

Lark Hill Dusk to Dawn Ultras 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:36:10	Bakowski	Thomas
2	2		3:43:50	Roberts	James
3	3		3:55:23	Kennedy	David
4	4		4:13:53	Smith	Anthony
5	5		4:16:01	Noonan	Ben
6	6		4:26:13	Cavin	Ben
7	7		4:31:29	Meckenstock	Matt
8		1	4:32:32	Broadway	Claire
9	8		4:42:20	Maidment	Mike
10	9		4:42:55	Swart	Derik
11	10		5:10:01	Smetherham	Glen
12		2	5:10:35	Fieberg	Barbara
13		3	5:12:14	Dean	Joanne
14	11		5:19:19	Bartels	Andre
15	12		5:21:38	Cunningham	Terry
16		4	5:28:55	Henderson	Amy
17	13		5:38:40	Smith	Brendon
=18	=14		5:40:13	Shaw	Brent
=18	=14		5:40:13	Hunt	Greg
20	16		5:40:14	Shapland	Darren
21		5	5:42:30	Tatterton	Cheryl
22	17		5:51:01	Oldfield	John
23		6	5:52:22	Brand	Megan
24	18		6:01:34	Garner	Lee
25	19		6:08:59	Steel	Martin
26	20		6:09:31	Baker	Phil
27		7	6:12:57	Archer	Deborah
28		8	6:42:27	Merrick	Hailey
=29	21		7:00:29	Deering	Bill
=29		9	7:00:29	Evans	Rachel
			DNF	Paisley	Cheree
			DNF	Byass	Rozanne

Bold SURNAME indicates AURA member.



Convicts and Wenches 50km

Green Beach, TAS, March 3, 2013

by Tia Jones

It was shortly after having moved to Australia in 2009 that I decided the climate and atmosphere were perfect for me to restart my running. I had enjoyed 14 years previously, but it had been interrupted as my family had been living in countries of the world which did not allow me to follow my passion in running.

I joined a small running group in Perth and began training for marathons. Last year I moved to

Brisbane to be closer to my two daughters and decided to push myself a little further and venture into ultra-marathons. I found a number of running groups in my local area and, with the support of my fellow runners, decided to set myself the challenge of completing the Comrades Marathon (87km) in South Africa this year. This meant that I had to get some long-distance ultra-marathons under my belt in preparation. When the opportunity to run one in Tasmania came

around, I jumped at the chance as I had never been to Tasmania and had heard that it was beautiful.

My husband and I arrived in Launceston, Tasmania on the Friday evening before the run to allow us time to settle in, get our bearings and see some of the sights. We drove to a lovely caravan park at Kelso, an hour's drive from the Launceston airport, where we were warmly greeted and shown to our chalet. We settled in and as the



*The convicts and wenchies milling at the start of the race
Photo - Bryan Jones*



*Tia being handsomely escorted by two convicts
Photo - Bryan Jones*

sun went down we were visited by a procession of wombats, possums and wallabies; all of whom were very interested in us and the other residents of the park. Perhaps they were more interested in looking for a quick and easy meal.

The next day we woke to a beautiful clear day and decided to take a walk around the park before heading back towards Launceston to visit the beautiful Cataract Falls situated up the hill from the town centre. This is a lovely picturesque area where you could easily spend the day on the numerous walks and have a picnic. As carbo-loading is a necessary evil when running ultras, we begrudgingly managed to force down some decadent fresh buttermilk scones with clotted cream and succulent strawberry jam. Ah, the torture! The rest of the day was spent ambling through wineries where we had a ploughman's platter for lunch and the occasional nip of wine. I got to bed early that night and began to mentally prepare for the challenge awaiting me the next day.

Race day started early when I got up for something to eat and then drove the 4km to Greens Beach, where the race was to start. The weather was overcast and cool; perfect for running. The race was a late start (8am) to allow the tide to recede, as half of the race is run on the beaches. The course was 25km running out to Bakers Head and 25km return over the same course back to Greens Beach. This course combined four beaches broken up by a number of headland trails (approx 50/50 split).

I had never run on beach sand before and was very nervous about how I would handle the change in surface. The registration ran smoothly and everyone was friendly and welcoming.

I have a pathological fear of snakes which was not helped by the sign looming at the race start warning in large black letters of a recent tiger snake sighting in the area! Just before 8am the small group (approx 36 people) lined up opposite the Greens Beach caravan park. After a brief race summary by Ian Cornelius we were off.

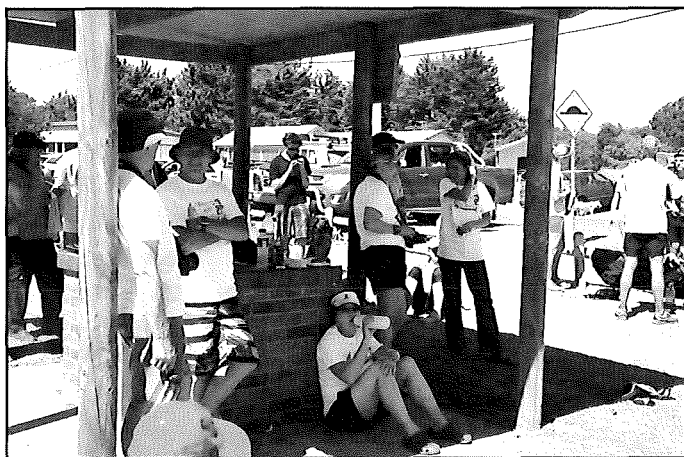
The trails were beautifully forested in places with areas of soft pine needles cushioning our feet and surrounded by soft shadow. Over the next 6km the runners quickly spread out, despite passing being difficult on the narrow tracks. The first long stretch of beach (Badger Beach) was stunning, with wide expanses of pristine, hardened sand, characteristic of the untamed beauty of Tasmanian landscape. I was surprised how easy it was to run on the sand; this was helped by the fact that I was joined by a

lovely young Melbournian lady who made the time fly by as we chatted.

Back on the next headland the course became more challenging. The terrain became undulating and heavily rooted, resulting in me needing to pay particular attention to my footing at all times, whilst keeping an eye out for the dreaded snake I hoped not to meet. I was running predominantly on my own, with no one in sight. The trail was very quiet. At times the trails were so narrow that the trees hugged you closely on both sides. I felt completely in touch with nature; I was at peace and found the whole experience quite spiritual.

On the last long stretch of beach before the half way turn at Baker Head, I joined a local Tasmanian runner and had a good chat until we separated later on the return stretch. Physically I felt strong, but the uneven terrain was hammering my toes. I started to tire about 5km from the end. This fatigue and my inexperience running trails both probably contributed to my getting a little lost and running an extra 1.2km, only to discover that the trail I thought was incorrect was, in fact, the correct one! It was a great relief when I saw my husband on Greens Beach and I knew that all I had to do was run over the bridge and around the corner and the race was over.

The day was concluded with a sausage sizzle at the finish, ably arranged by the volunteers who are always the most needed people to make a race successful. A nice informal prize giving rounded off the day, before all made their separate ways back home, or to catch the flights back to the various towns they had come from. I would like to say thank you to Ian and his team of volunteers, and the runners that kept me company on the long beach stretches. I would like to encourage other runners to attend this race in the future as it is truly beautiful and an experience that I will never forget.



*Relaxing and recovering at the finish
Photo - Bryan Jones*

Convicts and Wenches					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:56:19	Henricks	Aub
2	2		3:58:58	Mckenzie	Paul
3	3		4:06:06	Worswick	Jonathan
4	4		4:24:37	Claridge	John
5	5		4:28:53	Piper	Tim
6	6		4:32:17	Law	Andrew
7		1	4:33:00	Lamprecht	Amy
8	7		4:38:12	McIntyre	Michael
9	8		4:41:11	Cannell	John
10	9		4:49:14	Orton	Jayson

11		2	4:52:30	Jones	Tia
12	10		4:59:30	Murrell	Conrad
13	11		4:59:55	Wright	Paul
14		3	5:01:41	Guy	Jacqui
15	12		5:38:32	Beeston	Phil
16	13		5:44:32	Booth	Michael
17		4	5:45:18	Frost	Michelle
18	14		5:50:03	Beck	Jason
19		5	5:50:06	Nichols	Robyn
20	15		5:50:31	Smith	Sean
21	16		5:51:01	Rees	David
22	17		6:06:52	Metcalf	Dean
23		6	6:15:28	Fulton	Lyn
24		7	6:21:21	Poynton	Freya
25		8	6:21:49	Frost	Pamela
26	18		6:36:47	Frost	Simon
27		9	6:40:15	Berry	Kristal
28		10	6:44:35	Blackman	Monique
29		11	6:44:36	Green	Angela
30	19		6:54:07	Talbot	Christopher
31		12	6:59:33	Lawson	Lorraine
32	20		7:00:31	Williams	David
33	21		9:11:00	Beveridge	Steel
			DNF	Gilbert	Mark
			DNF	Macpherson	Mary-campbell
			DNF	Sherriff	Damo

Bold SURNAME indicates AURA member.



Six Foot Track

Blue Mountains, NSW, March 9, 2013

by Georgina Moore

If you had asked me if I was ready for Six Foot on the day that the 2012 race was cancelled, I would have whole heartedly said "yes". Twelve months later in the lead up to, and even on the day, I was certainly NOT ready for Six Foot. I had run the race in 2010 and 2011. In 2012, I was at my peak, but unfortunately it was cancelled due to an horrendous amount of rain in the lead up to the event, which made the Cox's River impassable.

2013 was a totally different story.

I had had all four wisdom teeth removed about 6 weeks prior to the event. I had attended the dentist with a tooth ache on Friday; come

Saturday morning and I was back there again having the dentist explain, blow by blow, what he was going to do. I very quickly communicated - in the dental language that we all seem to be so fluent in the moment we land in the dentist chair - I don't want to hear about it, just shut up and pull them out.

By Sunday I was convinced I was a walking miracle. I couldn't fully open my mouth, but I was in no pain whatsoever! I knew I'd be back to training in no time. By Monday morning I was still pain free, but I was also almost out of drugs. It wasn't until I was taking

my very last pill that I re-read the instructions on the pack...no wonder I had been feeling so good, I had been overdosing on pain killers since the surgery! Needless to say, the following 10 days, or so, were very painful. It was during those days that I realised that, despite my mouth being a long way from my feet, having a few teeth removed could really impact your training!

Friday 8th March – the day before Six Foot. My Garmin was plugged in, I had set two alarms to ensure that I got up in time for the drive, and I had two gels in my shorts pocket. I was as ready as I would

ever be.

Saturday 9th March – my alarm went off and I was up out of bed. Dressed in record time, did my hair (I'll admit it looked pretty good and I put in enough hairspray to ensure that it would look just as good when I crossed the finish line). A few hours later I was climbing off the bus at the start line.

I always get nervous before a race. I don't know why, it's truly ridiculous, but I always feel positively ill. I ran into a few other runners that I knew, but unfortunately they were all asking about goal times and race strategy. I noticed a few of them had obtained temporary tattoos on their arms and hands which happened to coincide with time goals for certain locations. I was just getting even more nervous...

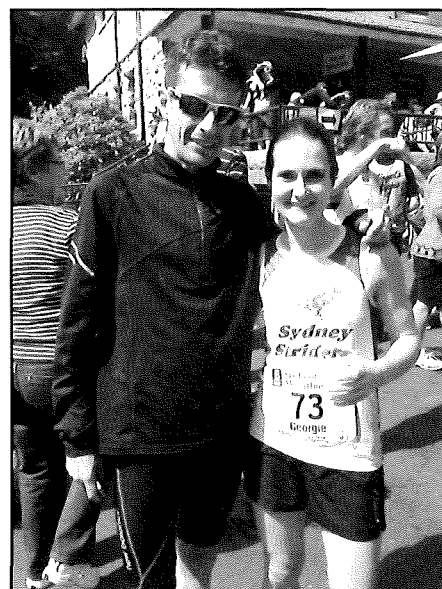
Trusty Colin (race director) called up Wave 1 to the start line with about 10 mins to go. As I left my boyfriend's side he kindly reminded me to switch on my Garmin, as my Garmin and I have a bit of a love-hate relationship. There have been many times that my Garmin has got me lost, and it still hasn't worked out where Hobart is, despite the fact I ran that

marathon over three years ago! Nor has it worked out where Noosa or Beerburrum is. Mind you I also got lost getting to Beerburrum for the Glass House Mountains 100km.

It seemed that the 9th March was going to be an "I hate my Garmin" day. Despite being charged from 7pm the night before, once it worked out where I was it then proceeded to tell me that its battery was low. Who was this thing trying to kid! It had 45km to travel! I was going to have to run based on the actual time rather than the stats my Garmin spits out.

Trusty old Colin started Wave 1 at exactly 7am; talk about punctual! With no Garmin to guide me, I ran Six Foot to how I felt and I took it comfortably down to Cox's Creek. I ran and walked up Pluvi, and then treated the Black Ranges like a training run. I certainly didn't push as hard as I probably should have in the first half, but I was truly feeling amazing at the top of Pluvi. I had a bucket load of energy and as I trotted along enjoying the scenery and greeting those at the checkpoints, I was slowly, but constantly, passing quite a few other runners.

I came around that final corner



Georgie all smiles at the finish of Six Foot Track
Photo - Georgie Moore

where the man with the cow bell is and where you can hear the finish line for the first time. I looked at my watch - it was 11:13am- I had somehow got close to the finish feeling in great shape in a pretty good time (even if I say so myself.) Now I had seen the time, I figured I should probably try for a sub-4:15 Six Foot. I finally put my foot down and sprinted down the zig-zag path leading to Caves House. I finished with a time just over 4:15, but I am certainly not complaining. I had an absolute ball! I had loved every step and my hair was still in place. Obviously being four teeth lighter has huge advantages!

Six Foot Track					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:26:24	Fattorini	Tony
2	2		3:30:32	Walker	Sam
3	3		3:31:11	Green	Mark
4	4		3:31:53	Donges	Mick
5	5		3:35:46	Matthews	Alexander
6	6		3:37:17	Wallace	Don
7	7		3:40:12	Cochrane	Tim
8	8		3:40:47	Truscott	Chris
9	9		3:42:34	O'Loughlin	Jonathan
10	10		3:46:54	Keyes	Marty
11	11		3:48:10	Macdonald	Hamish
12	12		3:48:36	Hosking	David
13	13		3:49:28	Lee	Mark
14	14		3:52:43	Lee	Andrew
15	15		3:52:59	Sweeney	James
16	16		3:54:26	Dover	Thomas

Six Foot Track					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
17	17		3:55:54	Horsburgh	Ewan
18	18		3:57:35	Morris	Phil
19	19		3:58:18	Baldwin	David
20	20		3:59:21	Hirata	Akihiro
21		1	3:59:32	Burgess	Sara
22	21		4:00:05	Graham	Chris
23	22		4:00:16	Helliwell	Chris
24	23		4:00:52	Booth	Oskar
25	24		4:00:57	O'Brien	Ben
26	25		4:01:14	Bartsch	Bradley
27	26		4:01:57	Turnbull	Chris
28	27		4:02:57	Worswick	Jonathan
29	28		4:03:39	Wildig	Rob
30	29		4:03:54	Gladbach	Amadeus
31	30		4:05:09	Green	Richard
32	31		4:05:10	Roberts	Aaron

Six Foot Track					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
33		2	4:05:25	Bateup	Angela
34	32		4:06:04	Craig	Vince
35	33		4:06:12	Gillan	Paul
36	34		4:06:22	Fleming-Gale	Jacob
37	35		4:06:34	Fryer	Martin
38	36		4:08:31	Mcclarnon	Paul
39	37		4:09:03	Mcfadden	Grant
40	38		4:09:10	Burton	Michael
41		3	4:09:26	Mcadam	Michelle
42	39		4:10:50	Brittain	Scott
43	40		4:10:53	Gardiner	Dean
44	41		4:12:00	Palmer	Duncan
45	42		4:12:57	Person	Marc
46	43		4:13:11	Parker	Nathan
47	44		4:13:20	Ayrey	Karl
48	45		4:13:22	Gallagher	Dave
49	46		4:13:47	Parkinson	Matt
50	47		4:13:54	Gibson	Wes
51	48		4:13:58	Turner	David
52	49		4:14:31	Robertson	Paul
53		4	4:15:24	Moore	Georgie
54	50		4:15:25	Bible	Warwick
55	51		4:15:53	Sauer	Glen
56		5	4:16:05	Quinn	Julie
57	52		4:16:27	Kohler	James
58		6	4:16:39	Middleton	Colleen
59	53		4:16:46	Dalgarno	Michael
60	54		4:17:03	Byrne	Simon
61	55		4:17:20	Rooke	Martin
62	56		4:17:28	Angus	Simon
63	57		4:17:39	Steele	Michael
64	58		4:18:16	Hendry	Kyle
65	59		4:18:37	Spencer	Stuart
66	60		4:19:04	Nikolaev	Nikolay
67	61		4:19:17	Clarke	Adam
68	62		4:19:19	Dawkins	Scott
69	63		4:19:26	Telfer	Guy
70	64		4:19:30	Costello	Robert
71	65		4:20:09	Graham	Dave
72	66		4:20:15	Hall	Peter
73	67		4:20:47	Olsen	Paul
74	68		4:21:04	Fleming	John
75	69		4:21:13	Bleakman	Dan
76	70		4:21:34	Opperman	James
77	71		4:22:04	Atchison	Shaun
78	72		4:23:19	Gamble	Malcolm
79	73		4:23:28	Sims	Michael
80	74		4:23:53	Hanlon	Keith
81	75		4:24:06	Harvey	Nick
82	76		4:24:15	Jukes	Richard
83	77		4:25:52	Watson	Adrian
84	78		4:26:09	Wentworth	James
85	79		4:26:26	Cutcliffe	Mark
86	80		4:27:32	Duncan	Jeff
87	81		4:28:00	Neill	Robbie
88	82		4:28:38	Lefmann	Martin
89	83		4:28:50	Harrison	Wesley

Six Foot Track					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
90	84		4:29:06	Cockshutt	Marcus
91	85		4:29:14	Mills	Stephen
92	86		4:30:04	Meryment	Michael
93	87		4:30:14	Glendinning	Adrian
94		7	4:31:19	Jones	Allison
95	88		4:31:44	Noyce	Phillip
96	89		4:32:42	Foreman	Kevin
97	90		4:32:48	Dreyer	Frik
98	91		4:33:18	Newcombe	Martin
99	92		4:33:42	Webster	James
100	93		4:34:25	Klein	Phil
101	94		4:34:49	Stenson	Shayne
102	95		4:35:06	Layson	Andrew
103	96		4:35:17	Zawadski	Nicholas
104	97		4:35:53	Malecki	Bart
105	98		4:36:03	Moulday	Geoffrey
106		8	4:36:07	Carty	Kath
107	99		4:36:18	Alvarez	Daniel
108	100		4:36:46	Streckeisen	Ben
109	101		4:36:47	Nickson	Caleb
110	102		4:36:55	Mccrae	Jason
111	103		4:37:26	Thomsen	Colin
112	104		4:37:43	Reeve	Tom
113	105		4:38:20	Fisher	Andrew
114	106		4:39:07	Austin	Tim
115	107		4:39:11	Kroeger	Daniel
116	108		4:39:17	Jackson	Chris
117	109		4:39:31	Heaton	Kevin
118	110		4:39:53	Connor	Steve
119	111		4:39:55	McLennan	Alan
120	112		4:39:58	Gowing	Tim
121	113		4:40:05	Blyton	Andrew
122	114		4:40:15	Palmer	Richard
123	115		4:40:17	Bromfield	David
124	116		4:40:17	Vassallo	Philip
125	117		4:40:27	Jackson	Stephen
126	118		4:40:29	Johnston	Craig
127	119		4:40:35	Wheaton	Jono
128	120		4:40:35	Hadfield	Paul
129	121		4:40:40	Bradley	James
130	122		4:41:10	Van De Venter	Gerhard
131	123		4:41:29	Elson	James
132	123	9	4:41:30	Mcconnell	Bryony
133	124		4:41:39	Sargent	Ian
134	125		4:41:41	Scott	Peter
135	126		4:41:43	Twohill	Paul
136	127		4:41:45	Vlotman	David
137	128		4:42:00	Donovan	Matt
138	129		4:42:19	Mullins	Lloyd
139	130		4:42:21	Cutler	Rod
140	131		4:43:30	Howes	John
141	132		4:43:39	Watson	Ian
142	133		4:43:50	Dixon	Chris
143	134		4:43:51	Koch	Alex
144		10	4:43:58	Donald	Ingrid
145	135		4:44:23	Cox	Jared
146	136		4:44:40	Bettles	Richard

Six Foot Track					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
147	137		4:44:49	Mallet	Richard
148	138		4:44:49	Grace	Adam
149	139		4:45:01	Robins	John
150	140		4:45:44	Pullen	Miles
151	141		4:45:53	Walsh	Chris
152	142		4:45:53	Evison	Geoff
153	143		4:46:11	Gerber	Grant
154	144		4:46:13	Love	Chris
155	145		4:46:23	Jarvis	Justin
156	146		4:46:40	Robertson	Thomas
157	147		4:46:43	Ward	Matthew
158	148		4:46:53	Mann	Craig
159		11	4:47:12	Waldron	Aileen
160	149		4:47:40	Wheeler	Jason
161	150		4:47:40	Stirk	David
162	151		4:47:47	Wallace	Greg
163	152		4:47:53	Charleston	Andrew
164	153		4:48:07	Shin	Soonchul
165	154		4:48:22	Bromley	Justin
166	155		4:48:31	Murphy	Philip
167	156		4:48:39	Campbell-Neale	Scott
168	157		4:49:30	Watson	Alan
169	158		4:49:31	Gulliver	Simon
170	159		4:50:01	Williams	Tony
171		12	4:50:43	Mitchell	Katrina
172	160		4:50:45	Sheargold	Geoff
173	161		4:50:46	Stanton	Shane
174	162		4:50:50	Elliot-Smith	Adrian
175	163		4:50:52	Kaleski	John
176	164		4:51:10	Malligan	Shaun
177	165		4:51:20	James	Peter
178	166		4:51:53	Sherlock	Matthew
179	167		4:52:17	Blewitt	Paul
180	168		4:52:54	Swan	Greg
181	169		4:53:03	Robinson	Craig
182	170		4:53:08	Pertot	Russell
183	171		4:53:14	Lewis	John
184	172		4:53:24	Horsburgh	Bruce
185	173		4:53:56	Owens	Jim
186	174		4:54:25	Simpson	Dean
187	175		4:54:30	Berriman	Ben
188	176		4:55:11	Spillane	Michael
189	177		4:55:32	Ward	Joe
190	178		4:55:33	Gielissen	Glenn
191	179		4:55:37	Cameron	Angus
192		13	4:55:40	Keith	Susan
193	180		4:55:45	Bakker	Jaap
194	181		4:56:11	Fitzgerald	Gearoid
195	182		4:56:20	Walsh	Christopher
196	183		4:56:21	Nicol	Matthew
197	184		4:56:33	Burke	Andrew
198	185		4:56:54	Hawthorne	Neil
199	186		4:57:36	Arnold	Cameron
200	187		4:57:37	Levy	Jeremy
201	188		4:58:13	Pearce	Brendan
202	189		4:58:24	Mccoullough	Jesse
203	190		4:58:33	Pelosse	Marc

Six Foot Track					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
204	191		4:58:35	Harry	Martin
205	192		4:58:40	Byrnes	David
206	193		4:59:01	Swadling	Gavin
207	194		4:59:14	Cochrane	Ross
208	195		4:59:53	Yoong	Conrad
209		14	4:59:57	Hayes	Simone
210	196		5:00:15	Ignjatic	Robert
211	197		5:00:16	Silvester	Michael
212	198		5:00:34	Huband	Nigel
213	199		5:00:54	Freeman	Mark
214	200		5:00:54	Mccarron	Matt
215	201		5:01:29	Mcgrath	Michael
216	202		5:01:33	Smyth	Andrew
217	203		5:01:49	Cummings	Drew
218	204		5:01:52	Cook	Kermit
219	205		5:02:28	Ryan	Brad
220		15	5:02:29	Watson	Natalie
221	206		5:02:30	Glen	John
222	207		5:02:49	Le Couteur	James
223	208		5:03:01	Tully	Michael
224		16	5:03:33	Mackie	Anne
225	209		5:04:00	Psaila	Marc
226		17	5:04:11	Bruins	Robyn
227	210		5:04:12	Turner	Stewart
228	211		5:04:21	Marshall	Kelvin
229		18	5:05:11	Wilkinson	Lisa
230	212		5:05:29	Grant	Matthew
231	213		5:05:40	Berger	Adam
232	214		5:06:11	Trimmer	Jason
233	215		5:06:21	Price	Stuart
234	216		5:06:24	Schwebel	Ron
235	217		5:06:26	Conn	Stuart
236	218		5:06:27	Foster	Michael
237	219		5:06:45	Bowditch	Eben
238	220		5:06:46	Burke	Ashley
239	221		5:06:47	Fourter	Simon
240	222		5:06:51	Yagi	Yasuhiro
241	223		5:06:59	Graham	Stephen
242	224		5:07:03	Cirks	Stephen
243	225		5:07:31	Whitten	Philip
244	226		5:07:39	Randall	Tim
245	227		5:07:41	Andrews	Glen
246	228		5:08:25	Wye	Graham
247	229		5:08:40	Proctor	William
248	230		5:08:44	Malinowski	Peter
249	231		5:08:53	Loos	Pierre-Francois
250	232		5:09:22	Walsh	Matt
251		19	5:09:24	Musgrove	Charne
252		20	5:09:32	Lafferty	Lise
253	233		5:09:38	Mitchell	Brett
254	234		5:09:53	Norton	Howard
255		21	5:10:10	Tebbutt	Jo
256	235		5:10:38	Redding	Mark
257	236		5:10:42	Kaldor	Peter
258	237		5:10:42	Low	Justin
259	238		5:10:45	Gordon	Jeremy

Six Foot Track					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
260	239		5:11:02	Bayliss	Trevor
261	240		5:11:05	Lovejoy	Stuart
262		22	5:11:22	Kartsounis	Vivienne
263	241		5:11:39	Richardson	Doug
264	242		5:11:39	Carroll	Damian
265	243		5:11:40	Leathem	Gavin
266	244		5:11:42	Bell	Geoff
267	245		5:12:12	Hope	Mark
268	246		5:12:15	Yates	Chris
269	247		5:12:21	Essex	Mitchell
270	248		5:12:27	Rolella	Joseph
271	249		5:12:28	Craig	Tim
272		23	5:12:42	Torda	Adrienne
273	250		5:13:00	Arndt	Andre
274	251		5:13:12	Goossens	Steven
275	252		5:13:37	Kaufling	Jules
276	253		5:13:57	Atkins	Graham
277	254		5:13:57	Smit	Rocco
278	255		5:14:06	Northey	Rodney
279	256		5:14:11	Beasley	David
280	257		5:14:28	Russell	Dion
281	258		5:15:03	Scott	Colin
282	259		5:15:09	Papalia	Jonathan
283	260		5:15:12	Doley	Weston
284	261		5:15:19	Gordon	Grant
285	262		5:15:24	Gayford	David
286	263		5:15:26	Bamber	James
287		24	5:15:31	Hamaty	Sabina
288	264		5:15:32	Johnson	Brock
289	265		5:15:35	Hayward	James
290	266		5:15:45	Blackwell	Tym
291	267		5:15:45	Jones	Michael
292	268		5:15:59	Evans	Russell
293		25	5:16:04	Farrell	Blathnaid
294	269		5:16:22	Crawford	Andrew
295	270		5:16:34	Mcquillan	James
296	271		5:16:36	Millar	Geoff
297	272		5:16:52	Chew-Harris	Graham
298	273		5:16:54	Sutton	Brad
299	274		5:17:00	King	Ruadhan
300		26	5:17:00	Zhang	Shirley
301	275		5:17:01	Lamers	Brendon
302	276		5:17:01	Mullen	Keith
303	277		5:17:08	Butterfield	Grant
304	278		5:17:25	Saunders	Travis
305	279		5:17:50	Toole	Daniel
306	280		5:17:52	Buggy	Michael
307	281		5:18:04	Wisdom	Craig
308	282		5:18:15	Eager	Michael
309	283		5:18:19	Roberts	Damon
310	284		5:18:29	Jacobson	Stuart
311	285		5:18:42	Brown	Mark
312	286		5:18:50	Low	Charles
313	287		5:18:52	Sholl	Paul
314	288		5:18:55	Bruning	Paul
315	289		5:18:59	Mckenna	Bill
316	290		5:19:03	Hassall	Roland

Six Foot Track					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
317	291		5:19:07	Wagner	Pawel
318	292		5:19:10	Quax	Martijn
319		27	5:19:12	Margiotta	Gemma
320	293		5:19:14	Ford	Ben
321	294		5:19:18	Ridley	Graham
322	295		5:19:49	Hazlewood	David
323	296		5:19:49	Blanchong	Josselin
324	297		5:20:07	Connolly	Byron
325	298		5:20:25	Bower	Michael
326	299		5:20:38	Sullivan	Dominic
327	300		5:20:41	Squires	Richard
328	301		5:20:52	Streefkerk	Dirk
329	302		5:21:08	Bowers	Stephen
330	303		5:21:16	Gill	Oliver
331		28	5:21:17	Mcelligott	Kate
332	304		5:21:31	De Wit	Pieter
333	305		5:21:38	Passmore	Keith
334	306		5:21:49	Totley	Graham
335	307		5:21:51	Zeitlow	Erik
336	308		5:22:02	Barlow	Nick
337	309		5:22:07	Hyslop	Malcolm
338		29	5:22:21	Madden	Tamara
339	310		5:22:23	Richards	Andrew
340	311		5:22:30	Maher	Michael
341		30	5:22:33	Renshaw	Fiona
342	312		5:22:45	Nielsen	Daryl
343	313		5:22:48	Andrews	Will
344	314		5:23:45	Smith	Brian
345	315		5:24:07	Lucas	Stephen
346		31	5:24:07	Madden	Katherine
347	316		5:24:08	Barnes	Peter
348		32	5:24:13	Stringer	Mary
349	317		5:24:21	Bruggeman	Stephen
350	318		5:24:24	Gledhill	Scott
351	319		5:24:45	O'Brien	Leighton
352	320		5:24:48	Thomson	Robert
353	321		5:24:48	Dean	Anthony
354	322		5:25:08	Bowesman	Antony
355		33	5:25:11	Giblin	Mandy
356	323		5:25:18	Griffiths	Paul
357	324		5:25:22	Jefferys	Russ
358	325		5:25:28	Szpalinski	Raz
359		34	5:25:29	Grant	Virginia
360	326		5:25:36	Crowley	Andrew
361	327		5:25:41	Brown	Nick
362	328		5:25:42	Moulin	Stephane
363	329		5:25:53	Florczak	Richard
364	330		5:25:56	Martin	Luke
365	331		5:25:57	Aaron	Gary
366	332		5:26:05	Meenahan	Andrew
367		35	5:26:06	Clarke	Kirby
368	333		5:26:15	Dekker	Bart
369	334		5:26:23	Trueman	Stuart
370	335		5:26:47	Tipace	Jojo
371	336		5:27:20	Bertovic	David
372	337		5:27:24	Kane	David
373	338		5:27:29	Macsporran	David

Six Foot Track					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
374	339		5:27:32	Hermann	Tim
375		36	5:27:39	Barton	Joanne
376	340		5:27:51	Ross	Scott
377	341		5:28:00	Doughty	John
378	342		5:28:14	Lemieux	Phil
379		37	5:28:32	Briscoe	Judith
380		38	5:28:32	Lilley	Allison
381		39	5:28:47	Russell	Gillian
382	343		5:29:04	Keenleside	Alan
383	344		5:29:04	Bell	Duncan
384		40	5:29:06	Smith	Margot
385	345		5:29:22	Bogenhuber	Max
386	346		5:29:22	Joseph	Eugene
387	347		5:29:23	Mcnamara	Matt
388	348		5:29:32	Grady	Chris
389		41	5:29:36	Byrnes	Sharon
390	349		5:29:40	Apieczonek	Joshua
391		42	5:29:43	Robertson	Melissa
392	350		5:29:49	Bendall	Gavin
393	351		5:29:59	Anderson	Brenton
394	352		5:30:10	Pilz	Gavin
395	353		5:30:19	Macpherson	Glenn
396	354		5:30:19	Blamire	Paul
397	355		5:30:26	Gofton	Norman
398		43	5:30:30	Blaber	Lucy
399		44	5:30:45	Reid	Joanne
400	356		5:30:50	Meehan	Terry
401		45	5:31:05	Lamrock	Emily
402	357		5:31:15	Bartholomew	Ashley
403	358		5:31:19	Crouse	Jaco
404	359		5:31:25	Blake	Andrew
405	360		5:31:26	Magee	Mike
406	361		5:31:26	Skipworth	Julian
407	362		5:31:34	Key	Michael
408	363		5:31:39	Vazquez-Recio	Luis
409		46	5:31:52	Caoyonan	Kelley
410		47	5:32:07	Grayson	Narelle
411	364		5:32:11	Moriarty	Darryl
412		48	5:32:20	Evans	Leah
413	365		5:32:22	Thomson	Greg
414	366		5:32:27	Turner	Scott
415	367		5:32:31	Lockwood	Glenn
416	368		5:32:40	McLeod	Graeme
417	369		5:32:52	Lynch	Ben
418		49	5:33:25	Duffy	Cathy
419	370		5:33:31	Prosser	Neil
420	371		5:34:05	Waterhouse	Ben
421	372		5:34:08	Ford	Ken
422	373		5:35:07	Swinfield	Benjamin
423	374		5:35:11	Martin	Thomas
424	375		5:35:16	Twite	Ian
425	376		5:35:25	Howlett	Steve
426	377		5:35:32	Biviano	Mark
427	378		5:36:13	Ng	Paul
428	379		5:36:13	Wong	Jonathan
429	380		5:36:47	Donovan	Greg
430	381		5:37:04	Lobsey	Philip

Six Foot Track					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
431	382		5:37:06	Perkins	Gavin
432	383		5:37:24	Lucas	Glenn
433		50	5:37:44	Bennett	Andrea
434	384		5:37:55	Langford	Peter
435	385		5:38:03	Brown	David
436		51	5:38:07	Siegle	Jess
437	386		5:38:10	Bertasso	Marcello
438		52	5:38:13	Van Der Jagt	Ngaire
439	387		5:38:14	Rutter	Barry
440	388		5:38:42	Morris	Chris
441	389		5:38:45	Munro	Ben
442	390		5:38:59	Percival	Jesse
443	391		5:39:00	Marcant	Christophe
444	392		5:39:02	Kennedy	John
445	393		5:39:17	Blessing	Kurt
446	394		5:39:25	Johnson	Chris
447	395		5:39:39	Kling	Neill
448	396		5:40:04	Hooper	Craig
449	397		5:40:27	Luce	Pellegrino
450	398		5:40:29	Dawe	Chris
451	399		5:40:51	Dougherty	Warwick
452	400		5:40:52	Thompson	Alastair
453	401		5:41:05	Manning	Greg
454		53	5:41:50	Enright	Gemma
455	402		5:41:51	Nuttall	Peter
456	403		5:41:52	Dawson	Tim
457	404		5:41:57	Connor	Adam
458	405		5:41:59	Mccormick	Richard
459	406		5:42:17	Solomon	Dan
460	407		5:42:33	Bealby	Bruce
461	408		5:42:33	Rogers	Simon
462	409		5:43:08	Gordon	Doug
463		54	5:43:08	Scheepers	Mariza
464	410		5:43:26	Brown	Craig
465	411		5:43:43	Mackett	Joffrid
466	412		5:43:46	Clements	Andrew
467	413		5:44:02	Joscelyne	Robert
468	414		5:44:52	Baxter	David
469	415		5:45:11	Ryan	Matthew
470	416		5:45:12	Thomson	Peter
471	417		5:45:14	Saker	Robin
472		55	5:45:15	Menaught	Jill
473		56	5:45:20	Boyd	Jo
474	418		5:45:20	Lledo	Nic
475		57	5:45:32	Livermore	Deb
476	419		5:45:34	Rensford	Michael
477	420		5:45:41	Murphy	Grahame
478	421		5:45:50	Mercer	Christian
479		58	5:45:51	Bell	Kylie
480		59	5:45:59	Cleghorn	Elizabeth
481	422		5:46:13	Churchin	Jason
482		60	5:46:15	Van Dyk	Lynda
483	423		5:46:30	Hodder	Lachlan
484		61	5:46:36	Hunt	Erin
485		62	5:46:38	Bedford	Fiona
486	424		5:46:50	Brazier	Edward
487	425		5:46:59	Smith	Daniel

Six Foot Track					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
488	426		5:47:00	Conn	Steven
489	427		5:47:08	Alkhub	Mohammed
490	428		5:47:20	Davis	Wayne
491	429		5:47:23	Berger	Craig
492	430		5:47:24	Skold	Andreas
493	431		5:47:43	Mickan	John
494	432		5:48:07	Madden	David
495	433		5:48:11	Corr	Sean
496	434		5:48:11	Sharpe	Rob
497	435		5:48:42	Mulcahy	Terry
498	436		5:48:55	Love	Dax
499	437		5:49:13	Hugill	Philip
500	438		5:49:21	Tunstall	Gavin
501	439		5:49:28	Smith	Paul
502		63	5:49:35	Burgess	Teresa
503	440		5:50:03	Jones	Sean
504	441		5:50:04	Hillary	Michael
505		64	5:50:05	Cameron	Katherine
506	442		5:50:26	Cannings	David
507	443		5:50:28	Kenney	Kelvin
508		65	5:50:28	Tuckett	Ewa
509	444		5:50:46	Jones	Richard
510	445		5:50:48	Mccann	Norm
511	446		5:50:53	Searcy	Angus
512		66	5:51:13	Baird	Carol
513		67	5:51:21	Cheal	Leah
514		68	5:51:21	Simpson	Belinda
515	447		5:51:37	Darwin	Adam
516	448		5:51:38	Weekes	Jason
517	449		5:51:42	Roper	Tony
518	450		5:51:55	Brown	Gregory
519		69	5:52:06	Bendall	Raelene
520	451		5:52:07	Dixon	Chris
521	452		5:52:33	Berry	Phil
522	453		5:52:39	Sharwood	Matt
523		70	5:52:49	Mccarthy	Tina
524	454		5:53:07	Hansen	Mike
525	455		5:53:08	Price	Steven Vincent
526		71	5:53:09	Brien	Kate
527	456		5:53:20	Blackmore	Kieron
528	457		5:53:23	Meikle	Paul
529	458		5:53:25	Kellner	Anthony
530	459		5:53:30	Ward	Matthew
531	460		5:53:31	Rutz	Lars
532	461		5:53:32	Funnell	Gwilym
533	462		5:53:46	Adams	Jonathan
534		72	5:53:51	Trimmer	Carolynn
535	463		5:53:56	Castellari	Richard
536		73	5:54:01	Wilson	Denise
537	464		5:54:03	Scott	Kyle
538		74	5:54:09	Sharland Riggs	Jennie
539	465		5:54:37	Donovan	Michael
540	466		5:54:39	Percival	Michael
541	467		5:54:48	Johnson	Russell
542	468		5:54:51	Horsburgh	Tim
543	469		5:54:56	Austin	David

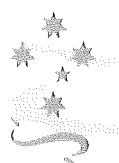
Six Foot Track					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
544	470		5:55:03	O'Connor	Damien
545	471		5:55:17	Johnson	Ian
546		75	5:56:23	Robertson	Cindy
547	472		5:56:24	Andrews	Jeff
548	473		5:56:34	Clear	David
549	474		5:56:40	Lewis	Dylan
550	475		5:56:40	Stewart	Bradley
551	476		5:56:52	Horwood	Chris
552		76	5:56:52	White	Janelle
553	477		5:56:58	Hargreaves	Bruce
554		77	5:56:58	Thomas	Kerri
555	478		5:57:00	Knapton	Lee
556	479		5:57:11	Wiley	Colin
557	480		5:57:28	Kocx	John
558	481		5:57:51	Smythe	David
559	482		5:57:53	Johnston	Dan
560	483		5:58:01	Davis	Warwick
561	484		5:58:03	Holland	Wayne
562	485		5:58:47	Van Wyk	Willem
563	486		5:58:56	Saville	Rod
564		78	5:58:59	Cooper	Spring
565	487		5:59:02	Major	Ash
566		79	5:59:04	Lance	Tonia
567		80	5:59:08	Richards	Jaci
568	488		5:59:16	Marks	Ronny
569	489		5:59:32	Klumpp	Bevan
570	490		5:59:32	Roberts	Mark
571	491		5:59:51	Miller	Kolya
572	492		5:59:55	Hodder	Jeff
573	493		6:00:09	Gibson	Ali
574	494		6:00:32	Chedburn	Mark
575	495		6:00:34	Warmerdam	Sebastian
576	496		6:00:40	Annett	Noel
577	497		6:01:19	Owens	Philip
578		81	6:01:21	Hill	Lauren
579	498		6:01:54	Barnes	Robin
580		82	6:02:02	Wall	Clare
581		83	6:02:23	Reis	Darlene
582	499		6:02:52	Carter	Jeremy
583		84	6:03:00	Carroll	Tanya
584	500		6:03:22	Beasley	Damian
585	501		6:03:57	Haugh	Ant
586	502		6:04:07	Greenhill	Sean
587		85	6:04:22	Heath	Penelope
588	503		6:04:28	Shearman	Robert
589	504		6:04:33	Sputnik	Sputnik
590	505		6:04:40	Crammond	Ben
591	506		6:04:54	Davies	Paul
592		86	6:05:07	Staite	Cathy
593	507		6:05:45	Williams	Andrew
594	508		6:05:45	Stewart	Rohan
595		87	6:06:08	Leung	Sherin
596		88	6:06:16	Shaw	Nichola
597	509		6:06:17	Baigent	Derek
598	510		6:06:32	Green	Peter
599	511		6:07:07	Sharrock	Denis
600	512		6:07:27	Starnawski	Jack

Six Foot Track					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
601	513		6:07:36	O'Connor	Sean
602	514		6:07:37	King	David
603		89	6:07:52	Mccarthy	Joanne
604	515		6:08:40	Gabriel	Mark
605	516		6:09:09	Johnston	Von
606		90	6:09:17	Maloney	Lyndal
607	517		6:09:30	Stewart	Damien
608	518		6:09:53	Lubke	Jason
609	519		6:10:43	Aitkenhead	Gary
610	520		6:11:02	Pepper	Brian
611	521		6:11:03	Silk	Tom
612		91	6:11:09	Anderson	Kathryn
613	522		6:11:29	De Uriarte	Jamie
614	523		6:11:58	Stocks	Craig
615	524		6:12:46	Gamble	Jack
616	525		6:13:00	Holm	Stephen
617	526		6:13:17	Coulter	Anthony
618	527		6:13:32	Peters	Richard
619	528		6:14:23	Whyte	Patrick
620	529		6:14:34	Thomas	Peter
621	530		6:14:50	Boot	Gregory
622	531		6:14:50	Mills	Chris
623	532		6:15:21	Hempel	Stephen
624		92	6:15:37	Owen	Ann
625		93	6:15:39	Denning	Jane
626	533		6:16:03	Thomson	Dave
627		94	6:16:05	Clementson	Diane
628	534		6:16:05	Ferguson	Ian
629	535		6:16:09	Bleasdale	Alan
630		95	6:16:42	Adams	Elizabeth
631		96	6:17:39	Callister	Sharon
632		97	6:17:52	Mcbride	Susan
633		98	6:18:57	James	Sharleen
634	536		6:19:05	Twiss	Simon
635		99	6:19:14	Hobbs	Alison
636		100	6:19:28	Frapiccini	Jan
637		101	6:19:51	O'Connell	Kerrie
638	537		6:19:52	Chisholm	James
639		102	6:20:15	Mcauley	Jen
640		103	6:20:21	Kudric	Anna
641	538		6:20:31	Ward	Mike
642		104	6:20:32	Moritz	Andrea
643	539		6:20:37	Durkin	Aaron
644	540		6:21:07	Sharpe	Tony
645	541		6:21:07	Smith	Nigel
646	542		6:21:47	Daly	Mark
647	543		6:22:00	Low	Cheekian Kenneth
648	544		6:22:30	Gregory	Wayne
649	545		6:22:36	Zlotnick	Zed
650	546		6:22:47	Dolden	Craig
651		105	6:22:52	Poy	Michelle
652	547		6:23:12	Coote	Steven
653	548		6:23:41	Knutsen	Christopher
654		106	6:23:47	Bentley	Karen
655		107	6:23:48	Hinchley	Sharon
656	549		6:23:49	Potter	Les

Six Foot Track					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
657	550		6:23:58	Rannard	Bill
658	551		6:24:04	O'Donnell	Christopher
659		108	6:24:20	Adams	Carol
660	552		6:24:38	Criniti	Luigi
661	553		6:24:43	Newman	Ben
662	554		6:24:46	Sadleir	Benn
663	555		6:24:50	Schmierer	Eric
664	556		6:24:56	Tiller	Kevin
665	557		6:25:26	Hedges	Joseph
666	558		6:25:26	Steinberg	Mike
667	559		6:25:27	Dean	Mathew
668	560		6:25:37	Turner	John
669	561		6:25:40	Gyanprayag	Swami
670	562		6:26:03	Mikulandra	Mark
671	563		6:26:06	Smith	Gary
672	564		6:26:35	Neels	Gavin
673	565		6:26:47	Mamelok	Andrew
674	566		6:27:20	Jay	Doug
675	567		6:28:26	Cooper	Brendan
676		109	6:28:59	Skirving	Emma
677	568		6:29:05	Lewis	Nathan
678		110	6:29:45	Rose	Janine
679	569		6:29:55	Sweetman	Dennis
680	570		6:30:49	Daniel	Richard
681		111	6:31:22	Bloom	Adrienne
682		112	6:31:50	Lawler	Leonor
683	571		6:32:20	Patrick	Graeme
684	572		6:33:12	Scarlett	Chris
685	573		6:33:15	Cohen	Arnold
686		113	6:33:38	Andrews	Wendy
687		114	6:33:39	Brentnall	Lisa
688	574		6:34:23	Paxton	Robert
689	575		6:34:52	Sheargold	Graham
690	576		6:35:09	Carroll	Geoff
691		115	6:35:16	Szabo	Claudia
692	577		6:35:24	Vernon	Grahame
693	578		6:36:05	Meade	James
694		116	6:36:10	Royes	Beverley
695	579		6:36:10	Warden	Doug
696		117	6:36:10	Warden	Carol
697	580		6:37:56	Thom	Craig
698	581		6:38:33	Peace	Neil
699	582		6:38:39	Langner	Lutz
700	583		6:39:24	Paff	David
701	584		6:40:02	Sheridan	Alan
702	585		6:40:08	Baillie	Jeremy
703	586		6:40:10	Linnegar	Peter
704		118	6:40:10	Carter	Pamela
705		119	6:40:48	Schneider	Diana
706		120	6:42:02	Heal	Sarah
707		121	6:42:09	Duncan	Deirdre
708		122	6:42:23	Montalto	Catherine
709		123	6:43:03	Krempff	Margaret
710	587		6:43:03	Fowler	Graham
711	588		6:43:22	Walker	Matthew
712	589		6:43:27	Little	David
713	590		6:44:14	Woods	Peter

Six Foot Track					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
714	591		6:44:22	Reynolds	Leigh
715	592		6:44:32	Geco	Csaba
716		124	6:44:39	Thomas	Alison
717		125	6:44:49	Mills	Rosie
718		126	6:44:49	Gilders	Jacqueline
719		127	6:46:35	Ridley	Lena
720		128	6:47:23	Andrews	Jayne
721	593		6:47:25	Hughes	Pat
722	594		6:47:26	Fickel	Bob
723	595		6:47:27	Ginman	Mick
724		129	6:47:53	Williams	D Lynn
725	596		6:48:43	Puttick	Greg
726		130	6:49:24	Mitsch	Virginia
727	597		6:49:30	Roach	Don
728	598		6:49:34	Carter	Jim
729	599		6:49:39	Neilson	Chris
730	600		6:49:40	Brown	Phil
731	601		6:49:40	Devitt	Patrick
732	602		6:51:38	Harnisch	Gerd
733		131	6:51:44	Dymond	Jennifer
734		132	6:51:50	Dawson	Gemma
735	603		6:51:59	Mackenzie	Brett
736	604		6:52:11	Kazama	Yoichi
737	605		6:53:02	Mesa	Mauricio
738	606		6:53:03	Mcpherson	Brian
739	607		6:53:51	Tian	Kuan-Kuan
740	608		6:54:11	Boidin	Dominic
741	609		6:54:20	Phillips	Jonathon
742		133	6:54:20	Mazzarolo	Janet
743	610		6:54:36	Bridle	Billy
744	611		6:54:51	Singleton	John
745	612		6:54:51	Duckworth	Mark
746	613		6:55:27	Pautsch	Christoph
747	614		6:55:28	Morewood	Richard

Six Foot Track					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
748	615		6:55:50	Quinn	Gerry
749	616		6:56:26	Gibbons	Warren
750	617		6:56:28	Smith	Ken
751		134	6:56:33	Merton	Rachel
752		135	6:56:50	Whiteman	Cathy
753		136	6:56:58	Ingram	Rachel
754		137	6:57:51	Warn	Conny
755	618		6:58:18	Foster	Peter
756	619		6:58:32	Tappin	Carl
757	620		6:58:59	Fisher	Stephen
758	621		6:59:04	Graham	Alistair
759	622		6:59:54	Dusha	Rick
760	623		6:59:54	Taylor	Andrew
761	624		7:00:04	McIlwain	Ken
762	625		7:00:19	McCarthy	Bernie
763		138	7:00:19	Chan	Karen Woon Cheung
764	626		7:00:24	Moroney	Grant
765	627		7:00:30	Tyrrell	Terry
766	628		7:00:41	Mitchell	Walter
767	629		7:00:47	Dugdale	Martin
768		139	7:01:08	Kemp	Lynsey
769		140	7:01:10	Cameron	Robin
770	630		7:01:17	Longhurst	Reg
771	631		7:01:17	O'Kane	Kevin
772		141	7:01:34	Mitchell	Glenda
773		142	7:02:34	Meredith	Cerina
774	632		7:03:26	Tayar	Michael
775	633		7:05:20	Lynch	Nicholas
776		143	7:07:21	Marshall	Sarah-Jane
777		144	7:07:22	Trumper	Jane
778	634		7:07:25	Langsworth	Mark
779	635		7:08:49	Cartner	Craig
780	636		7:16:39	Anderson	Jason
Bold SURNAME indicates AURA member.					



Coburg 6 Hour

Coburg, VIC, March 10, 2013

by Mark Swinkels

I was very relaxed about this race during the lead up. Since I do a lot of my training and racing on trails I had registered months ago as a good way to work on my nutrition and build my training on a flat, regular surface. This year Comrades is my first "A" race, so I try to select my other races to be appropriate training for, or a progress check (ideally both), for the main race.

Two weeks prior I ran the inaugural Wangaratta Marathon and, since I always needed at least three weeks to overcome the fatigue from a marathon, I was setting my expectations pretty low. My regular crew (the beautiful and talented Kathy Swinkels) was going to be away, so I was happy to just set up a table and look after myself. This idea seemed to be less sensible as the big day got closer, as Melbourne baked in a

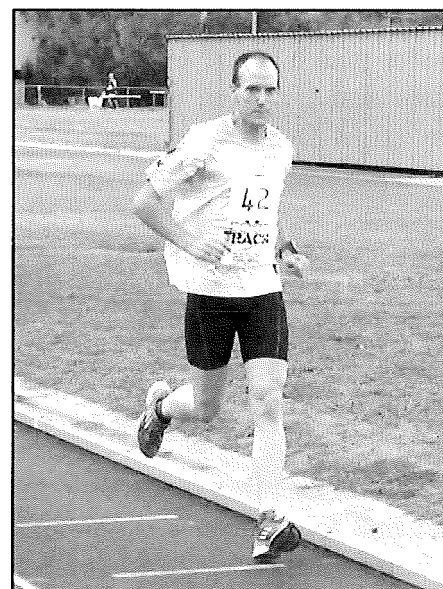
10 day heat wave. I have lots of running friends on Facebook, so on 5th of March I put out a request for a volunteer to crew for me. I quickly got replies from Kevin Mannix and Toby Wiadrowski, who would be there crewing for David Jennings. I was thrilled that David had agreed to share this dream team crew, but at the same time I felt as though I should take this event more seriously than I had originally planned. If I was

going to be looked after by local legends, then this could not be a slow stroll around the track and I needed to bring my A game. My prior 6 hour PB, set at Moe at the very beginning of my ultrarunning, was 60.4km. Even though it was going to be a hot day, I knew I had improved mentally and physically since then, so I told my crew I wanted to beat 65km.

Getting my nutrition right was a major goal for this race. I don't like experimenting with random food or gels at big races and I therefore needed something that would work for Comrades. I had given up on gels after having a really bad energy crash in the You Yangs 80km a couple of years ago but decided late last year that my body had changed. Maybe I just needed to try them again. I hit a very similar low patch that lasted about 20km during Two Bays 56km this January, so I knew I needed to find something different. The idea for the next thing to try came from a recommendation on a social run with the Dandenong Trail Runners. When I described my reaction to gels to another runner, they suggested I have a look at Generation UCAN. I looked at their web site and it sounded good in theory. No energy crash and no insulin trigger so you can keep your fat engine burning, which I know works pretty well in my case as I regularly do training runs of 2-3 hours without taking any nutrition, just water. I bought a couple of packets for Wangaratta Marathon and they had seemed to work, even though it tasted like really expensive corn flour. I decided to buy a full tub to try for Coburg 6 Hour. With that under control, I just had to get some other options to have ready in just in case, especially as I knew it was going to be another hot day.

- Four bags of ice, since I wanted plenty for both David and I (and any other competitors who might want some).
- Some thin slices of watermelon, as I know that had really hit the spot at past warm events like 6 Foot Track.
- Some crystallised ginger for settling the stomach during the race.
- Six bottles of ginger beer for after the race.
- Some small bottles of cola in case I did want a quick sugar + caffeine hit.

Race day arrived and I was up at 3:30am to get ready for the 6am start. I had UCAN and oats for breakfast which was a little dry and hard to get down, but I was determined to give it a proper test. I arrived at the track at 5am and found Kevin to help me carry the massive esky I had everything in. It was good to catch up with friends and meet other runners for the first time and soon we would be off. We had the pre-race briefing, lined up at the start under the track lights, and we were off. There was a little bit of jostling for positions over the first couple of laps and then people started settling into their own rhythms. I had spoken with Luke Stratford before the race and knew he had quite a detailed race plan. I, on the other hand, just had a goal and wanted to listen to my body. It was relatively cool in the time pre-dawn compared to the heat we had been dealing with for a week. I knew I would slow down when the heat hit and I was feeling great being able to open my stride up. I have always forced myself to go out slow in a long race to avoid hitting the wall until as late as possible; however, this day I was ready to mix things up. I picked



*Are you looking at me?
Photo - Mark Swinkels*

up the pace and started lapping a few more people and Luke asked me if I was going to be able to maintain that pace all day. I told him I planned to make the most of the cool.

Luckily there was some solid cloud cover to the east, so that when the sun rose we still did not get direct sunlight. We had a good 3 hours of running before the sun really started to hit us and warm us up. Toby and Darren had arrived and were crewing for David and I now so they kept me busy every lap, making sure I was staying hydrated and fuelled. I was still moving well, but getting a little tired of the scenery, so I was very glad to be turned around at the half way point (3 hours in). Amazingly I hit my marathon split at 14 seconds faster than I had two weeks prior and I still had 2.5 hours to go. My energy levels had been great, but I really didn't feel like putting any more UCAN in my stomach so it was time to start working on the watermelon. It goes down a treat and is nice and cool, too. I spoil myself by walking the straights when I am eating the melon slices.

The 5th hour was hard work as the heat was really becoming an issue and my legs and feet were getting

tired and sore. I was still moving better than a lot of people on the track and I was on track to beat my target of 65km so I wanted to keep pushing. I was glad when we got into the 6th hour. I could really start the countdown and knew I didn't have to hold on for too much longer. First place, David Staehr, had dropped back to just a walk and now it was my turn to keep saying 'hi' to him as I passed instead of the other way around for the first four hours. I knew Luke Stratford was only a couple of laps

in front and I was trying to see if I could catch him. There has always been a friendly rivalry between us, but normally I am not even in the same ballpark. I always want to finish a race strongly and today was no exception. I picked up the pace when there was 20 minutes to go and then again when it was only 10. I was puffing like a madman but moving well. I started to pass Justin Scholz, and even though I knew we were not in the same lap, when Brett Saxon called out from his table that "here is a last minute

sprint off and they are both in the same lap". This made Justin take off at sprint speed and I could not keep up. Finally the finish horn went off and we dropped our marker bags. I had officially completed 69.346km (although I knew it was more as I had spent a lot of time going out of the inner lane, particularly to get hosed off in the last hour). I was only 300m behind Luke, so I had almost caught him. I thanked the crew as I knew I could not have got that close to 70km without them.

Coburg 6 hour track race					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		75,909	Muller	Kevin
2	2		74,950	Staehr	David
3	3		70,667	Scholz	Justin
4	4		69,346	Stratford	Luke
5	5		69,052	Swinkels	Mark
6	6		68,466	Alcock	David
7		1	65,786	Scholz	Sharon
8	7		63,833	Allen	Duncan
9	8		63,316	Jennings	David
10	9		63,312	Mullins	Peter
11		2	62,495	Burrell	Stephanie
12	10		62,236	Marsh	Trevor
13	11		61,647	Marsh	Ken
14	12		59,380	Mitchell	Peter
15	13		56,854	Sutton	Rob
16		3	55,865	Thompson	Michelle
17		4	55,266	Cook	Wendy

Coburg 6 hour track race					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
18	14		54,582	Egan	Sean
19		5	52,564	Siemonek	Amie
20	15		50,532	O'Neill	Terry
21		6	49,290	Jetson	Cally
22	16		47,168	Jones	David
23	17		46,932	Iliopoulos	Nick
24	18		46,157	Jordan	Steve
25		7	45,735	O'Neill	Karyn
26		8	43,476	Parris	Dawn
27	19		43,266	Richardson	Saul
28	20		42,985	Barwani	Ed
29	21		42,800	Ryan	Brendan
30	22		41,560	Grinter	Rob
31	23		39,772	Whimpey	Michael
32	24		38,692	Timms	John
33	25		38,332	Turner	Gary
34	26		28,535	Carter	Ken

Bold SURNAME indicates AURA member.



Nerang State Forest 50km

Gold Coast, QLD, March 10, 2013

by Ben Duffus

I was quite excited for what was to be my second ultra of 2013, as not only was I lucky enough to be running on a beautiful course, but would also be joined by three of my good mates, Caine Warburton, Dave Coombs and Dan Nunan, as we all prepared for the Kokoda Challenge coming up in July. I might add that my Dad was also

running, and my Mum had come along. She wasn't going to let a persistent back injury stop her from being involved, and had offered to be my support crew for the day. I was heading into the race with the mentality of using it as a dress rehearsal for the Kokoda Challenge and was practicing using the same gear, and following

the same nutrition strategy, that I planned to use in July.

As per my plan I downed my breakfast consisting of a raspberry gel ten minutes before the start of the race, and had my waist belt loaded up with flasks of my gel, Perpetuem and Endurolytes mixture. It was Caine and I that lead from the start, but I hung

back just enough so that Caine (the defending champion) could lead the way around the first couple of unsigned turns.

Within a few hundred meters we reached what was to turn out to be the muddiest section of the course; at least the first time around the mud wasn't churned up yet! Although this had me reminiscing of Kokoda Challenge last year (those who were there know what I am talking about), it didn't take long for the ground underfoot to harden up to a more running friendly consistency.

The first quarter of the course entailed a series of steep descents into creeks, before equally steep climbs back out. It was a love of the mountains that first inspired me to venture into the world of ultrarunning, so although the climbs were only short I still found this section of the course the most enjoyable. Caine was equally keen!

As he and I descended the hill that lead into the first checkpoint (marking the first quarter of the race) I could see my mother eagerly waiting, filled bottles in hand, and before I knew it we were heading back up the same hill. Climbing back up the trail we had a chance to checkout where the rest of the field was, and found that Richard Quirk was hot on our heels, with Dan Nunan not far behind him. As soon I asked Caine, "Where's Dave?" coming around the corner we saw an extremely cheerful and fresh Dave Coombs, attempting a simultaneously double Hi-5 to us both.

The course headed back towards the start line along a slightly different, and considerably flatter, route to round off the first 25km. The couple of downhill that were, unfortunately, enough to set off a pre-existing niggle in Caine's foot, and with 5km before we reached the halfway mark he had decided

to pull out once we reached it. The sudden prospect of only having to run 5km more, instead of 30km, suddenly seemed to lift his spirits enough that we found ourselves flying past the many runners out on the course for their Sunday training run. Although I knew I wasn't going to be keeping up that pace for the rest of the race, I thought I would still enjoy what was probably going to be my last opportunity to run with a mate for the rest of the race. We reached the turnaround in 2:02:41, and Caine said his farewell before retreating to an ice-bath. Unfortunately Dan was also to join him on the sidelines with an old calf injury flaring up.

By now the 25km and 17km runners were also out on the course, and the muddy section had since become far more churned up; requiring extra caution to negotiate and I was incredibly impressed with how well my shoes handled the slop. These extra runners were my motivation to keep up a decent pace now that I was by myself, and I played the mental game of trying to keep catching the next person in front.

Having already covered the exact same terrain, the second half of the race seemed to pass by relatively quickly, in spite of the pouring rain that had started just as I began the final section of the race. It didn't feel like long before I found myself on the (much anticipated) 3km descent toward the finish line. This



*Ben (2nd from left) and friend pre-race
Photo - SOK Images*



*Race you to the top?
Photo - SOK Images*

was probably the only section that I covered quicker the second time around as the prospect of friends and food drove me on. It was a great atmosphere at the finish line with a crowd cheering as I crossed the line in 4:12:51. Richard finished strongly, comfortably securing second place, before Dave did his best Usain Bolt impression to hold off the up-and-coming Chris Dunn for third. Mandy-Lee Noble had a great run to blitz the women's field, with Kerri Hodge and Vivienne Buss rounding off the women's podium.

Enjoying the festivities of the finish line with the mix of 17km, 25km and 50km present rounded off what had been a great day. Having run the Kokoda course last year I can definitely say that the Nerang State Forest 50km is a great test for anyone thinking of attempting the Kokoda Challenge later in the year. The race seems to be growing in popularity every year, and I can definitely see why!



Female and male place getters at Nerang
Photo - SOK Images

Nerang State Forest 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:12:52	Duffus	Benjamin
2	2		4:46:05	Quirk	Richard
3	3		4:49:14	Coombs	Dave
4	4		4:49:15	Dunn	Chris
5	5		4:54:33	Pearson	Philip
6	6		4:57:04	Munro	Cameron
7	7		5:00:31	Lavery	Pete
8	8		5:01:14	Waddington	Nigel
9	9		5:04:32	Terlich	Andrew
10	10		5:05:54	Turner	Nicholas
11	11		5:08:19	Marton	Steve
12	12		5:10:53	Payne	Mark
13		1	5:13:54	Noble	Mandy-lee
14	13		5:21:53	Laine	Laurie
15	14		5:31:13	Baker	Matt
16	15		5:34:05	Lochrie	Graham
17	16		5:34:17	Hannah	Jeff
18	17		5:35:15	Casey	David
19	18		5:42:10	Phipps	Nic
20	19		5:42:49	Duffus	Andrew

Nerang State Forest 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
21	20		5:44:38	Chadburn	Adam
22		2	5:45:28	Hodge	Kerri
23	21		5:47:35	Kirkpatrick	Graeme
24	22		5:48:30	Eckford	Matthew
25	23		5:49:48	Pesut	Geoff
26	24		5:50:07	Spies	Wayne
27	25		5:51:38	Pearce	Nick
28	26		5:53:25	Egen	John
29	27		5:54:26	Barden	Nathan
30	28		5:56:02	English	Stephen
31	29		6:03:34	Gamble	Steve
32		3	6:03:46	Buss	Vivienne
33	30		6:07:02	Sewell	Andy
34	31		6:08:11	Holloway	Belinda
35	32		6:10:03	Norgrove	Mark
36	33		6:12:27	Sheridan	Michael
37	34		6:13:25	Barden	Fraser
38	35		6:14:50	Taylor	David
39		4	6:15:55	Ayers	Natalie
40	36		6:24:39	Schodde	Carl
41	37		6:30:13	Golding	Kirk
42		5	6:30:34	Brannock	Mahla
43	38		6:41:30	Johnson	Luke
44	39		6:41:45	Alley	Dave
45	40		6:43:10	Marshall	Gary
46	41		6:45:27	Ormiston	Geoffrey
47		6	7:01:10	Brun-Smiths	Marina
48	42		7:05:26	Brown	Sammy
49		7	7:10:01	Cook	Rebecca
50	43		7:18:04	Egan	James
51	44		7:51:04	Anderson	Peter
52	45		8:44:52	Ross	Michael
53	46		9:16:24	Thomas	Lloyd
Bold SURNAME indicates AURA member.					



Alpine Challenge

Victorian Alps, VIC, March 16, 2013

by Dan Beard

This year's Alpine Challenge was interesting. Four weeks before the race there were huge fires burning uncontrolled on and around the southern loop of the 100 mile course. Training during this time was a battle psychologically, with a good chance that the race wouldn't go ahead. Luckily (!) race director, and part-time psychopath, Paul Ashton managed to make an

alternative course. Incorporating seven genuine climbs, including four ascents and descents of Mount Bogong (the name which apparently roughly translates to "Big Fella" in an Aboriginal language) and stretching the distance out to ~170km; increasing the total climbing and descending height of the race to somewhere between 8500-9500m.

A major part of my pre-race planning for longer races is breaking the total distance down into manageable sections so I can complete 8km or 14km, rather than a daunting 160km+, and keeping this information on an easily accessible laminated card. My goals for the Alpine were to enjoy the run, not to die, finish the race and then look at times from there.

The race briefing was entertaining with the usual warnings about snakes, getting lost and the cool weather that was predicted. Matt Cooper changed down to the 100km event meaning there was one less champion in the field, to which I gave a quiet fist pump.

After the traditional short and interrupted night's sleep before the race there was time for breakfast and final packing of all my gear and food for the journey. The race started at 4:30am with Matt, Gill Fowler, and a few others, out of sight within the first 10 minutes while I made the 1200m+ climb up Spion Kopje. I enjoy this climb on well rested legs, finding someone different to talk to every so often as we all tick off the first climb. I ran most of it, with some walking breaks taking in food and enjoying the spectacular views over Falls Creek and the surrounding cloud-covered valleys as light replaced dark. I teamed up with Damian Smith, who I have an enormous amount of respect for knowing that he ran a sub-24 hour to just beat Gill at GNW last year. The conversation and running were both at a good tempo as went through Warby Corner. Damian picked up the pace a little on the descent down to Big River and I let him go, along with Paul Monks, wanting to save my legs still being inside the first 30km.

Three and a half hours in I filled my bladder at the river crossing, aware that there was a 700m ascent, then 1300m descent before we could access water again. Throughout the run I was conscious of the positive 'investment' of time to fill water, and in the later stages adding layers to keep warm, rather than suffer the effects of rushing on. The steady climb up Bogong was not as bad as I expected and I kept well within my limits, still consuming solid and gel calories. I caught Damian near the summit, with Paul a few minutes ahead but looking relaxed and almost casual using his walking poles to advantage.

My mate Bernie was working with Alpine Search and Rescue at Bogong and it was great to see his smiling face as I grabbed some food before descending the staircase. Paul and Damian took off but I was again content to stay at a more comfortable speed. I popped out of the trail sooner than expected and saw Damian stopped at the creek to grab a drink only 1.5km out from the checkpoint. He said he had run out of water, downed a gel, and now his guts were suffering. I knew he would be back before long. It was great to see my dad at Mountain Creek Camp Ground with a bevy of food, and it was the rockmelon that was top of the pops. I headed out before too long, making my way along the dirt road leading into Eskdale Spur, which I had never been on before.

It wasn't long into the 11km ascent that I started to have my first real low. It was quite warm, I was sweating up a storm, my heart felt like it was beating through my chest (a quick count estimated about 190bpm), my legs were starting to feel heavy, and another 130km more seemed unattainable. I remembered Paul Monks and his walking sticks and successfully found some environmentally friendly sticks which made a massive difference in taking some of the load off my quads. I pulled back the pace a little, took in a gel and began setting goals of the next rock or tree root, even if it was only 10m ahead. I pushed away from my mind how many 10m 'mini-goals' it would take to cover the course and just took each tiny step one at a time. On top of the "Big Fella" was magic – good food, good people, amazing views. The SAR guys patched up my back which was suffering pretty badly from the chafing of my pack. At this stage it was minimise the damage done and do enough to get me to the end; they did an awesome job.

The next section was an out and back of a 12km/1000m descent, with 4km/700m ascent and then return. I was still running within

my limits, but trying to move efficiently without spending too many pennies. T-Spur down to Big River gets gnarly in places and for the sharp climb up I again found two sticks early on and felt pretty good. I kept a good pace, aware that I wanted to get close to Gill and Paul to let them know where I was, while putting distance between myself and those trailing. Gill was well ahead, with Paul less than 10 minutes behind her. On the flip side, Damian was much closer than I expected with Shane Hutton, Kathy Macmillan and a host of others well within 30 minutes. By the time I was near the top of T-Spur, Paul came into view and I closed surprisingly fast. We had a brief chat while we plugged away and I tried to keep him positive by saying that we would be halfway by the time we summit Bogong. He expressed some words unfit for print and I was immediately aware that he wasn't keeping the same tabs I was on distance covered and distance remaining. I was finding it increasingly difficult to get any food down and was managing not much more than a gel an hour, which I was well aware, was not enough.

Summitting the "Big Fella" I was no longer concerned with being too hot and the opposite was now true. Cloud had settled in, reducing visibility to maybe 20-30m and



Dan looks relieved after hearing that the race has been called off
Photo - Paul Ashton

the wind was howling across the open expanses above the tree line making a frosty early evening. The SAR tent was a welcome respite after 85km and nearly 15 hours. In a cold and windy daze I missed the tent to turn off back down to Mountain Creek checkpoint, but only travelled a few minutes before I came to my senses. I was trying to get as far as I could into the 1300m descent before needing my torch, but as soon as I dropped below the tree line the darkness set in very quickly. It was a bit of struggle to get to the checkpoint, but with a massive highlight being a platypus paddling in a creek which I was crossing.

I entered the checkpoint where I had last seen my dad, some 10 hours earlier; it was now 9pm. With over 30km and the final two major climbs until the next time I would see him, I tried to get in as many calories as I could stomach. Tuna in noodles warmed by cuppa-soup was my food of choice, but it was a battle to get this down the hatch. I spent 15 minutes getting ready for the cold and loneliness of the final 75km, and who knows how much time. I was still conscious that Damian and Paul would be close behind so I moved as quickly as I could to disappear up the trail before they could see my light.

Paul Ashton left probably the hardest Bogong climb until last; 1300m in 8km. I found my walking sticks early and set out at what felt like a good tempo, but was no doubt little more than a slow hike. My little goals were continually set, with the first major landmark being Bivouac Hut at about 6km. It took a lot longer than I expected but I remained positive. A fist pump and celebratory gel at the hut and I continued my steady progress to the tree line where I put on my jacket. Not long after this I was stumbling in the gale force winds and having to constantly check and double check which rocks made up the trail to the peak. I was getting very cold and, after more stumbling, it clicked that I was probably nearing hypothermia

as I was battling on without coordination and losing feeling in my hands. I put on my beanie and fumbled my gloves on, getting most fingers in their holes. I had a chuckle at the silliness of not being able to put my gloves on. By now I could see the flashing light of the SAR tent and made ridiculously slow progress, taking about 40 minutes to cover the last kilometre due to the cold, wind and lack of energy and coordination.

The tent was a haven as I put on my previously never worn, never needed overpants to warm up. I declined the offer stay and warm up fearing I wouldn't get moving again. I was informed that the course had changed to go down T-spur, rather than the precarious Quartz Ridge, so that lost runners wouldn't plummet off the many cliffs on offer. Also, that Damian and Paul had both decided better than to continue the race, which I was surprised by, but understood. I struggled to munch down half a hot cross bun, some peanuts and chips. These were lost 100m further down the trail in a power spew to match some of the world's best. In the wind, the ties for my jacket's hood copped a fair spray which in turn whipped my face with bun/chip/nut-flavoured vomit in the wind when I began running. When I spewed last year I was devastated to have wasted all the calories I had eaten; a year on I realised that, while it was a concern, I could still battle it out for a finish. I struggled to consume more than a gel every 1-1.5hrs from then on, given my gut issues.

The second descent down T-spur was slow, with the only highlight being a short chat to Brian Ackerly, sweep extraordinaire, to inform him to put on all his gear as it was bloody freezing up top. On the following ascent I toyed with the idea making it all the way to



Katherine Macmillan with a view that goes on forever
Photo - Rachael Baggallay

Ropers Hut before putting on my full kit, but decided to spend time rugging up amongst the creaking trees before I got too cold, despite only being a short distance from the hut. By now my mindset was to survive and finish rather to "go for gold." I was hoping, rather than expecting, Paul Ashton to be at Ropers Hut for some company, and was a bit disappointed not to be able to swear at him.

One of the things I will take with me as an interesting memory from this race is the wide open expanse at about 1600m, where the 80+km/h winds were battering me in sub-zero temperatures at about 4am, and being freezing cold despite having on a t-shirt, arm warmers, cycle vest, thermal top, windproof jacket, beanie, ski gloves and overpants. While run/walking along from Ropers to Warby Corner checkpoint, and Brian being the only person I had seen in the last 4½hrs, I was having a strange feeling as I looked up at the stars and wondered if I was the only person on the planet, or maybe just the only one stupid enough to be out here by myself. The strobe light from Warby Corner broke this thought and gave me the inspiration to get a bit more of hustle on. My motivation was that when I got there I would put on my never worn thermal pants under my overpants to try and warm up.

Warby was a war zone by 5am, with the communication and checkpoint tent in pieces, one SAR bloke in his frozen car and Paul Ashton in his 1-2 man tent. He ushered me in

and, before I could tell him what I really thought of him, he informed that the race was over due to cold and dangerous conditions. I would be lying if I said I was devastated that I didn't get to keep racing as I was cactus. Despite many well-wishers asking later was I disappointed that I didn't get to finish, I truthfully answered that with still the best part of marathon to go, I was nowhere near a guaranteed finish and anything could have happened, especially in those conditions.

The wash up for me was mixed feelings for a couple of weeks after the race. Part of me felt guilty that I was told I could no longer race when I could well have ended up with a

DNF, possibly using a "get out of jail free" card. A very small part of me was disappointed that I didn't get the opportunity to really push through my physical pain, fatigue, lack of nutrients and the elements presented to see if I could have finished. I understand, and mostly agree with, the decision given the real danger should something have gone wrong with an athlete, the difficulty of communication, and access to that person in those conditions meant that there was a risk that lives could have been lost. It also poses the question that, while we participate in these races with the knowledge of the inherent risks we face, how does this match up with a society that does not like

to take responsibility, and is happy to take legal action against others?

As I hop down from my soap box I congratulate Gill Fowler for an outstanding performance leading the race when it was called off. I would also like to give a massive thank you to my dad who was my entire support crew, to Paul Ashton (who would be a race director?!) who put in a huge effort to make some of Australia's most spectacular country accessible to a small band of athletes, and to Alpine Search and Rescue who allowed us to feel safe in an environment that was anything but.

Yep, this year's Alpine Challenge was really interesting.



Alpine Challenge

From the winds off Mount Bogong, the Mountain of Misery, an epic is born...

Victorian Alps, VIC, March 16, 2013

by Paul Ashton – Race Director

I should have known that it was going to be a tough event when bushfires ravaged the last 60km of the Alpine Challenge course, from Harrietville to Mount Feathertop and Mount Hotham. It was February and the fire season was at its peak. With no sign of rain, the fires could burn out of control for weeks, if not months, free to wander across the high country. Once they had a hold we were at the mercy of Mother Nature.

I took the option of keeping runners fully informed of the fire situation, and looked at options including cancelling the event altogether, relocating it to Wilsons Prom and running a 100km event there, doing a double loop at Mount Buller to create a 90km course, or hoping and praying for a change in the weather. Matt Cooper said something that made me realign my thinking, and I decided to cut off the Feathertop / Hotham loop and instead redirect the course so that runners would run over Mount Bogong four times – a masochist's delight.

To their credit all but one stayed with the event; only two had the perspicacity of vision to see what this change meant. Four ascents and descents of Mount Bogong; at 1986m and the highest mountain in Victoria, adding nearly an extra 2,000m of ascent and descent and an extra 10km to an already tough and demanding 100 mile run.

But they came; experienced runners, Alpine Challenge virgins (cautious, enthusiastic, respectful of the mountain and the elements), hardened athletes with months of preparation in their legs wanting to tackle the Big One. At the pre-race briefing, just about every aspect of the run was covered in an hour long presentation aimed to provide runners with the information that could assist them in finishing, and surviving, the course. The Alpine Search and Rescue, radio teams, and sweeps were introduced and then, feeling slightly on edge, runners drifted off for that final check of their packs and a restless pre-race sleep. The Mount Bogong

SAR team and event personnel then headed off for a night time ascent of the mountain to be prepositioned for the first runners.

As RD I was wired and couldn't sleep, so at 2am I was up and about placing out the final course markers and setting up the start area. At 4.10am the first runners started drifting down to the start area for the count into the starting yard, and then at 4.30am, in a mild 15C, they were off into the darkness for the first river crossing and a 1200m climb up Spione Kopje.

The feeling that something might not go as planned struck me again when, with a fully laden car on the drive into Warby Corner, I got a flat tyre. Transferring the radio team into the SAR vehicle, I set about emptying the Subaru and replacing the tyre (luckily I had the spare repaired the week before), and then headed off to a lightening sky to Warby Corner to set up Checkpoint One.

Just after 6.30am the cry went up - "runner coming" - and we looked



*Stunning alpine terrain
Photo - Rachael Baggallay*

to see a solitary light on the track down from Spione Kopje. We raced off to greet Matt Cooper and ask him if he could come back in half an hour. He laughed and ran straight through towards Mount Bogong. For the next two hours we were inundated with a steady stream of runners meeting their support crews who had walked in 6km with a range of goodies. Then, suddenly at 08.30am, Team Icarus arrived and left and we were out of business; no runners, no support crews, just peace and solitude. It would be nearly five hours until Matt and Gretal made the return to Warby Corner, so we set about putting up radio masts and establishing the camp and catching some sleep.

Radio traffic was interesting. As runners got to Mount Bogong we got reports of 60km runners being seen on Quartz Ridge (definitely the wrong way), and 100km runners heading up Quartz Ridge then, realising their mistake, turning back and heading down via Ropers to ensure that they did the correct course; adding an extra 20km to their run in some cases.

The wind started to pick up and clouds started to gather and we said "the weather, it's a-brewing, let's batten this place down" (not knowing what was in store for us later that night.)

Having recently received my amateur radio operator's licence, I was now able to go mobile and still stay in contact with Warby Corner, Mt Bogong and, through

them, Bogong Village. So, with that knowledge, Michael and I headed off on a 2km jog carrying 8 litres of water and some bladders to set up the checkpoint at Ropers Hut; an area that I would get to know intimately as I checked runners in and out over the next 10 hours.

Michael and I set up a checkpoint and then headed down to

the creek to get another 10 litres of water for runners slogging up Duane Spur in the heat. The runners materialised but the heat didn't. Instead we set about cutting wood for the fire and getting it blazing so that as darkness fell and, along with it, the temperature, the runners would have a warm cosy shelter to pop into and take on more food and water.

In our warm, sheltered hut, with its solid walls and tin roof, we would have been oblivious to the gathering storm if not for our radio. Calls from Mount Bogong talked of poor visibility and strong winds, of runners withdrawing at Mountain Creek, and the need to close the Quartz Ridge descent on safety grounds due to the possibility of runners stumbling or getting blown off the cliff edge. This wasn't just coming from the support team but from a survey of runners as they came through the checkpoint. We were entering the "dark zone" where things invariably started to go from bad to worse.

As reports kept coming through Alpine SAR on Mount Bogong, we worked through a number of scenarios which included cancelling the run, closing Quartz Ridge and sending runners back via Duane and T-Spur, or holding them at Mountain Creek and seeing what the weather did overnight. We opted to send runners back out along T and Duane Spurs to Warby Corner, and to pull any runners that hadn't made the Ropers Hut cut off, sending them off

on a 116km course.

Rain was now lashing the hut with increasing frequency and the mist descended at Ropers, limiting visibility. Glow sticks and a strobe light guided the last two runners to the hut and then we closed the checkpoint and walked with bowed heads towards Warby Corner. The ferocity of the wind was amazing. We had estimated it to be in the vicinity of 60km/h, but upon checking with the Met Bureau found it to be well over 80km/hour, and more likely in excess of 100km/h, at Warby Corner and Mt Bogong Summit.

The two Karens called up their support crew and, after checking in with James in the radio tent, I headed to bed after 24 hours on the go. Awakened after only about 10 minutes sleep by a crash and a yell, I emerged to find James a bit battered and without his tent; it was gone. Picked up by the wind and smashed into four pieces, the radio mast had also crashed to the ground, and the SAR tent flattened leaving our radios and stores exposed to the elements. A frantic burst of activity secured everything and we went back to our tents and tried to understand what had happened. Calling SAR at Bogong Village we found that not only had our control point been flattened by the winds but so had Mount Bogong. Things were serious. Our radio net and ability to mount S&R missions were both compromised, and that had immediate safety implications.

A decision was made to hold all the runners at Mountain Creek, turn around those on the Staircase approaching Mount Bogong, hold the sweep and cancel the race once Gill Fowler and Dan Beard, the two lead runners, emerged from the woods and got to Warby. Calls and texts were sent to support crews, mobilising them and getting them into position to pick up their runners and take them back to Bogong Village. Finally at 4am, a plaintive call outside my tent told me Gill had arrived. Inviting

her in I asked her what it was like. “Frightening” she said. She had been heading up Duane Spur with the sounds of trees crashing to the ground. The wind chill would have been terrible; ice had formed on the tent and the temperature had dropped to -2.2C. Silently relieved that the event had been placed on hold, pending a reassessment in the daylight, she headed off to meet her support crew whilst I waited another hour for big Dan.

Ever-smiling Dan squeezed into the tent and started to strip off and put more clothes on. Unfortunately, in the process he had to remove his runners which he had been wearing for over 24 hours! He was also pleased that we were suspending the event and would reassess the situation in the morning. However, the issue with restarting the event from Langford’s Gap in high winds was that it would mean runners would have to traverse the Fainters Fire Trail, an area notorious for tree falls following the fires of 2010.

As RD the responsibility for the safety of the runners was mine, and I reluctantly decided that it wasn’t worth the risk to runners, sweeps, rescue personnel, or the reputation of the run and our relationship with Parks Victoria; all factors that had

to be weighed up. I confirmed my decision with Parks Victoria, who also agreed that the risk to runners, sweeps and SAR personnel was too great.

Mount Bogong had blown us off the mountain but we had all learnt something in the process.

The runners: That there were good reasons behind the mandatory safety gear list. That Bogong and the High Plains had given us just a taste of what they could turn on and how even the best runners wouldn’t have had the equipment to endure those conditions with extended periods of rain thrown in, especially when combined with sub-zero temperatures and driving winds.

Alpine SAR: That we needed to have better communication between SAR personnel and race officials in the event of an emergency, and that we needed to build more redundancy into our communications systems.

The RD: To trust the people on the spot, to be able to think and plan coherently and clearly, and make decisions while everything was falling apart on a modicum of sleep. To, especially at night, be located at the heart of the event.

While all this was going on, records were being trashed in the 100km run with Matt Cooper setting a blistering time of 12:31 (course record). Although when you read his blog he talks about stopping for rests to take in the scenery, he was hotly pursued by rising star Wes Dose, with 13:22. In the women’s 100km Gretel Fortmann finished in 15:48 (course record). They all looked fresh as daisies at the finish.

To the runners, event crew, volunteers, support personnel, Bogong Village Staff, and Parks Victoria—I say thank you. You were all wonderful and helped make a daunting challenge into something that built strong memories and firm friendships.

For this event, the only recorded DNFs were those who chose to stop before the race was halted. For others, only “Course Closed” appears beside their name. To do any less would be to pay a disservice to the difficulty of the run and the tremendous efforts by all who participated.

Mount Bogong had better watch out because there are a lot of people with unfinished business who will be back in November 2014.

Alpine Challenge 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		12:31:35	Cooper	Matt
2	2		13:22:47	Dose	Wesley
3		1	15:48	Fortmann	Gretel
4	3		16:01	Gillies	Cameron
5	4		16:57	Ferraro	Simon
6	5		17:51	Melchiori	Tristan
7	6		18:23	Chandler	Brett
8	7		19:50:42	Robinson	Richard
=8		2	19:50:42	Barnes	Tamsin
10		3	21:10:00	Parker	Melanie
11	8		22:28:05	Scobie	Aaron
12	9		23:55	Miller	Tristan
13	10		24:58	Henschke	Phillip
14	11		24:58	Lawlor	Rod
15		4	25:29	Barber	Roz
*			75km	Ryan	James
*			75km	van Kalken	Tom
DNF			75km	Dickins	Michael
DNF			75km	Merrett	Luke

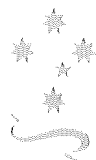
Bold SURNAME indicates AURA member.

*course closed

Alpine Challenge 100 Miles (abandoned due to weather conditions)					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1		1	120	Fowler	Gill
2	1		120	Beard	Dan
3		2	100	Macmillan	Katherine
*			90	Hudec	Peter
*			90	Ratcliffe	Jeremy
DNF			90	Collins	Michael
DNF			90	Dobe	Warren
DNF			90	Hutton	Shane
DNF			90	Monks	Paul
DNF			90	Smith	Damian
DNF			90	Thwaites	Michael
DNF			90	Weatherly	Clare
DNF			70	Cole	Karen
DNF			70	Pedley	Karen
DNF			45	Bell	Tamyka
DNF			45	MacDonald	Helen

Bold SURNAME indicates AURA member.

*course closed



Rollercoaster Run

Mt Dandenong, VIC, March 16, 2013

by Richard Johnson

Just on a year ago I toed the starting line of my first ever trail running event; it was called the Rollercoaster Run. I had not seen the course, had not run on any trails; I was a road runner. Well, it was the toughest run I had ever done. It took me on all kinds of physical and emotional roller coaster rides from start to finish. I was in pain but I was converted!

Fast forward. It's "fairy floss entry night" for the 2013 Rollercoaster Run. A one-off night of discounted entry. The Facebook group was alive with comments and banter of who would get the first entry completed. AURA member Paul Day achieved that goal. I happened to get in 2nd, though I was not trying.

Moving on to March, and race day is upon us; Sky High on Mt Dandenong at 6am. It's dark. The car park is already full. Runners greet each other, find familiar faces, and make new running acquaintances. Nerves are shared, race plans chatted about, goals verbalised, perhaps for the first time.

This event has two distances, 21.5km and 43km. As with many trail runs these distances are somewhat vague; the 43km being more like 44km. The elevation gain for the shorter event being in the vicinity of 900m means the ultra is 1800m gain in just over a marathon distance. As well as this, it's a loop course so there is the same amount of elevation loss. This event is very aptly named as there is very little flat running at all. The tag line on the Facebook group and the website sums it up perfectly,

"What kind of sadistic roller coaster starts at the top?"

Amongst the chatter we hear Michael Clarke talking, briefing us over the microphone.

It seems the start is to be delayed a little; we have to wait for the light to be adequate. Seems a bit like the old days of a cricket test at the GABBA when play had to be suspended for bad light. Clarke also gives us the news that one of the steep downs on the course has been freshly graded. One might see this as a good thing but, alas, in this case it means the largish rocks are now hidden under a soft loose dirt cover. This will make it a little interesting.

The call is made and the first wave is off. It's a slow snail trail of runners getting through the start gantry. The rest of us, mostly those of us brave (read: silly) enough to take on two loops of the course, have about another 10 minutes to wait. Away we go.....

I almost missed the start being too busy chatting to others. Under the start gantry I pass a very brave soul who has, for some reason, really got into the carnival theme of the day and is running in a clown suit. A one piece clown suit which is soon to lead him on a toileting adventure that one would not usually associate with running attire.



*Runners starting out on their rollercoaster ride
Photo - DandyRunner.com*

The first five km is pretty kind, gently rolling and a fast downhill run. Zigzag Track and Channel 10 Track see me pump out a couple sub 4min km. From more than 500 meters away the awesome volunteers are heard cheering on the runners as they go through the Doongala aid station. The volunteers are what make this event what it is. The course is tough but the smiling faces of these men, women and kids cheering you on, helping you with excitement, are just amazing.

Through the aid station, and it's time to get tough. A near U-turn and it's on to the notorious Dodd's Track. I believe 99% of runners are reduced to walking this one; it's the first of the tough climbs on the course. At the top is relief with some rolling ups, downs and "arounds" until you, again, cross back through the Doongala aid station. This is a little over half-way around the first lap, or a little more, I think.

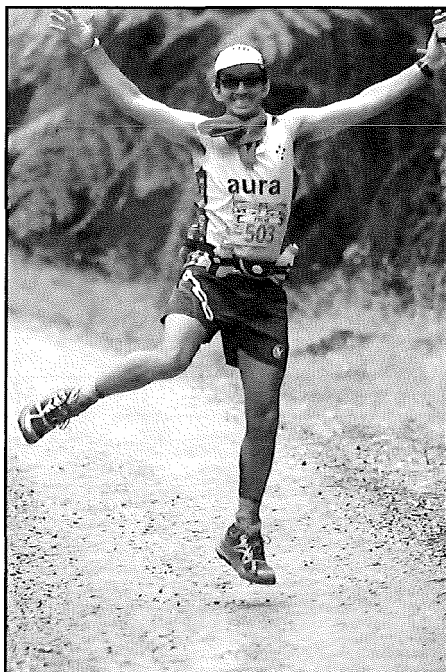
I had been making good time, and had passed a number of people who started in the first wave. I was having a minor foot issue;

hot spots were coming up under big toes, so at the aid station it was time for a stop. Pull the shoes off, get the moleskin on, and keep going. About a 10 minute time loss I think. Unbeknownst to me when your HOKAs “go”, they go suddenly.

The remaining part of this first lap was one of long gradual climbs, a couple of steep downs, and one mongrel of a climb up Edgar’s Track. The final insult of this course is when you think you are almost done you hit a little track known as Trigg Track. It just goes up! It’s true single track on the edge of mountain stuff. It’s just struggle, struggle, struggle your way up.

The final assault of the lap is the last little climb up to the start/finish line. As a two loopster you not only have to do this climb once, you have to summon the courage to turn around and do it all over again while realising you are only half done.

I am certainly not what I can call a seasoned ultra runner, having completed just three, but I think that turnaround was one of the toughest



Frankie Palermo having way too much fun
Photo - DandyRunner.com

decisions a runner had to make in an event just to keep going. Seeing running friends who had chosen the shorter event, with their medals around their necks, heading to their cars was a double edged sword. One edge was the push to go on and get it done; the other edge was the wish to have taken the easier shorter option.

The second lap over the first six km (or so) was an opportunity to gain back a few positions I lost due to my blister repair. For a while I saw fellow runner, Frankie, ahead then suddenly he was gone. I could not work out what had happened as there was no way he could have sprinted off; well that’s what I was telling myself. I hit Dodd’s again and caught up with another runner I knew, and we rolled along together for a number of km talking about running, life, the universe and everything.

Just before the last time through the aid station I thought I was just done in and was not going to make it; time for a walk. I walked a few hundred meters; lost a few positions. The wonderful Dandyrunner photographer was there so I started to run again, through the aid station with less than 10km to go.

Splashing through some puddles, walking up the climbs, the long run/walk up Singleton Terrace and Old Mountain Road to Kalorama; I progressed with much encouragement from the juggling clown at this final aid station. Less



Richard getting into the spirit of the run with a hop, skip and a jump
Photo - DandyRunner.com

than two km left; two tough km, but only two.

Along the nice bushy part of Trigg and I turn the corner; up, up, up we go. An eye on the time lets me see I might just still crack the 6 hour mark and I push myself, even passing a few people. I see Matty Bell in front of me, who told me later he was determined not to let me catch him again. I am spurred on.

The race director, Rohan Day, is at the turn of the last climb to the finish. In usual fine form he is making light of, and joking with, the competitors asking what kind of a kick we may have left. I think it makes it worse with the crazy black and white spandex outfit he is wearing. Onto the bitumen 200 meters left. Onto the grass and through the mouth of the crazy finish archway. A finish in just under 6 hours. All is good. Another ultra completed. This was by no means the longest I have done but, as for the toll on the legs and body, it has to be the toughest. A great event by the race organisers and volunteers; an absolutely awesome day.

Yours Truly: 5:57:06, and I am bloody thrilled with that.

Rollercoaster Run					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:55:28	Fitzgerald	Joel
2	2		4:09:14	Wiadrowski	Toby
3	3		4:10:46	Kurov	Serge
4	4		4:17:31	Franzke	Ian
5	5		4:19:16	Vintin	Sean
6	6		4:20:57	Langelaan	Daniel
7	7		4:24:56	Grigg	Aaron
8	8		4:27:28	Scholz	Justin
9	9		4:30:04	White	Stuart
10	10		4:31:12	Finocchiaro	Dion
11	11		4:31:27	Kehoe	Dan
12	12		4:36:34	Street	Josh
13	13		4:38:12	Garrett	Justin
14	14		4:39:21	Jones	Brian
15		1	4:41:07	Bespalov	Isobel
16	15		4:43:19	Gladwell	Paul
17		2	4:43:20	Bartholomew	Lucy
18	16		4:43:23	Tyrrell	Luke
19		3	4:52:30	Plyashechko	Maria
20	17		4:52:56	Sandilands	Alistair
21	18		4:53:46	Leaver	David
22	19		4:53:52	Hosking	Matthew
23	20		4:54:57	John	Michael
24	21		4:55:56	Perry	Dion
25	22		4:59:00	Dalton	Robert
26	23		4:59:24	Lewis	Joe
27		4	4:59:36	Copp	Felicity
28	24		5:01:35	Bowring	Patrick
29	25		5:01:47	Mitchell	Scott
30	26		5:02:13	Hemburrow	Dean
31	27		5:04:46	Taylor	Dion
32		5	5:05:33	Wereszczuk	Tracy
33	28		5:07:22	Yates	Mark
34	29		5:08:28	Dewar	Grant
35	30		5:09:44	Schiffer	Bernd
36	31		5:10:00	Wills	Ross
37	32		5:12:35	Clark	Ben
38	33		5:14:47	Francis	Colin
39	34		5:16:38	O Loughlin	Daragh
40	35		5:16:47	Hughes	Stuart
41	36		5:18:12	Stokes	Phil
42	37		5:19:55	Payne	Andrew
43		6	5:21:39	Moore	Anna
44	38		5:22:10	Amon	Richard
45	39		5:22:21	Robertson	Andrew
46	40		5:23:18	Cusick	Garth
47	41		5:25:19	Cimdins	Nick
48	42		5:26:04	Infanti	Brett
49	43		5:27:09	Makarona	Alexandros
50	44		5:27:29	Krolikowski	David
51	45		5:28:44	Corner	Stephen

Rollercoaster Run					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
52		7	5:29:09	Fletcher	Robyn
53	46		5:29:42	Wenn	Mark
54		8	5:31:39	Stephens	Shauna
55	47		5:32:34	Bryant	Nick
56	48		5:33:58	Evans	Owen
57	49		5:35:47	Kenington	Tim
58	50		5:37:35	Dalton	Laurence
59	51		5:38:12	Rogers	David
60	52		5:38:51	Butler	Bret
61		9	5:39:24	Millard	Geraldine
62		10	5:40:00	Allan	Eliza
63		11	5:40:26	Shadbolt	Jane
64		12	5:40:26	Cowling	Gayle
65	53		5:41:44	Robbs	Chris
66	54		5:42:25	Mooney	Darren
67	55		5:47:43	Smith	Jamie
68	56		5:48:25	Gaspari	Joe
69	57		5:52:45	Tripp	Andrew
70	58		5:52:49	Sutton	Rob
71	59		5:53:33	Jones	Oliver
72		13	5:54:24	Tremonti	Joanne
73	60		5:55:39	Mcintosh	Nigel
74	61		5:56:06	O'Shea	Paul
75	62		5:56:06	Callaghan	Matt
76	63		5:56:55	Bell	Matty
77	64		5:57:06	Johnson	Richard
78	65		5:57:18	Josephs	Derek
79	66		5:59:07	Styles	David
80	67		6:04:22	Hastewell	Matthew
81	68		6:07:01	Searby	Adam
82	69		6:07:45	Wong	Ben
83	70		6:16:04	Sheridan	Peter
84	71		6:17:29	Samrai	Raj
85	72		6:17:44	Palermo	Frank
86	73		6:18:12	Hewett	Richard
87	74		6:18:57	Moyise	Dave
88		14	6:24:42	Parrott	Kim
89		15	6:27:26	Bolton	Vanessa
90		16	6:28:06	Pymer	Sally
91	75		6:28:06	Mast	Jarrold
92	76		6:28:19	Ooi	Kai
93	77		6:29:56	Thomson	Scott
94	78		6:31:53	Hughes	David
95	79		6:40:10	Connolly	Simon
96		17	6:41:26	Stibbe	Wendy
97	80		6:43:43	Brydon	Steven
98		18	6:45:18	Vassiliou	Cynthia
Bold SURNAME indicates AURA member.					



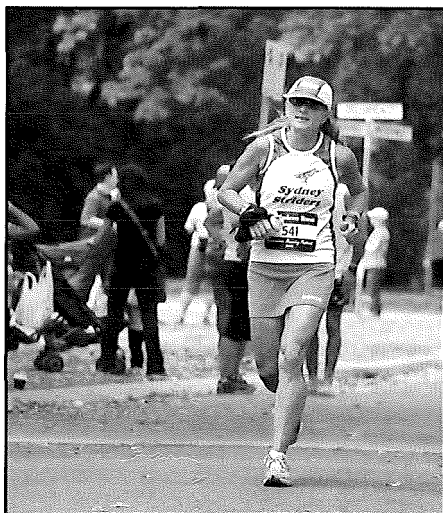
Canberra 50km

Canberra, ACT, April 14, 2013

by April Palmerlee

Most of us have seen the poster of Haile Gebrselassie holding up a sign reading "There are good days and there are bad days. Today was a good day." It refers to the day in 2007 when he broke the world record for the marathon with a time of 2:03:59. Until the Australian Running Festival this year, I thought what separated good days from bad days was just that: breaking records, or in the least your own PBs.

The Canberra 50km started off like any other ultramarathon: I felt rested, reasonably well trained and prepared for the day ahead. I was keen to get started and, when the gun went off, my heart started racing. I enjoyed the first ten kilometres, running at exactly my goal pace of 4:45min/km. The second ten became a bit harder; with my pace varying, sometimes 5min/km, sometimes 4:30s, but still keeping to the 4:45 average. Somewhere around the half marathon mark, though, the wheels started to come off. My body rebelled and tried to back off the pace. I'd been sick for a couple of weeks, but I'd never had a cold I couldn't run through so I had ignored it and lined up anyway.

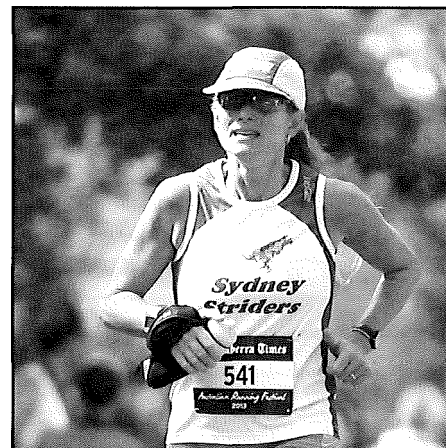


April running through to win her own mental battle
Photo - April Palmerlee

That decision was now coming back to bite me. I was sweating profusely, but shivering at the same time. I had goose bumps in 23 degrees and sunshine. My legs started to cramp (perhaps from losing so much salt through the impressive amount of perspiration) but, again, I'd never had a cramp I couldn't run through, so I switched up my stride and kept going. Pretty soon not only was my right quad cramping, but my left calf was seizing. Then my knees and, finally, the Achilles on both legs froze. I had to scrunch down in a ball to try to stretch them and wound up rolling over onto the side of the course. People passing me offered gels and encouragement, but I couldn't respond. I just had to concentrate of getting myself off the ground.

Cramps under control, I stood up and tried to get going again. My body wasn't happy so I forced down another gel, but that wasn't the answer either because it came right back up through my nose and mouth. At this point, I was worried I was spewing and snotting on other runners, so I looked around to see who was near me. Not surprisingly, I suppose, I was alone. I'd been left behind by the 3:15 pace bus within the first couple of km, been run over by the 3:30 pace bus around 30km, and after a while the 3:45 pace bus passed me by as well. But I wouldn't let my legs quit on me. We kept moving.

After three and three-quarters hours I finally saw the marathon finish line. There were two choices there: sail through the marathon and be done with it, or stay to the left and get a wristband that showed I was carrying on doing the 50km, which had been my plan from the start. Much as I wanted to put an end to



April grits it out at the Canberra 50km
Photo - April Palmerlee

the indignity of the day, I heard a voice in my head saying, "You will finish what you came here to do." I kept running.

Once onto the last, lonely 8km bike track I started to limp a bit to try to lessen the pain from the blisters on my toes. I was feeling so sorry for myself, but I forced every part of my body to keep moving forward. It was the only way. Forward, forward, ever onward. At the 46km turn around, I got a boost when another runner came up behind me and shouted, "Come on Palmerlee, you can do better than that", and he was so right. So I started to run again and finished the 50km at a trot, if not a blaze of glory.

It was a personal worst for me, both for the marathon and the 50km: half an hour slower on both counts than my last two races. However, I felt really good and I couldn't figure out why. As I drove home I turned it all over in my head and asked myself why I wasn't beating myself up like I usually do after a non-PB race. I realised that it was because I felt like I had achieved a victory in a different way, having forced myself to finish something that I set out to do, despite so many setbacks. Did I mention my Garmin died, too?

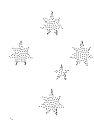
Canberra 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		2:56:12	Shatrov	Vladimir
2	2		2:57:37	Matthews	Alex
3	3		3:05:01	Davies	Brendan
4	4		3:15:44	Chapman	Michael
5	5		3:30:47	Blake	Jonathan
6	6		3:33:19	Hanlon	Keith
7	7		3:35:29	Balnavae	Philip
8	8		3:41:48	Stratford	Luke
9	9		3:45:36	Ernst	Carl
10	10		3:47:13	Klein	Phil
11	11		3:48:20	Nolan	Steve
12	12		3:48:30	Jackson	Chris
13		1	3:48:58	Selby	Melissa
14	13		3:51:46	Beard	Dan
15	14		3:53:27	Hegarty	Matt
16	15		3:53:41	Johnson	Luke
17	16		3:54:48	Koo	Ray Mun
18	17		3:57:51	Easton	Brett
19	18		3:58:05	Profke	Andrew
20	19		3:58:20	Graham	Dave
21	20		3:59:52	Schwebel	Ron
22	21		4:00:43	Smith	Alex
23	22		4:02:06	Lucas	Stephen
24		2	4:03:09	Richardson	Sarah
25	23		4:04:00	Frith	Ewan
26	24		4:05:59	Kazama	Yoichi
27	25		4:06:12	Mesher	Nick
28	26		4:07:23	Hickey	Luke
29	27		4:07:45	Hudec	Linda
30	28		4:08:47	Wallace	Greg
31	29		4:08:51	Butler	Greg
32	30		4:09:07	Marshall	Kelvin
33	31		4:10:53	Lee	Jin
34		3	4:12:17	Jones	Tia
35	32		4:12:59	Foster	Adrian
36	33		4:14:45	Turner	Stewart
37	34		4:15:29	Fenton	Brendan
38		4	4:16:02	Wallace	Robyn
39	35		4:16:04	Black	Roger
40	36		4:16:30	Mullen	Chris
41	37		4:17:24	Eager	Michael
42		5	4:18:01	Vaughan	Keri
43	38		4:18:33	Hidvegi	Frank
44	39		4:19:43	Baker	Graham
45	40		4:22:36	McGregor	Ian
46		6	4:23:08	Tichon	Larissa
47		7	4:23:46	Musters	Elkie
48	41		4:24:35	Warner	Marcus
49	42		4:25:49	Donohue	Craig
50		8	4:26:31	Tremonti	Joanne
51	43		4:26:41	Butterfield	Grant

Canberra 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
52		9	4:26:53	Spink	Sharon
53		10	4:27:33	Vu	Tovy
54		11	4:28:34	Zeppel	Melanie
55	44		4:28:48	Deakin	Noel
56	45		4:30:18	Craig	Tim
57	46		4:31:21	Guy	William
58	47		4:31:22	English	Stephen
59	48		4:32:27	Meadows	Peter
60	49		4:33:24	Thomson	Peter
61		12	4:33:30	Bamber	Georgia
62	50		4:34:38	Summers	Rob
63	51		4:35:19	David	Jean-Jacques
64		13	4:35:28	Brien	Kate
65	52		4:36:00	Jones	Mark
66		14	4:37:20	Law	Rosa
66	53		4:37:20	Corlis	Mick
68	54		4:37:26	Gosen	Gerry
69	55		4:38:06	Clarke	Peter
70	56		4:38:55	Ridley	Graham
71		15	4:39:01	Muston	Pam
72	57		4:39:15	Franklin	Ben
73	58		4:39:20	Limn	Ian
74	59		4:39:25	Lochard	Alain
74		16	4:39:25	Irving	Jennifer
76	60		4:40:12	Saunders	Travis
77	61		4:40:40	O'Shea	Paul
78	62		4:40:45	Lockwood	Glenn
79		17	4:41:01	Crossling	Jayne
80	63		4:43:41	Stocks	Craig
81	64		4:44:20	Emr	Mark
82	65		4:45:55	Smit	Rocco
83		18	4:47:48	Palmerlee	April
84		19	4:47:53	Hui	Tennille
85	66		4:48:05	Connor	Adam
86	67		4:49:05	Key	Michael
87		20	4:49:44	Foulkes	Wendy
88	68		4:50:30	Clark	Gavin
89		21	4:51:13	Guerin	Sue
90		22	4:51:22	Harvey-Smith	Lisa
91	69		4:51:31	Lambert	Martin
92	70		4:51:35	Rensford	Michael
93	71		4:52:33	Saxby	Douglas
94	72		4:52:41	Bartholomew	Glen
95	73		4:52:47	Taylor	Peter
96	74		4:53:31	Kime	Darren
97	75		4:53:50	Searcy	Angus
98		23	4:54:07	Hill	Lauren
99		24	4:54:12	Adams	Carol
100	76		4:55:40	Goddard	Ray
101	77		4:59:14	Begley	Daniel
102		25	5:00:08	Lasevicius	Marlise

Canberra 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
103		26	5:00:50	Balkema	Belinda
104		27	5:00:52	Cooke	Liesel
105		28	5:02:47	Van Zundert	Manon
106	78		5:04:33	Thomas	Jez
107	79		5:05:47	Bamber	Mark
108		29	5:06:06	Crim	Jade
109	80		5:07:17	Walsh	Columban
110	81		5:07:23	Lee	Joseph
111		30	5:07:55	Lovering	Liz
112	82		5:08:01	Franulovic	Mark
113		31	5:08:26	Thompson	Jacqueline
113	83		5:08:26	Meidam	Jeroen
115	84		5:08:36	Wye	Graham
116		32	5:10:01	Cheah	Carolynn
117	85		5:10:48	Howard-Smith	Eliot
118	86		5:11:41	Stevenson	Peter
119		33	5:13:07	Whelan	Nikki
120		34	5:14:04	Dixon	Paula
121		35	5:14:56	Owen	Ann
122	87		5:16:52	Mestdagh	Oliver

Canberra 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
123	88		5:17:43	Herden	Ben
124	89		5:18:27	Paxton	Robert
125	90		5:19:42	Hew	Charles
126		36	5:20:21	Nestor	Ngoh Ngoh
127	91		5:21:41	Seil	Uwe
128		37	5:23:42	Jaques	Sara
129		38	5:23:47	Tran	Thuy
130	92		5:23:59	Davies	Tim
131		39	5:31:46	Cartwright	Jennie
132	93		5:32:55	Dawson	Martyn
133		40	5:36:50	Tanner	Jenny
134		41	5:42:16	Lawler	Leonor
135	94		5:42:46	Foster	Peter
136		42	5:44:05	Marshall	Sarah-Jane
137		43	5:44:45	Mackenzie	Beverley
138		44	5:50:00	Stoker	Stephanie
139		45	6:02:33	Lee	Toni-Anne
140		46	6:04:22	Davy	Pam
141		47	6:08:13	Drouin	Anna Maria

Bold SURNAME indicates AURA member.



Water World Great Ocean Run

From Red Rock to Coffs Jetty, Coffs Harbour, NSW

April 21, 2013 , by Steel Beveridge, RD

While I had to avoid those locals who ran this year's Red Rock to Coffs Jetty for a couple of days afterwards, as the wind blew gently from the north east, after blasting away for the whole 45km on race day, it was another case of the weather gods being kinder to the sponsor, Water World, than the competitors. Max from Water World has put a \$200.00 bounty on anyone who can break the course record of 3 hrs 18 mins, set when he first started sponsoring the event. At the time Jim Bennington, who was working for Max, had set the record after dominating the early years of the race.

Another facet of this year's run was that fewer people seemed to get lost along the way; however, one runner was found approaching the Big Banana on the Pacific Highway. He was directed to the nearest beach to continue his

journey. The received wisdom of keeping the ocean on your left and heading south always seems to work in the end.

This year two new winners, Michael Douglas and Karen Masson, added their names to the perpetual trophies and each received the traditional golden thong.

Trialling entering online (with much assistance from Bernadette Benson) worked quite well, although there were those, mainly local, who insisted on a paper entry or, in a couple of cases, no form at all. "I told you I was coming" was their catchcry as they pressed notes into my hand on a windblown Red Rock Beach a couple of minutes before the start. They were used to less formal, local events; however, next time I won't be so forgiving.

With 52 finishers this year, this

represented the third largest field since the first event began in 1991. The local content has stabilised, if not grown, which should ensure the event's continuance. In the past we have been 'kept afloat' by the Tweed and Gold Coast Runners who continue to support the event, as witnessed by the multiple finishes of people like Peter and Di McKenzie, Bob Beer, Chris Cohen and Angie Grattan.

One year there will be a northeasterly and the runners will have to content themselves by complaining about something other than the wind; maybe the size of the waves, or the soft sand on Sapphire Beach, or the flavour of the electrolyte drink. I am sure they will come up with something to complain about, apart from having "no" reason not to break the record!



*A beach start for runners at the Water World Great Ocean Run
Photo - Steel Beveridge*

Water World					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:54:37	Douglas	Michael
2	2		4:11:16	Smit	Jason
3	3		4:16:33	Kane	Joe
4		1	4:20:38	Masson	Karen
5	4		4:25:10	Nolan	Peter
6	5		4:35:19	Vaughan	Neil
7	6		4:46:19	Hart	Andrew
8	7		4:49:06	Bourke	Matthew
9	8		4:49:06	English	Stephen
10	9		4:50:48	Lawrence	Graham
11	10		4:50:48	Nolan	Matt
12	11		4:51:13	Webster	George
13	12		4:52:20	Brazier	Edward
14	13		4:56:55	Kirkpatrick	Graeme
15	14		4:57:41	Johns	Phil
16	15		4:57:58	Gofton	Norm
17	16		5:00:58	Wirth	Craig
18	17		5:03:04	Harvey	Francis
19	18		5:10:43	Koopmans	Rodney
20		2	5:12:05	Watson	Janine
21	19		5:20:31	Hossack	John
22	20		5:26:36	Churchward	Craig
23	21		5:26:55	Sheringham	Paul
24		3	5:27:56	Robertson	Cindy
25	22		5:29:11	Beer	Bob
26	23		5:31:46	Maloney	Kyle

Water World					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
27	24		5:31:50	Murphy	Josh
28	25		5:31:54	Armstrong	Andrew
29	26		5:32:10	Caller	Brett
30	27		5:32:29	Mollica	Joe
31	28		5:40:42	Evans	Jason
32		4	5:41:38	Grattan	Angie
33		5	5:50:54	Dowell	Carol
34	29		5:54:26	McKenzie	Peter
35		6	5:55:47	Thompson	Tina
36	30		6:12:18	Gale	Rob
37		7	6:12:31	Beath	Karen
38	31		6:17:31	Herd	Robert
39	32		6:20:49	Purdie	Andrew
40	33		6:20:50	Scaysbrook	Rohan
41		8	6:26:00	Holt	Di
42	34		6:32:19	Healy	Sean
43	35		6:32:19	Cohen	Chris
44	36		6:32:58	Morrell	Derek
45	37		6:37:13	Rose	John
46	38		7:06:40	Harrod	Eddie
47		9	7:06:40	Randall	Michelle
48	39		7:17:58	Roder	Grant
49		10	7:22:18	Groves	Kelly
50	40		7:22:20	Palliser	Damon
51		11	7:47:58	McKenzie	Di
52		12	7:59:43	Benoit	Tina

Bold SURNAME indicates AURA member.



AURA Member Profile

Michael Collins

Name: Michael Collins

Age: 32

Birthplace: Melbourne

Currently living in (suburb, state): West Footscray, Victoria

Number of years running: 5

Number of years running ultras: 2

Favourite running terrain (and distance): Up in the mountains, the higher the better! 50-100km. Still trying to finish the elusive 100 miler.

Hours and/or distance spent running each week: 60-100km, mostly road running due to where I live.

Some ultras completed: TNF, GOW, Bogong 2 Hotham, Alpine Challenge (DNF), Leadville 100 Mile (DNF at the last checkpoint due to injury – I'm still annoyed about that one!)

Running related injuries: ITB issues, patella tracking syndrome, a variety of problems with glutes.

Hobbies outside of running: Skydiving, rock climbing, cycling, squash.

Occupation: Senior Systems Engineer



Exiting a plane above Nagambie doing a canopy formation jump in 2009



AURA Member Profile

George Mihalakellis

Name: George Mihalakellis

Age: 35

Birthplace: Melbourne (the most liveable city in the world)

Currently living in (suburb, state): Mount Waverley, Victoria

Number of years running: 4

Number of years running ultras: 3

Favourite running terrain (and distance): loving the trails lately. I love hills. I enjoy all distances from 5km parkrun every Saturday, to 100km races.

Hours and/or distance spent running each week: about 50-80km per week; I believe 4 quality sessions are better than running every day. I also do Crossfit twice a week, and yoga as well.

Some ultras completed: Comrades, Glasshouse 100, Mt Olympus (Greece), Maroondah Dam, The Tan. I'm aiming for a 100 miler and 24hr race this year.

Running related injuries: Stress reaction and shin splints in both legs, ITB syndrome.

Hobbies outside of running: Crossfit, gym, dinner parties, chilling with friends, shopping, and kayaking.

Occupation: Postman, massage therapist.



George touring the Greek Islands by scooter in 2005



AURA Member Profile

Jonathan Worswick

Name: Jonathan Worswick

Age: 49

Birthplace: Lancashire, UK

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

Number of years running: 30+

Number of years running ultras: 28+

Favourite running terrain (and distance): Technical trail, 50-100km

Hours and/or distance spent running each week: 9-14 hours (80-140km)

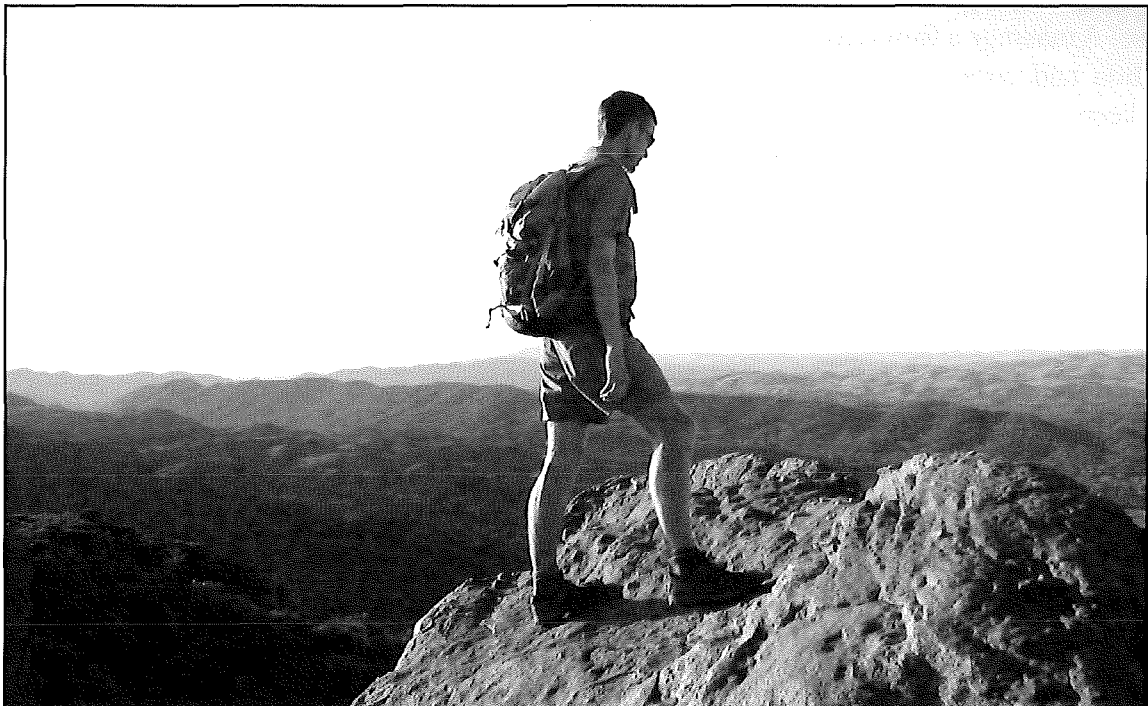
Some ultras completed: I have competed in various long distance events and run hundreds of ultras, mainly in the UK, USA, and Australia.

In summary they include the Bob Graham Round, various 100 milers including Hardrock and Mt Blanc, various 100km including North Face 100, 10 Oxfam Trailwalkers, and the World 100km road. Various mountain/trail races including the World trail champs, Wasdale Horseshoe (UK), Lost Boys (US), Cradle Mountain, Bogong to Hotham (AUS) and Kepler (NZ). Various multi-day mountain races, such as the Swiss KIMM, numerous 24 hour rogaines including two international events, Ironman (if you class that an ultra), adventure races, and MTB ultras.

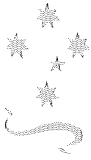
Running related injuries: Not too many, considering. Core muscular issue has been a problem over the last few years. I've had a broken hand and thumb, plus the usual cuts and bruises.

Hobbies outside of running: Hmmm...not much time left. Walking in beautiful national parks, movies, and reading.

Occupation: IT Consultant



Jonathan climbing Mt Ohlssen Bagge in the Flinders Ranges, SA



AURA Member Profile

Rudolf Kinshofer

Name: Rudolf Kinshofer

Age: 59

Birthplace: Bad Tolz, Germany

Currently living in (suburb, state): Hallett Cove, South Australia

Number of years running: Since 1968, on and off

Number of years running ultras: 16 years

Favourite running terrain (and distance): The open road...as in 1660km through NZ over five weeks in 1986! Only a once in a lifetime experience unfortunately.

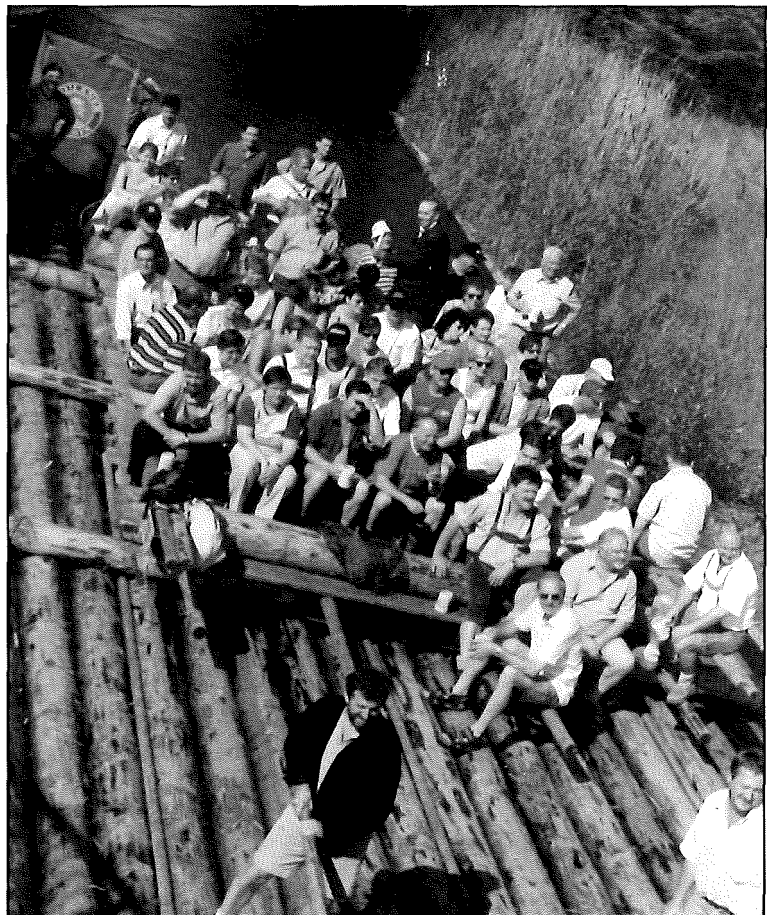
Hours and/or distance spent running each week: These days 20km only, with some crazy stuff nearing a competition.

Some ultras completed: Coburg and Adelaide 24 Hour events a fair few others including Bogong to Hotham, Mt Buller, Adelaide to Victor Harbor, and other great ultras in between. The 100km World Championship in France 1999, that was a proud experience to be part of.

Running related injuries: Not an easy one to answer due to the work I do. Is there anybody out there not sore? I had all the usual injuries over time but my body has always bounced back with rest and time. I do have a sore knee but, hey, it felt ok running in the Bogong high-country three days in a row. I don't know if there is permanent damage due to over-training, but I do not want to give the physio the pleasure of telling me so! A massage a fortnight, no drugs, good nutrition and enough sleep, is what I bank on to keep me going. But I do know life comes up with unexpected surprises.

Hobbies outside of running: Traveling somewhere by plane or by other means (like by raft down the river, ice hockey, studying sciences and watching TV.

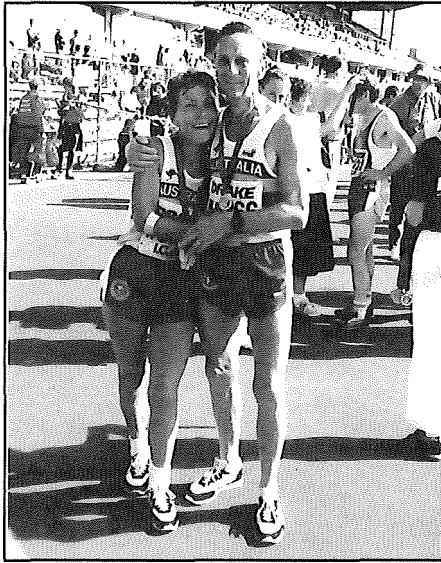
Occupation: baker, pastry cook, bricklayer, and renderer.



In the photo I am steering the raft (front left) for about five minutes. The passengers were not aware of the dangers, but we all survived.

Shirley Young: Living Legend – Ageless Wonder

April 2013, by Kevin Cassidy



Shirley gets a proud hug from husband, Ron, having just won the World W55 Marathon Championship in 1987
Photo - Ron Young

"This is probably my favourite photo, Kevin."

I'm sitting with Ron Young, on a balmy autumn evening at the Collingwood athletic track in suburban Melbourne, perusing a wealth of photos and documentation on Shirley Young's extraordinary running career. The photo in question is indeed a classic. Shirley had just crossed the line to become the World W55 Marathon Champion in 1987 in a PB of 3:18:38. Not only does Shirley look decidedly satisfied with her run, the photo also features her husband, Ron, embracing her proudly.

Engaging and talkative, Ron passionately shared Shirley's career highlights with me. It wasn't difficult to pick up on Ron's pride in Shirley's accomplishments as we reminisced about her incredible journey.

Born on Christmas Eve in 1929, Shirley lived the stereotypical life of that era (1950s and 60s) in that she grew up, got married, produced two daughters and a son, and was

a dedicated homemaker while Ron brought home the weekly wage.

Sport in the Young household was centred on Ron in those early years. One of the country's more prominent distance runners, he narrowly missed selection for the 1956 Melbourne Olympic Games in the 3,000 metre steeplechase. Fast forward to the 1970s, Ron and Shirley's daughter, Lorraine, began making her mark as a race walker, ultimately representing Australia at the 1987 World Athletic Championships in Rome.

The popular Tidal River camping ground at Wilsons Promontory was where Shirley began running in January 1977. Aged 47, Shirley would walk down to the beach each day with towels for Lorraine at the completion of her gruelling interval workouts.

"Come on, Mum, run down to the end of the beach and back with me," quipped Lorraine on one occasion.

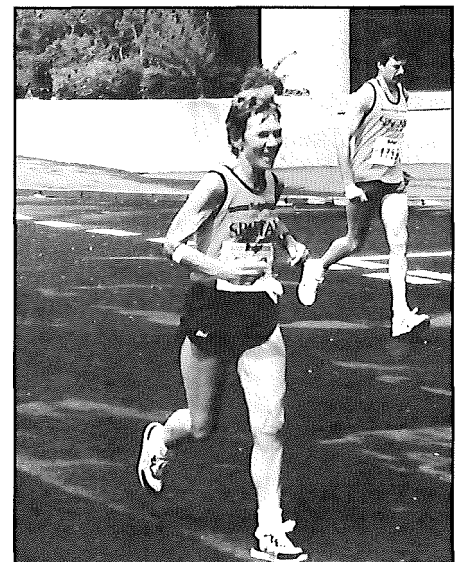
"You know, Kevin," Ron enthused as we continued our chat, *"That day changed her life."*

"She'd always lacked confidence and was rather shy but she really grew as her running blossomed," he explained.

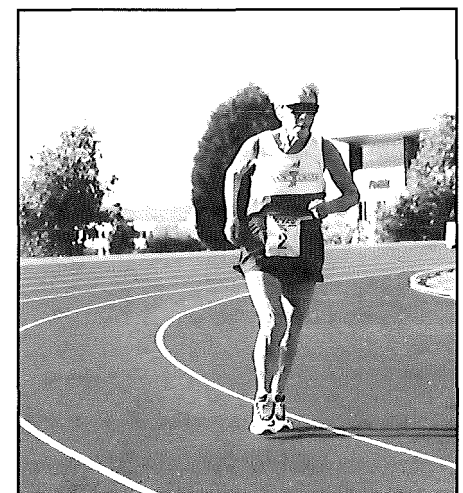
As 1977 drew to a close, Shirley had developed into a regular and familiar competitor with both the Saint Stephens and Victorian Masters clubs and was enjoying a rapid curve of improvement. Not surprisingly, a marathon soon loomed in her sights. The inaugural Melbourne Marathon in 1978 was the definitive choice. 3hrs 51min and 31sec after the gun, Shirley crossed the line in her maiden

marathon, aged 48. No one could possibly have known at the time, but the Melbourne event was to become synonymous with Shirley as she returned year after year.

Admiring her from a distance, I've vivid memories of the first time I spoke to Shirley. It was in 1984 after the now defunct 10km River Run and she was part of a small group jogging back to our cars at the start line. My immediate impression was of a quiet achiever with a very friendly and unassuming disposition.



Shirley on route to yet another Melbourne Marathon finish in the late 80s
Photo - Ron Young



Shirley pushing on to a new world record at the Burwood 50 miler in 1995
Photo - Ron Young



*The start of the 2000 Coburg 24 hour race. Shirley is front and centre wearing number 53
Photo - Ron Young*

While Shirley's success at the 1987 World Masters Championships marathon propelled her name to new heights, it was her initial foray into the ultramarathon world that shook up the record books. Knocking out 63.425km at the 1990 Burwood six hour race, Shirley shattered the W60 world record in the most emphatic of fashions.

Over the next twelve years, Shirley's achievements had record keeping officials around the world suffering substantial doses of writer's cramp! (Computers being in their infancy back then.) As a member of the AURA committee during that period, I can attest that the sorting of paperwork for Shirley's record claims almost required the hiring of some outside help!

Affectionately known as "Nana" by her closest running friends, Shirley churned out quality ultra performances with amazing regularity. Personally, I got to share the track and road with her on more than the odd occasion; a fact for which I feel most privileged. Bereft of ego and with absolutely no tickets on herself whatsoever, Shirley genuinely saw nothing special in what she did and could never understand the attention she received; a quality that gained her even greater respect and admiration among her peers.

"I let Ron look after any records," was her typical deflection to the constant praise that came her way.

"I just love to run and I'm going to run a marathon when I'm 100", she would laugh.

Shirley didn't confine her talents to the ultra world. She continued to churn out standard length marathons as well as collecting numerous Australian titles over any distance from 1,500 metres to 10km. A significant highlight was her swag of medals at the 2001 World Masters Championships in Brisbane.

Shirley's list of World and Australian records below is somewhat lengthy so perhaps it's time to pause, make a cup of coffee, and find a comfortable chair before digesting what follows.

WORLD AND AUSTRALIAN RECORDS

W60

1.	Six hour track	63.425km	27-10-90	Burwood
2.	30 mile track	4:19:07	21-06-92	Burwood
3.	50km track	4:28:45	21-06-92	Burwood
4.	40 mile track	5:52:34	21-06-92	Burwood
5.	50 mile track	7:32:44	21-06-92	Burwood

W65

6.	30 mile track	4:27:49	29-07-95	Burwood
7.	40 mile track	6:11:35	29-07-95	Burwood
8.	50 mile track	7:55:08	29-07-95	Burwood
9.	50 mile road	8:16:56	15-09-96	Shepparton
10.	100km road	10:47:13	15-09-96	Shepparton
11.	12 hour road	100km	15-09-96	Shepparton
12.	Six hour track	62.658km	21-08-99	Coburg
13.	50km track	4:36:49	28-11-99	Moe

W70

14.	100km road	10:59:08	03-03-00	Canberra
15.	12 hour road	100km	03-03-00	Canberra
16.	12 hour track	103.600km	08-04-00	Coburg
17.	100km track	11:30:56	08-04-00	Coburg
18.	100 mile track	20:39:17	08-04-00	Coburg
19.	24 hour track	176.810km	08-04-00	Coburg
20.	50km track	4:50:49	13-05-00	Burwood
21.	50 mile track	8:08:55	13-05-00	Burwood
22.	Six hour track	60.992km	11-11-01	Coburg

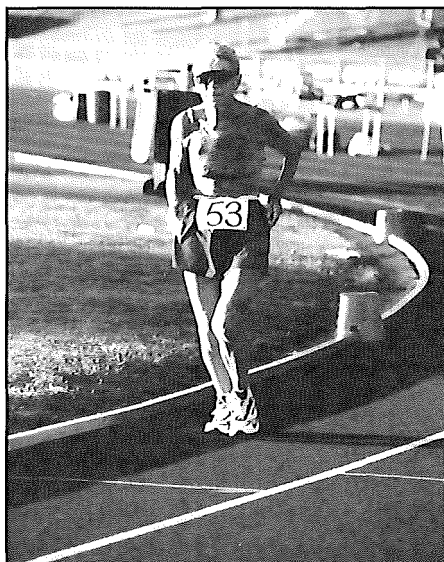
AUSTRALIAN RECORDS

W65

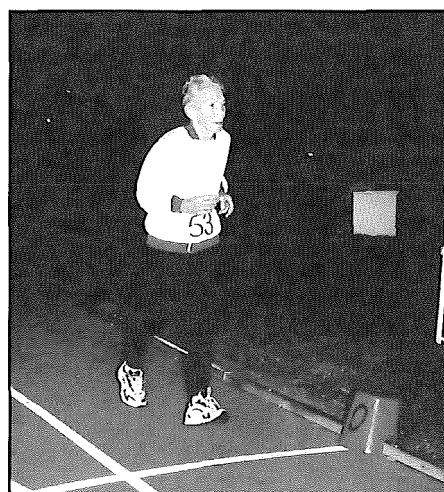
1.	50km road	4:46:54	05-05-98	Glengarry
2.	100km track	13:22:56	22-08-98	Coburg
3.	12 hour track	91.200km	22-08-98	Coburg
4.	100 mile track	23:30:29	22-08-98	Coburg
5.	24 hour track	162.300km	22-08-98	Coburg

W75

6.	Six hour track	49.324km	16-04-05	Coburg
7.	50km track	5:55:50	15-10-05	Adelaide
8.	Six hour track	50.540km	15-10-05	Adelaide
9.	50km track	5:47:43	06-11-05	Moe
10.	Six hour track	51.707km	06-11-05	Moe



A picture of concentration, Shirley pumps out the laps in her machine like fashion at the Coburg 24 Hour
Photo - Ron Young



Pushing on as strong as ever at Coburg 2000 in the small hours of the morning
Photo - Ron Young

Shirley also found time to take out three open National 100km Championships (1996, 2000 and 2002).

Midway through 2002 misfortune struck as Shirley was diagnosed with the early stages of Alzheimers; a situation that substantially curtailed her record breaking spree.

"It basically reduced her from a record breaking machine to someone going through the motions for her own well being," explained Ron.

Regardless, Shirley continued her unbroken streak at the Melbourne Marathon and in 2007 became the only female among the 13 individuals to finish all 30 runnings of the race. Amazingly, she did this

barely eight weeks after breaking two ribs in a fall. Her attempt at finish number 31 in 2008 came to an end at 33km when she cramped in her hamstrings. In all, Shirley ran 72 standard length marathons in, and around, her ultra career.

Ron was most emphatic, *"If I could have got to her soon enough in 2008 to massage her legs I'm sure she'd have made it, but you've got to respect the medical people as they have a job to do."*

Ultimately, the 2008 Melbourne Marathon proved to be Shirley's final run, with the Adelaide six hour event in 2005 bringing down the curtain on her ultra career. Looking over Shirley's impressive CV, Ron was in no doubt when I asked if any one performance stood out.

"The 2000 Coburg 24 hour was clearly her signature performance. In fact, Andy Milroy [international ultra statistician] was firm in his conviction that he would never see another 70 year old woman do something like that in his lifetime," beamed Ron with understandable pride as I nodded in agreement.

"I also reckon her 7:32:44 50 miler back in 1992 was pretty well up there, too."

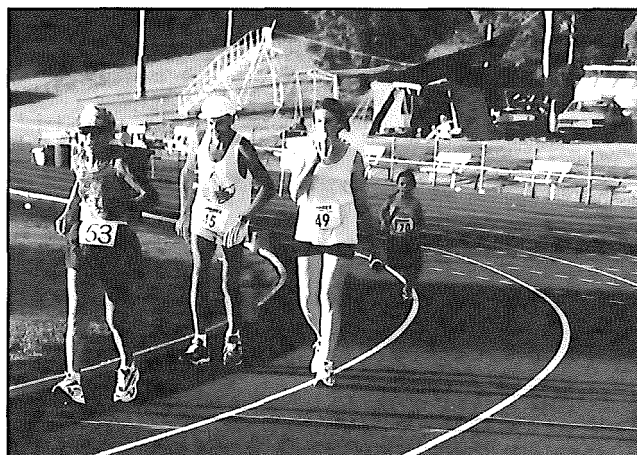
Meeting Gary Parsons for the first time at the sad occasion of Bryan Smith's funeral in 2001, Shirley was flattered to learn that Gary would think of her every time he had to dig deep during his 19,000km run around Australia.

"She never forgot that," grinned Ron. *"It really was the ultimate compliment."*

Having known Shirley and Ron for a lengthy period, one thing that stands out above all is their life-long devotion to each other; it truly is one of the great love stories. Now aged 83, Shirley has resided at the Anglican Aged Care Centre in the Melbourne suburb of Box Hill for some time now and has spent the more recent months confined to a wheelchair. Ron spends much of each day there.

Climbing into my car, Ron bid me goodbye with his usual enthusiasm, positive outlook and upbeat manner. He always sees the glass as being half full.

As for Shirley's plan to run a marathon at 100, don't write it off just yet.



Consistent and determined, Shirley never flinched in any of her races
Photo - Ron Young



Two legends together: Shirley receives the winning trophy at Coburg 2000 from the great Tony Rafferty
Photo - Ron Young



Lantau50

Lantau Island, Hong Kong, March 16, 2013

by Rob Donkersloot

I guess the main catalyst for deciding to run a 50km ultra in Hong Kong was my DNF at 134km at the 100 Miler at Glasshouse last year. When I reviewed the Glasshouse race I came to the conclusion my lead-up had perhaps not been tough enough. Yes I had done the mileage, but in terms of specific training for the terrain, I had probably taken too many easy options on road, or very easy trails, not getting out on more serious trails until the last two months.

Having decided Glasshouse 2013 was going to be redemption for the 2012 failure, I undertook to make two major changes to my preparation. From January I would include at least one technical, hilly trail run in the program every week and, in terms of lead up races, I would run at least two reasonably difficult events, Six Foot early in

the year, and TNF 100 in May.

In 2012 I had travelled to the Blue Mountains in March from my home in Perth to run Six Foot, and just as I drove into Katoomba I received the email advising of the race's cancellation due to the rain and flooding. As such, I was keen to run the event in 2013, however, wasn't able to because the half hour window of online entries took place while I was on a flight between Sydney and Perth.

I needed to find another event in March, around the 50km distance, with some reasonable difficulty to replace my plans for Six Foot. There didn't seem to be anything in Australia that suited, so I started to look further afield and came across the Lantau50; a 50km ultra held on Lantau Island in Hong Kong. Elevation-wise it certainly ticked the difficulty box, with 2700 meters of overall gain.

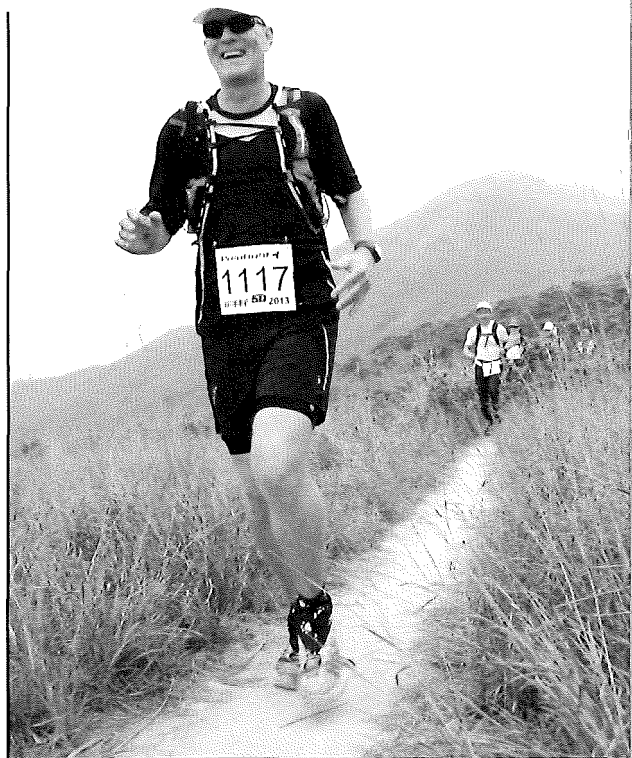
Given I am in WA, the all up cost was about the same as running Glasshouse last year. In fact, while the air fare to Hong Kong was an extra \$400, Glasshouse was a little more given I needed to allow for a rental car which was not required in Hong Kong. The start and finish line was just 300 meters from my hotel, which, in turn, was an easy \$20 journey from the airport in a taxi. Race entry was great value at around \$60,

and included a race hat that you would pay over \$20 for normally.

The race started and finished on the beach in Mui Wo, a small fishing village / holiday destination, at the very sensible time of 9am as most entrants need to get to the start line from Hong Kong Island by ferry. As well as around 600 entrants in the 50km, there were an additional 300 running the 100km; a race that promised 5800 metres of elevation. Standing on the start line with my black numbered bib on, I felt very fortunate I didn't have the red coloured number of the 100km runners. I had looked at the 2012 results and had seen the majority of 50km finishers had taken 10 hours, or over, to finish. As those sorts of times were likely to more than double for the 100km race, I was quite content in the knowledge I would be done by bed time.

I had never competed in an event with serious elevation like this, and my training had included weekly repeats up and down Jacob's Ladder at Kings Park in Perth to help prepare. I had started with 6 repeats in January, and had built them up to 13 by early March. My worry though was I was unsure whether this was anywhere near enough specific training for the Lantau elevation. I thought there was a chance I might get to 30km with my legs fried because of the uphill and downhill, and have a death march in from there.

Just after 9am the race started with a short loop along the beach, followed by a run on concrete paths through the village to the foothills to start the climbing. As soon as the climb started the trail



Rob all smiles while the course is flat!
Photo - Event website

narrowed to mainly single track, with continuous stretches of steps, mainly fashioned out of large rocks and boulders. This made passing other runners quite difficult, and you were reliant on others stopping to let you get past. The first hill was Lo Fu Tau, with its peak of 465 metres at the 8km mark. This was followed by a descent back to nearly sea level before the main climb up Sunset Peak, at about 22km with 845 metres elevation. As you can imagine, the views at the top were spectacular.

I was pleasantly surprised how strong I was at the climbs, actually going past other runners where this was possible. Unfortunately, most of those same runners were then catching me again on the downhill; I made a mental note to do more downhill training before TNF.

The downhill from Sunset Peak I found particularly brutal, and by the next climb my legs were

starting to protest with cramps in my quads; something I had never experienced before in an event. Luckily I could stretch for a minute or two, and then the cramp would disappear, allowing me to continue for some distance before the next cramp took over.

Even though there were 700 taking part, sections of the second half became quite sparse with other runners, so much so I wondered at times whether I was still on course. Overall though the course was well marked, and I had no navigation problems at all.

At 35km the last peak of the day came into play, the 303 metre Lo Yan Shan. Half way up this one I was well over the steps, but there were a number of false summits which played with my head a bit before I finally found the real top.

So with about 10km to go, and the light starting to diminish, I started the run back to Mui Wo. Quite a

few others were walking as I went past and I felt surprisingly strong. I remember being very thankful I had stuck with stair repeats at Jacob's Ladder as they had obviously worked in preparing for this.

I crossed the finish line at 7:40pm in a time of 10 hours 40 minutes and in 236th place; a first half of the field finish which, for me, is a very good result.

I walked the 300 metres back to the hotel, cleaned up, had something to eat, and had a good night's sleep. The next morning I caught the ferry to Hong Kong Island to do the tourist thing for the morning before returning to the hotel for lunch. As I sat there enjoying a beer, or two, I watched 100km runners now in their 30th hour struggle to the finish line. It made me feel a little guilty...and think that perhaps in 2014 I should return to run the Lantau 00, also.



Female Pedestrienne Feats of the 19th Century

by Ellen Lavoie and Andy Milroy

Competitive female pedestrianism (coined "pedestrienne") contests are recorded in Australia to have begun in the mid 1800s. In Australia early professional female pedestriennes were, some would say, exploited by competing in an almost circus-like atmosphere. The contests were advertised locally and often attracted very large crowds to watch the women walk, and occasionally break out into a run. The top prizes often included gold pieces of jewellery and watches, or moderate sums of money.

The history of the female pedestrienne in the second half of the 19th century is scant. Unfortunately, information about

each athlete is very sparse and often even the first name is not to be found in the available data. Some of the more celebrated and significant competitive pedestriennes were Mrs Margaret Douglas, Miss Beverly Howard, Miss Phillips, Madame St. George, Miss Nichols, and Mrs, or Miss, (referred to as both Mrs and Miss in different articles) Wallace.

Mrs Margaret Douglas and Miss Beverly Howard competed in a hefty pedestrienne challenge of 1500 miles in 1000 consecutive hours, commencing on December 24, 1859. The competitive walk commenced on at the Olympic Theatre, with an admission charge of one shilling. The challenge was

to walk 1 ½ miles in 26 minutes, every hour. A very lucrative business was surely had for that particular event since the room was cleared every hour and was often standing room only.

In a separate account (no doubt before the above event) Miss Beverly Howard was reported in the Ballarat Times to have completed a 1250 mile walk in 1000 consecutive hours in the Montesuma Theatre. Both the spectators and media fully expected to see an exhausted and crawling Howard near the finish of the challenge but, much to everyone's surprise, she appeared to be quite fresh. The last 2 ½ miles of the walk was completed in just 42

minutes, which was a spritely rate for a walker having done 1247.5 miles already! Not surprisingly the Ballarat Times reported Miss Howard to be swaying and holding onto objects, such as the stage, toward the end of the feat, but was still in better shape than a previous male pedestrian, Allan McKean, who was nearly helpless by the end of his 1000 miles in 1000 consecutive hours, held previously in the same arena. Reported in the Mudgee Newspaper, November 8, 1859, "Those who had seen the almost utterly helpless state to which the task of walking one thousand miles in (one) thousand hours rendered Allan McKean here, on Ballarat, expected to see Miss Beverly Howard creep or crawl rather than walk her last rounds; but it was not so: she was neither lame, nor halt, nor slow, but walked her last one and a quarter mile in 21 minutes and 45 seconds, or at almost a regular pace, with her body suitably thrown forward, but not bent, with a free motion of both hands and feet, and with no perceptible heaviness of step."

As early as 1864, Margaret Douglas was walking distances that were challenging men's records; an unusual feat during the Victorian era. One of Douglas's most notable feats was held in Leicester Square at the Alhambra. Although this did not occur in Australia, it is a report of the Australian native Douglas in a walking performance in England. In the Otago Daily Times, Issue 902, 10 November 1864, "EXTRAORDINARY FEAT BY A WOMAN: The "Flaneur" of the Star says:—"At the Alhambra, in Leicester Square, Mrs Margaret Douglas, an Australian, is performing Captain Barclay's feat of walking a thousand miles in a thousand hours. I looked in last week and saw her go through her 393rd mile. She is a wiry little woman, I should think not much under fifty years of age, and dressed in a gaudy costume,

with knoker-bocker [sic] and ankle boots. She walked briskly enough, but seemed, I thought, a little shaky in her gait. A raised platform runs round the building, and it takes 19 peregrinations to complete the mile. Of course there are time keepers, who call out the numbers on the completion of each round. Of all the strange ways to make money, surely this is one of the shadiest. Fancy pacing round and round that ghastly building every hour for six weeks? What different phases she must see it in - at night filled with noise, and tobacco smoke, and hundreds of gazers - then empty, but reeking with the fumes of the bygone entertainment; not a creature awake but the watchers, and the time-keeper, and the wiry little woman on her never-ceasing round and then the day with its weak, half-admitted light, and its occasional droppers in! How she must know every inch of the walls. Or does she never look at them, never sees them, but walks on mechanically in a kind of hideous dream. The celebrated Australian pedestrienne has completed nearly 500 miles in as many hours of her Herculean undertaking. Every confidence is felt that the remaining 500 will be walked by her in the specified time, viz 1000 hours, as at present she does not appear in the slightest degree tired or inconvenienced. A great deal of interest is felt in the pedestrian and other circles as to the probable termination of this extraordinary undertaking."

At a later date, a report on the same walking challenge for Douglas: Otago Witness, Issue 678, 25 November 1864: "A female pedestrian has been performing at the Albambra, Mrs Margaret Douglas, aged 43, of Australian fame, undertook Dick Manx's feat of 1000 miles in 1000 hours, and after walking 824 miles, the game 'was rudely squashed by Mr Wyld, the proprietor, without remuneration or apology the lady

naturally feels aggrieved, and seeks legal redress for breach of contract."

In 1879 in Sydney a 24 hour race was held and at least two women are noted as placing first and third; Madame Azella (or Azolla), and Miss Wallace. Azella, who was said to be of French parentage but born in Australia sometime around 1860, was a former tightrope walker, won the race. The Basques (Azella being a Basque origin name) were known historically as long distance runners. It is probable that Madame Azella's transition from a trapeze/tight rope walker may have been due to maturity or an injury. A report on her pedestrianism describes her as being only 20 sometime around 1880. She was a gymnast/acrobat/trapeze artist from 1874 until she took on professional pedestrianism. Like the young gymnasts of the Soviet era, who were mainly pre-pubescent girls, the change in shape and increase in weight could be difficult to handle and might have hindered her career. In pedestrian reports she was said to be 1.61 metres and 60.5kg, possibly not the ideal size for a gymnast or trapeze artist.

Placing third in the 24 hour race was Miss Wallace, who was noted as "an old maid". Miss Wallace, who won a gold watch for her efforts, made history in that she was recorded to have walked 46 miles without a rest while on the track. At the time 46 hours was a record for a pedestrian walking, nonstop, on a track in a competitive walk.

After Azella's win she went on an exhibition tour with William Edwards through all the major towns of NSW: Goulburn, Yass, Young, Wagga, Forbes, Parkes, and Newcastle. The walks she has been recorded to have walked on the tour include 75 miles in 26 hours and 12 miles in two hours. The vast majority of the exhibition walks took place in January and February

of 1880, with the Newcastle exhibition taking place in October in the Warwick Hall. This list is almost certainly not complete because they reportedly went to every important town in NSW.

In February, near the beginning of the exhibition, the local paper in the small town of Grenfell noted Madame Azella as an accomplished long distance pedestrienne, and reported on her taking on the task of 75 miles in 26 hours. She started the walk on a Friday evening at 8:15 and after an overall rest of four hours, finished in 26 hours. The challenge took place within Grenfell (appears to be NSW) starting at, what was then, the Odd Fellows Hall in town.

In January of 1880, Miss Nichols offered a 24 hour challenge following the 24 hour race of 1879. Azella was thought likely to accept it, but had other commitments with the William Edwards tour, so Miss Wallace accepted the challenge. In February 1880 she beat Miss Nichols, setting an Australian record of 78 miles 2 laps, to Nichols 61 miles. Nichols later sought a re-match, but there is no evidence of it having occurred.

On September 25th (or thereabouts) of 1880, a competitive pedestrian race named the "Go as You Please" contest at the Melbourne Hippodrome commenced. It was a widely watched contest of nine women: Miss Phillips, Miss O'Brien, Madame St. George, Miss Nichols, Miss Page, Miss Walker, Miss Harris, Mrs Wallace, and Miss Lamond. After the start, both Harris and Lamond do not show any results at the end of any days, so most likely they either didn't start or dropped out on the first day. A recorded time for an Anderson can be seen for every day but no record of her on the start roster so therefore she may have been a fill in for one of the women who didn't start. Phillips remained in first position at the end of every

day until the last day, at which time she was passed, and beaten, by Wallace. After trailing in third place, by the end of the second day Wallace moved from third position to second, and remained in second for most of the race, until the last day when she passed Phillips and took first place overall. It seems as though Wallace was saving her energy until the last day and made a break for first.

During the late afternoon of the fifth day of the "Go as You Please," a crowd of at least 2,000 spectators had come to watch the match, with Miss Phillips in first place and Miss Wallace close behind. At the end of that fifth day, Wallace, who had completed 200 miles and was trailing behind Phillip's 207 miles, contested when the organisers tried to end the match right there and then, one day early. An argument was made to end the race, most likely, so as to not compete on a Sunday - unheard of in the Victorian era. No doubt this was an excuse (and reason the race started on a Tuesday instead of Monday) by the organisers, who possibly were biased towards Miss Phillips and perhaps manipulated by Phillips's handler, Swan. In any event, the race was extended to the full time resulting in Wallace winning with a total of 246 miles. Phillips came in 2nd with a total of 243 miles, and St. George 3rd with 193 miles. Sometime around November/December of 1881, a race at the Melbourne Pavilion was won by Miss Phillips with a total mileage of 281.

The Capricornian, in Rockhampton, QLD, on Saturday, 11 March 1882, reported a six-day (twelve hours per day) "Go as You Please" contest at the Melbourne Hippodrome. The race was between Swan, a male New Zealand (possibly originally Swedish) pedestrian and Miss Phillips. This was to be an interesting race since Swan was Phillips's handler (coach). Phillips was given a lead of 30 miles at

the start of the race. Although Swan is reported to have gained considerably on Phillips during the first day, either from gallantry or some other reason (perhaps showing her off as a capable and successful pedestrienne), he didn't actually pass her until near the finish of the contest. The full distance was Swan 321 miles and six laps, with Phillips at 321 miles, only six laps behind Swan.

At some point before the middle of 1885, Miss Phillips apparently came close to defeating Swan, who was no longer her coach. This is possibly a blatant attempt to milk public attention. On April 7, 1885 it was recorded that "on a recent Sunday was graced by the presence of Miss Phillips, the late female pedestrian". Miss Phillips's short-lived pedestrian career had ended with her retirement.

It is certainly possible there are many other events which occurred in the 1800s, but are yet to be discovered by historians. Because female pedestriennes were not taken seriously as athletes, the information, even when available, is often vague and missing important details. In addition, reports are often reprinted without specifying either where, or when, they occurred, making history retracing difficult at best. It goes without saying that the amazing female pedestriennes, along with their achievements of the 19th century, paved the way for those women, who in the 20th century, at some point began competing in professionally organised sports including running.

Information for this article was compiled from a combination of material including various authors' articles found at www.ultralegends.com, including those of D. Shaulis, A. Milroy, and P. Essam.



The Longest Race:

A Lifelong Runner, an Iconic Ultramarathon, and the Case for Human Endurance.

Written by Ed Ayres and Narrated by Richard Waterhouse

Book Review by Tegyn Angel

A long time subscriber to Amazon's Audible, an online audio book service, I've often been frustrated with the lack of good sports and adventure/travel titles available. In the last couple of years they've released Ultramarathon Man (Karnazes), Born To Run (Finn), Eat and Run (Jurek), Finding Ultra (Roll) and a few others, which I guess is a good bunch, but finding anything less than mainstream is pretty uncommon. Recently I stumbled upon two audio books. One called Running with Kenyans (Finn) which follows the author's travels to Kenya and his training with elite Kenyan runners. The other, and the topic of this review, The Longest Race: A Lifelong Runner, an Iconic Ultramarathon, and the Case for Human Endurance, (TLR) written by Ed Ayres and narrated by Richard Waterhouse.

Ayres has a unique and impressive CV and brings with it a good amount of credibility. He was the founding editor of Running Times magazine, former winner and age-group record holder of the JFK50, finisher of an untold number of long distance runs, and long-time editor at the World Watch Institute; an organisation that "analyses interdisciplinary environmental data from around the world" and then uses this information to "help inform policy makers and the public about the complex links between the world economy and its environmental support systems."

Throughout the book Ayres brings together three of my favourite topics: running, human performance and environmental awareness. While the first two of are not intrinsically linked with the third, Ayres does a very good job of using the lessons he has learned from a lifetime of running and studying human performance to introduce realistic and accessible

analogies about the state of the planet and the future of human society. Like Born to Run, TLR also introduces us to a lot of popular concepts in the world of distance running: the running man theory of evolution, footwear and hydration myths, metabolic considerations, pacing and technique, trail running as a way of connecting with the planet, and so forth.

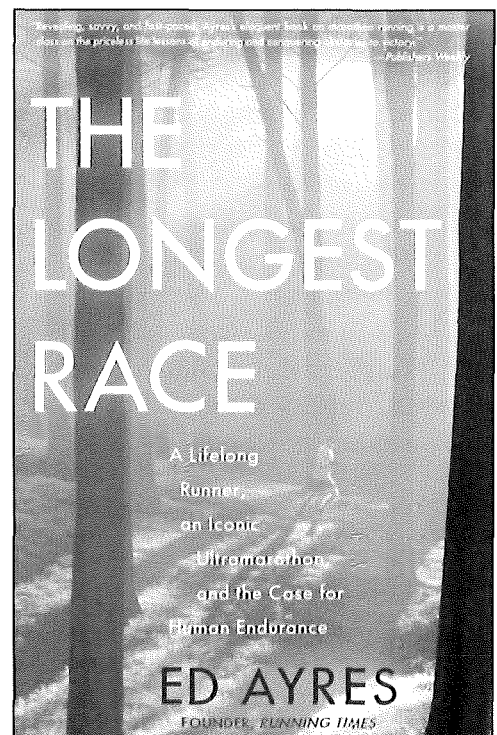
One of the chapters that stood out to me discusses how a successful persistence hunter required a capacity for foresight and patience in order to visualise the result of the hunt. By envisioning the spoils of the hunt, even when the animal disappeared from sight, they could justify their present action and the huge energy expenditure that persistence hunting requires. This concept of "out of sight but not out of mind" is then paralleled with the visualisation and recognition of delayed gratification necessary to explain the running of an ultra. Finally, Ayres explains how this same ability to visualise, recognise the consequences of our decisions and actions, and plan for the future is so important to the development and maintenance of a sustainable and agreeable society. Just as in the running of an ultra, disregarding the consequences of our decisions and actions as a species can only lead to hardship and a big, fat, DNF.

Another chapter that nicely exemplifies the author's analogous approach of run-running-humanity is Chapter 10: A boiled potato miracle: burning fat in a carbohydrate fire. In this chapter Ayres discusses the metabolic processes at work during distance running and explains that in training, refuelling too often is counter productive. If a runner, through training, comes

to rely on a constant fuel supply, their body will have no motivation to adapt to a greater state of efficiency. While completely denying your body fuel would likewise be counterproductive, you do want to make yourself adapt to running further with less.

Energy and efficiency, and striving to do more with less, as we aim to achieve through training, should likewise be the overwhelming priority of the world's scientists, economists, politicians and citizens. Ayres eloquently draws out the similarities between the larger human condition and human performance in a way that is astute and creative without seeming contrived.

The production quality is good and the narrator's tone is well-suited to the tone of the book. The book is divided into 18 chapters and closes with an epilogue and appendix, the latter summarising the main lessons learned over 50 years of distance running. Published by AudioGo in 2012, at 8hrs 6mins (114mb), TLR is a good length and well worth the money.





Magnesium for Peak Performance

There are many factors that influence your performance on race day. Whether you are off on a 30 km ride or running a half marathon, your body needs complete support. To boost energy, avoid dehydration and support muscle recovery, it is important to top up with high quality magnesium. Endura products offer a highly absorbable form of magnesium that give your cells the right nutrition - faster.

Elevate Your Energy

For optimum energy production, performance and recovery, you need great magnesium stores. When magnesium levels are low, muscles tend to recover more slowly and you struggle to produce energy. Consistent training can deplete magnesium, so making sure that you are getting enough of this important nutrient each day will help keep you in great condition. Supplementing with magnesium supports your 'energy powerhouse cells', giving you more power to push through your day. Endura Max provides a powerful dose of MetaMag[®] in the form of magnesium di-glycinate, to combat fatigue and muscle exhaustion, whilst avoiding the gastric discomfort that can occur with other forms of magnesium. For an additional kick, Endura Max also contains taurine which may increase your endurance capability, maximal workload and oxygen consumption.¹

Replenish Your Cells

A lack of the electrolytes, magnesium, sodium, potassium and calcium in the proper ratios may contribute to muscle dehydration. Our bodies require magnesium and potassium at a higher ratio than sodium to prevent dehydration. Endura Rehydration Formula offers a balanced electrolyte formula enhanced with our exclusive magnesium to keep your cells firing. Many sports drinks actually provide the opposite balance of electrolytes and are high in sodium which may prevent you from peak performance. Too much sodium draws water out of cells, rocking the electrolyte balance and may lead to suboptimal hydration. This may leave you with plenty of fluid in your body, but little inside the cell where it is needed the most.

Increase Performance

Research shows that magnesium has a role in enhancing exercise performance and endurance activity, while supporting a healthy stress response. The results highlight magnesium's ability to reduce swimming, cycling and running times, while supporting the stress response and lowering stress hormones such as cortisol.² Magnesium is also involved in glucose metabolism and production of cellular energy - giving you maximum results. Daily magnesium supplementation has been shown to significantly improve working performance and strength so should be incorporated as an important part of your resistance training program.³

Nutrition for Your Muscles

It's no secret that magnesium is good for your muscles. It has a lengthy history in enhancing muscle relaxation and relieving spasm.⁴ Extended exercise is one of the most stressful situations the body can endure as it depletes magnesium stores in the body leaving muscle tissue susceptible to damage. Magnesium moves out of the cells, causing muscle fatigue and dehydration and the last thing any athlete needs during a long event is muscle cramping and pain. Supplementing with magnesium combats this muscle fatigue, while increasing muscle hydration and function. During a long session, top up your magnesium stores with Endura Rehydration Formula and for ongoing magnesium replenishment, use Endura Max as your high strength daily magnesium supplement.

*References available on request



International News

by Nadeem Khan, IAU Director of Communications

We, at the IAU Executive Council, get several requests a year on the “how to organise or place a bid” for a Major IAU Championship (MIAUC). Ultrarunning is becoming quite the popular sport. Each championship brings more athletes and participating federations than the previous ones.

Every year we, on the IAU Council, evaluate bids to award MIAUC to potential hosts. The process is quite extensive and involves a series of steps. The interested hosts submit an application to the IAU. The application is evaluated to study the course, athletes’ village, transportation, funding, and a variety of other important parameters. If time permits, an IAU Council member visits the race site and evaluates the parameters from the ground. The Council delegate also meets with the local organising committee (LOC).

If all the parameters are within IAU specifications, the LOC is awarded the championships and presented with the flag at the preceding relevant championship.

We have started taking a proactive role in awarding these championships a couple of years in advance. Our thought process is to give our athletes and federations as much advanced notice as possible. It isn’t possible, in every instance, to be this forward-thinking (and we might not have host bids available) but, whenever possible, we do try and venture in that direction.

There have recently been instances, due to the fragile economic situation around the globe, that certain championships have been cancelled, postponed or occasionally delayed. On our end we have to be 100% certain that all the parameters are correctly in place, and that the local organising committee can ensure that they will be able to deliver on the points highlighted on their contracts.

We are currently at 58 member federations. As was alluded to earlier, an increase in membership increases the number of athletes participating at events. This also translates into an increased number of countries that are contemplating on bidding for the championships. It is an exciting practice to evaluate the bids that are presented.

On a relevant and mirroring topic, the 50km World Trophy Series has commenced filling its calendar with races spanning across the continents. The event



has definitely picked up in recent years, with several fast times over the half-century distance.

It is our only finale race, allowing top athletes from around the world to run against each other after qualifying in individual events in one or more of the selection races. It has been a very competitive Trophy Final in recent memory, and the experience gained by our athletes at this event is second-to-none.

Being a member of the IAU allows us to have a behind-the-scenes look at the championships. The race might last for 5 hours, 12 hours or 24 hours; however, the organisation, the discussion, and regulating the specification, extends over months and, sometimes, years.

So, as you can appreciate, the awarding of a MIAUC is a very involved process. We try to ensure that the championships will stand up to the high standards set by the IAU, and will be a memorable event for our athletes and federations.



AURA Statistics

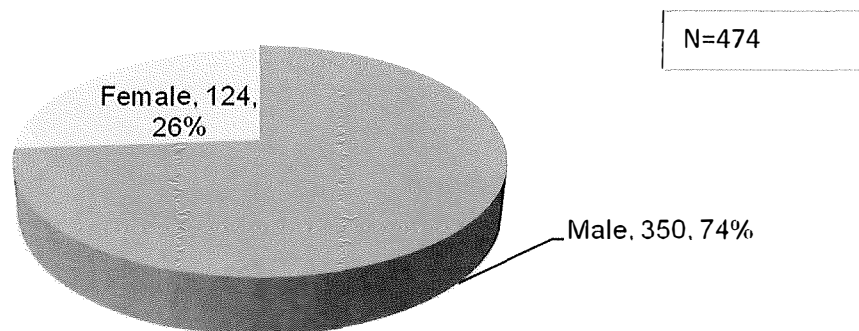
Membership, Number of Races, and Finisher Trends 2010-2012

by Karen WC Chan and Bernadette Benson

The following information and much more can also be found in colour within the 2012 annual report on AURA's website.

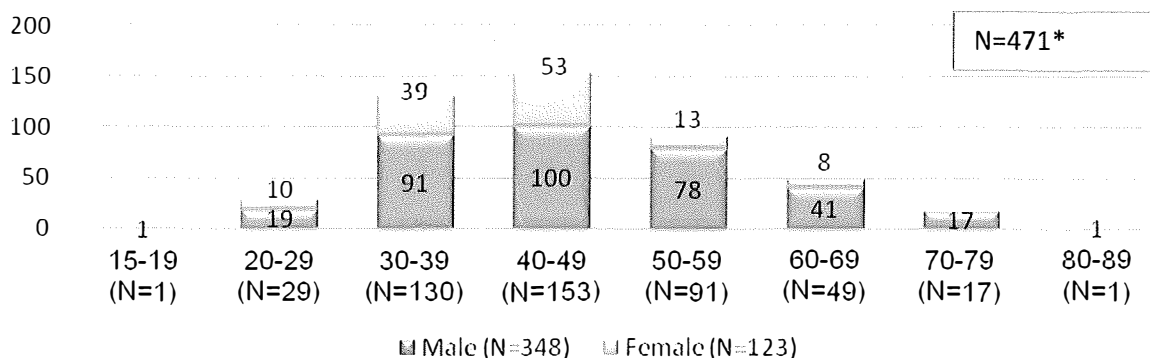
There were 474 unique memberships as at 31 December 2012. 74% were male and 26% were female (Figure 1). Forty-four of those members were in a family membership; therefore, altogether, there were 518 individual members of AURA at year end.

Figure 1. Number of Unique Memberships by Gender as at 31 December 2012



The majority of members (32%) were in the 40-49 year age group (Figure 2). The median age for males was 45 and for females was 41.

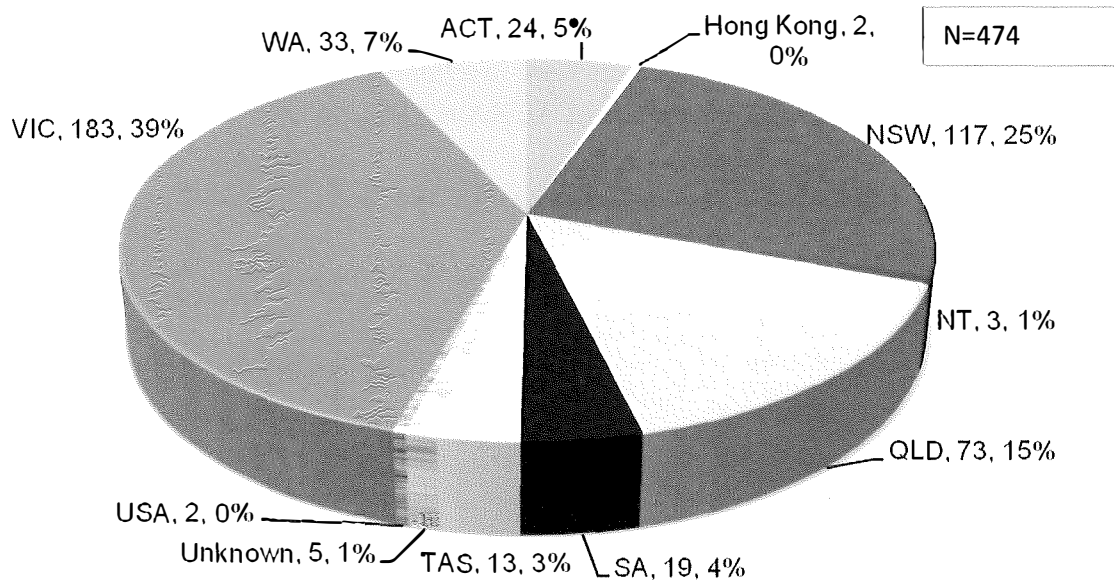
Figure 2. AURA Members by Age Group and Gender as at 31 December 2012



**data missing for three memberships*

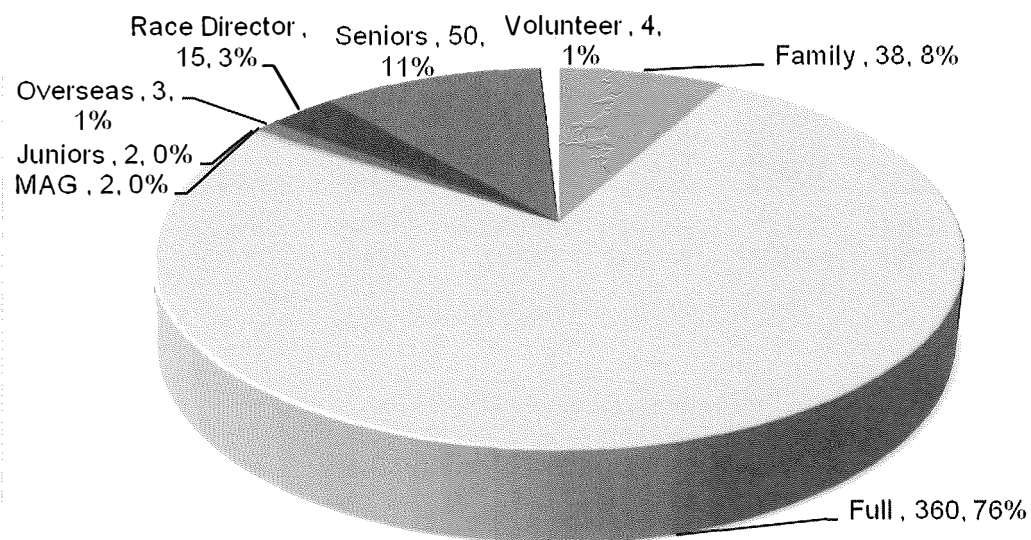
Ninety-eight percent of members lived in Australia. Those who live in Australia mainly reside in Victoria (39%), NSW (25%) and QLD (15%) (Figure 3).

**Figure 3. Members by Area of Residence
as at 31 December 2012**

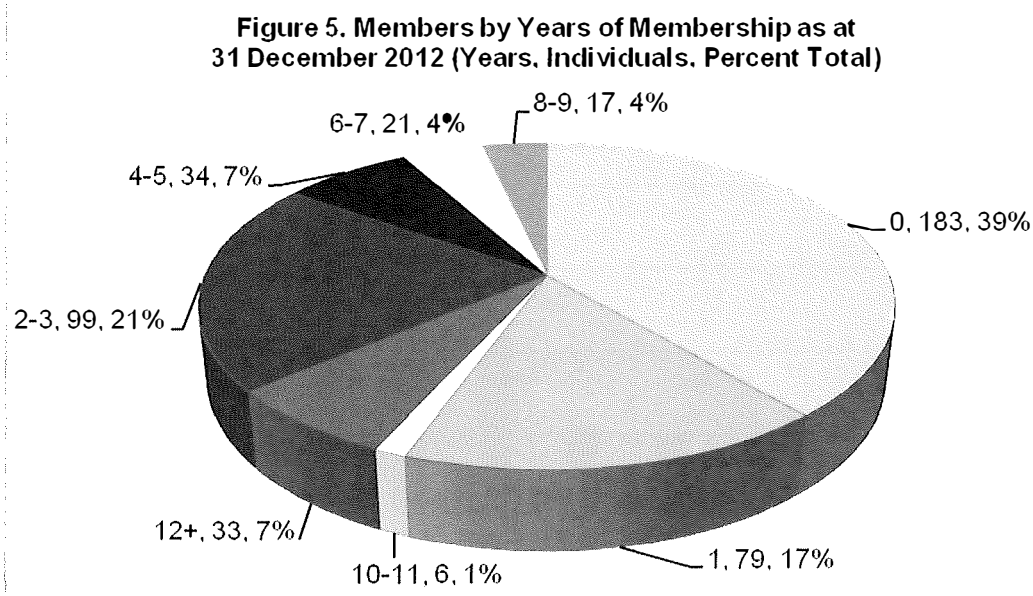


The predominant membership type was Full (76%), followed by Senior (11%) and Family (8%) (Figure 4).

**Figure 4. Members by Type as at
31 December 2012 (Type, Individuals, Percent Total)**



The majority of 2012 members were new (39%) followed by those with 2 - 3 years of membership (21%) and 1 year of membership (17%) (Figure 5).

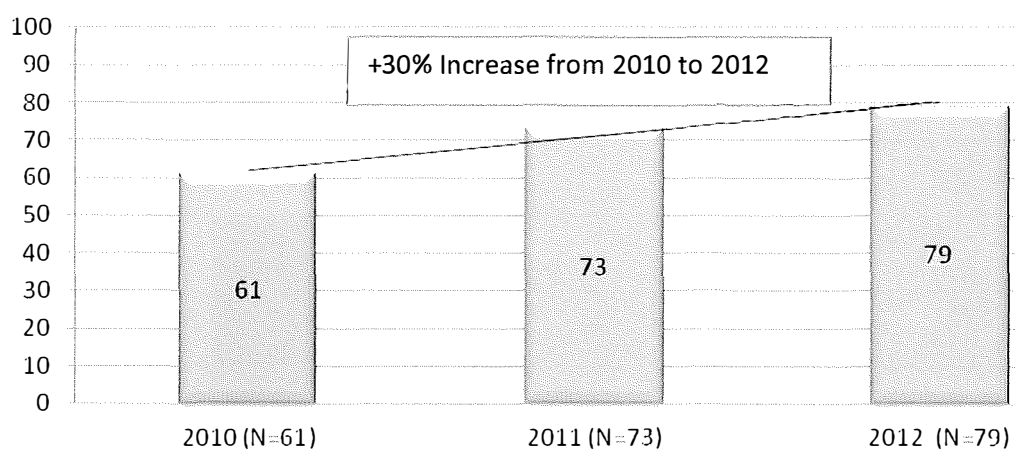


Number of Races and Finishers Trends 2010-2012

(Finisher source: <http://statistik.d-u-v.org/getcharts.php?country=AUS&Submit.x=16&Submit.y=13>)

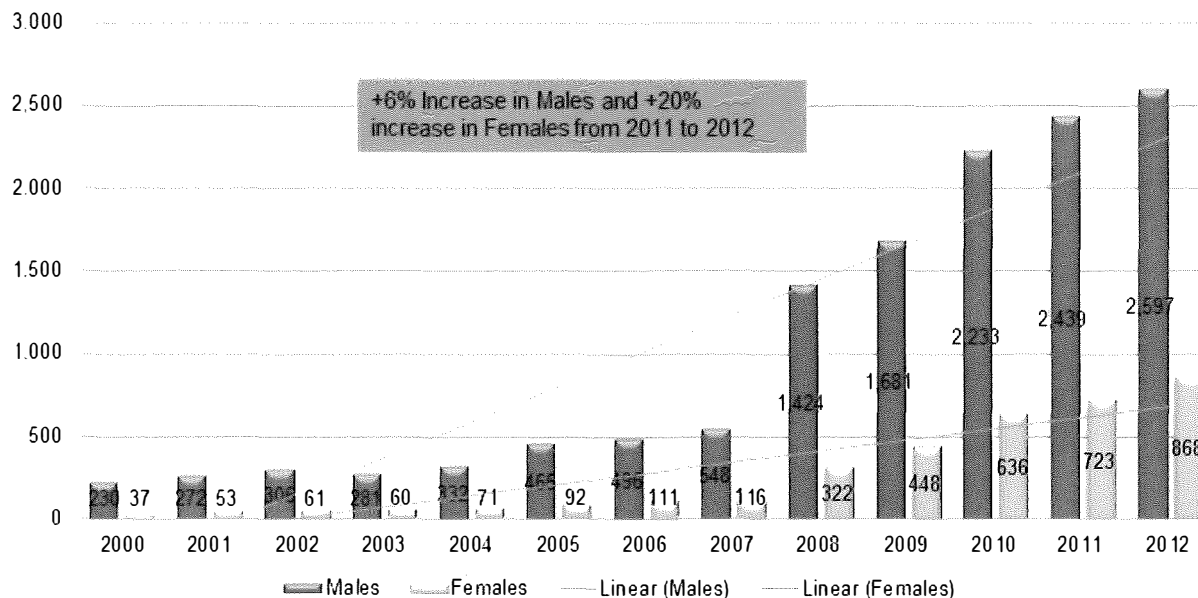
The number of races sanctioned by AURA has steadily increased. There was a 30% increase (from 61 to 79 various distances on offer in sanctioned races) between 2010 and 2012 (Figure 6).

Figure 6. Total number of AURA sanctioned races by Year, 2010 - 2012



The number of finishers has also increased markedly since 2000. There was an increase of 6% in males and 20% in females between 2011 and 2012 (Figure 7).

Figure 7. Total number of finishers by Year and Gender, 2000-2012

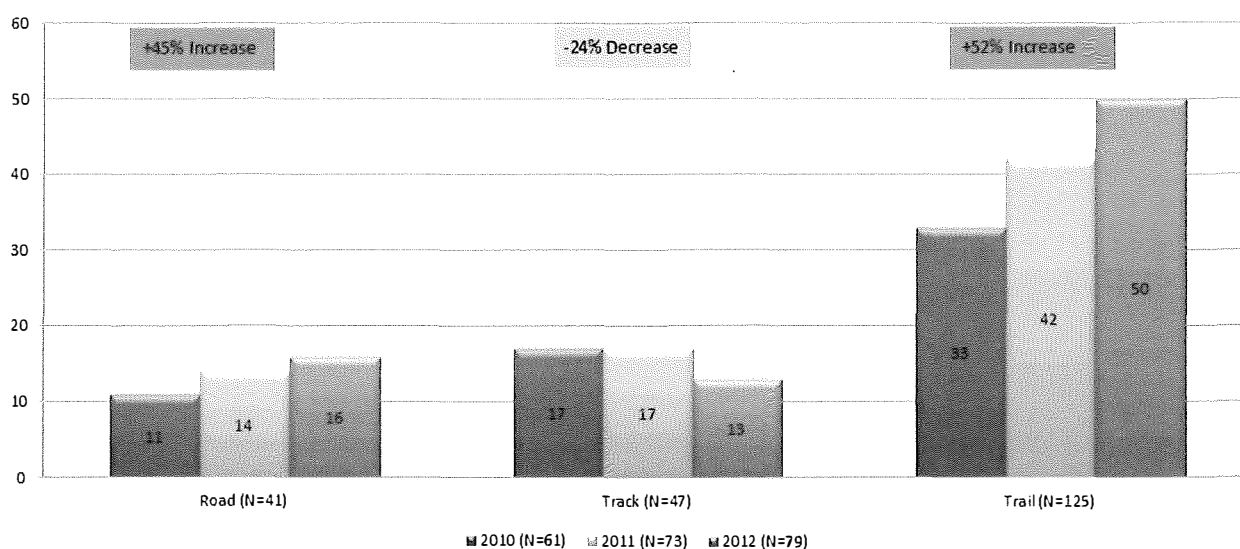


The following figures summarise the number of races and finishers (solo event) by type (trail, road and track), length (distance and duration), state, and season.

By Type and Distance

The majority of the increase in sanctioned races from 2010 to 2012 came from trail events (52%) and road events (45%). There was a reduction in track events by 24% (Figure 8).

Figure 8. Total number of AURA sanctioned races by Type and Year, 2010-2012



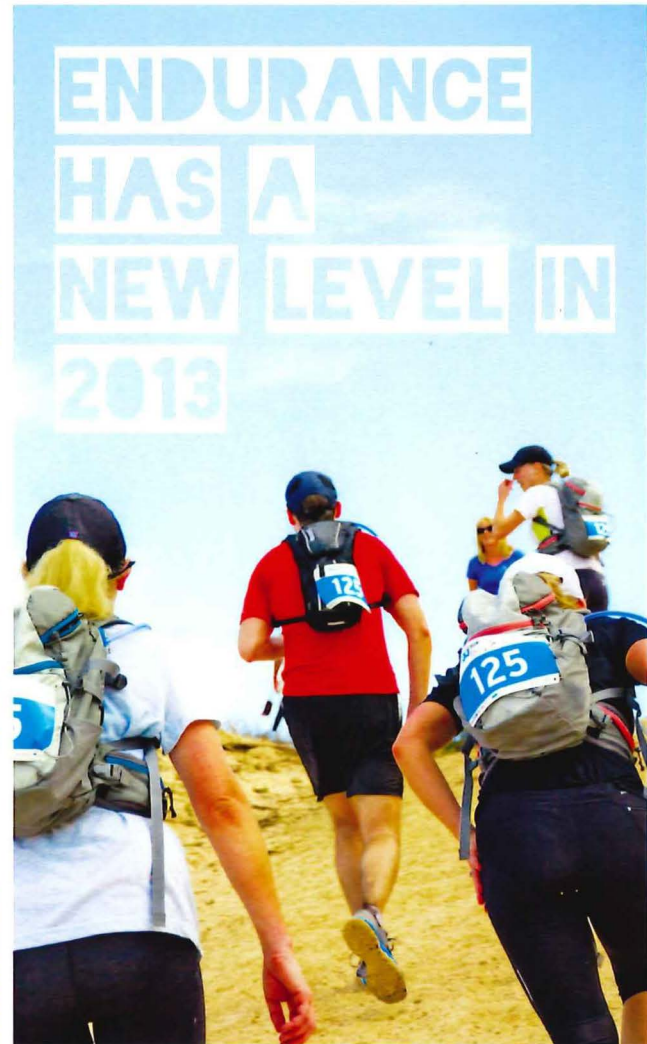
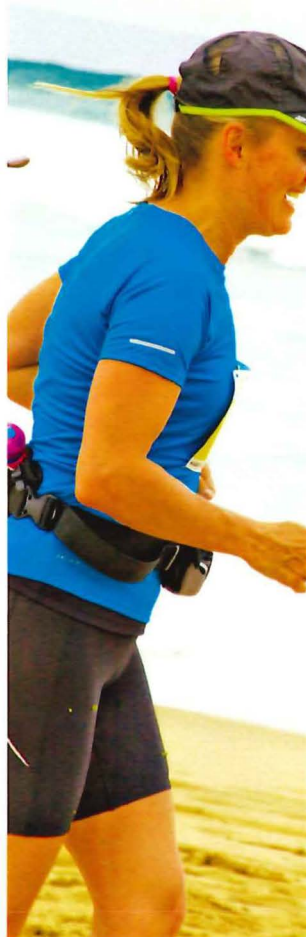
For more statistics, see www.aura.asn.au/annual_reports

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