

U L T R A M A G

Dec 2013
Vol 28 No 4



Australian
Ultra
Runners'
Association Inc

- ▶ **History: The Colac Six Day Race**
- ▶ **Traveling Nutrition**
- ▶ **Alice Springs Ultra Marathon, Numinbah to Polly's, River Run 100, UTMB and more**



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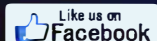
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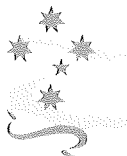
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Editorial

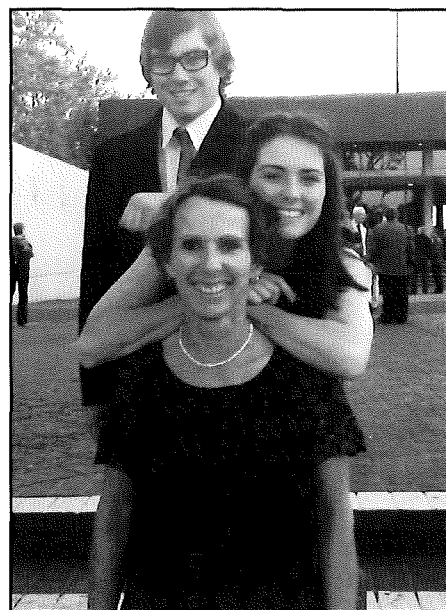
Karen Hagan, UltraMag Coordinator

It's a bit cliché but, as they say, when one door closes, another one opens. Sometimes this is expressed as a reflective statement, attempting to make light and sense of an opportunity lost. It encourages us to look forward, hopefully, that something better may come our way. Other times, we reach a point in life where, in order to allow other doors to open, we have to close one or two doors ourselves.

So, with this edition of UltraMag, I am closing one of my doors. This is the 9th edition of UltraMag since I came onboard as coordinator. As a number (9) it doesn't sound like much, not even double digits, but it has been a period of 2 ½ years. Initially, I was ably mentored by Bernadette Benson who patiently helped me get a grip on what was involved, and has continued throughout my time to be a great support. I've also been helped in the assistant (ultramag2@aura)

role by Karen Woon Cheung Chan, Debra Gehring, and now Larissa Tichon. Nicholas Bignell has formatted results for us since October 2012 and will continue to do so. Ellen Lavoie came on board in November 2012 to help with our quarterly history piece and member profiles; she's now left our shores and Joe Lewis will be taking over as our history writer. Thank you all; the journey has been enriching and I have learned much more about this sport that I love than had I been "just" an ultrarunner.

I am proud to say I was a part of the evolution of the magazine, and wish Larissa all the best with it in her role as UltraMag Coordinator. She still needs another person to volunteer to be the "photograph procurer"; the entirety of the task that is UltraMag is more than a full time working ultrarunner can manage on their lonesome. If you'd like to see UltraMag continue, please put your hand up



and say "Pick me!"

I'm looking forward to spending time working on my much-neglected house and garden this summer, and running more while not being concerned with deadlines. The biggest deadline I have in my foreseeable future is the start line of the Grand to Grand Ultra in September 2014; my next door opening!



UltraMag:

The Magazine of the Australian Ultra Runners' Association

December 2013

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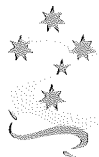
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Cover Photos:

- Front:* Tom Brazier finishing the Sri Chinmoy Canberra Centenary 100km, along the shore of Lake Burley Griffin. Photo credit: Jack Muirhead
- Inside Front:* Cassie Smith is all smiles during her 100km event at the recent Centennial Park Ultra. Photo credit: Stefica Key
- Inside Back:* Caine Warburton wins the inaugural Alice Springs Ultra Marathon. Photo credit: Mike Potts Photography



Committee Corner

Updates from the AURA Committee

President, Robert Boyce

Hi All,

Thank you, Karen Hagan; what a great read in the last AURA mag. Over the time you have been in charge you have given us all an outstanding magazine and we are all sad to see you go.

AURA members, the magazine is one of our most enjoyed benefits. To continue we need someone to stand up, or even a few to share the load. You will not be thrown into the deep end as the AURA team works alongside all new volunteers to make the transition easier. We can always use more volunteers and there are many opportunities to help AURA and your fellow runners.

Sadly, we have another member taking a break from AURA. Mick Francis has been a National Selector for the last six years. Thanks Mick for your experience; you will be missed. We will be looking for a replacement and application information is online.

We will also revamp the points' competition for next year with a larger first prize and many more opportunities to get a prize and rewards.

I wish you all the best for the holiday season. Have a safe Christmas and a Happy New Year.

Justin Scholz, Vice President

What a year AURA is having! In the last couple of months AURA has added even more events to its 2013 calendar. With ultra running continuing to gather momentum and participation continuing to increase rapidly, the executive committee is now considering an approach to sanctioning events that will ensure a good spread

of event types, length / duration and geographical spread. A new sanctioning policy has been developed for the 2014 year and the calendar is about to be (or might have been by the time you read this) published. The new policy ensures increased event exposure for event organisers and will give members greater opportunity to consider the events they wish to participate in.

With an expanding event calendar and increasing membership, AURA is also looking to revamp the points' competition for 2014. Expect to see some new features, an award system that goes deeper into the membership list and random draws that provide an opportunity for anyone to win a prize.

The Facebook page has been working well recently with lots of good material about events, results, AURA members and committee, and photos. We encourage members to take an active part in this social side of our sport. To access your AURA page, head to www.facebook.com/AustralianUltraRunnersAssociation.

With 2014 fast approaching, I think it's also a great time to consider a renewed membership push. If you have friends or colleagues who enjoy the long end of running, then why not encourage them to join? Our sport succeeds through support and engagement - both in time and financial terms. Memberships are reasonably priced, especially considering the vast volunteer time that goes into supporting the membership, and the committee is also always looking for committed people who are keen to take on a permanent or project specific role. I welcome contact from any member who has an interest in a particular area or has any questions and queries.

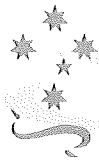
Personally, my running has been going OK the last few months. I completed the Tan 100km and the Canberra Centenary 100km, as well as a couple of non-sanctioned events including the Centurions 24 Hour Walk. As an accepted entrant into C2K, I am both petrified and excited about attempting to spank the mammoth for the first time.

Bernadette Benson, Secretary

It wasn't the pacer's fault!

Last issue, I announced that I had accepted the nomination to become AURA's secretary on the executive committee. This was after one feeble and one more serious attempt to resign from the AURA volunteer team. I suggested that perhaps if I took a "pacer" out with me on this next "lap," I'd make it to the finish line.

Well, as it turns out, the pacer and the rest of the crew were awesome, but it was a race I no longer wanted to be in. I'd done it a few times already and realised that I was looking for some new terrain. Truly, the "event" is brilliant. In my years involved with AURA and working on the executive committee, I've been able to meet (in person, via phone, Skype, or email) over 100 of our ultrarunning members (retired or otherwise). I've learned about databases, MailChimp, APIs, Dreamweaver, printing magazines, and IAAF road and track rules. I've brushed up on MYOB, sorted financial statements, sourced trophies from China, and plaques from England. I've improved my communication and negotiation skills (I think!), my time management skills, and improved my flexibility (not in the hammies, but in the brain). I've received many kind words from members, including a few surprise



Committee Corner

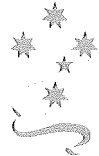
Updates from the AURA Committee

phone calls, which have touched my heart.

I am passionate about our sport, whether it takes us over road, track or trail, over 45km or 1000km. This passion is now calling me closer to home, though. I have a strong need to work more locally than

nationally for a while. I want to help bring the benefits of running to my local areas, particularly to those who never even conceived such things for themselves. It's a different "event" to challenge myself with. So, in closing, I'd like to thank the most dedicated

of race directors, Robert Boyce, all the volunteers and marshals on the course, the spectators who cheered me through the high and low patches, and the sponsors (yes, check out our discount arrangements on our AURA membership page!).



AURA State Roundup

December 2013

ACT by Elizabeth Bennett, State Representative

To commemorate the Centenary of Canberra (1913–2013), the AURA-sanctioned Sri Chinmoy Canberra Centenary 100 km was run on Saturday 21 September 2013. The course incorporated many of the beautiful (and tough!) mountain trails throughout Canberra's nature parks, linked together with sections of cycle path, to give runners a scenic tour of the "Bush Capital". Starting and finishing at Regatta Point, the route took in the Parliamentary Triangle, Red Hill, Isaacs Ridge, Farrer Ridge, Mt Taylor, Mt Arawang, Cooleman Ridge, Stromlo Forest Park, the National Arboretum, Cork Oaks, Aranda Bushland, Black Mountain Reserve, Mt Majura, Mt Ainslie and Lake Burley Griffin.

Fifty eight solo runners and 80 relay teams participated in the event. Interestingly, of the total 362 participants, 142 were women – i.e., 40% of the field. While it's not unusual to have high levels of female participation in fun runs and shorter distance events, this high turnout shows that there are growing numbers of women running ultras, and that ultras clearly suit the running style of many women.

First placed female was Susan Keith from Glenmore Park, who

mixed it with the leading men and finished in an impressive 11:24:57. The second woman across the line was Simone Hayes of Sydney in 12:15:24, with Natalie Best in third, also of Sydney, in 13:14:46. The first ACT female home was Kelley Bennett, as the seventh placed female in 16:24:42.

ACT local, Thomas Brazier, ran a well-paced race to be the first male across the line in a swift 9:48:48. Paul Cuthbert was second in 10:10:08, with Andrew Donaldson third in 10:21:23.

Other impressive finishes included that of Olympic Archery Gold Medallist, Simon Fairweather, who finished in 11:52:42 and Shane Ratterbury, MLA, who holds five ministerial positions, including the ACT Minister for Territory and Municipal Services (and hence, "Minister for Trails"), who finished in 12:06:21.

For full results: <http://www.aura.asn.au/data/Results/2013/2013CanberraCenturyResults.pdf>

At this stage there are no other AURA-sanctioned ultra running events scheduled on the ACT calendar for the remainder of 2013. Unfortunately, the AURA ultra events previously conducted as part of the Stromlo Running Festival in February won't be on in 2014 either because the Stromlo Festival is no longer being

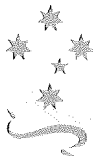
hosted. So, in terms of ACT AURA events, the next is likely to be the 50km run conducted in conjunction with the Canberra Marathon Festival on 12-13 April 2014. Entries for this event are already open.

NSW by Andrew Heyden, State Representative

The winter months see a wealth of races across the country, enticing some of the NSW AURA members to travel and race in Victoria and Queensland. The highlight on the NSW calendar was the Centennial Park Ultra in September. The 50km, 100km, and relay runners were given a relatively cool day and a sprinkling of rain which helped them produce some fast times.

The 50km event was won by Alex Matthews in a blistering 3 hrs 3 mins, followed by Andrew Heyden (3.18) and Chief Brabon in 3.32. AURA members were eligible for the 50km National Championship titles, with Gold, Silver and Bronze going to Andrew, Chief and Gary Mullins respectively.

The female outright 50km, and National Champion, was Natasha Fraser in 3 hrs 39 mins, closely followed by Julie Norney in 3.40, with Jodie Osborne in 3.58. Julie and Jodie picked up silver and bronze medals, too.



AURA State Roundup

September 2013 (*continued*)

In the 100km event two men broke the magic 8 hrs, with winner Ian Gallagher posting a fantastic 7 hrs 50 mins, with Jonathan Blake second in 7 hrs 57 mins. Robert Wooley was third in 8 hrs 12. First female was Tia Jones in 9 hrs 45 mins, followed by Sabina Hamaty and Sally Drayton in second and third respectively.

QLD by Susannah Harvey-Jamieson and Keith Sullivan, State Representatives

In Queensland the temperatures rise this time of year and the ultra-runners who like the heat have a ball. Unfortunately, that type of ultra-runner is in the minority. Many QLDers travel south to participate in some of the longer events. Recent travels might have found you at Surf Coast Century or Great Ocean Walk. There are some great events coming up on the calendar such as Beerwah at Night, Kurrawa to Duranbah, and others, but they tend towards the sprint end of the "ultra" scale of events. Beerwah at Night is also on the cards in mid-November and is an awesome opportunity for those wanting to test their running skills at night before upping the ante to a 100 miler.

Closer to home, Washpool (near Glen Innes NSW) was held 20th October, with Mandy-Lee Noble, once again, taking home the goods and smashing her own course record in the process. Closer to Christmas there's GNW (one of Keith's favourites) and C2K (which Keith swears becomes imprinted into your DNA once you've done it!)

For those who do venture out on long training runs, or just long runs with friends, be careful with hydration, sunscreen, sunglasses etc.; we want you to be safe out there. Those who know Susannah understand that she does much of her summer time running early in the morning (no

daylight savings – don't go there) often getting up at 3:00am for the coolest and least sunny part of the day. If this is your trick too, just remember to make sure that you can be seen by others and that you can see what is in front of you.

Plenty of opportunities for us to see each other before Christmas carbo-loads us into 2014. We wish all QLDers the best.

VIC by Sharon Scholz, State Representative

Winter has passed and the beautiful spring weather is upon us. As ultra runners, many don't get fazed by the cooler, wetter months, and so the Victorian ultra scene has been alive and well in recent times. Events over the last couple of months have included the Tan 100, Walhalla 50km and Surf Coast Century. Queenslander Rick Cooke was the victor at the Tan, but fortunately our own Felicity Copp was strong enough to win the ladies event. Walhalla was next up, and it was won in race record time by Rob Preston. Victorian Katherine MacMillan was the female victor. Surf Coast Century was won by Ben Dufus, with Whitney Dagg winning the ladies' race in record time.

Victorians are doing very nicely in the AURA points' competition at the moment, too, with the running machines of Kevin Muller and Malcolm Gamble leading the way. Kev lives on the Victoria side of the border in Wodonga, so we can happily claim him. I'm fortunate enough to be in third at the moment, too, but to keep the Victorian trifecta alive we all need to hold off the NSW pairing of Annabel Hepworth and Brendan Davies who are right behind us.

The next couple of months see some more good events on the calendar, too. With GOW having recently been run, on 27 October we see the

inaugural 100km Ned Kelly Chase, which I am co-organising with my husband, Justin. The 30/50 Challenge and Marysville 50km are then held on the same weekend in mid-November, with Razorback at the end of November. We round off the year with another new 100km event – "Duncan's Run" on 21 December.

WA by David Kennedy, State Representative

The last few months have seen the inaugural WTF 50/100 Miler being held, as well as some WA AURA members doing some great runs overseas. Ian Dunican was running the famous Leadville 100 Miler in the US when he heard about WTF in his own backyard. He promptly signed up but was unfortunately a DNS due to injury.

Bernadette Benson returned to the scene of her first ultra, the "Lost Soul" in Canada. A few years ago she took out the 50km on debut. This year she returned to break the 100 Mile course record, and was 2nd overall.

It was a case of 3rd time lucky for Rob Donkersloot as he put the 100 Mile demons to bed with a successful finish at Glasshouse. Rob ran 120km on the WTF course back in the "fat-ass" days and this year ran a brilliant aid station at the event just a few weeks after his own 100 Miler.

Marc Simpkins has returned from the injury that cut short his Perth to Albany fundraising run a few months back. He is getting set to finish what he started and we wish him good luck. Well done on your efforts for the Cerebral Palsy Association.

James Roberts ran another great race at the Surf Coast Century, finishing 2nd and ahead of superstar Brendan Davies in 3rd. These two runners, plus a large selection of local speedsters, will face off in this year's 6 Inch Trail Marathon in December.



AURA Contacts

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

AURA EVENTS CALENDAR

This calendar contains only races sanctioned by AURA as of 25 October 2013. Additional sanctioned races may have been added at the time of printing and will appear online.

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

DECEMBER 2013

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: racedirector@coast2kosci.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 6 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

Saturday 21 December DUNCAN'S RUN (VIC)

New 100km trail event along the Grand Strzelecki Track

Contact: Anna Orr 0438 868 103

Email: duncanandanna@dodo.com.au

Web: www.aura.asn.au/DuncansRun

JANUARY 2014

Saturday 4 January NARRABEEN ALLNIGHTER (NSW)

12 hour event on a certified course on bike paths. 100km split can be certified. 8 PM start.

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

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

Web: www.aura.asn.au/NarrabeenAllNighter

Sunday 12 January BOGONG TO MT HOTHAM (VIC)

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

Contact: Andy Hewat 0421 040 700

Email: andy@trailrunningcompany.com

Web: www.aura.asn.au/BogongtoHotham

AURA EVENTS CALENDAR

Sunday 12 January TWO BAYS TRAIL RUN (VIC)

28km and 56km races, Dromana to Cape Schank

Contact: Rohan Day

Email: info@twobaystrailrun.com

Web: www.aura.asn.au/TwoBays

FEBRUARY 2014

Saturday 1 February CRADLE MOUNTAIN RUN (TAS)

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

Contact: Doug Strohfeld 0451 633 207

Email: dougjodi@bigpond.net.au

Web: www.aura.asn.au/CradleMtnToLakeStClair

Sunday 2 February MT BULLER SKYRUN (VIC)

45 km trail and shorter options in the Victorian alps

Contact: Paul Ashton 0418 136 070

Email: runningwild56@tpg.com.au

Web: www.aura.asn.au/MtBullerSkyRun

Discount code for current AURA members only on registration: vouchermb14

Sunday 23 February COBURG SIX HOUR CHAMPIONSHIPS (VIC)

Held at the Harold Stevens Athletic Track

Contact: Tim Erickson 0412 257 496 or 03 9012 5431

Email: terick@melbpc.org.au

Web: www.aura.asn.au/Coburg_6hr

MARCH 2014

TBC Saturday 1 March LARK HILL ULTRA (WA)

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

Contact: Dave Kennedy 0433 333 206

Email: davidkl998@hotmail.com

Web: www.aura.asn.au/larkhill

Sunday 9 March WATER WORLD GREAT OCEAN RUN (NSW)

45km run from Red Rock to Coffs Harbour jetty. 6.30 AM start.

Contact: Steel Beveridge 02 6656 2735

Email: steellyn@gmail.com

Web: www.aura.asn.au/WaterWorld_RR2CH

Saturday 15 March 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

Discount code for current AURA members only on registration: voucherrazor14

AURA EVENTS CALENDAR

Sunday 23 March CONVICTS 'N WENCHES (NARAWNTAPU) (TAS)

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

Contact: Ian Cornelius 0408 527 391

Email: info@goldcoastultras.com

Web: www.aura.asn.au/Narawntapu

TBC March-April MAROONDAH DAM (VIC)

50 km trail race based at the Maroondah Dam, Healesville with 30km option

2014 AURA National Trail Championships

Contact: Brett Saxon 0418 557 052

Email: trailsplus@gmail.com

Web: www.aura.asn.au/AURADamTrailRun

Saturday 29 March ROLLER COASTER RUN (VIC)

45km trail run (& shorter option)

Contact: Rohan Day 0420 380 955

Email: info@rollercoasterrun.com

Web: www.aura.asn.au/rollercoasterrun

APRIL 2014

5-6 April COBURG 24 HOUR CARNIVAL (VIC)

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

2014 AURA National 24 Hour Championships

Contact: Tim Erickson or Bernie Goggin

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

Web: www.aura.asn.au/Coburg_24hr

Sunday 6 April NERANG STATE FOREST (QLD)

50km IAU labelled trail run with 25km option

Contact: Ian Cornelius 0408 527 391

Email: info@goldcoastultras.com

Web: www.aura.asn.au/NerangSF

Sunday 13 April AUSTRALIAN RUNNING FESTIVAL: CANBERRA ULTRA (ACT)

Historically, a silver labelled IAU race and selection race for the IAU 50km Trophy Cup

Contact: Keith Hong 0402 674 226

Email: khong@fairfaxmedia.com.au

Web: www.aura.asn.au/canberra50km

Sunday 30 April WILDHORSE CRITERIUM (QLD)

70km trail race with shorter options. North of Brisbane, on an 11k circuit

Contact: Alun Davies

Email: info@runqueensland.com

Web: www.aura.asn.au/Wildhorse

AURA EVENTS CALENDAR

MAY 2014

Saturday 3 May WILSONS PROM (VIC)

100km trail and shorter options.

Contact: Paul Ashton 0418 136 070

Email: runningwild56@tpg.com.au

Web: www.aura.asn.au/WilsonsProm

Discount code for current AURA members only on registration: voucherprom14

Saturday 17 May THE NORTH FACE 100 (NSW)

100km solo trail race with 50km option in the Blue Mountains

Contact: Tom Landon-Smith

Email: tom@arocsport.com.au

Web: www.aura.asn.au/tnf100

TBC MAY MT MACEDON (VIC)

30 and 50km trail races.

Contact: Brett Saxon 0418 557 052

Email: trailsplus@gmail.com

Web: www.aura.asn.au/Macedon

JUNE 2014

Sunday 1 June KEP ULTRA (WA)

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

Contact: Rob Donkersloot 0411 748 479

Email: rdonkers@iinet.net.au

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

Sunday 8 June GOLD COAST 100 (QLD)

100km, 50km, and other distances.

2014 AURA National 100km Championships

Contact: Ian Cornelius 0408 527 391

Email: info@goldcoastultras.com

Web: www.aura.asn.au/GoldCoast100

Saturday-Sunday 14-15 June SRI CHINMOY 6/12/24 HOUR CHAMPIONSHIPS (NSW)

IAU labelled 6hr, 12hr and 24hr track races at Blacktown Sports Park, Sydney.

Contact: Niboddhri Ward 0449 286 553

Email: lokha7@gmail.com

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

Sunday 22 June MT HAIG ULTRA TRAIL MARATHON (QLD)

45km trail race (& shorter options)

Contact: Lorraine Lawson

Email: trailrunning@roadrunners.org.au

Web: www.aura.asn.au/mthaig

AURA EVENTS CALENDAR

JULY 2014

Friday - Sunday 11-13 July 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

Saturday – Sunday 12-13 July ADELAIDE 6/12/24 HOUR (SA)

IAU labelled loop race on 2.2k footpath

Contact: Ben Hockings or Sadie Cranston

Email: ben@yumigo.com.au or sadiec@adam.com.au

Web: www.aura.asn.au/adelaide_12hr

TBC July YOU YANGS (VIC)

50km and 50mile trail races

Contact: Brett Saxon 0418 557 052

Email: trailsplus@gmail.com

Web: www.aura.asn.au/youyangs5050

AUGUST 2014

TBC August TAN ULTRA (VIC)

50km and 100km loop races

Contact: Brett Saxon 0418 557 052

Email: trailsplus@gmail.com

Web: www.aura.asn.au/tanultra

SEPTEMBER 2014

TBC Sunday 7 September KURANDA TO PORT DOUGLAS ULTRA TRAIL (QLD)

64km trail race (& shorter options)

Contact: Lorraine Lawson

Email: trailrunning@roadrunners.org.au

Web: www.aura.asn.au/kuranda

Saturday 13 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

TBC Saturday 13 September GREAT NORTH WALK 100s (NSW)

100km and 100 mile trail ultras 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

AURA EVENTS CALENDAR

TBC Sunday 14 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

TBC Sunday 14 September WALHALLA WOUND UP (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

Sunday 21 September NUMINBAH TO POLLY'S (QLD)

49km trail race with shorter options

Contact: Ian Cornelius 0411 083 896

Email: info@goldcoastultras.com

Web: www.aura.asn.au/NuminbahToPollys

TBC Sunday 21 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

TBC Saturday 27 September WATEROUS TRAIL ON FOOT (WTF) 100 (WA)

50 mile & 100 mile trail ultras following the Waterous Trail

Contact: Dave Kennedy 0433 333 206

Email: davidk1998@hotmail.com

Web: www.aura.asn.au/WTF100

Sunday 28 September SRI CHINMOY CANBERRA 100KM TRAIL RUN (ACT)

100km trail race developed in 2013 for Canberra's centenary.

Contact: Prachar Stegemann 02 6241 2779

Email: prachar@srichinmoyraces.org

Web: www.aura.asn.au/CanberraCentenary

TBC Monday 29 September ADELAIDE 6-DAY & 48-HOUR ULTRA MARATHON EVENTS (ACT)

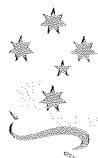
100km trail race developed in 2013 for Canberra's centenary.

Contact: Doug Kewley +61 467 641 593

Email: 6Day@sarrc.asn.au

Web: TBC

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



Mt Haig Marathon

Tinaroo Dam, QLD

July 20, 2013

by RD Paul Ryan

Fifty four runners participated in the Mt Haig Marathon on Saturday July 20th. As the runners ploughed their way through the course, the sun broke through for the first time in two weeks. The course had been lashed by wind and rain, and was muddy, slippery and full of pot holes. Just what trail running is all about! The 45km runners led the way at 8:00 am, with the leaders coming in just after the 4 hour mark. AURA member Rachel de Zoete finished in second, with ten of the 23 runners in the 45km ultra being women.

Runners had to climb to around 1200m and negotiate tricky conditions in the 45km of wet forestry roads. The 21.1km, 10km, and 5km out and back course had their usual climb up the range, but it was coming down that was the area that needed care in these conditions. Everyone survived and had the beautiful Kauri Creek in which to soothe their aching limbs. Thanks to volunteers Lorraine Lawson, John and Janet Jacob, Todd Rutherford, David Von Senden, Mark St Amand, Brenda O'Brien, Daphne Green, and the ladies on timekeeping. Thanks to all runners and family who attended and to our new sponsor, Health Management, who provided each runner with a discount voucher and covered the costs for the trophies, medals and new turnaround signs.

Mt Haig Marathon ~ 45km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:10:09	Garnett	Adrian
2	2		4:14:01	Prytz	Arnstein
3	3		4:22:11	Singleton	Russell
4	4		4:28:21	Lawson	Larry
5	5		4:30:57	OBrien	Dave
6		1	4:32:19	Hargreaves	Andrea
7		2	4:46:21	de Zoete	Rachel
8		3	5:23:32	May	Elisha
9		4	5:23:53	Akmentins	Melissa
10	6		5:26:36	Fearon	Rod
11		5	5:33:13	Murfin	Lisa
12		6	5:43:15	Farnsworth	Tennille
13		7	5:48:25	Griffiths	Sarah
14		8	5:57:12	Webster	Marian
15		9	5:57:35	Lawson	Lorraine
16	7		5:58:06	Elms	David
17		10	5:59:16	Sweeting	Heidi
18	8		6:00:08	Cooper	Shane
19		11	6:09:06	Orr	Teri
20	9		6:19:57	Burnell	Ryan
21	10		6:27:10	Sisson	Greg
			DNF	Macdonald	Christopher
			DNF	Ratcliffe	Scott

Bold SURNAME indicates AURA member.



You Yangs 80km

You Yangs Regional Park, Little River, VIC

July 21, 2013

by Nigel Fox

In 2012 I ran my first ultra, the Marysville 50km. I was hooked. Why hadn't I discovered the wonderful world of ultra running earlier, I continued to ask myself?

I decided to enter the Trails+ ultra series, which included the Maroondah Dam 50km, Macedon 50km, and You Yangs 80km. I planned to use these runs as training for my running "bucket list," which starts with TNF 100 in 2014.

What an experience it's been with blistering conditions at Maroondah, and some heat stroke for good measure, and freezing cold conditions at Macedon which temporarily paralysed my Garmin. I wondered what was in store for me at You Yangs. I went into this run with the mind-set that the distance was a complete unknown and if I did DNF, at least it would give me an indicator as to where I was at. I knew I had come a long

way since my first ultra in terms of conditioning, but more so with my nutrition. I felt a lot more confident going into this event with my nutrition sorted.

As usual, I studied the detailed maps provided by Trails+ as this race centres on the start/finish area. It requires a number of wonderful volunteers to assist runners with which direction to take, depending on what event and what distance

you were at each time you passed through the area. I took full advantage of the early start option of 6am offered by the RD, Brett Saxon, as I was concerned I would not make the cut off time of 11 hours.

It was an early rise to travel the 75 minute trip from home. I was excited to start the race in the dark as it required us to run the first 15km with our head torch; something of which I had only done in training. I arrived to meet Brett opening the park gates and setting up. Once we had collected our bibs and made last minute adjustments, we were off.

I started a bit too fast, but soon slowed as I reminded myself I was running 80km. The first 15km was really enjoyable running with the head torches and seeing the lights along the trails. It was at about the 6km mark when I hit my first hurdle. The week before the event I'd injured myself and had pain in my hip area. Although I had treatment for it, it flared up at the 6km mark. So soon into the race; could this be my first DNF?

As I was reaching the 15km mark I saw the 7.30am 80km group heading out with the usual suspects of Mick Donges, Toby Wiadrowski, Dan Langelaan, Kathy Macmillan, and others. I couldn't help but wonder when they would pass me. The course design was great because it allowed you to see a lot more of the other event's spectators and the runners starting and finishing, as you passed through the start/finish area on numerous occasions.

Around the 42km mark, and after dodging many a mountain bike rider, I caught sight of someone through the trees and they were "reeling" me in. I wondered when it would happen; Mick had caught me. "G'day Mick, goodbye Mick,"

was about all I had time for, and then he was gone. The 80km course required runners to run (or walk) up Flinders Peak (364mtrs) three times; the first time at 15km, again at 30km, and finally at 50km. The third time wasn't so enjoyable, although you did have more time to take in the views.

The course, set in a beautiful regional park, was a great mix of single trails, mountain bike tracks, fire trails, with a total climb of 1,675m. There were plenty of mountain bike riders using the same tracks, so you had to keep a look out. I continued to manage my hip pain throughout the run with regular applications of Voltaren and use of pain relief (no peptides).

I was feeling quite good after completing my third run down Flinders Peak, until confronted with a "hike" up and over large boulders in order to navigate around the side of Flinders Peak. Then a nice down hill and flat section before returning to the start/finish area, at about 58km, once again.

Only 22km to go and into uncharted territory for me, having never run more than 55km. Runners were required to head downhill again, along the mountain bike trails and through

the Eucalypt plantations, before returning uphill along the zig zag tracks and rolling hills to the finish line.

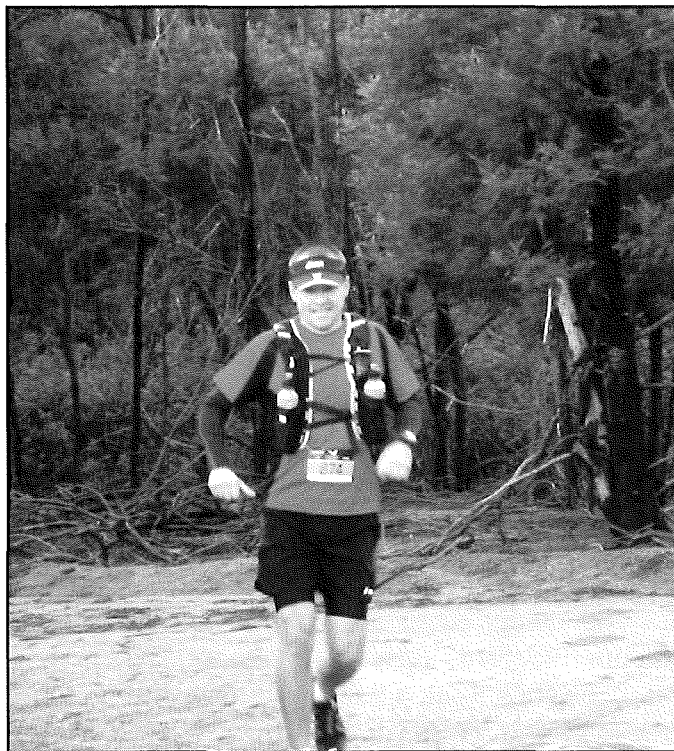
I was feeling good up to the 72km point; when I suddenly felt as if I was running on empty. I started to walk/run and just didn't have the energy. That's when Kathy passed me and my Garmin battery died. I remembered I had a Dextro bar and I forced it down. That gave me the boost of energy I needed and I was able to run again; making it home with half an hour to spare. Phew!

What a day. A well organised event with perfect weather. My nutrition went to plan and now I know...I can run 80km! I'll be back.

You Yangs 50/50 - 50 Mile (80km)					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		7:22:27	Donges	Mick
2	2		8:00:56	Wiadrowski	Toby
3	3		8:09:36	Stowell	Callum
4	4		8:11:51	Langelaan	Dan
5	5		8:25:42	Vintin	Sean
6		1	8:55:46	Macmillan	Katherine
7	6		9:21:52	Yoon	John
8	7		9:27:21	Kacpzak	Tim
9	8		9:38:45	Swinkels	Mark
10	9		9:54:01	Miller	Tristan
11	10		9:56:25	Bergsma	Ruben
12	11		9:56:51	Savage	Robbie
13		2	10:04:24	Hardman	Chloe
14	12		10:12:22	Nathan	Scott
15	13		10:13:03	Adamson	Dale
16	14		10:31:46	Fox	Nigel
17	15		10:55:25	Booker	Abraham
18	16		11:01:00	Hubber	Gary
19	17		11:01:10	Sutton	Rob
20		3	11:23:24	O'Brien	Sue
21	18		11:23:24	O'Brien	Andrew
22	19		11:26:51	O'Brien	Paul
23	20		11:29:51	Woods	Darren
24	21		11:32:51	Santamaria	Gerard
			DNF	Lim	Jon
			DNF	Yap	Keng Loon
			DNF	Esparon	Natalie
			DNF	Schubert	Guy

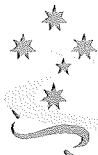
Bold SURNAME indicates AURA member.

You Yangs 50/50 - 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:27:11	Newell	Dylan
2	2		4:39:41	Beard	Dan
3		1	4:49:24	Emmerson	Kellie
4	3		4:55:53	Dunnett	Marcus
5	4		4:59:16	Garner	Jack
6	5		4:59:16	Bowring	Pat
7	6		5:00:58	Proctor	Barry
8	7		5:01:02	Reynolds	Chris
9	8		5:04:54	Hosking	Matthew
10		2	5:10:33	McTaggart	Kerryn
11	9		5:10:33	Melchiori	Tristan
12	10		5:13:42	Wenn	Mark
13	11		5:15:54	Grant	Ian
14	12		5:18:23	Callaghan	Matt
15	13		5:20:43	Evans	Owen
16	14		5:23:09	Clark	Ben
17	15		5:24:38	Bartholomew	Ash
18		3	5:25:09	Cowling	Gayle
19		4	5:25:34	Ziogos	Anne
20	16		5:26:06	Macqueen	Stuart
21	17		5:26:06	Turner	Andy
22	18		5:28:03	Foti	Daniele
23	19		5:29:02	Cummings	Drew
24	20		5:29:42	King	Sean
25	21		5:29:53	Perraton	Luke
26	22		5:30:36	Urqhart	Mark
27	23		5:33:07	Stokes	Philip
28	24		5:38:24	Leyden	Jarlath
29	25		5:39:54	Leitmanis	Caleb
30	26		5:40:05	Ferreira	Aldonio
31	27		5:46:16	Nilsson	Andrew
32	28		5:46:40	Jussiaume	Michael
33	29		5:48:12	Smythe	David
34	30		5:48:41	Robertson	Andrew
35		5	5:48:41	Wright	Sophie
36	31		5:48:57	Allan	Eliza
37		6	5:51:07	Robinson	Karen
38	32		5:51:10	Day	Paul
39	33		5:53:05	Leydin	Scott
40		7	5:53:30	Potter	Shirley
41		8	5:56:55	Shiu	Crystal
42	34		6:03:15	Traynor	Anthony
43	35		6:10:03	Elson	Peter
44		9	6:15:31	Power	Kristen
45	36		6:17:12	Jansen	Erwin
46	37		6:23:43	Munns	Peter



Nigel enjoying the beautiful Yurebilla Trail (photo credit Nigel Fox)

You Yangs 50/50 - 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
47	38		6:29:34	Bateman	David
48	39		6:29:34	Mangan	Glenn
49	40		6:35:20	Meyer	Bernard
50		10	6:36:43	Grills	Melinda
51	41		6:39:20	Heaysman	Mark
52	42		6:39:26	da Vinci	Daniel
53	43		6:45:44	Salera	Ralph
54	44		6:55:14	Milne	Dion
55	45		7:06:20	Mast	Jarrod
56	46		7:11:28	Cheong	Gary
57	47		7:14:36	O'Flynn	Sean
58		11	7:21:00	Symons	Cheryl
59	48		7:21:51	Cornall	Terry
60		12	7:29:51	de Bresser	Michele
61	49		7:29:56	Kempen	James
62	50		7:37:41	Kinder	Neil
63		13	7:37:41	Bolton	Vanessa
64	51		8:04:05	Harrington	Peter
65	52		8:04:05	Harrington	Tony
66		14	8:04:36	Teo	Yvonne
67	53		8:04:36	Wong	Yi Bin
68	54		8:10:48	Forbes	Michael
69		15	8:10:48	Delaney	Tabatha
70		16	8:15:51	Proctor	Nicole
			DNF	Groenveld	Paul
Bold SURNAME indicates AURA member.					



The Tan Ultra

Royal Botanic Gardens, Melbourne, VIC

August 11, 2013

by Felicity Copp

Five-thirty AM and the alarm goes off; it's time to get dressed and go running. A quick drink of Gatorade and a banana is all I grab as I run out the door, mentally checking off that everything is packed for the day. It doesn't take long to arrive and get registered. I quickly check with my support crew, then it's briefing time and time to start. The first 500 metres is in the wrong direction, before turning back at and heading back in the right direction for 26 laps. The first trip up the Anderson Street hill passed easily; talking to Daniel Langelaan about strategies and timing. Before I knew it, we were back for another loop, and another trip up the hill.

The first hour passed and I had run three laps; knowing it was early, but I was on pace for my goal of

a sub-10 hour 100 km. As soon as this thought crossed my mind, things started to go wrong. My crew handed me a gel on lap three, as per schedule, but no sooner did it reach my stomach than it came back up. Next loop I grabbed some sports drink, thinking at least I would get some sugar, but this came up, too. Two more laps of this and I started asking for ginger beer, hoping maybe that would stay down. No such luck. I kept pushing; forcing a gel down every three laps with some form of liquid, hoping I would get enough energy to keep moving. I was getting very frustrated when I passed the marathon mark and checked the timing; 3 hours 30 minutes. I finally realised I was running too fast for such a long distance and I

tried to cut back on the pace and hope for the best. At the 12th lap I passed my crew and pointed out my latest lesson: vomiting into a head wind was a terrible idea. Lucky it was only Gatorade coming up, or I probably wouldn't have been able to laugh at it.

By 50km, realising I was half way my mood picked up, even if my stomach didn't. I kept pushing through, one lap at a time, and running to how I felt, knowing it was fairly inconsistent pace but at least I was moving. After the 14th lap, I started to sing along to myself across the back section, and make sure I spoke to each runner as I passed just to see how everyone was fairing after so many hours and offering a few words of encouragement where I could.



Felicity Copp and her support crew finishing with a strong sub 10 hour 100km (photo credit Brett Saxon)

Tan Ultras - 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		7:57:21	Cooke	Rick
2	2		8:51:24	Beard	Dan
3	3		9:05:55	Langelaan	Dan
4		1	9:39:39	Copp	Felicity
5	4		9:57:02	Easton	Brett
6	5		9:59:20	Fraser	Doc
7	6		10:07:55	Scholz	Justin
8		2	10:08:01	Scholz	Sharon
9		3	10:08:59	Hepworth	Annabel
10	7		10:25:33	Vintin	Sean
11	8		10:34:29	Sutton	Rob
12	9		10:47:35	Bowden	Damian
13		4	10:58:15	Chan	Karen
14	10		11:19:58	D'Arcy	Leigh
15	11		11:26:29	Hartnell	Gregor
16		5	11:35:51	Esparon	Natalie
17		6	11:35:55	O'Brien	Sue
18	12		11:35:58	O'Brien	Andrew
19	13		11:55:43	Lim	Jon
*20		7	12:14:16	McSweeney	Bec
			DNF	Adamson	Dale
			DNF	Evans	Owen
			DNF	Kempen	James
			DNF	Meshner	Nick
			DNF	Wiadrowski	Toby

Bold SURNAME indicates AURA member.

At around 75km I looked up as I came past Sidney Myer Music Bowl, to see Tigger running down the hill towards me. My support crew had finally succeeded in getting me to cheer up! Tigger and I ran across the line for this lap together, while he got what I needed for the next lap; a delicious lunch of more gels. With a new lease on life, I took off, passing a number of runners this lap and looking forward to the next few, where I knew there would be a smile at the start/finish waiting for me. My support crew were able to tell me I was approximately half a lap up on Sharon and gaining. I was determined to catch her and Justin just for a chat, so I kept running through.

By this time there were a lot less people around the course, and it was around here that Rick Cooke caught

up, and flew past looking strong on what, I think, was his final lap. It was after Rick passed me that I thought I would have a look at the course and take in the skyline, instead of staring at the ground and trying to tune out. Admiring the skyline helped to pass a few more laps. We were lucky to get such great weather for the day.

On my second last lap I passed both Sharon and Justin and checked in with them; both were looking strong. The final two laps passed quickly and I was glad when I was approaching the start/finish line for the final time. My support crew for the day joined me for the last few hundred metres so we could run

Tan Ultras - 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:46:59	Gillies	Cameron
2	2		3:48:16	Ryding	Jason
3	3		3:48:47	Gamble	Malcolm
4	4		3:59:13	Clark	Ben
5	5		4:02:20	Tyrrell	Luke
6	6		4:04:13	Wenn	Mark
7		1	4:19:37	McTaggart	Kerryn
8	7		4:21:23	Vosti	James
9		2	4:21:27	Tremonti	Joanne
10	8		4:21:28	Callaghan	Matt
11	9		4:32:35	Urquhart	Mark
12	10		4:38:13	Robertson	Andrew
13	11		4:40:30	Roggankamp	Mitchell
14	12		4:41:19	Mihalakellis	George
15	13		4:41:31	Plested	Stuart
16		3	4:49:32	Allan	Eliza
17	14		4:56:23	Penaluna	Andrew
18	15		4:58:25	Butler	Bret
19	16		4:58:26	Scurry	Grant
20		4	5:01:53	Hawkes	Leigh
21		5	5:13:35	Bolton	Vanessa
22	17		5:21:13	Kinder	Neil
23		6	5:21:33	McGrath	Dianne
24		7	5:26:47	Ludlow	Sarah
25	18		5:38:33	Gilbert	Mark
26	19		5:45:58	Baylis	Richard
27	20		5:49:18	Williams	David
28	21		6:05:30	Pollard	Graeme
29	22		6:23:02	Glover	Brian
30	23		6:33:37	Robertson	David
31	24		6:35:30	Jordan	Steve
32	25		8:12:49	Hoad	Ian
			DNF	Jansen*	Erwin
			DNF	McConnell	Bryony
			DNF	Ervin*	Kaye

Bold SURNAME indicates AURA member.

across the line together.

Sitting at the end of the race and talking to other runners about the day, I was able to hear how Dan had some issues in the final lap but still managed to hold on for 3rd. Watching runners continue to pass, I was in awe of the strength of some of them pushing through for their individual goals. Massive thanks to Brett for organising such a great day out, and to all the volunteers and sponsors who make the day possible.

Alice Springs 60km Ultra Marathon

Alice Springs Running Festival, NT

August 18, 2013

by Danny Fraser, RD

After over a year of planning, we successfully pulled off the NT's first ever ultra marathon. Perfect weather conditions greeted all competitors in the inaugural Alice Springs' Running Festival. The festival would include the 60km ultra marathon, as well as a marathon, half marathon, half marathon walk, and a 4km fun run/walk.

The build up to the day was very exciting for the town. Many people were running in various events, including some locals in the ultra marathon. To have a total of 327 participating over all events was fantastic. Our festival ambassador, Steve Moneghetti, participated in the half marathon and really enjoyed his time in Alice Springs.

Twenty three keen and enthusiastic runners registered for the long haul of 60km, creating history along the way by competing in the first ultra to be held in the Northern Territory (and also sanctioned by AURA). The list was a mixed field, with some making their ultra debut, to regulars, and also the elite, making for a really special event.

The ultra marathon began at 6:00am, in the dark and fresh hours, at Araluen Arts Centre. Runners ran out along the West MacDonnell Ranges and through Honeymoon Gap, before turning back down towards Simpsons Gap. The views were mind-blowing for our visiting runners who, at times, lost their concentration due to the amazing scenery.

Once the sun came up, weather conditions changed to a low 20 degrees, which was great for running in the Red Centre. After 38km they then travelled onto the Simpsons Gap Bike Path, which found them twisting and

turning up and down little hills for 17km. They then joined back onto Larapinta Drive for the grinding 5km to the finish line.

A feature of our first ultra marathon was that of the great prize money on offer for our top three men and women. Both men and women received equal prize money: 1st = \$500, 2nd = \$400 and 3rd = \$300. The anticipation of the ultra had everyone captivated, to say the least. Who would win? What time would the winner do? What would they think of our course? Would they come back?

Taking out first place in the men, and creating his own piece of history, was Caine Warburton, in a respectable time of 4:29:30. Speaking to Caine after the race he had nothing but praise for the event and hoped that it continued to grow in the future. In second place was the Running Man, David Eadie, in a time of 4:50:22. David thoroughly enjoyed his run and the views on offer, and also gave us great feedback and ideas to make it into an even better event for 2014. Joseph McCann managed to also break the five hour mark, in a superb time of 4:56:31 to take home third.

Making her ultra marathon debut as female winner, crossing the finish line in under five hours was Ruby Kwong in 4:58:37. Ruby was thrilled with her victory in her first attempt. Nikki Wynd was the second female, just over the five hour mark in 5:02:11. Nikki expressed her desire to return for next year also. Local runner, Emily Lamrock, arrived home to be the third female. This was an amazing achievement for Emily.

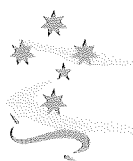
A highlight for all runners was those die-hard volunteers who manned the aid stations. We had people dressed up from Cat Woman to Flying Nuns, and also The Flash. They received great accolades from the runners for their spirit and encouragement along the way. A presentation dinner with a full buffet meal was thoroughly enjoyed by all, and was followed by awards and a speech by Steve Moneghetti. It was an opportunity for all runners to unwind and celebrate their personal achievements with locals and visitors. We look forward in more AURA members being part of next year's event.



And they're off in the inaugural Alice Springs event (photo credit Mike Potts Photography)

Alice Springs Ultra Marathon ~ 60km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:29:30	Warburton	Caine
2	2		4:50:22	Eadie	David
3	3		4:56:31	McCann	Joseph
4		1	4:58:37	Kwong	Ruby
5		2	5:02:11	Wynd	Nikki
6	4		5:13:04	Snook	Jeff
7	5		5:14:48	Thomas	Gareth
8		3	5:31:00	Lamrock	Emily
9	6		5:37:20	Smit	Rocco
10	7		5:38:44	Delpont	Stephen
11	8		5:42:18	Cargill	Darren

Alice Springs Ultra Marathon ~ 60km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
12		4	5:55:24	Everett	Tara
13	9		5:56:27	Bussey	Steven
14	10		5:58:00	Horwood	Chris
15	11		6:01:05	Underhill	Richard
16		5	6:30:35	Simpson	Christine
17	12		6:34:10	English	Stephen
18		6	7:28:19	Brousseau	Caroline
			DNF	Faatz	Patrik
			DNF	Lamont	Mathew
			DNF	Schaugaard	Jered
Bold SURNAME indicates AURA member.					



Kuranda to Port Douglas

Cairns, QLD

August 25, 2013

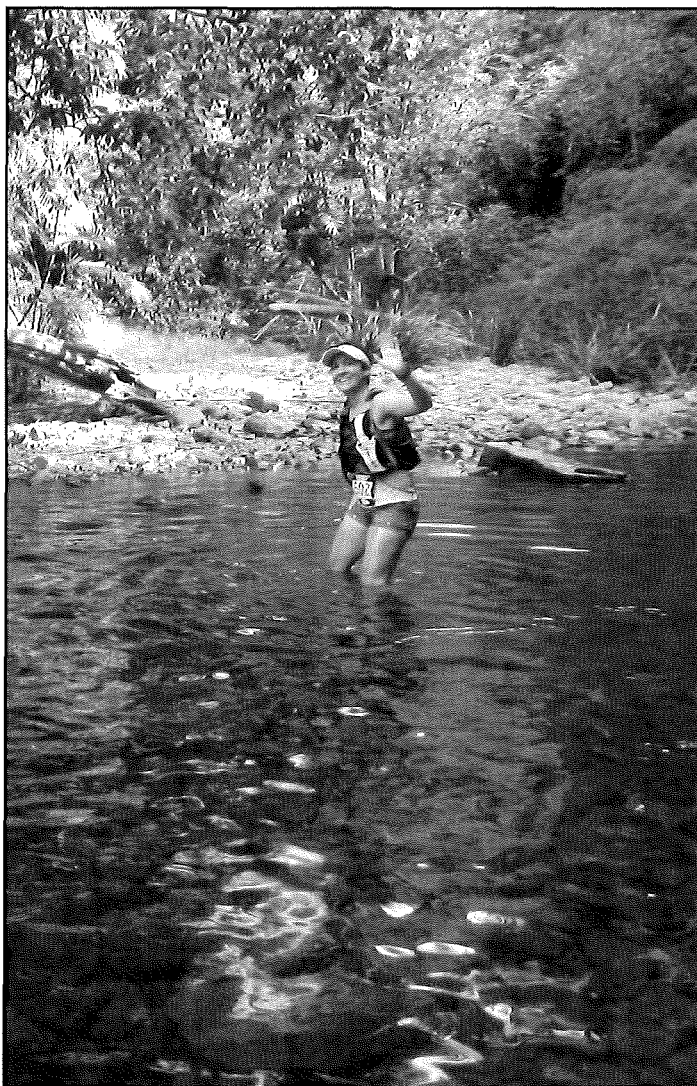
by Mallani Moloney

The adventure began whilst heading down in the lift in our accommodation in Cairns. We scared the living daylights out of some very drunk punters, with their McDonalds in hand, not expecting to see people dressed for their day at 4am in ridiculous running clothes. I never thought I looked scary enough to make a grown woman scream but, apparently, I do.

I completed Kuranda to Port Douglas last year and was keen to come back for another crack. Not only does tropical North Qld have a special place in my heart, but I was convinced I could run it faster. I called upon my ever faithful ultra running buddies, Susannah Harvey-Jamieson and Marina Brun-Smits, to join me for a weekend away. Well, it was like twisting a rubber arm as they didn't take much convincing.

I was excited about this race because not only is this race a 'downhill' course (with only about 700m of ascent and 1,000m descent) but, as the name suggests, it is point to point. The first 54km is on glorious cool, shaded rainforest trails, with a mix of fire trail and single track. With about three creek crossings, which are great cooling off spots, and 6km on country roads, you then hit the famous Four Mile Beach for the final 4km.

My running training lead-up for this event had been fairly pitiful, having had about three different foot injuries in my left foot, continuously, since February this year. Needless to say, I was a little nervous about how my foot would hold up, but decided I would put



*Mallani Moloney taking a refreshing dip on course!
Photo Credit Dave O'Brien*

that to the back of my mind and just enjoy running and taking in the scenery.

My race strategy was simple: hold about 5:40min/km average pace for the first 27km where I knew it was undulating fire trails (and also the coolest part of the day), and then try and cling onto ‘around’ 6min/km pace and see where it got me. I had a quick glance at the starters list and saw the likes of Nikki Wynd and Isobel Bepalov in the ladies field and decided I had seen enough, knowing there was no point trying to race them, but focus on my own pacing.

The first 27km went to plan; I spent most of this talking to anyone who was running around me (yes, I love talking on the trail!) and ran almost step for step with Lynne Seeto, who had made the journey from Papua New Guinea especially for the race. There were two ladies in front of us at this point, and I left the 27km checkpoint checking to see if Lynne was in tow with me, but I was on my own from here on in.

Well, the 6min/km pace went out the window when I hit the technical trail. Although I love it, it’s really not my forte. I was plodding quite gingerly over the rocks, nursing my foot and on the lookout for “Wait a While,” a vine that sticks into your skin and tears you to shreds! It really started to warm up so I enjoyed the creek crossings that followed. Eventually I ran down the lady coming 2nd and was then sitting in 2nd position myself. I had been waiting, and waiting, for Isobel to pass me as I knew how strong she was. Sure enough, when I stopped at the 48km checkpoint she came past.

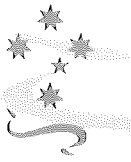
It was the home stretch and all I had to do was go down the famous “Bump Track”: 300m descent in 2km, then hit the road, the beach, and I was home. Waahoo! I was happy to hit Four Mile Beach for the last 4km and enjoy the distractions of watching people sunbaking, kiting and swimming. I re-passed Isobel on the beach who said some lovely things to me, and I realised how much pain she was in and know in any other race she would flog me.

I crossed the finish line as 2nd place female, in a time of 6:44:13, to be greeted by Nikki who had a ripper of a run coming in 1st place female in 5:52:38, and breaking Mandy’s previous course record. Isobel came in shortly behind me in 3rd in 6:45:33. I was over the moon to see Marina come in with a massive PB, and Susannah finish her first ultra in nearly two years.

This race is a signature North Queensland affair – laidback, tropical, scenic, no fuss and hospitable. I’ll never forget getting handed a can of Coke, closely followed by a Vegemite sandwich, on that finish line.

Kuranda to Port Douglas Ultra Marathon 64km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		5:14:07	Robinson	Glen
2	2		5:44:39	Cunningham	Steve
3		1	5:52:38	Wynd	Nikki
4	3		5:59:53	O'Sullivan	Connor
5	4		6:20:44	Yeoman	Scott
6	5		6:26:41	O'Mahony	Bryan
7	6		6:28:23	Jakubovsky	Taras
8	7		6:31:39	Watters	Donal
9	8		6:33:58	Von Senden	David
10		2	6:44:13	Moloney	Mallani
11		3	6:45:33	Bepalov	Isobel
12	9		6:49:03	Ausburn	Jarrood
13	10		6:57:54	O'Mahony	Ronan
14	11		7:09:07	Lawson	Larry
15	12		7:10:35	Naryweczyk	Tynan
16		4	7:11:42	West	Sarah
17		5	7:17:57	Seeto	Lynne
18	13		7:21:18	Lynch	Ciaran
19	14		7:39:06	OBrien	Dave
20		6	7:39:06	de Zoete	Rachel
21	15		7:42:20	Dyer	Ben
22		7	7:43:42	Brun-Smiths	Marina
23	16		7:56:02	Ewing	Paul
24	17		7:56:03	Davies	Peter
25	18		7:59:35	English	Stephen
26		8	8:01:23	Murfin	Lisa
27	19		8:04:48	Overend	Craig
28		9	8:09:16	Harvey-Jamieson	Susannah
29		10	8:10:45	Mellinger	Catherine
30		11	8:11:51	Farnsworth	Tennille
31	20		8:17:44	Wright	Stephen
32		12	8:23:51	Griffiths	Sarah
33		13	8:33:38	Sweeting	Heidi
34	21		8:41:08	Ellershaw	Robert
35		14	8:41:08	Webster	Marian
36	22		8:49:47	Elms	David
37		15	8:49:47	Lawson	Lorraine
38	23		9:58:09	Gadhvi	Bharat
39	24		9:58:09	Donnellan	Colin
Bold SURNAME indicates AURA member.					

One of the best parts of this trip was spending the weekend with some great mates and making new friends in the process. And I will never forget the celebration dinner to follow with Susannah, Marina, Nikki and Isobel sharing a bottle of Veuve champagne and swapping war stories and gossip. What an inspiring bunch of ladies I am honoured to have met and now have in my life. This race was definitely worth the weekend away!



Walhalla Wound Up

Walhalla, VIC

September 15, 2013

by Owen Evans

On Sunday the 15th of September, at 7:30am, an eager group of runners started to congregate outside the historic Star Hotel and Rotunda to take on the 50km Walhalla Wound Up. It was a perfect morning, with clear blue skies and shining sun, to take on a trail run through some of Victoria's most scenic terrain of The Great Dividing Ranges. I was here with my regular running buddy Gayle. We had only recently heard of this race and thought it was a perfect event to add to our growing list of "bucket list" ultras we've participated in over the last few years.

At 8:00am Bruce started the field of about 40 runners, and we were off and running out of the township along The Alpine Trail, towards "The Old Steele" bridge which crossed the Thomson River about 10km into the course. It was great running in a group of about eight of us, all sitting closely on each other's shoulders as we followed the contours of the mountains and weaved our way through the cool of the forest trees. I got snagged by some tree bark at 4km in, and took a tumble, landing hard on my right side. I picked myself up quickly and continued on with a sore hip and a grazed elbow. Of course Gayle and fellow runners voiced their concern but didn't break stride.

Running into the Thomson River Tourist Train car park we were greeted by our trusted support crew and cheer leader, Nick. With words of encouragement we were off onto the Walhalla Rail Trail for about 4km, before we descended down a winding road into Coopers Creek. It was amazing to see a renovated

weatherboard pub in the valley and in the middle of, what seemed like, nowhere. To our surprise Bruce had also provided us with a water station, equipped with Coke and jelly beans. I am convinced it was there to prepare us for the next 2km as we climbed out the other side of the valley. Conquering the climb, we had clocked 20km within 2 hours and we were feeling very comfortable with how we had gone, so far. As first timers to this race, neither Gayle nor I had any idea of what was ahead of us.

Following a 4WD trail along Tyers-Rawson Road, we approached the 25km aid station where we joined forces with three other runners. It was quite a treat to have five of us running together as we headed down Cowwarr Road, each of us checking on how everyone was travelling and talking about this being the first time any of us had done Walhalla. We joked about work colleagues and friends who ask what we do on a weekend for fun, and all of us had no hesitation in saying we were going out for a

lazy 50km run on Sunday morning. It was a good moment to share with other runners when most people think we are insane, or crazy, going to some remote place out in the wilderness just to run. This is what I love most about ultra trail running – the unique places you get to see and the great people you get to meet. Well, that and finally crossing the finish line.

We were all moving quite well and as the 3 hour approached we had covered 30km – great news, we were more than half way. The nice long winding descent into Brunton's Bridge allowed us to maintain a steady pace until, in disbelief, Derek, a fellow ultra-runner, turned and told us we had yet to face an 8-9km climb. We thought he was kidding as we had just shared some joke about this being a training run for C2K in December, on all our bucket lists though we hadn't done a 100miler yet! But he was serious, as we soon discovered, and the climb went on, and on, and on. At about 43km I was tiring with my hip slowing



Owen Evans preparing to run Two Bays earlier in the year (photo credit Owen Evans)

me down and I told Gayle to go on ahead. It wasn't long before she had put a couple of hundred metres on me and vanished around the next bend. Luckily we were close to the top of the climb and I was glad to see that last drink station

and a yellow sign indicating 3.5km to go. I picked up the pace and tried to catch Gayle, but didn't even get a glimpse of her. Though with about 200m to go I heard the crowd cheering her as she crossed the finish line, and then I was

around the last bend and crossing 40sec behind her.

A big thank you to Bruce Salisbury and his amazing crew for organising one of the greatest ultra runs in Victoria and, without doubt, we'll be back next year.

Walhalla Wound-Up ~ 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		03:52:18	Preston	Rob
2	2		04:48:00	Langelaan	Dan
3	3		04:11:52	Bunney	Chris
4	4		04:15:01	Claxton	Joel
5	5		04:16:01	Clark	Robert
6		1	04:27:09	MacMillan	Katherine
7	6		04:41:10	Finlay	Rory
8	7		04:45:00	Lewis	Joe
9	8		05:03:22	Sutton	Robert
10		2	05:07:04	Cowling	Gayle
11	10		05:07:41	Evans	Owen
12	11		05:11:10	Josephs	Derek
13		3	05:13:14	Allan	Eliza
14		4	05:14:27	Allan	Pauline
15	12		05:28:06	Semmler	Greg
16	13		05:29:21	Twite	Ian
17	14		05:31:48	Rickerby	Shane
18		5	05:36:43	Bartholomew	Lucy
19	15		05:36:43	Bartholomew	Ash

Walhalla Wound-Up ~ 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
20	16		05:47:54	Foti	Daniele
21	17		05:48:29	Tucker	Morgan
22		6	05:48:56	Orr	Anna
23	18		05:49:31	Watson	Tristan
24	19		05:54:59	Bell	Matthew
25	20		06:06:44	Jansen	Erwin
26	21		06:17:23	Mihalakellis	George
27		7	06:17:29	Timmer-Arends	Sandra
28	22		06:17:29	Embelton	Robert
29	23		06:17:29	Styles	David
30	24		06:28:35	Michelson	Ian
31		8	06:38:35	Maguire	Cathy
32		9	06:38:35	Jones	Michelle
33	25		06:38:36	Falls	Mark
34	26		06:47:34	Lancaster	Ken
35	27		07:17:52	Glover	Brian
36	28		07:31:45	Higgins	Barry
37			DNF	Morgan	Marina

Bold SURNAME indicates AURA member.



Centennial Park Ultra (100km/50km)

Sydney, NSW

15 September, 2013

by April Palmerlee, Race Director

Sydney's Centennial Park played host to the third annual Centennial Park Ultramarathon on a sunny September day this spring. As the race comprised the 50km National Championships and included a new relay option as well, numbers were at a record high. The first year, the park limited entries to 50 people, so there were more volunteers than runners. The next year, the authorities allowed 100 athletes. This year, almost 200 lined up to run either the 50km or the 100km. With entrants from over a dozen countries and almost every region

of Australia, every level of ability was on display, from newbies who had never run further than the City to Surf's 14km course, to world-class champions. Some ran in the official race singlets, others were bare-chested, and still others were in unique attire (think Akubras, board shorts and flannel shirts). Runners' feet were a spectacle in and of themselves, everything from barefoot to shower thongs to Hokas to Nikes were on display.

The course is a fast, flat, shady 3.54km loop around the inside

of Sydney's most beautiful park. Just outside the CBD, the central location means that it's easily accessible to runners, spectators and crew. The 50km runners completed 14 laps, while the 100km runners did 28. Relay teams were allowed to decide for themselves how many laps each person would run.

The men's 50km was a scorcher. Alex Matthews took off like a scalded cat from the start and didn't let up the whole time. Not only did he win the men's 50km outright, he even beat the first place

team. The friendly but modest ER doc set a new course record on the way to his PB, finishing in a time of 3.03.35. Incidentally, Matthews won the Blackmore's Sydney Marathon the following weekend and was crowned the National Marathon Champion. A fortnight later, he won the Western Sydney Marathon, breaking the course record by 12 minutes.

AURA's NSW state representative, Andy Heyden, ran a very smart 3:18:37 to finish second. Chief Brabon, just weeks away from winning the Hunters and Gatherers race in Texas, came home in 3:32:32. As Matthews was not a member of AURA at the time of the race, the 50km National Championship trophies and medals were awarded to Heyden (gold), Brabon (silver) and Gary Mullins (bronze).

In the ladies' 50km event, records came crashing down as well. Ballarat's golden girl Natasha Fraser flew home in an amazing 3:39:06, while Julie Norney's second place time of 3:40:03 was a new Australian age-group record. Ironically, the record Norney broke in order to claim the title was held by her own sister, June Petrie, who was DNS due to injury. We can only

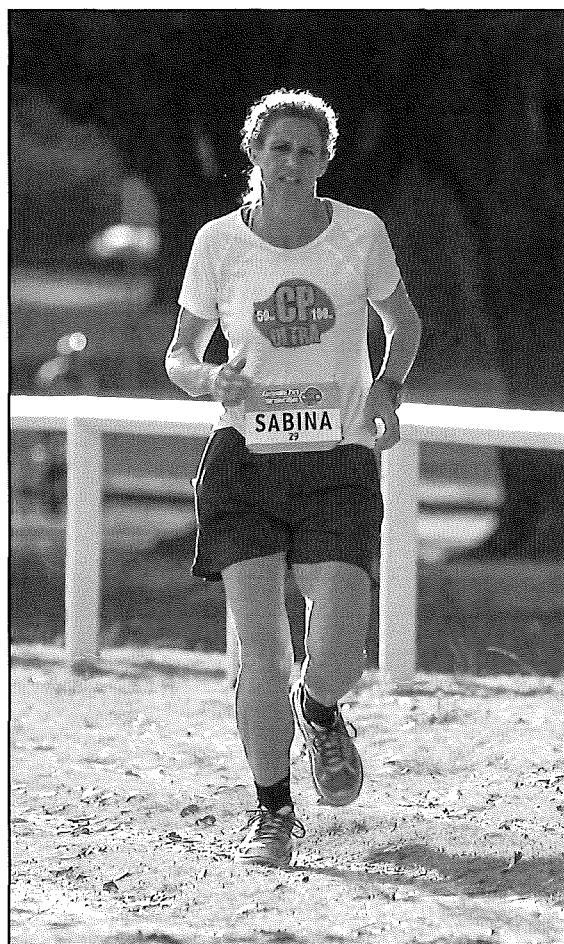
hope to see the two battling it out head-to-head next year. Brisbane's legendary Jodie Osborne rounded out the podium of sub-4 finishers with a spectacular 3:58:28. All three ladies were AURA members at the time of the race, so the National Championship trophies followed the race podium places.

In the 100km race, the pace wasn't that much slower. Sydney's own Ian Gallagher came crashing through the finish line in 7:50:16, a full minute inside Chris Truscott's course record. After the race, Gallagher admitted that he thought the course record was 7:54, so it was really lucky that he didn't take his foot off the gas in the last loop.

The godfather of ultras, Jo Blake, stormed through in 7:57:41 (The next weekend he ran a sub-3 marathon through the same park, saying it really felt like déjà vu.) Robert Woolley of Newington paced himself well for a solid third place in 8:12:51.

Centennial Park Ultra ~ 100km					
Pos	Cat Pos	Cat Pos	Time	Last Name	First Name
1	1		7:50:16	Gallagher	Ian
2	2		7:57:41	Blake	Jonathan
3	3		8:12:51	Woolley	Robert
4	4		8:37:01	Muller	Kevin
5	5		9:05:49	Ford	Ben
6	6		9:25:23	Touchard	Vincent
7		1	9:45:17	Jones	Tia
8	7		9:52:15	Jenkins	Peter
9		2	10:13:15	Hamaty	Sabina
10	8		10:31:26	Ponych	Greg
11		3	10:32:28	Drayton	Sally
12	9		10:39:57	Isaaks	Roger
13	10		10:56:55	Hinchcliffe	Sam
14	11		11:18:52	Horder	Luke
15	12		11:24:46	Hassall	Roland
16		4	11:42:49	Tichon	Larissa
Bold SURNAME indicates AURA member.					

The women's 100km race was exciting as well. Tia Jones debuted her 100km form and surprised herself with the win in a time of 9:45:17. CPU recidivist and serial ultrarunner, Sabina Hamaty, ran a well-paced 10:13:15. And all the way from East Maitland, Sally Drayton showed us all how it's done when she took



2nd place female Sabina Hamaty with a PB performance!
(photo credit Steficia Key)

home the third place trophy with a time of 10:32:28.

The teams added a lot of excitement to the atmosphere because there was always at least one spectator while the other member/s of the team were on the course. First place in the 50km teams went to Team Poli Poli (Suzi Heaton and Ian Lochrin). This mixed pair actually beat the men's first place team, SWEAT (Mohammed Alkhub and Craig Cameron). In the 100km, Team TAF TGV was in it to win it from the start and they never let up. In fact, TAF TGV's Keith MacPherson ran the fastest lap of the day, on the very last lap, in 11.31 @ 3.15/km pace.

The next Centennial Park Ultra will be held in September 2014 and again will include the 50km National Championships. For more details please see the Facebook page or the race website through the AURA events page.

Centennial Park ~ 50km					
Pos	Cat Pos	Cat Pos	Time	Last Name	First Name
1	1		3:03:35	Matthews	Alex
2	2		3:18:37	Heyden	Andrew
3	3		3:32:32	Brabon	Chief
4	4		3:36:13	Mullins	Gary
5		1	3:39:06	Fraser	Natasha
6		2	3:40:03	Norney	Julie
7	5		3:42:38	Balnave	Philip
8	6		3:49:54	Helmantel	Martin
9	7		3:51:55	Sansom	Glenn
10	8		3:52:26	Collie	Anthony
11		3	3:58:28	Oborne	Jodie
12	9		4:08:50	Vu	Martin
13	10		4:17:27	Williams	Tony
14	11		4:18:26	Smith	Darrin
15	12		4:21:09	Hanney	Roger
16	13		4:21:39	Paul	James
17	14		4:23:26	Green	Tony
18	15		4:28:44	Klugman	Russel
19		4	4:29:23	Isbell	Samantha
20	16		4:29:35	Regester	Greg
21	17		4:32:38	Kenney	Kelvin
22		5	4:37:25	Taggart	Jane
23		6	4:40:18	Bremner	Kerrie
24	18		4:42:50	Northcott	Mark
25	19		4:44:39	Molloy	Brett
26		7	4:45:13	Hames	Emily
27	20		4:45:41	Jacobsohn	Walter
28	21		4:46:11	Hodgkinson	Daniel
29	22		4:46:23	Mencinsky	Taras
30	23		4:46:40	Maish	Stuart
31	24		4:50:03	Tian	Kuan-Kuan
32	25		4:53:35	McCullough	Kris
33	26		4:56:29	Elliffe	Connor
34	27		4:56:40	Rutter	Barry
35	28		4:57:17	Mingazov	Rustam
36	29		4:58:57	McCarron	Matt

Centennial Park ~ 50km					
Pos	Cat Pos	Cat Pos	Time	Last Name	First Name
37	30		5:00:16	Ward	Sean
38	31		5:03:35	Porteous	James
39	32		5:07:12	Howes	Rob
40	33		5:08:12	Kazama	Yoichi
41		8	5:08:24	Hill	Lauren
42	34		5:12:27	MacKenzie	Christopher
43	35		5:15:45	Barnes	Geoff
44	36		5:17:46	Lockwood	Glenn
45	37		5:18:52	Gordon	Jeremy
46	38		5:24:29	Ziegler	Victor
47	39		5:25:06	Warmerdam	Sebastian
48		9	5:26:08	Adams	Carol
49	40		5:34:44	Pluss	Martin
50	41		5:40:01	Evans	Gavin
51		10	5:41:40	Halim	Velan
52	42		5:41:40	McDonald	Warren
53	43		5:45:12	Rae	Colin
54	44		5:47:45	Zlotnik	Zed
55		11	5:49:14	Krempff	Margaret
56		12	5:49:59	Harwood	Jennifer
57	45		5:55:02	Gardner	Mark
58		13	5:58:12	Wells	Zahra
59		14	5:58:30	Labowitch	Clare
60	46		6:05:50	Criniti	Luigi
61	47		6:21:01	Morunga	Jeff
62	48		6:21:44	Bedward	Michael
63	49		6:23:51	Connor	Kim
64		15	6:31:10	Boorer	Fran
65	50		6:31:59	Garewal	Singh
66	51		6:42:10	Sandroussi	Charbel
67	52		6:46:45	Smith	Ken
68		16	7:05:51	Pretty	Helen
69		17	7:22:45	Cochrane	Michelle
70		18	7:32:48	Ruys	Juanita
71		19	7:46:42	Chen	Yuemei

Bold SURNAME indicates AURA member.



Numinbah to Polly's Numinbah Valley, QLD, September 15, 2013 by Stephen Wright

After completing the last 4km of Kuranda to Port Douglas 64km with my legs having been truly eaten by the cramp monster, I crossed the finish line triumphantly. As I lay there enjoying the feeling of not having to move forward, I wondered about the next one, and there it was...the inaugural

Numinbah to Polly's, a 49km event on, and around, the trails of the Gold Coast hinterland.

Registration at the start line was pain free; lots of helpful volunteers steering us all in the right direction, with plenty of maps and route descriptions on display. A briefing

was given by the race director, Ian Cornelius, and after triple-checking I had all I planned to take, we were off.

The first section of 18.7km, Numinbah Environmental Education Centre (NEEC) to Polly's and return, was out onto the tarmac

for approximately 1.5km, then onto the trail. It wasn't long before we realised how important the pre-start brief was as the runners in front grouped at the very first crossroads. My trusty map gave the right direction and almost immediately the steady inclines started. With plenty of loose rocks and roots underfoot, concentration became paramount. With the steepness of the climbs increasing, running became walking, and then, at times, a clamber. I steadied myself into a nice face down posture and focussed on slow progress to the top. Every few hundred metres the trail levelled out and allowed me to run; although I did, at this point, find that any descent allowed a steady flow of runners to file past me. I was more worried about ending up flat on my face and it seemed I was more suited to the inclines. It was great to see the lead runners on their return. After endless climbs, I arrived at the highest point of Polly's, reached the turnaround, and then back I went. Passing those who were still climbing, they were trying to chat and raise a smile as our paths crossed.

On arrival back at the start my number was recorded, water and lollies were taken on board, and then I headed out again onto section two - the waterfall circuit of 16km from NEEC-Numinbah-NEEC. As I headed out I could feel how much it had warmed up, and was really

happy as we turned off the tarmac and onto the trail and under the cover of trees. This section was lovely - real beauty all around, and the creek crossings brought more enjoyment to the course. They cooled my feet, the lollies gave me a sugar lift and my mood was great. "What could go wrong?" I asked myself. The undulating track took me up to the Chester's Road Checkpoint where it joined up with section three. From Woonoongoora-Numinbah, out and back three times for 13.5km. Using Chester's Road as the central checkpoint, you headed out to Woonoongoora Campsite first, where you punched your race bib and then headed back to Chester's Checkpoint. Out again to the next two turnarounds and punching your bib twice more, before your return to the Chester's Checkpoint. This was not as complicated as it may sound as the two volunteers explained it all so clearly, all the while feeding me with Coke, water and lollies.

This was my favourite section; I could see runners ahead of me as they reached the turnarounds, and this spurred me on! Great climbs again, and my legs seemed to open up on the downhill sections. From Chester's Checkpoint I headed home back along the second part of the waterfall circuit. It was hot, my legs were getting tired, but I still felt really good. I was enjoying the course now and seeing the gap close on three



Steven Wright celebrating running on the trails (photo credit SOK Images)

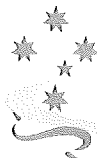
runners ahead of me. This cancelled out any signals of fatigue trying to emerge, and by the time I had reached the top ("turn left at top of 900m climb" the sign read) I had crept past them. From then on I just ran as fast as I could with all I had left, still feeling good and convinced that, unless I fell over, I would finish.

It was great to be greeted by the inflatable finish line and I was still feeling good; I was immediately congratulated by the timekeepers. With a "well done" and handshake from race director, Ian, I was pointed in the direction of post-race sustenance that came in the shape of an ice cold can of pop and a veggie burger cooked to perfection. Thanks, chef.

This is an excellent course with beautiful views over Numinbah, probably the gnarliest terrain I've run on in Australia. I described it to my friends as all of the hills from the Kokoda Challenge condensed into one event. There was fantastic volunteer support; they all helped me so much and got a smile out of me each time our paths crossed. Fantastic event! Will I do it again? YES!

Numinbah to Pollys ~ 48km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:44:06	Blom	Justin
2	2		5:15:17	Turner	Nicholas
3	3		5:30:08	Sartor	Luke
4	4		5:48:30	Patterson	Chris
5	5		6:07:25	Wright	Stephen
6	6		6:19:23	Henderson	Chris
7	7		6:19:24	McLeod	Adrian
8	8		6:19:36	Golding	Kirk
9	9		6:45:18	Wells	Bob
10	10		8:00:07	Hew	Charles
11	11		8:44:51	Ross	Michael
12		1	11:32:10	Raghavan	Neera

Bold SURNAME indicates AURA member.



Surf Coast Century 100km

Angelsea, VIC

September 21, 2013

by Lucy Bartholomew

Lining up at the start of the SCC100 my mind was racing. Could it really be 12 months since I was last here? What an amazing year filled with so many adventures, races, success and a few tears, but that's another story.

I was excited to be seeded for this run, but with that came a lot of inward pressure. I told everyone that I was aiming for sub-11 hours, but deep down the competitive juices were running hot and I really just wanted to perform to my best.

Last year there was a lot of attention around the event due to me, a 16 year old girl, being allowed to run. I provided a diet plan, a training log, a medical certificate, and had to run with my dad. We ran the whole event and finished in 12:12. We were both so proud. So here I was again, only this time I was

running on my own and harbouring my own dreams. The event field was twice the size of last year, and it was hard to comprehend that I was up against Beth and Shona; names I read about over the last 12 months as they took so many podiums and titles.

The SCC100 is made up of four legs. This year it started early, at 5:30am, to allow for the tide to go out. Head lamps were optional. The race started in the semi-dark and I quickly fell into my pace. I was a little conservative at first, but as we rounded the first loop and I looked to the horizon with the sun rising and the ocean on one side and cliffs on the other, I felt totally at home. I chatted with a few around me and all the pressure washed away. I checked my watch

as we ran down the firm sand and jiggled our way through reef rock and saw I was running 4:40's; a tad quicker than I planned, but I felt comfortable and my breathing was strong. It seemed no time at all that we were entering into the first transition with 21km completed. I ran through the transition with a wave and heard Pez call out that I was coming 5th, about five minutes behind first place.

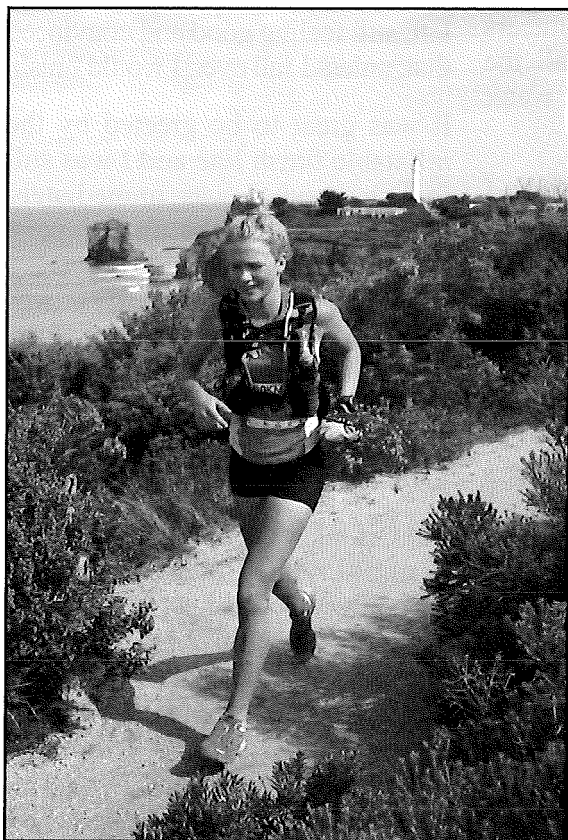
That was perfect. From here I could just keep running my own race and, if by the next check point, I was dropping off the pace and the distance increased from five minutes to 10 minutes, then I would understand why these other girls are

the best. If I made a bit of time up, then I could dare to dream. I generally find I run a stronger in the second half.

I liked this part of the course as we entered into the ironbark basin. The tracks are narrow single trail and I feel fast; bushes flick past you and the track winds around corners which slightly bank. It was such a contrast to the open beach run which felt like you're on a large freeway and not going that fast, if you know what I mean. I ran through Devil's Kitchen and had picked my way up through the field and didn't think I'd expended much energy. I ran into the halfway mark at 49km, equal second with Beth Cardelli, a three time TNF winner. How good was this?

I was lucky enough to have run this leg two weeks earlier on a recce run with Dad. Last year this leg nearly killed us; we ran out of water and, as the run started later, it was the hottest part of the day. It was great to look at my watch and see that it was only 9:30am. I felt comfortable knowing this leg of the run. Both Beth and I crawled under the bridge and set off. There were a few good hills in this leg which I was prepared for. I'd run about halfway up and then got a good march on. Beth and I swapped places as I managed to edge my way ahead into outright second.

There was one section of this leg which I was really looking forward to; it was a 3km downhill section that ran down to Distillery Point. I felt good as I approached this section, only to trip and fall. I bloodied both knees and had to bite the tears back, but I barely lost any ground and didn't have time to feel



*17 year old female, Lucy Bartholomew, motivated by the breath taking views to bring home 2nd place
(photo credit Daniel Boag Supersport Images)*

sorry for myself. I still loved this course and concentrated harder than ever. I entered into Moggs Creek, the third check point, feeling tired, but also focused. I had run myself into a podium position and I wasn't going to let that slip.

I had now entered into a place I had never been, nor thought I wanted to go. This was a race now, almost a sprint. I was about 5 minutes behind first place, Whitney, and a few minutes ahead of third. The course headed back to the beach, to the lighthouse at Airey's Inlet, and then

a 14km run home with 3km on the beach. I wished I had run this section of the course earlier to be a little familiar with the exact distance. Maybe it was a good thing I didn't!

I honestly don't remember too much. My chest hurt with exertion, my eyes burned with tears, but I was still running, waiting to see the gantry and when that moment arrived it was a relief, a blur, a moment in time I won't forget. 9:36:22. 2nd place! Dad came in at 10:57 with a cracking run but, unfortunately for him, it was

all lost in the excitement of his daughter. Sorry Dad.

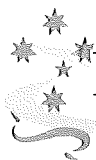
I'd really like to thank Rapid Ascent for letting me run as a 16 year old last year, and for the opportunity to compete. Simon from Footpro, who as a sponsor of the Salomon Trail Series has provided invaluable support both on the run as my crew, but also over the year and has also been a friend. To Brian from Optimus, for looking after me with massages and physio. And to Dad, for giving me his love for running.

Surf Coast Century ~ 100km					
Pos	Cat Pos	Cat Pos	Time	Last Name	First Name
1	1		8:28:14	Duffus	Ben
2	2		8:47:25	Roberts	James
3	3		8:50:44	Davies	Brendan
4	4		9:08:20	Lee	Andrew
5	5		9:28:17	Porter	Gregg
6	6		9:32:20	Worswick	Jonathan
7		1	9:33:20	Dagg	Whitney
8		2	9:36:22	Bartholomew	Lucy
9		3	9:40:41	Condron	Sonia
10	7		10:00:17	Roberts	Christopher
11		4	10:01:39	Cardelli	Beth
12	8		10:10:51	Simon	Marcus
13	9		10:15:49	Abreu	Claudio
14	10		10:15:55	Turner	Andy
15		5	10:21:05	Plichta	Katherine
16	11		10:33:08	Edwards	Michael
17	12		10:33:14	Hosking	Matthew
18		6	10:39:13	Lootz	Marlene
19	13		10:49:54	Selby-Smith	Andrew
20	14		10:52:07	Day	Rohan
21	15		10:55:04	Simpson	Dean
22	16		10:57:07	Bartholomew	Ash
23	17		11:11:10	Reynolds	Chris
24	18		11:14:00	Willis	Dave
25	19		11:16:54	Proctor	Barry
26	20		11:17:24	Tyrrell	Luke
27	21		11:19:33	Cusick	Garth
28	22		11:23:39	Faulkner	Tim
29	23		11:24:47	Read	Charles

Surf Coast Century ~ 100km					
Pos	Cat Pos	Cat Pos	Time	Last Name	First Name
30	24		11:25:16	Grant	Ian
31		7	11:30:22	Coppi	Eufemia
32	25		11:30:22	Nicholson	Ross
33	26		11:43:42	Nicholls	Ben
34	27		11:45:05	Whittaker	Graham
35		8	11:45:26	Musgrove	Charne
36	28		11:46:07	Montfort	Jason
37	29		11:46:13	Axup	David
38	30		11:50:41	Yoon	John
39	31		11:57:57	Lynham	Rohan
40		9	11:58:00	Simpson	Katie
41	32		12:02:14	Jakubovsky	Taras
42	33		12:08:39	Miller	Tristan
43	34		12:12:00	Dunnett	Marcus
44		10	12:18:23	Ziogos	Agni
45	35		12:23:22	Rudd	Josh
46	36		12:25:43	Leydin	Scott
47	37		12:30:45	Jennings	David
48		11	12:33:51	Hardman	Chloe
49	38		12:45:29	Fry	Gavin
50	39		12:47:53	Hawthorne	Neil
51	40		13:00:00	Setiono	Henry
52	41		13:01:59	Moulin	Stephane
53		12	13:05:31	Prior	Nicolette
54	42		13:06:01	Flynn	Will
55	43		13:09:46	Smythe	David
56	44		13:18:03	Bendall	David
57	45		13:21:58	Sutton	Rob
58	46		13:24:00	Plant	Graham

Surf Coast Century ~ 100km					
Pos	Cat Pos	Cat Pos	Time	Last Name	First Name
59	47		13:28:54	McDonnell	Simon
60	48		13:29:22	Smalley	Mark
61	49		13:30:08	Mayer	Bernd
62	50		13:30:08	Walker	Isaac
63	51		13:30:08	Johnson	Ray
64	52		13:30:08	Goninon	Simon
65	53		13:32:29	Barrett	Steve
66	54		13:40:36	O'Brien	Andrew
67		13	13:40:36	O'Brien	Sue
68	55		13:44:07	Yue	Sean
69	56		13:47:31	Santamaria	Gerard
70	57		13:50:44	Urquhart	Mark
71	58		13:57:11	Booker	Abraham
72		14	13:59:44	Mahasuria	Asha
73		15	14:03:38	Ottaway	Joanne
74		16	14:10:45	Bolton	Vanessa
75		17	14:12:05	Murray	Danielle
76	59		14:12:05	Scully	Matt
77	60		14:12:12	Boutellier	Damien
78	61		14:12:13	Coma	Kevin
79	62		14:12:23	Burnes	Edward
80		18	14:22:11	Rathmell	Sarah
81		19	14:28:04	Kent	Abbie
82	63		14:28:04	Antrobus	Shane
83		20	14:30:07	White	Kerry
84		21	14:39:31	Rusbridge	Erica
85	64		14:39:31	Jones	Mike
86	65		14:40:27	Allison	Matt
87	66		14:40:27	Callaghan	Matt
88	67		14:46:18	Lim	Jon
89		22	14:47:41	Sims	Meagan
90	68		14:47:53	Byrne	Patrick
91	69		14:49:36	Cullen	Brendan
92	70		14:49:36	Grummitt	Rob
93	71		15:08:50	Heaysman	Mark
94		23	15:13:23	Williams	D Lynn
95	72		15:14:56	Munns	Peter
96		24	15:20:31	Donaldson	Erin

Surf Coast Century ~ 100km					
Pos	Cat Pos	Cat Pos	Time	Last Name	First Name
97		25	15:20:31	Major	Maree
98	73		15:20:31	Ewing	Paul
99	74		15:20:31	Major	Robb
100	75		15:22:29	Ingebrigsten	Odd Gunnar
101	76		15:28:39	Harrisson	David
102	77		15:28:39	Severin	Michael
103	78		15:30:43	Sutcliffe	Gareth
104	79		15:30:58	Sim	Adrian
105	80		15:32:01	Muir	Peter
106	81		15:36:08	Wallace	Grant
107	82		15:43:26	Anderson	Jason
108		26	15:44:14	Sekulic	Natasha
109	83		15:54:54	Wong	Christopher
110	84		16:12:14	Woodger	Jeremy
111	85		16:27:25	Anstis	Aaron
112	86		16:32:47	Black	Scott
113	87		16:42:19	Kinder	Neil
114	88		17:06:28	Nemme	Eric
115		27	17:08:51	Spranklin	Anne
116		28	17:30:55	Tomlins	Belinda
117		29	17:30:55	Tomlins	Katie
118	89		17:35:43	Davey	Damian
119		30	17:39:21	Gilmour	Blossum
120	90		17:39:21	Shields	David
121	91		17:44:37	Superstar	Bruce
122		31	17:44:37	Morrissey	Michelle
123	92		18:01:48	Salera	Raffaele
124		32	18:30:23	O'Brien	Gemma
125		33	18:52:23	Schneider	Cheryl
126		34	18:53:13	Mitchell	Anthea
127	93		18:53:13	Pickett	Euan
128		35	20:06:54	Allan	Amanda
129		36	21:01:58	Griggs	Trudy
130		37	21:35:12	Delaney	Tabatha
131		38	21:52:14	Jetson	Cally
132	94		22:16:33	Sedgwick	Heath
Bold SURNAME indicates AURA member.					



Inaugural Sri Chinmoy Canberra Centenary 100km

Canberra, ACT, September 21, 2013

by Tom Brazier

During my pre-race stalking of competitors, a few familiar names left me looking forward to the challenge of a closely contested race, with quite a few guys all within reach of each other depending on how things went on the day. After a hectic drive from Belconnen to Lake Burley Griffin, we arrived with five minutes to spare before the start. Phew! I saw some friendly faces in the starting bunch, including Gus Hayes, Pierre Francois and Damo Stewart. Determined not to be that young guy who went out too hard and paid for it later in the race, it was a relief to have Wes Gibson and Paul Cuthbert lead us out at a reasonable pace. I tucked in with Damian Smith to reminisce about our wrong turn during Tour de Ridges last year while we trotted past Parliament House.

Once we hit Red Hill, Wes, Paul, Damo and I worked together to put a bit of time into the rest of the field. Isaac's Ridge was my favourite section: stories about our favourite races plus some nerdy runner gear chat. Jokes were made about the temptation to take off on the downhill single track, but we stuck to our semi-disciplined pacing strategy. The climb up Mount Taylor was the first sustained walking section, and we all followed Paul down the slopes into CP1.

Quick transitions all round; Sarah had my "delicious" powdered food ready to go and we were off towards Mt Arawang. On the downhill single track I took a chance to be the rabbit out in front, figuring that the other guys would catch me on the upcoming flats but it would cost them a bit of extra effort. Rob Walter sprinted past

me on his way to a sub-7 hour relay team finish; crazily fast! Soon Paul caught me and we ran across the Stromlo grass track together feeling like school cross country kids.

Paul took the lead as we hiked up the fire trails, and I couldn't see anyone behind us on the switchbacks. I wanted to have a lead going into the flatter Leg 3, as I was feeling strong on the hills but vulnerable on the fast running sections, so I snuck away from Paul as we came down from Stromlo. The Arboretum section seemed to drag on forever until finally I shuffled into CP2, desperate for sunscreen and craving some water.

Once again Sarah was on top of everything, and seeing the ANU Tri Club relay boys was a boost. It was clear the next leg would be a battle as I resorted to a walk-run combo through the cork plantation. Brad Carron-Arthur sped past me on his way to the 3rd fastest time for Leg 3, having only been called up to race a few days beforehand. However, I saw him again a few minutes later on the Aranda powerline track where some of the course markings had been interfered with. Fortunately, Elizabeth Humphries came through with perfect timing and showed us the correct route. Thanks!

Black Mountain was a struggle but I was spurred on by a steady stream of relay runner reports of Paul being five minutes, or 500m, behind me and just out of sight. Having a bit of



Winner, Tom Brazier, staying hydrated.
(photocredit Jack Muirhead)

warm, flat Coke near the top did the trick (or maybe it was the fact we were heading downhill again) and my spirits picked up towards Bruce Ridge. It was a lonely, steady, jog from there through the footpaths of Lyneham and the stormwater drains of Dickson. The party atmosphere at CP3 was encouraging, but I had to stay on task so it was quickly off to Majura.

Hiking up to the saddle I reached the out-and-back summit section and opted for a rogaining inspired bag drop. A strategic call to my crew at CP3 gave them a bit of a fright, but got me an update on who was chasing me, and how close they were. I managed to get back from the trig, grab my pack and sneak off before any solo runners came through. This gave me the psychological edge of being out of sight of any chasers, so I really

had to concentrate on not taking a tumble down the mountain. A quick calculation told me a sub-10 hour finish was achievable.

Just before the final Ainslie climb, up popped an aid station with Tom Landon-Smith from AROC and I managed a “You organised TNF100; both our names are Tom!” I hiked purposefully up

the back of Ainslie, stealing a glance over my shoulder where possible. All of a sudden I was running on that damned concrete again, coming down Ainslie and around the lake towards the finish. A cheeky challenge from my mate Jack saw me “sprint” up the final grassy hill – 9:48:48. The training, planning, and support from family

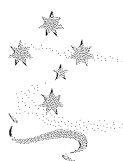
and crew all came together for a thoroughly enjoyable race.

Thanks to the Sri Chinmoy marathon team and Martin Fryer for a fun and challenging new course. The aid station volunteers were super friendly and supportive. Congrats to the other solo finishers and thanks to the relay crews for the motivation as they flew past us.

Canberra Centenary ~ 100km					
Pos	Cat Pos	Cat Pos	Time	Last Name	First Name
1	1		9:48:48	Brazier	Thomas
2	2		10:10:08	Cuthbert	Paul
3	3		10:21:23	Donaldson	Andrew
4	4		10:29:42	Smith	Paul
5	5		10:38:50	Stewart	Damian
6	6		10:49:15	Markey	Gavin
7	7		10:52:38	Graham	Dave
8		1	11:24:57	Keith	Susan
9	8		11:39:25	Gibson	Wes
10	9		11:43:50	Muller	Kevin
11	10		11:51:49	Sylvester	James
12	11		11:52:42	Fairweather	Simon
13	12		11:58:34	Loos	Pierre-Francois
14	13		12:06:21	Rattenbury	Shane
15		2	12:15:24	Hayes	Simone
16	14		12:29:05	Schofield	Luke
17	15		12:32:09	Price	Stuart
18	16		12:34:01	Fairhurst	Trevor
19	17		12:35:19	Batbayar	Bayarkhuu
20	18		12:50:18	Scholz	Justin
21	19		13:01:25	Huttner-Koros	Adam

Canberra Centenary ~ 100km					
Pos	Cat Pos	Cat Pos	Time	Last Name	First Name
22	20		13:01:48	Lamb	Giles
23		3	13:14:46	Best	Natalie
24	21		13:25:46	Hawke	Corey
25	22		13:32:28	Palmer	Oliver
26	23		13:32:33	Roberts	Damon
27	24		13:32:37	Riedl	Arnulf
28	25		13:35:38	Baker	Cameron
29		4	13:45:59	Power	Kellie
30		5	13:55:07	Alley	Kathryn
31	26		13:55:08	Barlow	Nick
32	27		14:11:08	Wiley	Colin
33	28		14:13:58	Williams	Andrew
34	29		15:20:38	Thompson	Michael
35	30		15:30:33	Cook	Ben
36	31		15:51:59	Warnock	David
37	32		16:05:55	Kitchin	Christopher
38		6	16:05:56	Tierney	Nichole
39	33		16:23:05	Craig	Tim
40	34		16:23:15	Stewart	Damien
41		7	16:24:42	Bennett	Kelly

Bold SURNAME indicates AURA member.



Spiny Cray Ultra Daintree, QLD

September 22, 2013

by Chris White, Co-RD

The experiment to convert the 2013 Spiny Cray Ultra from a tough mountain run to a tough mountain run with gourmet aid stations, proved a tasty success for those involved. The RD, Shane White, said the idea was to combine two passions of many within the trail running community: running in wild places and tasty tucker. However, it wasn't all purely about scrumptious beetroot, coconut

juice and chia seed energy slices.

Cairns' endurance runner, Glen Robinson, set a new Masters record over the 58km of tough mountainous terrain (1500m+ of elevation change) with 4:48:18; the 3rd quickest time ever. He beat home fellow Cairns' athlete, Craig Mann, (5:37:55) and Port Douglas based Connor O'Sullivan (5:42:18), who were second and

third respectively. The lone AURA representative in the event was Michael Fenton; completing the tough course in 9:29:34.

Endurance efforts of similar, if not even greater, merit were on show within the ladies' field. Smithfield's Sarah Warren (6:24:10) spent every waking, non-working hour in the week leading up to the event preparing many of the aid station

gourmet run snacks before taking out the Spiny Cray Ultra for the women (now that's endurance!). Tennille Farnsworth (7:57:50) picked up 2nd place in a very tough event just 6 months after taking up running (now that's courage!) and after running most of the first 40km with Tennille, Sarah Connor (8:46:36) travelled from Sydney to come home in third (now that's our kind of 'holiday'!). Records were chewed up and spat out in the shorter events also, with a 21km and a 10km course on offer to entrants.

Of course, an event like the Spiny Cray Ultra is only enjoyable thanks to the commitment of many generous people, including the aid station crews of Andrew Campbell, Ron White, Adam Fletcher, Sarah Dart, Lauretta Howarth and Susan Crowe and recorders Rachel Effeneay, Michelle Caffrey, Lesa Hansen and Kim Seccafien. Also thanks to photographer Kimberly White, food presenter Neridah White, and gourmet run snack cooks Sarah Warren, Shane and Kylie White, Janelle Twine and Neridah White, along with our event supporters at Adventure Equipment, Its Extreme, AURA, Mountain Sports and the Highlander Tavern. Lastly, a nod goes out to Shane and Chris White, the fools who crazily thought a 58km run with 1500m of elevation gain would be a worthwhile event, and haven't yet changed their minds!

A fantastic effort by all runners in making the fourth Spiny Cray Ultra the best one yet. A massive thanks to the wonderful volunteers - make sure you give them a big Spiny Cray thanks, and even bigger cuddle, the next time you see them! See you next year, September 21, 2014! Mark your calendars.



AURA member Michaela Fenton and fellow racer Helen Yie; displaying the typically diverse emotions witnessed over the finish line of an ultra (photo credit Kimberly White)

Spiny Cray ~ 58km					
Pos	Cat Pos	Cat Pos	Time	Last Name	First Name
1	1		4:48:18	Robinson	Glen
2	2		5:37:55	Mann	Craig
3	3		5:42:18	O'Sullivan	Connor
4	4		6:08:55	Smythe	Luke
5		1	6:24:10	Warren	Sarah
6	5		6:27:28	Firth	Paul
7	6		6:47:40	Connor	Adam
8	7		7:47:21	Donnellan	Colin
9		2	7:57:50	Farnsworth	Tennille
10		3	8:46:36	Connor	Sarah
11	8		9:29:34	Fenton	Michaela
12		4	9:29:34	Yie	Helen
13			dnf	Depper	Shawn

Bold SURNAME indicates AURA member.



Yurrebilla Trail

Adelaide, SA

September 22, 2013

by Stephanie Gaskell



Finally! A race where I knew I could be fairly confident of where I was going. My family need not expect a call telling them that I got lost, nor would I have to call a taxi. (Yes, I have done that before). I am not known for my orienteering skills.

Last year's Yurrebilla Trail was

not long after I got back from racing TransRockies in the USA: a 6-day stage race through Colorado with approximately 25,000 ft of elevation gain, and 200km total distance. Sadie Cranston, race director at the time, influenced my decision to race last year, and (partly) again this year. Credit to

her as she has a special way of getting you "psyched" for an event. I was more confident going into the race this year due to a number of factors, including a better training foundation and more experience in ultras. Jackie Fairweather has influenced this positive change in my running.



Race winner Stephanie Gaskell, with RD Sadie Cranston (photo credit Stephanie Gaskell)

I had some, not so fond, memories racing Yurrebilla last year. Early on in the run I hit a bad mental spot, and about mid-run I experienced cramping. As you will see that did not change much for me this year. I had done some training on the course and gotten to know it well. Both Jackie and a training partner taught me how to run hills more solidly, and I guess in all honesty helped me “harden up” during some of my training runs.

One area I am confident in is my nutrition. I am a sports dietician with a special interest, naturally, in endurance sport and gastrointestinal nutrition. I practice my nutrition plan(s) in training. The night before race day I didn’t sleep much. I supplement on race day with caffeine for its endurance performance effects, so the lack of sleep, perhaps, does not even have a chance to contend with my caffeine intake.

Although our wave was not until 8:30am, it was an early start. My running buddy and I dropped off one car at the finish line, and he showed me where he would leave

the car key in case I got back before him. I called him a “nutter” because surely that was not going to happen.

Race start finally came and we all huddled together. I enjoy the fact that I know many people in this race and get to have a quick chat before we take off. I planned to take advantage of the first 10km, as I knew it was fairly flat and I thought I could make good time. It is, perhaps, my most-favourite of the course because it includes some switchbacks and Brownhill Creek. Or is it because I am not yet hurting?

At the early stage of the race I was running about 5th or 6th overall (I think), and not far from Toby Wiadrowski, with Nik Muxlow (placed 2nd) just behind me. I wasn’t expecting to keep that pace up and had planned to back off near the 10km mark. It wasn’t long before I hit a bad mental spot, perhaps about 13km in. Mind games so early on in the piece? I reminded myself why I run and to do the best I can and I felt the tension ease.

Not far behind me I spotted training friend, Dion, at about 15km. Another 5km and he overtook me! Dion and I have a fun rivalry. This year, at Maroondah Dam Trail Championships, he was well in front until I saw him about 5km from the finish. He had cramped badly that day, and he joked that he had been waiting for me. We ended up running most of the way back together, but then I finished just ahead. I wondered how our rivalry today would end.

What I really enjoy about this race, as much as I hate starting later in the morning, is that it is run in waves. This means that everyone gets to see each other and cheer each other on. It also means less demand on the amazing, and often quite strangely dressed, volunteers.

At about the 30km mark I spotted my training buddy, the one who’d left the key in case I finished before him. He had started off really well with the lead group and I knew something must have gone wrong when I saw him. He encouraged me to keep going. I could see his pain though, and that hurt as I knew how much he had trained and prepared for this race.

At about 35km, I ran past my fun rival, Dion. My cramping had begun about 30km into the race and I did my best to manage it. My pace slowed, movement patterns changed and I kept my nutrition consistent, which is key for me (carbohydrate, sodium and fluid).

Running to the finish and seeing Sadie and Sally (another good friend) put a massive smile on my face. I was cramping everywhere by that stage: arms, abdominals and legs! But, hey, who cares by then? Right? Enjoy the trails!

Yurrebilla Trail ~ 56km					
Pos	Cat Pos	Cat Pos	Time	Last Name	First Name
1	1		04:41:31	Gibson	Stu
2	2		04:51:38	Muxlow	Nick
3	3		05:06:56	Wiadrowski	Toby
4	4		05:07:47	Mannix	Kevin
5	5		05:13:32	Charlier	Julien
6		1	05:14:11	Gaskell	Steph
7	6		05:20:41	Sweetman	Sean
8	7		05:30:01	Dubois	Andy
9	8		05:33:01	Byas	Dion
10	9		05:37:35	Bryant	Nick
11		2	05:38:19	Johnston	Emily
12	10		05:39:19	Flies	Andrew
13	11		05:47:59	Toolan	Ryan
14	12		05:48:49	Kennedy	Martin
15	13		05:49:09	Frenchman	Eddie
16	14		05:50:42	Greenwood	Paul
17		3	05:50:53	Teale	Hayley
18	15		05:54:40	Jamieson	Dej
19	16		05:55:27	Wall	David
20	17		05:57:11	Norton	Howard

Yurrebilla Trail ~ 56km					
Pos	Cat Pos	Cat Pos	Time	Last Name	First Name
33	29		06:26:59	Hockings	Ben
77	64		07:23:03	Billett	David
78		14	07:23:28	Bremner	Kerrie
79	65		07:23:35	Cleary	Terry
81	67		07:24:57	Hughes	Stuart
83	69		07:25:23	Mooney	Darren
86		16	07:26:15	Edel	Silke
128	98		08:02:34	Chinnery	Zach
129	99		08:04:43	Smart	Doug
138	105		08:13:14	O'Connor	Damien
150		37	08:23:29	Donnelly	Michelle
151	114		08:23:34	Falls	Mark
221	154		09:35:38	Horwood	Chris
225	155		09:40:34	Close	David
258	166		10:33:35	Coad	Michael
267		96	10:59:26	Maffei	Sue

Bold **SURNAME** indicates AURA member
 NB: Abridged results including
 Top 20 and AURA members only.
 For full results go to
www.aura.asn.au/data/Results/2013/2013YurebillaResults

Waterous Trail on Foot (WTF) 100 Mile **Dwellingup-Jarrahdale-Return, WA** **September 28, 2013** **by Cheryl Symons**

In June a new addition to the AURA calendar caught my eye: the WTF100 in WA. Starting from Dwellingup, it was a 100 mile event to be held on the Waterous Trail. Without too much thought I sent a quick email to Dave Kennedy (RD) with a couple of questions on time limit and trail conditions, and he shot back his reply letting me know there was a very "achievable" 36 hour cut-off and very little technical running. I thought it would be a great place to run my first 100 miler, and I wasn't disappointed.

By the time race morning came about, due to planned burning in Nanga, we were no longer going to be running on the actual Waterous Trail, but on the Munda Biddi trail from Dwellingup to Jarrahdale, return. This is the same trail that the 6 Inch Trail Marathon, run each December, follows; however, being from Melbourne I wasn't familiar with it. By the time I headed back to the Dwellingup Caravan Park the following day I would be.

About 10 minutes before the start, Dave, who as RD was also running

the 100 mile event, arrived back at the caravan park having driven the 50 mile runners to their start in Jarrahdale. Great preparation for a 100 miler! During his race briefing he mentioned how the first section was a little confusing before we hit the real trail. Someone suggested that this should be a "neutral zone," which I was relieved to hear, as it was going to be a long day if I got lost in the first kilometre. I quickly discovered my view of neutral zone was different to the other runners, who promptly took off and, not before long, were out of sight.



*Cheryl Simmons, 3rd place female, enjoying the post-run rush!
(photo credit Peter Barry)*

Thankfully, Fee Salmons was there and, before I knew it, we were chatting and running and heading towards the first aid-station at Oakley Dam (17k). This continued on and off all the way through to the 3rd aid station at North Dandalup (49k). It was fantastic to have Fee there for company and to show me the way a couple of times when I got a little disorientated.

The 50 mile runners started coming through not long after the Del Park Road crossing; it was great to have a quick hello and exchange words of encouragement with these guys. Just before reaching the Kingsbury Road checkpoint (67k), the leaders in the 100 miler came past me, heading back to Dwellingup. Ewan Horsburgh, Rick Cooke and Dave (the RD) were all setting a blistering pace. I, on the other hand, still had a long night ahead of me.

I reached the half-way point in just over 12 hours, as the sun was setting. At this point I was feeling good and

running well and, after leaving some happy and welcoming volunteers at the aid station, set off on the return leg. It quickly got dark and by the time I had made it back to the next checkpoint it was completely dark. The enthusiastic volunteers here did leave me a little nervous as I headed back into the bush, telling me the runner before me had seen a snake! I'm sure there were hundreds around but, thankfully, I didn't have any encounters with them.

After this point the trail got a little more rocky and the drizzle reflecting in my head torch made it harder for me to make out if I was actually on the

trail or not. At some point during this section I wished I had done an overnight run somewhere other than around the track at Caboolture, but it was clearly too late to dwell on it. I continued moving forward, but generally at walking pace. My biggest scare of the night came when I got back to Whittaker's Mill. On the way out we had done a little detour, but hours later on my return journey, all I could see ahead of me was the sign telling me that the area was closed. Knowing we had taken a detour, I ran up the fire trail for a while trying to see if there was another path. After about 15 minutes of trying to work out where I went wrong, and debating in my head whether I should just take a little nap on the ground and wait until dawn, I decided to continue past the closed sign and within a couple of minutes realised that this was, in fact, the right path.

I made a mental note to myself to turn around when coming out of a detour to see where I'd come

from. If I had done that hours earlier, I would have seen the sign and wouldn't have wasted all that energy.

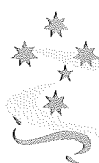
Before I knew it, the sun was coming up and I would soon be approaching Oakley Dam. As I headed down towards the check-point, I came across Simon Bonnick and Rob Sutton, not too far apart from each other and with less than 17km to go. The guys manning the Oakley Dam aid station, as with all the volunteers along the way, were fantastic. It had been a long day and night for many of them but they were cheery and helpful, despite the rain coming down heavily at this point. Mark Caldwell joined me for this 4km out-and-back section of the course back to the aid station. It was great to have some company after being on my own all through the night; though I'm not sure everything I said made total sense. Before too long, I was on the last leg of the course; however, despite that fact it was now daylight I did manage to get myself disorientated again, and at one stage wondered if I would ever make it back to the caravan park.

As I approached the finish line I was welcomed home by a mix of runners and volunteers who were still up and functioning, despite only having a few hours of sleep. I was so happy to be finished and to have made it, but another part of me was sad it was over.

Some absolutely great times were set by Ewan Horsburgh (17:37) and Dave Kennedy (17:38), as well as Fiona Johnson, who looked strong the entire way, (21:14) and Ruth Murdie (22:26). Thanks to Dave and all of volunteers and other runners for such a great experience. I will definitely be back next year.

Waterous Trail on Foot (WTF) - 100 Mile					
Pos	Cat Pos	Cat Pos	Time	Last Name	First Name
1	1		17:37:15	Horsburgh	Ewan
2	2		17:38:01	Kennedy	David
3		1	21:14:14	Johnson	Fiona
4		2	22:26:55	Murdie	Ruth
5	3		26:16:15	Sutton	Rob
6	4		27:18:15	Bonnick	Simon
7		3	28:06:04	Symons	Cheryl
			DNF	Cooke	Rick
			DNF	Hepworth	Annabel
			DNF	Salmons	Fee
			DNF	Deering	Bill
Bold SURNAME indicates AURA member.					

Waterous Trail on Foot (WTF) - 50 Mile					
Pos	Cat Pos	Cat Pos	Time	Last Name	First Name
1	1		7:38:57	Bakowski	Tom
2	2		8:09:02	Christie	James
3		1	8:53:20	Roberts	Helen
4	3		9:14:16	Davies	Brendan
5	4		9:32:34	Smetherham	Glen
6		2	9:32:41	McLoughlan	Jamie
7	5		9:46:46	Keenehan	Jay
8	6		10:47:16	Locke	Clayton
9	7		10:48:45	Gamble	Mal
10		3	11:08:33	Hoffman	Kara
11	8		11:38:21	Hingston	Mal
12	9		11:38:21	Tuckey	Brett
13		4	13:12:39	Hagan	Karen
14		5	13:24:10	Byass	Rose
15	10		13:24:10	Pryor	Jamie
			DNF **	Riley	Phil
Bold SURNAME indicates AURA member.					



River Run 100 Ultra Marathon

Brisbane, QLD

13 October, 2013

by Denny Neave, RD

On the October 13th the Brisbane River came alive to the consistent beat of some well worn joggers. Nearly 100 runners signed up at short notice for the River Run 100, a new event which is an exciting innovation in middle distance and ultra running.

The event was an individual or team race over 100 kilometres. The course follows the river, along predominantly flat bike paths utilising two 10km loops. The event had six running categories, with individual runners as well as teams of 2, 4, 6, 8 or 10 people. In a strange twist, instead of a shot gun start, it was decided to reverse the clock and set runners the goal of crossing the line as close to 3pm as possible. Runners were able to develop their own strategy based on their own individual or team's running speed, and they were then able to choose a starting time that would see them run the 100km and cross the line at 3pm. This may

have pushed runners to meet their PBs, as everyone completed the 100km course by 2pm!! Trophies were awarded for both line honours and best times in each category.

The River Run 100 Ambassador is

four-time Olympian Craig Mottram. Craig attended and joined in running about 50km with other individuals and teams on the day. Craig believes "River Run 100 is a unique opportunity to run a middle distance relay with your mates as a team."



*The picturesque Brisbane River provides a distracting back drop for a 100km event
(photo credit Denny Fraser)*

The event was created by Denny Neave to raise much needed funds for his sister Elisha who is battling a very rare and aggressive cancer. With little time on his side, he made the decision only eight weeks prior to hold the event. Collectively this group of runners raised nearly \$17,000. So, all in all, it was a great success.

Due to the short notice there was only one 100km ultra runner who posted a time of 15 hours and 25 minutes in his first ever attempt.

River Run 100 - 100km Solo					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		15:25:05	Bamfield	Vargo

Bold SURNAME indicates AURA member.

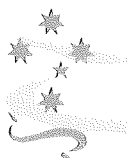
The fastest team was a team of two who each ran 50km of the course. They completed the course in relay style running in 10km intervals. Doing this they were able to have several rest periods allowing them to maintain fast 10km splits. They posted an overall time of 6 hours and 51 minutes.

Denny said, "This year we ran for my sister, but next year we will be running for a number of other charities which are yet to be selected."

Given the success of the Brisbane event, the River Run 100 will return in 2014, and will also be expanded by holding an event in Sydney. Dates and venues are to be confirmed; however, next year there will be plenty of notice for runners to take part. With the interest and growth in ultra running, and the chance to raise money for some great charities, the 2014 Sydney and Brisbane River Run 100 is sure to be a feature on next year's race calendar.

River Run 100 - 100km Relay Two-Person Team					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		6:51:02	Hansen	Alan
				Stanton	Shane

Bold SURNAME indicates AURA member.



Heysen 105

Fleurieu Peninsula, SA

October 19, 2013

by Barry McBride

The Heysen 105 is a new event for the AURA calendar this year. Set on the Fleurieu Peninsula near Adelaide, SA, and in its 3rd year, the Heysen 105 is a surprisingly difficult 100km+ ultra; made all the more difficult this year with up to 34 degrees on track and 30-40kph north easterly winds. One third of the field dropped out, and the winner, Toby Wiadrowski, required hours of medical attention after crossing the line.

My strategy was to go out fast in the cool morning, run conservatively in the heat, then come home strongly late afternoon. I wanted to improve my position and time from last year (9th of 37 starters in 15 hours 52 minutes).

The race started in perfect, cool, and calm conditions. Fifty four starters headed out through rolling paddocks, crossing two ridges and valleys and covering 21km to CP1 at Inman. I ran comfortably alongside locals Maurice Maffei and Alex Strachan, and Victorian visitor,

Bernd Schiffer, and kept ahead of my closest training partner, Hayley Teale, who was running her first 100km event. I went 23 minutes faster over this section than last year.

Out of Inman the steep climb up Mount Sugarloaf gave magnificent views but induced a cramp in my left calf after only 24km, and had me worried. Salt tablets stemmed the problem but it became a recurring issue well into the day until the heat dissipated. Hayley, Alex and Howard Norton all passed me at this point.

I worked hard on the tight, dry, twisty, technical section of Myponga Conservation Park with its steep downs and ups. Despite the cramping problems, I saved a further 10 minutes on last year's time to CP2 at Windson. I was able to even run some hills which I'd only walked last year. Surprisingly, I passed Alex and Hayley as they recuperated at the check point, and Ryan Toolan who withdrew at Windson.

Windson to CP3 at Bonython

was the hottest and most difficult section of the course, including the challenge through Yulte Conservation Park in the heat of the day. The three sharp climbs and descents on red shingle trail through thick bush were made all the tougher as the tight valleys acted like heat sinks. Cramps were affecting my inner thigh muscles here, so I chose to consolidate rather than push. I found myself enjoying the scenery and listening to the wind in the trees. Both Hayley and Alex passed again on the ascents in this section.

Up onto a long high ridge off Lawless Lane, the winds sucked the water from my body. My crew reliably met me regularly and also kept me hydrated. At times the wind gave respite, blowing hard from behind and assisted climbing the persistent sandy hill tracks. Even though I was consolidating, I saved an additional 29 minutes and popped up into 8th place after passing Alex again at Bonython, and Dej Jameison who was starting

to have back problems.

A couple of kilometres further on Alex was on my tail again as we came to a recently-cut oat field. The tractor was still buzzing to and fro, and the windrows were mounded high and wide making for a very difficult traverse. Alex dealt with the obstacle much better than I did, passing me again, and sped away.

Up the long climb to Mount Magnificent and along the Finnis River I stayed conservative, but began to catch glimpses of Alex, finally catching him once more at CP4: Lavender. The temperature was starting to drop so I decided to start bringing it home; Hayley was about 15 minutes ahead.

Alex and I raced hard again through the Kyeema Forest for the next six kilometres. I pulled away on the technical downs and Alex caught up on the short, steep climbs. It was a stimulating game. Onto the open Kuinto Fire Trails, I opened up a gap of about 300 metres. He passed though, as I stopped for fruit and water and to load up my night gear.

The last section, CP5: Heysen to the finish at Rocky Creek Hut, felt relatively fast as I pushed with effort. Working hard through the sandy, undulating pine forest and fire trails, with just 5km to go, I caught Hayley. She looked very slow and frail, and was dizzy and nauseous. At this point she was leading female in her first 100km race, but I knew that Jo Kruk, champion



Barry McBride making his way to 7th place overall (photo credit Campbell Collins-McBride)

ultra-trail runner, was somewhere not far behind in second. We had to get Hayley home!

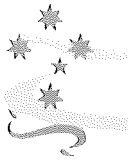
Hayley's support runner, Bec, and I used all the mind strategies we could muster as we walked and shuffled the last five kilometres home. It was such a joy to cross the line together; Hayley with the women's victory, and me with equal 6th place and a time improvement of 2 hours and 17 minutes from last year.

Congratulations to RDs Ben Hockings and Sadie Cranston, and to Toby and Hayley for their outright victories. And to Alex, for a very enjoyable day-long tussle!

Heysen 105					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		12.06.05	Wiadowski	Toby
2	2		12.11.08	McLean	Luke
3	3		12.24.33	Norton	Howard
4	4		13.12.36	Strachan	Alex
5	5		13.13.33	Edwards	Michael
6		1	13.35.53	Teale	Hayley
7	6		13.35.53	McBride	Barry
8	7		13.53.28	Tran	Paul
9		2	14.01.27	Kruk	Jo
10	8		15.33.11	Schiffer	Bernd
11	9		15.53.41	Greenwood	Paul
12	10		15.58.37	Liddicoat	Joel
13	11		15.58.37	Kerr	Oliver
14	12		15.58.40	Mitchell	David
15		3	16.39.21	Wood	Alison
16	13		17.04.57	Jenkins	Gregory
17		4	18.02.09	Cumming	Alice
18		5	18.18.36	Carroll	Jennifer
19	14		18.18.36	Peters	Tass
20	15		18.23.19	Smith	Michael

Heysen 105					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
21	16		18.35.48	Symon	Rurik
22	17		18.38.20	Hughes	Toby
23		6	18.38.20	Paffett	Natasha
24	18		18.38.20	Turnbull	David
25	19		18.38.56	Gunson	Pedro
26		7	20.10.10	Bentley	Karen
27	20		20.10.10	Williams	Kym
28	21		20.10.10	Smart	Doug
29	22		21.00.17	Lim	Sen
30	23		21.03.55	Dyki	Nick
31	24		21.06.56	Beavis	Chris
32	25		21.06.56	Phoenix	Adam
33	26		21.06.56	Brooks	Glen
34		8	21.20.50	Barlow	Emma
35		9	21.35.56	Greeneklee	Jen
36	27		21.35.57	Greeneklee	Stirling
37	28		21.57.49	Coad	Mike
38	29		22.18.09	Junblat	Ziad

Bold SURNAME indicates AURA member.



AURA Member Profile

Bryony McConnell

Name: Bryony McConnell

Age: 40

Birthplace: Canberra, ACT

Currently living in (suburb, state): Amaroo, ACT

Number of years running: 4 1/2

Number of years running ultras: 4

Favourite running terrain (and distance): Trail ultras 60km+, preferably on technical trail.

Hours and/or distance spent running each week: Ideally 80km+ a week, but often life gets in the way.

Some ultras completed: Bogong2Hotham (my first and still a favourite), GOW100, TNF100, Stromlo 12 Hour, Cradle Mountain.

Running related injuries: Nil

Hobbies outside of running: Two young girls who keep me busy and often on weekends turn me in to a dance mum instead of a runner



Bryony out on a hike with her family (photo credit Bryony McConnell)



AURA Member Profile

Keith Sullivan



Name: Keith Sullivan

Age: 61

Birthplace: Kent, UK

Currently living in (suburb, state): Manly, West Brisbane, QLD

Number of years running: 8

Number of years running ultras: 6

Favourite running terrain (and distance): Road 100km

Hours and/or distance spent running each week: 15 hours

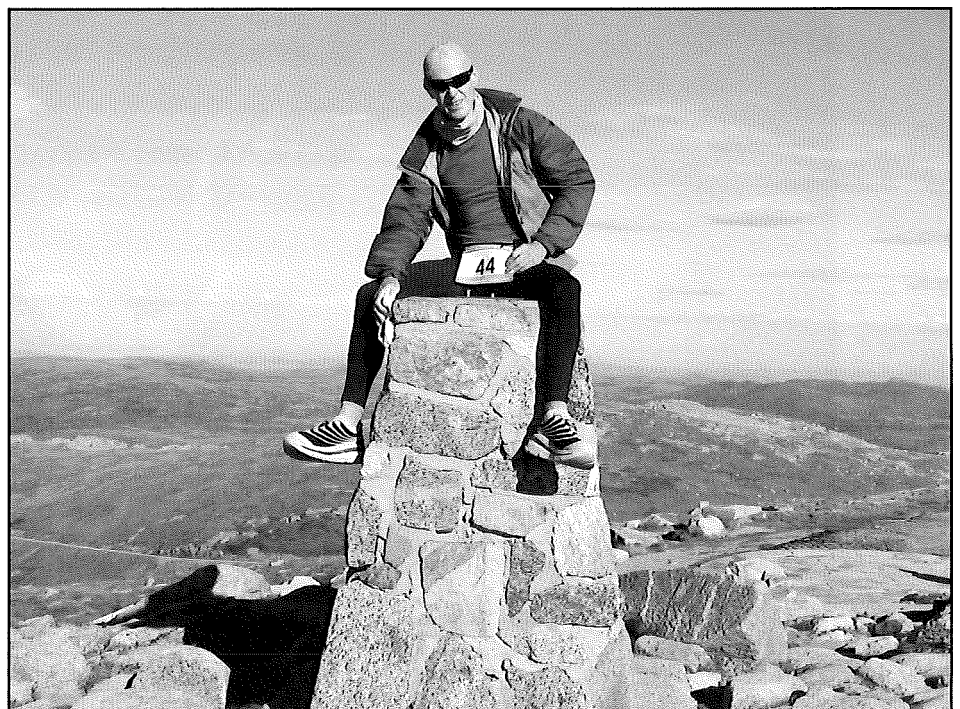
Some ultras completed: Marathon Des Sables, Coast to Kosciuszko, Glass House 100 Miler, Caboolture 12 & 24 Hour, Sri Chinmoy 24 Hour, Coburg 24 Hour, Gold Coast 100km, Kurrawa to Duranbah, Hounds and Hares (Glass House)

Records: World's Best Performance 55 - 59 age group – 6 hour track
World's Best Performance 60 - 64 age group – 6 hour track (being ratified)
Australian Record 60 – 64 age group – 6 hour track
Australian Record 60 – 64 age group – 12hr road

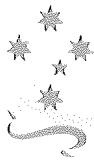
Running related injuries: minor calf issue (not muscle tear)

Hobbies outside of running: Football (with a round ball)

Occupation: Quality Manager



Keith enjoying the breathtaking views from the summit of Mount Kosciuszko, mere kilometres from the finish of the Coast to Kosciuszko (photo credit Keith Sullivan)



AURA Member Profile

Kerrie Otto de Grancy

Name: Kerrie Otto de Grancy

Age: 36

Birthplace: Blackwood, Adelaide Hills, SA

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

Number of years running: past 10km...21 months. Racing for 15 months; otherwise known as a sprinter at school.

Number of years running ultras: Less than one

Favourite running terrain (and distance): Coastal or bushy remote road 20km+

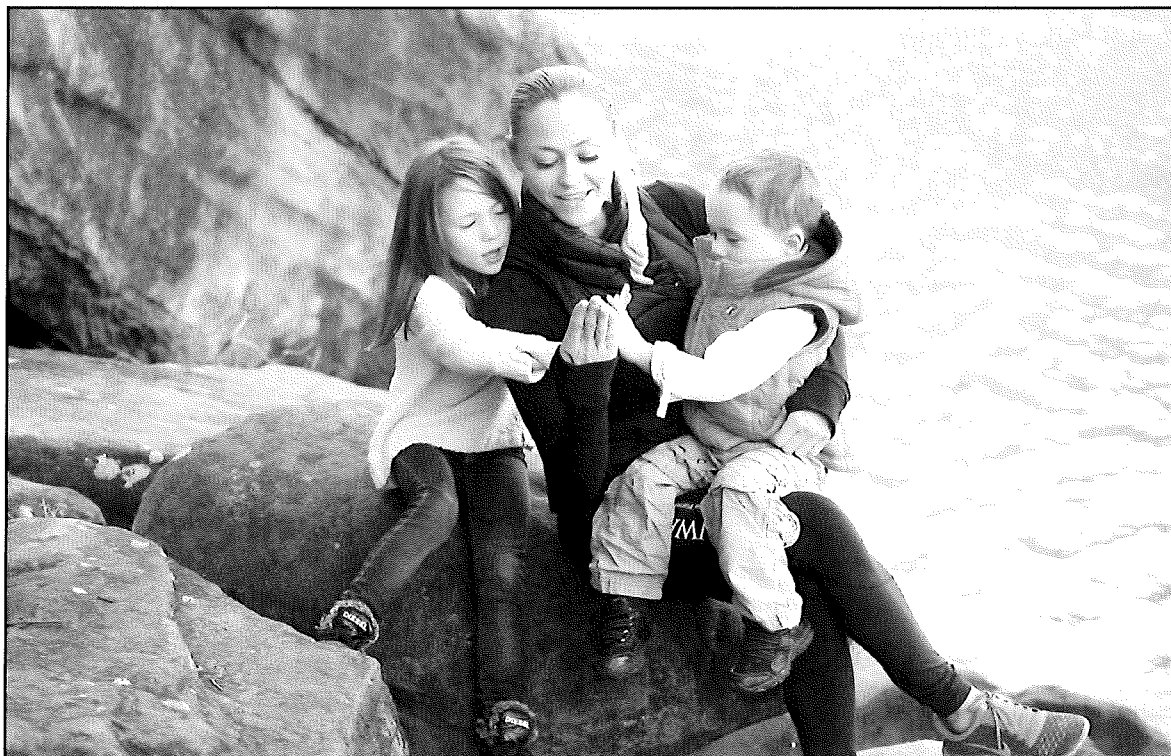
Hours and/or distance spent running each week: 100-120km

Some ultras completed: Kurrawa to Duranbah IAU bronze-labelled 50km and Gold Coast IAU bronze-labelled 100 km. Have set three Australian records W35-39 50km, 50mile, 100km, and qualified for the Australian 100km team.

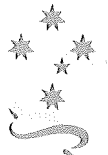
Running related injuries: Pardon? Taboo subject

Hobbies outside of running: Travel, adventures of all kinds with, and without, my beautiful children, strength training, yoga, writing, reading, sailing, scuba diving, hosting events, beach volleyball.

Occupation: Mixed bag of things these days ...record holding athlete, philanthropist, mother and business woman (founder of successful fashion label Otto Mode Kerrie).



Kerrie and her children (photo credit Kerrie Otto De Grancy)



AURA Member Profile

Michael John

Name: Michael John

Age: 55

Birthplace: Melbourne, Victoria

Currently living in (suburb, state): Crossley, a small town close to Port Fairy and Tower Hill in the Western District, Victoria

Number of years running: Five years, this time.

Number of years running ultras: Three years.

Favourite running terrain (and distance): I like trail running because of the great views and the chats you have with the other runners. My favourite runs are 6 hours on a track, and 100km on trails.

Hours and/or distance spent running each week: Four times a week - 90km, or so.

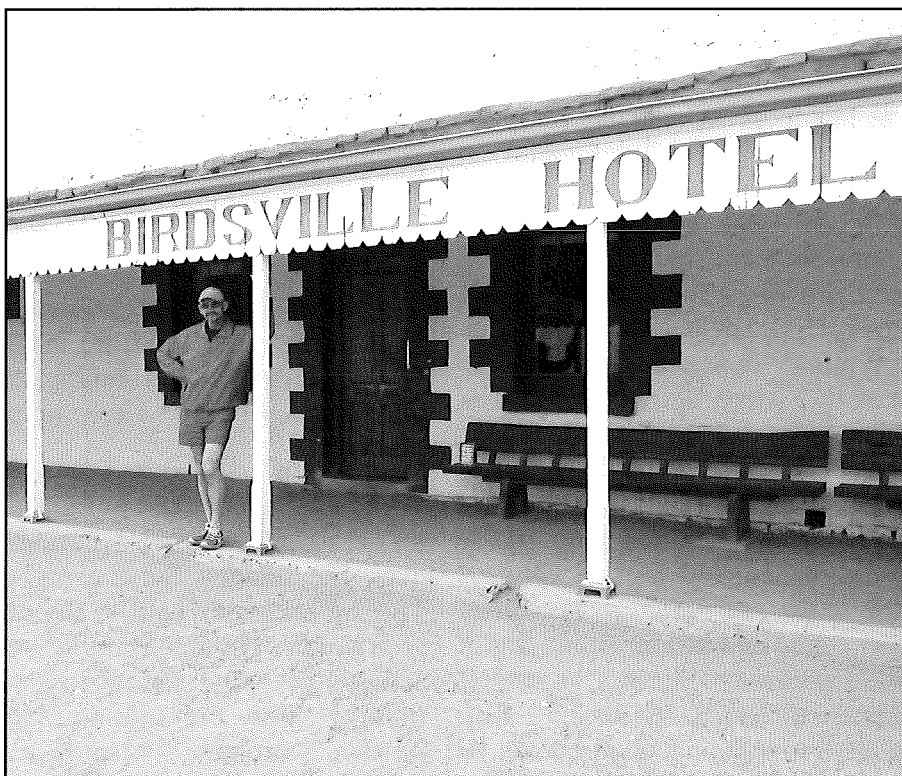
Some ultras completed: In my first year I ran a few small distances and then got very excited, running nine in the next year. Runs completed include You Yangs - 80 km, Two Bays, Roller Coaster, Mt Macedon, Maroondah Dam and Tan 100. In 2012 I was 3rd male in the Victorian Trail Running Championships. In 2013 I am starting to slow down and pick different races, including the 50km Ultra Port Fairy to Warrnambool (along my local rail trail), the Coburg 24 Hour (running 186 km), North Face 100 and Crater to Coast.

Running related injuries: I have been lucky so far as I have only had some small niggles which I have been able to manage with rest and altering my running times and distances.

Hobbies outside of running:

Scuba diving, movies, and I have just taken up 4WD driving. I have driven the Gibb River Road and have just completed the Birdsville Track.

Occupation: I run a small gardening business.



Michael visiting the iconic Birdsville Hotel (photo credit Michael John)



Ultra-Trail du Mont-Blanc (UTMB)

Chamonix, France,

August 26 – September 1, 2013

by Tayebbeh Alirezaee

It is 2009. I am training for my first ultra, and still in wonder as to how humans can possibly run that long, or that far! Researching the internet to find training clues and secrets, it seems that beyond the marathon people have different ideas and training philosophies. I don't know who Kilian and Anton are, or exactly what a pro ultra runner does! Then I see a video - a couple of minutes of people running in mountains. The French Alps, they say, and it is called UTMB. The scenery and faces of these runners are amazing. I am thinking "Wow! Imagine if I could do that! How wonderful would that be?"

From that moment, it was very clear to me why I love ultra running; I wanted to run on a mountain one day and experience that very place in that video. So I trained to run my first 100km. I then did an online search on UTMB, only to see that it is very long, very high, and I needed qualifying points from other races. Bummer!

Running is me-time - to get away from the daily grind and the madness of making numbers and meeting deadlines. And to think I had always wanted it that way! I tried to make running more sophisticated by measuring stuff, running to a plan, following research and data; but it wasn't nice anymore! It started to resemble exactly what daily life looked like: time, dates, finances, clients, numbers...and I wanted to be away from it all to keep sane, healthy and alive. I loved the long gnarly races; when you are by yourself for hours and your every cell is awakened and aware. Breathing in the rhythm and sounds of nature. That was how I fell in love with ultra trail running; it just ticks so many boxes for me. So I ran lots of races and felt happy, and kind of

at ease with all the training hours, with my favourite long runs, discovering new trails, and the constant niggles and aches.

I ran enough races so that I could apply for UTMB. And all the while I was training for a triathlon (to give my body and running niggles some rest). I just pushed that button and entered. I thought, "If not 2013, then I have a guaranteed spot for 2014, and I will be better by then."

Surprisingly, via some other people's posts on the internet, I found out that I got into the 2013 race; all I needed now was to confirm my registration. By then I only had tried one hundred miler event, at which I got lost and DNFed after running 168 km. Yes! The DNF from that race left me in tears, but I loved running that long and my body felt good; a small confidence from the race.

I thought I could run Northburn Station 100 Miler in March and that would be a good test for me physically and mentally. And at least Northburn is a mountain race. I dropped my triathlon training (thank goodness) to do more running after Christmas. Following my usual training routine, my niggles were only getting worse, even with physio assessments and core/hip-specific exercises to work on my knee and hip issues. Fortunately, I found taping my knee was a solution to keep up my running.

Whichever event I did in the lead-up, I started without tapering. I even ran midday the day before Trailwalker, with hardly any rest afterwards. Though running was sometimes too painful, cross training was still going well. Always searching for some hills to do repeats of, small daily tasks sometimes required massive effort.

Crashing midday during the week from lack of sleep became the new normal. Even being at home after training was quite challenging.

A week before Wilsons Prom 100 in May, for no reason, I ran a 32km road run with some triathlete friends at a good (for me) race pace! I had to get to Auskick afterwards to be with my kids, but the drive back from the beach was hard. I had a bad headache and I was feeling really down. The next morning I woke up at 4am, again, to get to the hills and I did 3 hours of hill repeats even though I was still not feeling quite right! That day I ended up with a really bad cold that took me few weeks to recover from and stopped me running Wilsons Prom only 5km into the event.

I was getting really nervous about my training, and wondered if there was any chance of being able to train adequately. I felt like I was either doing the wrong training, or I was over-training. I contacted Andy from Mile 27 and asked him to help! I knew Andy had run UTMB and was a great coach, and I knew I needed help because I didn't know much about the race or how I should train. I was injuring myself and, worst of all, getting sick. (Looking back, this was the best thing I ever did.) Andy was a great help, and by following his plan I was challenged in some areas (in a good way), but it also gave me great confidence that I WAS capable of getting through the race. I even got one day rest per week. It was something that I never thought I needed as everyone else sounded like they were running double the hours I was.

In spite of all these difficulties, training for UTMB was great! I love hills and I had the best excuse / incentive to go to the bush more

often. I spent endless hours alone, running in my favourite terrain. I loved the loneliness, the solitude, the wildlife, the physical and mental challenges, the thoughts of "why I run", and the weekly routine of looking at maps and finding a route for the weekend. I was learning new things about my body; how I cope with pain, lack of sleep, and making decisions when weather is bad or I am lost. So many weaknesses and so many strengths! My niggles were still around (unfortunately, during the whole time training) but they were not getting any worse and I was doing massage and strengthening and preventive exercises.

There was an amazing fear and excitement within me that I would be running a race that I had dreamt of for the last couple of years. I was sore at work, sore at home. Really a bad example and role model for being active but, at the same time, feeling great that I could commit. I didn't lose motivation and I love running in nature. It can keep me going for hours, maybe even days.

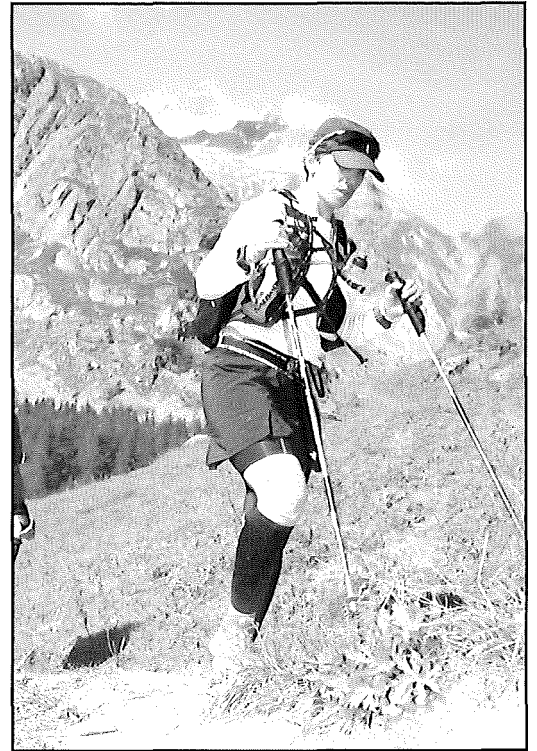
Almost a month before the event, during peak training weeks and after doing some strengthening exercises in the gym, I woke up with bad pain in my left hamstring. Andy told me, "This is that time of training that you either make it, or break it." I was scared of being broken! Another visit to physio and he told me that I had micro tears to my muscle, and my injury could heal if I took 6-8 weeks to rest. Obviously I couldn't rest. But the good news was that, although I would be in pain in the race, I was unlikely to cause any further harm. My thinking was that I would do what I could do, and stay positive. I dropped the exercises that could potentially aggravate the situation, dropped speed sessions, and decided to slow down as much as required so the hamstring did not get any worse before the race. It was a hard situation to be in mentally, since physical pain was something that I was getting used to.

With excitement in my heart, and

pain in my legs, I departed for the race a week prior to the event. With the fear of the event getting cancelled, or shortened as in previous years, I had all the thermal gear I could think of. Mainly I kept calm and tried not make a big deal of my injuries. In Chamonix I joined my friend who happened to be in France at the time while she was travelling around the globe for a year. I couldn't think of anything luckier than that, and for the first time I would have a dedicated support crew who had a running and adventure racing background, and who also loves running around mountains.

Together we went hiking in the Alps in the days before the race, and shopped in endless mountaineering and outdoors sporting shops in Chamonix. We got to meet some wonderful people in the hotel, many of them there to run the race. In fact, our hotel manager was running UTMB for the fourth time! The more I saw of the Alps, the more I wanted the race to start. I felt happy and privileged to have a body that could even start such an event. Each day the town filled with more runners. There were other races that started before UTMB, and that sight was a bit scary to see. People looked amazingly fit and strong. Lots of them sounded pretty experienced as well, either living in Alps (many Italians / French / Spaniards) or having done multiple mountain races before. I was getting uneasy, feeling inexperienced and undertrained. Seeing other Aussies before the race was great fun though as well as seeing other familiar faces walking around Chamonix. I was even lucky enough to meet Kilian Jornet and Lizzy Hawker, and lots of other elite runners.

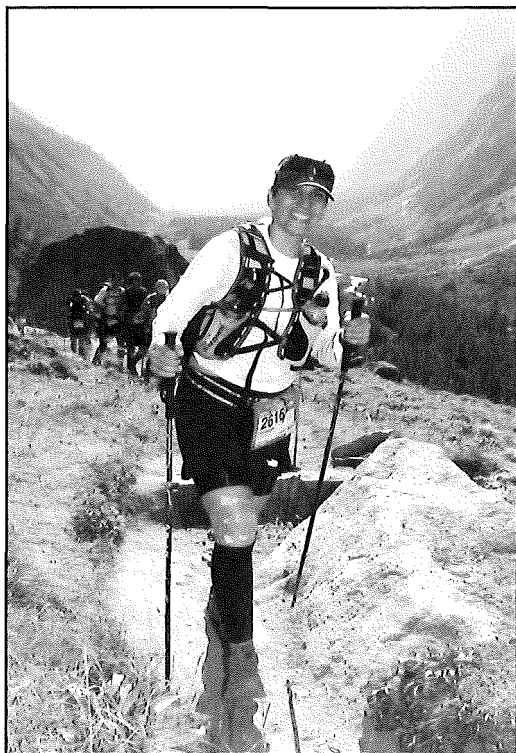
For registration, I managed to go early enough to get a good spot. Everything was very well organised in multiple stages, and the queue moved really nicely. The



*Tayebah powering on to a UTMB finish!
(photo credit Maindru photo)*

language barrier was something that I was getting good at dealing with and I was trying to get help regarding the race rules for gear and how things worked. All I had to do was get the pack ready and prepare my only drop bag (for the 77 km mark) and, if possible, relax and rest. I was missing my family badly and wanted to get this done and get back home. At times, training for this event felt like a second job to me. Taking so many hours in training and recovery needed effort; however, I was glad I was starting and, hopefully, would be finishing it. After all, that was all I wanted from the race, crossing the finish line, even if I came last!

The race started at 4:30pm, and the music and the atmosphere were amazing. Like nothing I had ever seen or felt before. The power of being amongst thousands of likeminded people, everyday mums and dads doing hard miles and getting to the start line of what could be, for some (including me), the hardest thing they had ever done. The day felt warm and some runners were even nervous about the heat. I had absolutely no heat training and, coming from the Melbourne winter, I hadn't



Tayebah still managing to smile as brightly as the sun in the most challenging race of her career.

even had one warm training day in months. But I knew it was too late to worry about anything at that stage. I stayed towards the back at the start line and tried to breathe and savour the moment that I had been waiting for. It DID feel good! Surprisingly, I felt calm and VERY happy to be there. I started comfortably and followed my breathing rhythm, loving the loud noise of cow bells, high fives with kids, and the massive crowd that was cheering us. It was hard to believe; it felt like the whole town was out (and maybe it was). Inside I was thinking, "You look like you are doing something amazing!" No matter how much it would hurt, I was there amongst some incredible people from many nations. Although it was hard to see girls around, I knew they were somewhere out there. I was running easy and trying not to get hit by other people carrying poles.

I was feeling very warm around 10km at the checkpoint so I got some water. But only seconds later I was thirsty again! I tried to hydrate and stay in control; after all, we were in hills (although the cheering crowd was still there with the sound of cow bells!). But something felt not quite right with me. Being thirsty

and with no interest in food was very new to me. Never before had I experienced that and, in fact, at Northburn after 100 km I had only lost 300 grams. I was always conscious of not over doing it, especially with hydration, but I could not figure out what the problem was.

Instead of being negative or stressing about it, as I knew 100 miles was a long way to mess up my nutrition, I tried to stay calm and positive. I hoped this would go away and I would get the chance to fix it as I was running. I was happily waiting for night to come to ease the temperature and, hopefully, get me back on track. At 31km I first met Jan (my crew) and I told her that I was not feeling alright

and tried to drink some Coke and get some soup before heading out. (Afterwards, looking back at the race, I realised I was carrying a bug that caught up with me after the race.) Over the course of the two days, Coke became my major source of calories. It makes me sick now thinking about it but my throat was already sore and in pain.

On the second night of the race my whole nutrition plan was destroyed but, for some unknown reason, I could still continue. I can't explain where I got the power from; maybe it was thinking about long hours I was away from my family, maybe the thought of my friends losing their lives opening a new route in Broad Peak (Nepal), maybe the route / course / scenery was so amazing that I wanted to stay on it, maybe it still hurt less than giving birth, maybe... I could go on!

The night was amazing with hundreds of people along the same trail. The whole mountain was illuminated and I felt good and calm. We even walked on snow around the marathon mark and I was thinking about my running friends wishing they were there, too, in order to experience the magic. The

weather was nice and we didn't have any issues proceeding; at least most of the people around me were comfortable. I felt good leaving the 50km mark, where we had some bitumen to run on, but felt really low in energy at the top of the next hill. Getting to the top of Col de La Seigne took a lot out of me. At one stage I sat down on a rock and opened a bar, trying to force it down to get some energy. I think I was not the only one finding it hard, since there was a gap between me and the runner behind, and they looked slow, too. I passed a runner lying down, (which I found weird and perhaps not right for mountain terrain), to whom I could only ask "OK?" He replied with a nod.

Downhill to the next checkpoint I tried to stay strong and ended up quite rewarded as the scenery into Lac Combal was breathtaking! I could not believe my eyes! Water was rushing out from every side, it was starting to get light, and I felt such appreciation and a surge of energy from within. An old man close to the portable toilets smiled at me and said, "Welcome to Italy!" as I'd crossed the border. I felt great being able to run into another country during the race. The Italian side of the race was beautiful; the course labels looked different, animals were scattered around the course, the mountain huts looked primitive and were beautifully made of rocks.

A few kilometres before the next checkpoint were downhill on very soft terrain. I really enjoyed it as it reminded me of my days running with friends in the mountains. I followed some switchbacks and was really dusty and tired arriving into checkpoint 77km after 17.5 hours, really looking forward to changing my clothes and maybe having a shower. (It was actually far too complex for me at the time and I didn't end up having a shower.) Jan, as usual, was wonderful, helping me find my stuff, treating some blister points and, ultimately, getting me

changed. She also forced me to eat half a salted avocado. I left the checkpoint hoping I would get to the others under the cut off, and feeling better running in clean clothes. People were chatty during the daylight and everyone seemed content going through the halfway mark of the course. At the 89km checkpoint a Facebook "friend" of mine who lives overseas spotted me (the advantages of having an unusual name) and we had a good chat and I laughed for the first time.

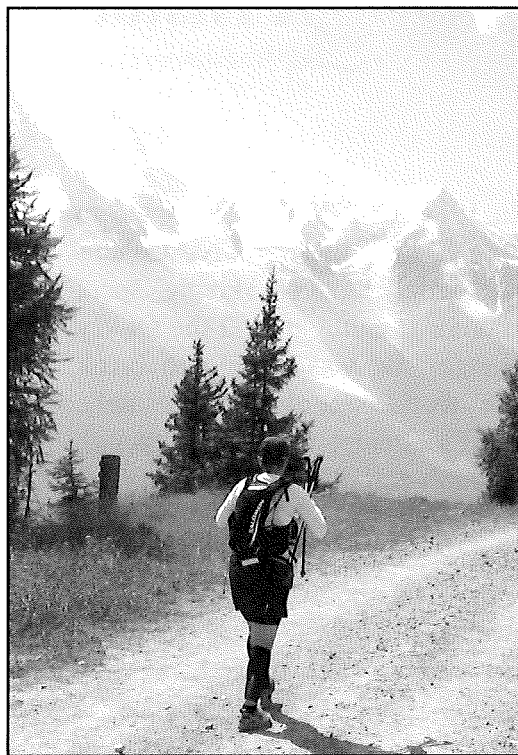
Crossing the highest point in the race was incredible (it was pretty windy up there), and I recognised it as THE place from that UTMB video that was stuck in my mind and it made me giggle. Wow I was finally here! And I was now entering Switzerland, another country that I can run to and in. How exciting! However, I could feel the pressure of going into a second night. Cut-offs were getting closer, blisters felt worse, nutrition based mainly on Coke, and hills that never ended. I had to dig very deep to remember the reason why I was in this event. I knew only a tough mentality could get me through the next 60km. I tried to cherish all the good things around me: the beauty of the place, the magic that can happen through physical hardship, the great sense of accomplishment at the finish line, and the making of a dream come true.

It is just magnificent how these little mental games actually work! Maintaining forward motion, no matter how slowly, I tried to get some calories in. If it didn't work, I'd try again a few minutes later. The hardest part of the second night was not falling sleep; it could be so easy to do. I could sit down for a minute, but would surely fall asleep. The challenging, hilly terrain saw all my survival senses kick in. No matter how slowly, I was covering the kilometres. Crossing Bovine (132km) and getting to Trient (139km) was, by far, the hardest bit of the whole event for me. The uphill felt like it would never end, and my speed was (maybe) as slow

as 3kph. I was deeply low in energy levels but, surprisingly, a number of runners were still behind me. This was secretly motivating me not to stop. I think I was slow but consistent, and these people behind me were holding on, not wanting to get smashed or go alone in the dark.

When I met Jan in Trient I was nervous about the cut off, but determined to move on. I was hoping things would get better with the arrival of the next morning's sunshine. Provided I could survive the next big hill in the dark. For the first time, I put the music on and tried to distract myself from my hopeless physical status, instead focusing on my mind. I knew staying positive would be my only chance to finish. I remembered all the lovely years I had with my children growing, the hard times and great times. I thought about our life back in Australia and how they would love me to finish this as they knew no other mum (or even dad) amongst the parents at their school who had gone that far.

With the sun coming up again, and the nice terrain underfoot, the scenery was incredible! I felt that thing they call the "runner's high" and even my feet didn't hurt. I felt good enough to even bend down and pick some rubbish from the course! Suddenly, I even felt hungry and had some of my home-made energy bars. It felt like a miracle. I knew I was getting close and my body and mind were determined to get this done. I had quick chats with people and responded to others' cheers. Finally, the finish line looked possible. I tried to see and watch the things around me, and chat with hikers about life in France or good tourist spots in Australia. How could I feel so alive at this time? A few years ago, before my ultra running days, I never thought this was possible. The human body IS amazing, even mine. A very ordinary person in anything



The majestic scenery is one of the rewards for taking part in this gruelling event.

athletic-related, with very average training facilities, can arrive at this point. Wow! The mountains looked so similar to my birth-land mountains: rugged and tall.

I got to La Flegre knowing it was all downhill from there. My feet were now in a LOT of pain, perhaps with a million blisters, but I KNEW I could finish. I still had 1.5 hours to cover only 8km of downhill trail. I walked down as quickly as I could, which was not quick at all. But suddenly, I saw my crew, Jan, running up and cheering me on loudly, encouraging me to run. I managed to start running, and I ran the whole part of town, too. It was great to be in that magical place again, where a whole town is cheering you. I have never experienced anything like this before. People even run out of cafés to cheer. I was very, very proud and emotional! Proud and happy! What an amazing journey running in, and training for, UTMB was. I will take all the lessons I learned from the race with me throughout my life. I am proud to say that I have even more respect for my body now. I hope any runner who loves mountain running gets to run this race; it is bloody amazing!!



A History of the Colac Six Day Race

by Phil Essam

revised by Ellen Lavoie

In 1982, Cliff Young attempted to run 1,000 miles around Colac's Memorial Square. Having spent months training around the Otway Ranges, he was aiming to break the world record. Unfortunately, Cliff's attempt fell short although it didn't curtail his enthusiasm. The following year, Cliff entered the first Westfield Sydney to Melbourne Ultra Marathon. He took the lead near Melbourne and, as we know, became an overnight hero. The nation stopped, and the rest is steeped in Australian folklore.

Cliff brought ultra running to national prominence, inspiring the City of Colac in Victoria to stage a 1,000 mile race known as the "Cliff Young Colac 1,000." The first race in 1983 started in Melbourne and finished on the grass at Memorial Square in Colac. Competitors included Joe Record, Sigfried Bauer, Tony Rafferty, John Connellan, and, of course, Cliff Young. Siggy Bauer went on to win, slashing nine and a half hours off his previous world record, with an approximate time of 12 ½ days.

In 1984, the City of Colac announced the staging of a six day track race around Memorial Square. Known as the Cliff Young Running Track, it was measured and certified. Sponsored by Victorian hardware retailer, McEwans, it was the only six day race in the southern hemisphere. Amongst the 14 runners in the inaugural event were Yiannis Kouros and Eleanor Adams. Kouros left the field in his dust and set a new world six day record, while Eleanor Adams set 11 new records of varying times and distances. The next race wasn't held until 1986, when Frenchman Ramon Zabalo won

with 876km and Dusan Mravlje, from Yugoslavia, was second, about 38km behind.

The ultra running nomad, Joe Record, took the honours in 1987. Joe had had a few lean years in the lead up, but was able to record 890.8km, beating Dusan Mravlje by 27km. Six runners exceeded 800km, which showed the depth of the sport at that time.

In 1988, Frenchman Gilbert Mannix won with 963km, 50km ahead of the eternal

bridesmaid Dusan Mravlje. This was another strong year, with three runners bettering 900km, and another four runners going past 800km.

Bryan Smith wrote himself into the history books in 1989, when he joined the handful of elite runners to have run over 1,000km in a six day period. The track had been altered when the Bowling Club was removed from the Square, and the area in front of the Memorial was changed. Keith Fisher made history at 25 years of age by becoming the youngest man to exceed 500 miles.

In 1990, for the second time in the race's history no event took place. Bryan Smith won again in 1991, with the track resembling a mud bath, and went on to make it a hat trick of wins in 1992. Tony Rafferty compared the 1991 conditions to the famous New York race of 1984, and the terrible conditions that he and Pat Farmer endured during their 1,000 mile challenge in 1989.

Joe Record won for the second time in 1993, with 774km. Russian Anatoly Kruglikov made it a pair

of wins in 1994 and 1995, with the former being the lowest ever winning distance. However, with four runners all in with a chance on the last day, there was no lack of excitement.

In 1995, the track was criticised by Tony Rafferty as being "hard, bumpy and in its worst ever state." This caused quite a few problems for the runners. Maurice Taylor was the best-performed Australian with 780km.

The race committee upgraded the track for 1996 and 18 runners faced the starter's gun. Ian Curtis from New Zealand won with 836km, but only after fighting some tough resistance from George Audley with 816.8km. Years later, George was to recount this as a classic game of cat and mouse where each runner and crew would be constantly checking the movements of the other. Andrew Lucas took third, but could have been much closer if not for a bad patch mid-race.

After five top 10 placings since 1992, in 1997 Geelong long-time ultra runner Peter Gray won with 778.8km. Later, in 2005 and at his 16th start, Peter was awarded the Memorial Square Mayor (having brought up 10,000 kilometres) won with 778.8km.

Jaroslav Kocourek, from the Czech Republic, recorded the first of his three victories in 1998 with 901km. He increased that distance the following year with 925.6km. In 1999 the race was broadcast for the first time on the internet, and attracted 1,000 hits. It was almost the end for this event with several committee members losing interest. It was only due to

the efforts of Ron Hill and Don McKenzie that the race survived.

Yiannis Kouros returned in 2000 for the second time in 16 years. He was unhappy as the race organisers appeared to struggle with basic race administration. Kouros suffered a mid-race injury, forcing him to walk the final two days, but still managed to win with 801.6km. This equated to 2004 laps, which Yiannis pointed out was the year for the upcoming Athens Olympics. Drew Kettle set a M80 world age group record, which was smashed five years later by the evergreen Stan Miskin, who rewrote the world age record books, along with Ken Matchett.

Kruglikov brought up his third victory in 2001 with 764.4km. Peter Hoskinson gave a glimpse of his future ability when he completed 600km in five days, before succumbing to a painful foot injury. Peter has since gone on to cement himself as one of Australia's top multi-day runners.

The first Japanese entrant was seen in 2002. Aki Inoue, an accomplished multi-day runner, won with 809.2km, in a very special race that brought runners together from all around the world in the wake of the 9/11 disaster. Flags were flown as a sign of hope.

It was about three weeks prior to the 2003 race when Cliff Young passed away in Queensland after a long battle with an illness. The local bowling club was filled to capacity for Cliff's memorial service. Race President, Bill Sutcliffe, vowed that Cliff's name would live forever. That year Graeme Watts became the first Australian to win, with the lowest winning total to date of 746km.

In 2004, as promised following Cliff Young's death, the race committee honoured his memory by renaming the race the "Cliff

Young Australian Six Day Race." This same year a Danish runner arrived by a different mode of transport; he did so on his own two feet after running all the way from Denmark, across Europe and Asia, before arriving in Sydney and running all the way to Colac. Jesper Olsen could have taken the easy option, but ended up winning with 756.38km after a great battle with Graham Watts. The following day, Jesper left Colac to continue his journey to Perth, then across the USA and Canada, before finishing his run back in London, and in doing so completing the first properly recorded and recognised run around the world.

In 2005, the race committee pulled out all stops to make the 20th running a success. Race director, Bill Sutcliffe, secured excellent prize money and, for the third time, was able to attract the world's best ultrarunner, Yiannis Kouros. The event had more than "blood on the track" and provided high drama from all angles; including a gas bottle catching fire in the crew lines, and a tree collapsing on the track on the last night. Fortunately, no one was hurt.

Kouros was on world record pace throughout, but needed some help to push through the heat on the second last day. Vlastik Skvaril was instrumental in giving up his ice vest for Yiannis, helping to lower his blood temperature.

It wasn't until the last morning when two busloads of Greeks arrived from Melbourne to cheer their champion over the 1,000km mark, and on to the world track record and then the overall world record. The crowd erupted as history was made. I was the commentator that morning and I believe that Kouros wouldn't have made it without the help of his fellow runners and supporters from Melbourne.

Where to from here? In just over 20 years, The Colac event became the longest running multi-day race in the world. The advent of the internet took the race to the ultrarunning fraternity around the globe, yet only a few small handfuls of people living in Colac appear to appreciate the legacy that Cliff Young left on the region, and the value that it brings to the area from visitors all around the world.

Many interesting stories have emerged over the years. It is hard to determine fact from fiction, but they include tales of male and female runners getting amorous, along with one particular competitor going for a streak in the middle of the night and asking for his "streak" lap to be counted. The referee refused his request as he wasn't wearing his number!

Men have clearly outnumbered women over the years, but the women have recorded some amazing performances. The highlight would have to be Eleanor Adams exceeding 800km on three separate occasions. Regular competitors Elvira Janosi and Dawn Parris have also endeared themselves to the locals.

Local legend, Cliff McAliece, has many great memories of the event's long history. These include Cliff Young and Drew Kettle arguing outside the lap scorer's tent one morning about the "green camels and pink elephants" on the track. The battles of 1994 and 1997, and the crowds that converged onto the square to watch the runners battle it out, are other memorable highlights.

The Cliff Young Six Day Race was last held in 2005 and, since then, such a race has not been offered in Australia. However, the South Australian Road Runners Club (SARRC) in Adelaide has recently announced a 6-day race to be held, starting late September 2014.

“Book Review: Mud, Sweat and Tears – An Irish Woman’s Journey of Self Discovery” by Moire O’Sullivan

Reviewed by Elizabeth Bennett

Mud, Sweat and Tears – An Irish Woman’s Journey of Self Discovery is a great read. It is Moire O’Sullivan’s story of how she unwittingly dived into the deep end of mountain running, picked herself up, dusted herself off, and went on to achieve some remarkable running feats.

In an interview with *Walking and Hiking Ireland*, the Irish woman said, “My first ever mountain race was up Corrig Mountain, near Dublin, with the Irish Mountain Running Association (IMRA). All I remember was trying to run uphill and nearly dying. And then, just when I thought it couldn’t get worse, we tried to run up to the summit in the worst of Irish weather. The wind blew me off my feet. The mist nearly made me get lost on top. The bog and heather tripped me up again and again. I hated it and vowed never to return. Less than 24 hours later, I thought it was the best thing I’d ever done, so went back the next week for more.” Sound familiar? Strike a chord? In essence, it’s O’Sullivan’s portrayal of what is captivating about running, despite the hardship, which gets you in.

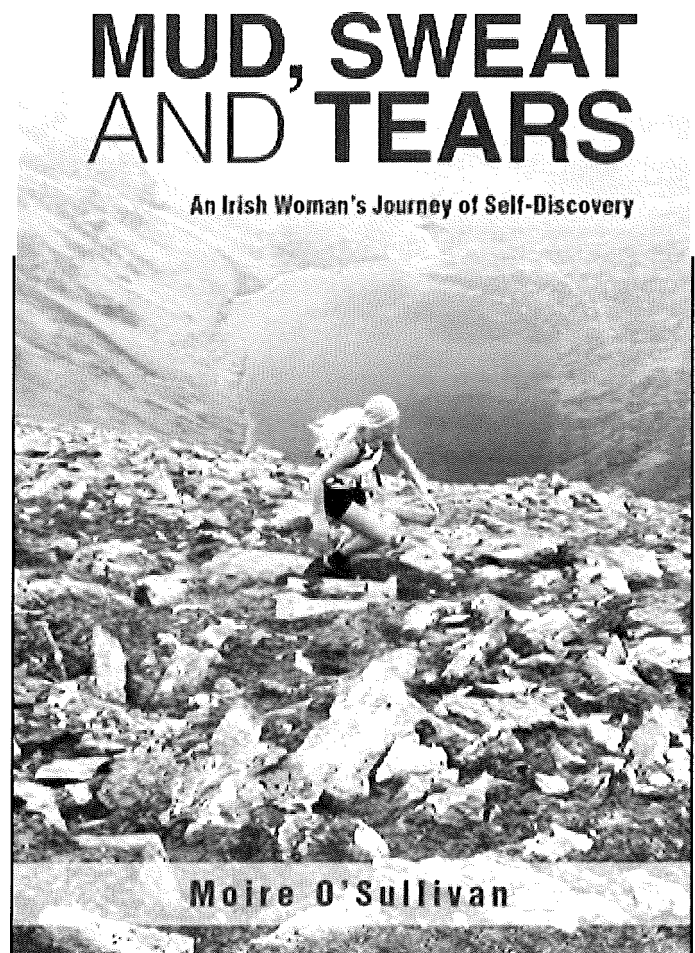
From both a stylistic and content point of view, *Mud, Sweat and Tears – An Irish Woman’s Journey of Self Discovery* is easy to read and unpretentious. It purposefully tells the tale of O’Sullivan’s journey from being a complete novice runner to, three years later in 2008, making a solo attempt at the Wicklow Round, a gruelling 100km mountain run over 26 of Ireland’s remotest mountain peaks. On that occasion, after 21.5 hours, O’Sullivan collapsed two summits from the end, battered, bruised and unable to go on. A year later she returned to complete the challenge and become the first person ever to do so. She eloquently captures the extremes of both the toughness and the exhilaration of it all.

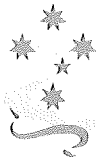
Included in the chronicling of her journey, up to and including this remarkable achievement, O’Sullivan provides just the right amount of detail about how she learnt to train smart, fuel up and navigate successfully. In keeping with the flavour of the whole book, O’Sullivan presents her learning in these respects as having come from the school of hard knocks. There’s no mention of sports science, complicated training programs, finely tuned diets or specialised recovery techniques. It all adds up to an intriguing story of an “ordinary” novice runner who transformed herself into one of the world’s best mountain runners.

O’Sullivan’s other running achievements include:

- Twice winner of Ireland’s Mountain Running Championships,
- Winner of the Irish 24 Hour Rogaine Championships (with Andrew McCarthy), and
- Winner of the IMRA 50km Irish Mountain Navigational Challenge Series, and the first female to ever win this event outright.

Reading this book left me with two overwhelming thoughts/feelings: (1) it renewed my sense of “toughen up” and (2) it made me determined to go and run in Ireland ☺. To read more about Moire O’Sullivan and/or to purchase *Mud, Sweat and Tears – An Irish Woman’s Journey of Self Discovery* visit: <http://moireosullivan.com/>





Traveling Nutrition:

Can I fuel my body where I fuel my car?

by Sunny Blende, M.S., Sports Nutrition

Michel Pollan's Food Rule #57 – "Don't get your fuel from the same place your car does." What if that is all that is available when you are 200 miles south of nowhere, having arrived by plane with no liquids, driven miles through remote unknown territory and are about to run an ultra early tomorrow morning? Stay relaxed – there are better food choices than others, even at the local 7-11 or gas station food mart.

Let's get real. You have been preparing for this ultra for months. You had a training plan; you've lined up your crew, pacers and deliberated over what to put in your drop bags. Well, you're not done yet. The last bit of "topping off" with fuel before the start is just as important as your sleep and tapering. Plus, your crew and pacers need to be fed, too. Remember that flight attendant reminding you to "first put the mask on yourself, then help the person next to you"? If your crew isn't prepared for the long haul, how can they help you?

So let's talk about the better, healthier choices you can purchase from convenience stores that you usually avoid like poison oak. And let's not forget to be prepared in bringing non-perishable food that you are used to. If you are flying, it is a guarantee that you are carrying your running shoes with you (or on you), so think of your pre-race food like that, too. Pack a bag with healthy, "topping off" carbohydrates and protein. One of the most important things you can do for your pre-race metabolism is to not let your blood sugar drop... or go too high from sugary food choices. Keep the spikes

out! You don't know how long you will be waiting for the plane, other crew members, how long the drive will take, how long you will have to wait for a table at that little local restaurant that has been overwhelmed with hungry runners and crew. So get a plan in action.

Your "Carry-with-you-never-leave-my-side" Bag

This should include WATER and a variety of snack options that will satisfy carb and protein needs as well as salt and other electrolyte needs. It should also include any meds you take and may need such as aspirin, paracetamol, ibuprofen, antacids, vitamins, etc.

If you are going to be missing a meal due to traveling, try to pack a sandwich in this bag. But remember, if you are going to be eating a certain sandwich for hours on end during the race, maybe you'd like something different now. Think leaner salami, tuna made without a lot of mayonnaise, wraps made with beans, rice, tofu, chicken and lots of lettuce and vegetables that you will not be eating (due to the fiber) as race start nears. Hummus in a flour tortilla fills the carb/protein bill without a lot of extras and can be made on the go. Bagels (check the ingredients for healthier options) and sports bars (but remember, these will be staples in a day or so) are also options.

Salty snacks are a must, but this means you need to read the labels of pretzels, crisps and tortillas to make sure they contain carbs and sodium (salt) and not sugar and fat (really!). Nuts and seeds are also a

good idea, but again, look for dry roasted, lower-salt varieties. You need sodium, but not a salt lick.

If you have a favorite cookie or candy bar, okay, but watch this. You are going to get enough sugar and sweet to last a long time during the race. This is the time to concentrate on getting all the minute phytonutrients that make your trained body work at its peak. Think colored fruits and vegetables...even fruit bars if you cannot travel with fresh. You can also drink some smoothies with lots of nutrients...try to have some way of insulating your bag so your choices can be "closer to the source" (i.e., fresh). Try one of the only bags made specifically for ultrarunners at <http://victorysportdesign.com>.

Road "Pit Stops"

Tedium and cravings for snacks often arise during long road trips and can be remedied by packing the non-perishable and/or wholesome snacks talked about above, but convenience stores are another possible source for adding perishables back into the diet. Stores often contain microwaves, and therefore you can fix a cup of soup, mix up a pack of oatmeal, or – if you don't mind being a bit sneaky – cook that potato you brought along washed and ready to bake. The refrigerated section may contain yogurt, chocolate or regular milk, cut-up fresh fruit, applesauce, "healthier" smoothies and sandwiches or salads. But be careful of eating salads too close to race start – lots of fiber and very little calories, except in the (fat) dressing.



If these types of one-stop shops are all you have for dinner choices, too, please read the labels (see chart) for making the healthiest selection. And if you are buying perishable foods, check the “Use by” dates. You don’t want a case of food poisoning at this point!

Dinner and Nighttime Snacks

When searching for a restaurant for that pre-race dinner, choose one that serves pasta salads, pasta, broiled foods and hearty soups. Bread and dinner rolls can be great sources of

carbohydrates, but limit the butter. Look for the following terms on the menu: broiled, steamed, poached, garden-fresh, tomato sauce, marinara sauce, roasted, grilled and even stir-fried. Stay away from fast-food shops unless you can choose the ingredients, such as at a Subway. Wraps can hold nutritious choices if you have control of those choices.

If there is no time for a sit down at a restaurant (or no restaurant, for that matter!), supermarkets can be another dinner option. Many grocery stores have a deli, and there is usually a wide variety of

drinks, fruit, bread, yogurt and other nutritious foods to help satisfy your appetite. Again, read the labels.

Morning Pre-Race, or “Last Supper”

The significance of this meal, as far as “topping off” is negligible. You should have done that last night. The most important tenet here is what not to do. Do not eat too much fiber. Do not eat anything you have not tried before in practice. Be especially careful with fried and/or heavy saturated fat foods (bacon, sausage, croissants, pasties, cream). What to eat? Bland foods and cereals, no-added-sugar juices, bananas (this whole fruit doesn’t have a lot of fiber), white breads and bagels (again, without fiber). One important rule – if you usually drink coffee in the morning – be sure and drink it this morning! Coffee is ergogenic; it will help increase your capacity for performance by improving energy production and lessening feelings of fatigue... in other words, if you miss this opportunity, you will be starting behind and may feel fatigued sooner than necessary. Not a good idea ☺

INSTEAD OF:	SUBSTITUTE:
Danish or Croissant	White bagel or toast
Fried eggs	Hard boiled, omelet or scrambled eggs
Supersize cheeseburgers	Grilled chicken, sliced meats or even two regular hamburgers with lettuce & tomato
Fried chicken or tacos	Grilled chicken or chicken wrap
French fries	Baked potato
Potato chips	Pretzels, baked pita chips
Milkshake	100% fruit juice or a smoothie made with low-fat or fat-free milk



Protein for Peak Performance

Performance isn't always about being the first one over the finish line. When you next visualise yourself running through that race ribbon, make sure your focus captures all the areas of peak performance. To get maximum results on race day you need excellent everyday nutrition, balanced body composition, and a killer endurance recipe for game day. Your key ingredient for this is protein.

Increase Performance Potential

Protein plays a role in every area of peak performance. Ultimately, protein = muscle. Without adequate protein on an ongoing basis your body can't repair and build muscle, affecting precious body composition ratios and leaving muscles tired and damaged. Perfectly timed protein tops you up before an event, replaces the branched chain amino acids getting burned for fuel during the event, and combines well with resistance training in your recovery for lasting performance, tissue regeneration and an improvement in muscle mass.

Boost Your Body Comp

If you are looking to trim down, improve lean muscle tissue, or simply add quality nutrition to your everyday food plan, protein covers all your bases. To strip fat or lose unwanted fat stores, eating higher protein foods regularly will help you burn energy and fat at a higher ratio. Keeping your hunger at bay is the best way to avoid unwanted snacks that throw your fat ratio out the window - an increase in dietary protein from 15% to 30% of total energy intake can boost fat loss, while keeping you fuller for longer between meals.

Everyday Essentials

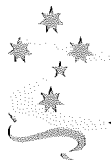
All athletes agree, the best plan is an easy plan. Other than racing and sleeping, what are you doing much of the time? Eating! Endura's Palaeolithic Nutrition for Athletes (for details access www.endura.com.au) offers you perfect muscle nutrition with a palm sized portion of protein with each meal and half a palm sized portion in-between meals. You can amend the program for training days, race days and days when you want to cut down.

If you want a great in-between meal top-up, Endura Pro Body Bars and Energy Bars are the way to go. With a whopping 18 g of protein and only 6 g of impact carbs per bar, Endura Pro Body Bars are a convenient way to increase your protein intake after workouts and between meals. The combination of whey and soy protein provides you with the essential amino acids your body needs, with branched chain amino acids to assist muscle repair. Choose from two delicious flavours, Mint Slab or Deluxe Fudge, coated in real dark chocolate to act as your between meal protein snack.

When you need a snack-sized protein hit, Endura Energy Bars hit the spot with 8.1 g of protein and 38.2 g of carbs. Endura Energy Bars are packed with multivitamins and minerals, including a patented form of magnesium diglycinate (Meta Mag®) that is highly absorbable and easy to digest. These chocolate flavoured energy boosting bars are easy to stash in your backpack for quick access, and make the perfect recovery snack.

Get Started

To increase your muscle power, reduce muscle trauma and boost the success of any endurance program, protein is the winning ticket. A high protein lifestyle will keep you on track for all your short and long term athletic goals. The easiest way to max your performance potential is to make protein an integral piece of your daily regimen. Keep it simple with Endura!



International News: Where is Ultrarunning Headed?

with Nadeem Khan, IAU Director of Communications

We, at the International Association of Ultrarunning (IAU) Council, are asked on a regular basis about where we see ultrarunning headed. It is no surprise that the sport has made advancements on several fronts over the last decade or so. The number of ultra races being organised globally has increased exponentially, keeping pace with the increased demand.

Ultrarunning primarily started on roads, tracks, and anywhere else with a solid footing. The asphalt is where the sport has its roots and the trails are where it is emphatically headed. The serenity of the wilderness, combined with picturesque surroundings and rolling terrain, makes trail running like something out of a romantic novel.

There have been four world championships (Huntsville 2007, Serre Chevalier 2009, Connemara 2011 and North Wales 2013) that have been organised by the IAU. Having witnessed the popularity of the sport and foreseeing its course in the next decade, the Council has repeatedly flirted with the idea of an annual championship, as opposed to the current format of a biannual one.

The original format of the inaugural championship brought forth about fifteen runners to the start line. But, over time, the number of competitors in world trail running championships increased, along with the number of countries represented at these events. At the third version of the championships, the team concept was introduced making the set-up very similar to the 100km and 24 hour world championships.

North Wales was an outstanding championship with an all time high for the number of participating countries at the trail worlds. The trail event seems to be a stepping block for several fast marathoners who are dipping their toes in the beyond-marathon events. The softer ground, despite up-and-down-hills, is enticing a lot of road warriors to try the mushier terrain during off-season or recovery sessions.

The Commonwealth Association of Mountain and Ultradistance Running has also respected the trail aspects of ultrarunning. The trail event was added to the Commonwealth Championships program in the second version of the competition in North Wales 2011. The 56km event incorporated trails, sandy beach terrain and some asphalt. It is this very aspect of a multitude of terrains, the complexity of the courses, the gain combined with the loss in elevation, and a plethora of climate and weather conditions, that makes for attractive television. The media has taken an active role in realising these events to their full potential. This has been evident over the many trail events that have taken place in the last few years.

The current incarnation of trail running and the evolutionary path it's on, has induced the IAU, along with the IAAF, to organise the Trail Commission, looking further into the development of this discipline of ultrarunning. The commission will evaluate how to



further define "trail running", will gather expertise from race directors regarding organisation of the sport, and will look at how to promote trail running on a global level. The findings of this commission will be quite interesting and will definitely benefit the further development of this discipline.

As you can see, trail running is taking ultrarunning into the new age. However, it should be duly acknowledged that ultrarunning will always have its roots in road running. This terrain continues to remain one of the most popular choices for ultrarunners.

It will be exciting and quite exhilarating to see the sport progress over the next few years and how the two, very different, terrains of trail and road running complement each other during this progression. Electrifying times for everybody associated with the sport.



