

U L T R A M A G

March 2014
Vol 29 No 1

Australian
Ultra
Runners'
Association Inc



- ▶ **History: The Running Messenger**
- ▶ **Member Profiles**
- ▶ **Ned Kelly Chase, Beerwah at Night, C2K, Duncan's Run, and more**

endura sports nutrition supports your sport



WHAT'S YOUR FLAVOUR?

4 DELICIOUS FLAVOURS



Lemon Lime



Orange



Raspberry



Pineapple

800 g TUBS

- Four great flavours
- 32 serves per tub (11.2 litres)

ECONOMICAL 2 KG TUBS

- Three great flavours
- 80 serves per tub (28 litres)

CONVENIENT TRAVEL SACHETS

- Single serve size

Fuel your body to perform and recover with Endura Rehydration. This dynamically advanced rehydration formula delivers essential electrolytes including the patented Magnesium – Meta Mag™, in a highly absorbable form. Endura can help improve your stamina, rapidly replace fluid and electrolytes, relieve muscular aches and help in the prevention of muscular cramps and spasms. Endura Rehydration Formula assists healthy muscle function to help accelerate your performance during strenuous exercise and training for enhanced endurance. This formula may help your body to recover quicker by reducing muscle recovery time after intense physical exercise so you can achieve optimum results.

FOUR VARIETIES, TWO SIZES AND A CONVENIENT TRAVEL SACHET – WHAT'S YOUR FLAVOUR?

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

TRAIN HARDER RACE FASTER RECOVER QUICKER

#ENDURASPORTSGETAWAY2014

Share a photo using your favourite Endura product and you could win:

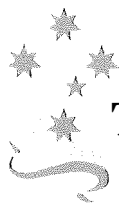


- Entry to 2014 Gold Coast Airport Marathon
- 3 nights at Marriott Surfers Paradise
- Endura products prize pack

See www.endura.com.au for more details!

WITH ENDURA™
SPORTS NUTRITION
www.endura.com.au





UltraMag:

The Magazine of the Australian Ultra Runners' Association

March 2014

Contents

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

AURA Race Reports & Results

Great North Walk	11-13
30/50 Challenge	13-15
Beerwah at Night	15-16
Hume and Hovell	16-19
Ned Kelly Chase	19-21
Washpool	21-22
Great Ocean Walk	22-24
Bruny Island Ultra	25-26
Kurrawa to Duranbah	26-29
6 Inch Trail Marathon	30-33
Duncan's Run	33-35
Narrabeen All Nighter	35-37
Bogong to Hotham	38-39
Two Bays	40-43
C2K	44-46

Other Articles

Member Profiles	47-50
History: The Running Messenger	51-52
Endura Advertorial: Rehydration	52-53
International News	54

Cover Photos:

<i>Front:</i>	<i>Blake Hose approaching Langford Gap in his 2nd place finish at Bogong to Hotham (Photo courtesy of Sarah Walker)</i>
<i>Inside Front:</i>	<i>Yvonne Teo and Wong Yi Bin during the Razorback Run (Photo courtesy of Stew at the summit)</i>
<i>Inside Back:</i>	<i>Oliver Mestdagh at Steavensons Falls during the Marysville Ultra (Photo courtesy of Brett Saxon)</i>



Committee Corner

Updates from the AURA Committee

President, Robert Boyce

Hi All,

What a start to the year! The first three races have been outstanding successes; records, great results and large fields. I see this continuing throughout the year with the dedicated race directors and our ever growing membership.

As this will be the last magazine before the AGM, I would like to remind you that all positions become vacant. If you want to get the satisfaction from helping our organisation to grow to new heights, please apply.

I would like to congratulate of award winners Beth, Kevin, Larissa, Colin and Barry. Beth and Barry have already this year started with a bang.

The last year my running has been hampered by injury, and I'm hoping for a better year this year. I will be at more races this year, maybe as a runner. For those new members who I have not had the chance to meet, please do introduce yourselves. I look forward opportunity to chat.

Justin Scholz, Vice President

It's been another terrific period of growth and consolidation for AURA since the last magazine was released. Membership has continued to grow and, so too, has participation in AURA listed events. The 2013 competition came to a close with Kevin Muller the eventual points score winner, but even more impressive that Kevin's winning effort was the collective effort by our membership group. The 2013 competition saw 410 members collect points from 1209 event appearances. That easily eclipsed the total from 2012 (912 event appearances) which, in itself, was a large increase from earlier years.

With ultra running continuing to attract increased participation, AURA has been working hard behind the scenes to formalise a number of areas which are important to the long term viability of our sport. These have included the revised 2014 event sanctioning / listing process, the international team selection process, and the revised points score competition.

As volunteer time and resources allow, AURA will continue to formalise important areas of the organisation to ensure the future of the sport and, indeed, its past, is safeguarded.

Monthly Mail Chimp emails have recommenced with AURA listed events being the highlight of these. The Facebook page and website are continuing to attract increased traffic and this adds to the overall social aspect of the sport.

With the IAU having now released tentative details of a 2014 World Championships 24 hour event, AURA is seeking a team selector and also seeking application from athletes who would like to represent Australia at this event. For details, keep an eye on the website and Facebook page.

Congratulations also to Kevin Muller, Beth Cardelli, Larissa Tichon, Colin Brooks and Barry Loveday who took out annual runner of the year awards. And keep an eye out for a new policy coming soon that details the awards process in a little more depth and will apply from, and including, the 2014 year.



AURA State Roundup

March 2014

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.

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



AURA State Roundup

September 2013 (*continued*)

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

POSITION	PERSON	EMAIL	PHONE
Officers Of The Committee			
President	Robert Boyce	president@aura.asn.au	0417 557 902
Vice President	Justin Scholz	vp@aura.asn.au	0417 229 222
Treasurer	Rick Cooke	treasurer@aura.asn.au	0404 468 376
Secretary	Stephen English & Robert Boyce (acting)	secretary@aura.asn.au	0417 557 902
Assistant Secretary	Stephen English	asstsecretary@aura.asn.au	0410 635 122
Ordinary Members of the Committee (State Reps)			
ACT			
State Rep	Elizabeth Bennett	actstaterep1@aura.asn.au	0419 635 921
State Rep	Martin Fryer	actstaterep2@aura.asn.au	0404 382 824
NSW			
State Rep	Andrew Heyden	nswstaterep2@aura.asn.au	0402 727 419
QLD			
State Rep	Susannah Harvey-Jamieson	qldstaterep1@aura.asn.au	0409 891 949
State Rep	Keith Sullivan	qldstaterep2@aura.asn.au	0414 565 746
SA			
State Rep	Paul Rogers	sastaterep1@aura.asn.au	0421 042 201
State Rep	Ben Hockings	sastaterep2@aura.asn.au	0414 728 744
TAS			
State Rep	Allan Hood	tasstaterep2@aura.asn.au	0412 037 933
VIC			
State Rep	Sharon Scholz	vicstaterep1@aura.asn.au	0407 081 070
State Rep	Jon Lim	vicstaterep2@aura.asn.au	0432 687 745
WA			
State Rep	Fee Salmons	wastaterep1@aura.asn.au	0457 770 333
State Rep	Dave Kennedy	wastaterep2@aura.asn.au	0433 333 206
Sub Committee Members			
Records Officer	David Billett	records@aura.asn.au	0431 368 632
Membership Coordinator	Michael Bedward	memberships@aura.asn.au	0419 296 177
Compliance Officer	Kerrie Bremner	compliance@aura.asn.au	0419 021 265
Race Results	John Oldfield	results@aura.asn.au	
UltraMag Coordinator	Larissa Tichon	ultramag@aura.asn.au	0450 630 486
UltraMag Photos	Jon Lim	ultramag2@aura.asn.au	0432 687 745
UltraMag Results Coordinator	Nicholas Bignell	magresults@aura.asn.au	0415 102 495
Webmaster and Email Database	Justin Scholz	webmaster@aura.asn.au	0417 229 222
Media Relations	Elizabeth Bennett	media@aura.asn.au	0419 635 921
AURA Event Advertising	Isobel Bepalov	eventadvertising@aura.asn.au	0402 744 967
Billings	Peter Bignell	billings@aura.asn.au	0409 008 664
Apparel	Stephen English	apparel@aura.asn.au	0410 635 122
Memberships	Michael Bedward	memberships@aura.asn.au	0419 296 177
History	Joe Lewis	history@aura.asn.au	0417 980 424
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 1 January 2014. 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.

MARCH 2014

Saturday 1 March LARK HILL ULTRA (WA)

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

Contact: Dave Kennedy 0433 333 206

Email: davidk1998@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`

16 March 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

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

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

AURA EVENTS CALENDAR

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

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

Sunday 11 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

AURA EVENTS CALENDAR

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

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

20 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

AURA EVENTS CALENDAR

AUGUST 2014

Sunday 3 August CENTENNIAL PARK ULTRA (NSW)

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

Contact: Melanie Michael 0415 308 977

Web: www.aura.asn.au/CP100

10 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

24 August RIVER RUN (QLD)

100km road

Contact: Denny Neave 0407 615 490

Email: denny@riverrun100.com.au

Web: www.aura.asn.au/riverrun

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

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

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

AURA EVENTS CALENDAR

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 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 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

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



The Great North Walk 100km

Teralba, NSW

November 9-10, 2013

by Meredith Quinlan

It had been 18 months since my last ultra marathon, so I was pretty excited and apprehensive at the prospect of taking part in my favourite race. It has been a long road back to ultra running after injury for me. This race was to be my last long run before SooChow 24 Hour so I had arrived with a game plan to run competently, but not leave it all out there. It would be my 5th time on the start line, although my first as a 100km runner. The last year, or so, I had been involved in that diversional therapy known as “cycling”; perhaps the favourite injury activity for runners. I’d be lying to say I had not grown to love it, and with many mountain biking races now under my belt I was back to running with a new approach. In the end it’s really all about running though, as I need to have a fitness activity to prevent me from over training; something we ultra runners all seem to fall prey to. Finding a balance between the two is a tricky science and I have in no way found the perfect balance, yet.

The pre-start crowd was bigger than I remember; more competitors and crew, the former looking as formidable as ever. It is at this point I wonder why I have turned up and hope I’ll survive. That’s pretty much how I feel at all races, even if in my preparation I have left no stone unturned. We set off and then there’s the eternal “to run or not to run hills” quandary. I figured if I usually run most of them in the miler then I’d have no excuse in the 100km. The weather was cooler than expected, although humid, and with an overcast sky and a nice breeze I set off at an

easy pace that would hopefully see me through to when the oven gets turned on.

Before I knew it the jungle was over and I was up in the forests of CP1, where, to my surprise, my best mate, Amanda, had turned up to crew with Lucas, my ever-present and competent husband/super crew. They did a great job in getting me in and out quickly, and I set off down the road, whereupon I came across that lovely Victorian, Katherine Macmillan, who was having a quick break. I then came across Tall Geoff, and later Paul Monks sped past me on the descent to Congewai Road.

Predictably, the oven did get turned on and, although not as hot as usual, it took its toll down that road of suffering, Congewai Road. All thoughts of possible ventures to Spartathlon in Greece were mentally shelved. I arrived at CP2 exclaiming the obvious – “geez it’s hot!” I had not armed my crew

with instructions for ice (newbie error) but made do with the taps and wet my hair thoroughly before setting off again. And this is when it all became a bit unusual – where were all the people in the race? Other than the out and back runners you’d see, I expected to come across a lot more people on the slog to the basin – the gallery of slumped, overheated runners attempting to climb those blasted hills we all know and love. Not to be. Other than seeing Paul Monks, it was just like being on one of my many solo training runs up there. What had happened to everyone? I arrived at the unmanned water stop the happiest of human beings, seeing not only the water but Mick Miles, super pacer and Terrigal Trotter of the Year, had mountain biked in to say “hello” to all of us coming though. Such a nice surprise; and the water, gosh, that was a god-send.

Once the two big hills are out of



Meredith Quinlan in action on the trails in the mountains.

the way, the run down to the Basin is top shelf trail running. Always a highlight of the race, in my opinion; that fantastic undulating shaded creek-side trail that never fails to keep you occupied as you come into the leech pit (this was the first time it had been without those blood suckers that I could remember), also known as the Basin Campsite. It's a good time to take stock of where you are placed in the field, too, and I did not expect to see Brendan out there on the out and back; he would've been long gone had it been the previous year. He looked like he was doing it tougher than usual.

The Basin was full of expectant crew who seemed to be somewhat

under-utilised, given the lack of competitors coming through. They were all kind and helpful when I arrived – Paul Every being a nice surprise addition to those assisting me. My usual hurried “check-pointing” was completely unnecessary though, given the circumstances, and I happily set off with a cold Coke to lift the spirits.

I love the next, and last, section of the 100km is great. The track from The Basin to Cedar Brush Head, and then the change of terrain to bitumen, makes it a novelty after forests all day. I brought it home to the finish without a great deal of impatience using that excuse of

“it's just a long run after all!”

Any excuse to slack off, and to not run to my potential.

It had felt like a short race after having done the miler for so many years, and I was not at all disappointed to be able to jump in a car rather than slog it up Bumble Hill. And then the end of yet another year at my favourite race came, hosted by The Terrigal Trotters and under the able command of Dave Byrnes. They work tirelessly each year to put on a fantastic event and I highly recommend it to anyone considering it. Be warned though, the GNW is a like a cruel bitch and, just like a horse, she can smell fear!

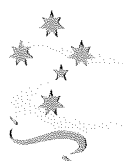
Great North Walk 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		11:25	Viguer	Pierre
2		1	13:39	Quinlan	Meredith
=3	2		15:47	Ignjatic	Robert
=3		2	15:47	Waldron	Aileen
5	3		16:12	Pobre	Erik
6		3	16:23	Hamaty	Sabina
=7	4		17:22	Frost	Michael
=7	4	4	17:22	Moloney	Mallani
9	5		17:28	Jarvis	Robert
10	6		17:41	Hope	Mark
11	7		17:46	Pemberton	Steve
=12	8		17:50	Huber	Dan
=12	8		17:50	Robinson	Simon
14	10		17:51	Lynch	Ciaran
=15	=11		18:22	Hill	Peter
=15	=11		18:22	Mccormack	Matt
17		5	18:45	Cameron	Robin
18		6	19:13	Brann	Erika
19	13		19:32	Phillips	Joshua
20	14		19:34	Jennings	Eric
21	15		20:06	Encarnacion	Deo
22		7	21:02	Ecoiffier	Sabrina
23	16		21:02	Ecoiffier	Dominique
24	17		21:08	Spangl	Jurgen
=25		8	21:26	Konuma	Mutsuko
=25	18		21:26	Konuma	Akira
27	19		21:34	Gustard	Craig
28	20		21:49	Searby	Adam
Bold SURNAME indicates AURA member.					

Great North Walk 100 miles					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		25:03	Markey	Gavin
2	2		25:27	Cuthbert	Paul
3	3		27:17	Monks	Paul
4	4		27:27	Hack	Martin
5	5		27:52	Smith	Damian
6	6		28:40	Weir	Samuel
7	7		28:54	Murphy	Philip
8		1	29:04	Bachvarova	Antoniya
9		2	29:10	Wynd	Nikki
10	8		29:48	Devlin	Jules
11		3	29:57	Macmillan	Katherine
12	9		30:28	Evison	Geoff
13	10		30:38	Gulliver	Simon
14	11		32:07	Baxter	Wayne
15	12		32:27	Barlow	Nicholas
16	13		32:35	Ranson	Brent
17		4	32:46	Eisler	Marita
18	14		32:50	Vickers	Scott
19	15		33:27	Wheeler	Jason
20	16		33:38	Bartholomew	Ashley
21	17		33:46	Byrne	Simon
22	18		33:52	Campbell	Grant
23		5	34:02	Lilley	Allison
24	19		34:56	Hayman	David
25		6	34:58	Brun-Smiths	Marina
26	20		35:00	Leung	Ka Hang
27	21		35:18	Hanney	Roger
28	22		35:23	Teh	Yee Chuan
29	23		35:30	Darwin	Adam
30	24		35:32	Topper	Kurt
31	25		35:34	Craig	David
Bold SURNAME indicates AURA member.					

DNFs - time is at 100km.					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
DNF			13:04	Davies	Brendan
DNF			13:56	Heatley	Dave
DNF			16:54	Layson	Andrew
DNF			17:36	Enfield	Scott
DNF			18:11	Sylvester	James
DNF			18:17	Hanavan	Michael
DNF			18:22	Robertson	Owen
DNF			18:45	Barker	Nicole
DNF			19:13	Jardine	Kim
DNF			19:26	Smit	Rocco
DNF			19:36	Mccormack	Ashley
DNF			19:43	Swan	Greg
DNF			19:56	Connor	Adam

DNFs - time is at 100km.					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
DNF			20:14	Mcgrath	Michael
DNF			20:31	Thompson	Bill
DNF			21:09	Penteado	Ana
DNF			21:26	Santamaria	Gerard
DNF			21:32	Wye	Graham
DNF			21:32	Yim	Heng Fatt
DNF			21:34	Wilson	Guy
DNF			21:44	James	Ray
DNF			21:44	Tappouras	Karin
DNF			21:46	Austin	David
DNF			21:48	Scurry	Grant
DNF			21:56	Booth	David

Bold SURNAME indicates AURA member.



The 30/50 Challenge

Mornington Peninsula, VIC

November 24, 2012

by Simon Marcus

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

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

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

Start time was nearing and the usual thoughts started running through

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

Soon I found a pace I was comfortable with, had a chat with the ladies and went on, thinking to myself I hope I don't go out too hard, too early. Having the

Two Bays section to myself was a different experience. Seeing wildlife at every corner was a great feeling. Coming into the first check point I was feeling great; no need to stop, keep on moving. The first 20km seemed to fly past and I really enjoyed the sights and the trail.

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



Teams running through the soft sand (Photos by Beau Cummin from Visual Traffic)



Celebration on the finish line (Photos by Beau Cummin from Visual Traffic)

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

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

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

After finishing and chatting to the organisers and volunteers, I went over and caught up with the family. They were all very excited for the result that I had achieved. Now we waited to cheer my brother into the finish and see how he was travelling. I knew that he would be hurting a lot, so I shuffled back up the road

towards the Portsea Lifesaving Club to run the last 1-2km with him. He gave me his Camelbak and told me I was an idiot for making him do the race. I laughed and we shuffled together to the line. With his first ultra under his belt, and a third place beside his name, he might have caught the ultra bug.

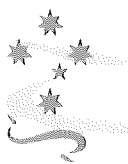
To the volunteers who helped out on the course and around the finish area, you were all amazing. Without you the races that we enjoy wouldn’t go ahead; thank you again. Overall the race was awesome and I recommend it to everyone. It was very well organised and the track was well marked. See you next time.

30/50 Challenge 50km individual					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:38:15	Bryant	Nick
2	2		4:44:20	Marcus	Simon
3	3		4:58:21	Turner	Andrew
4		1	5:24:22	McMillan	Jane
5	4		5:33:59	Maas	Oliver
6	5		5:50:43	Ianzano	Joseph
7	6		6:08:40	Rae	Stephen
8	7		6:14:29	Porceddu	Daniel
9	8		6:15:14	MacQueen	Stuart
10	9		6:15:17	Weatherburn	Simon
11	10		6:15:18	MacQueen	Andrew
12	11		6:16:31	Dare	Tim
13	12		6:18:38	O’Callaghan	Simon
14		2	6:23:47	Bertrand	Caroline
15	13		6:28:01	Bird	Mario
16		3	6:40:50	Medin	Justine
17	14		7:00:05	Johnson	Richard
18		4	7:08:36	Bailey	Grace
19		5	7:08:37	Coutts	Joanne
20		6	7:08:42	Little	Jacinta
21	15		7:11:29	Watts	David
22		7	7:15:26	Tropea	Kerri
23		8	7:15:28	Parkins	Stacey
24	16		7:18:23	Fox	Matthew
25		9	7:41:16	Smith	Kate
26		10	7:41:17	McCarthy	Eilis
27		11	7:56:21	Westlake	Emma
28	17		7:57:39	Howarth	Rob
29	18		8:28:04	Griffiths	Steve
30		12	8:32:58	Boyd	Fiona
31	19		8:37:08	Garcia	Henry
32	20		8:46:48	Fahey	Chris
33		13	9:34:20	Conte	Leah
34	21		9:45:41	Palermo	Frank
Bold SURNAME indicates AURA member.					

30/50 Challenge 50km Teams						
Rank	Cat Place Male	Cat Place Female	Cat Place Mixed	Time	Last Name	First Name
1	1			4:51:02	Ihle	Tim
1	1			4:51:02	Callery	Matthew
2	2			5:22:12	Cavanagh	Sam
2	2			5:22:12	Mundy	James
2	2			5:22:12	Dusting	Matthew
2	2			5:22:12	Kokken	Daniel
3	3			5:47:51	Booth	Felix
3	3			5:47:51	Chan	Douglas
4			1	6:17:36	Thompson	Lorraine
4			1	6:17:36	Harris	Paul
5	4			6:27:18	Marcus	Shaun
5	4			6:27:18	Kennedy	Ben
6	5			6:37:33	Montgomerie	Steve
6	5			6:37:33	Hudson	Adrian
7		1		6:41:18	Cameron	Susan
7		1		6:41:18	Pfeffer	Sylvia
7		1		6:41:18	Jansz	Kitty
8	6			6:54:39	Flockart	Peter
8	6			6:54:39	Thompson	Guy
8	6			6:54:39	Tomkins	James
8	6			6:54:39	D'Apice	John
9		2		7:02:11	Pendrey	Samantha
9		2		7:02:11	Taylor	Sarah
10			2	7:09:11	Kent	Abbie
10			2	7:09:11	Antrobus	Shane
10			2	7:09:11	Wallace	Grant
11	7			7:12:01	Lamprell	Ben
11	7			7:12:01	Rans	Simon
11	7			7:12:01	Young	Luke
11	7			7:12:01	Gordon	Bruce
12			3	7:28:34	Smith	Fiona

30/50 Challenge 50km Teams						
Rank	Cat Place Male	Cat Place Female	Cat Place Mixed	Time	Last Name	First Name
12			3	7:28:34	Miller	Peter
13			4	7:48:24	Panayiotidis	Noelia
13			4	7:48:24	Panayiotidis	Peter
14		3		8:16:10	Snell	Kyra
14		3		8:16:10	Andrews	Catherine
15		4		8:58:29	Hartman	Jenelle
15		4		8:58:29	Atkins	Kylie
15		4		8:58:29	Amos	Inger
15		4		8:58:29	Hammond	Naomi
15		4		8:58:29	Dalziel	Paula
16	8			9:03:52	Wilkins	Tim
16	8			9:03:52	Walton	Tim
17	9			9:03:54	Condon	Richard
17	9			9:03:54	Bogue	Adam
18	10			9:03:56	Whitaker	Darren
18	10			9:03:56	Gonzalves	Antonio
19			5	9:07:39	Griffiths	Marnie
19			5	9:07:39	Tonges	Shaun
20		5		9:23:54	Wood	Liz
20		5		9:23:54	Strangward	Jane
20		5		9:23:54	Wignall	Rebecca
20		5		9:23:54	Comerford	Jennifer
21		6		10:00:01	Lockton	Maryanne
21		6		10:00:01	Cartledge	Linda
22		7		10:01:45	O'Neill	Ruth
22		7		10:01:45	Gruiters	Deirdre
22		7		10:01:45	Bell	Karen
22		7		10:01:45	Jacobs	Leanne
23		8		10:30:17	Tumber	Seryn
23		8		10:30:17	Hewarathna	Erandi

Bold SURNAME indicates AURA member.



Beerwah at Night

Beerwah, SE QLD

November 17, 2013

by Jodie Osborne

Storms threatened and participants searched weather updates and waited on the race director's advice, which, on the day, was to turn up with a positive attitude expecting rain and to be prepared for wet weather. I've never let rain stop me from starting an event and I happily made my way north from Brisbane; skin is waterproof after all. In the end, despite severe

thunderstorm warnings and storms raging to the south, east and north, it didn't rain and participants of this inaugural event were spared from any severe weather.

The race start and check in was at the base of the imposing Mt Beerwah, the mother of the Glasshouse Mountains. Despite its relative remoteness, the facilities

and refreshments provided were excellent. A coffee van provided hot drinks, and was still there well into the night for those finishing, and others supporting those in the 50km. The course consists of a 20km loop and a 30km loop, the latter being an extension of the 20km.

An upbeat crowd assembled at the start, suitably kitted out for trail and



Despite being warned about the possibility of coming across livestock, and seeing evidence of its existence, I didn't come across any live animals. Once through the trickier 3.3km, or so, of rocky trail section also known as 'The Dungeon' (which you complete twice if you run the 50km), the course primarily followed dirt tracks, fire trials and fire breaks through forest and, for a short period, along power lines and around a local property. The course was superbly marked with tape, white arrows painted on the ground at intersections, and red LED lights which were a reassuring sight in the distance as darkness descended.

night running. We set off and it wasn't long before we came across some rutted sections of road and slippery mud, and large potholes of water, which had everyone leaping over and skirting around them. While it was still light, runners encountered the odd off-road vehicle and their bemused drivers who were courteous and provided some entertaining comments as we passed.

With a 4pm start I'd hoped to get around the first loop before it started to get dark, and I approached the start/finish line at the end of the first loop and was warmly welcomed by the 10km, 20km and 30km runners eagerly awaiting their start. Everyone assembled was in high spirits and cheered those of us fortunate enough to complete the first lap before they started.

I had a few minutes gap to the second group tackling the shorter distances offered, and was keen to get through the trickier section of trail before it got too dark. As day faded into night, the sounds in the bush increased, before quietening down again. An almost full moon meant it was possible to run the more open sections of the course without the aid of a light.

The final few kilometres required some careful negotiation of slippery, muddy water holes, and a climb over a fence. Some colourful lanterns hung from the trees and bushes, lining the trail and lit it all the way to the finish. As soon as the bobbing lights of runners were spotted approaching the finish a cow bell rang out to welcome runners in.

Thank you to the race organisers and their volunteers for putting on a well organised event. Look out for sister events coming up soon the Mt Beerwah at Dawn, Wildhorse Criterium, and Wildhorse at Night.



Beerwah at Night 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		5:08:20	Munro	Cameron
2	2		5:12:36	Rayner	Michael
3	3		5:13:47	Kieser	Julius
4	4		5:18:59	Bott	Oliver
5	5		5:23:33	Turner	Nicholas
6	6		5:27:04	Henderson	Chris
7	7		5:30:22	Laine	Laurie
8		1	5:31:58	Oborne	Jodie
9	8		5:35:03	Lee	Craig
10	9		5:36:14	Cradick	Adam
11	10		5:43:30	Nailer	Dan

Beerwah at Night 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
12	11		5:43:53	Boyd	Antony
13	12		5:49:51	Patterson	Chris
14		2	6:25:38	Hussey	Lisa
15	13		6:47:08	Mollins	Dave
16	14		7:10:19	Lyons	Craig
17	15		7:21:25	Janes	Pat
18	16		8:18:11	Pearce	Justin
19		3	8:18:12	Hill	Lauren
20	17		8:18:13	de Villiers	Adrian
21	18		8:28:09	Lewis	Stephen
Bold SURNAME indicates AURA member.					



Hume & Hovell

Tumut, NSW

October 19, 2013

by Elouise Peach

The Hume & Hovell ultra will always be a favourite race of mine. Being a local to Tumut, it is exciting to run such a beautiful ultra marathon in my home town. I was a little sad that I was not registering with my good friend Lyndal, as she had the Blue Mountains fires threatening her home in Winmalee. Our plan had been that, with only three women in the field, we could both actually get a podium finish! The sun was just rising for the 6am start and the Mayor of Tumbarumba opened the race with a welcoming, most laid back speech, and a casual 'oh well...off you go.' That was it...we all looked at each other... and we were off, just after first light. The Wagga Wagga Mountain Bike Club sweepers, PJ and Angela, were in for a long day, too, and I wished them well and hoped not to see them.

For me, the challenge this year was to finish, as lately my training had become nothing short of pathetic, though not related to my lack of desire to run this race. My 2013 running year had been full of stomach issues, so the goal for this race was to enjoy myself, and finish. I found a steady pace as I watched the lead guys disappear through the curious Burra Creek mine workings.

Following Burra Creek, the single track was just technical enough to distract me and keep me concentrating on where I needed to go. Winding through tall forest and brushing past ferns, the birds were chattering and distracted me from the ever-gentle incline. This is quite a remote area and it is fantastic to feel that in a race. At CP1, I was greeted by the cheerful banter of Warwick Hull, the Hume and Hovell Walking

Track Coordinator. He must have been very busy as I also saw him at the start, CP3, CP6, and the finish.

I reached the oasis of Paddy's River Dam and I then knew CP2 bag drop was only a sniff away. CP2 to CP3 was a highlight; it is ideal running through gently undulating montane wetlands, a chorus of frogs, gushing creeks and shaded forest. The piles of brumby dung throughout softened the footfall. I felt myself diving into a low here, so I stuffed in a few extra sour worms and managed to pull out of this before I slowed down too much.

I knew once I hit Buddong Hut it was a short fire trail stint, before the highly anticipated Buddong Falls; they did not disappoint. They were pumping and the roar of the water energising...for a short while at least. I was slowing down and hit another low at the base of the mountain and took a wrong turn, following an old Hume & Hovell walking track marker into a paddock. There the markers ended. I was tired and confused; however, I knew where I had to get to but could not find any more markers. I disturbed some cows as I traversed a paddock then they started playing 'murder in the dark with me'. They



Elouise smiling on the trails

would follow me and freeze every time I turned around. This gave me a bit of a giggle, which I needed. In short, I took a long detour back onto the track and I should have known better. NB: I was the only one who made this mistake.

It was hot and I was a little deflated after this, with my poor fitness was becoming apparent. CP4 (60km) was hot, but friendly, and I took my time. Loaded with water, I was heading to the scenic flat, but hot, Blowering Dam foreshores. There was no question that I was turning into a slug. I would count my steps to 500 and start again...over and over, through to CP5 at 83km. It was hot, and my stomach bloated like a Teletubbie, but I couldn't help but think how much fun this section



The magnificent views on offer

I wished him a great finish as he cruised along the dam edge into the dusk. The moon was bright orange with the bushfire smoke haze. An Owlet-Nightjar and I caught each other off guard, and we both jumped as it loudly cackled and called. I could hear a Boobook owl as I approached the dam wall, then the sound of my partner, Joel's, voice greeting me in the dark. A short downhill and I was done, and I was happy. I could still have a fun day when a little out of shape.

If you want to tempt family members or friends along when you run this race, it usually falls on the weekend of the Batlow Apple Blossom Festival. Tumut also has some quality mountain biking trails in the state forest beside the golf course.

A huge thank you to Peter and Valerie Fitzpatrick, all the volunteers, the RFS, and many others, for a well organised, friendly event that would, no doubt, be logistically challenging. The post race presentation made everyone feel like a winner.

would be with fresh legs. This is a perfect race for a negative split.

Reaching CP 5, the toughest, hottest part of the run was done. Chatting with the 50km race sweeper and the volunteers there energised me as they helped me refill my pack, and I thought I would have a crack at chasing down the last 50km race runner.

Greeting Warwick once again at CP6, it was single track contouring

through the forest on the edge of the dam through to the finish. Then the nausea hit me...damn it. Well, at least it was only 14km from the finish. I could walk, but every time I tried to run the nausea escalated. I run this section of trail regularly and I knew every turn and I desperately wanted to run; however, I just shuffled and power walked on. Another 100km runner caught and passed me, looking like he had just found 5th gear.

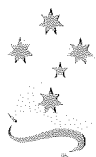
Hume & Hovell 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:18:04	Lee	Mark
2	2		4:28:30	Cuthbert	Paul
3	3		4:50:30	Sharpe	Rob
4		1	5:00:30	Middleton	Colleen
5	4		5:31:30	Howells	Scott
6	5		5:31:32	Kranz	Adam
7	6		5:41:28	Temblett	Ian
8	7		5:46:19	Howard	Matthew
8	8		5:46:19	Davis	Kurt
10	9		5:58:19	Ernst	Ingo
11	10		6:00:43	Dalton	Nathan
12	11		6:11:26	Russell	Geordie
13	12		6:11:54	Nielsen	Daryl
14	13		6:11:56	Mackett	Joffrid
15		2	6:22:12	Finlay	Erin
16	14		6:23:10	Metcalf	Anthony
16		3	6:23:10	Metcalf	Sonia
18	15		6:27:39	Sutton	Robert
19		4	6:32:26	Schindler	Tanya
20	16		6:32:29	Schirmer	Kurt
21		5	6:38:58	MacNeil	Anna

Hume & Hovell 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
22	17		6:42:26	McCredden	John
23	18		6:48:22	Corlis	Mick
24	19		6:50:15	Rutz	Lars
25		6	6:56:50	Reichel	Sally
25	20		6:56:50	Reichel	Andrew
27	21		6:57:31	Sherafati	Vahid
28	22		7:01:43	Jurkiw	Yaroslav
29	23		7:03:01	Rainey	Rod
30	24		7:04:46	Freney	Jason
31		7	7:09:37	O'connell	Kerrie
31		8	7:09:37	Meredith	Cerina
33	25		7:13:10	Thomas	Peter
34		9	7:38:00	Watson	Elizabeth
35	26		7:46:19	Ross	Michael
36		10	7:54:10	Worland	Gemma
37	27		7:58:27	Vogel	Clive
38	28		8:02:09	McAlister	Tony
39		11	8:21:00	Hawkins	Gemma
40	29		8:41:01	Hore	Craig
41	30		10:02:50	Gilbey	Matthew
Bold SURNAME indicates AURA member.					

Hume & Hovell 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		10:26:15	Mason	Rob
2	2		10:42:08	Donaldson	Andrew
3	3		10:54:15	Gillan	Paul
4	4		11:26:20	Muller	Kevin
5	5		12:53:48	West	Jason
6	6		13:43:45	Foster	Rodney
7	7		14:16:17	Hanney	Roger
8		1	14:36:42	Peach	Elouise

Hume & Hovell 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
9	8		15:58:25	Mulley	Luke
=10	=9		16:22:20	Smith	Tim
=10	=9		16:22:20	Summers	Robert
12	11		16:22:22	Mcgrath	Michael
13		2	16:46:10	Hepworth	Annabel
14	13		17:55:14	McFadden	Nathan

Bold SURNAME indicates AURA member.



Ned Kelly Chase

Wangaratta, VIC

October 27, 2013

by Annabel Hepworth

It was the chance to run on the stomping ground of iconic bushranger Ned Kelly that got me in. To be sure, the promise of a flat and fast bitumen course sounded good, but the real appeal was Kelly; he has such a grip on the national psyche. A run named after a man who was fearless, the underdog, the mate, but also violent; how could I say no?

The aim of the event was for all runners to cross the finish line together at 2pm in Wangaratta. Wangaratta is a regional town in north-eastern Victoria that is within cooeeee of El Dorado, where Kelly was born, and Glenrowan, where he was finally captured. Knowing I could hardly run like the clappers after doing the Hume & Hovell 100km the prior weekend, I was at the start for 3am knowing this should be sufficient time to run solidly and arrive around 2pm. Race director, Justin Scholz, showed a slew of us – which included entrants in the “Run’n’Bike” option of cycling and running in a team – to the start, and we were off. I settled into a steady pace, relieved that the Murray to Mountains Rail Trail (a converted rail line) was so easy to follow.

Those first few hours in the crisp night air took in rural land and a few

old rail stations before the fog lifted, and as I reached the aid station at Everton I could start to enjoy the diversity of the scenery that flanked the rail trail. Over the next few hours there was the smell of gum trees and the sight of dairy farms, green pasture, with mountains and valleys in the distance. Around sunrise, even though I was following a well-marked course, I phoned the race director, Sharon Scholz, just to confirm I was on the course; such are the challenges of my ability to get truly lost anywhere, including the suburb I live in.

From here it was steady running until I passed the Gapsted Winery

and crossed onto Snow Road. Soon enough, I started what became a drawn-out yoyo with Roger Hanney. Roger had also done Hume & Hovell the week prior as part of his “October” grand slam that also included the Great Ocean Walk and the Great North Walk 100 Miler. I also passed “Bonkers” (Cassie Smith) somewhere on that road.

Before long, I reached Milawa – the well-known cheese and wine region. I had texted my husband, Brett, and 8 year old daughter, Livinia, to meet me with coffee at the 74.5km checkpoint. Perhaps unsurprisingly, and confirming why I am forever asking other people’s



Annabel Hepworth crossing the finish line



Annabel Hepworth crossing the finish line

crews to adopt me, Brett was across the road waiting for the coffee and Livinia wanted me to serve her chips from the checkpoint. I shrugged off the temptation to head to the nearest winery and re-joined the bike path for the cruise home, which, ultimately, wove around Wangaratta back to the start.

I came in a few minutes earlier than I had planned for, in a time of 10:53.

Livinia crossed the finish line with me; she sprinted but I couldn't by that point. Then it was time for a few photos with "Fred", the green frog and classroom mascot that Livinia had been allowed to have for the weekend. By then George Mihalakellis had long crossed the line, before midday in fact, while the RunNBike teams who had been there when I started at 3am, had

also finished quite earlier before. As expected for this course, there were some super-fast times for the 100km solo, including the first male in 7:39, and first female in 8:46. Kevin Muller scored the most "accurate" time, based on his estimate to finish.

Sadly for me, we were in a rush to drive back to Albury and fly to Sydney, so we missed the presentations in the Town and Country, but I'd had a ball. The food at the aid stations went down a treat, the volunteers were encouraging, even at 3am, in the cold, and the scenery was stunning. The 2013 event was the inaugural race, so likely there will be changes next year. The race directors have already flagged keeping the entire 100km fully on sealed cycle paths, and making the course flatter still. But already I've decided that I want to go back for the 2014 event. The Kelly mythology reeled me in but it was the race, organised by Justin & Sharon Scholz, which makes me want to come back for more.

Ned Kelly Chase 100km solo					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1	1	7:39:15	auf der Heide	Moritz
2	2	2	8:37:45	Langelaan	Dan
3	3	3	8:44:05	Pearson	John
4	1	1	8:46:42	Litt	Shannon-Leigh
5	4	4	8:58:41	Muller	Kevin
6	5	5	9:02:44	Law	Andrew
7	2	2	9:29:32	Baker	Jess
8	6	6	9:29:35	Donaldson	Andrew
9	7	7	9:36:22	Gillies	Cameron
10	8	8	9:41:08	Fraser	Lachlan
11	9	9	9:51:09	Fraser	David
12	10	10	10:06:09	Callaghan	Matt
13	11	11	10:08:00	O Loughlin	Daragh
14	3	3	10:11:17	Tichon	Larissa
15	4	4	10:53:39	Hepworth	Annabel
16	12	12	11:09:03	D'Arcy	Leigh
17	13	13	11:12:40	Dunn	Simon
18	14	14	11:13:42	Hanney	Roger
19	15	15	11:18:48	Sawa	Mak
20	16	16	11:39:45	Mihalakellis	George
21	17	17	11:44:18	Tucker	James
22	5	5	11:58:54	Thompson	Michelle
23	18	18	11:58:54	Erickson	Tim

Ned Kelly Chase 100km solo					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
24	6	6	12:01:59	Jaques	Susan
25	19	19	12:06:42	McMonigle	Wayne
26	20	20	12:21:10	Burke	Ashley
27	21	21	12:28:19	Riedl	Arnulf
28	22	22	12:56:26	Anderson	Robbie
29	23	23	12:56:43	Chambeyron	John
30	24	24	13:03:42	Hanela	Craig
31	25	25	13:15:17	Pearce	Billy
32	7	7	13:16:36	Symons	Cheryl
33	26	26	13:34:14	Anderson	Jason
34	27	27	13:42:31	Byrne	Patrick
35	28	28	14:29:36	Jansen	Erwin
36	8	8	15:33:32	Smith	Cassie
			DNF	Chong	Angela
			DNF	Metcalf	Dean
			DNF	Dooley	John
			DNF	Marshall	Kelvin
			DNF	Harvey-Smith	Lisa
			DNF	Cooke	Rick
			DNF	Swann	Steven
			DNF	Cook	Wendy
Bold SURNAME indicates AURA member.					

Ned Kelly Chase 50km individual results					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:53:51	Eadie	David
2		1	4:02:07	Condrón	Sonia
3		2	4:07:16	Wynd	Nikki
4	2		4:12:39	Clark	Ben
5	3		4:47:38	McDermott	Andrew
6	4		4:55:35	McIntosh	Stuart
7	5		5:03:05	Holmes	David
8	6		5:03:09	Jakus	Gabor
9	7		5:09:00	Purcell	Brendan
10	8		5:25:48	Tomlins	Geoff
11	9		5:27:49	Marshall	Rowhan

Ned Kelly Chase 50km individual results					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
12		3	5:28:45	Beazley	Lisa
13	10		5:35:42	Beverly	Craig
14		4	5:39:57	Crim	Jade
15	11		5:43:10	O'Neill	Terry
16		5	5:49:52	Adams	Carol
17	12		5:49:52	Kime	Darren
18	13		6:11:08	Kilmartin	John
19		6	6:37:20	O'Neill	Karyn
20	14		7:06:02	Glover	Brian

Bold SURNAME indicates AURA member.



Washpool 50km

Washpool National Park, NSW

October 20, 2013

by Mandy-Lee Noble

The Washpool World Heritage Trail Race, in the Washpool and Gibraltar Range National Parks, is one of the most scenic short ultra-marathon courses Australia has to offer. The trails feature ancient granite outcrops, crystal clear streams, and eucalypt forests littered with native wild flowers. The race starts from Mulligan's Hut Campsite, where many had pitched a tent the night before. Pre-race festivities were organised for those who arrive on the Saturday. The atmosphere of the race is relaxed and friendly, which is common to the many races established by race director Greg Waite. It is easy to understand why many enthusiasts, such as course record holder David Waugh, return to run or support the race. It was also great to see some new faces from the Brisbane Trail Runners taking on the long course, while former Australian Mountain Running representative, Hubertine Wichers, took on the short course.

The ultra-marathon course starts with fire trails over granite boulders leading into the biggest climb of the race. Runners follow

an ascent up a forest road, and then descend into the valley, crossing the Gwydir Highway, and then back onto the heritage trail. This leads to a technical single-track section, adjacent to a pristine creek where the water flows over granite boulders. The course is well marked, beginning on the Fern Tree Loop, and then following the World Heritage Trail in an anti-clockwise direction, back around to Mulligan's Hut Campsite for a total of 52km.

In the second section of the course the natural features, like the bright red waratahs and deep blue skies fool you into forgetting how grueling the course is. The grind does not seem to be completely revealed by the courses GPS profile. This middle section of 24km, between Washpool's Moogem Road bridge and the second highway crossing, is a series of, seemingly, never ending undulations, with little flat ground for respite. The course is humid and many are tested before they



reach the highway checkpoint.

The last section, Greg insists, is a downhill run home and, while technically true, it can still be hard going. It is good running, but can be exposed, and the heat of the day can begin to take a toll on runners who have pushed

through the earlier sections. Those who keep well hydrated and save some energy for a dash at the end are often rewarded with a better placing.

David Waugh (4:23:53) was the men's winner, and I was lucky enough to win the women's event

(5:21:02); both setting new course records. AURA member, Mallani Maloney, was third placed woman, in a time of 5:43:24. As with Greg's other races, winners went home with beautifully mounted photographs of the national park to commemorate the event.

Washpool 54km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:23:53	Waugh	David
2	2		4:39:47	Byrne	Simon Peter
3	3		4:41:07	Pearson	Philip
4	4		5:05:18	Alberthsen	Richard
5	5		5:07:17	Madirazza	Peter
6	6		5:11:33	Payne	Mark
7	7		5:15:54	Kranen	Lawrence
8	8		5:20:52	St Pierre	Liam
9		1	5:21:02	Noble	Mandy-Lee
10	9		5:30:08	Perske	Benjamin
11	10		5:31:09	Koopmans	Rod
12	11		5:31:32	Kelderman	Simon
13	12		5:31:37	Pertot	Russell
14		2	5:32:52	Millis	Sorrell
15	13		5:41:51	Kocho	Michael
16		3	5:43:24	Moloney	Mallani
17		4	5:51:59	Caoyonan	Kelley
18	14		5:57:55	Marshall	Kelvin
19	15		6:04:48	Carter	Ben
20	16		6:08:27	Reynolds	Steve

Washpool 54km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
21		5	6:08:51	Fysh	Joanne
22	17		6:08:52	English	Stephen
23	18		6:13:29	Gale	Rob
24	19		6:21:31	Hutchings	Rob
25		6	6:25:08	Apps	Kirin
26	20		6:39:36	Carruthers	David
27	21		6:40:37	Janes	Pat
28		7	6:49:45	Harvey-Jamieson	Susannah
29	22		6:53:19	Sinfield	Pete
30	23		7:31:13	Van Gaalen	Ashley
31		8	7:46:49	Bailey	Jo
32	24		7:48:32	Biggs	Glen
33	25		8:41:32	Lewis	Stephen
34	26		8:59:06	Putt	Steve
35	27		9:03:15	Cargill	Jimmy
36		9	9:18:38	Ellett	Julie
37		10	9:27:13	Cusack	Louise
38		11	9:27:13	Hoffman	Heidi
DNF			DNF	Webb	Rick
Bold SURNAME indicates AURA member.					



Great Ocean Walk

Apollo Bay to the 12 Apostles, VIC

October 12, 2013

by Joanne Brischetto

Avocado on sourdough, braiding Tessa's hair, getting my gear on, negotiating with the kids about breakfast options, checking my pack, packing snacks for the kids, and mixing my Perpetuem bottles... just another race morning!

The sun was shining and, after much talk of it being cold and rainy, it was turning out to be a hot and windy day. As a group of like-minded trail loving crazies, we stood on the grass by the ocean at sunrise, ready

to embark on this epic adventure together. The vibe was electric and, before long, we were off. I hadn't run in over week due illness and felt like a bird, uncaged. I fell into a rhythm and made the most of the flat running! I was smiling and felt so free. It didn't occur to me that being out front was an indication I was running too fast. Hmmm...

As I crossed the first beach I was stunned by the beautiful scenery; this course was going to be

breathtaking! As I hit the trail from the beach, I started to get overtaken by some of the guys. I ran past the assistant RD Brett, he snapped a photo of me and suggested I was going too fast, and needed to be careful not to 'blow up'. Hmmm. Shortly after this I went to take my first dose of Perpetuem; it didn't go well. My stomach instantly went into severe cramp. This was new and not at all cool.

I ran into the first checkpoint (22km)

and my family was shining. The kids were excited to show me a koala they had found, and Tessa was asking me if she could have a snack. I blurted out how lovely the course was whilst Joe helped me top up and I was out of there! I knew something wasn't right but I just hoped it would pass. The time came to 'eat' again and the same thing happened. Now water wasn't staying down either. I took a breath. This section of trail was simply spectacular; I decided to send my energy away from my stomach and just focus on the fun, winding, and beautiful single track. This worked for a bit.

I soon felt my bounce drifting away, and at the 42km checkpoint I told Joe and Jacinta (stupidly) not to give me any more food. I ditched the Pertptuem bottles, chucked in some extra water and took off. (I'm cringing at how crazy this was.) As I descended onto Johanna Beach, I could feel the heat of the day starting to take its toll on me, with the hot wind blowing sand in my eyes. I was still running but felt like I was getting nowhere. Although I did enjoy running with my eyes closed, it's the running equivalent to hiding under a doona, I came into the 55km checkpoint feeling spent. I tried some watermelon and some Coke, and I tried to smile. I was getting angry with my body; I felt confused and so frustrated. I was then getting frustrated that I was getting frustrated. * Forehead slap *

As I left the checkpoint and started the climb up 5km of fire trail hill, I looked over my shoulder and said to Joe "I don't think I want to do this." He instantly replied, "You don't have to." Perfect response. I smiled and trotted up the hill. Man, Joe is excellent. 10km into this 25km leg I was cooked. I felt detached from what I was doing. I'm certain the scenery was amazing and the trail as sweet as they come but, the truth is, I can't recall any of this. I started to think I was lost. I even got my phone out to call for help at one point but had



Joanne running strongly toward the finish line

no service, and I wasn't actually lost. * Second forehead slap *

At the 80km checkpoint I was still in first place but losing physical and mental faculties fast. I thought of stopping....

If I pull out now, my kids will think I'm dropping out because I know I'm not going to win. That's not cool.

I want to show my children that it doesn't matter if you have to go slow, walk, or come last, as long as you keep trying, that's good. Right?

I really want to see the 12 Apostles...that's the best bit!

I have come 80km...sheesh!

I pressed on. As I exited the checkpoint, I hadn't run 20m when I saw the next female, Janet Ng,

running in. I smiled. In a strange way I felt relieved. At about the 90km mark Janet overtook me. She could see I was struggling and smiled and encouraged me as she passed.

With 7km to go I was stumbling and nearly planted my foot on a tiger snake lapping up the hot road. I barely flinched. In hindsight this was a big sign that I wasn't OK. As I staggered up onto some single track, a spectator (Mick) asked me if I was ok. "Actually, I don't think I am," I replied. He chased after me. I explained that I hadn't been able to keep anything down the whole race. He said "What about water?" "It doesn't stay down long," I replied. "I'm just going to stick with you for a bit and make sure you're OK," he said. "You can't help me!" I babbled. "I just want to make sure you're OK," he reassured me. Mick

started to ask me about my family. "How old are your children?" he asked. This was the moment I knew I was REALLY not OK. I stared at him blankly with tears in my eyes. Mick distracted me and kept me lucid and talking.

At 97km my friend, Kathy McMillan, passed me to take a very well deserved second place. Kathy is an authentic and beautiful person who has been running so well and I was thrilled for her. With 500m to go, Mick encouraged me to soak it up and never forget how it felt to complete something so difficult. I ran up onto the road and spotted my crew. The kids ran towards me and held my hands as I crossed the finish line; third female in a time of 11hr 46min. I vividly remember exhaling, looking up and smiling. I paused, momentarily, and then

my knees buckled underneath me. Jacinta floated in and gently looked after me.

It has taken me three and a half months to write this. I guess I needed to wrap my head around a few things. For me, I feel a sense of disappointment with my run. Not in my time or place, but in how I ran my race. I believe so strongly in listening to my body and being guided by instinct. I didn't listen. I should have taken time at the checkpoints to reboot. I should have stopped and fuelled myself, then eased back into it. I know this. My competitive brain and my ego were driving me that day, and it was a humbling disaster.

* Third forehead slap *

In this race my body was the teacher, and my ego the student. It was a

transformative lesson for which I am grateful. I will never run like this again. Ever. (Ever, ever, ever!)

I really look forward to running this event this year in the way I know how to run, with my spirit free and my body guiding me. I truly can't wait to see and feel the trail for the full 100km! Thank you to Andy, Brett, and their team, for putting on such a fantastic event and for looking after me. To my trail angel Mick...you may have very well saved my life; thank you. Thank you also to my wonderful coach, Matt Cooper, for guiding me so well, and to my dear friend, Jacinta, for supporting me so beautifully. To my family, in particular Man Joe, I love you. I'm sorry for the stress, and thank you for the watermelon.

I'm blessed.

Great Ocean Walk 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		9:28:10	Hose	Blake
2	2		11:01:00	Smith	Damian
3	3		11:04:20	Beard	Dan
4		1	11:23:51	Ng	Janet
5	4		11:35:48	Hawker	Scott
6	5		11:41:56	Selby Smith	Andrew
7		2	11:43:41	Macmillan	Katherine
8		3	11:46:41	Brischetto	Joanne
9	6		11:52:34	Mooney	Shaun
10	7		12:22:33	Hadfield	Paul
11	8		12:22:33	Hamilton	Peter
12		4	12:28:02	Emmerson	Kellie
13	9		12:34:19	Eckford	Matthew
14	10		12:41:45	Collins	Michael
15	11		12:49:36	Wright	Bruce
16	12		12:53:23	Gillies	Cameron
17	13		13:04:14	O'Loughlin	Daragh
18	14		13:09:50	Bartholomew	Ash
19	15		13:11:30	Brammar	Steve
20		5	13:23:30	Smith	Jamie
21		6	13:24:35	Weatherly	Clare
22	16		13:32:24	Tucker	Morgan
23	17		13:33:12	Traynor	Anthony
24	18		13:35:09	Mitchell	Scott
25		7	13:39:26	Cowling	Gayle
26	19		13:43:06	John	Michael
27	20		13:44:23	Wolstencroft	Ben
28	21		13:44:23	Provan	David

Great Ocean Walk 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
29	22		13:52:29	Pickering	Gary
30	23		13:52:33	Lewis	Joe
31		8	14:07:25	Spink	Lisa
32		9	14:28:13	Turner	Richelle
33	24		14:28:46	Arnold	Jason
34		10	14:29:48	Foti	Daniele
35	25		14:43:54	Drummond	Steve
36		11	14:44:12	Isbell	Samantha
37	26		14:53:12	Hanney	Roger
38		12	15:10:27	McTaggart	Kerryn
39		13	15:12:08	Barker	Nicole
40	27		15:12:08	Sutton	Rob
41	28		15:25:10	Perraton	Luke
42	29		15:35:57	Bowden	Damian
43	30		15:46:42	Josephs	Derek
44	31		16:05:45	McDonald	Andrew
45	32		16:09:03	King	James
46		14	16:24:26	Brun-Smiths	Marina
47		15	16:32:25	Maguire	Cathy
48		16	16:32:25	Donnelly	Michelle
49	33		16:35:35	Mihalakellis	George
50	34		16:35:35	Stokes	Philip
51	35		17:09:09	Morrison	Brett
52	36		17:09:09	Jansen	Erwin
53		17	17:34:12	Jackson	Adele
54	37		17:34:12	Jackson	Gavin
55	38		17:35:00	Falls	Mark

Bold SURNAME indicates AURA member.



Bruny Island Ultra

Bruny Island, TAS

November 30, 2013

by Amy Hinds

November 30th 2013 was the annual Bruny Island Ultra, and it was my third time running the 64km point to point race. This year I was in Bruny Island with my daughter, partner John, and friends Paul and Davo; John and Paul were also solo competitors. I have found the run to be a good excuse to head to the island for a weekend away.

We all stayed at the caravan park at Adventure Bay, so travelled to the start together. During the drive we had the opportunity to cheer on runners who had opted for earlier start times. Paul and I had decided starting after 7am was enough time for us to make midday finish, and John was starting around 8am hoping that would bring us to the finish line at around the same time. I have found the staggered starts to this race to be a real appeal. Davo was support crew for the day for Paul, and John and I were doing it alone. We had driven the course the day before to leave out water bottles to refill our hydration packs along the way. My start time couldn't come soon enough; waiting in the cold was not much fun.

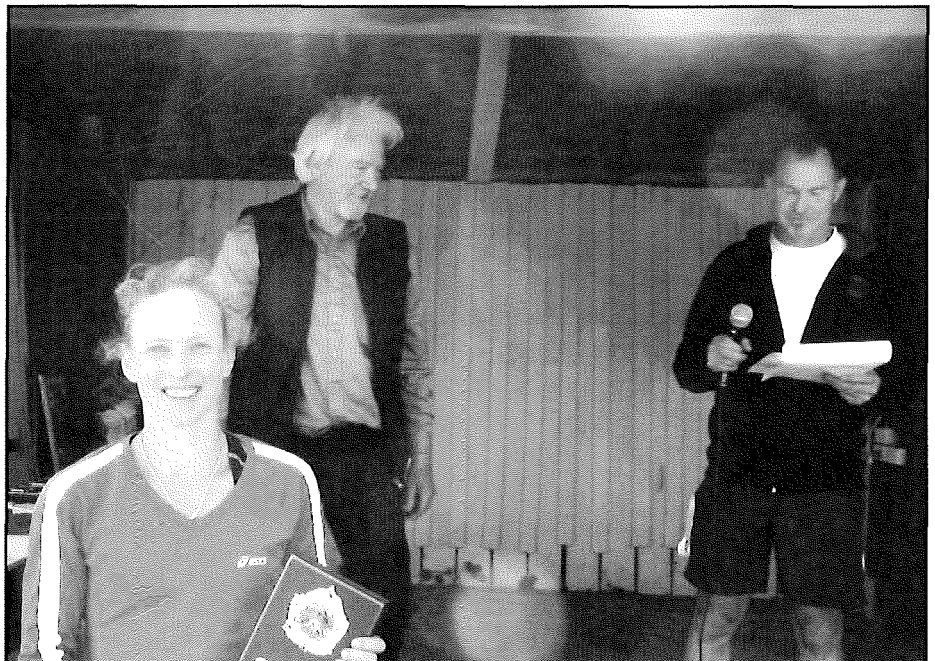
The first 12km follows an undulating gravel road, passing through some stunning farm land with a consistent flow of traffic from team cars and support crews, driving past and stopping at each 2km marker to tag their team mates or pass water. Once off the gravel, the run follows sealed road for about 25-30km, though I never really take notice of distances. The weather didn't let up at all, and by the time I was at the 26km marker we were running into a nasty head wind and rain.

I hit the 42km mark in around 3hr 20min. For me, the last 22km of this race is by far the toughest. Not just because of the fatigue, but also because the undulations are sharp and, after running through the tough head wind to that point, my legs were feeling the pinch. Running downhill was becoming incredibly painful and I started walking sections, as it seemed were many other runners.



Bruny Island Ultra signpost

One of the great things about this race is having the opportunity to chat with others as you pass, and this year there seemed to be so many more runners. For me, it was a consistent flow for the entire duration of the run. The chat from the other runners definitely adds to the enjoyment of the run. I made it to the light house in 5:30; 16 minutes quicker than the last time I did the race and, discovering later that day, setting a new women's course record by just a few minutes.



Amy accepting her award

Bruny Island ~ 64km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:48:00	Cockshutt	Marcus
2	2		5:04:39	Langelan	Dan
3	3		5:06:01	Davis	Michael
4	4		5:24:19	Soden	Mick
5		1	5:26:56	Lamprecht	Amy
6		2	5:32:05	Collins	Jessica
7	5		5:35:35	Lyons	Peter
8	6		5:36:40	Claridge	John
9	7		5:40:55	Clark	Shane
10	8		5:41:17	Wright	Paul
11	9		5:51:15	Johnson	Mark
12	10		5:54:24	Armstrong	Clayton
13	11		6:03:20	Cannell	John
14	12		6:03:21	Beeston	Phil
15	13		6:07:34	Moore	David
16	14		6:10:23	Gardner	Daniel
17		3	6:14:35	Giblin	Mandy
18		4	6:17:59	Guy	Jacqui
19	15		6:20:04	Totley	Graham
20	16		6:21:08	Andrews	Vaughan
21	17		6:22:56	Eddington	James
22		5	6:24:51	Sprent	Jenny
23		6	6:28:52	Mccarthy	Tina
24		7	6:33:01	Heitz	Marie

Bruny Island ~ 64km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
25	18		6:34:01	Crawford	Cameron
26	19		6:36:42	Hannay	Damon
27		8	6:38:11	Raw	Kristin
28	20		6:38:18	Squire	Tim
29	21		6:45:32	Seaman	Charles
30	22		6:49:43	Saunders	Travis
31		9	6:49:43	Wilson	Gabby
32	23		7:07:53	Edwards	Will
33	24		7:08:13	Bremner	Michael
34		10	7:14:11	Vanderkelen	Lee
=35		=11	7:41:40	Bayles	Jayne
=35		=11	7:41:40	Edis	Jenny
37		13	7:41:41	Edwards	Angela
38	25		7:43:23	Arizmendi	Clint
39	26		7:48:58	Webb	Sam
40	27		8:19:36	Mckenna	Peter
41	28		8:23:01	Williams	David
42	29		8:24:29	Lusher	Darren
43	30		8:37:13	Roberts	Bruce
=44		14	9:25:22	Graham	Elizabeth
=44	31		9:25:22	Roberts	Martin
46	32		9:56:01	Crotty	James

Bold SURNAME indicates AURA member.



Kurrawa to Duranbah

Gold Coast, QLD

December 8, 2013

by Kerrie Otto de Grancy

On Sunday 8 December, at 3.15am, my alarm went off and I bounced straight out of bed to consume my pre-made chia, coconut, banana, avocado, roasted almond, cacao nib and goji berry super fix; chased down with a vitamin C, Sunwarrior Ormus Super Greens and Hydralite fuelled shake. I was feeling excited and nervous as I had set myself some ambitious personal goals for the race ahead.

As I got ready, I replayed the conversation I had two days earlier with my running hero, and all time international running legend, Pat Farmer. We had a somewhat lengthy and enlightening chat and

he shared some of his wise running advice and closed off by saying, "Kerrie, the number one thing is just finish the race. Position and time comes after that." Now this is not the first time Pat has said this to me and, like the time before, I agreed wholeheartedly all the while thinking "Is he kidding?" Finishing the race was not negotiable. How naïve I was. This race revealed to me how important and powerful his statement would prove to be.

With dawn not far away, I'm sure the question on every runner's mind at that time was "What will the weather be like for the race today?"

Being on the Gold Coast in sunny Queensland, my hopes were for a gentle breeze, a mild temperature, with little humidity. Given that it was December, getting this desired weather is like hitting the jackpot. It seemed we were in luck though; the breeze and temperature were moderate and the prediction was for 25 degrees Celsius by 11am, with no further increases. The race was scheduled to start at 5am for the 50km runners, and 4.30am for those who believed their time would exceed 5+ hours, making for a comfortable race.

Runners were arriving between 4am and 4.30am to warm up and

begin stretching. Some of us were gathering around to watch the picturesque rising of the sun. I also noticed a podium that wasn't there last year and I felt a little excited as I started to visualise how fun stepping up onto a numbered box might be, and then slipped into a wonderful daydream that it would turn out to be me. Women's Running magazine were setting up a tent, along with a lot of other great companies like Endura. The race had certainly grown in numbers and supporters since 2012. Race Director, Ian Cornelius, was in top form, and rightly so, as it was clear he had coordinated the most professional and successful K2D to date. Thank you Ian; and a really BIG thank you for ensuring the ice baths were there at the finish again this year. Quite honestly it was my saviour and motivation, and my biggest pleasure of the day!

The race would turn out to be the most mentally challenging, and my biggest teacher to date. I was more prepared and experienced than any other race I'd been in, but I was feeling the weight of a year coming to an end. The dynamics of racing for nothing other than the time I had in mind, as opposed to racing for fun, for blood awareness, or for another charitable cause, this race was purely about performance. This was only my second race where I would not be greeted by friends or family at the end. It was my first race ever where smiling was not a constant and, in fact, was more scarce than I would have liked.

When the 4.30am runners took off I was a little envious and wished I could've set off with them. The main 50km wave started just after 5am. Everyone looked fresh; however, I immediately became rattled as my Garmin had not detected the satellites and it took 1km (4min and 15seconds) to kick in. What a sigh of relief when it finally worked! As the pack started



Kerrie powering through in the zone.

to spread out I started working out whom I would elect to be my pacer. Just before doing so, I was joined by two female runners, Connie Richards and Debbie Patskowski, and they would ultimately be my motivators, my pacers, and my competition. Pat had shared some race psychology and tactics with me that I was keen to try out and experiment with, and I did; thanks Pat. Sorry folks cannot win and tell. Well, perhaps another time, what I want to share with you are my race discoveries.

For the first 20km I was feeling fresh and focused; I was running on target for my second goal time and pushing it for my ambitious target time, but still in contention. At 23km this changed as I hit a mental wall; something I had not experienced before. The emotional chatterbox monkey in my head was on a roll, you know? The destructive voice that likes to pull you down and see you fail. I was confused as running is usually my happy place; my solace. Where I solve the world's problems and

come up with fabulous and creative ideas. Somehow I managed to let the monkey chatter away and the sadness that I'd been carrying in my heart began to ripple through my veins and infect every cell in my body. I felt myself get heavier, and could feel my pace slow, and so the internal battle began. I was actually fighting myself and, as a consequence, I was losing 30 seconds on every kilometre.

After I'd finished feeling sad and sorry for myself I continued to play table tennis with my thoughts. I started the tug of war questioning: Why do I run? What do I care? This is hard work, is it always this hard? I miss my children. Who does this to themselves? Who cares what time you do? Where you place? Does it matter? What would it matter if I walked off the trail now? Who would care?

The negative self talk was consuming me and the battle went on for the longest 10km of my life until, finally, I remembered Pat's words: "Just finish the race." Something clicked inside and I desperately wanted to redeem myself, if only just for me. Sounds a little odd, but this comes with the territory. I do not believe that we achieve beyond average results without a little madness. My number one priority now was to just "Finish the race." I started to focus on my years of hard work and the commitment I had made to running and that was all not going to be in vain now.

My time was still within my goal zone; I'd only dropped from equal first to third and I could just see first and second place in front of me. It was time to focus, create a race tactic, and get this run done and dusted. Knowing that I get a charge of energy at the 32km + mark, I was confident that I could move my placing up to second. Making up time on the hills, and

using the descent for recovery, I managed to start to loosen out the legs a little. I was feeling tired, but relieved I was back in the zone of knowing that to finish was not negotiable. My thoughts shifted back to the daydream of seeing myself on the podium. With the aid of my mantra, my desire to finish, and the imagery of my children, I was off and running.

Aside from focusing on finishing, I began to realise that there are two races you can have; a race to place and a race to a time. Now you might be thinking don't they go hand in hand? Once I would have said "of course", but this race demonstrated to me that you can run to pace and use tactic to place, ignoring time, and just keeping a watch on the runners, conserving the energy required to run for a time and disregard place. For me this race was about a time; a time I'd set myself to achieve. I had two times in mind, a very ambitious time and a very achievable time; I did not achieve either. I still managed to place first female though, something I am very excited about but simultaneously feel a loss. In the end finishing this race was my biggest achievement, not giving up; and the bonus was winning. My finishing time of 4.06 meant shaving 22 minutes off of my existing Australian Women's age record, which would be the icing on the cake. What does all of this mean? I must run another 50km to achieve the personal time I set out to do...the lynch pin to running another race.

When fuelled with happiness, anything seems possible. I had allowed a negative state of mind to creep in and the sadness created from this felt like a force of energy that could not be reckoned with. It was enough to slow me down, challenge my focus, my strength and commitment for what I had set out to do. It occurred to me this is

when an athlete needs triggers and other sources of focus to put them back on track. For me I now know that a purpose outside of me really helps. I learnt how dangerous it is to rely on set incentives to keep you motivated because if they disappear you need to work extra hard to get back in the zone. I know understand a great athlete will dig deep from within, and not rely on any external aid to get them through. I know, for me, I still rely heavily on my music and crave to have an incentive at the end to greet me. I am curious what goes through the minds of other runners, or what doesn't!

A couple of things that made this race such a great event were the incredible volunteers and sponsors; without them the race simply wouldn't happen. The aid stations are what keep you going. They are always a point of relief; fuelling and cooling down the body. They are essential for continuing.

The night before the race I froze coconut water with added Hydralites in disposable popper containers that were stationed at the 12km, 25km and 37km stations. This is a big recommendation. This is a self-discovered tip that I encourage everyone to do. It was heavenly to consume icy cold hydrating fluid, and anything that helps cool the body temperature down is a bonus.

The day was a great success with post-race ice baths supplied by the *Altitude Training Centre*, free massage courtesy of *Gold Coast Physio & Sports Health*, along with a free BBQ and other bonuses for participants. It was great to mingle with race finishers and learn more about the world of runners and how finishing what you set out to do is, ultimately, what matters most.

Kurrawa to Duranbah 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		03:25:11	Warburton	Caine
2	2		03:34:44	Moquiuti	Anderson
3	3		03:37:35	Turner	James
4	4		03:45:32	Mullins	Gary
5	5		03:47:16	Franks	Patrick
6	6		03:49:35	Foster	Simon
7	7		03:50:40	Bible	Warwick
8	8		03:53:07	Malby	Ben
9	9		03:56:36	Ryding	Jason
10	10		04:01:50	Harrison	Hamish
11		1	04:06:25	Otto de Graney	Kerrie
12	11		04:09:21	Turner	Nicholas
13	2	2	04:11:34	Patskowski	Debbie
14	12		04:13:38	Walmsley	Lee
15		3	04:13:56	Litchfield	Solveig
16	13		04:14:23	Kelderman	Simon
17	14		04:14:27	Blom	Justin
18	15		04:15:16	Williams	Damien
19	16		04:20:20	Pesut	Geoff
20	17		04:22:24	Smit	Rocco
21	18		04:26:08	Barrett	Mark
22	19		04:27:48	Williams	Cameron
23		4	04:27:56	Birch	Lynwen
24	20		04:28:44	Hawkins	David
25	5	5	04:28:42	McConnachie	Sue
26	21		04:29:12	Mulholland	Shaun
27	22		04:31:35	Kristenson	Gary
28	23		04:31:50	Walsh	Matt
29		6	04:32:07	Thompson	Lee
30	24		04:35:01	Johnson	Luke
31	25		04:36:22	Tidey	Derek
32	26		04:36:49	Marshall	Kelvin
33	27		04:37:46	Lim	Timothy
34	28		04:38:30	Golding	Kirk
35	29		04:38:34	Sawa	Mak
36	30		04:41:01	Mcewan	Paul
37	31		04:41:44	Bristow	Mark
38	32		04:41:47	Marshall	Gary
39	33		04:42:01	Lyons	Sean
40	34		04:44:25	Smith	Dan
41	35		04:45:31	Baxter	Andy
42	36		04:46:58	Ford	Michael
43	37		04:47:04	Ponych	Greg
44		7	04:47:51	Burrell	Stephanie
45	38		04:48:04	FitzGerald	John
46	39		04:48:26	Lucas	Stephen
47	40		04:49:11	Hooper	Craig
48	41		04:49:38	Black	Roger
49		8	04:50:26	Byrnes	Sharon
50		9	04:51:04	Broadfoot	Michelle
51	42		04:51:13	Adams	Don
52	43		04:53:26	Davis	Harry
53		10	04:54:40	Lahey	Sascha
54	44		04:54:41	O'Keeffe	Michael
55	45		04:57:55	Griffiths	Rob
56	46		04:59:26	Patterson	Chris
57	47		04:59:27	Groves	Scott

Kurrawa to Duranbah 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
58	48		04:59:37	Duffus	Andrew
59	49		05:01:35	Salter	Michael
60	50		05:01:44	Kettle	Brett
61	51		05:05:28	McKenzie	Peter
62	52		05:05:55	McCormick	Richard
63		11	05:06:05	Chan	Karen
64		12	05:06:12	Shanahan	Tina
65		13	05:07:04	Kirin Apps	Kirin
66	53		05:08:21	Bazataqui	David
67	54		05:08:32	Borbidge	John
68	55		05:08:33	Wright	Stephen
69	56		05:08:38	Wray	Bobby
70	57		05:11:43	Christie	Philip
71	58		05:11:56	Hillmann	Rolf
72	59		05:12:06	Constant	Guy
73		14	05:12:45	Schwibs	Elisabeth
74	60		05:12:47	Slater	Keith
75	61		05:14:35	Glynn	Clive
76	62		05:15:25	Wells	Riob
77	63		05:17:08	Stoneley	Gavin
78	64		05:17:07	Egan	James
79	65		05:17:58	Bennett	Peter
80		15	05:19:37	Mullins	Hiroko
81	66		05:21:13	Huband	Graham
82		16	05:22:05	Higgins	Marita
83		17	05:22:06	Maluta	Maria
84	67		05:23:45	Last	Geoff
85	68		05:23:58	Hew	Charles
86	69		05:24:56	Chaff	Daniel
87		18	05:25:26	Dewey	Nicole
88	70		05:25:41	Walsh	Columban
89	71		05:27:35	Vitale	Brandon
90	72		05:27:53	Kirkpatrick	Graeme
91	73		05:29:21	Fitzgerald	Matt
92		19	05:31:49	Mackinlay	Liz
93	74		05:37:38	Payne	Marcus
94		20	05:37:57	Balkema	Belinda
95	75		05:38:49	Paynter	Kid
96		21	05:38:46	Smith	Trisha
97		22	05:53:01	Murray	Lyndell
98		23	05:54:09	Vianello	Liz
99	76		05:54:28	Marchenko	Russell
100		24	05:58:35	Symons	Cheryl
101		25	06:00:56	Murray	Meagan
102		26	06:00:55	Mullins	Ana
103	77		06:07:33	Lunn	Simon
104	78		06:08:13	Bloom	David
105		27	06:13:29	Clarkson	Jess
106	79		06:24:36	Williams	Geoff
107	80		06:25:34	Jackson	Michael
108		28	06:31:21	Piper	Elesha
109	81		06:41:48	Walker	Mathew
110		29	07:25:49	Hale	Cassandra
111	82		09:27:59	Spaull	Jason

Bold SURNAME indicates AURA member.



Six Inch Trail

Munda Biddi, Dwellingup, WA

December 15, 2013

by Lucia Caravia

It is 4am. It is still dark and I'm standing at the bottom of Goldmine Hill with a few hundred other runners. I'm apprehensive and I'm sweating, already. It's not even daylight but the temperature is in the 20s and it's going to be a hot day. There's the usual excited chatter from the other runners, but I'm quiet; thinking about the challenge ahead. This is my third 6 Inch Trail Marathon; I know what's coming and I'm seriously worried that I'm undertrained, especially in this heat.

The 6 Inch Trail Marathon is run on the Munda Biddi Trail; a 1000km mountain bike trail which runs from Mundaring, just outside Perth, to Albany, down on the south coast of Western Australia. Luckily the race only covers 47km of it.

This year the race experience started on the Saturday night at the Dwellingup campsite with a talk from one of Australia's leading ultra runners, Brendan Davies. He treated a large number of competitors to an insight into his running life, training and tips; it was a real pleasure to hear him speak. After what seemed like just a few short hours of tossing and turning in the tent, it's 2.45am and time to get up, eat breakfast and get ready for the 40 minute drive to North Dandalup for race check-in, and then the short bus ride to the start line.

As the first rays of sunshine start to appear over the top of Goldmine Hill, the race director, Dave Kennedy, gives his final pre-race briefing and then, suddenly, we're off. A good number of runners sprint off up the hill, but I set off at a slow plod. Goldmine Hill isn't hands-on-knees steep, but it is long and it's hard to get into a good rhythm. By the time I finally reach the top I'm close to last, but I know from past experience that I should move up through the field

as the race progresses; not too far up the field, but enough for my modest targets.

The track at the top of the hill is rough, but I start to ease into my running. Another runner comes alongside and asks if I'd mind if she ran with me. Anna had never run 47km before and had decided to do a dry-run on her own prior to the race. She'd had a disastrous run, become exhausted and taken over 8 hours to cover the distance. Suffering from a resulting lack of confidence, she was looking for someone who would be running a steady pace and, more importantly, help get her to the finish! I'm usually a solitary runner during a race, but this would make a welcome change, especially given my own doubts. I told Anna she was welcome to run with me if she was happy with a slow pace and assured her that we would finish, but hoping she didn't see me cross my fingers.

We trotted on together, covering the first half of the race steadily and making the most of the cooler morning. As predicted, we overtook some of the runners who

had tackled Goldmine Hill with more gusto than us and we were making good progress. Running along some beautiful, forested single track we pass my running buddy, Susan Grober, who had just tripped and fallen. Fortunately, she was well-prepared with 3/4 length tights and gloves which prevented too many cuts, and she just had bruises to show for it.

Almost before I knew it we're at the first aid station at around 22km, and my partner, Peter, is a volunteer there and he gives me some encouragement. As I top up with water and grab a banana I'm happy to see Susan jogging in, none the worse for her fall. Anna and I set off again. There's constant chatting as we go, covering a myriad of topics; running being top of the list, naturally. Anna also loves yoga and educates me on the finer points of Bikram yoga. I'd never seriously considered Bikram, but after Anna's enthusiastic recommendations I'm almost converted.

Relentlessly the temperature continues to climb and starts to take



Lucia Caravia and Anna Bergen (pic by Anna)

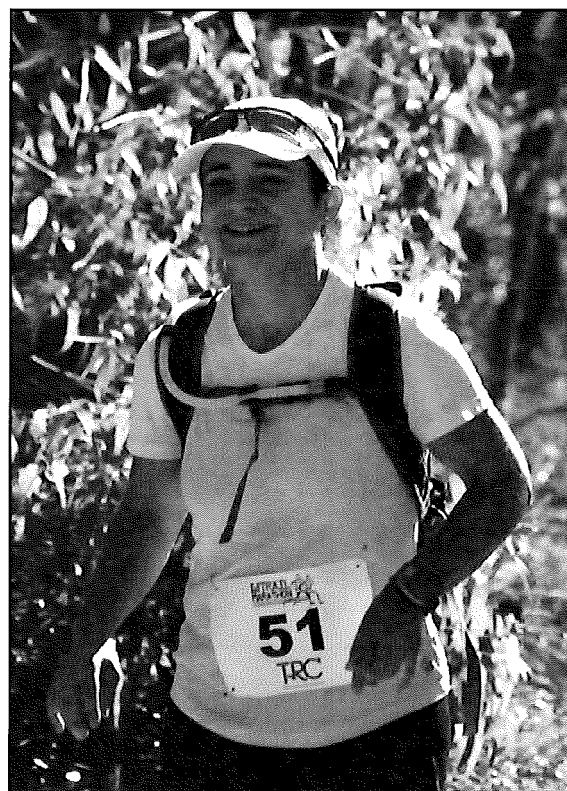
its toll. We soon arrive at the second big challenge of the day, a short out-and-back section which features the two steepest climbs and descents of the race. Two deeply-rutted hills that slow me down to a painful shuffle. Knowing that we have to run back the same way plays on my mind and suddenly I find myself slipping and landing heavily on my hip and bottom. My resulting progress becomes even slower! The reward is that aid station #2 is at the top, and is also the turnaround point for the out-and-back. For those with the energy to notice, there are also gorgeous views over the valley below us. Arriving at the aid station there's almost a party atmosphere; with runners enjoying some ice, cold drinks, lollies and bananas. It's good also to see so many other runners heading back in the opposite direction, the first time I'd seen many of my fellow competitors since the start.

Anna magnanimously slows down to wait for me at the bottom of the hill and we set off again together. I decide to swap to a 25min run / 5 min walk strategy for the remaining 10km, or so, and we make steady progress, despite the heat. Anna easily overtakes me during the walking phase and I tended to overtake her during the run periods; together we keep each other going, albeit slowly.

The last part of the race had runners

going astray in previous years, with them only realising their mistake as they approached the finish at Dwellingup from the wrong direction. But Dave has outdone himself on the course marking this time and flour arrows and pink surveyor's tape keep us on the right path. Soon we come into the new mini-aid station #3, added due to the expected heat. Water pistols squirted at us by the volunteers are very welcome, even if the water is no longer cold.

The last 5km are agonisingly slow and we're now doing 5min running / 1min walking. It's taking all my mental strength to keep that going and I don't always succeed, with the walk breaks becoming predictably longer. But now I know that the finish line is very close; I can hear the sound of cars and I know that the township is just around the corner. Sure enough, we come out of the woodland and are back in 'civilisation'; the first buildings we've seen since the start at North Dandalup. The finish line is just a few hundred meters, or so, further on and we can hear it. Grinning, and finding that final spurt of energy, Anna and I trot over



Lucia Caravia on the trail (pic by Paul Harrison)

the finishing line together.

In debriefing at the finish line there's many a personal-worst record set amongst 6 Inch veterans; but we all agree that this year's race is the best one yet. The heat was no obstacle to race winner Scott Hawker, who set a course record of 3:20:28. Lauren Shelley led in the women, missing her own course record by around 6 minutes, finishing in 3:55:23. Superbly organised by Dave Kennedy, this race is a great introduction to an off-road ultra.

6 Inch Trail Marathon ~ 45km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:20:28	Hawker	Scott
2	2		3:34:04	Bakowski	Thomas
3	3		3:36:07	Davies	Brendan
4	4		3:42:08	Ho	Michael
5	5		3:45:57	Rodriguez	Etienne
6	6		3:46:09	Garrett	Josh
7	7		3:46:37	Roberts	James
8	8		3:48:49	Matthews	Kevin
9	9		3:52:51	Berg	Craig
10	10		3:53:04	Fletcher	Steve
11	11		3:55:04	McLean	Luke
12	12		3:55:16	Coombes	Brett
13		1	3:55:23	Shelley	Lauren
14	13		3:58:34	Tucker	Brett

6 Inch Trail Marathon ~ 45km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
15	14		3:59:14	Fozdar	Jamal
16	15		4:05:21	Pendse	Jon
17	16		4:05:35	Fawkes	Nathan
18	17		4:07:04	Fisher	Peter
19	18		4:10:48	Thompson	Andrew
20	19		4:18:35	Hoffman	Sam
21	20		4:21:33	Treasure	Ben
22		2	4:23:04	van Blomestein	Eulia
23		3	4:23:34	Whelan	Fiona
24	21		4:26:11	Foulkes-Taylor	Geoff
25	22		4:26:17	Holt	Keith
26	23		4:26:23	Clark	Jesse
27	24		4:26:32	Prout	Simon
28		4	4:27:19	Lootz	Marlene

6 Inch Trail Marathon ~ 45km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
29	25		4:31:28	Law	Callum
30		5	4:32:05	Oborne	Jodie
31	26		4:32:59	Gray	Jeff
32		6	4:33:14	Foulkes-Taylor	Pam
33	27		4:33:19	Adam	Wade
34	28		4:34:03	Penter	Graham
35		7	4:34:27	Roberts	Lou
36	29		4:34:34	Kenmare	Steve
37		8	4:35:16	Snowden	Jane
38	30		4:35:37	Duryea	Shane
39	31		4:36:36	Beglely	Paddy
40	32		4:39:15	Doherty	Chris
41	33		4:40:04	Riley	Phil
42	34		4:44:25	Raudino	Tony
43	35		4:44:47	Hurst	Robert
44	36		4:45:51	Chapman	Peter
45	37		4:46:00	Hoffman	Mark
46	38		4:46:32	Wholey	Grant
47	39		4:48:22	Johnson	Tom
48		9	4:50:03	Papps	Jacinda
49	40		4:50:58	Dodds	Hunter
50		10	4:51:27	Cooper	Di
51	41		4:52:03	Brook	James
52		11	4:52:44	Kolonie	Sanja
53	42		4:53:50	Williams	Martin
54	43		4:54:38	Veitch	Scott
55		12	4:56:19	Stockman	Sandra
56	44		4:56:43	Chrystie	Kyle
57	45		4:57:50	Bosch	Paul
58	46		4:58:42	Shardlow	Peter
59	47		4:59:49	Van-Lane	Tom
60		13	5:01:26	Fieberg	Barbara
61	48		5:01:45	Ankers	Paul
62		14	5:03:03	Bell	Andrea
63	49		5:03:36	Morkel	Andre
64		15	5:06:59	Rehn	Nicki
65		16	5:07:49	Gartmair	Gisela
66		17	5:07:49	Searle	Lisa
67	50		5:09:32	Munro	Luke
68	51		5:12:04	Kanara	Maryn
69	52		5:14:11	Smetherham	Glen
70		18	5:15:08	Atkinson	Faith
71	53		5:18:33	Long	Peter
72	54		5:22:52	Kennehan	Jason
73		19	5:23:20	Hazell	Anna-lee
74	55		5:23:25	Hearn	Mick
75	56		5:23:27	Bonnick	Simon
76	57		5:23:57	Naidoo	Eveshen
77	58		5:23:57	Adams	Robbie
78		20	5:24:18	Cripps	Elyse
79	59		5:25:09	Flahive	Martyn

6 Inch Trail Marathon ~ 45km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
80		21	5:25:40	Hunt	Caitlin
81		22	5:26:41	MacDonald	Shona
82		23	5:29:21	McLoughlan	Jamie
83		24	5:31:53	March	Karen
84	60		5:31:56	March	Peter
85	61		5:36:57	Hingston	Malcolm
86		25	5:37:29	Pfeiffer	Tomie
87	62		5:40:44	Johnson	Simon
88	63		5:40:45	Hartwell	Ben
89	64		5:41:04	Oosterhoff	Alexis
90	65		5:41:05	Clark	Darren
91	66		5:41:06	Joyce	Paul
92	67		5:41:07	Hosgood	Andrew
93	68		5:42:51	Gallagher	Dominic
94	69		5:43:25	Dye	David
95	70		5:43:31	Black	Joshua
96	71		5:44:10	Wigger	Francis
97	72		5:47:34	Matthews	Tom
98	73		5:48:36	Ng	Terence
99	74		5:48:38	Wei Wan	Jia
100	75		5:49:18	Haustead	Bruce
101		26	5:49:30	Whitfield	Kellie
102	76		5:49:31	Chauveau	Frank
103		27	5:49:34	Butler	Penny
104	77		5:51:06	Wells	Jason
105		28	5:51:17	Windsor	Pippa
106	78		5:52:41	Darwin	Keith
107	79		5:52:50	Morrison	Wesley
108	80		5:54:02	Allen	Rick
109		29	5:54:24	Rappeport	Belinda
110		30	5:54:30	Muir	Lesa
111	81		5:55:27	Pawlovich	David
112	82		5:56:00	Collins	Peter
113	83		5:56:52	Wallis	Nick
114	84		5:58:59	Scotford	Nathan
115	85		5:59:54	Baldwin	Daniel
116	86		6:01:15	Bunny	Scott
117	87		6:01:17	Malan	Peter
118		31	6:01:58	Greensill	Gail
119	88		6:04:15	Farr	Jim
120	89		6:04:16	Garner	Lee
121		32	6:05:58	Churchar	Tania
122	90		6:07:37	Maton	Shaun
123	91		6:09:31	Butler	Christopher
124	92		6:09:59	Daley	Mark
125		33	6:12:00	Kennedy	Bel
126		34	6:15:18	Beach	Hanna
127		35	6:15:20	Tatterton	Cheryl
128	93		6:17:01	Jackson	Steve
129	94		6:19:06	Braund	Ian
130	95		6:19:26	Mizaikoff	Boris

6 Inch Trail Marathon ~ 45km						6 Inch Trail Marathon ~ 45km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name	Rank	Cat Place	Cat Place	Time	Last Name	First Name
131		36	6:19:39	Buchanan	Juliette	153		45	6:56:03	Grober	Susan
132		37	6:20:33	Evans	Rachel	154	109		6:56:45	Kukura	Ryan
133		38	6:20:37	Simons	Eloise	155	110		6:58:22	Lamperd	Ed
134	96		6:21:10	Johnston	David	156	111		6:58:52	Adams	Rob
135	97		6:23:12	Owen	Rob	157		46	6:59:54	Henderson	Amy
136		39	6:27:27	Isbister	Cathy	158		47	6:59:56	Dean	Joanne
137	98		6:29:23	Taylor	Steve	159		48	6:59:57	Fawkes	Kate
138	99		6:30:22	Hoy Poy	Chris	160		49	7:15:14	Sims	Colette
139	100		6:32:56	Donkersloot	Rob	161	112		7:15:42	Savage	Jeremy
140	101		6:35:07	Van Poecke	Reindert	162	113		7:15:43	Naylor	Vincent
141	102		6:37:21	Robertson	Rob	163		50	7:19:48	Luscombe	Emma
142	103		6:41:50	Bell	Steven	164	114		7:24:37	Phillips	Jon
143	104		6:43:13	White	Bevan	165	115		7:31:45	Dean	David
144	40	40	6:46:56	Ruggeri	Carly	166	116		7:32:34	Speldewinde	Peter
145	105		6:47:37	Stokes	Jai	167		51	7:34:03	Beveridge	Mandy
146		41	6:47:45	Bergen	Anna	168		52	7:34:05	Lind	Courtney
147		42	6:47:46	Caravia	Lucia	169		53	7:34:17	Bennett	Pamela
148		43	6:49:34	Douglas	Kat	170		54	7:34:19	Clark	Jaqui
149		44	6:49:35	Tran	Thuy	171	117		7:38:43	Robson	Paul
150	106		6:54:27	Baker	Phil	172	118		7:42:27	Dunks	Grantley
151	107		6:54:28	Cunningham	Terry	Bold SURNAME indicates AURA member.					
152	108		6:54:42	Lill	John						



Duncan's Run

Grand Strzelecki Track, Tarra Bulga, VIC

December 21, 2013

by Michael Collins

The inaugural Duncan's Run Hundred event held in the Strzelecki Ranges was to honour the memory of Duncan Orr. I had heard about this race many months ago and was immediately interested, but I held off entering until three days prior since the race was held mid-December. I have a strong aversion to running in the heat, but luckily the forecast was for low 20s and rain; perfect for me!

After an early 4:30am wake up call, quick briefing, and shuffle down to the start line at 6am, we were off to the sound of multiple Garmin and Suunto watches being started. The first 10km, or so, was undulating, easy terrain through spectacular eucalypt forest, with a bit of steep

technical single trail that I never wanted to end; however, eventually the course ended up on fire trail/

logging tracks until the 40km mark. The fire trail itself consisted of long up and down hills at a shallow grade



Michael Collins on course. Photos by Kylie Murray



Michael Collins on course. Photos by Kylie Murray

that snaked its way around the hills. After a while I could really feel my legs getting tired as the up hills weren't steep enough to warrant walking, so I felt I had no excuse to not run. It was at this point the term 'douche grade' was mentioned several times by competitors; myself included! After a final steep section through the forest, it was a great relief as I arrived at the first major checkpoint at the 50km point in 5:28.

After grabbing as much food as I could carry (NB: fruit cake should be a compulsory item for all future trail events), I headed back out the way I came for the next 20km loop. This time through beautiful steep downhill trail which led onto another long 'douche grade' uphill, towards the high point of the course - Mount Tassie. With great relief I turned off the logging trail and headed up the steep single track towards the summit, which was covered in deep mist and howling winds and reminded me of Victoria's high plains. After struggling through the conditions on top of Mount Tassie, the course then led its way downhill along more beautiful single track that twisted and turned its way

through the forest back towards the 70km checkpoint, where I arrived in 7:56.

At this point, leaving the checkpoint with both hands full of food for the final 32km leg, I was in 3rd place and feeling strong. After putting on a high-vis vest for the upcoming road section, I made my way out of the checkpoint to try and gain a better lead on Kathy Macmillan, who I had been leapfrogging the whole day, but about 5km out everything unravelled! Running strongly down a fire trail, I barely noticed a small single track off to the left with the familiar orange tape on two trees used to mark the course, I did a quick turn down the trail and as I ran down the steep, slippery trail, which now seemed to be devoid of any orange markers and was quickly becoming overgrown, I started to doubt myself. So I stopped, and started to backtrack and this is where I came across two other runners heading down the same trail; surely all three of us couldn't have got it wrong? Nevertheless, we all decided to continue to backtrack until we came across a solitary lone orange tape. This

was enough convince all of us we were right, so we turned back down the trail and ran/slid down it until we intersected a road deep in a gully... with no course markings in sight! In addition, we found out we'd all made new friends on the way with multiple leeches sucking away at our legs. After removing them and looking like we walked straight out of a Quentin Tarantino film, we reviewed our maps and worked out we had a long uphill run to get back on course. After considering pulling out at this point,

I decided to grit my teeth and get it over with, so we trudged back up the road to the course and then along a long stretch of bitumen road, back towards Mount Tassie for the final climb.

After, seemingly, never ending slow climbs and descents, I finally made it back to the long climb up to Mount Tassie which, surprisingly, went reasonably quickly considering the bad mood I was in after wasting an hour getting lost! From the climb, the course followed the same loop up and over Mount Tassie and back down the forest to the finish, so after summiting it again, which was even wetter and windier than the first time around, I enjoyed the final downhill run through the forest to the finish line in 13:23; at which point I discovered I picked up a bunch of new 'friends' and spent the next 30 minutes picking leeches off my legs and out of my socks.

So would I do it again? In a heartbeat! It was a spectacular course and very well run, especially for an inaugural event, and I can't wait to go back and give it another shot...as long as it's not too hot!

Duncan's Run ~ 100km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		11:48:59	Overend	David
2	2		12:22:37	Gillies	Cameron
3	3		12:25:32	Zwierlein	Rob
4		1	12:26:24	Macmillan	Katherine
5		2	12:47:47	Kruk	Joanna
6	4		13:16:59	Mitchell	Scott
7	5		13:23:20	Collins	Michael
8	6		13:23:50	Laursen	Thomas
9	7		13:40:07	Purcell	Darren
10		3	13:46:27	Urquhart	Donna
11	8		13:50:28	Turner	Andy
12	9		14:20:44	Easton	Brett
13	10		14:36:55	McGrath	Michael
14	11		15:15:28	Jennings	David
15	12		16:37:53	Cross	Darrel
16	13		17:54:55	Bell	Matthew
17	14		17:54:55	Smith	Jamie
			DNF	Fraser	Natasha

Bold SURNAME indicates AURA member.

Duncan's Run ~ 50km Relay Leg					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
			5:01:00	Smart	Anthony
			5:25:00	Tucker	Morgan
			6:28:00	White	Travis
			6:48:00	Walker	Michael
			7:08:00	Kooyman	Trent

Bold SURNAME indicates AURA member.

Duncan's Run ~ 50km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1	1	4:17:10	Michelsson	Magnus
2	2	2	4:48:47	Preston	Robert
3	3	3	5:07:45	Fraser	David
4	4	4	5:25:33	Mitchell	Jarrold
5	5	5	5:40:34	Finlay	Rory
6	6	6	5:45:08	Macqueen	Stuart
7	7	7	5:46:14	Weatherburn	Simon
8	8	8	5:49:00	Roberts	Chris
9	9	9	5:52:51	Ord	Chris
10	10	10	6:07:46	Crapp	Timothy
11	1	1	6:09:03	Allan	Eliza
12	2	2	6:10:25	Cowling	Gayle
13	11	11	6:30:27	Rossiter	Mark
14	12	12	6:38:42	Brilliant	Mark
15	3	3	6:39:00	Hawkes	Leigh
16	13	13	6:52:07	Sutton	Rob
17	14	14	7:06:48	Taylor	Rob
18	15	15	7:28:17	Simson	Adam
19	4	4	8:21:53	Symons	Cheryl
20	16	16	8:42:30	King Lim	Sen
			DNF	Veenstra	Matt

Bold SURNAME indicates AURA member.



Narrabeen All Nighter

Narrabeen, NSW

January 4th, 2014

by Emma Vaughan

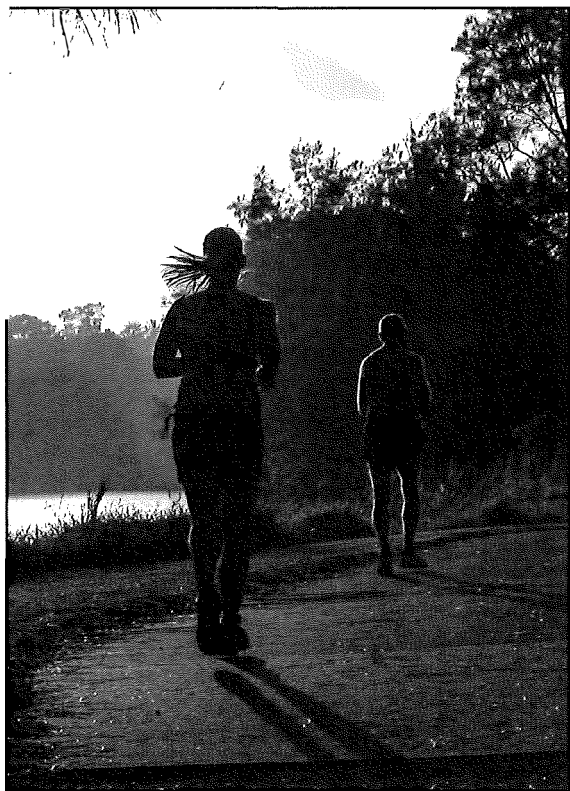
I approached Narrabeen Allnighter 2014 with high hopes and expectations. Having raced around the picturesque track previously, I knew it was a fabulous event and I was looking forward to getting back out there. This year's race, however, proved to be a very memorable one for all the wrong reasons. It was a life-changing race for me, and some valuable lessons were learnt.

As an interstate runner, it was wonderful to be so warmly welcomed back by runners who I had met in previous years and at various other events. I was racing without a

crew so I greatly appreciated offers of table space to set up my drinks and gear. I felt, unusually, nervous as I set out my supplies, but the 8pm start quickly rolled around and I soon found my groove, settling in for what I anticipated would be a fabulous 12 hours of doing what I love. I enjoyed chatting with many runners out on the track that night and watching some incredibly strong and inspirational performances, particular by the lead male runners; Barry Loveday, Brendan Davies and Matthew Eckford.

It was a warm and humid night.

I normally run well and really enjoy running in the heat, but this particular night it just didn't feel comfortable for me. I was the lead female for much of the race, and on track to reach my goal, until just before the halfway point. It was from there that I started to struggle and was surprised by an unfamiliar and overpowering urge to stop. I lost my lead with quite a few hours still to go and noticed that my quads really seemed to hurt. My pace was slowing and I couldn't shake the feeling of being quite hot and uncomfortable. I kept pushing through, counting down the hours



Emma Vaughan pushes on during the race (pics by Stefica Key)

until the sun would rise and that fresh burst of energy would arrive. I always enjoy and embrace the last few hours of an ultra, and it is normally towards the end that I gain strength and increase my pace. So, deep down, I knew that something really wasn't right when I continued to slow down and the pain in my legs almost became unbearable. But ultras are hard and they do hurt they are all about pushing through the pain barrier and testing the limits of the body and the mind. So I kept a smile on my face, stayed focused and kept going.

In the last hour the track size was decreased to 1km laps, which was a big relief to get to that point and know that the finish was in sight. As the 8am finish time lurked closer, and closer, I knew I was in 2nd place behind Pam Muston, who was looking very strong, and with the 3rd place female, Carrie Gleeson, not too far behind and gaining on me. I was really in a lot of pain by that stage and was beginning to feel quite nauseous and dizzy. I dug deep and pushed forward, one step at a time, with my goal now being just to try and finish as strong as I could and avoid being overtaken. I was on what I knew would be my last lap

when I began to feel quite dizzy and I remember bumping into a post. My breathing was starting to sound horrendous, my vision became blurry and I knew things were really not good. But, with only minutes to go, the stubborn and slightly competitive ultra runner within me refused to stop. With about two minutes left in the race my legs literally stopped working and gave way underneath me. Fortunately a fellow South Aussie and friend, Kym Williams, was running in the other direction and he could see that things weren't right. I stumbled and he caught me and helped me collapse to the

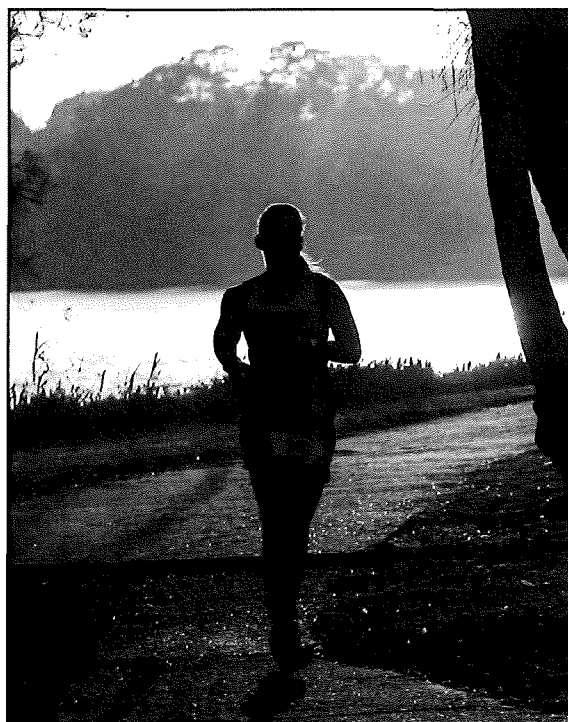
ground. On lookers, runners, and race volunteers quickly came to my aid and phoned an ambulance. At this stage I was becoming confused and wasn't completely aware of what was going on.

Once in the ambulance things became very serious. There was a point when I couldn't breathe, and I remember my legs and lips becoming numb, and it was a struggle just to stay conscious. I realised at that point just how serious this was, and remember thinking to myself how ridiculous it was that I had gotten myself into this position. I became extremely delirious, hysterical and uncooperative and much of what happened after that point is a blur. I was hallucinating and I made life very difficult for the paramedics and the staff in the emergency department at the hospital. I was convinced that they were trying to harm me and I behaved in a manner very out of character. When I finally

came back down to Earth I became aware that I was in hospital, my clothes had been cut off, I had ice all over me, was hooked up to wires, chords and tubes and had little recollection of the events.

I spent the next three days in the Intensive Care Unit having loads of fluids flushed through me and constant monitoring. I was told in no uncertain terms that I was extremely fortunate to have survived, and only because I got medical attention immediately. I am young and fit and, quite simply, I was very, very lucky. On that day the universe was on my side. I am forever thankful to the incredible people who responded so quickly and provided support and first aid at the race, and to the paramedics and to the staff at Mona Vale Hospital.

Medically what went wrong that night was hyperthermia, rhabdomyolysis and renal failure. I highly recommend that all runners do some research on these conditions and what they actually mean for us as ultra runners. I was unfortunate that a range of factors were present that night to create "the perfect storm". I woke up the day of the race not feeling well and with a sore throat (it was later confirmed that I had a virus),



Emma Vaughan pushes on during the race (pics by Stefica Key)

it was warm and humid, I didn't hydrate adequately (although I thought that I was at the time), I took a NSAID for a hip injury, I didn't put enough thought into preparation of food and drink for this race and, in all honesty, I hadn't looked after my health in the lead up to the event as I normally would. I also really pushed through when I absolutely should have listened to my body and slowed down or stopped.

I learnt a lot from this race and I am grateful that I am here now, with good health, and can share my story. I learnt that none of us are invincible. It doesn't matter how many ultras you've run, or how much you think you know, no race is ever the same; take it seriously. I learnt to never underestimate the importance of hydration, body

temperature, monitoring what is going in and out of your body, and what your body needs. These things should be thought through before each race and, if possible, have a crew to monitor it for you. I learnt the importance of listening to your body; if something is really not feeling right it is OK to slow down or stop. I learnt to never take NSAIDS when racing; never, ever.

Above all, I learnt that life and the human body is precious, people are amazing and our ultra running community is absolutely incredible. I continue to be overwhelmed by the love, care and support, from running friends and strangers alike. I thank all of you from the very bottom of my heart. I hope that my experience can serve as a warning to fellow runners. Run safe friends.

Narabeen All Nighter - 12 hour					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		149.804	Loveday	Barry
2	2		145.274	Davies	Brendan
3	3		131.387	Eckford	Matthew
4	4		126.146	Muller	Kevin
5	5		122.403	Strahorn	Josh
6	6		122.370	Cockshutt	Marcus
7		1	115.247	Muston	Pam
8		2	110.034	Gleeson	Carrie
9		3	109.752	Vaughan	Emma
10		4	107.609	Chan	Karen Woon Cheung
11	7		106.877	Nuttall	Peter
12		5	104.794	Watson	Natalie
13	8		101.876	Wye	Graham
14	9		101.725	Hodder	Jeff
15		6	101.511	Tichon	Larissa
16	10		101.333	Ward	Sean
17	11		101.322	Towers	Paul
18		7	100.988	Owen	Ann
19	12		99.129	Calvert	Wayne
20	13		98.345	Riches	David
21	14		97.607	Campbell	Anthony
22	15		97.483	Williams	Kym
23	16		93.510	Sawa	Mak
24	17		93.443	Mulley	Luke
25		8	93.084	Vaughton	Gabrielle
26	18		92.717	Connor	Adam
27		9	91.298	Tonnett	Michelle
28	19		91.076	Moulin	Stephane
29	20		90.958	McQuade	Jon
30		10	90.599	Schwibs	Elisabeth
31		11	90.086	Crim	Jade
32	21		87.733	Moreton	John
33	22		87.624	Harvey	Mike
34		12	86.909	Marshall	Sarah-Jane
35	23		86.667	McLarty	Matthew
36		13	85.965	Williams	D Lynn
37		14	85.418	Walden	Joy
38		15	85.222	Mullins	Ana
39	24		85.050	Williams	Mark
40	25		84.697	Jones	David

Narabeen All Nighter - 12 hour					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
41	26		83.715	Rutter	Barry
42		16	82.988	Hill	Lauren
43	27		82.599	Sandroussi	Charbel
44	28		82.431	Lewis	Stephen
45	29		81.914	Doughty	John
46	30		81.815	Nuttall	John
47		17	81.031	Murray	Meagan
48		18	80.901	Burke	Nicole
49	31		78.559	Austin	David
50		19	76.793	Galea	Dianne
51		20	76.793	Wood	Teresa
52	32		76.057	Smit	Rocco
53	33		74.416	Plunkett	Gordon
54	34		74.047	Goddard	Ray
55	35		68.667	Dang	William
56		21	67.386	Butler	Kerryn
57	36		63.333	Dugdale	Martin
58		22	63.056	Mcilwaine	Sally
59	37		62.092	Bedward	Max
60	38		60.000	Kroeger	Daniel
61	39		56.667	Brown	Malcolm
62	40		56.667	Meagher	Andrew
63		23	56.221	Ward	Niboddhri
64	41		53.333	Knowles	Chris
65	42		52.991	Garbutt	Lance
66		24	50.000	Balkema	Belinda
67	43		50.000	Cooper	Brendan
68	44		50.000	Pullen	Miles
69	45		50.000	Noonan	George
70	46		46.667	Mullins	Gary
71		25	43.333	Smith	Amanda
72	47		43.333	Jones	Michael
73	48		43.333	Law	John
74	49		43.333	Markey	Gavin
75	50		43.333	Scott	John
76	51		43.333	Kershaw	Paul
77	52		36.667	Tutty	Peter
78	53		30.000	Bedward	Michael
79		26	23.333	Apps	Valerie

Bold SURNAME indicates AURA member.



Bogong to Hotham

Victorian Alps, VIC

January 12, 2014

by Michael Keyte



Stu Gibson finishing 3 minutes off the record (pic by Andy Hewat)

Four of us travelled over from South Australia on the Friday before the race, a long drive of 11 hours but with a great group of friends. Saturday was a chill day, looking up to Mount Bogong thinking what have I got myself in for! All I wanted to do was to run the first section on Saturday, just to see how steep this was going to be. Instead, we checked in our mandatory gear on Saturday afternoon and then headed off to the race briefing. The temperature had been rising throughout the week though, as I like to run in the heat, I was not too bothered.

Being very new to trail racing, there was no pressure or expectations other than to have an enjoyable race. This was my third trail race. I did the Yurrebilla last year (not such a great race experience for me as I was ill). In November I did the Razorback 64km; I felt good and the race went

well and I finished third overall.

I was told there were a lot of top Australian trail runners doing the Bogong to Hotham and I thought it would be good to see how I went against so many great trail runners. My goal was firstly to finish, then hopefully in the top ten if the race went really well.

On race day we arrived early at the start line, leaving plenty of time to get warmed up and ready to roll. My plan was to stick to a steady pace up until the first 23km, then run the flats with a bit of speed. When the gun went off for the start, about ten of the top runners took off and were gone in a flash, as I thought might happen. I kept calm and just kept to my steady pace. Arriving at the bottom of the Staircase, the runners started to spread out and settle into place. I felt fine going up the first climb to the summit, reaching the top in 1 hour 30 minutes.

The next section was a quick run downhill to The Big River. On this downhill section I was running with Beth Cardelli; it was awesome to chat to someone who has achieved so much in trail running. We crossed over the river; it was knee deep and super refreshing (particularly at this point of the race). I thought

having wet socks would be an issue but it was a welcome relief. We arrived at Roper Hut, got our water refilled, and then it was on to the flatter section of the course; I was feeling good so I sped up a bit.

I caught up with Tom Brazier, who I had met when I ran Razorback; he is a great orienteering runner who guided me to the finish at Razorback. It was a great relief to see Tom as I knew I could run with him and he would lead me to the finish line. We passed Andy Lee, who Tom said was one of Australia's top trail runners; unfortunately he was having a bad day with cramps. When we found out that we were sitting fourth and fifth, this was a surprise as I thought maybe we would be just inside the top 10. Tom and I ran to Pole 333 together, thinking there was no one else close behind us, but when we arrived there 333 we were both surprised to see three other runners very close by. I said



Beth Cardelli spent after breaking the women's record (pic by Andy Hewat)

to Tom “Okay, it’s time to get going” and we put on the speed to drop the three runners.

I knew Tom is very fast downhill and would drop me going down Cobungra’s Gap. Once I got to the bottom of Cobungra’s Gap, I knew my way to the finish line. I filled up with water as I knew Swindlers Spur would be very hot, as it was when I did the Razorback.

Knowing it was time to really push the pace up Swindlers Spur as the other three runners would be close by, I felt good all the way to the finish and held onto fifth place with a time of 7 hours 53 minutes.

I was happy with the overall result, but a little disappointed I could not run faster on the flatter sections. I’m still learning the trail running scene and pacing myself through a trail race, and my nutrition went well throughout the day thanks to my trail running buddy Steph Gaskell of Nutrition Strategies.



Blake Hose approaching the finish (pic by Leonie Doyle)

My friends also had great races with Steph Gaskell finishing 3rd female, in 8hr48m. Unfortunately, Sean Sweetman had to pull out near Langford’s Gap, but he had been running well up until this point.

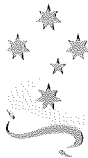
Congratulations to the top three runners: Stu Gibson had a fantastic run and so close to the course record, with Blake Hose (21yr old) finishing

in a fantastic sub 7hr and 2nd place.

My next goal is the NorthFace 100, with my main aim being to finish and hopefully have a good solid race. I’m looking forward to doing many more trail races in the future as I’ve met a great bunch of people, made some new friends, and enjoyed the relaxed atmosphere of trail running.

Bogong to Hotham ~ 64km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		6:44:42	Gibson	Stu
2	2		6:56:31	Hose	Blake
3	3		7:35:48	Goerke	Damon
4	4		7:47:05	Brazier	Thomas
5	5		7:53:34	Keyte	Michael
6	6		8:04:08	Coombs	Dave
7		1	8:09:47	Cardelli	Beth
8	7		8:17:42	O'Loughlin	Jono
9		2	8:19:32	Fowler	Gill
10	8		8:23:22	Beard	Dan
11	9		8:35:34	Duffy	James
12		3	8:48:22	Gaskell	Steph
13	10		8:50:52	Selby-Smith	Andrew
14	11		8:53:27	Lee	Andy
15		4	8:54:45	Macmillan	Kathy
16	12		8:55:05	Fitzgerald	Joel
17	13		9:14:28	Donaldson	Andrew
18	14		9:15:44	Collins	Michael
19	15		9:22:39	Person	Marc
20	16		9:22:43	Williams	Tony
21	17		9:23:59	Layson	Andrew
22	18		9:24:52	Cutler	Rod
23		5	9:36:45	McConnell	Bryony

Bogong to Hotham ~ 64km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
24	19		9:36:46	Juckes	Richard
25	20		9:39:56	Wildig	Rob
26	21		9:42:47	Moulday	Geoff
27		6	9:43:45	Bespalov	Izzy
28	22		9:54:35	Rishworth	Robin
29		7	9:55:45	Richardson	Sarah
30	23		9:58:17	Bleakman	Dan
31		8	10:17:25	Melchiori	Chantele
32		9	10:22:26	Balmano	Kirra
33	24		10:25:26	Upton	Stephen
34	25		10:26:10	Glen	John
35	26		10:28:10	Burke	Ashley
36	27		10:29:32	Gillies	Cameron
37		10	10:32:59	O'Neill	Jacinta
38	28		10:50:17	Wheeler	Jason
39	29		10:55:01	Box	Roger
40	30		10:55:01	Cripps	Thomas
41	31		11:10:56	Allen	Duncan
42	32		11:11:00	Goss	Pete
43	33		11:43:34	McInerney	Garth
44	34		11:44:37	Phillips	Joshua
OOT			12:39:54	Mullins	Peter
Bold SURNAME indicates AURA member.					



Two Bays Trail Run

Mornington Peninsula, VIC

January 13, 2013

by Richard Johnson

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

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

Race packs are collected, some with personal messages of good fortune from "Mumma Two Bays" (aka Katrina Ablett). With much chatting and laughter the 7am start time is quickly upon us. With a few words of wisdom

and encouragement from Kevin Mannix, and a countdown from Mumma Two Bays, about 200 runners head off from the start line. The ubiquitous bent arms pressing start buttons, as we cross the first timing pad at the banner, is almost comical.

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

I can't believe how quickly we scoot through that first aid station, to be cheered on by the awesome volunteers. It just fires me to

keep on going. Not only that the personalised race numbers mean you are cheered on by name, it is an awesome feeling and a great motivator.

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

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

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

Heaps of greetings and high fives, and "how good is this?" are exchanged in both directions over



Mens 56k Podium. Left to right. Antony Rickards, Dion Finocchiaro, Sam Maffet.

the Seat. On the way up it was jumping out of the way as the front runners stormed past. On the way back it was the joy to see, give, and receive encouragement from others taking on this challenge.

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



Lucy Bartholomew just after winning the 56km womens run. Congratulated by her Mum on the left and Rohan on the right

Around 10km from the end I latched on to a group of about three other runners, and we paced in a comfortable, single-file trot. We split up near the end and within a few hundred metres I came across Tristan Watson and Adam Wight. I could have passed them and finished in front, but it just did not seem right. We ran across the line together in a time of 6:49:10. I shouted with glee,

hugged my friends, accepted my finisher's medal with pride, and felt thoroughly stuffed! So darn good it took me five minutes to remember to turn off my watch.

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

Two Bays ~ 56km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		04:14:34	Finocchiaro	Dion
2	2		04:23:02	Rickards	Antony
3	3		04:39:45	Maffett	Sam
4	4		04:42:18	Rennick	Stephen
5	5		04:43:38	Langelaan	Dan
6	6		04:44:02	Moquiuti	Anderson
7	7		04:49:52	Gamble	Tom
8	8		04:50:42	Hall	Cameron
9	9		04:56:32	Roberts	Az
10	10		04:57:12	Muller	Kevin
11	11		04:57:28	Roberts	Chris
12	12		05:00:09	Calder	Garth
13		1	05:02:05	Bartholomew	Lucy
14	13		05:04:20	Barrett	Philip
15	14		05:05:18	Dalton	Robert
16	15		05:05:34	Ryding	Jason
17	16		05:05:54	Zwierlein	Robert
18	17		05:06:01	Overend	David
19	18		05:07:57	Perry	Dion

Two Bays ~ 56km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
20	19		05:08:29	Turner	Andy
21	20		05:10:18	Compson	Andrew
22		2	05:11:28	Carpenter	Sarah
23		3	05:12:09	Fraser	Natasha
24	21		05:13:41	Tyrrell	Luke
25	22		05:18:23	Kacprazk	Tim
26	23		05:18:48	Edwards	Martin
27	24		05:20:42	Lochrin	Ian
28	25		05:21:35	Crozier	Luke
29	26		05:22:33	Maass	Oliver
30	27		05:27:14	Ross	Andrew
31	28		05:27:33	O'Brien	Chris
32	29		05:28:48	George	Anthony
33	30		05:28:51	Bowring	Pat
34	31		05:33:23	Bailey	Donald
35	32		05:33:23	Cooke	Rick
36	33		05:33:57	Backholer	Damien
37	34		05:34:26	Prentice	Michael
38	35		05:35:49	Murawski	Carsten

Two Bays ~ 56km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
39	36		05:36:14	Phipps	Nic
40	37		05:36:43	Turner	Nick
41	38		05:36:56	Dimmer	Andrew
42	39		05:37:14	Austin	Simon
43	40		05:39:47	Cusick	Garth
44	41		05:40:25	Walker	Isaac
45	42		05:40:26	Silvester	Michael
46	43		05:41:09	Metcalf	Ben
47	44		05:41:50	Mithen	Anthony
48	45		05:43:24	Manson	Scott
49	46		05:43:35	Nardella	Dale
50		4	05:44:28	Elphick	Kate
51	47		05:44:48	Richardson	Doug
52	48		05:44:54	Currie	Rod
53	49		05:46:28	Antrobus	Shane
54		5	05:46:29	Kent	Abbie
55	50		05:47:04	Chadima	James
56	51		05:47:47	Jennings	David
57	52		05:47:56	Blanco	Alfonso
58	53		05:48:40	Stratford	Luke
59	54		05:49:10	Schiffer	Bernd
60	55		05:49:25	Fitzpatrick	Peter
61	56		05:49:37	Phillips	Ben
62		6	05:50:10	(Femi)	Eufemia
63	57		05:51:38	Callahan	Steve
64	58		05:53:04	Louw	Eric
65	59		05:54:35	Costa	Ricardo
66	60		05:55:25	Smart	Dean
67	61		05:55:55	Cooper	Damien
68	62		05:56:35	Barclay	Paul
69	63		05:57:00	Miller	Tristan
70	64		05:57:20	Katchalov	Dimitry
71	65		05:57:29	Stickland	Brett
72	66		06:00:07	Wu	Siqi
73	67		06:00:17	Snook	Jeff
74	68		06:00:32	Hughes	Stuart
75	69		06:01:39	Clark	Ben
76		7	06:03:02	Copp	Felicity
77	70		06:03:07	Pesut	Geoff
78	71		06:06:01	Weatherburn	Simon
79	72		06:06:26	Cowan	Alistair
80	73		06:06:37	Montfort	Jason
81	74		06:07:09	Macqueen	Andrew
82	75		06:07:09	Macqueen	Stuart
83		8	06:08:03	Law	Rosa
84	76		06:08:12	Cimdins	Nick

Two Bays ~ 56km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
85		9	06:08:14	Schmitz	Jutta
86	77		06:09:44	Urquhart	Mark
87	78		06:10:38	Kateifides	Chris
88	79		06:10:58	Honeyman	Michael
89	80		06:11:20	Foster	Rodney
90	81		06:11:43	Heron	Ron
91		10	06:12:13	Valvo	Andrea
92		11	06:13:27	Moloney	Mallani
93	82		06:13:58	Johnson	Richard
94	83		06:14:05	Gullifer	John
95	84		06:14:30	Fox	Nigel
96	85		06:15:46	Russell	George
97	86		06:17:47	Traini	Adamo
98	87		06:19:02	Sbrugnera	Adrian
99	88		06:20:15	Thomas	George
100		12	06:21:45	Cowling	Gayle
101	89		06:22:39	Hill	Thomas
102	90		06:22:43	Dale	Michael
103	91		06:23:27	White	Glen
104	92		06:23:44	Blobel	Norbert
105	93		06:25:12	Goossens	Steven
106	94		06:25:39	O'Neile	Scott
107		13	06:26:52	Isbell	Samantha
108	95		06:27:35	Monster	Martin
109	96		06:28:57	Roberts	Simon
110	97		06:29:02	Foti	Daniele
111	98		06:29:53	Graves	William
112	99		06:30:10	Smith	Jamie
113		14	06:30:13	Metcalf	Sonia
114	100		06:30:25	Brown	Troy
115	101		06:30:48	Lucas	Stephen
116	102		06:31:13	Veenstra	Matt
117		15	06:32:21	Hawkes	Leigh
118	103		06:33:55	Day	Paul
119	104		06:33:59	Thomas	Peter
120	105		06:33:59	Metcalf	Anthony
121	106		06:34:16	Mcmonigle	Wayne
122	107		06:34:47	Rawlings	Jason
123	108		06:34:47	Stokes	Phil
124	109		06:35:25	Boer	Bart
125		16	06:38:16	Morgan	Heather
126	110		06:38:26	Sacco	Michael
127	111		06:40:03	Cheng	Yuancho
128	112		06:40:41	Speed	Marcus
129	113		06:41:44	Plant	Graham
130	114		06:42:01	Rusby	Duncan

Two Bays ~ 56km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
131		17	06:42:12	Sharp	Sandra
132	115		06:42:18	Sleep	Nathan
133	116		06:42:22	Byrne	Patrick
134	117		06:43:13	Todd	Paul
135	118		06:43:30	Narayanan	Manish
136	119		06:43:30	Welburn	Regan
137	120		06:44:38	Wills	Ross
138		18	06:45:03	Stevens	Terrie
139	121		06:45:09	Corner	Stephen
140	122		06:46:49	Lamarque	Thierry
141	123		06:49:33	Tian	Kuan-Kuan
142	124		06:49:58	Chapman	Will
143	125		06:49:58	Hosking	Matt
144	126		06:50:25	Cahill	Alan
145		19	06:50:53	Shannon	Michelle
146		20	06:50:54	Campbell	Belinda
147		21	06:50:54	Ham	Kirsty
148	127		06:52:08	Scurry	Grant
149	128		06:52:08	Butler	Bret
150	129		06:52:12	Wong	Bin
151		22	06:54:10	Nilsson	Tina
152	130		06:54:41	Gray	Bradley
153	131		06:54:42	Fearnley	David
154	132		06:54:53	Lockwood	Glenn
155	133		06:56:39	Tripp	Andrew
156	134		06:56:47	Kofman	Paul
157		23	06:58:02	Shedden	Amon
158	135		07:01:45	Mihalakellis	George
159		24	07:01:45	Barker	Nicole
160	136		07:02:33	Horsburgh	Tim
161	137		07:04:09	Boyle	Mark
162	138		07:05:46	Ackland	Phil
163	139		07:06:02	Baff	Nick
164	140		07:06:40	Chinnery	Zach
165	141		07:06:59	Beattie	Troy
166	142		07:08:15	Cook	David
167	143		07:08:39	Di	Frank
168	144		07:09:58	Mccormick	Richard
169	145		07:13:19	O'Brien	Andrew
170		25	07:13:19	O'Brien	Sue
171		26	07:14:13	Teo	Yvonne
172	146		07:15:53	Sibbison	Darren
173	147		07:15:53	Propsting	Vincent
174	148		07:15:53	Beavis	Adam
175		27	07:16:11	Tindley	Keren
176	149		07:17:20	Abdo	Michael

Two Bays ~ 56km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
177	150		07:18:40	Stone	Travis
178	151		07:18:42	Dickens	Andrew
179	152		07:19:01	Anderson	Jason
180	153		07:19:53	Ooi	Kai
181	154		07:21:29	Searby	Adam
182		28	07:21:32	Vigliotti	Lauren
183	155		07:21:32	Giuntoli	Chris
184		29	07:21:53	Ferraro	Olivia
185	156		07:25:32	Williams	Morgan
186	157		07:26:13	Dalton	Laurence
187	158		07:26:13	Nakata	Hiroshi
188		30	07:27:12	Mawley	Melanie
189	159		07:28:09	Reid	James
190	160		07:29:40	Payne	Andrew
191		31	07:31:28	O'Brien	Gemma
192		32	07:31:39	L'Hoest	Anna-Veronique
193		33	07:32:18	Smith	Kate
194	161		07:32:37	Austin	Andrew
195	162		07:33:40	Mestdagh	Oliver
196		34	07:33:56	Cook	Rebecca
197	163		07:34:08	Wallace	Grant
198		35	07:35:17	Sekulic	Natasha
199		36	07:37:25	Jewell	Kerri
200	164		07:43:03	Bell	Matty
201	165		07:43:51	Beswick	John
202		37	07:43:53	Oudman	Yvette
203	166		07:43:53	Poynton	James
204	167		07:47:36	Sprague	Daniel
205	168		07:47:37	Palermo	Frank
206	169		07:48:11	D'Onofrio	Agustin
207	170		07:49:32	Andrews	Paul
208	171		07:49:50	Clapham	Kerry
209	172		07:50:23	Sorensen	Leigh
210	173		07:50:39	Reimann	Peter
211		38	07:50:39	Wiegold	Sarah
212	174		07:51:02	Lim	Jon
213	175		07:52:55	Southon	Peter
214	176		07:54:10	Sneddon	John
215	177		07:54:19	Palmer	Ian
216	178		07:54:28	Burnes	Edward
217		39	07:57:20	Beswick	Lauren
218		40	07:57:35	Baskcomb	Candida
219	179		07:57:52	Mason	Brendan
220	180		07:57:59	Hughes	David
221	181		08:03:37	Connolly	Simon
			DNF	Thrall	Gerard
			DNF	Zadorozniak	Michael
			DNF	Meyer	Bernd
Bold SURNAME indicates AURA member.					



Coast to Kosciusko

Eden to Mount Kosciuszko, NSW

December 6-8, 2013

by Kirrily Dear

I have been finding it difficult to compact the experience that is “Coast 2 Kosci” into a neat 1000 words for this article. The journey along the road from Eden to Mt Kosciuszko may seem to be about running, but the true richness of this event is that once a year we all get a fleeting glimpse into the deep power of human spirit; its fallibility, its beauty, and its resilience.

So many people give up precious family time, annual leave, and sacrifice their own interests to be part of the race. Every one of those people, be they runners volunteers, or crewies, walk away a richer person and eager for another edition.

When I took up running, around six years ago, I wondered how the heck anyone got fit enough to run a half marathon. Running 21.1km was my shoot for the stars, dream-big-dreams target. The only ultra marathon I knew about had Cliff Young on the entrant list.

C2K first got under my skin when I crewed for a mate back in 2010. Having witnessed the strength and determination required getting up to that summit, I thought there was absolutely no way I could take on a challenge like that, if I could ever qualify for it. Each year I have been back, and each year my mind was able to get that little bit more wrapped around the notion. Each year I found myself rejoining my ultra family who kept encouraging me in the right direction. When I timidly made the first suggestion that I might try to run the race one day I expected people to laugh; no one did. Instead, I receive a flood



At the start of C2K

of encouragement on how to make it happen. Between then and now it has just been a whole heap of hard work and persistence.

When I found myself on the start line of the race, toeing the sand of Twofold Bay, it was surreal. For the last three years this was the time when I would say my last “best wishes” to the runners and walk off to take my place behind the barriers. It was at that moment the penny dropped; this year was different. This year I stayed put. It was time to step up and reckon myself in the company of Australia’s top ultra runners.

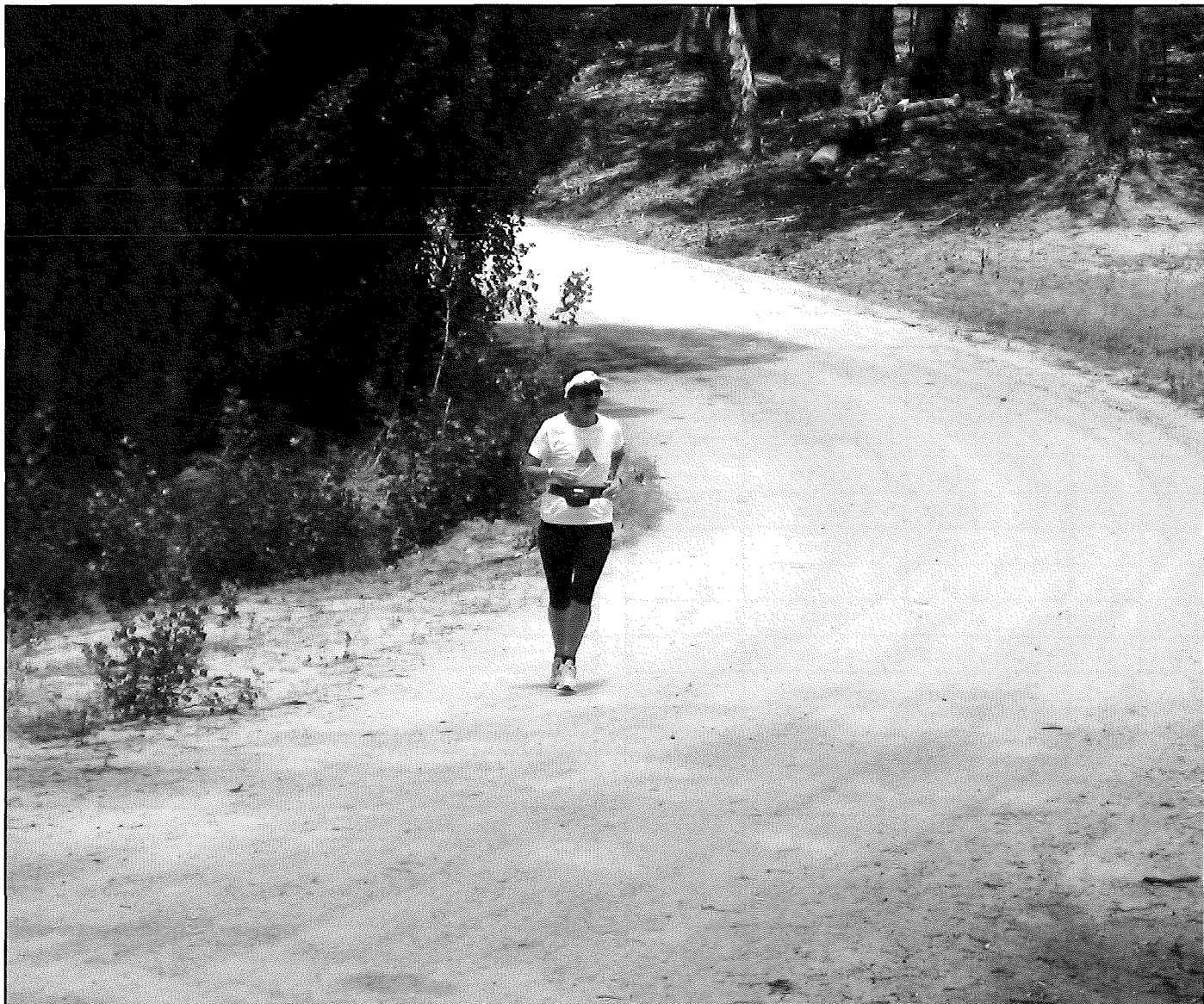
My target time was 42-43 hours; it focused me on a conservative early pace, and also gave me a bit of breathing room inside the 46 hour cut-off should something go wrong. What unfolded over the next 222km can be summed up as determination, celebration and learning.

Determination

At around the 15km mark I started to develop ITB in both knees. By 42km I was on the ground getting my legs massaged in an attempt to get my full running capability back. By the time I got off the ground I was in last place and the cut off was looming. Instead of feeling defeated, our tight little team focused on making progress.

The climb back from last place was nothing short of monumental. We worked hard as a team to find that delicate balance of making up for lost time, without pushing too hard and risking a blow up. Every few hours I was back in the pain locker, on the ground getting massaged to relieve the stabbing pain. We just kept working methodically, addressing the challenges that came with every new hour on the road.

By 3am we had reached Dalgety, 148km in, and we were 3.5 hours up on the cut off. By the time we reached Charlottes Pass we had managed to put 7.5 hours into the



Kirrily in action during the race

bank, with an official clock time of 35 hours 14 minutes. We astounded ourselves.

Celebration

We celebrated everything we could find to celebrate. The first sighting of the other runners. Sign posts - very exciting, definitely worthy of a big woohoo! Mannequins in a paddock. One of our team got so excited about it his clothes fell off.

Then there were the more special celebrations; like being paced by a mate when they not only saw their first shooting star, but we then went on to see another seven, while simply putting one foot in front of the other and gently making our way to our destination.

We had a lot of fun, and that was as much the source of our resilience as our focus and determination.

Learning

Most people are aware that at this year's C2K around a third of the pack was forced to do an inclement weather finish; that is we were stopped at Charlotte's Pass and were not allowed to summit due to dangerous conditions on the mountain. It was an extremely painful experience to live through. The light at the end of the tunnel, that gets you through all the training, all the pain and persistence needed for this event, is visualising yourself on top of that mountain. To have the ripped away at the

last minute, when you're in great condition, is tough. But from that deeply emotional moment so much learning has emerged.

I learnt that I am an ultra runner. It's a label I still find difficult to wear, but now I have some hard evidence to counter any arguments my brain might want to put up.

I am surrounded by people who care. What my crew went through during that race still leaves me speechless, and they did it so willingly. All the people who have given their support and enthusiasm for what I do are humbling.

And finally the most profound learning of all: I am capable of more than I ever dreamt possible.

Coast to Kosciusko ~ 240km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		25:56:15	Horsburgh	Ewan
2	2		26:52:20	Gallagher	Ian
3	3		27:21:15	Dore	Mathieu
4	4		27:41:41	Stokes	Adam
5	5		28:21:52	Mason	Rob
6	6		28:28:14	Muller	Kevin
7	7		29:49:58	Pearson	John
8		1	30:04:28	Baker	Jess
9	8		31:44:17	Bendall	Gavin
10		2	32:25:20	Hamaty	Sabina
11	9		32:46:30	Graham	Dave
12	10		33:02:05	Scholz	Justin
12		3	33:02:05	Scholz	Sharon
14	11		33:13:23	Heaton	Kevin
15	12		33:30:23	Blake	Jo
16	13		34:34:38	Cooke	Rick
17		4	34:39:03	Richardson	Sarah
18	14		35:08:54	Thwaites	Michael
19	15		35:14:55	Grills	Matthew
20	16		36:02:01	Allen	Trevor
21	17		36:31:09	Wallace	Greg
22		5	36:35:22	Hannah	Natalie
23	18		37:10:24	Schwebel	Ron
24		6	37:11:38	Benjamin	Tracy
25		7	37:37:36	Wynd	Nikki
26		8	37:43:57	Trumper	Jane
27	19		38:44:10	Fraser	Lachlan
28		9	38:54:23	Spink	Lisa
29	20		39:20:27	McClellan	Darren
30	21		39:57:49	Brown	Greg
31	22		40:58:17	Sullivan	Keith

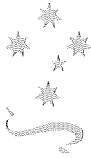
Bold SURNAME indicates AURA member.

Coast to Kosciusko ~ Inclement weather - 222km					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
			35:14:30	Dear	Kirrilly
			35:22:33	Brun-Smits	Marina
			36:06:19	Billett	David
			36:20:15	Sewell	Andrew
			36:45:13	Nemet	Alex
			36:45:13	Fumich	Frank
			37:50:33	Herrmann	Jan
			38:16:52	Kamei	Tomotaka
			38:33:47	Sutton	Rob
			39:38:00	Bowen	Andy
			39:47:57	Donkersloot	Rob
			40:15:48	Wijaya	Hendra
			40:56:38	Ward	Joe
			41:03:07	Campbell	Grant
			42:26:40	Pearce	Billy

Bold SURNAME indicates AURA member.

			DNF (210km)	Campbell	Mickey
			DNF (200km)	Doke	Marie
			DNF (112km)	Smith	Cassie

Bold SURNAME indicates AURA member.



AURA Member Profile

Serena Wooldridge

Name: Serena Wooldridge

Age: 43 on 19/3/71

Birthplace: Cessnock, NSW, in the beautiful Hunter Valley. That is why I have to run, I enjoy my wine too much!

Currently living in (suburb, state): Patterson Lakes, VIC

Number of years running: completed my first race (10km) in 2005 and was hooked from then on!

Number of years running ultras: 2009 completed my first ultra.

Favourite running terrain (and distance): I'm a road runner, and as long as it's a clear path I don't mind hills. I have a dodgy ankle from an accident in Vietnam, so I really struggle with trail runs. Love running from Patterson Lakes to Olivers Hill, up Humphries Rd, into Mt Eliza, down Canadian Bay Rd to the beach, back up that hill and back to Patterson Lakes. An awesome 42km run that I used to do each weekend in prep for Comrades! Also love running along Beach Rd for miles and miles - what a view running with all the cyclists!

Hours and/or distance spent running each week: Run 110km (roughly) a week, about 9-10 hours, plus boxing. As a personal trainer working out with your clients you tend to do a lot more than your planned routine. I find it hard to hold back, and I love to psyche up my clients and just jump in!

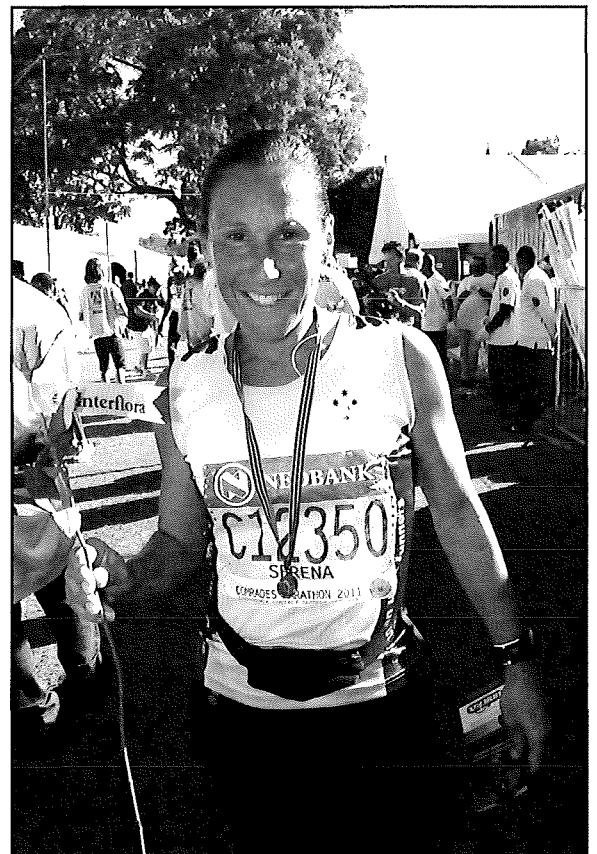
Some ultras completed: Six Foot Track (2009); Great Ocean Rd - I love it and have competed in the 45km every year since 2009; 50km Upstream Challenge (2010/11, 2013), winning 1st female each time; Comrades Marathon (2011 Uphill) in 8:29 for a Bill Rowan Medal (yeah); Tan Ultra 100km (2011) - 1st female.

Running related injuries: Not too many. I know to back off when I feel niggles, and cross-training (like boxing) help to give me that real sweat work out. Knowing how important recovery days are is essential!

Occupation: Personal trainer, working from home. I love motivating my clients and taking them on their very first 5km to a marathon is so rewarding!

Hobbies outside of running: Cooking, wining, dining – isn't that why we have to run?

Your hidden talent outside of running: Running a catering business (next to my PT business), running a family and finding 12 hours a week to work out as well: time management and delegating!



Serena Wooldridge at Comrades



AURA Member Profile

Ann Owen

Name: Ann Owen

Age: 57

Birthplace: Australia

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

Number of years running: 26 years

Number of years running ultras: 5 years

Favourite running terrain (and distance): Anything but track! 21km and up.

Hours and/or distance spent running each week: 40 – 70km

Some ultras completed: Canberra 50, Narrabeen All Nighter, Oxfam Trailwalker

Running related injuries: First injury after 26 years being a runner's knee. Of course lots of skin off the body over the years.

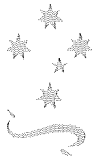
Occupation: Retail Manager.

Hobbies outside of running: Just enjoying life and catching up with my friends.

Your hidden talent outside of running: I'm told I make people smile.



Ann Owen



AURA Member Profile

Mick Thwaites

Name: Mick Thwaites

Age: 39

Birthplace: Peterborough, UK

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

Number of years running: 2

Number of years running ultras: 2

Favourite running terrain (and distance): Trail 100km/100mile

Hours and/or distance spent running each week: Varies up to 100km +

Some ultras completed: Glasshouse 100km and 100miler, GNW100 miler, Kep Ultra 100km, Coast 2 Kosciusko, Manaslu Mountain Trail Race (7 stage, 240km)

Running related injuries: Hip muscle tear (Don't try speedwork with a groin niggle!!)

Occupation: Small Business Owner – Precast Concrete

Hobbies outside of running: Family, travel, camping

Your hidden talent outside of running: Jack of all trades, master of none. Dabble in renovations.



Mick Thwaites halfway through the C2K



AURA Member Profile

Steve Reynolds

Name: Steve Reynolds

Age: 41

Birthplace: Wellington, NZL

Currently living in (suburb, state): Warner, QLD

Number of years running: 6

Number of years running ultras: 1

Favourite running terrain (and distance): Off road, single track in the mountains with a few creek crossings thrown in for good measure, around 50-70km

Hours and/or distance spent running each week: 80 - 100km

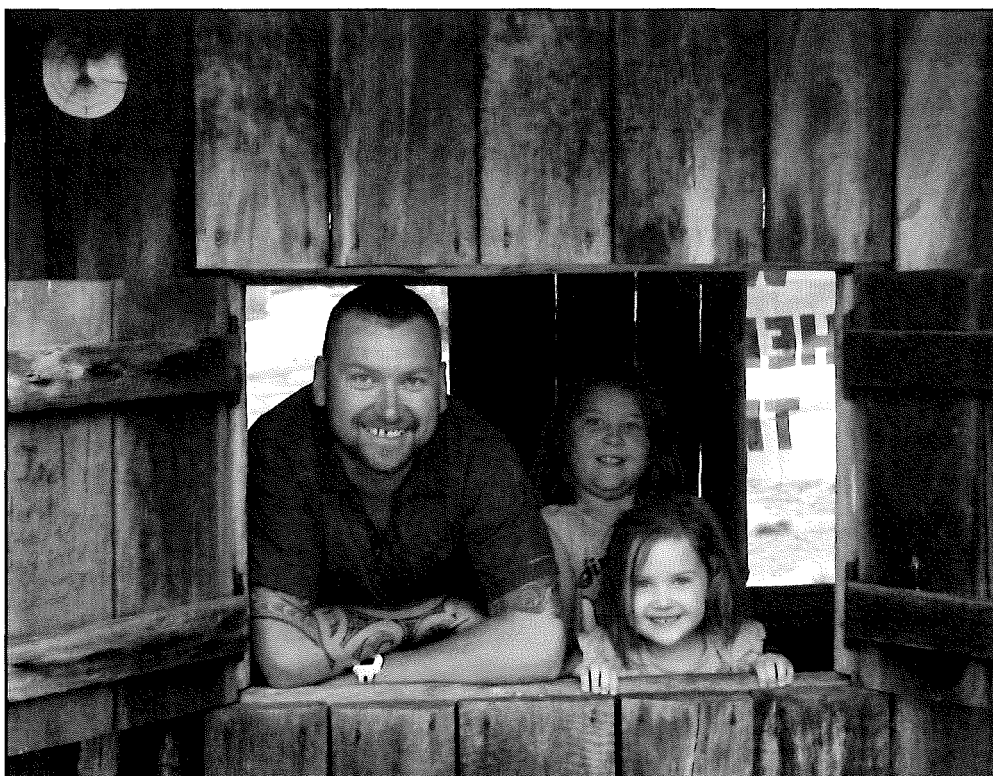
Some ultras completed: Washpool, Glasshouse Cook's Tour

Running related injuries: You name it! Body held together with sticky tape and rubber bands.

Occupation: Small Business Owner – Landscaper

Hobbies outside of running: Running leaves no time for anything else, anyway, what else would you need?

Your hidden talent outside of running: Playing the bagpipes.



Steve Reynolds



History Article

The Running Messenger

by Andy Milroy

One of the biggest problems in the First World War was how the generals, who were in command posts well behind the front lines, communicated with those managing the troops in the trenches. Moreover, the issue was also about getting timely information about what was happening on the battlefield. Field telephones offered the quickest solution, but shellfire often cut the lines. Pigeons and messenger dogs were an alternative, but much slower, means of communication, but the first were affected by weather, and the second were often killed by shells and snipers. In the end, the most common method used was human runners, despite being both slow and vulnerable. This was not unusual; when faced with a breakdown in communication systems, there would always be a need to revert to the default, original means of communication of human messengers.

Once man's ability to cover long distances on foot as a hunter became less crucial, as he gradually developed the alternative strategies of animal domestication and growing crops, the ability to run long distances became important for another reason. The specialist runner would have emerged for the first time, acting as a major force of social, and probably, ceremonial cohesion. For example, within many North American Indian tribes who had such a pastoral culture, there were men whose sole role was that of messenger. They acted as the means of fast communication between dispersed groups, enabling co-coordinated action between sub-tribes and villages.

There had been no horses in the Americas until the Spanish arrived with them in the sixteenth century., and the ability to cover distance on foot prescribed the Native American lifestyle. This ultra-culture involved Native American traders using the extensive trading routes that criss-crossed the continent, and, of course, travelling on foot. The most famous of these routes was the Iroquois Trail which held together the Iroquois Confederacy in the north-east of what was to later become the state of New York. Running messengers would cover the 240 mile/386km length of the trail in just three days. In 1794, a European settler recorded one of these messengers covering 90 miles/145km between sunrise and sunset.

A revolt of some 70 villages, or pueblos, covering a territory of over 300 miles in, what is now, Arizona and New Mexico against their Spanish overlords in 1680, was co-ordinated by a network of Hopi and Zuni runners.

Such messengers were chosen from the fastest and strongest runners in the tribe. Their hard, early conditioning is revealed in the harsh demands of the initiation rites of such tribes as the Apache, well known for their endurance. Soon after reaching puberty, boys would be expected to cover long distances over tough terrain carrying a load on their back. They would also be sent away from the tribe, being forced to fend for themselves for several weeks, or be forced to go without sleep for days at a time.

Among the Tarahumara in Mexico,

covering distance on foot became such an integral part of their culture that wagers were made on teams of runners, who would kick a wooden ball ahead of them for hours and hours, consuming only water and gruel made from corn and water called pinole. Races could and can last for up to two days and the gambling was an essential part of the whole process.

Incoming white settlers were quick to make use of the Native American messengers, although often their feats were greeted with scepticism. A notable runner, Big Hawk Chief, was accompanied by a witness on horseback, but halfway to the final destination 120 miles/190km away, the horse was forced to stop. When the witness finally arrived at the finish, he found the runner asleep having covered the 120 miles/190km over demanding terrain in around 20 hours.

The tribes of south-western USA and Mexico were most famous for their running ability. Walter Hough recorded a Hopi covering over a 100km in eight hours before returning home; that meant running close to 210km in 24 hours.

Such Native American runners made the transition into mainstream distance running. Louis Tewanima, perhaps the most famous of the Hopi tribe, won the silver medal in the 10,000 meters in the 1912 Olympics, and finished ninth in the 1908 Olympic Marathon. In the 1927 New York to Long Beach marathon, two Hopi and a Zuni arrived in, what was to them, a very alien environment. Al Michelsen, one of the top American marathon runners, had to face what was an

unknown opponent. On the point to point course, with many of the best marathon runners in North America behind him, the race was won by a Hopi, Nicholas Quanowahu, in 2:47:43.2,

Races involving Native Americans became common and, understandably, C.C. Pyle, keen to promote his Trans-America race from Los Angeles to New York, recruited Quanowahu. Unaccustomed to the strains and demands of the stage race, he was forced to quit after just a couple of weeks.

This brief survey perhaps gives some insight into a world where covering distances on foot was a normal part of every day life. For tribes and settlements to communicate, running messengers were the only means available. Even into the twentieth century, in many rural areas, for Native Americans and others in similar situations across the globe, running to school or to work was the only option; with no horse, bicycle or automobile available, it was actually the most efficient form of personal transportation.

From such early conditioning developed many of the great East African runners, who now dominate the world scene. Our present sport of ultrarunning is perhaps based on a subconscious urge to return to our ancient roots, to cover long distances on foot from one place to another.

More on this and related topics can be found in Andy's book North American Ultrarunning: A History.



Staying Hydrated This Season

Hot climates and large sweat losses can severely impact exercise performance^{1,2}, and leave you feeling depleted and drained of energy. To have the stamina to power through sweat-inducing events, it is vital to replenish your electrolyte and energy stores.

The Importance of Hydration

A loss of even 2% of body water can impair physical performance, ^{2,3} so boosting your electrolytes is especially important in hotter climates as temperature, heat and humidity may result in higher fluid loss.⁴ Fluid loss can reduce blood flow to muscles and oxygen delivery to skeletal muscle tissue,⁵ thus reducing your energy output, performance capacity and exhaustion point,⁶ all of which may leave you trailing behind the pack. Loading up with an electrolyte formula prior to an endurance activity can help to offset the fluid and electrolyte losses that occur during the long haul.⁷

Personalise Your Electrolytes

Endura Magnesium Rehydration Formula allows you to load, maintain and replenish your energy and electrolyte stores, so you can optimise the electrolyte potency for your event. To maintain peak performance, it helps to mix the right concentration (osmolarity level) of electrolytes in your drink bottle. The dose can vary as different quantities are needed for different functions in the body. Here are three ways to use Endura Magnesium Rehydration Formula to boost energy and hydration:

ISOTONIC

During Your Race or Training

The concentration of electrolytes in your drink matches that of the body's fluids for quick absorption during an event to balance fuel and hydration. Two scoops of *Endura Magnesium Rehydration Formula* in 700 mL of water will give you an isotonic drink. If there is more or less than two scoops, the osmolarity changes.

HYPERTONIC

Glycogen Loading and Replenishment

This form has a higher concentration of electrolytes than the body's fluids. Absorption is slower and is best used for carbohydrate and nutrient loading and replenishment before or after an event. Prepare a hypertonic solution by combining one scoop of *Endura Magnesium Rehydration Formula* with 200 mL of water. Load with this mixture if you are taking on an endurance event.

HYPOTONIC

Rapid Rehydration

The electrolyte balance is lower than the body's fluids. Absorption is rapid as this is a more dilute form containing fewer carbohydrates. Prepare a hypotonic drink by using approximately one scoop of *Endura Magnesium Rehydration Formula* in 700 mL of water. Use this method at the end of a race to help rapid rehydration.

Power on This Summer

Adjusting to heat, environmental conditions and exercise intensity is essential for successful summer endurance. Using a comprehensive rehydration formula before, during and after the race may assist your body against the effects of heat, humidity and long sessions that summer has in store. Team up with Endura Sports Nutrition to assist your hydration, stamina, endurance and muscle recovery.

www.endura.com.au

*References available on request

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

Staying Hydrated This Season

1. Sawka, MN, Montain, SJ. Fluid and electrolyte supplementation for exercise heat stress. *Am J Clin Nutr* 2000; vol 72, no. 2, pp. 564s – 572s
2. Latzka WA, Montain SJ. Water and electrolyte requirements for exercise. *Clin Sports Med*. 1999 Jul;18(3):513-24.
3. Australian Institute of Sport, Sports Nutrition. Fluid – who needs it? Australian Sports Commission, 2009; [webpage] http://www.ausport.gov.au/ais/nutrition/factsheets/hydration2/fluid_-_who_needs_it (date accessed: 11 January 2010).
4. Galloway SD. Dehydration, rehydration, and exercise in the heat: rehydration strategies for athletic competition. *Can J Appl Physiol*. 1999 Apr;24(2):188-200.
5. Coyle EF. Fluid and fuel intake during exercise. *J Sports Sci*. 2004 Jan;22(1):39-55.
6. Coyle EF. Fluid and fuel intake during exercise. *J Sports Sci*. 2004 Jan;22(1):39-55.
7. Zorbas YG et al. Effect of daily hyperhydration on fluid-electrolyte changes in endurance-trained volunteers during prolonged restriction of muscular activity. *Biol Trace Elem Res*. 1995 Oct;50(1):57-78.



International News:

with Nadeem Khan,
IAU Director of Communications

I am asked often, at the various world championships we have around the world, about what is the big attraction of ultrarunning. I say it is the sport of international camaraderie.

How many times have you gone to an ultra race and shook hands with everyone around you at the start line? How many times have you chatted with your fellow runners while out on the course, even cheering them on?? How many times have you stopped to help an injured runner even when you are in your zone and destined for personal goals??? And how many times have you cheered on a runner even though they are wearing the shirt of a different country????

I got my start in ultrarunning in the summer of 2001. I ran the 24 Hour Sri Chinmoy race in Ottawa, Canada. Having run the shorter distances of 5 kilometres, 10 kilometres and the half marathon for more than half of my life, I was amazed by the sense of solidarity as soon as I stepped foot into the pre-race pasta party.

The atmosphere in that kitchen was more of a reunion; with runners chatting and catching up, as opposed to the tone of national championships. No one was discussing the game-plan to become the Canadian Champion, but rather sharing personal news on long lost runners. This was my first introduction to discipline of athletics that we all so lovingly call ultrarunning.

That was about a decade and half back, and this persona of ultrarunning still holds true. This is the case whether you run an ultra in the trails of the United States, the grassy plains of Europe, the roads of South Africa, or the track in Australia. Regardless of where an athlete is, they can expect a warm

handshake and pat on the back, sometime even during the event.

Ultrarunning is bigger than an individual athlete. It is, in the truest sense of the word, larger than the sum of its parts. The athletes who partake in the races are competitors, individuals with a sheer will power to achieve their goal, while running towards their personal achievements, often culminating years of hard work and training.

But the athletes who partake in these races are also members of a wider community of runners. People with a compassion for their fellow runner with a firm recognition of their efforts on the race course, coupled with respect for the achievements being strived for on any given day.

This feeling of camaraderie transcends boundaries, extends beyond languages, and surpasses varied cultures. The universality of ultrarunning is the basis of this companionship between runners who are competitors on the race course and friends off of it.

I have been fortunate enough to have noticed this first hand in the international realm. I have witnessed the cheering crowds in the 23rd hour of the 24 hour race applaud for runners of all nationalities, carrying flags of their countries. I have seen athletes share their podium space on stage with other athletes. I have noticed competitors, along with their families, from different countries, socialising with each other the day prior to the race. I have observed athletes of different nationalities cross the finish line holding hands.

Ultrarunning has started garnering



media attention globally, bringing it into the mainstream sporting life. Huge accolades for this spotlight go to our athletes. Reporters have become aware of the persona of this sport and the personality of our athletes. They have noticed the camaraderie of the ambassadors of the sport realising that one can be ultra-competitive and yet hold the friendliness of a welcoming sport. The athletes can compete on a world class level, establish world's best performances over the toughest of courses, and still remain at the finish line till the very end of the race cheering on all the finishers. This is what this sport represents: Camaraderie!

I am very fortunate to be a small part of this very large (and growing) global community of ultrarunners. I am confident, working together, we will continue to increase the profile of the sport, while continuing to promote the greatest asset we have in our sport... and that is the camaraderie amongst our athletes.



R4YL
RUN FOR YOUR LIFE



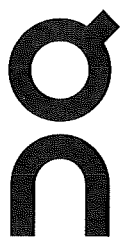
TOMTOM
RUNNER

CAMELBAK



striderm
active skincare

Destination
Southern
Highlands



Run on clouds.

**SWEAT
SYDNEY**

RUNNERS WANTED

www.southernhighlandschallenge.com

1KM FOR LITTLES
6KM FOR WOMEN AND JUNIORS
CAMELBAK OCTANE 21KM HALFMARATHON
50KM ULTRAMARATHON



Southern Highlands Challenge

WINGELLO
SUNDAY 31 AUGUST 2014
STATE FOREST







