

U L T R A M A G



Australian
Ultra
Runners'
Association Inc

June 2014
Vol 29 No 2



► **Member Profiles**

► **Coburg 24h, Canberra 50km, Beerwah and more**

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UltraMag:

The Magazine of the Australian Ultra Runners' Association

June 2014

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Cover Photos:

Front: Matthew Bell at the Roller Coaster Run

Inside Front: Amy Lamprecht at Convicts and Wenches

Inside Back: Toby Wiadrowski at Wilsons Prom



Committee Corner

Updates from the AURA Committee

President, Robert Boyce

I'm much honored again to be elected your president. AURA and ultra running is very big part of my life and I'm excited to be able to continue, and I look forward to doing the best I possibly can for AURA, and all our members.

We have some new faces on the committee with John Pearson and Billy Pearce, and a new QLD state rep in Mallani Moloney. I wish to thank all the new and old volunteers to AURA for their time and efforts.

The IAU finally announced the dates and venues for the 100km and 24 hr World Championships: 100km Qatar 21st November, and 24hr Taiwan 6-7th December. With the growth in ultra running over the last few years many of our ultra runners are world class. The teams that we will be selecting will be very competitive at the upcoming events. We will keep you updated on the AURA website with any news.

As I'm still unable to run due to injury, I have been a volunteer at five races. Not as rewarding as running, but still makes me feel a part of the event. If you are not running for some reason and have the time to be a volunteer, any RD would appreciate the help and you still will have a great day from the other side. I will be at many more events this year so please introduce yourself; I know we will have a lot in common.

AURA Vice President – John Pearson

I would like to express my thanks, and I am sure those of the AURA members, to the outgoing Vice President, Justin Scholz.

After many years of enjoying all AURA has to offer, I am now fortunate enough to have the chance to give a little back in my new role as Vice President. Hopefully I can help continue the great work that has been done by all the past and present AURA volunteers.

Having run my first ultra back in 2001 (at least it was in this century!), I have seen many changes in the ultra world. The days of choosing your races by reading competitors race reports in Ultramag, have been replaced by extensive detailed race descriptions all available online.

The good old days of filling in the entry form and attaching a cheque are almost a thing of the past, too. The days of knowing virtually every person on the start line have long gone. We just look at the massive numbers turning up at races. Who would have thought ten years ago that many races would have waitlists? Some may think change is a good thing, others may prefer things to stay the way they are. One thing is for sure, change is inevitable, so let's embrace it and get out there and try a few new events.

After many years of trying I finally got down to Coffs Harbour for the Water World 45km beach run. A fantastic old school event, it even had old school prices. Yes, you can run an ultra as an AURA member for just \$15! Steel Beveridge does a great job with this event. The scenery is fantastic! Throw in a few creek crossings and some steep headlands and you have a perfect recipe for a great course. Oh, and the finishers award of a thong is absolutely priceless. So if you enjoy dolphin spotting whilst racing, pop this one on your calendar.

I also managed to sneak off to Paul Ashton's Wilson Prom event, although I took the softer option of the 44km race. I got to sample what has to be some of Australia's most outstanding coastline. It was a tough choice between checking out the ocean vistas and watching where I was going. A couple of stumbles and near face plants tells me I was enjoying the views too much.

This race had a great atmosphere, with most entrants camping at the Prom over the race weekend. If you want to get away for a weekend in a pristine environment, maybe this one is for you.

So why not have a good look through the calendar and see what's on offer. Hopefully I will catch up with a few new faces over the coming months; please say G'day and have a chat.

Happy running.

AURA Secretary – Billy Pearce

It is with a respectful nod to the past, and an excited look to the future, that I take up the position of secretary. I am hopefully bringing a kit bag full of life, work, and running experience to the role and will endeavour to promote ultra running in all its formats.

To those of you who know me, and for those that I am yet to meet, let me know what AURA can do for you and the ultra runners in your community. I am keen to journal stories from "the back of the pack" so if you have a story to tell let me know.

On a personal note, I turned 50 this year. This was followed by a fifty year olds check by my doctor.

It appears I am not only in tip-top health, but my cardiac risk profile is so low that a cardiologist repeated my bloods to double check. The moral to this story is that it appears the years of slogging it out as at the back of the pack has significant health benefits.

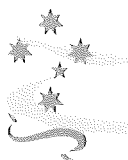
Ultramag Coordinator – Larissa Tichon

“Love one another. As I have loved you.” (John 13:34)

This edition of Ultramag has been a team effort. Synonymous to the comradeship, love and support one finds at all AURA events, the Ultramag team have been

phenomenal. Ultramag is a means for AURA members to read about what's going on in the community from all walks of life. I have been amazed by the generosity of individuals, either wanting to help out or offering to contribute articles. In particular I would like to thank Paul Rogers for collecting the articles and exceeding all deadlines; John Nuttal for his continued support with the calendar and contacts and eagerness to contribute where needed; Jon Lim for his continued contribution in collecting photos; Karen Hagan for her continued support editing (and hats off to her for having done this mammoth task by herself until now!); Annabel Hepworth

for her editing contributions; Elizabeth Bennett and Bernadette Benson for their contributions to the running book review; John Oldfield and Nicholas Bignell for their timely race result reporting; Robert Boyce for his continued support as the intermediary; and, finally, Billy Pearce and Steve Reynolds for their generous offers. This Ultramag would not be here without all of their support, and the continued support from our runners writing about their races! With the big(ger) winter AURA running season ahead of us, I wish you all reflective, inspiring and joyous runs, embracing this loving community of like-minded individuals.



AURA State Roundup July 2014

Western Australia by David Kennedy

It's been a busy start to the year for some WA AURA members. Two of us, myself included, headed over to tackle the Coburg 24 hour race in Melbourne. Despite running a 100 mile PB en route I had a forgettable day. The big highlight was perennial AURA committee member Bernadette Benson re-writing another bunch of records. The most important of these was the Open Australian Women's 24 hour record previously held by Helen Stanger. Bernadette added nearly 10K to this to set an impressive 238.261K. Also of note was former WA resident Jodie Osborne adding a 24hour qualifier to her 100K one from Caboolture last year. Many of the top 24 hour runners overseas are also running the 100K and the speed to succeed at this distance appears necessary to compete for individual medals

at World level. Well done to Jodie!

The 1st edition of the Wings for Life World Run was held in Busselton WA four weeks later. Whilst not officially an ultra I managed to stay ahead of the catcher car long enough to rack up a win and an ultra with 43.89K. (More to follow later in my race report)

In another stellar performance new AURA member Tina Major traveled to Canberra for the 50K and came home with a win in a super quick 3:35. She backed this up a week later with a win in the WA Marathon Club 40 Miler in a new record time.

Another local AURA member with 2 wins to start the year is Brett Tucker. Fresh from a record breaking run over 100K at Lark Hill, Brett had another win in the Bunbury 50K road race.

Upcoming events include the popular Kep Ultra and the 2nd

edition of the WTF 50& 100Milers in September.

Queensland by Susannah Harvey-Jamieson

Queensland is getting more and more events thanks to Run Queensland and TRAQ. Keep an eye on their websites for details of upcoming races including the inaugural Blackhall 100k in November (very exciting!). For some group training in Brisbane, Brisbane Trail Runners arrange trail runs at least 3 times a week – it's free to join up and a great way to share practical knowledge regarding trails, training and all things running generally. They have all their news on their BTR Facebook page.

I know that some of you undertook a questionnaire from Candice McBain (Psychologist from University of Sunshine Coast) so you may be interested in



AURA State Roundup

July 2014 (*continued*)

some preliminary (not published yet) results back from the study that Ms McBain conducted on ultramarathoners of masters age. She was investigating the psychological characteristics that this group of people might share. Some interesting observations you may be curious to know include:

1. Overall this study has shown that ultramarathoners have similar personality traits to individual non-endurance athletes of similar age
2. It was found that both groups had lower levels of neuroticism and higher levels of conscientiousness compared to the norms of non-athletes
3. This study indicated ultramarathoners have a coping style that is dominated by problem-focused strategies when faced with stressful situations, and use more cognitive reappraisal strategies when regulating their emotions

Goes to show we're not 'freaks' at all! Nice bit of ammunition when the next person starts to say you're mad – you can say that they are more likely to be than you!

On a personal level, I wish to thank Keith Sullivan for being my co-pilot in Queensland for the past couple of years and wish him and his lovely wife Carol, all the best as they temporarily relocate to Chile for work commitments over the next two or so years. We'll miss you!

In his place, please welcome Mallani Moloney. Mallani has had a quick profile elevation in her running performance, from being a back of the pack finisher; you are now more likely to see her name

in the top three. Goes to show what some training dedication and correct iron levels can achieve. I have no doubt her best is still to come! I look forward to working with Mallani as your fellow Qld rep. Please feel free to contact us with anything AURA related, we'll be happy to help as much as we can!

ACT Report by Elizabeth Bennett

The one and only AURA sanctioned ACT event that has been run so far this year has been the 50km road race that was run in conjunction with the Australian Running Festival race on 13 April 2014. While this event has been a longstanding feature of the ACT ultra running calendar, this was the first year it had been run on the new course (detailed in the last issue of Ultramag). A random selection of runner feedback suggested that while some runners found the new course more undulating than the old course, many thought it was more interesting/scenic. Being more undulating certainly didn't appear to affect the top finishers' times.

The next AURA sanctioned event scheduled for the ACT is the Sri Chinmoy 101km event on Sunday 28 September. The inaugural Sri Chinmoy 100km event was held last year to commemorate the Centenary of Canberra (1913-2013). In keeping with Canberra now being 101 years old, the 2014 event will be 101km.

The Sri Chinmoy 101km course incorporates many of the beautiful (and tough!) mountain trails throughout Canberra's nature parks, linked with sections of cycle path, to give runners a

scenic tour of the "Bush Capital". Starting and finishing at Regatta Point, the route takes 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. For a complete picture of the course see: <http://myrainbowdreams.com.au/sri-chinmoy-100km-map.html>. For all event information and to enter visit: <http://au.srichinmoyraces.org/canberra100km>

Tasmania by Allan Hood

The last of Tassie's summer ultras was the Convicts and Wenches 50km run; an out and back course through the beautiful coastal Narawntapu national park, on Tassie's north coast. With significant increases in numbers in all events, this mid - March event is certainly increasing in popularity. Hobart's David Bailey, although a newbie to ultras, blitzed the field to set a new course record. David had a good look at the course by winning the 25km event last year. It was great to see many names I'm familiar with in the results, many of them fairly new to ultras.

Stu Gibson has continued his superlative trail running form after Cradle Mountain run, first by setting a course record, by some margin, on an amended course at Maroondah dam in March; then just a few days ago, by holding off a fast finishing Andrew Tuckey to win The North Face 100 for a second time, now being held on a new, harder course. Stu

assures me that his many intensive training runs on Hobart's favourite backyard training ground of Mount Wellington were very beneficial for the arduous TNF100 course. That's five big trail ultra wins over an extended summer, all (except Cradle, a temporary anomaly) being IAU bronze labelled events. Stu is now enjoying a rest before building up for some events in the spring.

In other events, it was good to see Andrew Law travel over to the Ned Kelly 100km chase a few months ago - clearly leaving his hash house bugle at home made him run a bit faster for a fine 6th place!

South Australia by Paul Rogers

The start of the year is always quiet in South Australia giving SA runners the opportunity to travel to compete. Doug Kewley and Sarah Barnett travelled over to Greece in April to compete at the Athens

International Ultra Festival 6 day event. Completing 528 and 481 kilometers respectively finishing 8th and 12th (2nd female). Doug has just returned from Hungary after finishing the EMU 6 day event at Balatonfured with a total of 606kms at the beginning of May.

Over the next few months Adelaide is a hive of activity with all of our state ultras taking place between July and October. The first on the calendar is the Yumigo 24 hour festival on the 12th July including options for 6, 12 and 24 hour events. The 24-hour duration is also a qualifier for the National team and could be an ideal warm up for the World 24 hour event to be held in December this year.

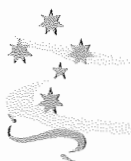
In September we have the Yurrebilla 56km trail ultra in the beautiful Adelaide Hills, Race Ambassador this year is two time and current Female Ultra runner of the Year Beth Cardelli.

Starting the same weekend is Adelaide's first 6 day and 48 hour

event and Race Director, Doug Kewley is already excited about some of the inclusions including the current World record holders in the M70 and M80 age groups as well as some of Australia's high caliber multi-day runners.

To cap of the year of ultras in SA we finish with the Heysen 105 on 25th October which follows the Heysentrail from Newland Head in Victor Harbor to Kuitpo Forest in Meadows. Race Ambassador this year is the one and only Brendan Davies and Race Director Ben Hockings is hoping that Brendan's inclusion will help bring other elite runners over to compete this year.

Finally I would personally like to thank Ben Hockings for his hard work in promoting South Australia over the last few years as Aura State rep, Ben is stepping down so that he can concentrate further on his Yumigo race events and coaching services.



Blast From the Past

THE RESULTS OF THE 1987 CRADLE MT RUN

| | |
|---------|-----------------|
| 10hr04m | Michael Walters |
| 11hr15m | Robin Rishworth |
| 11hr18m | Max Bogenhuber |
| 13hr04m | Alan Davis |
| 15hr04m | Mike March |
| 15hr04m | Doug Markulin |
| 15hr16m | Ross Shilston |
| 15hr33m | Geoff Hook |
| 15hr33m | Peter Armistead |
| 16hr++ | Ian Hutchison |
| 16hr++ | Brian Westwood |
| 16hr++ | Graeme Fennell |
| dnf | Edward Colcombe |

| |
|--------------------|
| Cheltenham VIC |
| Mt Waverley VIC |
| Grays Point NSW |
| Bundoora |
| Ferntree TAS |
| Manly NSW |
| Frankston VIC |
| Mount Waverley VIC |
| Frankstown VIC |
| Narrabeen NSW |
| Lindisfarne TAS |
| Mt Nelson TAS |
| Gynea NSW |

Richard Pickup
Richard Pickup



AURA Contacts

| POSITION | PERSON | EMAIL | PHONE |
|--|--------------------------|------------------------------|--------------|
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AURA EVENTS CALENDAR

This calendar contains only races sanctioned by AURA for 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.

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

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

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

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

AURA EVENTS CALENDAR

JULY 2014

Friday - Sunday 11-13 July THREE MARATHONS IN THREE DAYS (QLD)

3 day stage race totalling 126 km on trail

Contact: Lorraine Lawson

Email: trailrunning@roadrunners.org.au

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

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

IAU labelled loop race on 2.2k footpath

Contact: Ben Hockings or Sadie Cranston

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

Web: www.aura.asn.au/adelaide_12hr

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

25/27 July CABOOLTURE 6/12/24/48 HOUR (QLD)

(National 48hr Championships)

Contact: Geoff Williams 0412 789 741

Email: geoff@geoffsruns.com

Web: www.geoffsruns.com

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

Email: melparry73@gmail.com

Web: www.aura.asn.au/CP100

Sunday 17 August 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

24 August RIVER RUN (QLD)

100km road

Contact: Denny Neave 0407 615 490

Email: denny@riverrun100.com.au

Web: www.aura.asn.au/riverrun

31 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

AURA EVENTS CALENDAR

SEPTEMBER 2014

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

64km trail race (& shorter options)

Contact: David Elms & Larry Lawson

Email: info@dynamicrunning.com.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

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

Sunday 21 September SPINY CRAY TRAIL ULTRA (QLD)

57K Trail Race with lesser options

Contact: Shane White 0438 758 862

Email: shane@adventuresportnq.info

Web: www.adventuresportsnq.com

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: SARRC Office 08 8363 7377

Email: office@sarrc.asn.au

Web: www.aura.asn.au/YurrebillaTrail

AURA EVENTS CALENDAR

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

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 0467 641 593

Email: 6Day@sarrc.asn.au

Web: www.aura.asn.au/

OCTOBER 2014

Saturday 11 October BEERWAH AT NIGHT Beerwah (QLD)

50 km Trail & shorter options

Contact: Alun Davies

Email: alun@runqueensland.com

Web: www.aura.asn.au/

Sunday 12 October WASHPOOL WORLD HERITAGE TRAILS, Washpool NP, Northern NSW

50k Trail with shorter options

Contact: Steel Beveridge 0458 355 554

Email: steellyn@gmail.com

Web: www.aura.asn.au/Washpool

Saturday 18 October GREAT OCEAN WALK 100s Great Ocean Road Area (VIC)

100k & 55/45 Relay

Contact: Andy Hewat 0421 040 700

Email: andy@trailrunningcompany.com

Web: www.aura.asn.au/

Saturday 18 October HUME & HOVELL 50/100K - TUMUT (NSW)

50K/100K Trail with shorter options

Contact: Peter Fitzpatrick 0428 423 633

Email: peterfitz47@bigpond.com

Web: www.aura.asn.au/

Saturday 25 October THE HEYSEN 105 - NEWLAND HILL (SA)

105k Trail

Contact: Sadie Cranston & Ben Hockings 0437 971 221 (Sadie)

Email: sadiec@adam.com.au

Web: www.aura.asn.au/

Sunday 26 October NED KELLY CHASE – WANGARATTA (N/E VIC)

50k & 100k Measured Road & Shorter Options

Contact: Sharon Scholz 0407 081 070

Email: sharon@nedkellychase.com.au

Web: www.aura.asn.au/

AURA EVENTS CALENDAR

NOVEMBER 2014

Saturday 15 November THE 30/50 CHALLENGE – MORNINGTON PENINSULA (VIC)

50k Trail & Shorter Options

Contact: Sam Rowse 03 9598 4520

Email: sam@challengerevents.com.au

Web: www.aura.asn.au/

Saturday 29 November ALPINE CHALLENGE – Victorian Alps (VIC)

100 Mile/100k/60k Solo/Team

Contact: Paul Ashton 0418 136 070

Email: runningwild56@tpg.com.au

Web: www.aura.asn.au/

DECEMBER 2014

Saturday 6 December BRUNY ISLAND ULTRA – BRUNY ISLAND (TAS)

Road/Trail Run of approximately 64k with a Team Option

Contact: Paul Riseley 0427 517 537

Email: brunyislandultra@gmail.com

Web: www.aura.asn.au/

Friday 5 December COAST TO KOSCIUSZKO – COAST TO KOSCI (NSW)

240K

Contact: Paul Every 02 9482 8276

Email: racedirector@coast2kosci.com

Web: www.aura.asn.au/

Sunday 14 December KURRAWA TO DURANBAH – GOLD COAST (QLD)

50K and shorter options

Contact: Ian Cornelius 0408 527 391

Email: info@goldcoastultras.com

Web: www.aura.asn.au/

Sunday 21 December 6 INCH TRAIL MARATHON – NORTH DANDALUP (WA)

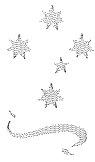
46K Trail

Contact: David Kennedy 0433 333 206

Email: davidk1998@hotmail.com

Web: www.aura.asn.au/

If you have a race that you would like included in our race calendar, please contact our Compliance Officer Kerrie Bremner (see the AURA contacts listing). Sanctioning requirements are posted on the AURA website www.aura.asn.au/governance



Cradle Mountain Run

Cradle Mountain, TAS

February 1, 2014

by Gill Fowler

It was a perfect start to the day at Waldheim; T-shirt and shorts weather and views! The locals would have preferred a few degrees cooler, but I was very happy with the temperature for a summery run. I had done this run once before, three years earlier, and I was really looking forward to it again. There are very few runs where you get 80km of single trail!

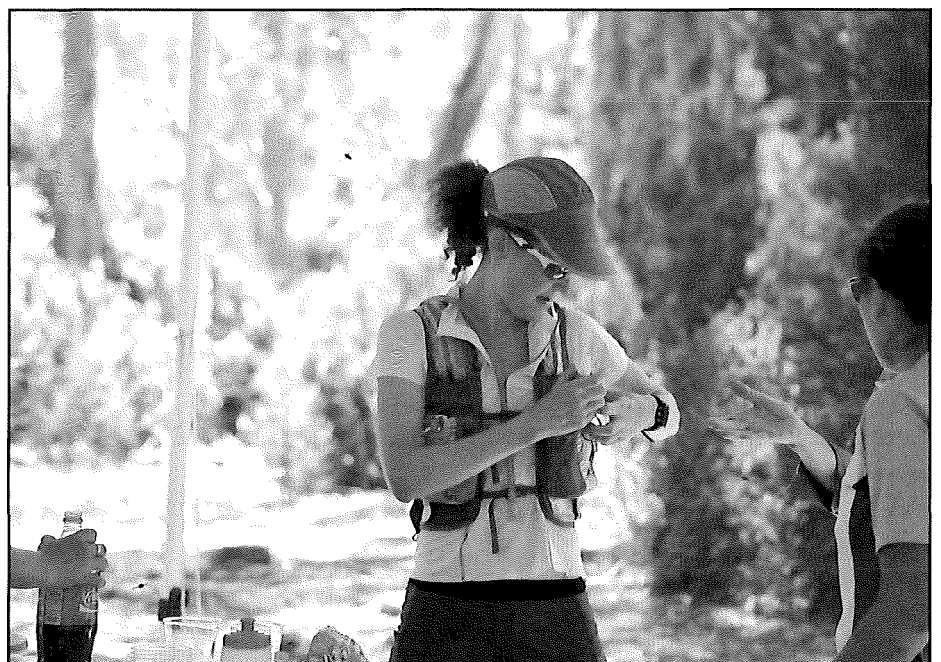
6:00am "Go" – a quick run down the boardwalks (hoping not to stack in the first km as the legs warmed up) and to the start of the first climb to Marion's Lookout. With just 55 runners lucky enough to start the Cradle Mountain Run, the Conga-line thinned very quickly. Stu Gibson and 'Barry' the Gorilla, tightly secured to Stu's pack, led from the start. They soon disappeared into the distance with a few following in pursuit, so most of my day was spent enjoying the trail in solitude. With no cloud or fog, it was spectacular run across the tops. With Cradle Mountain to the left, and Barn Bluff to the right, even if only to glance at the views for a second or two at a time as my eyes weren't straying too far from the rocky path. I was having heaps of fun rock-hopping, and then faster running on the boardwalk sections. Dave Heatley was not so lucky. I came upon him near Waterfall Valley (~10km) and he had slowed to a walk after a pretty nasty fall. Most people would have turned around, but Dave assured me he was OK and wished me well, saying he was here to spend the day on the track even if he had to walk. Around the 20km mark I caught up to John Lautrell. The bonus of catching up to a local is they can tell you how far you have

run and where the next good creek is for water (the third creek in about 15 minutes). Pretty important for this run, as it was building to a hot day and the area hadn't had rain for three weeks!

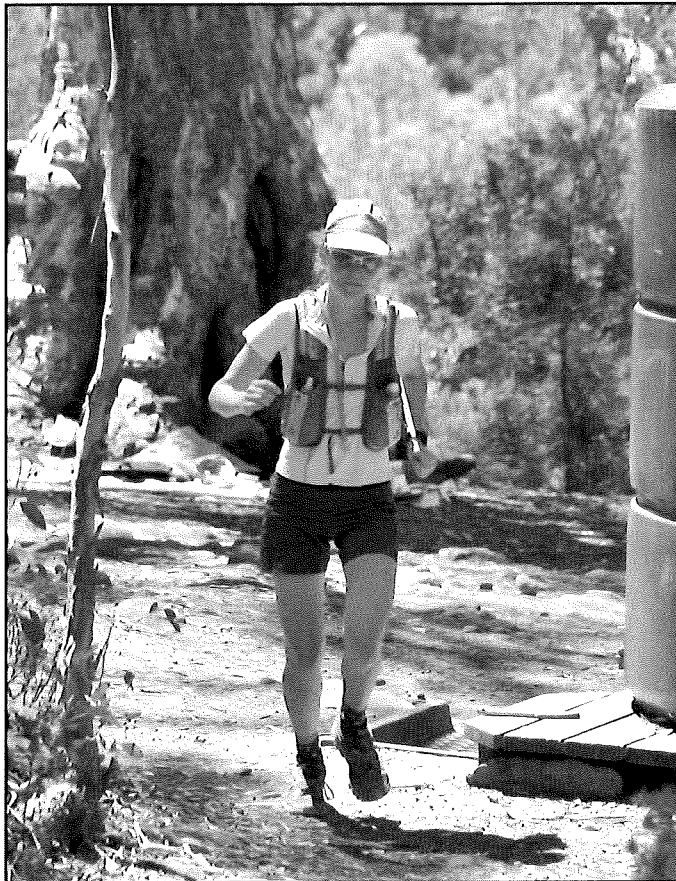
First little mishap... I roll my temperamental left ankle. That's what you get for chatting while you run. I let John go, and then swear to myself for 5 minutes, or so. Picking up water, then run around a corner and there is John again. Cramping? No. Stack? Yes! It was my turn to jump in front again. A telltale sign of the dryness – Frog Flats wasn't even muddy! I ran through without even noticing and I would also get to the end of the run with mud-free shoes. About 9:30am I reach Pelion (~33 km). A pleasant surprise as I'd not realised I had run through Frog Flats as the usual mud section had dried up. No need to loiter here.

I was feeling good and was reassured by the support crew at

Pelion that water (creek) was just around the corner. Next stop Windy Ridge Hut, about 20km down the track. This section has two good climbs to test the legs: Pelion Gap and Du Cane Gap. Once over Du Cane Gap the hills are done (relatively) and it's a fairly sheltered (and steep at times) descent, over tree roots to Windy Ridge Hut (about midday). Liv Ferraro was in the support crew here, cheering all the runners in before her pacing duty (alas, no Cow Bell?!?). The next section was a quick 10km to Narcissus. Gradually downhill through the forest, jumping tree roots, and then it flattened out and the path became smoother. Another runner?? I'd caught up to Peter Preston about halfway into this leg. A quick hello, and off I went again in search of watermelon (which I remembered from the 2011 run). I was in luck: watermelon, Coke, and the traditional ANZAC biscuits. Dave Cole didn't have any success tempting (force-feeding) me with a biscuit, but they did taste very good



Gill Fowler



Gill Fowler

at breakfast the next morning. I'd been out on the course for 7:10. Dave said "not far to go now – 2.5 hours." 2.5 hrs? No thanks. I thought I'd like this next section and it's only about 18 km. This was the first time I thought about time and I set myself a goal of 9:30 hours.

Many people find this last section hard and never-ending with the monotonous, undulating, windy track next to the lake choked with tree roots. New runners are warned, but I enjoyed this section last time, so wasn't too worried. It's not too different from the Sydney bush trails along the creeks, and the advantage of this section for the day was the shade. OK, it does take a little while dancing tree roots, and even a bit longer when you don't quite jump them high enough and find yourself horizontal. The 9:30 time was fast approaching and I was yet to catch a glimpse of the visitor's centre at the far end of the lake. But then...there it was! I just had a final uphill pinch on the trail (into the sun and heat) before

was taller than me! It had recently fallen across the path, and it would surely have made for a clambering detour. My legs pulled up really well after the run. I'm sure the cold water of Lake St Clair helped, and a swim at Cataract Gorge on Sunday to escape the heat. At orienteering, the almost mandatory Wednesday night run for me, my legs felt fine, but I was amazed my head didn't want to concentrate on any more technical single trail! I have never had that sensation before.

My Overland

back to the shade of the wider path, and the final kilometre into the finish.

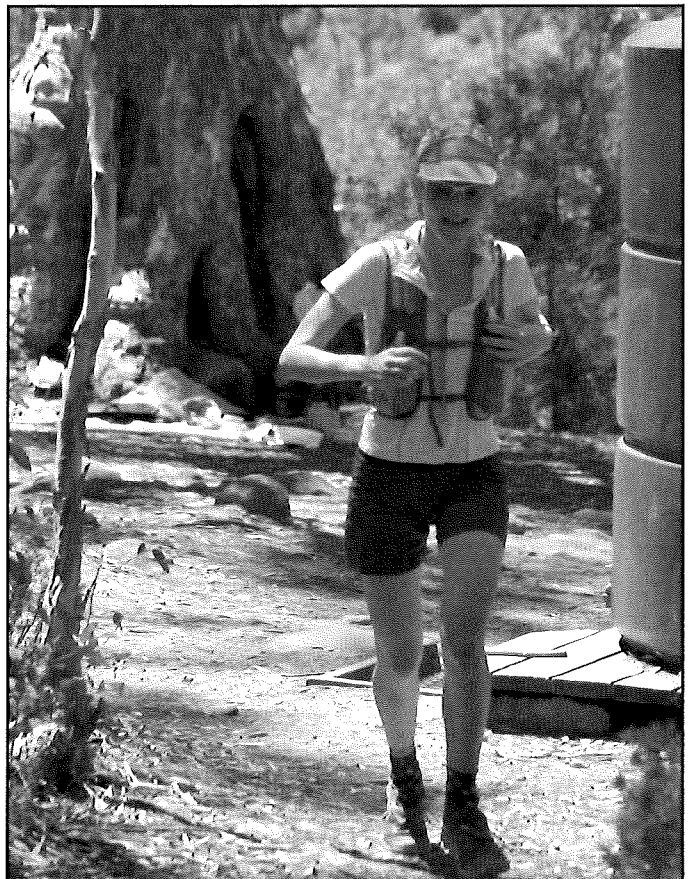
The Overland Track was run – 9:28! 1st Female and 7th Overall.

Thanks to all the organisers and support team. The Overland Track is a fantastic run and you make it a great event and social weekend. Thanks must also go to National Parks for letting us run the Track, plus cutting a gap in that massive tree that

Track tips – practice lots of single trail running and on the day if you cross a creek grab water.

- I put my Helios shoes to the test for their first long run, and they were great! Light and grippy! Note to self: wear half a size larger on long runs to save my big toenails.
- I didn't run with a GPS, just time – too bulky for my wrist.
- I ate close to each hour, sometimes a bit sooner if my energy was fading.
- My left hip injury generally behaved for the day, even without compression!
- I carried a small water bladder, which I used this for the first 10km, and then this was my back-up if my flasks ran out before a creek. There are plenty of creeks, particularly in the second half.

I'll aim to be back in 2015!



Gill Fowler



Gill Fowler

| Cradle Mountain ~ 82km | | | | | |
|------------------------|-----------|-----------|----------|------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 1 | 1 | | 7:59:52 | Gibson | Stu |
| 2 | 2 | | 8:28:56 | Preston | Robert |
| 3 | 3 | | 8:38:04 | Lanceleur | Ludovic |
| 4 | 4 | | 8:45:43 | Booth | Oskar |
| 5 | 5 | | 9:10:37 | Cuthbert | Paul |
| 6 | 6 | | 9:18:45 | Hawthorne | Thomas |
| 7 | | 1 | 9:28:24 | Fowler | Gill |
| 8 | 7 | | 10:08:50 | Preston | Peter |
| 9 | | 2 | 10:27:10 | Macmillan | Katherine |
| 10 | 8 | | 10:34:48 | Banks | Gareth |
| 11 | 9 | | 10:41:43 | Cannell | John |
| 12 | 10 | | 10:46:35 | Waddington | Nigel |
| 13 | 11 | | 10:54:12 | von Bibra | Julian |
| 14 | 12 | | 11:07:29 | Wentworth | James |
| 15 | 13 | | 11:08:39 | Person | Marc |
| 16 | | 3 | 11:29:35 | Boocock | Jennifer |
| 17 | | 4 | 11:42:08 | Rundle | Sue |
| 18 | 14 | | 11:49:36 | Squire | Tim |
| 19 | 15 | | 11:52:19 | McIntyre | Michael |
| 20 | 16 | | 11:55:26 | Beeston | Phil |
| 21 | 17 | | 12:12:03 | Sapir | Rony |
| 22 | | 5 | 12:13:19 | Sprent | Jenny |
| 23 | 18 | | 12:17:59 | Hawthorne | Neil |
| 24 | 19 | | 12:24:55 | John | Michael |
| 25 | | 6 | 12:58:02 | Middleton | Rebekkah |
| 26 | 20 | | 12:58:07 | Middleton | Mark |
| 27 | 21 | | 13:01:13 | Heatley | Dave |
| 28 | 22 | | 13:05:09 | Speck | Darren |

| Cradle Mountain ~ 82km | | | | | |
|------------------------|-----------|-----------|-----------|-------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 29 | 23 | | 13:05:15 | Sheridan | Peter |
| 30 | 24 | | 13:11:19 | Brown | Mark |
| 31 | | 7 | 13:14:03 | Todd | Karen |
| 32 | 25 | | 13:23:58 | Newell | Craig |
| 33 | 26 | | 13:27:12 | Slagter | Michael |
| 34 | 27 | | 13:33:53 | Pickup | Richard |
| 35 | 28 | | 13:36:34 | Saunders | Travis |
| 36 | 29 | | 13:36:39 | Burgess | Paul |
| 37 | 30 | | 13:36:44 | Robinson | Philip |
| 38 | 31 | | 13:48:17 | Roberts | Martin |
| 39 | 32 | | 13:48:18 | Strohfeld | Doug |
| 40 | 33 | | 13:55:11 | Nicholls | Mathew |
| 41 | 34 | | 13:57:27 | Wood | John |
| 42 | 35 | | 14:12:09 | Turnbull | Simon |
| 43 | 36 | | 14:27:59 | Bartholomew | Ash |
| 44 | 37 | | 14:47:01 | Josephs | Derek |
| 45 | 38 | | 15:07:16 | Hingston | Malcolm |
| DNF | | | Echo Pt | Guy | Jacqui |
| DNF | | | Echo Pt | Rees | David |
| DNF | | | Narcissus | Anderson | Nicole |
| DNF | | | Narcissus | Barker | Nicole |
| DNF | | | Narcissus | Grove | Claire |
| DNF | | | Narcissus | Henschke | Philip |
| DNF | | | Narcissus | Blobel | Norbert |
| DNF | | | Narcissus | Stevens | David |
| DNF | | | Narcissus | Saxon | Brett |
| DNF | | | Narcissus | Hewat | Andrew |
| DNF | | | Pelion | Lancaster | Dale |

Bold SURNAME indicates AURA member.



Mt Buller Skyrun

Victorian Alps, VIC

February 2, 2014

by Anne Ziogos

All runners met at the Mirrimbah Car Park, on the grassy plains of the Delatite River. The sun had not yet risen and the dew and chill in the air were still present. We were given a quick briefing and a very informal “go”, then we all set out running up the steep Klingsporn Trail (elevation 690m) to Mount Buller. The views along the way were magic. There were pockets of lush green ferns and mountain vegetation that varied with the climb to the summit. Once we reached the Summit Car Park, we took the trail to the fire tower on top of Mt Buller at 1805m. The views were totally stunning. It’s a shame we were in a race and did not have the time to enjoy the magic of the mountain at leisure. From the summit, the race went through the grassy slopes and headed down to the clock tower in the village.

I was so busy enjoying the views I missed the turn and went back around the car park again, adding a few extra kilometres to the my race. Paul Ashton came to my rescue and showed me the way.

The second stage of the race was a lot of steep downhill, which I found very challenging. The trail was very dusty, rocky, and technical in sections; runners had to be very mindful of their footing to make sure no injuries were sustained. It was very easy to roll an ankle. At this stage the temperature was also rising and the flies were becoming very annoying and vicious, even biting through clothing.

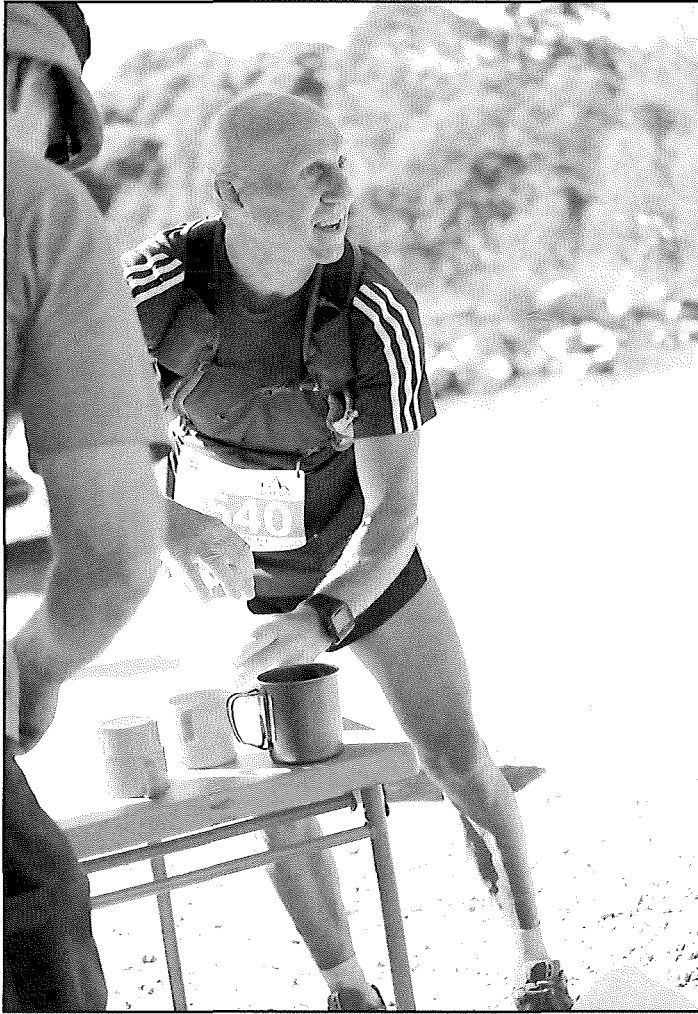
We followed the a 4WD track to Corn Hill, which was a nice challenging climb, before we continued on a steep drop down to Howqua Gap. There was a

refreshing stop here with clean toilets and fresh water. The run then went up another steep hill to Stanley’s Bowl, and then onto the summit of Mt Stirling. Once again we feasted on the most amazing 360 degree views of the surrounding valleys and mountain peaks. After the summit, the most challenging part of the run was yet to come; the trail to Craig’s Hut. It was particularly gruelling, but at the same time very beautiful. The weather was really heating up by midday and the flies were particularly annoying. Fly spray was very helpful.

The return to Mt Stirling was, once again, challenging and taxing. The steepness of the hills was honestly back breaking. Once back on Mt Stirling it was only 16km to the finish. Somehow, together with



(Photos courtesy of Paul Ashton)



(Photos courtesy of Paul Ashton)

Peter and Matthew, we managed to turn right a little too early as we were following the bike trails. We did notice that there were no signs of any human footprints and so we ran down this absolutely beautiful trail back down to Howqua Gap (adding another few extra km to the race.) From there we met some very helpful bike riders who helped us find our way back on the River Spur Trail and to the finish line at Mirimbah. This was an adventure in itself. Once we rejoined with the race trail, we continued to enjoy the ambiance of our surroundings. The gentle downhill alongside Delatite River, the 15 bridge crossing and the 14 runs through the cool water, were pure joy. Seeing the finishing line and all the devoted organisers and volunteers waiting for us to finish was thrilling. I could not thank Paul Ashton and the rest of the team enough for their patience and understanding. I had a fantastic adventure and I got to see some breath taking views and meet some great people. I managed to get value for my money as I completed 51km, rather than 45. I was thrilled. I may have another go next year and try to stay on the allocated trails rather than reorganise the race.

Thank you for a great run Skyrun organisers.



(Photos courtesy of Paul Ashton)

| Mt Buller Skyrun ~45k | | | | | |
|-----------------------|-----------|-----------|---------|--------------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 1 | 1 | | 4.15.33 | Auf der Heide | Moritz |
| 2 | 2 | | 4.41.52 | Fitzgerald | Joel |
| 3 | 3 | | 4.55.00 | Brazier | Thomas |
| 4 | 4 | | 4.57.43 | Roberts | Chris |
| 5 | 5 | | 5.03.57 | Beard | Dan |
| 6 | 6 | | 5.10.20 | Zwierlein | Robert |
| 7 | 7 | | 5.30.09 | Street | Josh |
| 8 | 8 | | 5.30.26 | Donaldson | Andrew |
| 9 | | 1 | 5.30.35 | Bartholomew | Lucy |
| 10 | 9 | | 5.33.51 | Sharpe | Rob |
| 11 | | 2 | 5.44.45 | Bespalov | Isobel |
| 12 | 10 | | 5.47.55 | Hutton | Shane |
| 13 | 11 | | 5.47.55 | Prentice | Derek |
| 14 | 12 | | 5.48.05 | Jansen | Erwin |
| 15 | 13 | | 5.50.26 | Metcalfe | Anthony |
| 16 | 14 | | 6.02.04 | Angel | Tegyn |
| 17 | 15 | | 6.08.55 | Allen | Duncan |
| 18 | 16 | | 6.18.43 | Silvester | Michael |
| 19 | 17 | | 6.21.29 | Schutt | Ben |

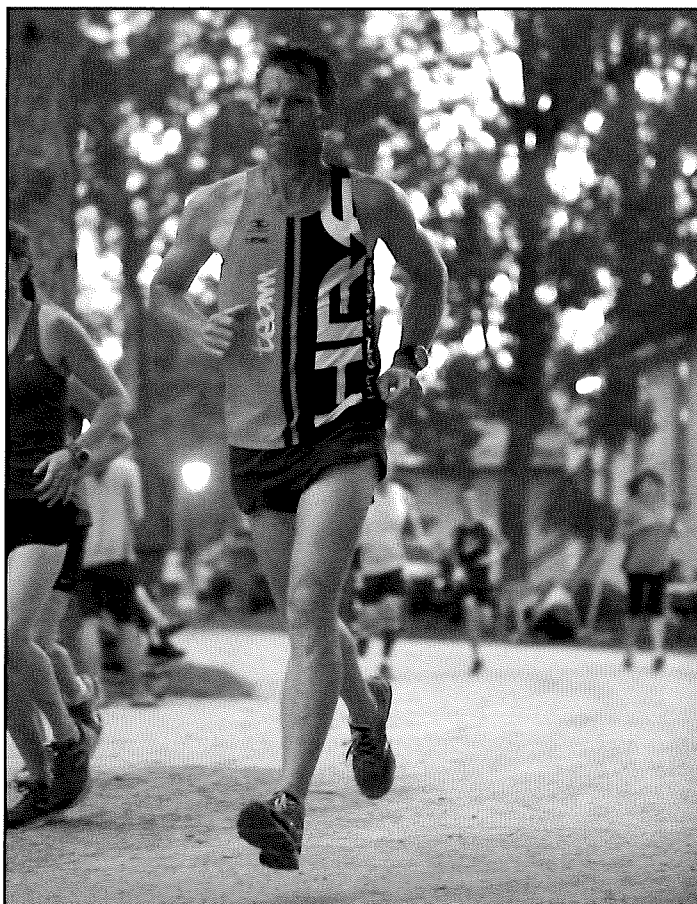
| Mt Buller Skyrun ~45k | | | | | |
|-----------------------|-----------|-----------|---------|------------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 20 | 18 | | 6.34.47 | Schiffer | Bernd |
| 21 | 19 | | 6.37.46 | Heron | Ron |
| 22 | 20 | | 6.47.28 | Kinder | Neil |
| 23 | 21 | | 6.50.52 | Russel | George |
| 24 | 22 | | 7.03.43 | Avardo | Jim |
| 25 | 23 | | 7.04.40 | Robertson | Andrew |
| 26 | 24 | | 7.07.03 | Brown | Troy |
| 27 | 25 | | 7.25.51 | Janney | Matt |
| 28 | 26 | | 7.27.18 | O'Brien | Paul |
| 29 | 27 | | 7.53.03 | Warner | Shannon |
| 30 | 28 | | 7.54.20 | Venables | Bruce |
| 31 | | 3 | 8.07.47 | Bolton | Vanessa |
| 32 | 29 | | 8.38.03 | Crozier | Luke |
| 33 | 30 | | 8.43.05 | Paynter | Damian |
| 34 | 31 | | 8.54.35 | Lubbock | Matthew |
| 35 | | 4 | 9.00.40 | Ziogos | Agni |
| 36 | 32 | | 9.10.32 | Munns | Peter |
| 37 | | | DNF | Filby | Jennifer |

Bold SURNAME indicates AURA member.

Caboolture Dusk to Dawn 6/12 Hour Race **Caboolture, QLD** **February 8-9, 2014** **by Martin Hack**

The 2012 Caboolture Dusk to Dawn 12 Hour race was my first real foray into the ultrarunning world. Two years later, with a bunch of trail ultras under my belt, and with a goal of competing at this year's 24hr event in Coburg, I thought it might be time to check my track legs again. I am normally one of those people that look at an event and nominate for the longest race distance possible. So what was initially the 12 hours for me was interrupted by a rare moment of rational thought about my options. With the prolonged recovery from the 12 hour event two years ago, and with 100 km at Tarawera looming in March, I found myself toeing the line for the 6 Hour.

The race is run on a certified 500m circuit of decomposed granite through the Caboolture Historical Village. I have only run at one other timed-event location, but I imagine the Historical Village is quite a unique setting with the track taking a few twists and turns past the buildings. Throughout the night one certainly has the opportunity to become acquainted with the village layout. This year, race director Geoff Williams saw a record 165 competitors on the track simultaneously. This number of competitors, combined with a track that takes a few twists and turns, means I regard this



Martin Hack (Photo by DreamSports Photography)



(Photo by Dreamsports Photography)

event as quite challenging in which to run a very quick time.

Mid-afternoon and the gates open up, allowing runners and crew to set up their tents and tables in prime positions around the track. I was crewing for myself and it didn't take long to settle in. Despite two years of ultrarunning, I was still experimenting with my nutrition, so I had a combination of fresh fruit (banana, watermelon, oranges), gels, and muesli bars. A few familiar, and many unfamiliar, faces were soon arriving at the village. Weather conditions were quite mild for Caboolture at this time of year, with relatively low humidity and only a few spits of rain throughout the night. Without really analyzing it, I started with a lofty goal of 80km which meant starting at a good pace and trying to hold on. Easier said than done.

Laps of 2 min 3 secs at the race start were spurred on by the fast pace of Trevor Allen and Wayne Spies, but had become 2 min 10 secs by 90 minutes in. The goal was to try and maintain a good running rhythm with good form,

whilst weaving and ducking between the traffic to get the best line. By 2 hours 30 minutes I was averaging laps of 2 min 30 secs, which had become 2:40 laps at 3 hours and 15 minutes into the race. This was starting to become hard work. I wasn't the only one who thought my table was in a prime position. After what was initially a thin trickle of black ants onto my food table, I was to discover they were just the advance party. My well-dissected banana and watermelon was now smothered by a horde of black ants. These provided an extra source of protein, but if any of you have eaten black ants before they do leave a very peculiar taste in the mouth. Also keeping me honest was the strong and consistent running of good friend, and fellow Rockhampton runner, Gavin Bendall, and the very talented Deb Nicholl. Any slackening on my part and they would soon gobble me up. Wayne Spies and John Pearson were running a very controlled 50 km race also provided great motivation to try and maintain a similar pace. I maintained my 2 min 40 lap pace

until 5 hours in and, with an hour to go, I was like a horse heading for home when my pace quickened a little. It was with some relief I crossed the finish line with a total of 73.8 km and I was very happy with my decision to run the 6 hour event. I then had the luxury of a very comfortable chair to rest my weary legs, some refreshing beverages consume, and to watch and support the very determined runners left on the track.

With any running event I love the fact people of all abilities are out there, striving to obtain their personal goals. In doing so, they are creating a healthier lifestyle for themselves both mentally and physically. The support and camaraderie of the crews and fellow runners always astounds me. This event is well supported by a number of schools with runners in relay teams, and the enthusiasm and ability of these school kids will provide a great running foundation for the future. Well done to Geoff Williams and the organising team; I am sure even more runners will be at the start line of the next Dusk to Dawn.

Caboolture Dusk to Dawn - 6 Hour

| Rank | Cat Place | Cat Place | Distance | Last Name | First Name |
|------|-----------|-----------|----------|----------------|------------|
| 1 | 1 | | 73.803 | Hack | Martin |
| 2 | | 1 | 70.404 | Nicholl | Deb |
| 3 | 2 | | 69.909 | Bendall | Gavin |
| 4 | 3 | | 67.225 | O'Brien | James |
| 5 | | 2 | 65.172 | Hodge | Kerrie |
| 6 | 4 | | 64.003 | Lye | Brad |
| 7 | 5 | | 63.522 | Jewell | Brad |
| 8 | | 3 | 62.918 | Russell | Trish |
| 9 | 6 | | 62.500 | Laine | Laurie |
| 10 | 7 | | 59.708 | Anson | Malcolm |
| 11 | | 4 | 59.000 | Awiszus | Stefanie |
| 12 | | 5 | 55.328 | Benson | Leah |
| 13 | | 6 | 51.355 | Russell | Carol |
| 14 | 8 | | 51.000 | Gibbons | Wayne |
| 15 | 9 | | 50.000 | Xanthopoulos | Jan |
| 16 | 10 | | 49.000 | Walsh | Matt |
| 17 | 11 | | 48.164 | Salter | Michael |

Caboolture Dusk to Dawn - 6 Hour

| Rank | Cat Place | Cat Place | Distance | Last Name | First Name |
|------|-----------|-----------|----------|----------------|------------|
| 18 | | 7 | 47.063 | Davidson | Meg |
| 19 | 12 | | 42.000 | Abrey | David |
| 20 | 13 | | 41.000 | Haskins | Michael |
| 21 | | 8 | 40.891 | Spies | Bronwyn |
| 22 | 14 | | 36.500 | Standring | Brett |
| 23 | | 9 | 35.002 | Downes | Lorna |
| 24 | | 10 | 34.000 | Standring | Megan |
| 25 | 15 | | 32.500 | Blinco | Trent |
| 26 | | 11 | 31.500 | Moloney | Mallani |
| 27 | | 12 | 29.000 | MacLean | Lisa |
| 28 | | 13 | 25.500 | Mulholland | Liz |
| 29 | | 14 | 25.000 | Langhome | Tanya |
| 30 | 16 | | 24.500 | Frost | Michael |
| 31 | 17 | | 21.000 | McLeavy | Guy |
| 32 | | 15 | 21.000 | Field | Leeanne |
| 33 | | 16 | 20.000 | McLeavy | Alison |

Bold SURNAME indicates AURA member.

Caboolture Dusk to Dawn - 12 Hour

| Rank | Cat Place | Cat Place | Distance | Last Name | First Name |
|------|-----------|-----------|----------|--------------------|-------------------|
| 1 | 1 | | 123.898 | Gamble | Malcolm |
| 2 | 2 | | 121.649 | Eckford | Matthew |
| 3 | 3 | | 120.003 | Turner | Nicholas |
| 4 | | 1 | 117.037 | Bendall | Raelene |
| 5 | | 2 | 115.264 | Oborne | Jodie |
| 6 | 4 | | 111.009 | Vickers | Mark |
| 7 | 5 | | 108.322 | Allen | Trevor |
| 8 | | 3 | 107.759 | Brun-Smiths | Marina |
| 9 | 6 | | 107.171 | Bennett | Peter |
| 10 | 7 | | 105.639 | Sawa | Mak |
| 11 | 8 | | 104.248 | Knowles | Chris |
| 12 | | 4 | 103.591 | Chan | Karen Woon Cheung |
| 13 | 9 | | 102.147 | Woodger | Greg |
| 14 | 10 | | 101.037 | Tomlins | Geoff |
| 15 | 11 | | 98.970 | Last | Geoff |
| 16 | | 5 | 96.497 | Rushton | Jane |
| 17 | | 6 | 96.074 | Thompson | Michelle |
| 18 | 12 | | 95.125 | Wright | Stephen |
| 19 | | 7 | 94.528 | Anderson - Glover | Lori |
| 20 | 13 | | 93.817 | D'Arcy | Leigh |

Caboolture Dusk to Dawn - 12 Hour

| Rank | Cat Place | Cat Place | Distance | Last Name | First Name |
|------|-----------|-----------|----------|-----------------|------------|
| 21 | 14 | | 92.700 | Foster | Wendell |
| 22 | 15 | | 88.703 | Moreton | John |
| 23 | | 8 | 85.009 | Bocock | Jennifer |
| 24 | 16 | | 84.085 | Rowe | Ian |
| 25 | | 9 | 82.625 | Brousseau | Caroline |
| 26 | 17 | | 81.159 | Jordan | Steve |
| 27 | 18 | | 76.549 | Gaze | Andy |
| 28 | 19 | | 76.503 | Lewis | Stephen |
| 29 | | 10 | 75.779 | Morris | Raewyn |
| 30 | 20 | | 74.500 | Coetzee | Lourens |
| 31 | 21 | | 70.000 | Sewell | Andy |
| 32 | 22 | | 66.352 | Adams | Grahame |
| 33 | 23 | | 66.000 | Erickson | Tim |
| 34 | | 11 | 56.000 | O'Donnell | Kirsty |
| 35 | | 12 | 53.000 | Symons | Cheryl |
| 36 | | 13 | 51.266 | Charlton | Sammi |
| 37 | | 14 | 50.000 | Jaques | Sara |
| 38 | 24 | | 45.500 | O'Neill | Terry |
| 39 | | 15 | 44.000 | Smith | Cassie |
| 40 | | 16 | 38.000 | O'Neill | Karyn |
| 41 | 25 | | 33.000 | Balnaves | Gerard |

Bold SURNAME indicates AURA member.

Caboolture Dusk to Dawn - 50km

| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
|------|-----------|-----------|---------|-----------------|------------|
| 1 | 1 | | 3:49:20 | Spies | Wayne |
| 2 | 2 | | 3:54:41 | Pearson | John |
| 3 | | | 4:39:23 | Jones | Tia |
| 4 | 3 | | 4:44:00 | Marshall | Kelvin |
| 5 | 4 | | 5:07:58 | Ponych | Greg |
| 6 | | 2 | 5:54:39 | Sieminowski | Tammy |

Bold SURNAME indicates AURA member.

Caboolture Dusk to Dawn - 100km

| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
|------|-----------|-----------|----------|----------------|------------|
| 1 | 1 | | 9:01:04 | Kruger | Brad |
| 2 | 2 | | 11:50:12 | Knowles | Robert |

Bold SURNAME indicates AURA member.



Beerwah at Daybreak

Beerwah, QLD

February 22, 2014

by Mallani Moloney

It was the night before Beerwah @ Daybreak, somehow I had to get up at 1:30am ready for a 2am pick up by my running buddy and team mate Deb Nicholl. I felt like I was sharing the car with the running stars between Deb and Anderson Moquiuti. You would think that at 2am the mood might be subdued, but Deb was bright and cheerful and we all chatted the whole way.

My Oxfam Trailwalker team, the 'Belle Birds' had a plan to do a number of 50km trail races close to home as part of our training for Oxfam Trailwalker. Beerwah @ Daybreak was the first of a handful for us, and for this one, Deb Nicholl, Kerrie Williamson, and I would run this race as a threesome. We missed our fourth member Mandy-Lee Noble, however with our many home life commitments it is always difficult to arrange for the 4 of us to always be able to

train at the same time.

We arrived at 3am at the race start (Mt Beerwah, Glasshouse Mountains) to a drizzle of rain and what we thought was semi cool conditions. Apparently it had been running all night so we were ready to see some mud. The rain passed and we were on our way with our headlamps beaming at 4am. Our ultimate goal for the day was to practice running side by side for 5 plus hours.

The course consists of two challenging loops of varied terrain with a mixture of rolling fire trails, grassy single track, a few 'gnarly' bits and plenty of mud, featuring a 20km loop and 30km loop from Mt Beerwah including twice through the 'DUNGEON'. You have to experience the dungeon for yourself to know why it's called this, some love it, some hate

it some find it spiritual. After the first loop through the dungeon, I thought I was going to have to send the girls on their merry way because I was gasping for air. The air was thick and muggy and we collected about 2cm of mud stuck to the bottom of our shoes. But when we got out of the dungeon the air seemed to be less stifling, which was a welcome relief. By 5am each of us was drenched in sweat. It proved to be one of our most humid, muggiest runs of the summer, and we had had a long hot summer in Qld as it was.

Soon enough we passed the halfway point, well into our second loop. We ran through some magical countryside including bordering farmland and pine forests and in the company of wild brumbies. It was a part of the Glasshouse Mountains I hadn't seen before, and there is nothing more I love



Start Line (Photos courtesy of Mallani Moloney)

than exploring new trails.

By 8am it was scorching hot and I was sucking down water like you wouldn't believe so seeing Susannah's checkpoint at around the 40km mark seemed like a mirage, it looked so enticing for I had just ran out of water. I crammed one of Susannah's famous chocolate energy bliss balls in, had some watermelon and restocked my water and I felt good as new again. Lucky I did, because Deb had put the hammer down and picked up the pace for what seemed to be a 10km surge to the finish line. It was touch and go whether we were going to break 6hrs but we decided we had to give it our best shot. Deb and Kerrie took the reins and I held on for dear life.

It was with 5km to go that I realised just how tough my team mates are, for I could barely keep up, but there was no way I was going to complain, I just had to suck it up and run and tell myself how close to the finish line we were and that we were going to break 6hrs. Seeing Mt Beerwah looming closer and closer was a welcome relief.

Deb, Kerrie and I crossed the



Finish Line (Photos courtesy of Mallani Moloney)

finish line hand in hand in a time of 5:58:54 in equal 1st place ladies to the smell of the BBQ and icy cold soft drinks awaiting us. There's nothing quite like a sausage sizzle and a cold can of soft drink after finishing a 6hr run in 30 degree heat and humidity. We took away some vouchers and a bottle of sparkling which is safely stored away ready for our trip to Sydney for Trailwalker. We were super proud of our run together and thoroughly enjoyed our morning

out and catching up with friends and fellow Brisbane Trail Runners.

Beerwah @ Daybreak is a new addition to the Qld trail running scene, put on by Run Queensland. I would describe this event as a laidback, no fuss, grass roots trail event that caters for everybody. What I love about events like this is that everyone is made to feel welcome no matter what your running ability is. Will definitely be back!

| Mt Beerwah - Daybreak run ~50k | | | | | |
|--------------------------------|-----------|-----------|---------|------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 1 | 1 | | 4:47:37 | Moquiuti | Anderson |
| 2 | 2 | | 4:54:48 | Thwaites | Mick |
| 3 | 3 | | 5:00:28 | Turner | Nick |
| 4 | 4 | | 5:22:51 | Millar | Clinton |
| 5 | 5 | | 5:23:01 | Harvey | Hamish |
| 6 | 6 | | 5:24:20 | Jacobson | Chris |
| 7 | 7 | | 5:30:36 | Kuziemko | Cameron |
| 8 | 8 | | 5:36:25 | Griffin | Michael |
| 9 | 9 | | 5:48:49 | Grills | Mat |
| 10 | | =1 | 5:58:54 | Nicholl | Deb |
| 11 | | =1 | 5:58:54 | Moloney | Mallani |
| 12 | | =1 | 5:58:54 | Williamson | Kerrie |
| 13 | 10 | | 6:17:16 | Swan | Greg |
| 14 | 11 | | 6:22:09 | Speakman | Andy |
| 15 | 12 | | 6:24:04 | McMullen | Phillip |
| 16 | 13 | | 6:26:10 | Marshall | Kelvin |

| Mt Beerwah - Daybreak run ~50k | | | | | |
|--------------------------------|-----------|-----------|---------|-----------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 17 | 14 | | 6:29:02 | Tomlins | Geoff |
| 18 | 15 | | 6:34:33 | Grills | Stuart |
| 19 | 16 | | 6:42:04 | Kenny | Adam |
| 20 | | 4 | 6:50:29 | Wilson | Maureen |
| 21 | | 5 | 6:50:30 | Ziogios | Agni |
| 22 | 17 | | 6:52:01 | Hogg | Peter |
| 23 | | 6 | 6:52:01 | Jackson | Adele |
| 24 | 18 | | 6:54:22 | English | Stephen |
| 25 | 19 | | 7:01:45 | Jeisman | Steve |
| 26 | | 7 | 7:26:56 | Court | Cheryl |
| 27 | | 8 | 7:26:57 | Zigenbine | Deb |
| 28 | 9 | 9 | 7:30:01 | Houtsma | Tina |
| 29 | | | 7:34:29 | Westcott | Eric |
| 30 | 21 | | 7:40:09 | Ashton | Lance |
| 31 | 22 | | 8:12:20 | Lewis | Stephen |

Bold SURNAME indicates AURA member.



Lark Hill Dusk to Dawn 50/100km

Port Kennedy, WA

March 1, 2014

by Brett Tucker

My first ultra, the WTF 50 Miler in Perth, could have been used to teach aspiring ultra-runners how not to run a race; bonking, dehydration and a “bonus” 10km from twice wandering off course featured in my debut. However, after a few months of training runs with the Perth Hill and Trail runners (the PHATies), and advice from the group, I felt I was ready to give another ultra a shot. I had heard great reports about the Lark Hill event, and the fact that the race is run around a 3km loop finally sold me as I have an uncanny ability to get myself lost, even on the most well-marked trails (as a few local race directors have since discovered) and there would be almost no chance of going off course.

The race started at the top of Lark Hill Sportsplex at 6pm as it was becoming dark, hence the name ‘Lark Hill Dusk to Dawn’, with the runners from the 50km and 100km events all taking off together. The race director, Dave Kennedy, led the faster 50km runners out for the first lap. Being my first 100km I didn’t know what time to aim for (I was assured of setting a PB in any case!) and I just tried to settle into

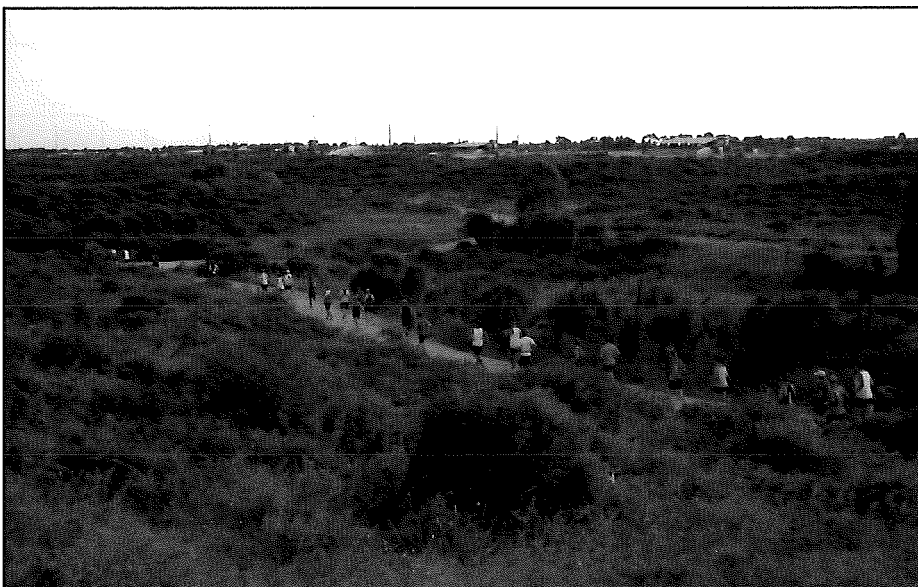


Brett Tucker (third from left) and friends.

a comfortable pace that I thought I could hold for the distance. From the start I was also unsure which position I was sitting in, but figured it was probably somewhere in the top three. There was an option for runners to switch between the 50km and the 100km during the event, which led to some 100km entrants with injuries and niggles finishing early. This made it hard to gauge your position until the second half of the night.

At the end of every lap the runners had to climb a small hill (which took on Mt Everest proportions by the end) to their waiting crew to re-stock with water and fuel. Karen Hagan had kindly agreed to crew for me, and she kept me going with Hammer Perpetuem and bravely managed to restrict my caffeine intake, despite my repeated requests for more No-Doze as the night wore on and my energy levels started to drop. The event was great for a 100km first timer as I only had to carry a small handheld, and my experienced crew was waiting at the end of every lap to worry about nutrition for me. Despite the repetitive loops, the laps fell down quickly in the first half of the night. As I was running in the dark with a head lamp I was trying to pretend that each lap was different but I still came to know every twist and turn of the course by the end.

I ran through the first 50km still feeling good in about 4 hours 10 minutes. After 50km you were allowed a pacer and you know you



have some awesome (and perhaps mentally unstable) friends when they agree to show up and take turns running laps with you through the early hours of the morning on a long weekend. Around the 75km mark I was told I was in first place and the closest runner was a few laps back. My legs then must have made a decision to slow the pace but I never had to resort to any walk breaks, at which I was surprised, given I hadn't run close to that distance before without any hiking.

The number of runners began to drop as the night wore on, and more people decided to opt for the shorter distance, leaving only a handful of 100km runners left running in circles. By the end I was definitely counting down the laps to the finish and it was a relief to reach the bell lap which I ran with both of my pacers, Jean-Charles Dumas and Vince Radford. We all got carried away and it turned out to be the fastest lap of the night,



despite me taking a tumble on a sandy section half way through. I finished in a time of 8 hours 42 minutes, which was a new course record. Besides my feet looking like giant blisters, and the standard difficulty walking of the next day, I came through mostly unscathed and learnt a lot of valuable lessons

about pacing and nutrition to apply to the next challenge. I look forward to coming back next year with some more running and ultra experience under my belt. Dave Kennedy and crew have to be congratulated for holding a well organised and unique event which seems to be getting bigger each year.

Lark Hill Dusk to Dawn ~50km

| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
|------|-----------|-----------|---------|------------|------------|
| 1 | 1 | | 3:33:03 | Bakowski | Tom |
| 2 | 2 | | 4:03:18 | Garrett | Josh |
| 3 | 3 | | 4:14:18 | Noonan | Ben |
| 4 | 4 | | 4:26:11 | Gray | Jeff |
| 5 | 5 | | 4:26:23 | Francis | Mick |
| 6 | | 1 | 4:31:07 | Bodill | Kate |
| 7 | | 2 | 4:32:19 | Fieberg | Barbara |
| 8 | 6 | | 4:47:13 | Sutton | Rob |
| 9 | 7 | | 4:47:17 | Eva | Tim |
| 10 | 8 | | 4:52:18 | Wholey | Grant |
| 11 | | 3 | 4:57:07 | Ilton | Heather |
| 12 | 9 | | 4:58:09 | Fawkes | Nathan |
| 13 | 10 | | 5:02:44 | Keenanhan | Jason |
| 14 | | 4 | 5:17:28 | Burton | Nickie |
| 15 | 11 | | 5:19:32 | Oosterhoff | Alexis |
| 16 | 12 | | 5:26:07 | Foley | Paddy |
| 17 | 13 | | 5:26:41 | Caldwell | Mark |
| 18 | 14 | | 5:29:38 | North | Andy |
| 19 | 15 | | 5:37:06 | Flynn | Brett |
| 20 | | 5 | 5:39:22 | Robinson | Victoria |
| 21 | 16 | | 5:39:37 | Chaveau | Frank |
| 22 | 17 | | 5:43:39 | Baker | Phil |
| 23 | 18 | | 5:44:03 | Baldwin | Dan |
| 24 | 19 | | 5:46:13 | Dodds | Hunter |
| 25 | 20 | | 5:46:37 | Naidoo | Evenshen |
| 26 | | 6 | 5:46:56 | Lambden | Toni |
| 27 | | 7 | 5:48:34 | Evans | Rachel |

Lark Hill Dusk to Dawn ~50km

| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
|------|-----------|-----------|---------|-----------|------------|
| 28 | 21 | | 5:54:33 | Mansfield | Michael |
| 29 | | 8 | 5:55:36 | Simons | Eloise |
| 30 | | 9 | 5:57:26 | Hepworth | Annabel |
| 31 | 22 | | 5:58:28 | Steel | Martin |
| 32 | | 10 | 6:15:22 | Nicolson | Lynette |
| 33 | 23 | | 6:22:02 | Smith | Brendon |
| 34 | | 11 | 6:28:51 | Douglas | Katryna |
| 35 | 24 | | 6:29:29 | Foster | Michael |
| 36 | | 12 | 6:36:31 | Bell | Melissa |
| 37 | | 13 | 6:44:35 | Ogden | Kimberely |
| 38 | | 14 | 6:52:02 | Symons | Cheryl |
| 39 | 25 | | 6:54:46 | Cohen | Hezel |
| 40 | 26 | | 6:58:31 | Tang | Chris |
| 41 | | 15 | 7:16:11 | Archer | Deborah |
| 42 | | 16 | 7:19:54 | Treasure | Shirley |

Bold SURNAME indicates AURA member.

Lark Hill Dusk to Dawn ~100km

| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
|------|-----------|-----------|----------|-----------|------------|
| 1 | 1 | | 8:42:28 | Tucker | Brett |
| 2 | 2 | | 10:20:19 | Kaesler | Shaun |
| 3 | 3 | | 11:23:49 | Treasure | Ben |
| 4 | | 1 | 12:42:57 | Black | Emma |
| 5 | 4 | | 13:00:59 | Kanara | Maryn |

Bold SURNAME indicates AURA member.



Water World Great Ocean Run

Red Rock to Coffs Harbour, NSW

March 2 2014

By Michael Douglas

About fifty or so starters gathered in the breaking day and soft surf mist under Red Rock Headland. We were briefed by Race Director, Steel Beveridge, the legendary sage of distance running in northern NSW, who acknowledged our indigenous forebears, and encouraged us to appreciate the lands that we would run that morning were so respectfully tended by them.

It was one beautiful Sunday morning, and the buzz amongst us all reflecting the eagerness to do what we love doing for the coming four or five hours. Conditions appeared near perfect, with the pre-dawn air still, and the beaches beckoning with a waning tide. Many a runner ran a personal best on the day; new benchmarks for course records that had stood for 18 years were established, reflecting the fine morning that it was.

I was defending my title this year, and in spite of a 22 minute improvement, I was outshone by a relatively new comer to distance running, Anderson Moquiti. Anderson is Brazilian born, now residing on the Gold Coast, and a man of extraordinary strength and delightful positive attitude. It was his first outing on this course. Anderson led out from the starting gun. The first beach stretched through 15 km to Arrawarra Headland. It is a tricky first half a dozen kilometres, with steep-ish camber and soft sand. I was very grateful, however, for what we had. Last year, each placement of the foot sank deep, with rough surf pulling at a short beach, at one point, mid

way up my thigh. Not today – just the gentle call of the run.

By Arrawarra, we had settled into the pulse of the run. The creek there was only ankle deep, and the beach now stretching wide. I estimated that Anderson was about 2 minutes on me at that point. I was content to run within my stride, and work my way through the series of small beaches and headlands through to Woolgoolga.

It is a time of special reward for the runner. An hour in, and the free, flowing movement of the run established. The morning still cool, the light of dawn now stretching with vistas on the blue horizons, delightful coves of white sand, each an amphitheatre formed by heath or cliff, to cast the spectacle of a lonely runner delving into their own inner journeys.

Moonee Headland: a lovely volunteer inviting me to join her for a picnic. A spread of fruit and drink was a welcome sight halfway through the run. With gratitude, I acknowledged the generosity of her welcome, but explained that I was on a task, with still a little work to do! A scramble down the cliff onto Moonee Beach. In previous years, this has been the tough part of the run. I recall 2013 – moving headway into a blustering southerly, and relentless soft sand. This year it was the high point. Vast sands and the small roll of the waves willing us along. A sea eagle danced above for a short while, the terns in flock adding to the beauty. I was well and truly alone buy this stage. Anderson not to be seen ahead and not a soul that

I was aware of behind. My run was to be alone today. I contemplated a search for Anderson ahead, yet felt the risks were too great. With still 20 + kilometres to run, mishap in pacing might yet trip me up. I should be content to run to the best of my capacity.

And so we coursed through many a cove and sharp pinches of headlands, opening up for the final couple of kilometres on Park Beach, with the finish line at the jetty, a commanding jut into the harbour, just beyond. A lovely touch in running past the surf club a kilometre out from the finish were the young nippers doing their drills. I felt very honoured as they made a passage to applaud my efforts, their admiring eyes and smiles of delight topping off an endearing morning.

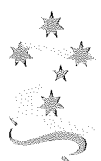
This run has been conducted for nearly 25 years. It remains as something very special – pristine coastline, and fine camaraderie. Steel and Lyn Beveridge, and the team of volunteers do an outstanding job – laying the platform for our joy. Thank you!

Great efforts were achieved on the day. Anderson set a new course record. Local lass, Melissa Bulloch, in her third effort (and third win) set a new women's record. Courtney Pratt becomes only the second woman to run the course under 4 hours. Several of us who had run the very difficult conditions of 2013 pondered mischievously why we were returning. The day provided the answer itself – a beautiful run in the most beautiful of places.

| Water World Great Ocean Run ~45k | | | | | |
|----------------------------------|-----------|-----------|---------|----------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 1 | 1 | | 3:17:00 | Moquiuti | Anderson |
| 2 | 2 | | 3:32:25 | Douglas | Michael |
| 3 | | 1 | 3:41:18 | Bulloch | Melissa |
| 4 | 3 | | 3:41:18 | Nolan | Peter |
| 5 | 4 | | 3:42:31 | Pearson | John |
| 6 | 5 | | 3:42:46 | Turner | Nicholas |
| 7 | 6 | | 3:53:57 | Pesut | Geoff |
| 8 | 7 | | 3:56:11 | Gamble | Steve |
| 9 | | 2 | 3:57:35 | Pratt | Courtney |
| 10 | 8 | | 3:57:54 | Brazier | Ed |
| 11 | 9 | | 4:04:08 | Jewell | Brad |
| 12 | 10 | | 4:04:26 | Galvin | Grant |
| 13 | 11 | | 4:08:08 | Kirkpatrick | Graeme |
| 14 | 12 | | 4:11:13 | Thomas | Guy |
| 15 | 13 | | 4:14:47 | Legge | Konrad |
| 16 | 14 | | 4:16:05 | Mullins | Stuart |
| 17 | 15 | | 4:22:53 | Sawtell | Grant |
| 18 | 16 | | 4:24:39 | Koopmans | Rodney |
| 19 | 17 | | 4:31:13 | Johns | Phill |
| 20 | | 3 | 4:32:14 | Thompson | Tina |
| 21 | | 4 | 4:32:51 | Dowell | Carol |
| 22 | 18 | | 4:33:25 | English | Stephen |
| 23 | 19 | | 4:39:18 | Donald | Andrew |
| 24 | | 5 | 4:40:03 | Mahoney | Janie |
| 25 | 20 | | 4:42:56 | Mollica | Joe |

| Water World Great Ocean Run ~45k | | | | | |
|----------------------------------|-----------|-----------|----------|------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 26 | 21 | | 4:45:16 | Steele | Andy |
| 27 | 22 | | 4:45:40 | Hoffman | Brett |
| 28 | | 6 | 4:46:35 | Watson | Janine |
| 29 | 23 | | 4:47:16 | Robinson | Peter |
| 30 | | 7 | 5:04:06 | Tanner | Tammy |
| 31 | | 8 | 5:08:10 | Grattan | Angie |
| 32 | 24 | | 5:10:34 | Sutherland | Tim |
| 33 | 25 | | 5:10:51 | Morrall | Derek |
| 34 | 26 | | 5:13:12 | Passfield | Ben |
| 35 | 27 | | 5:13:13 | McKavanagh | Shane |
| 36 | 28 | | 5:15:36 | Ingold | Luke |
| 37 | | 9 | 5:15:49 | Cusack | Louise |
| 38 | 29 | | 5:24:08 | Beer | Bob |
| 39 | | 10 | 5:25:00 | Beath | Karen |
| 40 | 30 | | 5:49:38 | Cohen | Chris |
| 41 | | 11 | 6:07:00 | Holt | Di |
| 42 | | 12 | 6:14:24 | Webber | Penelope |
| 43 | 31 | | 6:22:11 | Lewis | Stephen |
| 44 | 32 | | 6:33:50 | Roder | Grant |
| 45 | 33 | | 7:10:00 | Jones | Aussie Bob |
| 46 | | 13 | 7:25:24 | Williams | Jennifer |
| 47 | | 14 | 10:00:00 | Lloyd | Leeann |
| 48 | | 15 | 10:00:00 | McFadyen | Michelle |
| | | | DNF | Thompson | Bianca |

Bold SURNAME indicates AURA member.



Razorback Run

Harrietville to Mt Feathertop, VIC

March 15, 2014

by Maurice Maffei

Razorback in March 2014 was the second time I had tackled this race in four months; this time I was hoping for a better race. There were nine of us from Adelaide; seven doing the 64km, and two doing the 38km. When you live in Adelaide, you certainly learn quickly about mountains when you run in the Victorian Alps.

The testament to the locations of Paul Ashton's races is the fact he can draw entrants from all over the country to run in some of the most rugged terrain with fantastic vistas, even with a finisher's prize of a Freddo Frog. (Chocolate after an ultra always tastes nicer.)

The race started at 6 am and there



(Photos courtesy of Paul Ashton)



(Photos courtesy of Paul Ashton)

was a lot of nervous energy as we lined up at the start. I was hoping to beat my previous time, I had a plan and I was going to stick to it. After the roll-call and race briefing, everybody set off. I set my own pace and found a comfortable place in the group on the single track on the way up Bungalow Spur to Mount Feathertop.

I reached the summit in about two hours, had a look at the view, and headed back down to Diamantina Spur, or so I thought. It was not until I saw Mount Hotham that I realised that I had gone on Razorback and not Diamantina Spur. After a fall and a 5km detour, I made my way back on track and headed down Diamantina Spur where I caught up with two of the Adelaide crew, Jen Greenleake and Emma Barlow. Emma and I then ran together until Blair's Hut.

I have had a bit of a niggling foot injury and it started to play up after the fall, but since I had walked most of the way to Western Hut it wasn't an issue until I hit the High Plains. At this point I should have been running, but it was easier said than done. Sharon Scholz ran out from Pole 333 and we ran back to the pole, where Justin Scholz was taking photos as we came in.

Pole 333 to Dibbon's Hut was pretty uneventful, and I ran and walked as my foot slowed me down a little. I powerwalked my way up Swindlers Spur, with a little bit of running, and I thought back to November. At this point of the race I was dry reaching for 40 minutes, so my time up Swindlers was quicker this time.

Once you get to Diamantina Hut it is all downhill to home. I love this part of the run; it's one of the prettiest runs you can do. I was there just on dusk as the sun set, and you could see the new growth

on the burnt out trees and the view was spectacular. At this point I had given up on my time goal. My watch and I have a love-hate relationship; I can never get the damn thing to work. I just enjoyed those last rays of sunshine and headed down Bungalow Spur, past Federation Hut where all the hikers were setting up their camps for the night. From there all you have the run back to Harrietville, The thing I love about ultra running is everybody has a different story to tell.



(Photos courtesy of Paul Ashton)

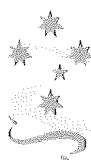
| Razorback Run ~58km | | | | | |
|---------------------|-----------|-----------|----------|-----------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 1 | | 1 | 11:39:36 | Barnes | Tamsin |

Bold SURNAME indicates AURA member.

| Razorback Run ~64km | | | | | |
|---------------------|-----------|-----------|----------|-----------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 1 | 1 | | 8:33:41 | Zwierlein | Robert |
| 2 | | 1 | 8:36:15 | Fowler | Gill |
| 3 | | 2 | 9:04:55 | Piantadosi | Lee |
| 4 | 2 | | 9:13:33 | Nunan | Daniel |
| 5 | 3 | | 9:36:20 | Jamieson | Dej |
| 6 | | 3 | 10:07:40 | Hansen | Jacqui |
| 7 | 4 | | 10:43:35 | McCormack | Ashley |
| 8 | | 4 | 11:45:33 | Cole | Karen |
| 9 | 5 | | 11:59:32 | Jakus | Gabor |
| 10 | 6 | | 12:14:35 | Allen | Scott |

| Razorback Run ~64km | | | | | |
|---------------------|-----------|-----------|----------|-----------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 11 | 7 | | 12:22:26 | Greeneklee | Stirling |
| 12 | 8 | | 12:26:01 | Anderson | Jason |
| 13 | 9 | | 13:14:34 | Henschke | Philip |
| 14 | 10 | | 13:22:00 | Maffei | Maurice |
| 15 | | 5 | 13:59:36 | Barlow | Emma |
| =16 | =11 | | 14:00:50 | Jansen | Erwin |
| =16 | =11 | | 14:00:50 | Kalpakidis | Con |
| =16 | =11 | | 14:00:50 | Munns | Peter |
| 19 | | 6 | 14:34:19 | Hepworth | Annabel |
| 20 | 14 | | 14:45:00 | Lewis | Stephen |
| 21 | | 7 | 17:30:00 | Greeneklee | Jen |
| | | | DNF | Barber | Roz |
| | | | DNF | Barlow | Darren |
| | | | DNF | McCabe | Matthew |

Bold SURNAME indicates AURA member.



Maroondah Dam Trail Run

AURA National Trail Championships

Yarra Ranges, VIC

March 16, 2014

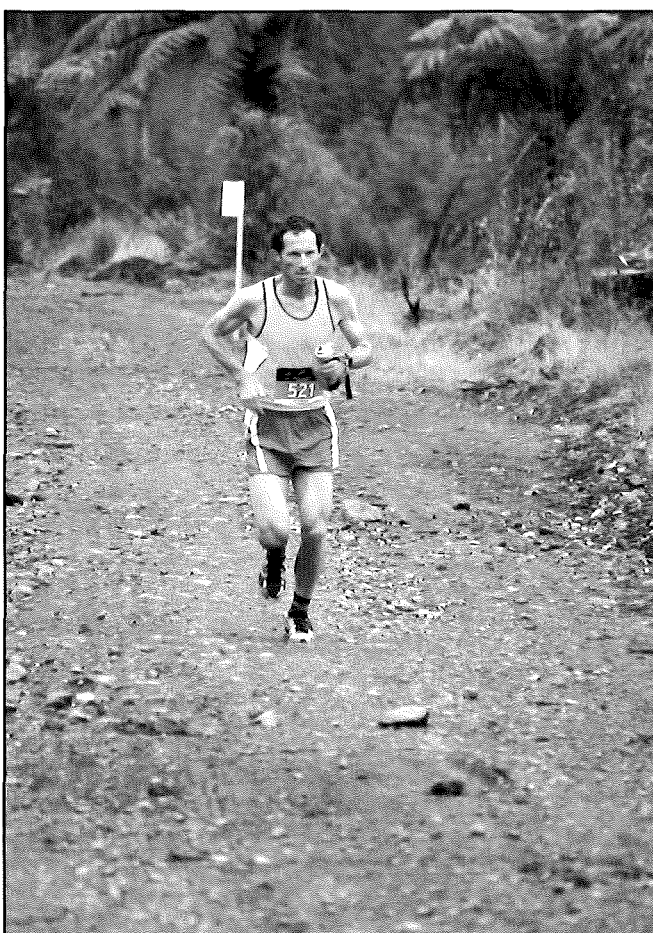
by Howard Norton

Pauline, my partner, and I set off before dawn on a nine hour drive from Adelaide to Maroondah, and all went well.

First things first; we went to check out the dam and find the finish line. What a beautiful place! Next stop, find the start line. We drive up the long, winding, steep road – wow! Huge, straight gum trees all the way up to the sky and, at ground level, the biggest tree ferns we had ever seen.

We parked and from the start line walked the track for about a kilometre; a short uphill to start with, then the course looked comfortable and I assumed would be a good, settling start. On race day I would soon discover that if we had walked another 200metres the course takes on a whole new meaning!

Later that afternoon the rest of team SA arrived: Hayley Teale, Mick Keyte and Toby Hughes, and all they wanted to do (as all runners do) was see something of the course! We were all at the same accommodation, so a quick change and we were off jogging down to the start line – only 500m away. At the start we met Brett Saxon, “race director extraordinaire!” Brett had just finished marking the course and said his watch had recorded 53km. I didn’t realise it then, but this would be a big influence on my race the next day. A quick cheerio to him and we were off running/walking about the last 3km of the course,



Photos courtesy of Brett Saxon



Photos courtesy of Brett Saxon

in reverse. This took us across the dam wall and off into the bush, where we said hello to, and photo-bombed, an echidna on the path! We then headed down hill and although it was not steep, we all agreed we would be walking up it the next day!

We continued along the course until we got to the creek where I have seen many photos of runners taking a well-earned pre-finish dip (many of you will know Terry Cleary, currently living in Darwin – he took a dip last year in only a few inches)! The creek and the large property to the left would also play a big part in my race the next day. With the view of the finish line in our minds, it was off back to our accommodation, pasta for tea and early to bed.

After the usual pre-race early breakfast, it was 6.15am and off to the finish line for registration and the bus trip to the start. With around only 50 entries in the “50km”, only one bus was required. At the start line most people exited the bus and joined the ritual toilet stop queue, a standard pre-race start routine for runners. They braced for the

chilly start! After a quick race briefing, the clock struck 8:00am and we were off up that first hill and all was good. My in-head race plan was to maintain 10km per hour in 10km blocks, picking up the pace or easing off when possible. To me this meant running five individual 10km races with a finish time of five hours, then the swearing started as I reached the extra 200m I should have walked the day before!

Unexpectedly, there was a very steep downhill and then uphill (as the first 10km is out-and-back) and I realised it was time to take it easy as the first 10km would be more than one hour. But I also thought “hang on, don’t panic the next 10km is meant to be easier!”

At the 20km mark, under 2 hours and happy, and having just passed Kellie Emmerson who was the eventual 1st female! At the 20km check point I ran through the “30km” runners waiting to start and as is the tradition all were cheering; this was a great boost.

Onward to 30km, uphill, downhill, through giant gum trees. Downhill to a drink stop. (Again a huge cheering but hang on, there were only two people. You guys were amazing. Wow and thanks!) I passed the 30km point and the first “30km” runner caught me and told me I was running strong but off he went, shifting up the gears and leaving me!

I reached the 40km point, a little tired but with no problems as I climbed the steep slope to the summit of Mt

St Leonard. The runner in front was wearing a C2K T-shirt. My brain told me I was going OK because the Coast to Kosciuszko is on my “to do list” and these guys are legends. Just the boost I needed! So on I went, upping my pace for what I thought was a little downhill running ... how wrong was I!

To put it politely, this was one unforgiving, never-ending hill. “C2K” was long gone and, believe it or not, I found myself hoping for some uphill, but I kept going down! All of a sudden a drink station came into view and the guy (kindly) said “10km to go!” I thought “bugger, I’m outside five hours if the course is 53km”. Time to shift it up and I pushed on as fast as I could. I spotted an orange shirt and now had a target to chase down and pass! Then, just as I was getting desperate, out of nowhere I saw a familiar fence with nice posts and new wire. It had to be the property near the creek I saw last night? Yes, there it was! I round two bends and the creek greets me. Straight across I go (no time for a dip), I tell myself “I can do a sub 5-hour finish as there’s just the hill we all talked about last night then a downhill sprint to the finish.”

I’m home: 4:48hrs, overall 9th place, and over the moon. Mick Keyte who had come in third and Pauline, who was working on the finish line, were cheering me home! Time for a drink and I head back to find Haley Teale (2nd Female) and Toby Hughes, 6 hrs finish – great results Team SA!

Within no time, the presentations began. First place: Stu Gibson in 3:45:03. I doubt if the finish line was even set up when he arrived! Brett had enough prizes and giveaways that I doubt anyone went home empty handed.

2015 is the 20th anniversary of this event, and Brett is sure to make it one hell of a trail party. I’ll be there, and so should you.

| Maroondah Dam ~50k | | | | | |
|--------------------|-----------|-----------|---------|------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 1 | 1 | | 3:45:00 | Gibson | Stu |
| 2 | 2 | | 4:24:35 | Gamble | Tom |
| 3 | 3 | | 4:26:14 | Keyte | Michael |
| 4 | 4 | | 4:29:45 | Beard | Dan |
| 5 | 5 | | 4:36:25 | Bryant | Nick |
| 6 | 6 | | 4:43:21 | Wiadrowski | Toby |
| 7 | 7 | | 4:45:30 | Muller | Kevin |
| 8 | 8 | | 4:47:12 | Fuller | Brad |
| 9 | 9 | | 4:48:51 | Norton | Howard |
| 10 | 10 | | 4:53:14 | Marcus | Simon |
| 11 | 11 | | 5:00:18 | Crozier | Luke |
| 12 | 12 | | 5:04:32 | Bailey | Matt |
| 13 | | 1 | 5:09:09 | Emmerson | Kellie |
| 14 | 13 | | 5:10:30 | Horsley | Daniel |
| 15 | 14 | | 5:12:31 | Willis | Dave |
| 16 | | 2 | 5:13:22 | Teale | Hayley |
| 17 | 15 | | 5:21:46 | Angel | Tegyn |
| 18 | 16 | | 5:22:07 | Turner | Nick |
| 19 | 17 | | 5:22:08 | Hoel | Adrian |
| 20 | 18 | | 5:22:13 | Mckeown | John |
| 21 | 19 | | 5:23:15 | Brown | Troy |
| 22 | 20 | | 5:25:12 | Easton | Brett |
| 23 | | 3 | 5:31:13 | Bespalov | Isobel |
| 24 | 21 | | 5:36:37 | Heron | Ron |
| 25 | 22 | | 5:36:55 | Hughes | Stuart |

| Maroondah Dam ~50k | | | | | |
|--------------------|-----------|-----------|---------|-----------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 26 | 23 | | 5:42:41 | Gullifer | John |
| 27 | 24 | | 5:43:31 | Tabata | Gen |
| 28 | 25 | | 5:52:27 | Rogers | David |
| 29 | 26 | | 5:56:44 | Urquhart | Mark |
| 30 | 27 | | 5:57:11 | Austin | Dave |
| 31 | 28 | | 5:57:23 | Fox | Nigel |
| 32 | 29 | | 6:00:33 | Blobel | Norbet |
| 33 | 30 | | 6:00:36 | Hughes | Toby |
| 34 | 31 | | 6:01:18 | Marshall | Kelvin |
| 35 | | 4 | 6:04:07 | Cowling | Gayle |
| 36 | 32 | | 6:06:01 | Sawa | Mak |
| 37 | | 5 | 6:12:24 | Shannon | Michelle |
| 38 | 33 | | 6:14:41 | McDonald | Andrew |
| 39 | 34 | | 6:19:46 | Santamaria | Gerard |
| 40 | | 6 | 6:19:48 | Coulter | Ailie |
| 41 | 35 | | 6:26:59 | Orrman-Rossiter | Kevin |
| 42 | 36 | | 6:32:27 | Wight | Adam |
| 43 | 37 | | 6:57:03 | Mestdagh | Oliver |
| 44 | | 7 | 7:11:08 | Bolton | Vanessa |
| 45 | 38 | | 7:27:41 | Attrill | Michael |
| 46 | 39 | | 7:27:42 | Sutton | Rob |
| 47 | | 8 | 7:57:43 | Esparon | Nat |
| 48 | 40 | | 8:10:51 | Sedgwick | Heath |
| 49 | 41 | | 8:11:43 | Hewat | Andrew |

Bold SURNAME indicates AURA member.



Convicts and Wenches 50km Ultra

Greens Beach TAS

Sunday, March 23

by Sarah Dry

There are many ways to experience the natural beauty Tasmania has to offer, but nothing compares to the runner's high experienced while running the trails and beaches through the Narawntapu National Park. With near perfect weather conditions for the Convicts and Wenches Ultra, the runners set off along the trails following the northern coastline through West Head.

The 6km aid station marked the entrance to Badger Beach. The event start time perfectly aligned with the low tide, allowing runners to continue along the beach towards the turn-around point for

the 25km event. Runners in the 50km event continued through Badger Head, which offered the most stunning views of the north Tasmanian coastline. At the end of Bakers Beach runners of the 50km event began the return leg; David Bailey being the clear front runner, with Amy Lamprecht leading the women home.

I was running my first 50km on this day and I stood among the 45 runners at the start line; nervous and excited, prepared and unprepared all at the same time. Months of training was about to be tried and tested. On the go signal I heard the resounding beeps from the GPS

watches around me; and go! In no time at all we're shuffling through the single trail following one after the other, all the time hoping for an opening in the track to make a break from the pack. The pine-covered track was great underfoot, winding towards the first beach. The sun came out to greet us as we broke out of the first headland and into the open of the first beach stretch, accessed by clambering and stumbling over some rocks. The low tide left the beach wide open; a flat and solid running surface, perfect for finding a good, steady pace. Finding a rhythm with one foot in front of the other, soon I had the second headland within

reach. A brief stop at the aid station and then off we go again!

A gradual uphill climb, with rocky terrain in parts, soon had us reaching the top of the headland and once again brought us out into the open. Running along the coastline, high in the hills, revealed the beautiful coastline with its clear blue waters below to the right, and the mountain ranges to the left. With such scenery the work over 50km could easily be forgotten! A brief descent was made into Copper Cove, where the beach was ankle deep in shells, yet slow going here and heavy underfoot! Back on the headland, we were once again able to take in the stunning views of the Tasmanian coastline.

One more descent took us down to the final beach. Once again, out on the open beach we ran. Unfortunately it was unsheltered from the now strong head winds, but onwards we pushed! With every kilometre run along this beach the final aid station felt to be getting further away. After what felt like hours, the aid station and turn-around point came into view. By this point many runners had already begun the return leg home with the advantage of the wind on



Sarah Dry

their backs. A short rehydration stop at the aid station, the halfway point had been reached and, so far, I had survived! So began the homeward journey and, with the wind pushing from behind, the beach run felt quicker on return.

Knowing the lay of the land for the return leg felt like a relief, until fatigue set in and "I swear this hill wasn't here on the way out!" With heavy legs and a wind that seemed to change direction with every turn and every hill, the aid station marking 39km was finally within reach. Refuelling on the provided

jelly beans, bananas and Coke seemed to give me the energy kick I needed to send me home! This second wind had me energised; with every kilometre I covered I became more excited, knowing the finish was only getting closer. Feeling like my feet grew wings, rounding the final corner brought all the supporters into view, cheering runners through the finish. After working with Gold Coast Ultras for nearly two years, I can finally claim an ultra-marathon finish for myself!

The Convicts and Wenches Ultra Marathon has been on the racing calendar for five years and has grown in popularity. This year 120 participants, including myself, came through the finish at Greens Beach, with the 25km event being the more popular choice for runners on the day. With the favourable weather and tidal conditions race records were broken across the board. David Bailey, who holds the previous course record in the 25km event, this year stepped up to the 50km event. He took the lead right from the start and took more than four minutes off the record held by Aub Henricks, setting the new record at 3:51:55. Amy Lamprecht has claimed this race before and



David Bailey

came home even stronger this year, breaking her own record which now stands at 4:16:35. New race records were set in all events; Alex Humphrey and Karen Eakin claiming the 25km events with times of 1:39:45 and 2:03:34. The 2 x 25km team relay event was introduced to the field for the first

time this year with Andrew Howell and Tim Canham claiming the win in a time of 3:54:43.

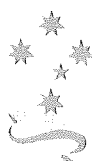
For the first time this year a travel package was offered to participants. With travel expenses and accommodation covered in the package, participants joined

a touring party and visited many sites in Tasmania such as the Female Factory, Port Arthur and Ben Lomond, before travelling to Greens Beach for race day. With morning runs up Mt Wellington and around Wine Glass Bay, the touring group has many rich memories of their Tasmanian race experience.

| Convicts & Wenches (Narawntapu) ~ 50k | | | | | |
|---------------------------------------|-----------|-----------|---------|--------------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 1 | 1 | | 3:51:55 | Bailey | David |
| 2 | 2 | | 4:07:35 | Worswick | Jonathan |
| 3 | 3 | | 4:11:37 | Shaw | Jarrold |
| 4 | 4 | | 4:13:12 | Mocquiti | Anderson |
| 5 | 5 | | 4:13:58 | Parker | Ian |
| 6 | 6 | | 4:15:58 | Crawford | John |
| 7 | | 1 | 4:16:35 | Lamprecht | Amy |
| 8 | 7 | | 4:26:35 | Law | Andrew |
| 9 | 8 | | 4:32:17 | Lyons | Kim |
| 10 | 9 | | 4:40:13 | Meredith | Michael |
| 11 | 10 | | 4:42:15 | McCann | Joe |
| 12 | 11 | | 4:49:34 | Karafilis | Daniel |
| 13 | 12 | | 4:49:42 | Johnson | Peter |
| 14 | 13 | | 4:49:42 | Johnson | Mark |
| 15 | 14 | | 4:50:30 | Andrews | Vaughan |
| 16 | | 2 | 4:50:30 | Boocock | Jennifer |
| 17 | 15 | | 4:52:22 | Badger | Billy |
| 18 | 16 | | 4:53:08 | Hannay | Damon |
| 19 | 17 | | 4:59:56 | Reader | Troy |
| 20 | 18 | | 5:07:36 | Wilson | John |
| 21 | | 3 | 5:12:12 | Lewandowski-Porter | Kirra |
| 22 | | 4 | 5:19:18 | Spinks | Toni |

| Convicts & Wenches (Narawntapu) ~ 50k | | | | | |
|---------------------------------------|-----------|-----------|---------|-----------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 23 | 19 | | 5:20:11 | Smith | Sean |
| 24 | | 5 | 5:21:31 | Menzies | Bronwyn |
| 25 | 20 | | 5:23:28 | Beament | Lance |
| 26 | 21 | | 5:27:05 | Milner | Daniel |
| 27 | | 6 | 5:32:01 | Dry | Sarah |
| 28 | 22 | | 5:32:45 | van Ryn | Phill |
| 29 | 23 | | 5:33:52 | Squire | Tim |
| 30 | 24 | | 5:35:06 | Hamor | Erik |
| 31 | | 7 | 5:39:00 | Nichols | Robyn |
| 32 | 25 | | 5:39:35 | Duff | Terry |
| 33 | 26 | | 5:42:35 | Armstrong | Clayton |
| 34 | | 8 | 5:47:00 | Brown | Karen |
| 35 | 27 | | 5:54:00 | Flynn | Will |
| 36 | | 9 | 5:56:00 | Burrell | Stephanie |
| 37 | | 10 | 6:00:00 | Guy | Jacqui |
| 38 | 28 | | 6:00:00 | Rees | David |
| 39 | 29 | | 6:22:00 | Wolfe | Danny |
| 40 | 30 | | 6:45:00 | Williams | David |
| 41 | | 11 | 6:52:00 | Reid | Eleanor |
| 42 | 31 | | 7:12:00 | Hughes | Jarad |
| | | | DNF | Groves | Matt |

Bold SURNAME indicates AURA member.



Roller Coaster Run

Mount Dandenong Ranges, VIC

March 29, 2014

by Candida Baskcomb

Photo by up
of the roller

Ask anyone who knows me and they will tell you that I love a roller coaster ride. Would I be disappointed with this one? As a newbie to ultra-running, I was somewhat excited and terrified to tackle this famous Roller Coaster Run. In fact I signed up whilst still on a runners high – the day after I had completed the Two Bays Trail Run of 56km back in January.

Of course I had no idea what I had let myself in for, until I diverted some of my training runs to the Skyhigh / Mt Dandenong trails location, at 620m up and the official starting point of the Roller Coaster Run. Only then did I get some idea of the enormity of the effort required. After I had slipped and skidded around one loop of the complete course, I began to wonder, how the hell would it be possible to do this

twice? Well, there's only one way to find out. It would be my first attempt and new territory for me.

I've always had a saying which has become kind of a joke now when I head off to an event. "What could possibly go wrong?" This day I had said no less ...

Taking a wrong turn along the freeway and missing my exit



Candida Baskcomb during the Rollercoaster Run

towards the mountain due to thick fog and total darkness was not the ideal way to get to a race. When I finally realised I was totally lost and in tears, really believing it that possible I might just miss the start, I calmed down and got the street directory out. (Yes, really – no car GPS!) I did not really relax until I'd finally parked at the event car park and it was still totally dark and foggy outside.

We had already received word that our start time was delayed due to poor visibility, so I had more time to really focus (or freak out) on what we were all about to be taking on. In short ... the western side of the Dandenong ranges!

We all stood around, high up on the mountain, patiently waiting for dawn to break and the daylight to improve and for the fog to lift. Once the "One Loopers" wave was officially given

the "good to go" signal from race director and court jester Rohan Day, they set off running past the "Giants Chair" maybe already feeling unusually small. Off ran the clowns and a bearded man in a dress? Off ran the sounds of chattering and laughter and sure-footed-all-too-eager footsteps disappearing like noisy shadows into the fog.

The "Two Loopers" were given their start signal. Almost instantly, the pack sped off downhill, trying not to go too out of control and run off into the trees. There were some crazy turns and downhill stuff, which was fun to begin with. I laughed to hear someone say "If we go this fast all the way we won't be able to stop until we end up in Montrose", which seemed plausible at the time. Descending 5km rapidly with steep gradients winding and dropping down, and down with a lot of runners in the

fog, was a little congested and hazardous at times, to say the least.

Down, down we went; zig-zagging our way to the bottom past Doongalla aid station, complete with its wonderful jolly fun clown volunteers. Then the down bit stopped. Having sort of settled in to this downhill section, we near the base of Dodd's Track, looking up. Dodd who? Important enough that the track is named such. "What's in a name?" I ask. Well, it's definitely one you will remember on this course! It's a savage climb "up" and "up" and we were only about 7km in. One can take some comfort, as I did, from knowing that only one person has been able to run up this infamous Dodds Track ascent on race day without walking. I can see why. I had planned to take in fluids and food on ascents; got that wrong. I could hardly breathe with legs and glutes working so hard just to walk up this very steep hill. Zig-zagging across the pathway was easier and less slippery, as was altering the positional angle of my feet to ease muscle fatigue.

The Roller Coaster Run name had begun to live up to its name. It was turning out to be a painful way to spend a Saturday. And if you thought Dodds Track was hard enough, Edgar Track and Old Mountain Road are waiting ahead ... with a few flattish sections to enjoy and to make some gains in seconds. This is a good time to take in some fluids and food too, if carrying your own supplies. There were some loose rocky sections where special care and caution had to be used so as not to trip and fall. Again, some small downs and ups, so many in fact it's easy to lose count in running through this ever-changing scenery. Pretty tree fern canopies lined the trails. Some parts looked quite magical with the foggy morning sunshine now bursting through the trees. We arrived at another welcoming aid

station full of fabulous volunteers clowning around, cheering and supporting. We were going to need it. Since all the while you can see high up through the trees, metres up, Skyhigh up, somewhere up and along there the conclusion of the first (and only) loop for some three-quarters of the field of runners, their finish line is so near and yet so far. Still the most sadistic and tortuous last ascent has to be climbed, has to be conquered. The part where you are really asking yourself, "Why am I doing this?" This little "technical" single section part of track that can have you gasping and almost crawling up on all fours is known as Trig Track. You will remember it fondly as the last piece of the course that almost had you totally beaten. Almost...

The cheers at the finish line for those who have either cruised, crawled or collapsed over it, can be heard. It's very encouraging as you turn up onto the road and cross the flattest part of the entire course, the grassy strip by the Giant's Chair, where it all began in the fog, in what seems like a yesterday ago. It is one of the

hardest places to turn about and head back down for a second loop – assuming that you have made it this far within the cut off time. It is a real test of will power, however, the real test is yet to come.

This time around it is very quiet. Almost too quiet. The I-could-get-lost-out-here-all-alone sort of quiet, except for the fool-proof course marking and signage. Besides, I became very pleased to see those little orange ribbons. Even I couldn't get lost, despite the fact that by this point I was pretty much on my own. The clowns at all the aid stations seemed to cheer even louder than the first time around, or had it just got quieter with fewer runners? The pain in my legs eased at these aid stations, even if only for a moment distracted by the jokes and laughter. Company is hard to leave.

"Just maintain", "you're stronger than you think you are", "you can do this" were my positive mantras. There were the other ones that crept in – "This is madness, total torture", "I'm never doing this one again". "Oh, shut up!" I said to myself. "Just maintain, right?"

Surviving one of the toughest km for km trail events around is something to celebrate. Roller Coaster Run was harder than anything I have ever done, and yet because it was so hard it was all the more satisfying. A very tough "hurty-hurty" course indeed. I have never felt so trashed in my entire life. It was the greatest experience of endurance, will power and strength I have ever had to draw upon. You may have run much further distances, but Roller Coaster Run is not to be taken lightly. A fabulously well organised event that I would recommend everyone consider tackling, because it is such a different kind of race, a different kind of challenge, and by running it you will find a different kind of you. Yes, you'll have to dig deeper, but that's why you run it to prove you can.


Another runner commented that he no longer would class Roller Coaster Run as a run, instead saying "It's more a lesson in body, mind and pain management." Personally, I couldn't agree with him more! So the concluding question is - "Would I do it again?" Hell yeah!

| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
|------|-----------|-----------|----------|-----------|------------|
| 1 | 1 | | 03:49:23 | Maffett | Sam |
| 2 | 2 | | 03:55:00 | Goerke | Damon |
| 3 | 3 | | 04:04:51 | Jones | Jonathan |
| 4 | 4 | | 04:07:04 | Bryant | Nick |
| 5 | 5 | | 04:18:51 | Zwierlein | Robert |
| 6 | 6 | | 04:19:52 | Green | Tim |
| 7 | 7 | | 04:21:29 | Rennick | Stephen |
| 8 | 8 | | 04:28:28 | Dower | Brent |
| 9 | 9 | | 04:31:36 | Beard | Dan |
| 10 | 10 | | 04:37:26 | Swan | Greg |
| 11 | 11 | | 04:40:38 | Sime | Martin |
| 12 | 12 | | 04:41:24 | Antrobus | Shane |
| 13 | 13 | | 04:43:50 | Prentice | Michael |
| 14 | 14 | | 04:47:26 | Phipps | Nic |
| 15 | 15 | | 04:47:48 | Nicholson | Ross |
| 16 | 16 | | 04:49:24 | Abreu | Claudio |
| 17 | 17 | | 04:50:33 | Turner | Andy |
| 18 | 18 | | 04:51:25 | Jones | Brian |
| 19 | 19 | | 04:51:39 | Metcalf | Ben |
| 20 | | 1 | 04:53:00 | Urquhart | Donna |

| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
|------|-----------|-----------|----------|--------------|------------|
| 21 | 20 | | 04:59:29 | Grant | Ian |
| 22 | 21 | | 05:07:18 | Dalton | Laurence |
| 23 | 22 | | 05:09:05 | Cusick | Garth |
| 24 | 23 | | 05:10:02 | Silvester | Michael |
| 26 | 25 | | 05:12:33 | Adams | Chris |
| 25 | 24 | | 05:12:33 | Schildknecht | Fiso |
| 27 | 26 | | 05:14:06 | Weatherburn | Simon |
| 28 | 27 | | 05:16:48 | Wills | Ross |
| 29 | | 2 | 05:18:57 | Harris | Angela |
| 30 | | 3 | 05:21:12 | Melbourne | Rowena |
| 31 | 28 | | 05:21:47 | Pedersen | Nikolaj |
| 32 | 29 | | 05:22:42 | Horrocks | Johnny |
| 33 | 30 | | 05:23:48 | Hermann | Jason |
| 34 | 31 | | 05:25:06 | Stokes | Phil |
| 35 | | 4 | 05:28:25 | Lagergren | Narelle |
| 36 | 32 | | 05:33:06 | Hartley | David |
| 37 | 33 | | 05:33:51 | Goh | Leon |
| 38 | 34 | | 05:34:04 | Cheney | Jack |
| 39 | | 5 | 05:34:25 | Coulter | Allis |
| 40 | | 6 | 05:35:13 | Bailey | Grace |

| Roller Coaster Run ~ 43k | | | | | |
|--------------------------|-----------|-----------|----------|------------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 41 | 35 | | 05:36:11 | Sheridan | Peter |
| 42 | 36 | | 05:36:35 | Phillips | Ben |
| 43 | 37 | | 05:36:49 | MacQueen | Stuart |
| 44 | 38 | | 05:37:31 | Waites | Adam |
| 45 | 39 | | 05:37:32 | Josephs | Derek |
| 46 | 40 | | 05:38:44 | Blanchard | Jamie |
| 47 | 41 | | 05:40:37 | Cheng | Yuanchao |
| 48 | 42 | | 05:42:40 | Ingerbrigtsen | Odd Gunnar |
| 49 | | 7 | 05:43:11 | Elphick | Kate |
| 50 | | 8 | 05:43:25 | McTaggart | Kerryn |
| 51 | 43 | | 05:46:32 | Costa | Ricardo |
| 52 | | 9 | 05:46:35 | Field | Matilda |
| 53 | 44 | | 05:47:46 | O'Brien | Brendan |
| 54 | | 10 | 05:49:33 | Stevens | Terrie |
| 55 | 45 | | 05:49:40 | Corner | Stephen |
| 56 | 46 | | 05:50:22 | Blomberg | Matthew |
| 57 | | 11 | 05:51:55 | Ross | Catherine |
| 58 | 47 | | 05:52:08 | MacQueen | Andrew |
| 59 | | 12 | 05:53:10 | Sauro | Caitlin |
| 60 | 48 | | 05:55:26 | Hastewell | Matthew |
| 61 | 49 | | 05:56:14 | Hughes | Sturat |
| 62 | 50 | | 05:57:01 | Barrett | Simon |
| 63 | 51 | | 05:58:36 | Sleep | Nathan |
| 64 | 52 | | 05:59:01 | Porceddu | Daniel |
| 65 | 53 | | 05:59:01 | Wenger | Adrian |
| 66 | 54 | | 05:59:18 | Butler | Bret |
| 67 | 55 | | 05:59:35 | Tulloch | Dean |
| 68 | 56 | | 05:59:58 | Egan | Charlie |
| 69 | 57 | | 06:04:11 | Todd | Paul |
| 70 | 58 | | 06:04:29 | de Boer | Bart |
| 71 | | 13 | 06:05:41 | Egan | Jennifer |
| 73 | | 14 | 06:06:06 | Lane | Chloe |
| 72 | | 15 | 06:06:06 | Manik | Olivia |
| 74 | 59 | | 06:06:18 | Scurry | Grant |
| 75 | 60 | | 06:06:58 | Payne | Andrew |
| 76 | 61 | | 06:06:58 | Shaw | Andrew |
| 77 | 62 | | 06:07:49 | Ackland | Phil |
| 78 | | 16 | 06:09:08 | Bolton | Vanessa |
| 79 | 63 | | 06:11:10 | Samrai | Raj |
| 81 | 65 | | 06:13:58 | Propsting | Vincent |
| 80 | 64 | | 06:13:58 | Sibbison | Darren |

| Roller Coaster Run ~ 43k | | | | | |
|-------------------------------------|-----------|-----------|----------|-----------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 82 | | 17 | 06:14:57 | Sekulic | Natasha |
| 83 | | 18 | 06:15:04 | Cook | Bec |
| 84 | 66 | | 06:15:27 | Hancock | Travis |
| 85 | | 19 | 06:15:58 | Campbell | Belinda |
| 86 | 67 | | 06:16:53 | Mullins | Dean |
| 87 | 68 | | 06:21:57 | Wallace | Grant |
| 88 | 69 | | 06:24:18 | Koso | Adam |
| 89 | 70 | | 06:25:04 | Ogden | James |
| 90 | 71 | | 06:25:35 | McIntosh | Nigel |
| 91 | 72 | | 06:27:35 | Superstar | Bruce |
| 92 | 73 | | 06:30:30 | Williams | Morgan |
| 93 | 74 | | 06:34:33 | Csorgo | John |
| 94 | 75 | | 06:35:39 | Gaupsas | Rimas |
| 95 | 76 | | 06:35:40 | Angove | Dave |
| 96 | 77 | | 06:39:46 | Ooi | Kai |
| 97 | | 20 | 06:40:12 | Baskcomb | Candida |
| 98 | 78 | | 06:42:19 | Searby | Adam |
| 99 | 79 | | 06:48:29 | Song | Mingwei |
| 100 | 80 | | 06:49:52 | Iatrou | Colin |
| 101 | 81 | | 06:49:59 | Bell | Matty |
| 102 | 82 | | 06:53:24 | Walsh | Columban |
| 103 | 83 | | 06:56:59 | Veenstra | Matt |
| 104 | 84 | | 06:57:20 | Talento | Martin |
| | | | DNF | Carr | Michelle |
| | | | DNF | Chinnery | Zach |
| | | | DNF | Dinkgreve | Michael |
| | | | DNF | Goodear | Peta |
| | | | DNF | Hill | Lauren |
| | | | DNF | MacLeod | James |
| | | | DNF | McMurtrie | Helen |
| | | | DNF | Mestdagh | Oliver |
| | | | DNF | Pancutt | Ryan |
| | | | DNF | Parker | Emma |
| | | | DNF | Reynolds | Leigh |
| | | | DNF | Thompson | Scott |
| | | | DNF | Thompson | Dave |
| | | | DNF | Tominac | Katarina |
| | | | DNF | Williams | Guy |
| | | | DNF | Wood | Jennifer |
| Bold SURNAME indicates AURA member. | | | | | |



Coburg 24 Hour Carnival

& Concurrent Australian National 24 Hour Championships

Coburg, VIC

April 5-6, 2014

by Bernadette Benson

I was flattered when asked to tell the story of my experience racing at the Coburg 24 Hour event. It was a race wherein I broke both the Canadian and Australian open 100 mile and 24 hour records. I ran the mileage I had calculated I should be able to run and had written into my program. It was greatly satisfying on a personal level to meet the challenge I had set for myself. I've experienced that satisfaction with other things in my life, as well – getting accepted to teach in China, learning to ride a motorcycle, completing my first master's degree...

But "flattery" is a little hollow for me. Sure, I put forth a great effort in my training and racing to achieve my goal. But so did probably at least 90% of those who toed the start line that day (assuming there were a few who slacked off a bit too much in the training and knew it!)

So, I wanted this piece to capture the collective efforts of many of Coburg's 24 Hour AURA members – to admire and respect the achievements, the highs and lows, of those who chose to set their own personal challenge on a 400 metre track.

I posed the following 10 questions to several AURA members and took the liberty of editing the replies such that they would provide an insight into our collective adventure, which was orchestrated by the "conductor" Tim Erickson (race director) and his assistant Bernie Goggin, with Brett Saxon and his wife working the technical magic of chip timing.

Most interesting thing that I ate:

Mint chocolate Pringles – Billy Pearce

High5 gel – Dave Kennedy

Tailwind – Nikki Wynd

Clif Shot Bloks – Sam Weir

Bananas – David Jones

Pears – Bernadette Benson

Boiled potato with salt – Jodie Osborne

Beef and black bean sauce with rice – John Nuttall

I didn't really eat anything other than gels – Nicole Barker

Worst thing I ate:

Zinc off my lips – Billy Pearce

Rice or cornflakes for last 4 meals pre-race – Dave Kennedy

Chocolate! Threw up straight away – Sam Weir

Beef and black bean sauce with rice. Tasted great going down but lacked a bit of flavour coming back up – John Nuttall

24 gels – Nicole Barker

How many different people in total crewed for me:

Range 0 (John Nuttall) to 8 (Jodie Osborne).

Highest point in the day:

Getting 30 laps 2nd hour – Dave Kennedy

With just under 2 hours to go, being told I was only 2 laps behind Sharon Scholz for 3rd place. Something magic kicked in and I knew my legs still had enough left to run hard and I did – Nikki Wynd

Getting 12hr Australian 20's record – Sam Weir

First three hours – David Jones

The start. The anticipation and hype was amazing, plus I felt I was amongst friends. No one there thought I was crazy for even considering running 24 hours – Jodie Osborne

Being a witness to two of my running club mates from Townsville accumulating 164k and 149k respectively in their first ultra – John Nuttall

Dropping the sand bag – Barry Loveday

Lowest point in the day:

Pulling the pin at 100k – Billy Pearce

I am lucky enough to say I had no low points; I loved the entire 24 hours – Nikki Wynd

13hr mark as injuries took over – Sam Weir

Last six hours – David Jones

No real lows, but the heat of the afternoon required

more focus – Bernadette Benson

Early hours of the morning, about
2am - 4am – Jodie Osborne

Did I mention my argument with
Mr blackbean? – John Nuttall

Fastest lap:

About 1m50 – Dave Kennedy

1 min 46seconds – Sam Weir

1:53.089 – Jodie Osborne

1 min 52sec – John Nuttall

2m01 – Bernadette Benson

No idea – Nicole Barker



A pleasant overcast start (Pictures by Bernie Groggin)

Slowest lap:

About 45min including nap – Dave Kennedy

Over 15min, due to treatment – Sam Weir

15:54.721 – Jodie Osborne

4min 33sec – John Nuttall

5m13 – Bernadette Benson

No idea – Nicole Barker

Did I meet my “A” goal? (Whether that was for distance or something else.)

A goal disappeared after 100 miles – Dave Kennedy

I went above and beyond my A goal – Nikki Wynd

NO, had a shocker, but learnt so much – Sam Weir

No, my A goal was always a little too ambitious but I believe you need to aim high – Jodie Osborne

Going into the race I wanted to achieve at least 250k, but pacing chart was written to achieve 260k. Getting the 265k was fantastic – Barry Loveday

Something new I learned:

Do not assume your crew knows you – Billy Pearce

Body runs on nutrients, not just calories – Dave Kennedy

You can feel fresher and faster in the last hour than the first hour. Walking early, having a strategy and actually sticking to my race plan paid off – Nikki Wynd

Nutrition, pacing, going out too quick, learning to stop when injured – Sam Weir

I had developed an unconscious habit of lifting my right second through fifth toes (especially that second one) in day-to-day life, including running. Caused a nasty blister rubbing the top of my shoe at the race and then I strained tendons around the ankle “clenching” that blistered toe whilst racing – Bernadette Benson

That sleeping for two nights prior to the race on a sofa will be a must in future. Not too sure what my partner Lyndie will make of that – John Nuttall [Author’s note: To understand John’s comment about the sofa, the

reader will need to know that Bernadette spent the days before the event sleeping on sofas (home and hotel) due to her partner/crew's bad cold and cough. Forget speedwork, sofas are the magic ingredient!]

That most of the things I worry about never actually happen! – Nicole Barker

Better results achieved by having the correct nutrition and not going off too fast – Barry Loveday

How many days after the event before my next run (and its distance):

2 days then a 10k at usual pace – Billy Pearce

3 days and then 5k – Dave Kennedy

5 days and 15kms – Nikki Wynd

Have only run 10km since event due to tears in hamstring and upper calf, pitting oedema, and Achilles tendonitis – Sam Weir

18 days and 4km – David Jones

4 days and 7.5km around my local park – Jodie Osborne

6 days and 9km – John Nuttall

One week and 2.2km on trails – Bernadette Benson

Are other people back running already (just kidding!!) I think it was about 1 week after the event and I managed a very slow and painful 4km – Nicole Barker

Just cross trainer and treadmill for the first 3 weeks, then first race was 3rd May 6k Coburg Club run – Barry Loveday



Kevin Muller, Billy Pearce, Paul Wright and Nicole Barker
(Pictures by Bernie Groggin)

| Coburg 24 Hour Track Race | | | | | |
|---------------------------|-----------|-----------|----------|------------|------------|
| Rank | Cat Place | Cat Place | Distance | Last Name | First Name |
| 1 | 1 | | 265.000 | Loveday | Barry |
| 2 | 2 | | 245.012 | Horsburgh | Ewan |
| 3 | 3 | | 241.475 | Eckford | Matthew |
| 4 | | 1 | 238.261 | Benson | Bernadette |
| 5 | 4 | | 234.393 | Pearson | John |
| 6 | 5 | | 230.917 | Hack | Martin |
| 7 | 6 | | 215.232 | Overend | David |
| 8 | | 2 | 212.432 | Osborne | Jodie |
| 9 | 7 | | 210.280 | Cooke | Rick |
| 10 | | 3 | 208.292 | Wynd | Nikki |
| 11 | | 4 | 205.170 | Scholz | Sharon |
| 12 | 8 | | 204.685 | Mcbride | Barry |
| 13 | 9 | | 202.423 | Kennedy | David |
| 14 | 10 | | 202.268 | Allen | Trevor |
| 15 | | 5 | 202.028 | Tichon | Larissa |
| 16 | 11 | | 194.537 | O'Loughlin | Daragh |
| 17 | | 6 | 193.213 | Barker | Nicole |
| 18 | | 7 | 190.984 | Thompson | Michelle |
| 19 | 12 | | 187.200 | Muller | Kevin |
| 20 | 13 | | 183.208 | Mullins | Gary |
| 21 | | 8 | 177.757 | Hamaty | Sabina |
| 22 | | 9 | 169.279 | Bendall | Raelene |
| 23 | 14 | | 167.697 | Melchiori | Tristan |
| 24 | 15 | | 164.199 | Marsh | Trevor |

| Coburg 24 Hour Track Race | | | | | |
|---------------------------|-----------|-----------|----------|------------|------------|
| Rank | Cat Place | Cat Place | Distance | Last Name | First Name |
| 25 | 16 | | 163.883 | Titmus | Steven |
| 26 | 17 | | 162.648 | Harvey | Michael |
| 27 | 18 | | 161.774 | Lewis | Joe |
| 28 | | 10 | 155.804 | Copp | Felicity |
| 29 | 19 | | 153.395 | Metcalfe | Dean |
| 30 | 20 | | 150.700 | Knowles | Robert |
| 31 | | 11 | 148.950 | Smith | Cassie |
| 32 | 21 | | 146.871 | Cruse | Wayne |
| 33 | 22 | | 144.182 | Weir | Sam |
| 34 | | 12 | 136.589 | Parris | Dawn |
| 35 | 23 | | 135.631 | Jordan | Steve |
| 36 | 24 | | 121.200 | Mullins | Peter |
| 37 | 25 | | 120.400 | Thwaites | Mick |
| 38 | 26 | | 112.332 | Jones | David |
| 39 | | 13 | 106.800 | Hepworth | Annabel |
| 40 | 27 | | 103.810 | Richardson | Saul |
| 41 | 28 | | 102.800 | Nuttall | John |
| 42 | 29 | | 100.000 | Pearce | Billy |
| 43 | 30 | | 97.851 | Gleeson | Nick |
| 44 | 31 | | 77.200 | Wright | Paul |
| 45 | 32 | | 73.175 | Gray | Peter |
| 46 | | 14 | 72.573 | Howorth | Sandra |
| 47 | 33 | | 61.200 | McPhee | Jevvan |
| 48 | 34 | | 42.714 | Carter | Ken |

Bold SURNAME indicates AURA member.



Nerang SF 50km

Nerang State Forest, QLD

April 6, 2014

by Marita Eisler

It's early April in Queensland and most runners would have felt the season change. The sun rises a few minutes later, it's a little cooler in the morning, the sky, with less cloud, seems a bit bigger, and if they should quieten their breath mid-stride a runner might hear the words "Nerang SF" whispered on the breeze. Or they may have looked at the calendar in the latest edition of Ultramag and exclaimed "It's been five months since my last race! Quick I must sign up for the Nerang State Forest 50km."

April for me has always meant the start of running season, and for three of the past four years I've done the 1.5hr drive down the coast to Nerang to start the year off. The 50km starts at 6am so the drive down is in darkness, and last time in 2012 I managed to get lost on the way. This is better than getting lost during the race, which I did in 2011.

The race venue is, in fact, very easy to find. It is also very accessible as it is only a couple of km off the highway. Based at the velodrome, there is plenty of parking, indoor check-in (no standing in line in the dark) and (an absolute luxury) free, hot showers. I should also mention that the course is very well marked and it is hard to get lost. I once got lost in a half marathon, on the road, on a looped course, on the second loop ...

It was good to catch up with a few other Nerang SF regulars, and reassured in way to find that I wasn't the only one looking forward to running the course again. Because, as far as 50kers go, Nerang is about

as hard as they come, and you'd have to be crazy to want to run it again, and again. Yet, people do. Although there is no chance of altitude sickness, there are almost no flat bits on the entire course.

That is how this run goes. We start, run up a hill, then down a hill. Next we run up a bigger hill, then down a long fast "it would hurt to face plant on this one" downhill. We cross a small creek then start to run up "Heartbreak Hill", only to find ourselves partway up, barely vertical and coming to understand why mountaineers carry axes, even on climbs where there are no trees.

So here I am, on the side of Heartbreak, swaying a little and trying to find some footing. Looking up, the sky is a winter blue through the branches. If I keep looking up I know I'll eventually be looking down - downhill to the aid station turn around. Heading down from Heartbreak I am feeling good knowing that the hardest climb is done once and only has to be done once more.

In previous years the turnaround was at the bottom of a prolonged, paved downhill, which turned into an even more prolonged uphill once we turned around. There was much debate between runners about whether Heartbreak or this paved climb was the hardest. But in 2014 we were to do a loop through a paddock, thus avoiding the paved climb and leaving Heartbreak as the uncontested hardest climb.

The new loop included a tricky, steep drop over a rocky trail, before taking us into a gentle descent through a

grassy field and onto the 12.5km turn. For some reason, perhaps it was the selective reasoning ultrarunners are said to have, it didn't occur to me that this new loop included quite a bit of downhill, and that downhill needs to be followed by uphill. Then I saw the Gut Buster. One minute we were frolicking through a grassy meadow, the next Heartbreak Hill's big brother was looming above, reducing us to staggers, sways, and a good bit of swearing. Race director, Ian, had taken out one of the hardest hills on the course and replaced it with a harder one. It was almost funny.

The sky was no longer blue; there were storm clouds building and it was hot. Winter arrives slowly here. Runners made their way up the Gut Buster and back along the course to the start/finish turn. Those of us heading back waved to those heading out. Then we turned around and did it again.

Towards the end of the 2nd loop I ran with a runner who was running Nerang SF for the first time. It was also his first trail race and longest run to date. He said he'd been expecting rainforests and cool waterfalls; instead he got a couple of very minor creeks, heat, humidity and a whole heap of hills. But he told me that in those five or so difficult hours, he'd become hooked on trail running and ultras. Was I witness to an ultrarunning miracle, a response to the soul's quest for something more than blink-and-miss short distance runs through the flatlands of our existence? Perhaps. But the following immutable laws of

running should not be dismissed:
It is satisfying to reach the top of a climb.

It is fun to run as fast as possible down the other side.

It is more fun if you do it again.

The women's event was won by Connie Richards who lead from start to finish ahead of Marita Eisler and Laura Moran. The Men's event was won by Anderson Moquiuti who was followed by Jordan Bishop and Richard Quirk. Thanks to Steve and the crew at Runner's Connexion for

sponsoring the 50km, and suppling prizes for placegetters and random draw winners.

I should also mention that there are shorter run options of 25km, 17km and 9km available for anyone who can't get out of bed early enough for the 6am 50km start.

| Nerang State Forest ~50km | | | | | |
|---------------------------|-----------|-----------|---------|-------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 1 | 1 | | 4:47:14 | Moquiuti | Anderson |
| 2 | 2 | | 4:53:04 | Bishop | Jordan |
| 3 | 3 | | 4:58:04 | Quirk | Richard |
| 4 | 4 | | 5:02:15 | Egen | John |
| 5 | 5 | | 5:12:41 | Joss | Tom |
| 6 | 6 | | 5:14:07 | Arnold | Ricky |
| 7 | 7 | | 5:15:42 | Swan | Greg |
| 8 | | 1 | 5:16:09 | Richards | Connie |
| 9 | 8 | | 5:22:36 | Turner | Nicholas |
| 10 | | 2 | 5:23:25 | Eisler | Marita |
| 11 | 9 | | 5:23:47 | O'Brien | Kieran |
| 12 | 10 | | 5:30:38 | Gonsalves | Shayne |
| 13 | 11 | | 5:34:12 | Henderson | Sean |
| 14 | 12 | | 5:38:33 | Pesut | Geoff |
| 15 | 13 | | 5:38:57 | Kirkpatrick | Graeme |
| 16 | 14 | | 5:40:36 | Coles | Tim |
| 17 | | 3 | 5:40:36 | Moran | Laura |
| 18 | 15 | | 5:40:41 | Patterson | Chris |
| 19 | 16 | | 5:49:19 | Schodde | Carl |
| 20 | 17 | | 5:49:49 | Baxter | Andy |
| 21 | 18 | | 5:56:27 | Sheridan | Michael |
| 22 | 19 | | 6:01:26 | Noble | Chris |
| 23 | 20 | | 6:02:06 | McMullen | Phillip |
| 24 | 21 | | 6:04:23 | Marshall | Kelvin |
| 25 | 22 | | 6:06:39 | Aird | Brad |
| 26 | 23 | | 6:12:00 | Brook | Simon |

| Nerang State Forest ~50km | | | | | |
|---------------------------|-----------|-----------|---------|-------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 27 | | 4 | 6:12:31 | Williamson | Kerrie |
| 28 | | 5 | 6:12:31 | Nicholl | Deb |
| 29 | | 6 | 6:12:31 | Moloney | Mallani |
| 30 | 24 | | 6:12:32 | Noble | Mandy-Lee |
| 31 | 25 | | 6:15:23 | Manning | Joshua |
| 32 | | 7 | 6:16:24 | Holloway | Belinda |
| 33 | 26 | | 6:17:03 | Taylor | David |
| 34 | 27 | | 6:20:25 | Janes | Pat |
| 35 | 28 | | 6:22:39 | Harvey | Hamish |
| 36 | | 8 | 6:24:34 | Thompson | Jill |
| 37 | 29 | | 6:27:08 | Thames | Will |
| 38 | 30 | | 6:40:02 | Adson | Bart |
| 39 | | 9 | 6:53:41 | Warwick | Jody |
| 40 | 31 | | 6:55:19 | Vennells | Paul |
| 41 | 32 | | 6:56:13 | Da Rosa | Emerson |
| 42 | | 10 | 6:56:13 | Oliveira | Niara |
| 43 | 33 | | 7:03:13 | Tomlins | Geoff |
| 44 | 34 | | 7:03:40 | Borbridge | John |
| 45 | | 11 | 7:03:51 | Brun-Smiths | Marina |
| 46 | | 12 | 7:06:56 | Morgan | Anna |
| 47 | 35 | | 7:06:57 | Jones | Derek |
| 48 | | 13 | 7:15:40 | Jones | Caroline |
| 49 | 36 | | 7:15:40 | Jones | Brian |
| 50 | 37 | | 7:17:24 | Cramer | Thomas |
| 51 | 38 | | 7:23:09 | Last | Geoffrey |

Bold SURNAME indicates AURA member.



Canberra 50km

Canberra, ACT

April 13, 2014

by Tina Major

The idea of running the Canberra 50km Ultra had always appealed to me. 2014, in the lead up to Comrades Marathon, seemed the perfect timing to travel over from WA to run it.

Whilst only my second attempt at the distance, I am fortunate enough

to be surrounded by a pedigree of runners that have excelled at this distance with my partner, and training partner, Todd Ingraham (2004: 50km winner), and mentors Jackie Fairweather (2007: 50km female winner and Australian 100km representative) and Mick Francis (multiple-time Australian

24 hour representative).

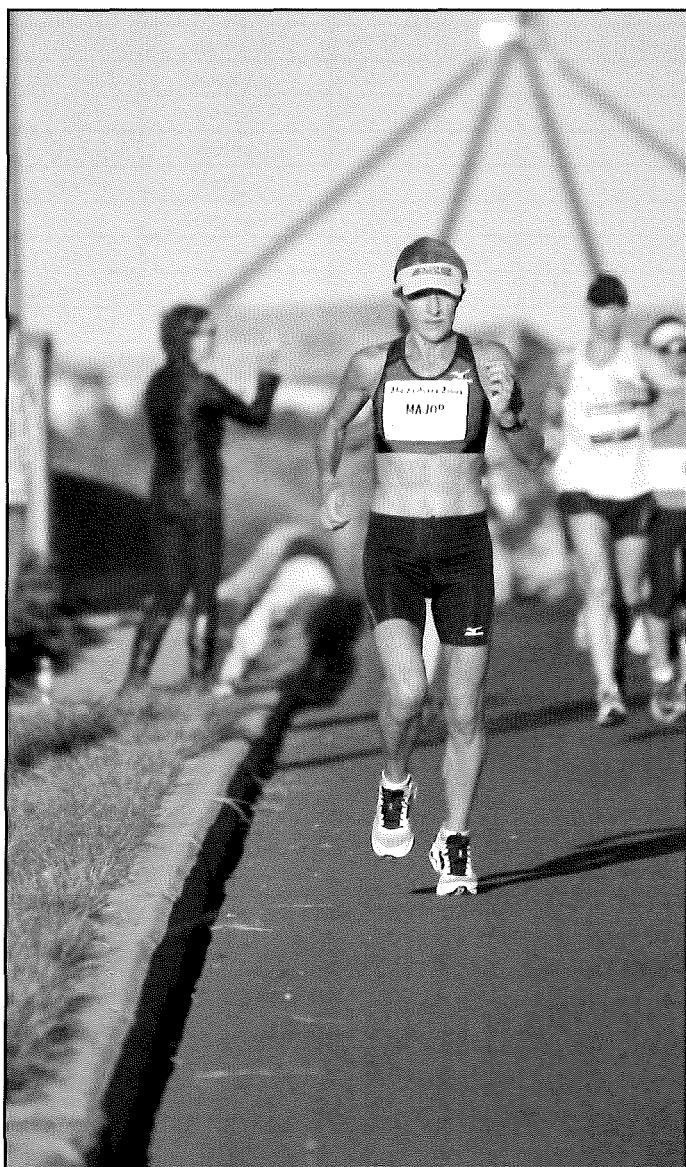
I had been advised that "racing" would not be wise only seven weeks out from Comrades, but with flights booked and training geared around a weekend away, I made a plan to run "within myself" – although not really knowing what

that felt like over 50km. Coming off a solid marathon in Japan late last year (6th place Kobe Marathon – 2hr50min46sec), my training had had an ultra focus with specific Comrades requirements for this year’s “down” run.

With no taper to speak of, I was unsure of how my legs would feel as the race progressed. On one hand, it was hard to watch the marathon ladies take off at the start, yet on the other hand, I was far more relaxed as I settled into the pace that I hoped I could hold for the duration of the race. I had planned to run between 4.15min/km – 4.20min/km, which would mean going through the marathon in just outside 3 hours, and then continuing on to finish in around 3hr35mins (my actual marathon time was 3hr02mins50sec). It was a welcome distraction chatting to fellow 50km runners around the 23km – 27km mark about our plans for Comrades. The kilometres ticked along quite quickly, despite the challenging course and negotiating numerous hairpin turns on tiring legs, which can be tricky.

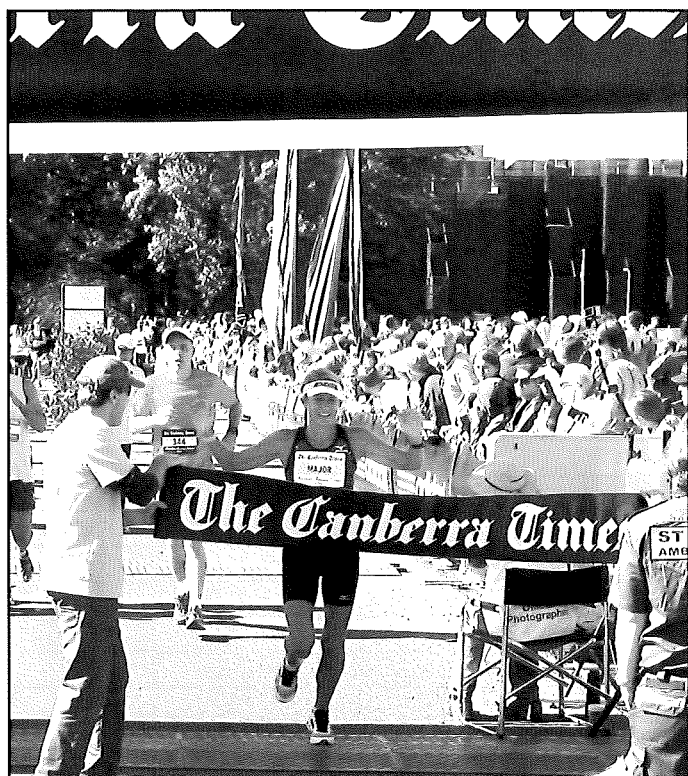
Mentally making the switch from “marathon maths”

and the mind games that you play (i.e. at 32km thinking only 1 x 10km run left), has been something I have tried to do during long training runs. My inexperience at ultras, and not completely having a handle on this side of racing these distances, made the 30km – 40km feel tough, although I started focussing on the fact that I was passing a lot of marathoners and had passed a number of the female marathon contenders. I passed my friend Magda at 38km, just before we left the marathon course to run the 10km loop, and realised that, not only was I moving OK, but my pace had now picked up to 4min10sec/kms. I quickly calculated that my plan to run through the marathon just outside three hours was in place. It was lovely seeing Jackie just near the timing mat for the marathon and that gave me a lift. I then put my head down and committed to holding this pace until the end. Todd calling encouragement with 1km to go (he finished 2nd in the 50km) was an added bonus. My last 10km was quicker than my first 10km and was a huge confidence boost that I had paced myself well. Finishing time was 3hr35mins06secs.



| Canberra 50km | | | | | |
|---------------|-----------|-----------|---------|-----------------------|-------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 1 | 1 | | 3:12:40 | Brittain | Scott |
| 2 | 2 | | 3:19:07 | Ingraham | Todd |
| 3 | 3 | | 3:21:24 | Keem | Barry |
| 4 | 4 | | 3:29:14 | Bell | Terence |
| 5 | 5 | | 3:32:30 | Heyden | Andrew |
| 6 | 6 | | 3:34:38 | Gillies | Cameron |
| 7 | | 1 | 3:35:08 | Major | Tina |
| 8 | 7 | | 3:37:47 | Sierak | Matthew |
| 9 | 8 | | 3:39:34 | Amy | Martin |
| 10 | 9 | | 3:46:29 | Warburton | Trevor |
| 11 | 10 | | 3:46:29 | Bonney | Peter |
| 12 | 11 | | 3:46:33 | Easton | Brett |
| 13 | 12 | | 3:51:50 | Gamble | Malcolm |
| 14 | 13 | | 3:52:11 | Schwebel | Ron |
| 15 | 14 | | 3:54:01 | Cochrane | Tim |
| 16 | | 2 | 3:55:51 | Macmillan | Katherine |
| 17 | 15 | | 3:56:46 | Ta | Joseph |
| 18 | 16 | | 3:57:26 | Hughes | Tim |
| 19 | | 3 | 3:58:13 | Delaney | Lynette |
| 20 | 17 | | 3:58:54 | Burns | Troy |
| 21 | 18 | | 4:01:36 | Stewart | Matthew |
| 22 | 19 | | 4:01:38 | Mullen | Christopher |
| 23 | 20 | | 4:02:00 | Seddon | Bradley |
| 24 | | 4 | 4:02:12 | Otto de Grancy | Kerrie |
| 25 | 21 | | 4:02:18 | Colquhoun | Ashley |
| 26 | | 5 | 4:03:51 | Thomas | Tamsin |
| 27 | 22 | | 4:04:48 | Leathem | Gavin |
| 28 | 23 | | 4:05:08 | Dobe | Warren |
| 29 | 24 | | 4:05:14 | Profke | Andrew |
| 30 | 25 | | 4:06:49 | Touchard | Vincent |
| 31 | 26 | | 4:07:11 | Huband | Nigel |
| 32 | 27 | | 4:07:44 | Hopkins | John |
| 33 | 28 | | 4:08:46 | Deakin | Noel |
| 34 | | 6 | 4:08:52 | Jones | Tia |
| 35 | 29 | | 4:09:20 | Mulley | Luke |
| 36 | 30 | | 4:09:43 | Donohue | Craig |
| 37 | 31 | | 4:09:48 | Cunningham | Alexander |
| 38 | 32 | | 4:09:50 | Cooper | Joshua |
| 39 | 33 | | 4:10:11 | Walsh | Ian |
| 40 | 34 | | 4:10:35 | Wallace | Greg |
| 41 | | 7 | 4:11:20 | Vaughan | Keri |
| 42 | 35 | | 4:12:42 | Breckenridge | Wylie |
| 43 | 36 | | 4:12:45 | Byrne | Kevin |
| 44 | 37 | | 4:14:49 | Hargreaves | Kenneth |
| 45 | 38 | | 4:16:21 | Keighran | Adam |
| 46 | 39 | | 4:16:30 | Ferguson | Colin |
| 47 | 40 | | 4:17:02 | Cochrane | Ross |
| 48 | 41 | | 4:17:40 | Oke | Malcolm |
| 49 | 42 | | 4:17:54 | Jardine | Kim |
| 50 | | 8 | 4:17:58 | Tremonti | Joanne |
| 51 | 43 | | 4:18:00 | Clarke | Peter |
| 52 | | 9 | 4:18:02 | Kanizay | Jane |
| 53 | | 10 | 4:20:13 | Fien | Sarah |
| 54 | 44 | | 4:21:15 | English | Richard |
| 55 | 45 | | 4:21:47 | Ruardij | Jeroen |

| Canberra 50km | | | | | |
|---------------|-----------|-----------|---------|----------------|-------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 56 | 46 | | 4:22:58 | Hidvegi | Frank |
| 57 | | 11 | 4:23:10 | Kwong | Ruby |
| 58 | 47 | | 4:23:45 | Bruning | Paul |
| 59 | | 12 | 4:23:58 | Georgia | Bamber |
| 60 | 48 | | 4:24:09 | Camilleri | Andre |
| 61 | 49 | | 4:24:26 | Ekehaug | Robert |
| 62 | 50 | | 4:24:33 | Cargill | Darren |
| 63 | 51 | | 4:25:02 | Leung | Ka Hang |
| 64 | 52 | | 4:25:40 | Gallery | Sebastian |
| 65 | 53 | | 4:27:05 | Bowler | Christopher |
| 66 | | 13 | 4:28:09 | Chan | Pulcheria |
| 67 | | 14 | 4:29:10 | Spink | Sharon |
| 68 | 54 | | 4:29:12 | Jenkins | Peter |
| 69 | 55 | | 4:30:23 | Garlick | Steven |
| 70 | 56 | | 4:30:57 | Murray | Robert |
| 71 | 57 | | 4:31:06 | Hovenden | Dan |
| 72 | 58 | | 4:31:41 | Hurley | Peter |
| 73 | | 15 | 4:31:51 | Muston | Pam |
| 74 | 59 | | 4:32:18 | Burns | Rodney |
| 75 | 60 | | 4:32:33 | Smith | Tim |
| 76 | 61 | | 4:32:38 | Murphy | Jason |
| 77 | 62 | | 4:33:11 | Lam | John |
| 78 | 63 | | 4:33:16 | Summers | Rob |
| 79 | 64 | | 4:34:20 | Miller | Gary |
| 80 | | 16 | 4:34:47 | Sharp | Louise |
| 81 | 65 | | 4:34:53 | Lisle | Peter |
| 82 | | 17 | 4:34:53 | Crozier | Leigh |
| 83 | 66 | | 4:34:53 | Jackson | Phil |
| 84 | 67 | | 4:35:13 | Winkler | Raimund |
| 85 | 68 | | 4:37:30 | Le Nepveu | Neil |
| 86 | 69 | | 4:37:54 | Blinco | Trent |
| 87 | 70 | | 4:38:27 | Thompson | Michael |
| 88 | | 18 | 4:39:44 | Evans | Leah |
| 89 | 71 | | 4:39:44 | Evans | Russell |
| 90 | 72 | | 4:40:28 | sylvester | James |
| 91 | | 19 | 4:41:15 | Byrne | Donna |
| 92 | 73 | | 4:41:30 | Read | Ian |
| 93 | 74 | | 4:41:48 | O'Brien | Peter |
| 94 | 75 | | 4:42:09 | Lebanie | Alexander |
| 95 | 76 | | 4:42:50 | Topper | Kurt |
| 96 | 77 | | 4:42:50 | Gooding | Ryan |
| 97 | 78 | | 4:42:51 | Menegazzo | Matt |
| 98 | 79 | | 4:43:07 | Taylor | Peter |
| 99 | 80 | | 4:43:34 | Campbell-Jones | Fred |
| 100 | | 20 | 4:44:17 | Wall | Aymee |
| 101 | 81 | | 4:45:06 | Lynch | Ciaran |
| 102 | 82 | | 4:45:59 | Hibbs | Mark |
| 103 | 83 | | 4:46:49 | Graham | Stephen |
| 104 | | 21 | 4:47:00 | Miller | Kristen |
| 105 | 84 | | 4:47:28 | Thom | Craig |
| 106 | 85 | | 4:47:41 | sharrock | denis |
| 107 | 86 | | 4:50:14 | Humby | Alex |
| 108 | 87 | | 4:50:41 | De Kock | Jan |
| 109 | | 22 | 4:50:46 | Crim | Jade |
| 110 | 88 | | 4:50:50 | Connor | Adam |



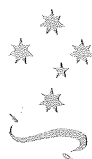
| Canberra 50km | | | | | |
|---------------|-----------|-----------|---------|-----------|----------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 111 | 89 | | 4:51:24 | Mesher | Nick |
| 112 | 90 | | 4:52:04 | Gooding | Ian |
| 113 | 91 | | 4:52:11 | Halloway | James |
| 114 | 92 | | 4:52:12 | Hollander | Robert-jan |
| 115 | | 23 | 4:52:19 | Carolan | Ann Marie |
| 116 | 93 | | 4:52:20 | Buchs | Mario |
| 117 | 94 | | 4:52:29 | Franklin | Ben |
| 118 | 95 | | 4:53:24 | Kerr | Chris |
| 119 | | 24 | 4:53:49 | Stewart | Emma |
| 120 | 96 | | 4:55:11 | Brown | David |
| 121 | 97 | | 4:55:30 | Campbell | Graeme |
| 122 | 98 | | 4:55:52 | Howes | Andrew Michael |
| 123 | 99 | | 4:57:18 | Kobayashi | Takashi |
| 124 | | 25 | 4:57:36 | Shing | Lindsey |
| 125 | 100 | | 5:02:41 | Chai | Kim |
| 126 | 101 | | 5:05:07 | Solomon | Marcello |
| 127 | 102 | | 5:05:29 | Billing | Laurence |
| 128 | 103 | | 5:05:56 | Clark | Gavin |
| 129 | 104 | | 5:06:37 | Lunt | Victor |
| 130 | 105 | | 5:06:40 | Stiffle | Mark |
| 131 | 106 | | 5:06:55 | Gorton | Wayne |
| 132 | 107 | | 5:07:00 | Holland | Wayne |
| 133 | 108 | | 5:07:01 | Marin | Roberto |
| 134 | 109 | | 5:08:15 | Craven | Bruce |
| 135 | 110 | | 5:08:49 | Inopiquez | Wendel Tom |
| 136 | | 26 | 5:09:39 | Dawes | Vicky |
| 137 | 111 | | 5:10:09 | Cohen | Arnold |
| 138 | | | 5:10:33 | Roberts | Gary |
| 139 | | 27 | 5:10:37 | Whelan | Nikki |
| 140 | | 28 | 5:12:05 | McDonald | Kelly |
| 141 | | 29 | 5:12:19 | Carol | Adams |
| 142 | 113 | | 5:12:50 | Sinfeld | PETE |

| Canberra 50km | | | | | |
|---------------|-----------|-----------|---------|-----------|-------------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 143 | 114 | | 5:12:56 | Constable | Garren |
| 144 | 115 | | 5:13:20 | Kiley | Stephen |
| 145 | 116 | | 5:16:31 | Kime | Darren |
| 146 | | 30 | 5:16:57 | Marshall | Sarah-Jane |
| 147 | 117 | | 5:17:05 | Goddard | Ray |
| 148 | | 31 | 5:17:31 | Chan | Karen Woon Cheung |
| 149 | 118 | | 5:17:47 | Kraljevic | Mark |
| 150 | 119 | | 5:18:08 | Cragg | Adam |
| 151 | | 32 | 5:19:20 | Owen | Ann |
| 152 | 120 | | 5:19:42 | Prince | Bruce |
| 153 | 121 | | 5:19:46 | Paxton | Robert |
| 154 | 122 | | 5:20:39 | Olberg | Lars |
| 155 | 123 | | 5:21:05 | Evans | Gavin |
| 156 | 124 | | 5:21:07 | Jacobs | Rhett |
| 157 | 125 | | 5:21:19 | Jones | Oliver |
| 158 | | 33 | 5:21:22 | W | Teresa |
| 159 | 126 | | 5:22:50 | Zur | Nicholas |
| 160 | | 34 | 5:23:01 | Andrews | Jayne |
| 161 | 127 | | 5:23:44 | Dannock | Nathan |
| 162 | 128 | | 5:25:08 | Adkins | Dane |
| 163 | | 35 | 5:25:28 | Vassiliou | Cynthia |
| 164 | | 36 | 5:25:34 | Byass | Rose |
| 165 | 129 | | 5:25:48 | Mouland | John |
| 166 | 130 | | 5:26:48 | Meikle | Paul |
| 167 | | 37 | 5:28:09 | Evans | Samantha |
| 168 | | 38 | 5:28:14 | Gill | Madeline |
| 169 | 131 | | 5:28:14 | Herisson | George |
| 170 | 132 | | 5:28:15 | Buitendag | Marius |
| 171 | 133 | | 5:28:15 | Webber | Lukus |
| 172 | 134 | | 5:31:01 | Morris | Scott |
| 173 | 135 | | 5:31:19 | Finn | Benjamin |
| 174 | 136 | | 5:35:04 | Lapus | Jaime |

| Canberra 50km | | | | | |
|---------------|-----------|-----------|---------|-----------------|---------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 175 | | 39 | 5:36:05 | Fraser | Rowena |
| 176 | 137 | | 5:36:18 | Hiatt | Dave |
| 177 | | 40 | 5:36:55 | Tran | Thuy |
| 178 | | 41 | 5:37:29 | Maxwell | Hailey Lauren |
| 179 | 138 | | 5:37:46 | Mestdagh | Oliver |
| 180 | | 42 | 5:39:00 | Lewis | Marilyn |
| 181 | | 43 | 5:39:01 | Rahme | Meryl |
| 182 | 139 | | 5:40:56 | Tuladhar | San |
| 183 | | 44 | 5:41:17 | Dickson | Kathryn |
| 184 | | 45 | 5:41:48 | Ham | Esther |
| 185 | 140 | | 5:44:49 | Criniti | Luigi |
| 186 | 141 | | 5:46:19 | Golkowski | Andrew |
| 187 | | 46 | 5:47:34 | Wills | Tina |
| 188 | 142 | | 5:48:07 | Stocks | Craig |
| 189 | 143 | | 5:48:17 | Waddington | Gordon |
| 190 | | 47 | 5:49:27 | Pargeter | Christel |
| 191 | 144 | | 5:49:58 | Bedward | Michael |
| 192 | 145 | | 5:50:51 | Reynolds | Leigh |
| 193 | | 48 | 5:51:02 | McGhie | Judith |
| 194 | | 49 | 5:51:56 | Ding | Trina |
| 195 | 146 | | 5:52:24 | Lewis | Simon |

| Canberra 50km | | | | | |
|---------------|-----------|-----------|---------|----------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 196 | | 50 | 5:53:41 | Monaghan | Narelle |
| 197 | | 51 | 5:53:42 | Hobbs | Mandy |
| 198 | 147 | | 5:54:12 | Carranza | Gonzalo |
| 199 | | 52 | 5:57:04 | Davidson | Maree |
| 200 | | 53 | 5:57:05 | McLauchlan | Allison |
| 201 | 148 | | 5:58:06 | Chambers | Scott |
| 202 | | 54 | 5:58:07 | Scotcher | Tanya |
| 203 | | 55 | 5:58:40 | Walden | Joy |
| 204 | | 56 | 5:59:22 | Kabaila | Rasa |
| 205 | | 57 | 6:00:36 | O'Neill | Engela |
| 206 | 149 | | 6:02:40 | Eldridge-Smith | Leif |
| 207 | 150 | | 6:12:48 | Mahoney | Paul |
| 208 | 151 | | 6:15:20 | Waddell | John |
| 209 | 152 | | 6:15:31 | Wilkinson | Edward |
| 210 | 153 | | 6:23:42 | Whelan | David |
| 211 | 154 | | 6:33:11 | Sackett | Ian |
| 212 | | 58 | 6:34:53 | Drinkrow | Mandy |
| 213 | 155 | | 6:38:25 | Lee | Kevin |
| 214 | | 59 | 6:40:14 | Hiatt | Jane |
| 215 | 156 | | 6:42:08 | Viacrucis | Eugene |
| 216 | | 60 | 6:53:46 | Elkin-Roberts | Jan |

Bold SURNAME indicates AURA member.



The Wild Horse Criterion

Wildhorse Mountain, QLD

April 20, 2014

by Chris Knowles

Easter Sunday is not an unreasonable day for an ultra. 50 miles is not an abnormal distance for one either. Criterion events are pretty standard fare in ultras and, while 2am might be a peculiar start time, combining all of these factors together gets you a unique event and strange looks from people and ultra-runners too. It was in this spirit that my virgin crew and I braved the cold and headed up the familiar pine tree-lined Bruce Highway to Brisbane's ultrarunning stronghold: the Glasshouse Mountains. My usual crew, my wife Ruth, was out of action due to a nine month rest break caused by chronic and persistent pregnancy, which had resulted in our first child three weeks earlier. So to top off the insanity of the race, I was also leaving my wife and newly-minted daughter at home. A newborn also

meant my preparation for the race consisted of broken sleep, stress, and exhaustion, but I thought I was still well-prepared for the race.

My brother-in-law, Conor, made the trek up the Bruce Highway with me to crew, and see what ultras were all about as he'd picked up running in the past year. After a quick crew induction, I headed to the start, secure that even if there were crew problems it was a criterion so I'd be running through the same checkpoint the whole time. I was hoping for a time with an "eight" in front of it, but would settle for a good training run for Sri Chimnoy. 2am came, and with headlamps donned the field made their way up Wildhorse Mountain, which was a good beginning for me as I'm fairly proficient at hurtling with minimal gravel rash. Once

down the hill it was a quick right, and then off on the first of seven loops of the flat 11km criterion around Wildhorse Mountain.

It had rained the previous week and so the usual 4WD patches were filled with stagnant water. I have an uncanny knack of being able to divine the quickest, most efficient, route around hazard – and then promptly ignore that and take the most inconvenient way and still get wet. To add to that, the first couple of laps were in darkness, but I did manage to keep my gaiters reasonably dry and only walk through four or five spider webs. Enough time had passed for the ankle-deep sand to regain its quicksand-like consistency, but my ankles remained upright and, consequently, so did the rest of me.

As I completed my first lap I found my crew was MIA. I didn't mind as there was a well-stocked checkpoint at the beginning of each loop and what I thought was another superfluous one at the midway point, meaning I was never more than six kilometres away from lollies and Coke. I set off and was feeling pretty good. The two creeks couldn't phase my lemming-like crossing skills, even when the photographer began camping out at one to try and get some action shots of people stacking it while trying to balance on precarious, and ever-moving, rocks.

At the completion of the second lap things were beginning to become difficult. The 55km runners were out and about and making me feel insecure, and my crew was still nowhere to be seen. Luckily for me, the Patron Saint of Struggling Ultra Runners and Late Night Train Passengers, Nic Moloney, was there to lend a hand. He sent me off with some lemonade, an encouraging word, and promises of finding my crew.

I've always struggled in the 3-5 hour mark in ultras, and that morning was no exception. While my usual stomach open rebellions weren't happening, my alertness, concentration, and willingness were on the fritz. It seems an infant is not the best training partner as far as sleep goes. Tree roots appeared from nowhere, the sand stretched on further than the

Sahara, and my ankle seemed to find every slight divot and rise. I had put my ITB strap on my left leg at the beginning of the race, and now it appeared my right leg wanted to get in on the act too.

At the start of lap four Nic told me the sun would be up soon and that would give me a boost. I clung to this morsel of motivation and when the sun burst over the majestic Glasshouse Mountains, while Faith no More's cover of Easy serendipitously hit my iPod, I still felt like a tube of toothpaste under a steam roller. At this point I got well acquainted with the "superfluous" mid-loop checkpoint and their vast array of food and cheery demeanour. During this loop I began to walk; always a deflating moment during an ultra, especially a flat one like this. When that hits, all the little aches, niggles, and thoughts of a warm bed hang around your neck like a Besser brick. And it was hot; lord it was hot. I got to the end of the fifth lap and pulling out seemed like joy. My plans of nine hours were laughable and everything hurt. My crew appeared (there was a snooze-button related issue) and I was loaded up with lollies, gels, lemonade and stern encouragement from Nic as I ambled out of the checkpoint, my dreams of quitting now dashed.

I trundled around the track and suppressed my homicidal tendencies for the fresh-faced 33km and 22km runners as they

breezed by, shoes unburdened by sand and mud. As I plumbed the depths of my despair, I did get a shot of motivation when around the corner came Chris Noble, riding a unicycle. Just ask anyone that was there, I wasn't hallucinating. After that encounter I laughed and the grimaced that had been chiselled on my face was replaced by an honest-to-god smile ... for 10 minutes, then there was more walking.

After taking a wrong turn I ended up thinking I could be disqualified from the race, which is always good for confidence, but the legends at the mid-loop CP said they'd vouch for me as I kept on finding them easily enough. On the last loop I got more lollies and a hug from them as I inched towards the finish. True to form, I ended up missing the finisher's turn-off and did an additional 800m and had to go through and back around for the finish; 10hrs and 28mins on the course. Last place and I got in just as the coffee truck was leaving. I did manage to eat a Brisbane Trail Runners snag on bread and received my finisher's Easter Bunny to eat on the long drive home. Which I promptly sat on. Because ... of course.

Author's note: There's nothing like being commissioned for your first ever article specifically because you sucked. [Editor's Note: There is no such thing as sucking in ultras, unless you are referring to breathing or the nozzle on your hydration pack!]

| The Wildhorse Criterium ~53.5km | | | | | |
|---------------------------------|-----------|-----------|---------|------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 1 | 1 | | 4:48:18 | Judd | Matt |
| 2 | 2 | | 5:03:00 | Hanemaayer | Ben |
| 3 | 3 | | 5:06:43 | Kuziemko | Cameron |
| 4 | 4 | | 5:14:50 | Balnaves | Gerard |
| 5 | 5 | | 5:14:50 | Donaldson | Ian |
| 6 | 6 | | 5:24:01 | Yates | Daniel |
| 7 | | =1 | 5:30:22 | Noble | Mandy-Lee |
| 8 | | =1 | 5:30:22 | Moloney | Mallani |
| 9 | 7 | | 5:36:41 | The | Matthew |
| 10 | | 3 | 5:58:26 | Reutter | Natalie |
| 11 | 8 | | 6:01:08 | Bourke | Roy |

| The Wildhorse Criterium ~53.5km | | | | | |
|-------------------------------------|-----------|-----------|----------|-----------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 12 | 9 | | 6:04:44 | Roberton | Mark |
| 13 | | 4 | 6:13:47 | Schluter | Jessica |
| 14 | 10 | | 6:15:12 | Percival | Michael |
| 15 | 11 | | 6:15:45 | Jackson | Gavin |
| 16 | 12 | | 6:20:34 | Marshall | Kelvin |
| 17 | 13 | | 6:22:09 | Taylor | John |
| 18 | | 5 | 8:30:50 | Bond | Louise |
| 19 | | 6 | 9:01:34 | Ellett | Julie |
| 20 | | 7 | 11:01:35 | Vincent | Breanne |
| 21 | | 8 | 11:01:35 | Bocock | Jennifer |
| Bold SURNAME indicates AURA member. | | | | | |

| The Wildhorse Criterium ~70km | | | | | |
|-------------------------------|-----------|-----------|---------|-----------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 1 | 1 | | 7:42:33 | Cradick | Adam |
| 2 | 2 | | 7:55:26 | Turner | Nicholas |
| 3 | 3 | | 8:14:24 | Lyons | Sean |
| 4 | | 1 | 8:45:11 | van Gurp | Nicole |
| 5 | 4 | | 8:58:01 | Grills | Stuart |
| 6 | 5 | | 9:02:51 | Sarra | Lucas |

| The Wildhorse Criterium ~70km | | | | | |
|-------------------------------------|-----------|-----------|----------|-----------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 7 | 6 | | 9:42:43 | Darwin | Adam |
| 8 | 7 | | 9:42:43 | Hedges | Joe |
| 9 | | 2 | 9:54:41 | Davidson | Meg |
| 10 | 8 | | 10:30:46 | Knowles | Chris |
| Bold SURNAME indicates AURA member. | | | | | |



Wilson's Prom 100

Wilson's Promontory National Park, VIC

May 3, 2014

by Sean Smith

The Prom has a bit of reputation as a tough adventure event. Rightly so, too, as I eventually discovered. No T-shirt, no medal, no aid stations laden with sickly sweet goodies; just spectacular scenery and abundant wildlife on a southerly peninsula, fraught with fickle weather patterns and

trails that tend to lead up and down, and up and down. This outdoor adventure playground known as Wilson's Prom hosts an annual get together of trail running junkies, promoting an ethos of 'self-support' and responsibility, meaning all food and equipment must be carried by the runner and

water is sourced from streams and hiker campsites along the course.

An early flight into Melbourne from my hometown of Launceston, and a sketchy drive in a rickety campervan, brought me to the National Park headquarters at Tidal River. Although there are nearly 500 campsites and many



(Photos courtesy of Paul Ashton)



(Photos courtesy of Paul Ashton)

cabins available, meaning a horrendously crowded summer experience, at this time of year the few tents and vans were spread out and Tidal River proved itself as a well setup base to explore the surrounding mountains and wild, empty beaches.

Total number of starters in the various distances: 98.

Temperature at the 5:30am pre-race briefing: 10 degrees C.

Hours of daylight during the event: 11.

Wombats happily cruising around:

many, too many.

After a roll-call and bit of warm up, stretching and adjusting our bulging, loaded-up packs, we crushed together under the timing clock behind the start line. With head lamps blazing, we headed off into the darkness, laughing and chattering. There was a really fun atmosphere to the event; many of the participants had run the race numerous times and I sensed a healthy balance of mutual empathy and tough resourcefulness amongst the field. I had opted for the 100km course loop, which was basically a figure-8 along the

coastal hiking track and inland fire trail, that also included a few out-and-back sections to make up the distance; giving the runner an opportunity to view some stunning landscapes tucked away off the main trails. The sole manned check point at the 80km mark back at Tidal River signalled the end of the run for the 80km runners; however, for us 100km tragics, we could refuel and change clothing (if desired) and then had to head back out for another 20km up and down Mt Bishop, and along the appropriately-named Squeaky Beach.

After an uphill slog leading along the asphalt road to the Telegraph Saddle car park for the first few kilometres, we funnelled onto soft single track trail where the autumn sun quickly brightened the sky. I felt pumped; invigorated. The air was rich and clean, and the daylight was exposing thickly-wooded valleys and smooth granite rock faces, very much like those found on the east coast of my home state of Tasmania. The urge to let the legs rip won over conventional wisdom dictating caution and slowness at the start of potentially long day in the hills. I hollered and whooped whilst bombing down the trail, and happily chatted away with whoever happened to be in earshot when we were puffing and clambering up the steep uphill sections. After wading through water at Sealers Cove, I had the pleasure of running alongside and talking with many fresh-faced and excited runners, including the speedy Caroline Bertrand who went onto snatch first place in the 44km. For the first 27km all the competitors from the various distance options (44, 60, 80 & 100km) wind their way along Sealers Cove Walking Track. When we hit Waterloo Bay

the 80 and 100km runners split away, heading to the unmanned checkpoint at Telegraph Track Junction. A number of laminated sheets were hanging off a tree; you find your name and clip a hole next to it with a hole punch and you're off. Easy! A long walking ascent on a fire trail lead to numerous encounters with an exclusively female hiking contingent, where I started running again of course, until I was out of their line of sight that is. Andy Hewat, a well known ultrarunner and prolific Prom competitor, was taking part in his 11th Wilsons Prom race. We meandered down to South Point, where a grizzled, older hiking couple smiled as they watched us touch the simple sign announcing the end of the Australian mainland and retrace our footprints back up to Roaring Meg. There's a "fat-ass" vibe on this run, where you're expected to follow the course as directed with no one checking you off or making sure you aren't skipping sections and I like that.

You're here because you want to be, and knocking over the distance you committed to.

After the lighthouse out-and-back a few clicks further on, I was alone for the remainder of the run. My Garmin was smashed against a tree, I nearly tripped over not one, but two, wombats, and experienced the numerous highs and lows that come with pushing the body up so many bloody hills, and then up some more. I passed through yet more sensational coastal terrain at Oberon Bay and reflected that I had finally got my nutrition right for once; I was running free and easy, and feeling positive and keen to swing into Tidal River before the 11 hour mark at 5pm. Leaving was another matter; it took a fair bit of fortitude to get up, brush myself off and ignore the fact that Tom Brazier, who had already finished in a rocking 10 hours 19 minutes while slaying the course record, was rugged up and chugging a cold beer at the checkpoint with other

finishers. I still had to head out in the encroaching darkness to plod up Mt Bishop and make up the final 20km. But, of course, that's what I did! We lucked out with the weather on that Saturday, it was fantastic. Light rain in parts, but mostly fine with scattered cloud and it truly helped spur me on, especially at night as the yellow crescent moon sidled out of the cloud cover and threw a glistening illumination on the sea water. I pushed onto Pillar Point through wet slushy sand, and yet more wombat trip-hazards, and into a cheering mob at the finish line in just over 14 hours, and to be rewarded with a chocolate Freddo Frog. Mission accomplished and I'm not afraid to say a massive sense of self worth and achievement. Wilson's Prom 100 is, easily, one of the most fun events I've had the pleasure of running in ages and, just to prove what a sucker I am for pain, I've already entered Paul Ashton's Alpine Challenge in November.

| Wilsons Prom ~ 100km | | | | | |
|-------------------------------------|-----------|-----------|----------|-----------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 1 | 1 | | 10:19:11 | Brazier | Thomas |
| 2 | 2 | | 10:48:51 | Zwierlein | Robert |
| 3 | 3 | | 11:18:30 | Roberts | Chris |
| 4 | 4 | | 11:30:53 | Beard | Dan |
| 5 | 5 | | 11:38:48 | Smith | Damian |
| 6 | 6 | | 12:36:49 | Murphy | Philip |
| 7 | 7 | | 13:27:02 | Horsley | Daniel |
| 8 | 8 | | 13:47:00 | Jamieson | Dej |
| 9 | 9 | | 14:12:00 | Smith | Sean |
| 10 | 10 | | 14:46:08 | Hewat | Andy |
| 11 | 11 | | 14:46:08 | Lewis | Joe |
| 12 | 12 | | 15:22:50 | Heiland | Tarek |
| 13 | 13 | | 15:48:30 | Dwyer | Dylan |
| 14 | 14 | | 16:08:10 | Mullins | Peter |
| 15 | 15 | | 16:31:31 | Munns | Peter |
| 16 | 16 | | 17:11:05 | Cleary | Terry |
| 17 | | 1 | 23:35:00 | Allan | Amanda |
| Bold SURNAME indicates AURA member. | | | | | |

| Wilsons Prom ~ 80km | | | | | |
|-------------------------------------|-----------|-----------|----------|------------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 1 | 1 | | 11:16:55 | Melchiori | Tristan |
| 2 | | 1 | 11:16:55 | Melchiori | Chantele |
| 3 | 2 | | 11:56:22 | Bowden | Damian |
| 4 | | 2 | 12:15:12 | Bolton | Vanessa |
| 5 | 3 | | 13:40:43 | Gunson | Pedro |
| 6 | | 3 | 14:16:25 | Ferraro | Olivia |
| 7 | 4 | | 14:52:48 | Kinder | Neil |
| Bold SURNAME indicates AURA member. | | | | | |

| Wilsons Prom ~ Entered 100km but completed 80km | | |
|---|------------|------------|
| Time | Last Name | First Name |
| 11:33:01 | Dewar | Grant |
| 12:12:39 | Cummings | Drew |
| 12:42:09 | Michelson | Ian |
| 14:15:35 | Kalpakidis | Con |
| 17:14:25 | Williams | Kym |
| ?? | Wiadrowski | Toby |
| Bold SURNAME indicates AURA member. | | |

| Wilsons Prom ~ 60km | | | | | |
|-------------------------------------|-----------|-----------|----------|-----------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 1 | | 1 | 6:36:36 | Fowler | Gill |
| 2 | 1 | | 6:52:40 | Monks | Paul |
| 3 | 2 | | 7:15:48 | Collins | Michael |
| 4 | 3 | | 7:16:00 | Burford | Andrew |
| 5 | 4 | | 7:38:54 | Gamble | Malcolm |
| 6 | 5 | | 7:41:50 | Gentle | Tim |
| 7 | 6 | | 8:16:33 | Dimmer | Andrew |
| 8 | 7 | | 8:23:49 | Salton | John |
| 9 | 8 | | 8:36:05 | Hempel | Stephen |
| 10 | | 2 | 8:37:55 | Cowling | Gayle |
| 11 | | 3 | 9:24:12 | O'Brien | Sue |
| 12 | 9 | | 9:24:12 | O'Brien | Andrew |
| 13 | 10 | | 9:29:20 | Bolduan | Tony |
| 14 | 11 | | 9:32:14 | Cook | David |
| 15 | 12 | | 9:32:44 | Porter | Greg |
| 16 | 13 | | 9:56:17 | Riedel | Paul |
| 17 | 14 | | 9:56:17 | Garrett | Mike |
| 18 | | 4 | 10:15:14 | Saunders | Jan |
| 19 | 15 | | 10:21:13 | Chapman | Mike |
| 20 | 16 | | 10:45:30 | Cowan | Anthony |
| 21 | 17 | | 10:50:15 | Falls | Mark |
| 22 | | 5 | 10:50:15 | Jones | Michelle |
| 23 | | 6 | 10:50:15 | Maguire | Cathy |
| 24 | | 7 | 11:07:27 | Filby | Jennifer |
| 25 | 18 | | 12:15:50 | Lindsay | John |
| Bold SURNAME indicates AURA member. | | | | | |

| Wilsons Prom ~ Entered 44km but completed 60km | | |
|--|-------------|------------|
| Time | Last Name | First Name |
| 8:29:44 | Wenham | Craig |
| 10:15:06 | Krolikowski | David |
| 15:00:10 | Ady | Benjamin |
| Bold SURNAME indicates AURA member. | | |

| Wilsons Prom ~ Entered 60km but completed 44km | | |
|--|------------|------------|
| Time | Last Name | First Name |
| 5:43:36 | Gee | Jonathan |
| 6:31:42 | Foti | Daniele |
| 6:33:45 | Pate | Karen |
| 8:01:00 | Malzbender | Dominik |
| 9:45:39 | Worton | Charles |
| Bold SURNAME indicates AURA member. | | |



(Photos courtesy of Paul Ashton)

| Wilsons Prom ~ 44km | | | | | |
|---------------------|-----------|-----------|---------|----------------|-------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 1 | 1 | | 4:36:15 | Dalton | Rob |
| 2 | 2 | | 4:49:16 | Pearson | John |
| 3 | 3 | | 5:04:04 | Upton | Stephen |
| 4 | 4 | | 5:04:42 | Adams | Matt |
| 5 | 5 | | 5:13:24 | Day | Paul |
| 6 | 6 | | 5:19:29 | Godden | Brett |
| 7 | 7 | | 5:20:30 | Manning | Nick |
| 8 | 8 | | 5:22:28 | Boardman | Stuart |
| 9 | 9 | | 5:41:19 | Mennie | Christopher |
| 10 | | 1 | 5:43:36 | Bertrand | Caroline |
| 11 | 10 | | 5:53:03 | King | Daniel |
| 12 | 11 | | 6:02:45 | Ditchfield | Glen |
| 13 | 12 | | 6:07:52 | Maffei | Maurice |
| 14 | 13 | | 6:10:39 | Buckley | Simon |
| 15 | 14 | | 6:25:55 | Spillane | Michael |
| 16 | 15 | | 6:31:40 | Everts | Bjorn |
| 17 | 16 | | 6:34:18 | Bremner | Kerrie |
| 18 | | 2 | 6:49:25 | Mason-White | Holly |

| Wilsons Prom ~ 44km | | | | | |
|---------------------|-----------|-----------|----------|------------------|------------|
| Rank | Cat Place | Cat Place | Time | Last Name | First Name |
| 19 | 17 | | 6:51:36 | Cornall | Terry |
| 20 | | 3 | 6:56:55 | Sykes | Rachel |
| 21 | 18 | | 7:04:52 | Carbery | Robin |
| 22 | 19 | | 7:04:52 | Carrol | Geoff |
| 23 | 20 | | 7:19:22 | Dixon | Mark |
| 24 | 21 | | 7:35:22 | Blackhall | Stuart |
| 25 | | 4 | 7:38:54 | Fulton | Lyn |
| 26 | | 5 | 8:00:57 | Jewell | Kerri |
| 27 | | 6 | 8:00:57 | Stabb | Lucy |
| 28 | 22 | | 8:45:15 | Jansen | Erwin |
| 29 | | 7 | 8:56:37 | Cleary | Gabrielle |
| 30 | | 8 | 8:56:37 | Janssens | Wendy |
| 31 | | 9 | 9:39:57 | Boshell | Paula |
| 32 | | 10 | 9:39:57 | Higgins | Gail |
| 33 | 23 | | 10:01:06 | Beveridge | Steel |
| | | | DNF | Pisa | Sam |
| | | | DNF | Sands | Ryan |

Bold SURNAME indicates AURA member.



Blast From the Past

CRADLE MOUNTAIN RUN

The Cradle Mountain Run, from Waldheim in the north of the Cradle Mt-Lake St Clair National Park to Cynthia Bay in the south, will be held on:

February 6, 1987

The run is a full days running through scenic wilderness alpine areas. The distance is said to be approximately 80k but the fastest time is 8 hours 46 min by Craig Malot of the A.C.T in unusually dry conditions of 1985.

Richard Pickup

For details and entry forms write to the above address.

(Although we realize that the following report is out-dated, we have included it for its interest value.)



AURA Member Profile

Bill Thompson

Name: Bill Thompson

Age: 70

Birthplace: England

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

Number of years running: 18

Number of years running ultras: 18

Favourite running terrain (and distance): Like to train on rough mountain trails often with a pack. I only trot down hills, walk the rest.

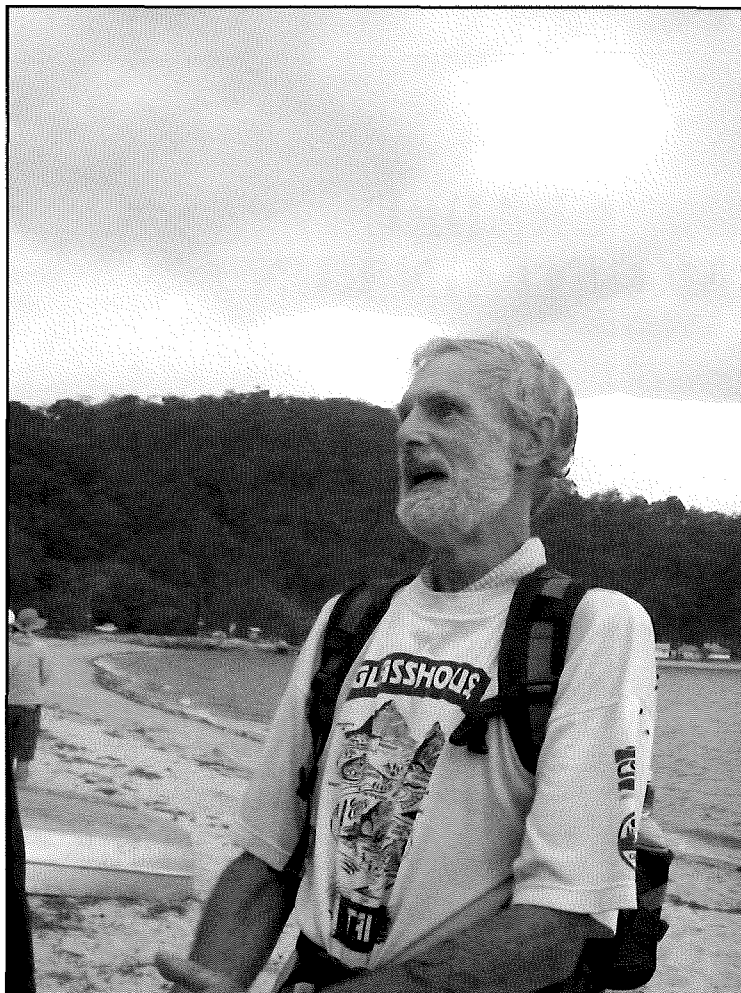
Hours and/or distance spent running each week: Before an event I like to get out every 3 or 4 days for a 6 to 8 hour ramble, preferably in hilly country. Sometimes try to go off the grog for a month

Some ultras completed: Glasshouse 100 (12), GNW (5), Western States (2)
Leadville, Hardrock, Massanutten, Wasatch, Bighorn, Cascade Crest.

Running related injuries: A few blisters.

Occupation: Previously been in computers (1964-1983), then farming custard apples until 2003. Now doing large scale land restoration as part of the Gondwana Link project.

Your hidden talent outside of running:
Cooking outrageously hot curries.





AURA Member Profile

Lynwen Birch

Name: Lynwen Birch

Age: 41

Birthplace: Oshawa, Ontario, Canada

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

Number of years running: 34

Number of years running ultras: 2

Favourite running terrain (and distance): I was exhilarated by trail running as a UVIC student on Vancouver Island, yet I live near the beach in Australia so running along the Currumbin Estuary and the Southern Gold Coast beaches is my favourite route at present, for 10-15km.

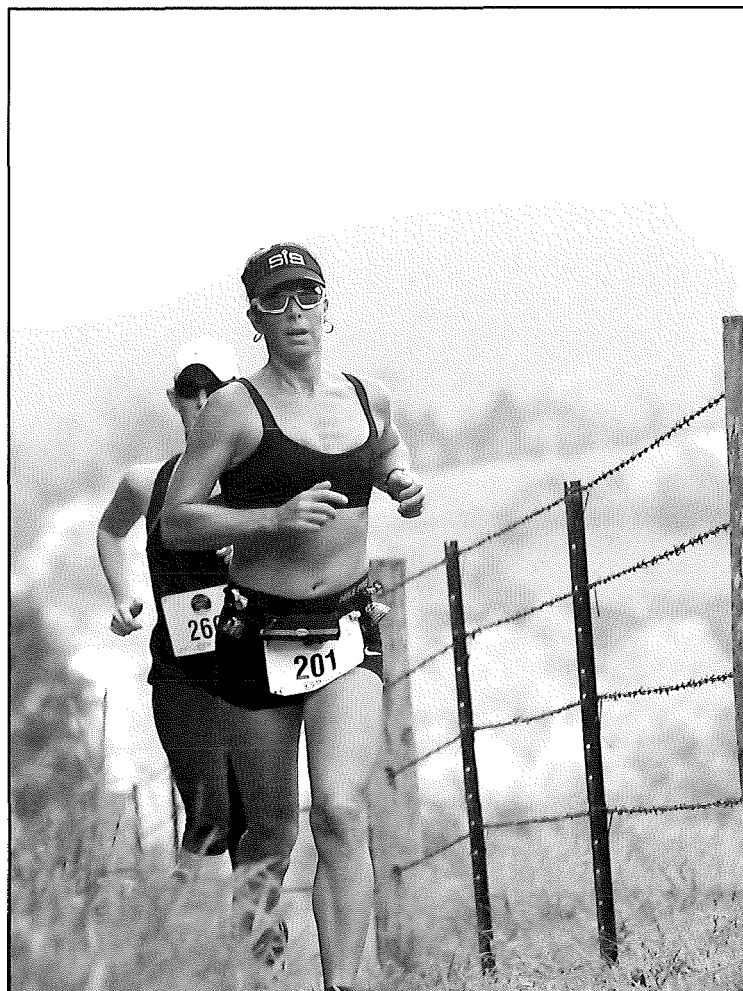
Hours and/or distance spent running each week: On average, 60-70km.

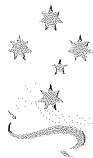
Some ultras completed: Kurrawa to Duranbah 2013 & 2014; Kokoda Challenge 2007.

Running related injuries: Bulging lumbar discs

Occupation: University Teacher and Tutor

Your hidden talent outside of running: Cellist, just like my Mum!





AURA Member Profile

Thomas (Tom) Brazier

Name: Thomas (Tom) Brazier

Age: 24

Birthplace: Albury, NSW

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

Number of years running: 3 (just for hockey fitness before that)

Number of years running ultras: 3

Favourite running terrain (and distance): rocky, muddy, downhill single track (40-60km)

Hours and/or distance spent running each week: ~8 hours, plus riding/strength

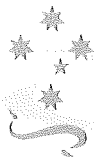
Some ultras completed: Mansfield2Buller 50, Canberra 100, Razorback 64, B2H 64, Wilson's Prom 100

Running related injuries: ITBS, PFPS. Rehabbed with technique and glute strength/stability work. Earlier this year I fell softly, but managed to rip a hole in my shin for seven stitches

Occupation: Schools Funding Graduate at Department of Education

Your hidden talent outside of running: Maths/free body diagrams





AURA Member Profile

Sam Wolyniec

Name: Sam Wolyniec

Age: 36

Birthplace: Perth, Australia

Currently living in (suburb, state): London, UK

Number of years running: 4

Number of years running ultras: 2

Favourite running terrain (and distance): Trail running, any distance, any location; Perth Trail Series, Might Contain Nuts Welsh Trail Series.

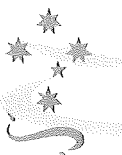
Hours and/or distance spent running each week: 4-6 hours per week, depending on the program

Some ultras completed: Kep 100, Perth Trail Series 50km.

Running related injuries: Plantar fasciitis.

Occupation: Project management.

Your hidden talent outside of running: I cook a mean BBQ.

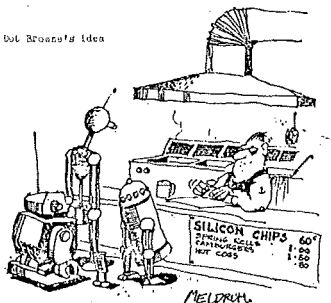


Blast From the Past

LOGO SUGGESTIONS



Dot Bronze's idea



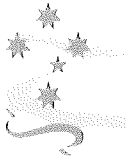
Suggestion from Georgia McConnell
of Baulkham Hills, N.S.W.



Debbie Bogenhuber

Greg Hillier





Ultra Trail Mount Fuji

Mount Fuji, Japan

April 25-27, 2014

by Tegyn Angel

On all levels, UTMF is a staggering affair. Conceived as a sister race to UTMB, the stats are almost a direct copy of the European showpiece: 168km around Mt Fuji with close on 9500m of ascent. In 2014 they introduced a requirement that runners must qualify, just as they would for UTMB. This is achieved by gaining points for the completion of other races around the world. Entrants are predominantly Japanese (about 85-90% at a guess), with the rest made up of entrants from around the world. The field this year was exceptionally deep, with the likes of Núria Picas, Nathalie Mauclair, Francesca Canepa, Shona Stephenson, Nerea Martinez, Maria Semerjian and Julia Böttger representing the women, and Brendan Davies, Ryan Sandes, Iker Karrera, Seb Chaigneau, Nick Clark, Francois D'haene, Joe Grant, Dave Mackey, Mike Foote, Thomas Lorblanchet, and last year's winner Yoshikazu Hara, representing the men's. In fact, the field was so deep the entry list read like a shopping list of professional runners with iRunFar declaring, exasperated, that:

"Reviewing a field like the men running this year's UTMF is an exercise in futility. There's a ton of talent at the top of the race with no clear favorite. Literally, any of eight men could win the race without it being surprise."

My second miler (after Northburn100 in 2013), I came into UTMF with mixed emotions and lofty goals. 2012-2013 was

a period of ridiculous racing, running 14 ultras over 12 months, and I went into Northburn with a very solid base. Coming into UTMF I'd not run over 50km since the 2013 TNF100 and, yet, was hoping to take over 4 hours off my 100mile PB of 34:09. I'd had a solid 5 months of training and raced the Mt Buller Skyrun 44 in February, most of the BawBaw Trail Fest events, the Maroondah Dam 50km in March, and the Buffalo Stampede Marathon in early April. I was anxious about a few niggles, but otherwise quietly optimistic.

Heading off to Japan with my girlfriend and crew-captain extraordinaire, Kellie Emmerson, I was a little apprehensive but chose not to think about the race too much as a way of keeping the nerves down. The reputation of UTMF is pretty hefty, and this year they'd added another 9km and 500m of vert, as well as reversing the course. It's over twice the length and vert of the Buffalo Stampede Ultra, and I'd seen what that had done to people only a few weeks earlier. Having no idea of what sort of times to expect I used a spreadsheet to work out my splits based on previous performances of Brendan Davies, Shona Stephenson and me in 2013 TNF100, 2012 GOW100, and the 2013 UTMF. This spat out 29-31 hours and proved pretty darn accurate!

Race registration in Kawaguchiko on the Thursday was straightforward, with a basic

gear check, bib collection and waiver. For such a big race (about 1200 registrations for UTMF and another 1000 for the 88km STY), this process was very easy and called into question the reputation UTMF has for being disorganised. The sponsors' exhibition was a gear junkie's paradise, with solid representation from The North Face, Petzl, Buff and CLIF, as well as heaps of stores selling more gear than you could dream of.

With the race starting at 3pm on the Friday, we spent the morning relaxing in our hostel with a few other runners. I taped and lubed my feet early, wanting to give them some time to settle in. My shoes had given me a bit of grief in training, but this prevention worked well and I didn't get any shoe-related blisters or change my shoes or socks for the entire race. At about 2pm we headed over to the start line, about 6km from our hostel. Our host, Kohei from Den's Inn, was so stoked he offered to drive us all across the lake and into the fray.

Big races like this have an incredible vibe of nervous excitement and expectation. TNF100 in Australia has it; UTMF had it in spades. The milling around behind the gantry overwhelmed the presenter's PA system and we couldn't hear a word of the introduction or formal "welcome" ceremony. The pros lined up, we said our goodbyes to crew and countrymen and the time ticked, and ticked, and ticked, in the most organised fashion I've ever seen. There was no rush to get the

brief done. We literally stood there for a good 10 minutes while the clock ticked and tocked its way to 3pm. Come 3pm there was chaos, with people screaming down the narrow chute and crushing those of us on the outside, myself included, against the fence and spectators.

Along the lake, over the bridge, past a centuries-old temple and a grove of trees, and up, up, up into the hills north of town. A 500m climb, a 700m descent, a 1000m climb, a 500m descent, 350 up, 400 down and on it went. Over the first 100km we did approximately 50 per cent of the elevation, not super exciting when you have 68km to do the other half!

Night fell around 1830, headtorches coming on just as we started the “climb” DOWN to Niju-Magari. As we descended we could hear a guy on a sax, the Rocky theme song echoing through the dark, brooding mountains. Bloody brilliant! This was one of the steepest, most technical sections of the entire course. Ropes, hands, rock-climbing and a boatload of fun; technical descents are the only thing I’m good at and so I made the most of it. My strategy was to run conservatively and consistently for the entire race, while making the most of my strength on the downhills to climb through the rankings and then try to hold on during the flats.

While it was drizzling on the Friday afternoon, the skies cleared overnight and the temperatures fell. I ran at times with Michael Ormiston, an Aussie living in Hong Kong, and Jordan Langen, an American based in Hiroshima. We spurred each other on and Kellie ended up spending the latter two-thirds of the race with Jordan’s crew. She’d started

out with another crew but their runners were further up the ranks and gaining time on me and they needed to bail. Jordan and I ran through the night, clocking up a good 50km together.

Running through the night was fairly uneventful, starting a long, mostly downhill, largely road stretch of about 40-50km. The first light came through around 5am and running into the 100km checkpoint at around the 15:30 into the event and I knew I’d survive the race. My knee was griping and the chafe was biting, but I’d come this far. No one told me about the Tenshi Mountains. The organisers had predicted this section, A8-A9 (104.4-123.3km) would take the fastest runners 2hrs. It took the winner, Francois D’Haene, 3 hours, and Ryan Sandes, Brendan Davies and me 3:07, 3:40 and me 4:40, respectively, to do 18.9km.

Kellie said that people were coming out of those mountains looking shell-shocked, and there’s no wonder why. Climb-descent-climb-descent-climb ... it felt like it would never end. People had gone into that section with an expectation about how long it would take, and stocked up on water accordingly. It took at least twice as long as most people expected and dehydration was pretty common. That said, it was absolutely spectacular. Super-narrow ridgelines, harrowing descents, and unrelenting climbs.

During the Tenshis, and on the next leg that climbed over the summit of Mt Ryugayake, fatigue kicked in with a couple of 20-30 minute sleepwalking sessions. Some No-Doze and few gels got me back in the land of the living. The running from A10 Motosuko (138.6km) along the knife-edge

ridgelines that surround the lake of the same name, through to the final checkpoint A11 (157.6km) at Narasuwa, was some of the best running of the entire course. The setting sun cast a golden glow over the single-track and cherry blossoms that made me truly grateful to be out there.

Coming out of A11 I was over it and just wanted to be done. I’d seen an opportunity coming into the checkpoint as a lot of people I’d been racing against all day stopped and spent some time sorting themselves out. I grabbed a bottle of water and a few sweet buns and made a run for it. I smashed the next leg, the pull of the finish line helping me reel-in another nine places to take 78th overall, out of approximately 850 finishers. After 29:37:43 I finished UTMF on a high note, running into Kellie’s arms and a sweet North Face UTMF finisher’s vest (no buckle damn it!).

UTMF is an adventure, no question. There are so many people out on course, both in terms of runners and the epic army of volunteers and people who come along to cheer. The vibe is incredibly positive, like it’s a proud national undertaking rather than an obscure race. I found the race very well organised and the course incredibly well marked. It’s left me feeling more content than any other race has before it, almost to the point of not feeling like I need to race again. There was no come down, just a warm glow and 10 days of binge eating. Would I recommend it? Without a moment of hesitation, YES!



The Right Carbs for Training and Racing

Why Gels are Perfect for Optimal Performance

Managing your carb intake is a vital part of your training and racing program. Your body relies heavily on carbohydrates for muscle fuel, blood sugar balance, glycogen replenishment and enhanced recovery. Your body burns through carbohydrate (glycogen) stores quickly during intense exercise. This loss starts after just 30 minutes of exercise, with supplementation being vital after one hour during multi-hour sessions. Consuming up to 60 gm of carbohydrate per hour of exercise will maximise performance and prevent fatigue in both long and short distance events.¹

Some energy sources rely on a single source of carbohydrates which provide a slow uptake, often with digestive upset. Glucose-only sources can lead to a rebound blood sugar crash leaving you more exhausted. Endura Sports Energy Gels contain microcrystalline fructose, which releases energy slowly and avoids rebound blood sugar problems. Meanwhile D-glucose polymers improve your gastric emptying rate, preventing digestive upset.² In longer events, this superior blend is best taken within the first hour of activity, to combat glycogen depletion from the start of the race.

Endura Sports Energy Gels are a concentrated source of carbohydrates, providing a huge boost of energy in a single compact serve. Each serve contains 26 g of carbohydrates to replenish your glycogen stores and give you the fuel to keep on going.

Fuelling Your Performance

In endurance sport, it's important to trial and perfect your nutrition plan before the event arrives. One point to keep in mind; you must always take your gel with water to keep it isotonic for best absorption. Use the following guide to support your racing and training program:

- **Pre-Exercise** - 15 minutes prior to exercise, use one 35 gm serve of Endura Sports Energy Gel in 250-300 mL of water to provide an energy boost to fuel performance.
- **During Exercise** - For best performance during events, consume one 35 gm serve of Endura Sports Energy Gel in 250-300 mL of water every 30-60 minutes to prevent glycogen depletion and energy loss. This can be taken all at once or over 10-20 minutes with regular small sips of water.
- **Post-Exercise** - Take one 35 gm serve of Endura Sports Energy Gel in 250-300 mL of water immediately after exercise to replenish glycogen stores and aid recovery time.

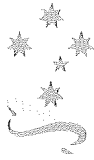
Endura Sports Energy Gels are available in Citrus, Coffee, Cool Mint, Grape, Raspberry and Vanilla flavours. It comes in a convenient sachet form or in 500 mL bottles to use in your own gel flasks.

For further information or your nearest stockist call 1800 777 648 or visit www.endura.com.au.

*References available on request

¹ Karelis AD, Smith JW, Passe DH, Péronnet F. Carbohydrate administration and exercise performance: what are the potential mechanisms involved? Sports Med. 2010 Sep 1;40(9):747-63.

² Maughan RJ, Leiper JB. Limitations to fluid replacement during exercise. Can J Appl Physiol. 1999 Apr;24(2):173-87



Book Review:
Training for Ultra Running
edited by Andy Milroy
Reviewed by Bernadette Benson

Andy Milroy's new book "Training for Ultra Running" (DB Publishing, 2013) is taking me a long time to get through. In fact, I've had it for a few months now and I still haven't read every page. Though that might sound like the beginning of a bad review, indeed, the opposite true.

I first spied this book on a friend's kitchen table and quickly scooped it up. It wasn't long before I told her she was going to have a hard time getting it back out of my library, where it was bonding well with several other well-known and respected ultra running resources.

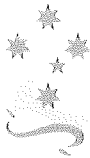
One of the most useful, practical aspects of this book is that it is divided into topics, including "100km Training" and "Ultra Training for Women." In fact, although there is an "Introduction" section, I didn't even read that first. Nor did I peruse the Table of Contents. Merely flicking through the pages allowed me to see the headings for each chapter with their various categories. With a 12 hour race in my more imminent plans at the time, I set upon the "100km" chapter. There, I found a series of articles. This included an article outlining the 100km racing history of the world's best at this distance and theories put forward about the reasons for their success. This was followed by several articles by runners themselves and very detailed sample training logs. Whilst digesting all this information, however, I had made a revision in my own race plans to swap 12 and 24 hour events – I was going to do the 24 hour event first.

I quickly flipped to digesting the "24 Hour" chapter and started gathering data. I also jumped to the chapters on women and "More Ideas for Ultra Training." The book reads like an encyclopaedia. I can readily jump to the section of immediate relevance and interest to me and then leap to another section, without having missed any "story" or context in between.

Andy Milroy's passion as a historian and statistician for ultra running seems unparalleled. He was a founding member of the International Association of Ultrarunners (IAU) and the Association of Road Racing Statisticians (ARRS). He not only compiles ultra running information for archives, but pulls up his shirt sleeves and sets in to dissect the intricacies of the sport – what makes for success as an ultra runner?

Although this book is gold for those aiming to be at the pointy end in an ultra, I believe it's also valuable for anyone with the aim of getting to their own personal "pointy end," whatever that may be in relation to others. One can read the training programs and advice of worldwide ultra runners from the last 30+ years and consider how to personalise them. Maybe it's adding some speed work or strength work or dividing one long daily run into twice-daily shorter runs – regardless of whether your weekly mileage is half of one of these runners'.

This is the kind of book where you underline sentences, consider other possibilities for your own training, and ultimately, come to appreciate even more fully that "The advice....is both varied and sometimes contradictory – use what suits you.... No two runners are alike."



International News:

with Nadeem Khan,

IAU Director of Communications

To wake up on a Saturday morning for a run and only to return back on Sunday morning requires a special kind of commitment. To run for an entire day, followed by an entire night, followed by some part of the next day, exuberates dedication. To put oneself in a zone, where nothing but the highlighted final mileage matters, speaks volumes of one's devotion. This, my friends, is just another day in the life of a 24 hour ultra runner.

24 Hour running is close to my heart. This is the event where I was fortunate to wear the Canadian vest in two world championships (Taipei: 2006, Drummondville: 2007). The excitement of running through a day-night-(some more)-day at first scared me, but then enticed me. My first inclination on running the Canadian Championships was primarily to cement a good dinner table conversation with my non-running friends.

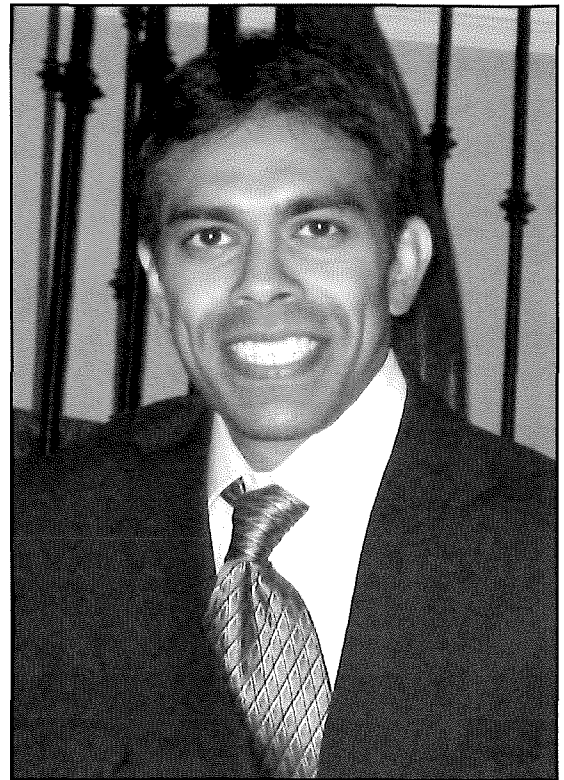
I was asked to write something about the trials and tribulations of 24 hour running; the excitement combined with the dedication, the extensive training only surpassed by the emotional commitment. Australia's ultrarunning community is in the thick of the 24 hour running season. And this is an ideal opportunity to look at this very critically, as it is slowly becoming one of the most popular events of the ultrarunning community.

Why do a 24 hour run? If you want to try an ultra event, why not try the sprint distance, encompassing the half-century mark of 50km. Ultrarunning is possibly the only discipline of sport I know which is unique in the description of its

modules. While on one hand, 24 hours might seem a long distance for a 50km runner, it seems like a sprint distance for someone embarking on a 6 Day event. So "relative" is a term that is used widely when it comes to the week(end) ultra warriors who are gone for day(s).

The 24 hour runner's mindset is of a different kind. What are we thinking when we launch into our repetitive mode of hour-by-hour accumulating these kilometers? Some break it down by the lap, others by the hour, and still others by the next aid station. When I used to do these events, my goal and strategy at the start was very different from how it was at the end, transforming throughout the day. I would start with more lavish hourly goals, which would be feasible for the first few hours, but they would slowly turn to more realistic goals by midday, to a just able to "stay up" goal by late night, and a new lavish goal when the sun came up.

I have often claimed that if a marathoner lives one lifetime during the course of the 42.2km race, a 24 hour runner lives through a multitude of lifetimes during the course of a day-night event. The highs and lows of achieving these goals are just one of those roller coaster rides that we call life. The key is to work through the low points, and not get discouraged, but to turn that low around to a high knowing that the sun will be shining just around the corner.



On the international scene, we have definitely noticed a marked increase in the number of participants, in numbers and federations, who are competing at the 24 hour world championships. The distance/time does not seem like an unachievable distance. Over the years runners have started understanding, appreciating, and respecting all that can be achieved with the ever-prevalent saying of "anything can be achieved on any given day."

Usually preparations for races start on the day of the event, with the morning regime. But for an event as extensive as the day/multi-day event, arrangements start well before the start gun goes off. Athletes prepare their kit bags prior to the morning of the race, anticipating a number of different weather elements to battle during the course of the 240 hours. They also assemble their food, drink bottles, and other relevant

nutritional requirements days before the big day.

The 24 hour is unlike a lot of the other races out there. The concept of time, combined with an inherent need for distance, gives the athletes the satisfaction of getting the best of both worlds. I have never been able to comprehend how the concept of time is different from the concept of distance for ultra athletes, in order to realise their best performance in any race possible. However, each does play a different psychological role when anticipating covering a certain distance in a certain time, as opposed to competing for a certain time and accomplishing a certain distance.

One can combine the innate nature of running, of just going out there with running shoes

and comfortable running gear, with the complexities of modern technology, researching the nutrition intake with performance and mileage clocks. As an individual it is up to you to decide on what you want to get out of this discipline, and what works for you. The ability to conform with each individual runner's needs might be one of the reasons that 24 hour racing is gaining in popularity.

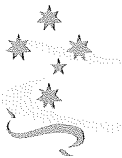
It is a challenge, it is an assessment, it is an education, it is a test; but beyond all of this it is an experience. An experience that will be with us for our entire lives. It will be a benchmark, a baseline for future runs, to gauge ourselves when we go out for that long run again.

But it is important to remember, that just as in life, when the going gets tough there will be easier

times as well. The trick is to keep pushing hard and working through the rough times to enjoy the calmer ones. After all, running any discipline is the "ultra" metaphor for life.

The 24 Hour World and Asian Championships will take place in Soochow on December 6th-7th 2014. The site of one of the most prestigious 24 hour races in the world will be the host for the worlds and welcome over 40 countries represented by almost 300 runners from around the world.

At the time of publication of this article, the local organising committee is working on the details for the race, including race course and accommodations, and the information will be extended to our member federations as soon as it is available.



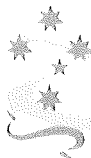
Blast From the Past

HONOUR ROLL WESTFIELD RUN '87

| Position | Name | | Time |
|----------|-------------------|----|------------------------------------|
| 1. | Yiannis Kourou | 31 | Greece 5 days 14 hours 47 mins |
| 2. | Patrick Macke | 31 | UK 6 days 17 hours 21 mins |
| 3. | Richard Tout | 39 | NZ 6 days 22 hours 29 mins |
| 4. | Brian Bloomer | 46 | Aust (Vic) 7 days 19 hours 22 mins |
| 5. | Trishul Cherns | 30 | Canada 7 days 23 hours 5 mins |
| 6. | George Audley | 51 | Aust (WA) 8 days 1 hour 34 mins |
| 7. | David Standeven | 34 | Aust (SA) 8 days 9 hours 19 mins |
| 8. | Cynthia Cameron | 44 | Aust (Vic) 8 days 10 hours 55 mins |
| 9. | Mary Hanudel | 27 | USA 8 days 12 hours 44 mins |
| 10. | Tony Rafferty | 47 | Aust (Vic) 8 days 15 hours 58 mins |
| 11. | Mark Gladwell | 39 | Aust (Vic) 8 days 17 hours 27 mins |
| 12. | Terry Cox | 50 | Aust (Vic) 8 days 17 hours 46 mins |
| 13. | Emille Laharrague | 40 | France 8 days 18 hours 16 mins |
| 14. | Kevin Mansell | 36 | Aust (NSW) 8 days 18 hours 55 mins |
| 15. | Ron Hill | 46 | Aust (Vic) 8 days 22 hours 36 mins |
| 16. | Cliff Young | 65 | Aust (Vic) 9 days 13 hours 17 mins |

MISSING-IN-ACTION

| | | |
|------------------|-----|-------|
| Chilla Nasmyth | NSW | 871km |
| Graeme Wilkinson | NSW | 783km |
| Gary Collins | NSW | 698km |
| Peter Pfister | Vic | 531km |
| Alan Rider | Tas | 531km |
| Dusan Mravlje | Yug | 480km |
| Patrick Farmer | NSW | 367km |
| Chuck Jones | USA | 362km |
| David Taylor | NSW | 170km |
| Peter Parcell | Qld | 155km |



Blast From the Past



24 HOUR TRACKRUN

Harold Stevens Athletic Track, Outlook Road, Coburg
Saturday 13th and Sunday 14th February, 1988.

| | | | |
|--------------|-------------|---------|----|
| READ | NICK | 208.859 | 1 |
| ANDREWS | SUE | 202.890 | 2 |
| NASH | ROBERT | 197.778 | 3 |
| SMITH | RONALD | 195.382 | 4 |
| MILNE | PETER | 191.634 | 5 |
| BENCZE | JOHN | 189.052 | 6 |
| RILEY | GERRY | 188.652 | 7 |
| DIETACHMAYER | TONY | 184.000 | 8 |
| YEAMAN | DAVID | 183.514 | 9 |
| WISHART | GREG | 180.804 | 10 |
| GRANT | STEPHEN | 179.898 | 11 |
| YOUNG | CLIFF | 179.081 | 12 |
| TRIPP | TONY | 177.027 | 13 |
| STENNER | GRAHAM | 169.231 | 14 |
| ELLIS | RAY | 168.038 | 15 |
| KERRUISH | GRAHAME | 167.612 | 16 |
| GRAY | PETER | 166.466 | 17 |
| RAFFERTY | TONY | 165.540 | 18 |
| FOLEY | WANDA | 165.055 | 19 |
| LUCAS | ANDREW | 163.063 | 20 |
| VEGA | EDUARDO | 154.787 | 21 |
| BUTKO | KON | 147.003 | 22 |
| ARMISTEAD | PETER | 146.603 | 23 |
| VERNON | PETER | 141.200 | 24 |
| STUART | ROGER | 139.387 | 25 |
| BROOKS | BARRY | 139.105 | 26 |
| BURROWES | GORDON | 138.348 | 27 |
| MORRE | JEAN-CLAUDE | 135.191 | 28 |
| CARROLL | RAYMOND | 133.333 | 29 |
| DUNN | STEPHEN | 131.325 | 30 |
| ROSS | HOWARD | 130.800 | 31 |
| BRYAN | GREG | 125.296 | 32 |
| PARSONS | PATRICK | 124.981 | 33 |
| DEDMAN | KAVEN | 121.599 | 34 |
| CAMPBELL | RON | 115.600 | 35 |
| WHELAN | ROBERT | 104.025 | 36 |
| TAYLOR | BOB | 100.000 | 37 |
| KIRK | BRUCE | 84.400 | 38 |
| BROOKE | NORM | 76.400 | 39 |
| SKINNER | PETER | 68.400 | 40 |
| WARREN | DAVID | 43.600 | 41 |

Dot Browne
Race Director



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