

U L T R A M A G

October 2014
Vol 29 No 3

Australian
Ultra
Runners'
Association Inc

- ▶ **The Running Messenger**
- ▶ **Sri Chinmoy Sydney 24 hr, Waterous Trail on Foot, You Yangs 50, Surf Coast Century and more**



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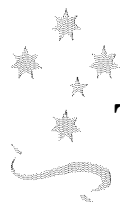
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UltraMag:

The Magazine of the Australian Ultra Runners' Association

October 2014

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Cover Photos:

Front: Sanja Kolonic

Inside Front: Howard Norton at Maroondah Dam (Picture courtesy of fstop5)

Inside Back: Erin Vaughn at Maroondah Dam (Picture courtesy of fstop5)



Committee Corner

Updates from the AURA Committee

Robert Boyce, President

Hi All,

It saddens me to have to write the following; however, this could very well be the last Ultramag that AURA provides as our organisation is struggling to find the resources – both human and financial – to continue the publication. We may be able to scrape together an online version of the magazine in the future, or possibly reduce printing and circulation in some areas; however, this could only happen if the editorial support required is forthcoming.

The feedback we receive here at AURA tells us that magazine is well loved, and it would be a very sad day if it were to stop. The magazine provides an important record of the achievements in our sport and is one of the best national publications in the world at the ultra-running level. It's worth keeping, if we can.

Members I need your help. We need an editor, or two members, willing to work together to bring the magazine to fruition each quarter. Being the editor is a time consuming job, and a job that requires a high level of commitment and attention to detail. It is best to be up front with this. The team that currently supports the magazine behind the editor role is very good, they complete their tasks efficiently and responsibly each quarter, but we still need that person who can serve as the leader of the group and has the time, energy, and necessary skills to take on the role.

If you have an interest, or can help in any way, then please contact me at your earliest convenience.

John Pearson, Vice President

With half the year already behind us, we have seen some great performances by members both here and overseas. It's great to see our athletes getting out and enjoying international races, and producing some results that do Australian ultra running proud. This comes as no surprise as we now have access to so many great races in every state. Thank you to all those race directors who are continually striving to improve our racing experience.

It's very interesting listening to the feedback from some of our members with regards to races, and what you get for your entry dollar. Some members look for the races that offer the complete package, with dinner, T-shirt, medals and mugs etc. Obviously these races have a higher entry cost due to all the freebies, which most seem happy to pay. Others just want a long ultra race with no bells and whistles for the cheapest price possible, so they can compete more often. Hopefully we can continue to offer both, providing plenty of options for everyone.

Last month I took part in the AURA 48 Hour Championships at Caboolture. After many years of procrastinating, I now have a new appreciation for that event. The event did highlight the camaraderie amongst us ultra runners, as each competitor battled their own demons. Despite the constant loops of the same circuit, I was still noticing different things well into the second day...unfortunately, some of them turned out not to be real! It has taken me 14 years

to finally experience the "ultra hallucinations" I have heard so much about...let's just say that Ned Kelly ran a few laps with me!

Congratulations to the members named in the AURA 100km team that will be heading to Qatar. They will no doubt give it their best shot in steamy November conditions.

Look forward to running a few km with some of you somewhere soon.

Happy running.

Ultramag Coordinator – Larissa Tichon

2014 has been a great year for many, both on our soil and across the globe. The take-up of ultramarathon running, trail running, and running in general has been phenomenal, and I look forward to seeing our community grow and prosper from this uptake. I know for sure that joy a runner gets seeing their partner, friend, or family member giving a race a go, or sharing the training journey together.

Going forward, as Robert said, Ultramag needs your help. I have just begun a new role which means I will be between Zurich and Sydney and I will need to take a step back from the co-ordination of all the amazing runners that volunteer their time to produce Ultramag. In particular I would like to utterly thank Jon Lim, Karen Hagan, Paul Rogers, Michael Bedward, John Nuttal, Robert Boyce, John Oldfield, Annabel Hepworth, Nicholas Bignell, and Billy Pearce, and all contributors to this edition of the magazine. It really has been a team effort. Happy reading and running!



AURA State Roundup

October 2014

NSW by Andrew Heyden, State Representative

The cooler months of winter saw a couple of major events on the NSW ultra calendar. First up was the Sri Chinmoy 12 and 24hr races on 12/15 June at the track in Blacktown. Great to see some depth in the fields, and too many great performances and stories to cover in this short column so please take a look at the race website to see the full race report when you get a moment. Winners were Bryan McCorkindale (223.7km) and Meredith Quinlan (215.2km) in the 24 hour, and Paul Cuthbert (116.5km) and Bernadette Benson (133.5km) in the 12 hour event.

August 3rd saw the running of the Centennial Park (CP) Ultra in Sydney, with 50km and 100km looped races around the white fence, and was also the National Championships. Congratulations to Barry Keem (3hr 17min) and Natasha Fraser (3hr 36min) who became the 50km National Champions for 2014. For Natasha, this was a third consecutive win. Congratulations, also, to runners-up Kieron Blackmore and Elouise Peach, and indeed to the third place-getters Wayne Gregory and Heather Dwyer. Brendan Davies took out the 100km race in an impressive 7hr 26min, with Alex Matthews the outright winner of the 50km.

South Australia by Paul Rogers, State Representative

As you read this the South Australian racing calendar is in full swing. Another successful Adelaide 24 Hour Running Festival in July, with, yet again, some amazing

results from both local and interstate runners, sets the stage for a great season of running.

Leading into the Yurrebilla 56km trail run at the end of September, Adelaide was visited by Beth Cardelli, race ambassador for the event, to check out the course, meet with local runners, and share some of her knowledge about running. The same weekend Isobel Bepolov was also in town as female race ambassador for the Heysen 105, giving SA runners a multitude of choice as to training runs available and experienced elite runners to talk to.

This was backed up the week later by Brendan Davies, male race ambassador for the Heysen 105, visiting to run with local runners and hosting a training camp, along with Ben Hocking, race director and Yumigo coach, about general training, technical running tips, and specifics of the course.

The stage is set for an exciting Heysen 105 event at the end of October, the last event on the South Australian calendar, with competition expected to be fierce in both the men's and women's races we wish everyone well.

As I write this report I can't help wonder how the brand new event for SA, and Australia, will go; the Adelaide 6 Day and 48 hour. Doug Kewley, race director, has put a lot of effort into the preparation and we all wish him well, and hope that the event is well attended and successful.

Tasmania by Allan Hood, State Representative

Tasmania's summer season of ultras kicks off with the Bruny Island ultra early in December.

This road run, that follows the length of the island, continues to grow in popularity, aided no doubt, by now offering discounts to AURA members! Last year's event was won by NSW visitor Marcus Cockshut, who found the island climate to his liking by running a swift 4hr 53min race, the second only sub-5 hour run of the last 10 years.

Coming up on February 7th is, to borrow a phrase from cycling's spring classics, the "La Doyenne" of the nation's trail ultras. The Cradle Mountain Run follows the 82km Overland track in its entirety, and has been held every year since 1981. This is Australia's oldest trail ultra, and in terms of trail running, its purest. No groomed fire trails or vehicle tracks here! One every trail ultra runner should do at least once. How fast will Stu Gibson run it this time? Entries open mid-October.

Lastly, in March is the last of the Tasmanian trilogy of races, with the Narawntapu 50km trail run. Now known as the Convicts and Wenchies Run, this fine run through the Narawntapu National Park is a combination of beach running and trail running, starting and finishing at the charming settlement of Greens Beach. Last year Aubrey Henricks ran a great run, reducing his own record time by 10 minutes. Due to work commitments was unable to defend his title earlier this year.

Victoria by Jon Lim, State Representative

After a short hiatus, we are back with some Victorian news! The inaugural Trails+ You Yangs Miler took place in July, which included a nice stroll for runners up



AURA State Roundup

October 2014 (*continued*)

Flinders Peak, a total of eight times. Andrew Donaldson and Kathy Macmillan each toughing it out for their respective win. The 80km was won by Michael Keyte and Hayley Teale, whilst the 50km was highly contested with only seconds

separating the both winners, Tom Gamble and Kirra Balmanno, from second place! A nice sunny day greeted the runners at the Tan Ultra with David Eadie returning to again win the 100km race, and Felicity Copps taking the honours in the

women's race. The 50km was taken out by Dion Finocchiaro and Nikki Wynd. In the coming months we see the popular Surf Coast Century, the Walhalla Wound Up, the Great North Walk, and Ned Kelly Chase on our race calendar.



Blast From the Past

CLIFF'S TIPS

(Cliff Young included these in his runners' survey. We thought it might be of interest to others)

1. Please do not time me on the run. It is not a sprint.
2. Over 6 or so days, I want the crew to stay as fresh as possible, rest and sleep when possible.
3. If I get bad-tempered, don't take it personally. It's just the stress of the race.
4. When I hit a bad patch and am running slow, I do not want anyone to tell me to pick up the pace. Twenty hours or so is a long time to run each day and I'll pull myself out of it as soon as possible. I will be doing my best at ALL TIMES.
5. No food or drink to be put in plastic; glass, china or enamel only please.
6. Food to be given in small-medium quantities, i.e. $\frac{1}{4}$ to $\frac{1}{2}$ a bowl.
7. Please have drinks well shaken fresh and cold. Cold, even when it is cold weather.
8. Food to be given freshly-made. Food to be moist so it is easily swallowed.
9. Please see the list of drinks and foods - a basic idea of what I want.

DRINKS: Akta-vite drink: $\frac{1}{2}$ milk, $\frac{1}{2}$ water

Egg flip: cooked eggs, $\frac{1}{2}$ milk, $\frac{1}{2}$ water, brown sticky sugar. Bland to make as smooth as possible.

Also: yoghurt drinks, V-8 vegie juice, blackcurrant juice, mineral water, lemonade & coke, plain water.



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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.

OCTOBER 2014

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/

NOVEMBER 2014

Saturday/Sunday 8/9 November Blackall 100 – Blackall SE Qld

100k & 50km Trail

Contact: Alun Davies 0450 206 474

Email: alun@runqueensland.com

Web: www.aura.asn.au/

AURA EVENTS CALENDAR

Sunday 9 November Marysville Marathon – Marysville Vic

50km & Shorter Options

Contact: Brett Saxon 0418 557 052

Email: brett@trailsplus.com.au

Web: www.aura.asn.au/

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

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/

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/

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/

Saturday 20 December Duncan's Run – Gippsland Vic

100km Trail

Contact: Travis McInnes 0409 025 220

Email: skootnsubie@gmail.com

Web: www.aura.asn.au/

AURA EVENTS CALENDAR

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



Blast From the Past

CALENDAR

- Oct 15 LAUNCESTON TO HOBART ROAD RACE Tas., 200km, 7EX-HT Shell Ultra Marathon, Starts Launceston P.O., finishes Hobart P.O., 30 hour limit, \$100 entry 9am start, Approx \$30,000 to \$35,000 prize-money. Also teams' event - 10 x 20km legs. Contact David Osborne, 65 Amy Road, Launceston, Tas 7250.
- Oct 29/30 24 HOUR TRACK RACE, SA, (Australian Championship) Adelaide, Sri Chinmoy Marathon Team, 7am start, contact Prabuddha Nicol, c/- 7 Oxford Street, Hackney 5069, South Australia. Phone (08)3629735
- Nov A.C.F. BRINDABELLA CLASSIC, ACT, 47km approx. Trail run over Brindabella Mountains just south of Canberra. Contact John Stanhope, 52 Sharwood Cres, Evatt ACT 2617, phone (062)583181.
- Nov 14-20 6 DAY TRACK RACE, Colac, Vic., 400metres grass track, entry by invitation only, contact Colac 6 Day Committee, P.O.Box 163, Colac 3250, phone (052)315442. (Applications detailing performances welcome)
- Dec 4 50 MILE ROAD RACE Vic. Ballarat, C.H.A.S.E. Carnival, (Victorian 50 Mile Road Championship). Wendouree A.C. P.O.Box 511, Ballarat, 3550 or phone Andrew Bush (053)321434.
- 1989
Jan ? BOGONG TO HOTHAM, Vic, mountain trail run, 6.15am start at Mountain Creek Picnic Ground, approx 60km, 3,000 metre climb! Phone Russell Bulman, (03)8789285 (AH)
- Jan 4. 48/24 HOUR RUNS, Vic, Aberfeldie, 400m.track, Corio St, Aberfeldie. Contact Stephen Foulkes, P.O.Box 1048, Carlton 3053 or phone (03)6528376 (W)



Macedon Ranges 50km

Macedon Ranges NP, Mt Macedon, VIC

May 11, 2014

by Tom Gamble

I signed up to this race by default; it's the second run in the Trailsplus Mountain Trail Series that I blithely signed up for after somehow surviving my first ultra at Two Bays. I say this because it meant I had no good reason not to run, despite runners describing the run as "horrendously horrible" and the organiser laughing maniacally when asked if it would be hard. The elevation profile was worse; it was up and down the whole time, and then with about 5km to go it looks like someone has taken a big ol' slice of pie out of it, leaving a 2.5km cliff-climb for the end.

Trepidation mounted and the knot in my stomach tightened as we approached Mount Macedon - looming up like something out of a nightmare, the top cloaked in cloud. At the start nerves were abated - it was good to see some runners that I've met over the last few months and chat about some of their achievements. I've really enjoyed meeting these folk as much as I've loved the sport itself. I suspect the two - the people and the running - are intricately linked. There is a relaxed nature to the sport, with a deep sense of commitment to doing your best (often just to finish!) rather than beating the others around you. That said, I did finish second at the previous run, and as we set off for this one I made more of an effort to stay with the lead runners, rather than hanging at the back like last time.

The run was magic. It's a stunning spot to run around and I found myself again and again drifting off, thinking what a great place it

was. Dion Finocchiaro shot off, as I think he probably does in every race, and wasn't sighted again. I thought about going after him but he was too quick, so I stuck with a group and felt lucky to be running with some of the names I'd become familiar with since I'd taken an interest in ultras: Toby Wiadrowski, Chris Roberts, Dan Langelaan, and Kevin Muller. We summited and returned down Camel's Hump, where we stretched out a bit more.

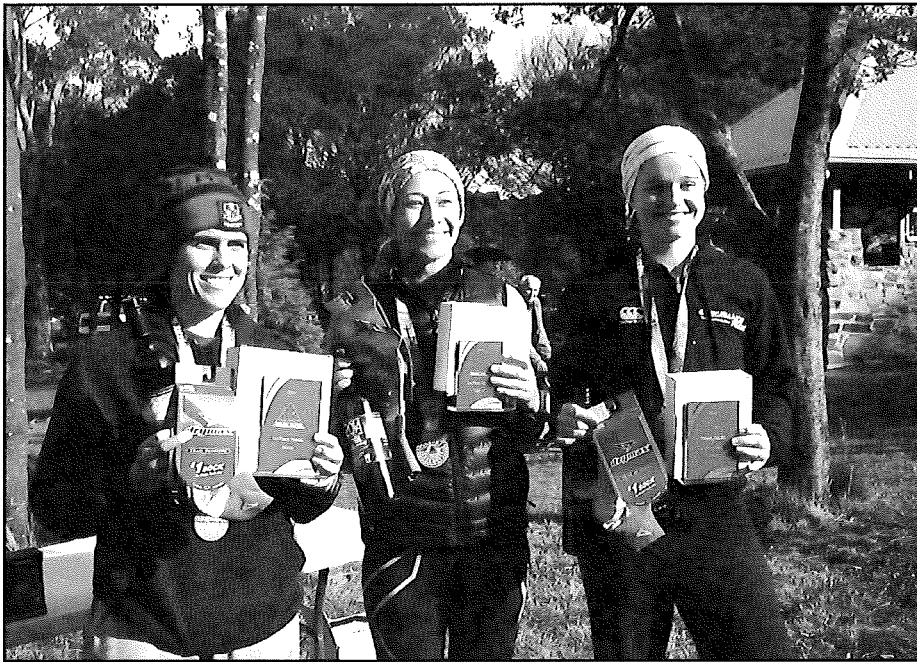
About 12km in I made my first mistake of the day. I had moved away from Toby and was running "in the zone", and rather than worrying about the course I was just enjoying the rhythm and power of my footfall and I missed a turn. The trail turned to lumpy stones that were horrible to run on and left me with a blood blister, which has been my reminder for months since to watch for trail markers. Gradually, and horribly, I realised

I'd run out of markers. I eventually, painfully, turned around, half-distraught that my race and series might have been shot. Luckily, I retraced successfully and found the little trail that descended into thick forest and, after a few barreling descents, it revealed a slippery brute of a fire trail. Descending, I was doing all I could not to just fall my way down, then a climb that forced us to claw our way to the top. I still felt pretty good at this stage, and I got a strange look, or two, as I went past some people for a second time.

The next section climbed and descended through "The Pines", which was fun as it doubles as a BMX track. I even had a leap from one or two of the jumps, hollering "yee-haw" and just happy to be back on course. With a couple of runners, including Kevin Muller, around, we ran up and over Mt Towong. The fog had cleared, the mountain thawing, and the view of



The three male place-getters - Tom Gamble (2nd), Dion Finocchiaro (1st), Toby Wiadrowski (3rd) and RD Brett Saxon



The three winning females - Katherine Macmillan (1st), Chloe Lane (2nd), Kellie Emmerson (3rd)

the town was spectacular, and the sun very welcome. We then weaved our way back to the start and the 30km mark, via the ANZAC Road and the Zig Zag Track, which was barely runnable, and then retraced our steps around the lake. I didn't feel fresh and am never a fan of 'out and back' courses; I think you're constantly reminded how much better you felt the first time you ran each part!

Back at the start-finish line I refueled and headed off for the hardest running I've ever done; both mentally and physically. For much of this race I wasn't 100% sure I was on the right track, and, fortunately, others who had been here before assured me it was correct as a I headed out, still in second place with Dion uncatchable ahead. I managed to navigate a difficult intersection at about the 35km mark; a junction that claimed a couple of runners not far behind me I later learned. Luckily, I continued straight and, had I stopped to appreciate it, would have been met with a glorious view. The descent towards Barbers Chute Track was a tricky one that required my full attention just to stay moving, and upright.

Runnable dirt roads led us down to the southern section of the course.

Crossing Mt Macedon Road, the trail descends into a muddy roller coaster. Running alone in this area I decided to run the downs and walk the ups, pushing, probably in a very amateur way, my body along that fine line between getting the most out of you and breaking yourself. I passed the 45km aid station and dived into "The Tunnels". Running through these old railway tunnels was a little brain break and I felt refreshed - as much as you possibly can after 45km - as I went past the aid station again. I surged on and the volunteer there said something to me, looking a bit flustered but pointed me on in the direction I was running in.

I'm not sure how far I ran on, 5 minutes or so, increasingly concerned that the ribbons marking the course had dried up, completely. I reached a T-intersection, looked desperately around it for guidance, but it just looked blankly back at me like a void. There was no choice really - back to the aid station. "Mate, I'm lost" I said to

him. He said something about me needing to know the course and pointed up another track. I had to agree and my frustration tempered by him saying that I was the first runner to actually go the right way - Dion apparently went the same way I did, then found his own way back to the course.

I've read a few times about ultras being run or won mostly in the mind, and the next few minutes were all run inside my head as I battled thoughts of the extra kms I'd run; that I might actually be in front of this thing and that I'd clearly given up ground to those chasing. Luckily the course didn't give me much room for contemplation. I pushed hard on the return roller-coasters, this time running the ups and charging/mud-sliding the downs. It was a great section of the course and the entree to the giant that had loomed over the whole course.

As the gradient turned up, my pace went down and I succumbed to run/walking. Halfway up the monster there was the last aid station (where they told me I was back to second). I had a gel for the climb and as I started on the last switchbacks I heard voices below. These drove me up the climb like a whip. I was grabbing trees to haul myself up, stomping and running when it wasn't vertical, walking, hands on knees, when it was. Near the top a runner asked me if the run "comes back this way?" I said "ah... yeah," and thought "*but there's a world, mostly, of pain, before you're back here!*"

The top of the climb returned to the start and then painfully flirted around the finish in a two km loop. Hamstrings cramping with each extension towards the ground, I finished in about 5hrs 30mins, blood seeping through one sock and legs screaming, but rapt to

have finished a run I'll not forget.

I really feel for the guys near the front that had to pull out of the race due to missed turns, in particular Dan Langelaan – who, ironically, I turned to for directions a couple of times. All those who finished should feel like they did something special - in a satisfied sense and in their aching legs. I know mine haven't felt the

same since! No-one conquered the mountain that day, but again I found myself feeling so lucky to have discovered another magic place and couldn't have shared it with a better bunch of people - including my "support crew" of my wife, Penny, and her mum, Judy!. Thanks so much to Brett Saxon and his team of vollies, even the one that let me go the wrong way. As Brett said: "bonus kilometers." See you all next year.

Macedon Ranges - 50km					
Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		5:08:04	Finocchiario	Dion
2	2		5:33:12	Gamble	Tom
3	3		5:34:57	Wiadrowski	Toby
4	4		5:39:06	Roberts	Chris
5	5		5:44:37	Muller	Kevin
6	6		5:55:41	Collins	Michael
7		1	5:56:09	Macmillan	Katherine
8		2	6:20:58	Lane	Chloe
9		3	6:26:21	Emmerson	Kellie
10	7		6:26:48	Hetherington	Mark
11	8		6:36:20	Elliott	Craig
12	9		6:43:56	Prentice	Derek
13	10		6:46:37	Pedersen	Nikolaj
14	11		6:47:45	Grant	Ian
15	12		6:51:31	Closter	Ross
16	13		6:57:50	Ryan	Paul
17	14		6:58:50	Brown	Troy

Macedon Ranges - 50km					
Rank	Cat Place	Cat Place	Time	Last name	First name
18	15		7:27:05	Todd	Paul
19	16		7:34:39	Sutton	Rob
20		4	7:34:39	Croser	Alison
21	17		7:53:44	Wong	Yi Bin
22	18		7:56:57	Hill	Thomas
23	19		8:00:43	McIntosh	Nigel
24		5	8:05:50	Shannon	Michelle
25	20		8:14:08	Brilliant	Mark
26	21		8:26:00	Leitmanis	Caleb
27	22		8:34:06	Narayanan	Manish
28	23		8:34:33	Roberts	Simon
29	24		8:49:28	Lim	Jon
30	25		8:56:19	Mestdagh	Oliver
31		6	9:26:30	Bolton	Vanessa
32	26		9:37:47	Macek	Steven
33	27		9:57:24	Sedgwick	Heath

Bold SURNAME indicates AURA member.



Kep 75km Ultra

Northam to Mundaring Weir, WA

June 1, 2014

by Eloise Simons

This was it. The day had finally arrived; something I had been contemplating for years. The 6th annual Kep Ultra. "Kep" means water in Noongar. The course runs from Northam to Mundaring along a laterite stone track, which follows a section of the Kalgoorlie-Perth water pipeline, with an option to run 75km or 100km. Being a "newbie" to ultra-running, I opted for the "easier" 75km. The last 20km of the 100km course is pretty much all incline and seems to be just pure torture! Four months of preparation, dedication, and driving my family insane with tedious details, this was the

moment where everything should, hopefully, come together. My two other ultras almost ended in total disaster due to good old GI issues, so the main hurdle I had to tackle during training was food tolerance. In the end it was down to a banana and liquids!

After about three hours sleep, if I actually fell asleep, I was up early and off to the pre-race check-in with my dad. Mum and dad were crewing for me, which was a first-time experience for us all. The morning was bitterly cold on the banks of the picturesque Avon River, but check-in was quick

and efficient, so I headed off to defrost in dad's car. At sunrise, Race Director Rob Donkersloot informed everyone of the rules, and in several minutes the race began. I was in mid-conversation with fellow runner, Kelly Robinson, when the start was announced and did my usual trick of bolting like a horse out of a starting gate in a mad panic!

The course ran along the footpath following the Avon River, and up over a bridge which crossed it; the morning light reflecting off the river looked amazing. Following the main highway out

of town, the course passed by old historical buildings and homes looking towards the wooded hills surrounding the quiet wheat belt town. As I approached the first main hill I decided to follow everyone else's lead and walk it, knowing it'd help my legs in the 'long run'. The clouds had been threatening overhead all morning, resulting in a refreshingly light sprinkle of rain and creating a rainbow over the paddocks. After several reasonable hills, the course took us into rolling plains of farmland and through to the first aid station at Clackline, 19km later.

I was greeted with big smiles from my folks, which was a nice surprise as I had asked them to help out later in the race at the 43km mark. I also ran into an old neighbour and friend, the inspirational Fee Salmons, who was crewing for fellow runner Bel Kennedy. She's the one who's responsible for getting me interested in this crazy hobby and told me about the Kep



At the start of the Kep Ultra

six years earlier. After a very quick chat and pit stop, I headed out and immediately came to a creek crossing which was flowing quite steadily. Someone nice had dropped several large boulders

in the water to use as stepping stones but, before I could channel my inner 'Bear Grylls' and tackle the stones, one of the marshals directed me to the foot bridge to the left of the stepping stones. This was probably a good idea as I even stumbled over the footbridge. The next 20km of the course took me through diverse surroundings, from grass which was nearly as tall as me, to a thick muddy clay patch which I had to negotiate

precariouly on my tippy toes to avoid aquaplaning into fellow "Keppies", or the surrounding embankments.

During the first section I had suffered from a stitch and a sore right hip. The good news was that these niggles had now completely disappeared, but the bad news was more merciless pain had taken its place. My calf muscles started to seize up and it felt like I'd left my kneecaps back at the first aid station. This was where I started to think, "If this is how you feel now, how are you going to make it to 75kms?" My pace slowed significantly as the pain kicked in and every km seemed to take at least 20 minutes. I dragged my sorry butt slowly into the next aid station at the 43km, where mum and dad were eagerly waiting for me. Dad asked if I'd hit the wall, all I could muster in reply was a simple "no", but in all honesty it felt like not only had I hit the wall several times, but I was stuck to it.

Somehow I came into the 61km checkpoint at Mount Helena with a speedy drink exchange from mum and dad. I also had my whole



family cheering me on and, after a torturous 600 meter loop, I knew I was on the home stretch so had better just keep moving. If I stopped for too long it would be harder for me to get going again. As I made it to the Great Eastern Highway I was met by two lovely marshalls, Lui and Roy, who jovially chatted to me as they helped me to cross the busy highway. Once over, I cranked up my 'adrenalin pumping tunes' on my iPod and sped up my pace, ignoring the screaming pain in my legs (or at least trying to). The music started to work and, knowing I was in familiar territory, the adrenalin kicked in. (This section of the track is my favorite and I know it quite well as I live just down the road and run it almost every weekend.) The track runs through a forest of Marri and Karri as well, and sporadic pine trees. It winds across Mundaring Weir Road several times, and narrows into a denser, dimly-lit, wooded area with secluded picnic tables and an old corrugated iron drop toilet full of spiders. Once out of the picnic area, the pipeline appears and the track follows it to some steep steps going down and back up a small incline. My legs didn't allow me to step down them as I normally would and the only way I could manage to get across was by side-stepping. The end was almost there as I took the road to the finish line and up one last hill which seemed to be the size of Mount Everest and went on forever. In reality is really only quite small and a few 100 meters long! As I raced up the path to the finish line I was greeted by my family and a hug from fellow runner Kylie Williams, who had been hot on my heels.

I was asked by several people if I would ever do that again... "NO WAY! Why the hell would I want to do



something stupid like that again?" When I woke up the next morning there was only one question I asked myself, "Next year shall I try a 100km?"

A big thank you to Rob Donkersloot, the volunteers, my fellow Keppies, friends and family for all your help in one of the most rewarding days of my life!

Kep Ultras - 75km					
Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		6:54:25	Wait	Andrew
2	2		6:55:55	Smith	Anthony
3	3		7:10:54	Kaesler	Shaun
4	4		7:13:01	Gray	Jeff
5	5		7:15:07	Christie	James
6	6		7:22:15	Bolam	Jonathan
7		1	7:33:30	Fieberg	Barbara
8		2	7:41:35	Gartmair	Gisela
9		3	7:52:07	Twigg	Renae
10	7		8:01:48	Smetherham	Glen
11	8		8:31:12	Mccready	Sam
12		4	8:32:45	Robinson	Victoria
13		5	8:37:53	Simons	Eloise
13		6	8:37:53	Williams	Kylie
15	9		8:45:16	Briggs	Stuart
16		7	8:50:36	Rappeport	Belinda
17		8	8:58:53	Robinson	Kelly
18	10		9:11:03	Baker	Phil

Kep Ultras - 75km					
Rank	Cat Place	Cat Place	Time	Last name	First name
19	11		9:11:22	Lark	Chris
20	12		9:14:19	Boggan	James
20		9	9:14:19	Smyth	Nicole
22	13		9:20:24	Webster	Matt
23		10	9:38:30	Newell	Amanda
23		11	9:38:30	Beach	Hanna
25	14		9:45:30	Chauveau	Frank
25	15		9:45:30	Gnavi	Gabriel
27		12	9:56:02	Kennedy	Bel
28	16		10:08:12	Dean	David
29		13	10:38:27	Sims	Colette
29		14	10:38:27	Burong	Gabrielle
31		15	10:41:38	Clark	Jaqui
			DNF	Gemell	Chris
			DNF	Lamperd	Ed
			DNF	Hosgood	Andrew
			DNF	Kolonic	Sanja

Bold SURNAME indicates AURA member.

Kep Ultras - 100km					
Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		8:41:54	Hopwood	Paul
2	2		9:50:50	Joyce	Shane
3	3		9:51:33	Treasure	Ben
4	4		9:58:38	Wholey	Grant
5		1	10:15:39	Whelan	Fiona
6	5		10:38:08	Pesich	Glenn
6	6		10:38:08	Pesich	Darren
8	7		10:39:23	Dodds	Hunter
9	8		10:45:27	Oosterhoff	Alexis
10	9		10:54:16	Bonnick	Simon
11	10		10:57:09	Freitag	Rob
12	11		11:05:32	Joyce	Paul
13		2	11:12:02	Johnson	Fiona
14		3	11:15:34	Kierath	Jessica
15	12		11:25:22	Munro	Luke
16	13		11:26:45	Caldwell	Mark
17		4	11:40:13	Zanevra	Samantha
18	14		11:42:45	Geelen	Andre

Kep Ultras - 100km					
Rank	Cat Place	Cat Place	Time	Last name	First name
19	15		11:48:55	Quinn	Conor
20	16		11:52:24	Everley	Andy
21		5	12:04:59	Ilton	Heather
22	17		12:16:14	Shephard	Paul
23	18		12:16:14	Fernando	Shawn
24		6	12:16:14	Seabrook	Nadine
25	19		12:16:14	Slowiak	David
26	20		12:28:23	Parrotte	Michael
27	21		12:32:32	Requejo Velazquez	Daniel
28	22		12:33:37	Moxham	Clint
29		7	12:45:28	Glass	Stephanie
30		8	13:07:07	Evans	Rachel
31	23		13:15:07	Eva	Tim
32	24		14:00:26	Naylor	Vincent
33	25		14:07:04	Crafter	Ian
			DNF	Crawley	Adam
			DNF	Podhajsky	Martin
			DNF	Penter	Graham

Bold SURNAME indicates AURA member.



Sri Chinmoy 24 & 12 Hour Races

Blacktown Sports Park

14/15 June 2014

Martin Fryer

It was my great pleasure this year to step up from being a helper at the two previous editions of this event to being the Race Director. It wasn't a hard decision as it is a Race Director's dream to have such an experienced and joyful

group of volunteers to work with as the Sri Chinmoy Marathon Team (SCMT) and such a wonderful mixture of runners to serve that spanned an experience spectrum from complete newbie to National Team level, and that came from

near (Sydney) and far (Western Australia and New Zealand).

I have already had feedback from many runners telling me about how the enthusiastic support by members of the SCMT and their provision of such an outstanding selection of tasty food (some runners were asking for the recipes) helped them to achieve something special in their chosen events.

24 Hour Race

After the traditional minute of silence to contemplate the journey ahead (and to be grateful for all that had helped them get to the start line!) the 24h runners enthusiastically embarked on their mission on a slightly wet track after some steady overnight rain. Thankfully, the weather cleared to perfect running conditions for



Rob Knowles going round and round

the rest of the race and the performances matched this accordingly.

24h Men

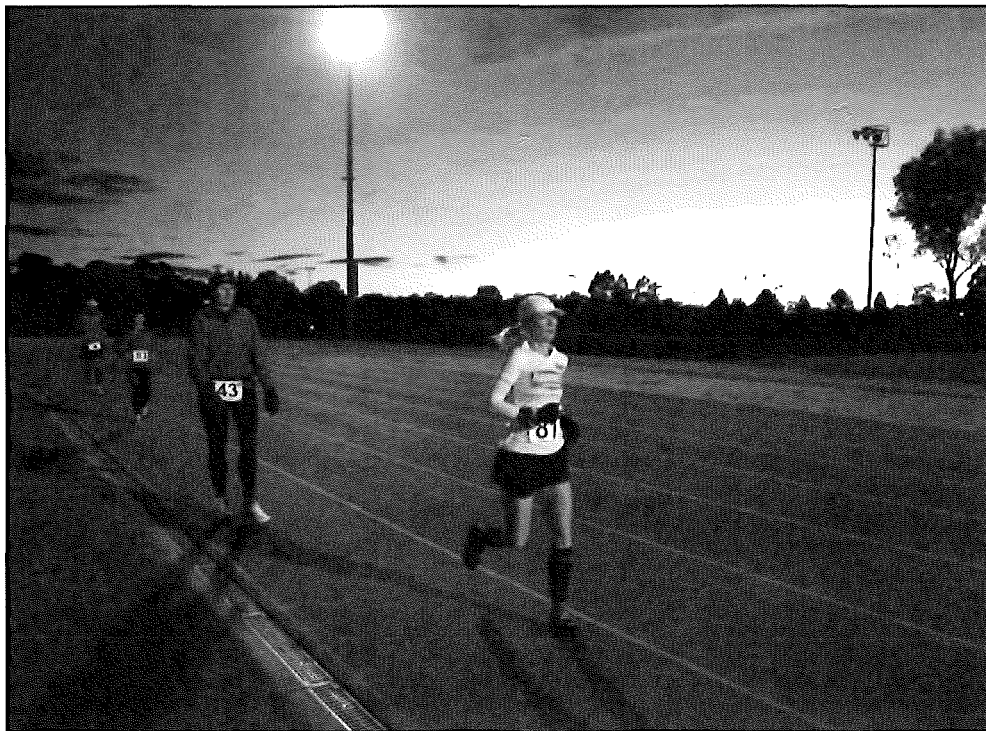
A fine standard was set in the Men's 24h race with 5 entrants finishing over the 200K mark, 11 exceeding 100 miles and 24 entrants exceeding 100 K. The early race lead moved from John Power to Kevin Muller but eventually New Zealander Bryan McCorkingdale (M60-69) prevailed with a perfectly paced race that reflected his strength and experience.

Serial ultramarathon racer Kevin Muller completed over 220K in this race only one week after coming 2nd in the Gold Coast 100K race!

Experienced C2K campaigner and keen trail runner Kevin Heaton showed his class with 216K on his 24h track debut, displaying great restraint to walk extra periods early in the race when he was ahead of schedule.

A very determined and focused Robert Knowles stuck to a brutally tight schedule in the last 6 hours of the race in an attempt to get his 24h Guinness Book of Records barefoot title back (the existing record was around 211K), which required a barefoot PB of over 30K. The provisional results (212.210K) suggest that he may have just sneaked in a new record, which is a phenomenal achievement.

Matt Chamberlain was one big ear-to-ear smile as he celebrated breaking 200K while Chris Knowles had a superb run to make the nervous 190's. Adam Connor, Geoff Last, Darren Kime and Colin Brooks also ran very brave and determined races (with some impressive new PBs in there) to break the famous 100 mile target.



Bernadette Benson (Pic courtesy of the Sri Chinmoy Marathon Team)

Whilst a recently injured and underprepared Justin Scholz might have been disappointed with missing the walking records he was going for, the rest of the runners and helpers were simply amazed that he could yet again walk well over 100 miles in 24 hours on a bad day!

Trevor Allen, Steve Domonkos, Dean Metcalf and Kurt Topper all ran a credible 150K plus, each fighting their own personal battles to make it into this challenging distance range.

The effervescent Geoff Tomlins finished his very first 24 Hour Race with a very tidy 143K despite an early foot injury, some extreme chafing and some extended breaks. He gave a fantastic interview at the awards ceremony that was colorful and full of pithy wisdom. Joining him in the 140's were excellent runs by Charbel Sandroussi, Anyce "Kip" Melham (a long time participant of this event and previous winner), and a very mellow and contemplative Billy Pearce, who was using this race as a training run for the Adelaide 6 Day Race later this year.

For some runners and walkers this year it just wasn't meant to be but they had the courage to start, to do their best on the day, and remained in good spirits throughout: Michael Thompson fought blisters, Mal Gamble was not quite healed from a soleus injury and Jo Blake's conscience as a dad got the better of him in the mid afternoon as he snuck off for quite a few hours to see one of his sons' football matches before returning to the track, but eventually retiring later on. Visiting New Zealander Andrew Shelley was hoping for his Centurion walk debut but unfortunately things didn't go his way - I have no doubt he will be back even more determined to get it right. A number of walkers and run/walkers, including the inimitable Louis Commins, Robert Osborne and Graeme Thompson performed admirably, and the ever popular Greg Finlay finished on 114K with a "blistering" last lap after a race plagued by blisters!

24h Women

It was wonderful to see the return of previous Australian 24 Hour representative, Meredith Quinlan,

to the winner's podium with one of her typical steady paced races, a very strong finish, and yet another final result in the 210 to 220K range. Meredith has been spending more time on the mountain bike recently but decided to return to the track to remember just how fun these events can be!

Like Kevin Muller, Annabel Hepworth is a serial ultramarathon racer who also achieves amazing results week after week with almost no recovery in between. She displayed incredible strength and resilience to run over 180K in what she believed to be quite a cathartic race for her, having started the race with many things weighing heavily on her mind but finishing with a beautiful smile and an open heart.

Third place went to Jade Crim, who had a blinder of a race, finishing with 157km thanks to her mighty perseverance and the help of a very supportive and animated crew while fourth place went to the ever smiling New Zealander Heather Andrews who attained an excellent 135K in style.

Fifth and sixth places went to two delightful visitors from Brisbane: both Cassie Smith and Subala Kamalan had tough races but both triumphed with very credible distances of 123K and 100K, respectively.

12 Hour Race

The start of the 12 Hour race at 10 pm brought a new wave of energy to the track which certainly helped the 24 h participants to enter their second half with renewed vigour.

12h Men

So far in 2014 Canberra's Paul Cuthbert has completed two tough trail ultras (North Face 100K and 168K Ultra Trail Mt Fuji in Japan) but decided to broaden his

experience and have a go at the 12 Hour, which he won (supported by his lovely family) on debut with over 116K on a much less forgiving surface. I'm sure Paul is looking forward to once again making the podium in the upcoming Canberra 101K trail race in September.

Second place went to a smiling and stylish James Sylvester whose positive attitude led him to a smart 111.6 km, while 3rd and 4th was a close contest between Matt Menegazzo's 104K and Mark Northcott, who was very happy to break 100k with 15 minutes to go and power on to 103K.

Another Paul with a strong trail ultra heritage, Paul Shoemark, ran a courageous 98 K to fall just short of the century. Rob Howarth also had the century goal but entered at short notice, had a strong start and recovered at the end after a mid race slump to finish with a very respectable 88km on debut.

Stromlo 12 Hour regular and stalwart Saul Richardson once again surpassed 80K while Australian champion racewalker and Coburg 24 Hour race director, Tim Erickson, had a hard day at the office and unfortunately fell well short of the remarkable records that he had set in the previous edition of this event.

One of the truly inspirational performances of this event that went under the radar involved Greg Smith. This race was the icing on the cake for Greg after a remarkable journey in the last 6 months including abstention from alcohol, losing 20 kg of bodyweight and raising almost \$6000 for the Australian Missing Person's register. Cheered on by coach Gary Mullins and a very enthusiastic crew Greg exceeded his wildest expectations by walking 65K!

Legendary vets ultrarunner Ron Schwebel set an absolutely

cracking pace in his brave attempt to break the M60 50K record but the brutal pace proved too much in the cool conditions and cramping unfortunately forced him to retire early.

12h Women

Bernadette Benson came into this race with a mission to go hard and take a lot of records home and she did this and more. In a gritty and extremely focused display of strength, grace and determination she covered over 133K to take out first outright place as well as setting new records including the Canadian W45 6hr record, the AUS and CAN W45 100k records, and the AUS and CAN Open 12 hr records for W45. Her speech at the awards ceremony was memorable, perfectly capturing her own success and disappointment, giving honest and gracious thanks to those who helped, and bringing all runners into her victory, by explaining how she had watched others going through their own tough times and drew on the strength and courage they all showed.

Cambewarra's Sabina Hamaty is always a glowing presence on the track and she not only fulfilled her aim of just running for pure joy (rather than competitively) but also just happened to run a very good distance of over 108K for second place.

Third place went to Helen McDonald who, like many others, made a very successful transition from trail to track with an impressive 98K on debut, while Rebecca Horsburgh surprised herself my walking an amazing 68K on very little preparation Cathie Wiltshire (Cool Running's Gadfly) didn't have a great run for her in terms of kms but was delighted to achieve 64K and a bonus sprint finish after carrying a back injury for the last 12 months.



A tired Rob at the finish!

Closing remarks

Overall, the event was a great success, thanks to the runners, crew, volunteers and the support of the race sponsors (Shotz Sports nutrition Australia for the best electrolyte, gels and bars around; Blisterprevention.com.au for ENGO patches and superb education materials, and Highly Tuned Athletes for Video recording of the event as well as their race packs and great offers on specialist electronic gear that is highly sought by ultra runners).

An absolute standout aspect was the incredible atmosphere at the track created by the crews, most notably the luminous Sarah Jane Marshall and her colleague Gordon Plunkett who not only crewed for their 7 runners but catered to any other orphans throughout the race with an energy that was absolutely infectious.

What is most gratifying for a Race Director after the sleep deprivation has worn off is the realisation that all of the runners, crews and volunteers that were

present last weekend have had their lives changed forever - none of us will ever be the same. A shared journey of determination, grace, enthusiasm, poise, courage, gratitude, joy and love and an absolute understanding of what it means to be part of the true universal oneness of humanity.

I do hope we see everyone again next year but in the meantime I will leave you with two quotes from Gordon Plunkett's crewing report posted on Cool Running Australia which capture some of my feelings in a nutshell:

"One thing I love about this sport is some people you have never met but after a quick hello and 24hrs of pain you know them very well and remain friends for a very long time".

"Sharing this from another side was just awesome; helping runners to achieve their running goals is very rewarding".

Martin Fryer

Race Director

Sri Chinmoy Marathon Team

19 June 2014

Sri Chinmoy 24 Hour					
Rank	Cat Place	Cat Place	Distance	Last name	First name
1	1	1	223.743	McCorkindale	Bryan
2	2	2	221.217	Muller	Kevin
3	3	3	216.184	Heaton	Kevin
4		1	214.795	Quinlan	Meredith
5	4		212.210	Knowles	Robert
6	5		208.168	Chamberlain	Matt
7	6		192.448	Knowles	Chris
8		2	183.133	Hepworth	Annabel
9	7		180.400	Connor	Adam
10	8		176.406	Scholz	Justin
11	9		175.039	Last	Geoffrey
12	10		171.043	Kime	Darren
13	11		164.061	Brooks	Colin
14		3	157.732	Crim	Jade
15	12		156.620	Allen	Trevor
16	13		155.496	Domonkos	Steven
17	14		154.694	Metcalf	Dean

Sri Chinmoy 24 Hour					
Rank	Cat Place	Cat Place	Distance	Last name	First name
18	15		150.932	Topper	Kurt
19	16		143.806	Tomlins	Geoff
20	17		143.200	Melham	Anyce
21	18		140.840	Pearce	Billy
22	19		140.800	Sandroussi	Charbel
23		4	135.380	Andrews	Heather
24	20		134.000	Thompson	Michael
25	21		122.800	Gamble	Malcolm
26		4	122.588	Smith	Cassie
27	22		122.045	Commings	Louis
28	23		121.200	Osborne	Robert
29	24		115.055	Finlay	Greg
30		6	100.400	Kamalan	Subala
31	25		99.411	Thomson	Graeme
32	26		97.600	Power	John
33	27		90.000	Blake	Jonathan
34	28		80.800	Shelley	Andrew

Bold SURNAME indicates AURA member.

Sri Chinmoy 12 Hour					
Rank	Cat Place	Cat Place	Distance	Last name	First name
1		1	133.535	Benson	Bernadette
2	1		116.649	Cuthbert	Paul
3	2		111.287	Sylvester	James
4		2	108.453	Hamaty	Sabina
5	3		104.824	Menegazzo	Matt
6	4		103.205	Northcott	Mark
7	5		98.460	Shoemark	Paul
8		3	98.414	McDonald	Helen

Sri Chinmoy 12 Hour					
Rank	Cat Place	Cat Place	Distance	Last name	First name
9	6		88.308	Howarth	Robert
10	7		80.034	Richardson	Saul
11	8		74.800	Erickson	Tim
12		4	68.217	Horsburgh	Rebecca
13	9		65.304	Smith	Greg
14		5	64.431	Wiltshire	Cathie
15	10		33.200	Schwebel	Ron
Bold SURNAME indicates AURA member.					



Adelaide 6 Hour

Adelaide University, North Adelaide, SA

July 12, 2014

by Rick Cooke

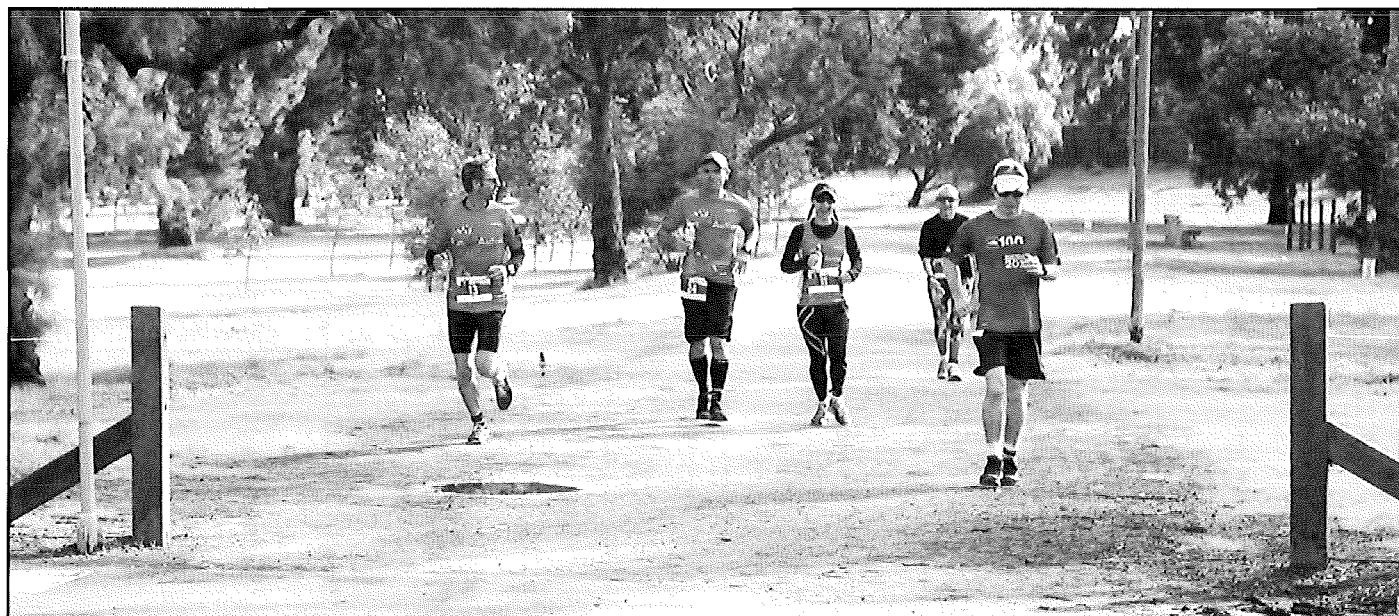
People always ask me how I manage to run "in circles" without getting bored. But, strangely enough, I am more likely to struggle on a big out and back, or a point to point. When you are in constant contact with your crew, supporters, and fellow competitors, the experience is more enjoyable and time seems to pass more quickly. When running ultra marathons you can expect to feel a sense of togetherness. We may be competing as individuals, but as ultra runners the encouragement and respect we show to each other is infectious. This was no different at the recent Adelaide 6 Hour.

Two days prior to the event, I decided to bite the bullet although I'd been struggling with some referred back pain, and wasn't 100% sure if I could get through it. But, with the selection of the Australian team for the upcoming World 100km Championships to be held in Doha, Qatar being only several weeks away, it was important that I race in case the question of recent fitness be asked. Training had been inconsistent due to the back problem, and I was keeping the local physio in business. But, as each day passed during the week leading in, the more confident I became.

Standing on the start line, however, I did feel a degree of apprehension. I kept reminding myself that the pain of not finishing would be worse than any physical pain, and that I must not let Daniel (my 10 year old son and crew man) down.

So, at 6.00am the starting pistol was fired and off we went. It was nice to run into Wayne Botha, from New Zealand, on the start line, and see an international supporting one of our races; he went on to win the 12 hour.

The first hour and a half was enjoyable as I found a nice rhythm out in front, at just under 4:30 per



km. The supporters lining the start area were absolutely brilliant with their encouragement. Circling the 2.2km compacted dirt circuit meant that you saw them quite regularly, and they were very much appreciated.

Daniel was providing me with all my nutritional needs in the same professional manner that I have become accustomed to. His constant encouragement and abundance of energy is so motivating for me. It really is a team effort for us, and seeing his excited face when we know that things are going to plan makes it all worthwhile.

Nutrition is critical in ultra running. This is even more so in the 24 hour, or longer, events; it's just as important as the running itself! I have struggled with the nutritional side in the longer races (unfortunately I'm known for my vomiting and Canadian bear simulations), but I have found it a lot easier to manage over the event when it's 100km, and under. Although I've done all the scientific testing with sports physiologists, and know to the last gram how much carbohydrate I need to put in my body to successfully complete an ultra, I use several basic principles. Firstly, depending on the temperature, I drink between 700 and 1000ml per hour. This will be made up of 600ml of hydrolyte sport (laced with essential electrolytes) and the balance in plain water. I will break this sequence every now and then with and energy drink, Coke, or even orange juice. In a 24 hour I even enjoy a cup of tea every now and then in the back half. With regards to food, I eat between 60 and 80grams of carbohydrate per hour. I find that gels are the easiest way to do this over a 6 hour, but a lot more options are required during a 24. It is important to have ranges to work within, as conditions and

pace will vary the quantities required. If I'm increasing food intake (as I've increased the pace), I also increase the volume of electrolyte drinks; the two go hand in hand. Finally, I always ensure I have lots of options on my table as you can never be entirely sure what is going to work.

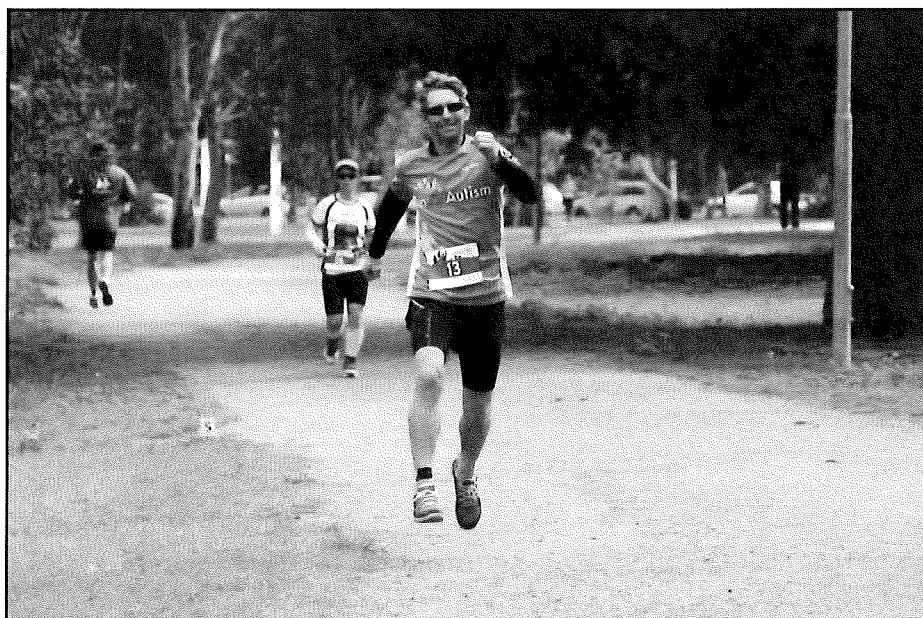
Around 90 minutes in, referral pain to my left quad began. This was quite a surprise at first as the referral pain had been to my right hamstring in the weeks preceding the race. Perhaps I was favouring the opposite side and, hence, creating an imbalance. In an examination by the physio in the days preceding the race, it was found that the opposite side of the lumbar had tightened up considerably. Anyways, although the stabbing in my quad continued throughout the remainder of the race, it did come and go. Although at times it did feel unrelenting, there were stages when it almost disappeared completely. Thankfully the hamstring never bothered me.

As I continued into the second half, I tried to hold the 4:40 per km pace that I had dropped to. Running 10 to 20 seconds per km slower allowed me to manage the referral pain, but this was not an easy task. I had to really focus, as there were

times when my body was telling me to stop.

In the end it all worked out and, after averaging 4:37 per km, I finished with 77.743km and a new race record. I may not have reached the 80km that I was after, but I intend returning to Adelaide and having another crack. After leading for the entire race and not feeling threatened at all, it was quite a surprise to find that Cameron Gillies had powered home in the final laps, finishing only 263 metres behind me! If the race had been a 6 and a half hour event, he would have caught me; no ifs or buts! Cameron improved on his 6 hour PB by 5km! A massive improvement once you reach this level!

I've now done quite a few AURA races and I highly recommend this one. Whether you run the 6, 12 or 24 hour, expect a well organised, professionally run event. I must make special mention of the coffee-cart guy as he fuelled Daniel with hot chocolates during the cold morning. They must have been good as I've never seen him drink them before! Race director Ben Hocking, with support from Paul Rogers and others, hosted a memorable race on a great circuit, and I thank them for the experience.



A happy Dej Jamieson



Adelaide 6 / 12 / 24 Hour

Adelaide University, North Adelaide, SA

July 12, 2014

by Dej Jamieson

I set out with a huge challenge hoping to do 220km, and having only done one 24hr where I only got to 141.5km last year, I was going into uncharted waters. I had a race plan for completing the 2.2km loop in 14mins and 24 sec per lap, which if I could hold would give me 220km and maybe a chance to make the World 24 Hour squad. Mind you, there were some great interstate runners in this event, namely Kevin Mannix, Mick Thwaites and Kevin Muller. They were out of the blocks quite quickly, and before I knew it I was getting lapped. Man, they were quick. Also local talents Emma Vaughan and Howard Norton were off and running well; Howard, like me, hoping to get in the 200s as well, and Emma Vaughan was hoping to qualify for the world squad, too.

My nutrition plan was an issue and even though I normally don't have any problems with it on trail ultras, I thought I would enlist the help of Stephanie Gaskell from Nutritional Strategies to sort it out, which it worked like a treat. Thank you Steph. I was going well with my race plan, keeping ahead of my race pace each lap. Everything was going well. I got do a 100km PB of 10 hours 41 minutes; happy. I run for

Run4Autism; an amazing charity raising awareness and money. Travis Saunders, the man behind the scenes, has done some amazing runs and raising awareness, both here in SA and interstate. I wish him a speedy recovery after suffering hypothermia at around the 125km mark; take care buddy.

I went through a tough spot, around 10pm, where my legs were suffering with quad soreness and fatigue and I had to walk two laps. This put me behind my race plan, but I came good at about 11pm and had an awesome night run till 7am in morning. At that time I was 8th, and ended up getting to third overall. I had a great battle with Emma Vaughan and Howard Norton, all passing each other throughout the night, and reeling in David Turnbull and Kevin Muller, who both had a lot of laps on me. But, just when I thought I was starting to move further up, my body, namely my legs, decided to completely seize up. For the next 4 hours it would be the hardest thing I have ever done. It felt like the longest I had never run, and at that point I was around 180km with 4 hours to go and I couldn't run anymore. My quads, left knee, calves, and Achilles,

were in agony and I lost a couple of places as Emma caught me early and David Turnbull with about an hour to go. It was a race against time to see if I could get to 200km, coming down to the last hour when Mike Coad gave me some great advice "to swing from the hips". This gave me some more speed, but it was still not quite going to get me over the 200km.

With 21 minutes to go, Ben told me I needed to complete one more lap to get there. I had some wonderful advice from a good friend, Alex Strachan, who said this is what it is all about; all the training, all the hard work we put in ... it's about "now." So I ran the last lap. I ended up running 202.85km and finished third male. As soon it was over I collapsed and a car was brought to get me back to the start. It was a very emotional time for me as my wife was there for the first time. It meant so much to have her there; thank you Bels. I was treated by the medical people, who were fantastic; I've never had so many rugs on me in my life. My colour came back but I'm still feeling pretty sore as I write this, and I'm home in bed recovering.



A happy Dej Jamieson

Thank you so much to Ben Hockings and all the volunteers for putting on another superb event; it was the most satisfying, classified road event I have done. I will be doing it again next year but I will

give the 12 hour event a go. I also hope to do the Coburg 24 Hour in Victoria, and Caboolture 24 Hour in Queensland next year. It was an honour to have Camp Coad (Sue & Mike) and Camp McBride (Barry

& Bev) as the most awesome support crew in the Adelaide 6/12/24 Hour; a huge thank you to you all, and to those who helped them. Please forgive me as I can't remember your names.

Adelaide 6 Hour					
Rank	Cat Place	Cat Place	Distance	Last name	First name
1	1		77.743	Cooke	Rick
2	2		77.480	Gillies	Cameron
3	3		69.828	Byas	Dion
4	4		64.691	Flies	Andy
5		1	61.935	Viviers	Marlize
6	5		61.787	Tottey	Graham
7		2	61.501	Durand	Helen
8	6		60.723	Wright	Paul
9		3	60.495	Muskett	Valerie
10	7		59.220	Gullifer	John
11		4	58.255	Nilsson	Tina
12	8		57.289	Mooney	Darren
13	9		55.866	Turnbull	Jamie
14		5	55.700	Sax	Andrea
15	10		55.338	Manickam	Vijay
16	11		54.474	Bekker	Jan
17		6	54.258	Banh	Hoa
18		7	54.258	Neil	Kylie
19	12		53.286	Meredith	Stephen
20	13		52.846	Cooper	Lee
21		8	52.830	Casson	Karyn
22		9	52.058	Murfitt	Janelle
23	14		51.812	Anderson	Damien
24	15		50.292	Parker	Gareth
25	16		50.255	Dalton	Brett
26	17		48.985	Williams	Kym
27		10	47.529	Van Erp	Heather
28		11	46.798	Sax	Lynette
29		12	46.629	Hockley	Rula
30		13	44.315	McGill	Sheena
31		14	38.263	Goessling	Terry
32	18		37.400	Sweetman	Sean
33		15	35.960	Sandell	Linda
34		16	35.960	Sandell	Zoe
35	19		35.328	Anderson	Matthew
36	20		35.200	Wallis	David
37		17	24.200	Birken-Maddock	Carrie
38		18	19.800	Calvert	Tammy
39	21		2.200	Blakey	Duncan
Bold SURNAME indicates AURA member.					

Adelaide 12 Hour					
Rank	Cat Place	Cat Place	Distance	Last name	First name
1	1		125.778	Botha	Wayne
2	2		119.727	Calvert	Wayne
3		1	109.378	Muskett	Valerie

Adelaide 12 Hour					
Rank	Cat Place	Cat Place	Distance	Last name	First name
4	3		104.720	Vasey	Brenton
5	4		102.015	Hughes	Toby
6	5		97.080	Seaman	Ryan
7		2	95.457	Chan	Karen
8	6		83.195	Ambrosino	John
9	7		73.822	Smith	Josh
10	8		55.472	Golding	Kirk
11	9		50.600	Hoad	Ian

Bold SURNAME indicates AURA member.

Adelaide 24 Hour					
Rank	Cat Place	Cat Place	Distance	Last name	First name
1	1		226.636	Thwaites	Mick
2	2		213.709	Mannix	Kevin
3		1	208.882	Vaughan	Emma
4	3		202.850	Jamieson	Dej
5	4		202.639	Muller	Kevin
6	5		202.404	Turnbull	David
7	6		198.671	Norton	Howard
8	7		185.004	Taylor	Randell
9	8		181.886	Fitzgerald	Matt
10	9		178.200	Purcell	Darren
11	10		173.062	Billett	David
12		2	166.352	Lapsys	Carrol
13	11		165.015	Mccoullough	Jesse
14	12		165.010	Brooks	Colin
15	13		165.000	Miller	Jonathan
16	14		164.333	Delport	Stephen
17	15		158.551	Savage	Zac
18		3	155.855	Bentley	Karen
19	16		147.065	Smythe	David
20	17		126.143	Ayris	Tony
21	18		125.400	Saunders	Travis
22		4	113.098	Wiltshire	Cathie
23	19		105.699	Roberts	Martin
24		5	99.463	Worley	Sue
25		6	99.000	Hoebee	Erin
26	20		92.905	Martin	Scott
27	21		77.000	Maffei	Maurice
28		7	72.600	Hilder	Kathryn
29		8	61.600	Danz	Catherine
30	22		61.600	Boyce	Gary
31		9	53.073	Sommers	Amanda
32		10	52.800	Maloney	Rachel
33	23		50.874	Ward	Ian
34		11	48.400	Scholz	Sharon
Bold SURNAME indicates AURA member.					



You Yangs 100 Miler

You Yangs Regional Park, Little River, VIC

July 19, 2014

by Andrew Donaldson

By now the cover must have well and truly been blown off the You Yangs Hard Core 100 Miler; one of the newest 100 milers to be added to the Australian ultra running calendar.

This was the first year they have included the 100 mile distance in the annual You Yangs Trail Running Festival, which also offers starters events of 5km 15km 30km 50km and 80km/50miles.

As one of the 21 starters for this year's miler, I don't think I would be alone in saying it was an awesome race.

This miler is set to become a really popular event. The organisers were stretching themselves to add it to their event program, and I felt a bit the same as I signed up for my first miler. Having decided to step up from 100km to the 100

miler, the hunt was on for races to enter. Other commitments, qualifying periods, and the family/work schedule were ruling me out of signing up for some of the usual 100 milers. But, as luck and good fortune would have it, a visit to the AURA web site let me stumble on the fact that the Trail Plus You Yangs event were offering a 100 mile race – perfect in my mind!

Looking at the website and the available mapping, it was obvious that race director, Brett Saxon, is a runner. Everything was there, from elevation charts to satellite images; it made planning simple and allowed for hours of quiet contemplation. In short, the race was to consist of eight 20km laps of a circuit that had about 440m of elevation in each lap. Simple – what could possibly go wrong?

Driving into the Geelong region the day before the event was interesting. The You Yangs, and Flinders Peak in particular, really do dominate the landscape. I tried to visualise running around the park, but decided not to physically check it out as the next morning was going to give me eight opportunities, by day and by night.

Come race day I was satisfied with the preparation and, in the hour leading up to the start, I firmed up a plan! Better late

than never. I was going to start at the back of the pack, not get caught up in the hype and run the first lap in 2hr 30min. I needed to finish the race in good shape as I had promised my son that, if he was a good boy, we could go to the Werribee Zoo the next day.

After some group photos, we were off! Up Flinders Peak for the first look at the trails; the first of eight times. The course markings were clear, the trails were flowing and sandy; brilliant. This was going to be a long day but the scenery and activity was going to make it fun. The first (orientation) lap was uneventful, except that I had got caught up in the hype and ran 27 minutes faster than I had planned. Oops; too fast! I am going to pay for that, I thought. After the second lap, again too fast, it was time for the first weigh in. Bugger, I had put on weight. Only a few hundred grams but it was time to modify my fuel plan and consume less fluid.

The next few laps really saw the field spread out. The up-and-back section on Flinders Peak enabled the lead runners to get a good gauge on their time gaps, and cheer each other on. I was closing in on the lead runners, but still running 20 minutes faster per lap than I had planned. I was feeling good so had decided to just go with the feeling.

The weigh in at 80km confirmed my worst fear, I was still gaining weight. It was time to ditch the race plan and only consume my calories neat. No additional fluid; a first for me in a race. I felt fine but the scales don't lie. It gave me a lot to think about and, before I knew it, I was through 100km, feeling



Andrew Donaldson still looking fresh in the miler



You Yangs Miler class of 2014

great and now in the lead. In the lead? Oh no! Not where I wanted to be in my first miler, with 60km to go, and with Damien Smith and Katherine Macmillan chasing. Oh boy, I had gone out too fast; this was not going to be good! I laughed. Oh well.

Through the night, the camaraderie between the runners was unique. There was lots of banter and encouragement. The support crews were all helping each other; Brett Saxon and Andy Hewett were keeping everything in check. The night was mild and, feeling great, I

was closing in on the last weigh in at 120km. I was really nervous as I stepped on the scales. Woohoo! I had lost a little weight. I could continue and was so relieved. With only a marathon to run I was going to be under my time goal of 22 hours, but how far under was the question milling in my mind. There was still a long way to go and I had never been beyond 120km before.

At 2:39am on Sunday morning I crossed the line – 4 hours 21 minutes ahead of the race plan and feeling great. I did the sums and worked out that we could get

back to the motel, have a shower, and get a few hours rest before going to the zoo. Phew, I don't like to let family down.

In running the inaugural You Yangs Hard Core 100 miler I experienced first-hand a picturesque course, thorough event planning, a dedicated race crew, keen volunteers and supporters, which all made it a huge success. With fantastic winding trails, technical granite single tracks, and steep climbs, with steps, there's something for everyone and you're never far from an aid station. Put it in your calendar for 2015.

Oh, and after the race head to the Little River Pub for a brew or two.

For the record: My coach is a three year old boy. My training consisted of lots of running. I ran in Patagonia Everlongs and I didn't change my shoes or socks until after the race. I wore assorted discount clothes, carried recycled old supermarket water bottles full of endurance drink mix, and used my favourite (modified by my wife) running belt. I drank beer the night before and slept on my back. Oh and the Werribee Zoo was awesome!



You Yangs 50km					
Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		04:21:30	Gamble	Tom
2	2		04:21:43	Fuller	Brad
3	3		04:27:52	Lazar Adler	Adrian
4	4		04:29:46	Turner	Andy
5		1	04:42:45	Balmano	Kirra
6		2	04:43:24	Emmerson	Kellie
7	5		04:48:07	Jones	Brian
8	6		04:52:39	McKegg	Tom
9	7		04:53:07	Roberts	Christopher
10	8		04:53:36	Walker	Isaac
11	9		04:54:28	Cunneen	Steve
12	10		04:55:29	Urquhart	Mark
13		3	04:55:59	Harris	Michelle
14	11		04:56:51	Smart	Anthony
15	12		05:01:54	Smith	Damien
16	13		05:06:04	Nicholls	Ben
17	14		05:07:28	Goodrick	Chris
18	15		05:12:37	Wolstencroft	Ben
19	16		05:23:10	Bowring	Jules
20	17		05:25:34	Eastham	David
21	18		05:30:20	Cassidy	Craig
22		4	05:31:20	Carter	Lucy
23	19		05:36:19	McGrath	Sean
24	20		05:38:50	Macqueen	Andrew
25	21		05:40:01	Neale	Damian
26	22		05:40:08	Cardiff	Mike
27	23		05:41:59	McDonald	Andrew
28		5	05:45:10	Elphick	Kate

You Yangs 50km					
Rank	Cat Place	Cat Place	Time	Last name	First name
29	24		05:46:21	Brown	Troy
30	25		05:47:32	Hill	Thomas
31		6	05:48:48	De Jong	Eloise
32	26		05:53:27	Beecroft	Jason
33	27		05:57:40	Welburn	Regan
34	28		06:06:44	Piper	Mathew
35		7	06:13:31	Carter	Jacqui
36	29		06:21:16	Boyle	Mark
37	30		06:24:31	Roberts	Simon
38		8	06:25:18	Ahale	Anja
39	31		06:32:30	Roche	Neil
40	32		06:33:00	Tait	Ron
41		9	06:33:14	McCleish	Sophie
42	33		06:33:15	McCleish	Gavin
43		10	06:33:15	Henry	Sandra
44		11	06:38:24	Ferraro	Olivia
45	34		06:44:06	Appelman	Peter
46		12	06:45:21	Shedden	Amon
47		13	06:47:33	West	Sue
48		14	06:48:22	Jensen	Daniela
49	35		07:02:48	Wallace	Grant
50		15	07:17:12	Champion	Angela
51	36		07:19:15	Bigas	Chris
52	37		07:28:57	Meyer	Bernd
53	38		07:34:24	Clapham	Kerry
54		16	07:34:24	Stabb	Lucy
55	39		07:48:10	Sedgwick	Heath
56	40		07:52:00	Taylor	Neil
Bold SURNAME indicates AURA member.					

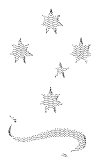
You Yangs 80km					
Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		07:24:20	Keyte	Michael
2	2		07:57:08	Hack	Martin
3	3		09:07:47	Yoon	John
4	4		09:17:49	Fraser	Lachlan
5	5		09:21:58	Prentice	Derek
6		1	09:28:43	Teale	Hayley
7	6		09:39:29	Gentle	Tim
8	7		09:41:28	John	Michael
9	8		10:07:15	Cheng	Yuanhao
10	9		10:22:04	Closter	Ross
11	10		10:26:15	Antrobus	Shane
12		2	10:26:15	Kent	Abbie
13		3	10:34:24	Grills	Melinda
14		4	10:36:14	Prior	Nicolette
15	11		10:36:14	Sbrugnera	Adrian

You Yangs 80km					
Rank	Cat Place	Cat Place	Time	Last name	First name
16	12		10:41:34	Lewis	Joe
17	13		10:49:12	Jakus	Gabor
18	14		10:52:06	O'Brien	Paul
19	15		10:57:05	Fox	Nigel
20	16		10:57:51	Todd	Paul
21	17		11:16:41	Narayanan	Manish
22		5	11:17:04	Bolton	Vanessa
23	18		11:19:35	Woods	Darren Mark
24		6	11:23:56	Shannon	Michelle
25	19		11:28:13	Brilliant	Mark
26	20		12:09:07	Heaysman	Mark
27	21		12:27:43	Bell	Matty
28		7	12:39:22	Baskcomb	Candida
Bold SURNAME indicates AURA member.					

You Yangs 100 miles					
Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		17:39:28	Donaldson	Andrew
2	2		18:31:53	Smith	Damian
3	3		19:02:00	Hosking	Matt
4		1	19:27:20	Macmillan	Kathy
5	4		19:33:04	Phipps	Nic
6		2	21:10:51	Barker	Nicole
7	5		22:07:51	Drummond	Steve
8	6		24:21:51	Sutton	Rob
9		3	26:18:13	Bailey	Grace

You Yangs 100 miles					
Rank	Cat Place	Cat Place	Time	Last name	First name
10		4	26:27:45	O'Brien	Sue
11	7		26:27:45	O'Brien	Andrew
12	8		26:30:39	Easton	Brett
13		5	26:41:03	Symons	Cheryl
14	9		29:34:40	Mihalakellis	George
15		6	30:58:54	Stephens	Liz
16	10		30:58:55	Santamaria	Gerard

Bold SURNAME indicates AURA member.



Caboolture 48 Hour

"A few circles and a spiral fracture"

Caboolture, QLD

July 25-27, 2014

by Kevin Muller

A small but sociable field of 12 brave souls had signed up for Geoff Williams' 48hr race, which incorporated the AURA National Championships. The race is held on a 500 metre loop at the Caboolture Historical Village, and also incorporates 24/12/6/3 & 1.5 hour events.

I spent two days driving from Wodonga to Caboolture, while my ever-reliable crewing sister, Allison, flew up from Melbourne. She had arranged with Karen Chan to team up with her crew person, Ken, to combine crewing efforts for the two days.

A few minutes before 9am on Friday, the runners gathered for a race brief and a minute's silence in memory of Queensland ultra runner Roger Guard, who was tragically killed in the MH 17 plane crash. Seven runners had completed this race previously, the other five were venturing into unknown territory. The four female entrants were using the event as warm-up for the Adelaide 6 Day event later in September.

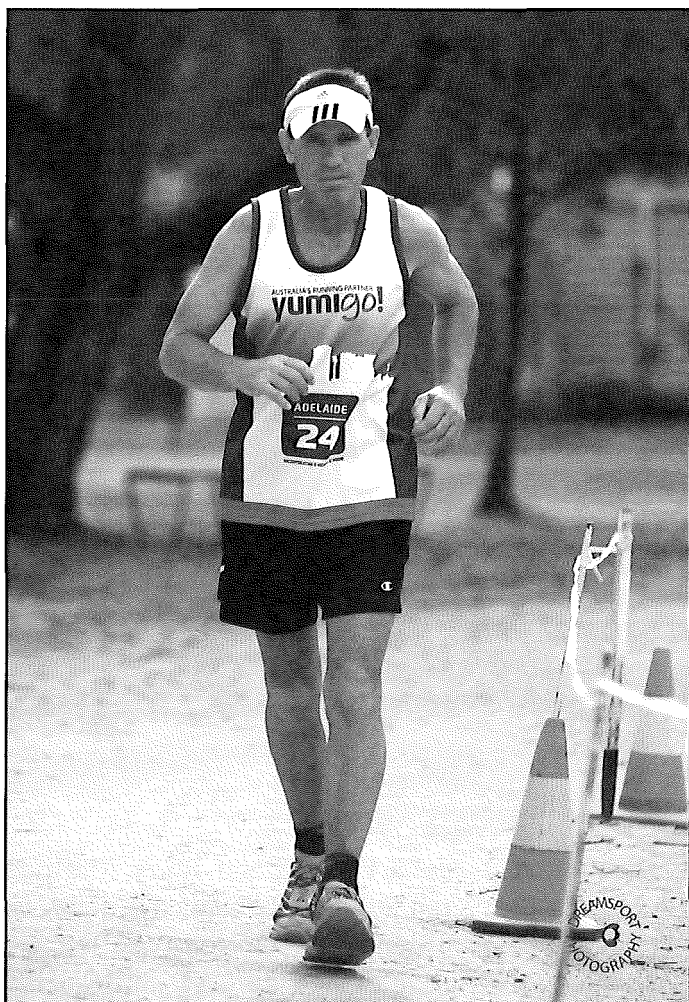
I had a good race here last year, but this year I suffered a bout of man flu three weeks beforehand and it lingered for a lot longer than I had hoped. I started out strongly on the warm sunny day, and covered 100km in 9:23, which was about 13 minutes behind last year. I was still feeling fine, but as the temperature dropped on the clear night I put layers of clothes on yet was still feeling cold. I soon slowed to a slow shuffle and prepared myself mentally for the long haul ahead.

John Pearson and Barry McBride ran strongly through the night, as did Annabel Hepworth and Tamyka Bell for the ladies. At sunrise all the runners picked up a little in pace and chirpiness as there had been some quiet periods during the night. Barry was lapping me regularly, but unfortunately a knee injury halted his progress quite suddenly. Peter Bennett and Graeme Thomson were steadily accumulating laps in the walking category.

Apart from John Pearson, all other



Kevin Muller early in the race



runners had various time off the track to treat issues as they arose. Matt Angus looked gone for all money at 100km, and was seriously contemplating pulling out. He rested, then battled on the finish with a hard-earned 170km, or four marathons. The race seemed a lot harder for all competitors this year.

At 9am we were joined by runners from the 24 & 12 hour races. I was envious of the energy levels displayed as they made us 48 hour competitors feel even slower. At midday the six hour competitors joined us, followed by the three hour runners at 3pm. The track livened up with the extra runners and lots of enthusiastic crew members encouraging all runners. There was a lot of camaraderie amongst the participants, as we all shared in similar experiences of going through cycles of good and bad patches, along with varying levels of pain and suffering. It was us runners versus the course.

At 6pm on Saturday the shorter races concluded and, soon after, a rain storm came through. I was told it would last 30 minutes, so decided to take a pit stop and power nap in the hope of pushing through the second night without stopping again. Allison headed back to our accommodation for a couple of hours kip before a night of crewing. Mick Thwaites, who was helping crew Barry, offered to come back later and crew for me

too. I love the camaraderie and support amongst ultra runners, particularly at these longer events.

As soon as the rain stopped, Ken woke me and asked if I needed anything. I said I could do with a No-Doze, but would wait a couple of laps as I might feel nauseous for a few minutes. I got up, took five paces and stumbled into some tables and chairs and came crashing down. I banged my head on the concrete and felt a little out of it. Ken rushed over to check if I was okay, and I told him I might need the No-Doze sooner, rather than later. I remember lying flat on my back with my arms in the air struggling to get my gloves on. I sat up and felt pain in my right ankle, thinking "bummer", the sprained ankle will take a few laps to warm up before I can run without a limp. When I attempted to stand I felt agonising bone pain in my calf area. I knew straight away my race was finished at 237km. I crawled over to my sleeping bag and decided to wait for Allison's return. Numerous suggestions of hospital were ignored as the only thing I wanted was a warm shower.

I lay with my foot up on ice and when Allison arrived, race director Geoff announcing over the PA system a vehicle would come onto the track to collect me, and I was carried to the vehicle. At the accommodation I had to scoot along on my bum as it was too painful to use any other method of movement. I followed the remainder of the race on the live tracking website. When I woke on Sunday Morning I was glad to see all other competitors still circulating; this year's field were a tough bunch.

We headed back to the track via a chemist to buy some crutches. We arrived to find our gear all packed up for us by Deb Nicholl and Robert Wingfield. Once again kudos to the ultra community. Presentations were held with all participants looking particularly weary. I felt guilty having had a good sleep. John Pearson accumulated a mighty 340km in the first of many 48hr races from him. Annabel Hepworth had a good duel with Tamyka Bell, with Karen Chan rounding out the podium. Cassie Smith persisted throughout to achieve a 48hr PB.

My sister Allison abandoned her flight plans and drove my car and myself to Wodonga, before catching a train to Melbourne. For me, I learned a valuable lesson; if you have a broken leg it is better to go to hospital rather than sitting in a car for two days. I had a spiral fracture of the right fibula and damaged all the ligaments on the outside of the ankle, requiring surgery for both, with more surgery to follow in six weeks. As a result of sitting in a car for two days, I developed deep vein thrombosis in the left calf. Will I be back to do it all again? Hell yes.

Caboolture 48 Hour

Rank	Cat Place	Cat Place	Distance	Last name	First name
1	1		340.183	Pearson	John
2		1	293.856	Hepworth	Annabel
3		2	283.161	Bell	Tamyka
4	2		273.861	Bennett	Peter
5	3		237.000	Muller	Kevin
6		3	226.207	Chan	Karen Woon Cheung
7	4		205.356	Thomson	Graeme
8	5		202.752	McBride	Barry
9		4	195.795	Smith	Cassie
10	6		180.558	Thomson	Scott
11	7		170.024	Augus	Matt
12	8		127.058	Rennie	Joel

Bold SURNAME indicates AURA member.

Caboolture 24 Hour

Rank	Cat Place	Cat Place	Distance	Last name	First name
1	1		207.540	Ellis	John
2	2		175.040	Moroz	Matt
3			167.802	Bendall	Raelene
4	3		162.125	Archer	Matt
5	4		160.000	Jacobson	Chris
6	5		117.252	Holland	Paul
7	6		110.696	Knowles	Robert
8			77.000	Anderson-Glover	Lori
9			70.000	Cleary	Terry
10			49.000	Phillips	Lindsay

Bold SURNAME indicates AURA member.

Caboolture 12 Hour

Rank	Cat Place	Cat Place	Distance	Last name	First name
1		1	102.240	Brun-Smits	Marina
2	1		91.532	Donald	Andrew
3	2		91.457	Brooks	Cloin
4	3		62.000	Miller	Bob

Bold SURNAME indicates AURA member.

Caboolture 12 Hour

Rank	Cat Place	Cat Place	Distance	Last name	First name
1			70.260	O'Loughlin	Daragh
2			69.773	Truloff	Gregory
3			67.070	Basford	darren
4			66.060	O'Brien	James
5			62.499	Galvin	Grant
6			56.208	Burrell	Stepanie
7			55.143	Tudman	Monique
8			54.774	Tomlins	Geoff
9			54.742	Cowling	Gayle
10			34.000	Nicholl	Deb

Bold SURNAME indicates AURA member.



Waterous Trail on Foot

Dwellingup, WA

September 29, 2014

by David Kennedy

It's been awhile since I wrote a race report. Not sure if that's because I don't feel like I've had a good race in awhile, or I'm sick of the sound of my own excuses for not running fast. I saw a Facebook post about the "18 things mentally strong people do" so I thought I'd look at the race around that, for something different.

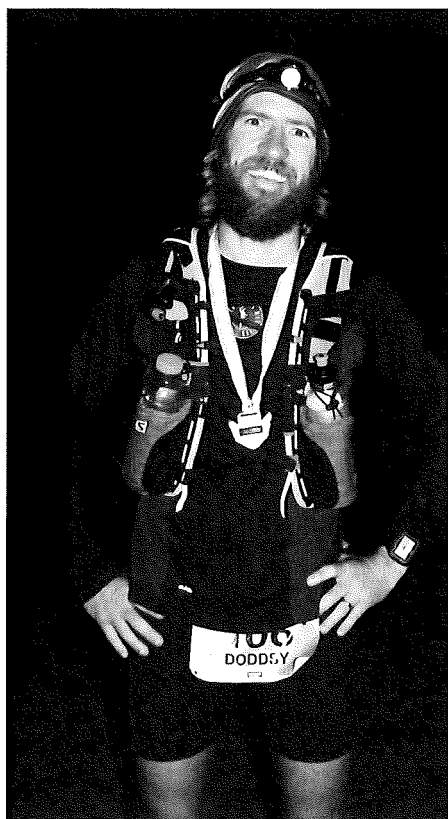
They are willing to fail - I set myself the goal of running the 50 mile at WTF, rather than the 100 again, as the 50 had a super strong field. I went out with the leaders

and tried to win it. My efforts fell short, finishing in 4th, but I'm happy to have given it everything and come out smiling.

They enjoy their alone time - I ran 5km with the (eventual) winner, Josh Garrett, the next 30km with Brett Tucker, who went on to 2nd, and then 6km with Tom Bakowski, who came 3rd. The final 37km, I ran alone. Whilst initially I was running for a place, I really enjoyed the freedom of running to see how hard I could go, and setting my own tempo.

They are prepared to work and succeed on their own merits - I started running regularly 14 years ago, and it's been nearly nine years since my 1st ultra. Since then, I've had the attitude that I'd prefer a long career than a short successful one, and always been conservative in my training. With the big 4-0 approaching shortly though, I've decided to see what I can do before the inevitable decline, and my race showed some fruit of my increased mileage and intensity.

They have staying power - As the



*Hunter Dodds 100 Mile Winner
(pic courtesy of Peter Barry)*

race director, a race day is looong! Up at 3:05am, then a quick 7:15 50 mile race, before driving all over the course during the rest of the day, with only a couple of hours kip at the aid station at midnight. Plenty to do yet before the race is

over. One of my favourite thoughts during the race was that “50 miles is such a fun distance.” Only a 24 hour runner would say such a thing; it’s over by lunch!

They think productively and expend their mental energy wisely - Once I had given up the stress of “racing”, I thought well, I came here to smash myself, so let’s go. I think I will be less hard on myself in future and save the mental energy for running fast, and let the results take care of themselves.

They tolerate discomfort - It’s one thing to run through the rain whilst creating some body heat, but the volunteers this weekend got a right soaking for little reward. Rachel Evans and Karen Hagan swept on MTB, and Karen rode 82km in 12 hours, staying behind the last runner and keeping everyone safe. Discomfort without the endorphins = inspirational!

They reflect on their progress - I’ve set myself the long term goal of breaking eight hours for

100km. Coming from a 24 hour background, the new focus is on going hard for a long time. Happy with my 1st trial run, though I need to work on my race nutrition.

They move on and they keep control - There comes a time in every ultra where I have what I like to call a “pity party”. I don’t know if it’s the compressed nature of a 50 mile event, but I managed to keep my pity party to only 1km this weekend.

They embrace change and they stay happy - In one km I was able to go from “it would be enjoyable just watching/helping from a warm car”, to my bastardised version of Caballo Blanco’s Fast, Easy, Light: “Well if pain’s all you’ve got, that’s pretty good.” I then went about administering myself a large dose.

They are kind - Kindness was available in spades over the weekend as volunteers and fellow runners celebrated each other’s achievements, ran together, and served one another. Champions, everyone!



It really was a Waterous Trail this year (pic courtesy of Rob Donkersloot)



The 2 ladies in the 100 mile working together until the end with 50 mile winner Nikki Wynd
(pic courtesy of Susan Grober)

They are willing to take calculated risks - Brett Tucker has only been running regularly for about a year. When we were running together he mentioned he probably shouldn't have gone out with me and the other runners with better performances on the board, but he ran almost even splits to take 2nd place.

They invest their energy in the present and they take full responsibility for their behaviour - For me, one of the low points of the race was when I came across 50 mile leader Josh, and it became clear he had turned around too early on the out and back and had to surrender his 2km lead to run it again. Josh immediately pushed on ahead of the pack and rebuilt

his lead to win by 18 minutes. Legend!

They embrace change

- Ron Mcglinn was a handy mid-pack runner until a back injury took him out of the game for a couple of years. Never mind; Ron is at most races with a camera in hand and taking photos. At WTF, along with taking a few photos, he was my right-hand man as race day director for the 50 miler, and did 400+km in his car, making sure the race ran smoothly.

They celebrate others achievements

- As much as I love birthing

new events that I hope to run myself, I don't think I would be in the game if it wasn't for inspiring people like Hunter Dodds, training the house down all winter to run a brilliant time in atrocious conditions. Seeing people like stroke survivor, Bill Deering, battling through and finishing the 50 before dark. Watching Dave Tams from my running group run his 1st ultra and make it to the end on a wet and bleak day.

WTF, as Nikki Wynd, winner of the 50 miler and 6th overall said, "lived up to its name" with very un-WA-like weather, but the characters in the race and on the sidelines left everyone with a smile on their face.

Waterous Trail on Foot 50 miles					
Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		6:33:49	Garrett	Josh
2	2		6:51:38	Tucker	Brett
3	3		6:54:00	Bakowski	Tom
4	4		7:14:45	Kennedy	David
5	5		7:56:53	Fawkes	Nathan
6		1	8:20:15	Wynd	Nikki
7		2	9:16:00	Fieberg	Barb
8	6		9:16:00	Harris	Ben
9	7		9:53:30	Oosterhoff	Alexis
10	8		11:58:21	Deering	Bill
11	9		11:59:21	Smith	Jonathon
12	10		12:11:40	Tams	David

Bold SURNAME indicates AURA member.

Waterous Trail on Foot 100km					
Rank	Cat Place	Cat Place	Distance	Last name	First name
1	1		19:23:24	Dodds	Hunter
2	2		22:45:35	Grepl	Martin
3	3		25:26:28	Hearn	Mick
4	4		27:55:31	Smetherham	Glen
5		1=	30:55:55	Wallace	Natalie
6		1=	30:55:55	Ziogos	Anne

Bold SURNAME indicates AURA member.

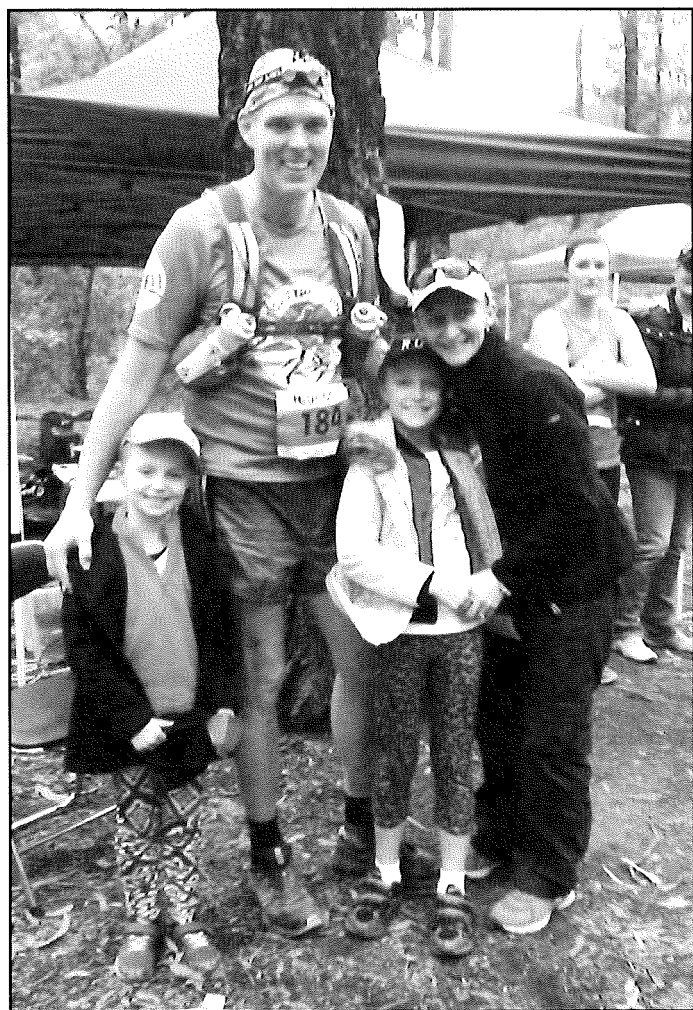


Surf Coast Century 100km

Anglesea, VIC

September 13, 2014

By Dion Milne



Family support at Moggs Creek 77km

Here I was at the starting line, ready to start my first 100km on my backyard trails where I had trained with Matt and Robbo, listening to every bit of advice regarding the course. This familiarity left me with zero nerves and, as far as I was concerned, I had convinced myself I was heading off on a long training run and would be back in 14-16 hours; no pressure.

The race director had given some pre-race pumping-up, of which I had heard none as I was oblivious to everything around me. The massive wave of people were off, heading towards Point Roadknight. We started to the sounds of cheers and cow bells (please leave them for

the mountains) and I moved myself to the front third of the field. Knowing there would be delays within 10 minutes of starting, as people scurried across the first small point, as we doubled back to the cliff tops where people were running hell for leather up. I thought to myself "There's no heroes at 2.5km," so I power-walked this section; a decision well justified when alongside me was Andrew & Sue O'Brien.

Back past the start, I found myself running with my friend and chiropractor, Steve Cunneen, also doing his first 100km. He was someone I knew that was way quicker than me, but, hey, we were running at an even pace and I felt great. Rapid Ascent couldn't have got the race start any better, as for the first time ever I did not get wet around any of the points, and the tide was perfect the whole way to Torquay. I had set myself two time goals for Leg 1, expecting to be closer to the B-time, but I was 17 minutes under the A-time of 2:37; "WARNING, WARNING." This included a 10 minute stop on Red Rock as the queue to get down it grew long.

The CP was like a Formula 1 pit crew experience; I heard a lot of cheers and encouragement but only saw my crew my wife, Matt and Liberty. I reset my Garmin to start Leg 2; a tactic I thought would help me better track my pacing and be totally unspoilt by previous fast or slow legs.

On Leg 2 I started feeding my face with a banana and a Mars bar, and I settled back into my comfortable pace. Unfortunately there was 1km of concrete pavement before we hit the Torquay Caravan Park, but the thought of this is quickly forgotten when I spot a few SCTR runners coming down the last stretches of Leg 1. I spot Gav, Sophie and Sandra (Team McHen); three friends who plan to run the whole 100km together. They are at least 10 minutes behind me, so this raises my first alarm bell because they had similar pace goals to me. I don't let it affect me initially, but heading into Bells Beach I had to seriously question if I could maintain this pace? Reaching Ironbark Forest, Andrew and Sue pass me and alarm bell #2: what the hell am I doing in front of them? Soon after, alarm bell #3 goes off as Vanessa Bolton, who was aiming for 12-13 hours, goes past. It's clear I have to do something to adjust, otherwise I was not going to enjoy this experience, let alone finish.

Over the next 20km I hit the place in my mind that many ultra runners hit; it was wandering, and not always to good places. Whilst there was never any thought of not finishing, I had planned my running retirement in 60km's time, I had questioned my training, my nutrition plan, and why was I

feeling crook in the guts when I had trained to 60km and felt none of this before? I started a run / walk tactic, with the odd sit down too, believe it or not. Friends including, Team McHen, were passing me and asking if I was OK. To which I replied, "Yeah, not bad, just need to slow it down a bit."

By the time I'd climbed out of Eumeralla I'd seen quite a few more familiar faces go by. Then, out of nowhere, some cheering support and cow belling by Simon Ferraro at the top of a small hill. At this point, it felt a massive 15 minutes later, the AB's were just sitting on the side of the road I had a quick chat where AB assures me the change in game plan was a smart move and will pay off over the day. Finally! This gave me some confidence and my mind came good. Then my trail fairy came running by. I think if you asked most Victorian trail runners who would be the best person to put your mind back in a good place, the answer, more often than not, would be Olivia Ferraro. Probably the most smiling trail runner I know. Olivia and I ran the last km or two of this leg together, downhill into Anglesea. I hit the checkpoint with a high-five from Chris and take a seat. It's time to get my head back in the game and my crew really work overtime here to get me relaxed, but focussed, as I explain what has and hasn't been working. Matt identifies that I'm probably a little under-hydrated and low on calories, but suggests I take food instead of trying to take all calories through my hydration. The plan is to now carry a bladder with fresh water, something I didn't do for the first 49km.

A longer changeover than I wanted, but I was good to go, albeit a little nervous about the bridge I had to go under in 500m. At 6'6" and 99kg, that wasn't going to be easy. Matt comes down to take photos, or amuse himself, or maybe both.

Thirty seconds later I've navigated the bridge, not in a commando crawl like everyone else but sitting upright sliding across on my backside, only having to duck my head under the pillars (genius). No cramping and my confidence is back. Through the Pirate Park and back into the bush, I made the most of the runnable sections, knowing that a series of boring hills were coming up; most notably Heartbreak Hill which was slow and arduous. All of a sudden I came good again as the trail fairy, Olivia, caught up with me and we had a chat. She was going strong, so after a few km we said "catch you later". I knew that was it she was smashing this event and smiling when others were grimacing.

Now into the single trail; finally some downhill relief. It was from this point that life was good again. My many hours training through this section were paying off. Up to Currawong Falls and I was still moving OK. I knew I had broken the back of the highest point on the Surf Coast; all 250m of it (haha)! I sat down on the log that must be the most photographed lookout for trail runners, had a pep talk with myself, and joined up with Jeff - a first-time 100km runner from Jakarta, and former Geelong boy. Together we were a strong team, and I ran with Jeff from 67km through to 80km. It's amazing the different conversations you have in ultras, and they certainly distract you from the tired legs. Coming up to the three SCTR tops of "Team McHen", who appeared to be having their own ups and downs, and things weren't too social at this point. All five of us are focussed on getting to Moggs Creek.

At Distillery Creek picnic area, the 70km mark, we stop at the aid station. Wow, talk about happy, positive people. They were up and about high-fiving, singing, and dancing and, even more

importantly, they had supplies! We loaded up on lollies and fruit, and even picked up a hitch hiker in Oli Mestdagh. I had met Oli in the middle of the Marysville 50 last year, and shared a 50km training run only five weeks earlier, and he joined us to the 77km CP.

Our wives and kids will be waiting for us in 7km, and it would be the first time today I would see my daughters, Peyton (8) and Marli (6). This incentive gets me a little emotional on the inside, and it really gives me strength. The last thing I want to do is rock in looking like I'm struggling and causing them worry. Knowing the trails, I prepared the guys for two significant climbs the first out of Distillery Creek. On the second after the dam and over Gentle Annie, who at 74km isn't so gentle, my old footy instincts kick in and the talk goes up; "C'mon, let's get over this, and we cruise into a rock star welcome!" It didn't disappoint. We rolled in looking and feeling pretty good. Ironically, we had race numbers of 183, 184, 185. This was too funny.

Moggs Creek is a small intimate area that has a great vibe about it when it's empty, let alone after you jam 150 people into it. I embrace my family for hugs and kisses, and Matt is rapt at how I've bounced back since the last time I saw my crew. I sit down for a few minutes and have a chat to my kids and the Cheongster, who has randomly popped out on course to cheer me and the other SCTR's on, although since the event I think maybe taking selfies was his true aim. I change my cap and put back on the buff, in the anticipation that the cold is probably less than an hour away. I've been excited for the next bit as I borrowed set of Ay Ups. I know; small things amuse small minds.

I do everything right at this CP,



Dion's well earned sub 16 hour beer stein

except refill my bladder. Oops! Oh well, I don't dwell on this as I know there's water at Airey's in 8km. Once again, I reset the watch and do so with a large smile as I had completed Leg 3 some 30 sec per km under my B-time. I have over five hours to earn my stein for the last 23km, which seems easy enough, but I'd never asked my body to go this far before. I was already 15km past my longest run of a 62km out-and-back of Leg 3 only six weeks earlier.

Jeff and I head off, minus Oli who is enjoying catching up with his family. The 3km out of Moggs wasn't as hard as I'd anticipated and I run / walk out of there pretty good. Onto the dirt road and we head left, away from the lighthouse that we go past later at 86km, so mentally this section is difficult. To seem so close, but be so far, in this section hurt me in training mentally, too. By now Jeff has moved strongly ahead. I'm grateful for the last three hours of good company, in what I look back on as my favourite part of the day. Now I'm running with Jaytee as we make our way to within 1km of the lighthouse. Oh no, another bridge! This one is more like scaling a rock wall under the bridge. As we make our way to the lighthouse Chris, AB & Anthony, are there waiting for me to come through. This lifts my spirits and I have a somewhat crazy idea of getting on a skateboard belonging to a nearby kid, and taking a selfie. Why would someone seriously stand at the top of a skate ramp 86km into an event? A Rapid Ascent selfie competition, that's why. (I still don't know if it paid off as I haven't seen the winner.)

The next 14km are going to be tough, and as I head towards the lighthouse I bump into my wife and girls having fish and chips. I continue with their cheers and try to start guessing how long this stretch will take. The trails Anglesea-side of the lighthouse form part of the Surf

Coast Walk, and during daylight are some of my favourite trails. But I know in front of me is Sunnymead, a section of single trail with lots of exposed tree roots and low wirey branches. Not a good combination for someone my height. Jaytee and I navigate this section OK for two blokes with 90km in their legs. After 72km of no beach we are back on sand at Urquhart's Bluff, a 4km section of usually runnable sand. The tide was as low as I'd ever seen it and we

walked the first 500m. I know I haven't got enough in the tank to run the last 7km so chose to use a 500 on / 500 off approach. This is working well, so we continue all the way to Point Roadknight with this tactic.

We had been through here at 2km and know there's a climb before we can roll into Anglesea to the finish line. We hit the high spot and are now overlooking the finish line; the legs all of a sudden are moving faster. They're no longer tired, or so I think. A quick look at the watch forces me to a decision; do I crank it up and aim for sub-15, or do I stay on pace and just be satisfied with finishing my first 100km. I chose the latter. Onto the sand and 500m ahead I could see three lights. I was confident this was Lib and the girls. At 100m I yell out "IS THAT MY LITTLE PARKRUNNERS?" It was! They were joined by Yvonne and Bin, armed with a camera. Thankfully the tears came and went in the 400m prior. We had 300m to the finish line so off we went: Team Milne were coming in. Holy crap! What are all these people doing there? Here we are at 9:03pm and it felt like there was 100+ at the finish line. I'm not sure if my raising arms was relief, celebration, or satisfaction, but it felt great to cross that line and have so many friends watching me cross the line with my girls.

Two years and four months after my first run in 10 years, and I have finished my first 100km in 15:03, and earning the sub-16hr beer stein. I had set 14:54 as my B-time, so to be nine minutes out over 100km, when I had never run that far before, and I couldn't be happier. The event was amazingly well run by Rapid Ascent, and thank you to our local Surf Coast trail runners who added to the experience, whether they were running, cheering, crewing or volunteering. The support was amazing.

The Surf Coast 50km					
Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		4:02:51	Edney	Sam
2	2		4:16:17	Claridge	John
3	3		4:24:39	Brown	Gavin
4	4		4:25:37	Mooney	Shaun
5	5		4:31:17	Bleakman	Dan
6		1	4:32:05	Bartholomew	Lucy
7	6		4:32:15	Barrett	Philip
8	7		4:34:24	Summers	Mitchell
9	8		4:42:05	Aizpuru Larranaga	Jon
10	9		4:42:19	Mitchell	Chris
11	10		4:46:02	Upton	Stephen
12	11		4:51:21	Wright	Timothy
13	12		4:54:42	Dodson	Ryan
14	13		5:00:08	Duckinson	Carl
15	14		5:00:33	Goh	Leon
16	15		5:00:36	Ryan	Steve
17	16		5:02:18	Brown	Troy
18	17		5:05:36	Smith	Chris
19		2	5:09:20	Edwards	Corallea
20		3	5:10:24	Bertrand	Caroline
21	18		5:11:14	Maddock	Sam
22		4	5:13:30	De Wolf	Sarah
23		5	5:15:19	Wagstaff	Vivienne
24	19		5:15:51	Ormerod	Robert Alan
25		6	5:21:44	Keogh	Michelle
26	20		5:23:15	Middleton	Andrew
27	21		5:24:42	Plant	Graham
28	22		5:25:25	Jennings	Richard
29	23		5:26:51	'Seagul' Horrocks	Johnny
30	24		5:26:52	Adams	Chris
31	25		5:26:54	Erjavec	David
32	26		5:29:57	Mccarthy	Fergus
33	27		5:32:01	Tonzing	Ian
34	28		5:33:10	Bardsley	Bill
35		7	5:35:16	Cassar	Katherine
36		8	5:35:16	Wiseman	Julie
37		9	5:35:42	Millard	Geraldine
38		10	5:38:22	Mcginnis	Rosy
39	29		5:41:12	Farrelly	Richard
40	30		5:41:48	Lewis	Colin
41	31		5:42:23	Corponi	David
42	32		5:42:48	Barrett	Simon
43		11	5:43:04	Muhleisen	Nina
44	33		5:46:36	Dawson	Michael

The Surf Coast 50km					
Rank	Cat Place	Cat Place	Time	Last name	First name
45	34		5:48:27	Hompas	Daniel
46	35		5:48:49	Cairns	Tim
47		12	5:50:29	Staite	Cathy
48		13	5:52:57	Ditterich	Jodi
49		14	5:55:47	Palmer	Jodie
50	36		5:55:55	Wiffen	Geoff
51		15	5:58:59	Dobbyn	Melinda
52		16	5:58:59	Watterson	Dina
53		17	6:05:08	Lester	Natalie
54		18	6:07:35	Polglase	Alice
55		19	6:11:17	Marshall	Dianne
56		20	6:13:06	Fountain	Monique
57		21	6:16:31	Gordon	Lauren
58	37		6:17:19	Soetekouw	Brendan
59	38		6:19:55	Holland	Wayne
60		22	6:20:18	Moait	Rachel
61	39		6:24:14	Bell	Chris
62	40		6:25:44	Lacey	Clive
63		23	6:29:11	Morrissey	Michelle
64		24	6:29:11	Sykes	Rachel
65		25	6:30:25	Gordon	Cheryl
66		26	6:35:33	Gazo	Katarina
67		27	6:36:54	Forbes	Katherine
68	41		6:37:23	Edwards	Wayne
69		28	6:39:29	Preston	Dannielle
70	42		6:40:18	Pilkington	Steven
71		29	6:42:03	Costa	Liza
72		30	6:44:24	Brent	Camilla
73	43		6:47:27	Mcdougall	Andrew
74		31	6:48:17	Williamson	Vicky
75		32	6:48:20	Tol	Jacqueline
76		33	7:02:34	Sims	Colette
77	44		7:13:20	Salera	Raffaele
78		34	7:14:23	Dowling	Julie
79	45		7:20:18	Barry	Peter
80	46		7:29:19	Gray	Wayne
81		35	7:30:24	Millen	Sheree
82	47		7:37:38	Meikle	Paul
83	48		7:41:22	Rowe	David
84		36	7:42:06	Maplestone	Kirsten
85		37	7:51:45	O'callaghan	Ann Maree
86		38	7:55:54	Griggs	Trudy
87		39	7:58:14	Mcrae	Katie
88	49		12:46:53	Winch	David

Bold SURNAME indicates AURA member.

The Surf Coast 100km					
Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		8:56:28	Davies	Brendan
2	1		8:56:28	Eadie	David
3	3		9:00:51	Munro	Paul
4	4		9:00:55	Rennick	Stephen
5	5		9:12:53	Hopkins	Ross
6	6		9:16:07	Fitzgerald	Joel
7	7		9:27:39	Turner	Andy
8		1	9:29:33	Emmerson	Kellie
9	8		9:31:01	Pace	Jarrold
10	9		9:31:21	Roberts	Christopher
11		2	9:32:57	Lamprecht	Amy
12	10		9:33:16	West	Dane
13	11		10:07:26	Meredith	Michael
14	12		10:09:07	Stedman	Sam
15	13		10:15:19	Phipps	Nic
16	14		10:15:22	Zwierlein	Rob
17		3	10:20:59	Oborne	Jodie
18	15		10:23:28	Douglas	Michael
19	16		10:28:55	Norton	Howard
20	17		10:42:31	Mckeegg	Tom
21		4	10:49:31	Urquhart	Donna
22		5	10:50:44	Harris	Michelle
23	18		10:53:04	Ward	Sean
24	19		10:53:40	Smyth	Luke
25	20		10:55:27	Katchalov	Dimitry
26	21		10:58:04	Hanley	Steven
27	22		10:58:07	Kwong	Daniel
28	23		10:59:50	Leigh	Bryce
29	24		11:00:00	Martial	Devillers
30	25		11:03:30	Manson	Scott
31	26		11:04:18	Harre	Graeme
32	27		11:07:04	Fuller	Brad
33	28		11:07:44	Walker	Isaac
34	29		11:11:30	Garnett	Adrian
35		6	11:13:44	Hitchcock	Carol
36	30		11:14:21	Closter	Ross
37	31		11:17:04	Ramsey	Alex
38	32		11:17:04	Jacobson	Chris
39	33		11:17:19	Wolstencroft	Ben
40	34		11:17:39	Tyrrell	Luke
41	35		11:21:04	Savage	Robbie
42	36		11:24:05	Tabata	Gen
43	37		11:26:15	Backholer	Damien
44	38		11:27:01	Jarvis	Robert
45		7	11:27:35	Marshall	Billie
46	39		11:29:23	Winch	James
47	40		11:38:44	Fry	Gavin
48		8	11:39:08	Butler	Rebecca
49	41		11:39:26	Cusick	Gearth
50	42		11:40:42	Hughes	Stuart
51	43		11:41:49	Mitchell	Peter

The Surf Coast 100km					
Rank	Cat Place	Cat Place	Time	Last name	First name
52	44		11:43:04	Blair	Colin
53	45		11:43:15	Carman	David
54	46		11:43:31	Goninon	Simon
55		9	11:44:31	Belfrage	Teagan
56	47		11:49:16	Chancellor	Scott
57	48		11:51:28	Cunneen	Steve
58		10	11:53:27	Ritson	Ashlee
59	49		11:56:12	O'Brien	Brendan
60		11	11:56:14	Mcfarland	Amanda
61		12	11:56:21	Teale	Hayley
62	50		11:57:42	O'Brien	Paul
63	51		12:05:46	Simpson	Douglas
64		13	12:08:58	Sims	Meagan
65	52		12:25:20	Sherafati	Vahid
66	53		12:26:30	Jennings	David
67		14	12:28:18	Prior	Nicolette
68	54		12:34:44	Considine	Christopher
69		15	12:35:55	Williams	Kylie
70	55		12:38:37	O'Brien	Andrew
71		16	12:38:37	O'Brien	Sue
72	56		12:39:36	Cheng	Yuanchao
73	57		12:42:14	Lill	Paul
74		17	12:44:16	Bolton	Vanessa
75		18	12:47:10	Middleton	Colleen
76	58		12:50:37	Loone	Ben
77	59		12:56:50	Hill	Jonathan
78	60		12:56:54	Masterton	Ian
79	61		12:58:37	Hill	Thomas
80	62		12:59:16	Neale	Damian
81	63		13:05:40	Marsden	Hayden
82		19	13:05:50	Toy	Michelle
83		20	13:09:20	Shannon	Michelle
84	64		13:17:59	Bradburn	Michael
85	65		13:18:47	Burt	David
86	66		13:18:49	Pedersen	Nikolaj
87	67		13:18:50	Todd	Paul
88	68		13:18:56	Maffei	Maurice
89	69		13:20:55	Nielsen	Daryl
90	70		13:21:42	Henderson	Paul
91	71		13:22:43	Woodhouse	Matthew
92	72		13:22:43	Templing	Jonathan
93	73		13:22:46	Roberts	Simon
94		21	13:22:47	Sargent	Kylie
95	74		13:22:54	Lewis	Grant
96	75		13:22:55	Whalley	Steve
97	76		13:25:36	O'fagan	Bernie
98	77		13:25:41	Smith	Andrew
99		22	13:28:07	Shedden	Amon
100	78		13:34:48	Veenstra	Matt
101	79		13:37:03	Bowden	Damian
102	80		13:41:48	Lydom	Jase

The Surf Coast 100km					
Rank	Cat Place	Cat Place	Time	Last name	First name
103	81		13:42:57	Wight	Adam
104	82		13:50:07	Muir	Peter
105	83		13:53:20	Clarke	Peter
106		23	13:54:06	Emes	Kirsten
107	84		13:54:48	Bell	Matty
108	85		13:56:04	Robertson	Andrew
109	86		14:01:43	Allen	Scott
110	87		14:09:07	Shaw	Andrew
111		24	14:09:07	Campbell	Belinda
112	88		14:12:10	Stevenson	Greg
113		25	14:13:58	Ferraro	Olivia
114	89		14:18:23	Dower	Brent
115	90		14:18:48	Payne	Andy
116		26	14:18:56	Beaconsfield	Natalie
117		27	14:18:57	Wehrman	Nicole
118	91		14:19:06	Santamaria	Gerard
119	92		14:23:50	Kitchen	David
120	93		14:25:09	Walker	Andrew
121	94		14:26:01	Woolfson	Paul
122	95		14:27:56	Meyer	Bernd
123		28	14:27:56	Mcauliffe	Kate
124	96		14:29:48	Baker	Dave
125	97		14:34:52	Fraser	James
126	98		14:34:55	Morgan	Jeff
127	99		14:39:44	Salton	John
128		29	14:42:32	Meredith	Cerina
129		30	14:55:47	Cyganowski	Michelle
130		31	15:01:53	Murphy	Justine
131	100		15:03:07	Milne	Dion
132	101		15:05:14	Agapito	Jaytee
133	102		15:07:12	Severin	Michael
134	103		15:10:25	McCleish	Gavin
135		32	15:10:26	McCleish	Sophie
136		33	15:10:26	Henry	Sandra
137	104		15:10:30	Mestdag	Oliver
138	105		15:10:39	Van Wyk	Fanus
139		34	15:10:55	O'Connell	Kerrie
140	106		15:11:14	Clarke	Anton
141	107		15:12:02	Lopez	Hernan
142	108		15:28:42	Anstis	Aaron
143	109		15:32:13	Johnston	Brett
144		35	15:34:17	West	Sue
145		36	15:36:49	Champion	Angela
146	110		15:36:50	Poole	Richard
147	111		15:37:00	Davis	Matt
148		37	15:37:42	Stabb	Lucy
149	112		15:41:13	Burrows	Damien
150	113		15:42:46	Unwin	Michael
151		38	15:42:57	Anderson	Nicole
152		39	15:45:16	Schneider	Cheryl
153	114		15:49:42	Sinclair	Brett

The Surf Coast 100km					
Rank	Cat Place	Cat Place	Time	Last name	First name
154		40	15:49:57	Masterton	Libby
155		41	15:54:46	Williams	Carmel
156		42	15:54:46	Ayrton	Deirdre
157	115		15:54:50	Reid	Shane
158		43	15:57:46	Cross	Jaymie
159		44	16:15:02	Wallace	Lynn
160		45	16:15:03	Vought	Alana
161	116		16:45:21	Muir	Gavan
162		46	16:52:06	Caravia	Lucia
163		47	17:13:20	Byass	Rozanne
164		48	17:14:39	Moll	Debra
165		49	17:24:55	Johnson	Angela
166		50	17:30:42	Whalley	Peggy Sue
167		51	17:34:24	Hardman	Joanna
168		52	17:34:24	Nicholson	Belinda
169	117		17:36:51	Cyganowski	Sasha
170		53	18:42:52	Hall	Cath
171	118		18:57:10	Low	Steve
172		54	19:01:49	Dickinson	Kim
173		55	19:01:49	Henderson	Colleen
174	119		19:23:33	Henderson	Julian
175	120		19:23:33	Donnelly	Matthew
176	121		19:52:39	Song	Mingwei
177		56	20:32:13	Clark	Catherine
178	122		20:41:14	Hill	Jason
179	123		20:41:14	Oxhard	Mike
180	124		20:41:17	Ocean	Southern
181	125		20:41:17	Hisanus	Justin

Bold SURNAME indicates AURA member.



AURA Member Profile

Ian Twite

Name: Ian Twite

Age: 58

Birthplace: Korumburra, Victoria

Currently living in (suburb, state): Traralgon, Victoria

Number of years running: 20

Number of years running ultras: 15

Favourite running terrain (and distance): Trails runs with plenty of hills, usually around 19km.

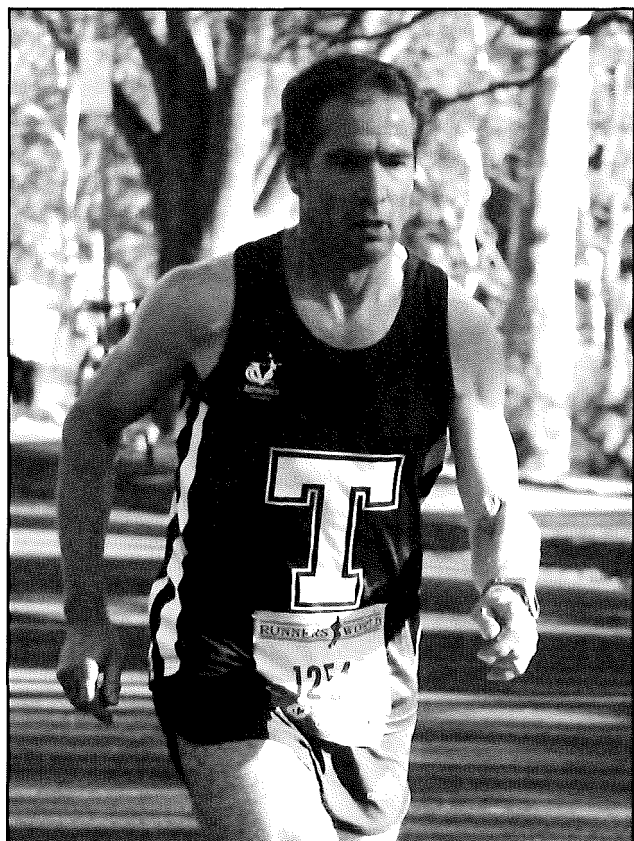
Hours and/or distance spent running each week: 80km

Some ultras completed: 10 x GOR Marathons, 8 x Walhalla 50km, 10 x 6 Foot Track Marathons and 10 x 50km Track Races.

Running related injuries: Achilles, calves, and plantar fasciitis have been common injuries, but a new training program has had me injury free for eight months and I am feeling the best I have for a long time. Fingers crossed it stays that way.

Occupation: Power Station operator GDFSUEZ Hazelwood.

Your hidden talent outside of running: Fly Fishing.



Ian Twite competing in the Burnley Half Marathon



Ian in his 10th Gold Coast Marathon in 2012



AURA Member Profile

Justine Kinch

Name: Justine Kinch

Age: 41

Birthplace: Lithgow NSW

Currently living in (suburb, state): Mosman NSW

Number of years running: 20

Number of years running ultras: 4

Favourite running terrain (and distance): mountain or coastal trails, favourite distance is up to 30km (just because it doesn't require too much planning).

Hours and/or distance spent running each week: 40-80km if I can...but I think I spend more time reading about running than actually running.

Some ultras completed: North Face 100, 2012 and 2014, North Face relay pair 2011, Heysen 105 2013 (DNF at 89km!!), Coast Trek 2012, Six Foot Track 2014.

Running related injuries: torn calf muscle 8 weeks before NF100 in 2012, pneumonia 6 weeks before Heysen 105 and other than that a full suite of niggles that keeps my physio happy.

Occupation: Landscape Architect.

Your hidden talent outside of running:

Avoiding personal administration tasks (especially whilst training) such as preparing tax returns, paying bills and returning phone calls.



Justine Kinch running at narrow neck plateau



AURA Member Profile

Amelia Griffith (Griffo)

Name: Amelia Griffith (Griffo)

Age: 34

Birthplace: Sydney

Currently living in (suburb, state): Melbourne, VIC

Number of years running: on and off since I was 10 years old. Completed my first marathon in 2005 (Canberra).

Number of years running ultras: 1 (month)! But I've been dreaming of running them for years.

Favourite running terrain (and distance): it changes with every race I do – anything longer than 30kms on something other than bitumen.

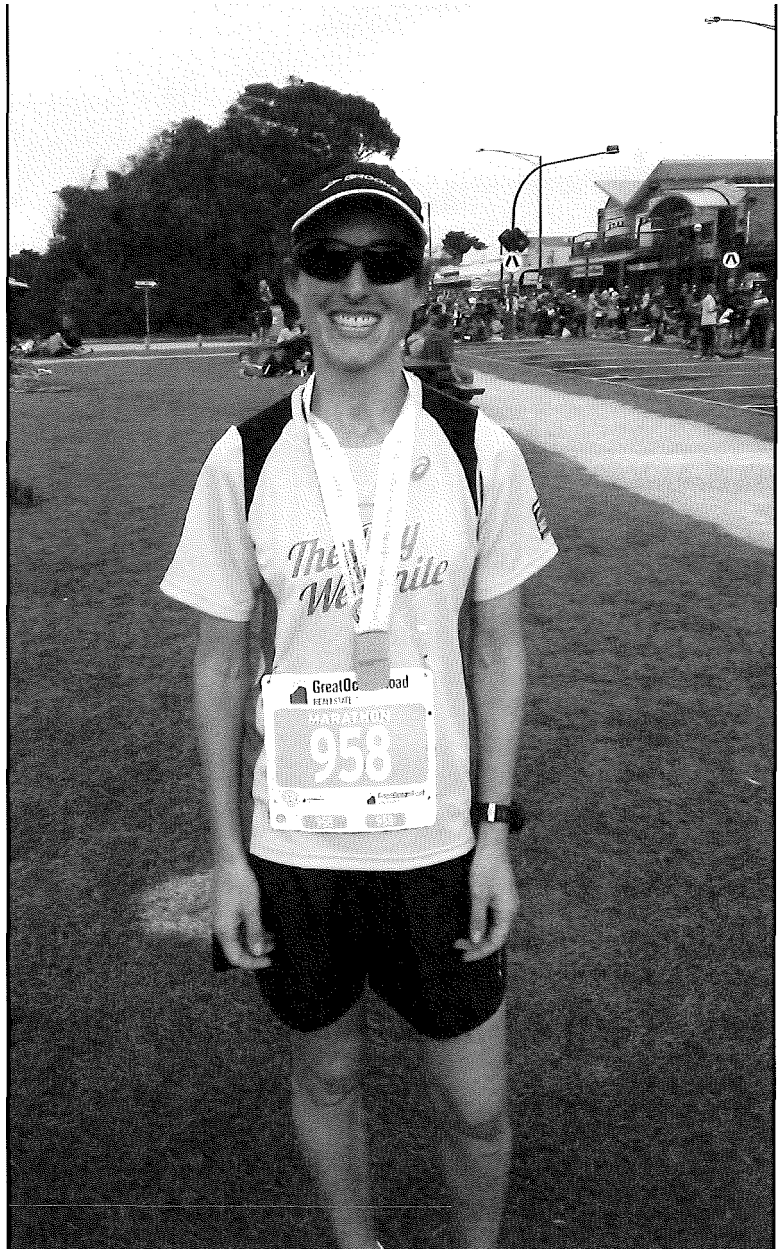
Hours and/or distance spent running each week: depends on my training plan, but anything upward of 65kms a week plus lots of walking with my dog

Some ultras completed: My first one was the Tan Ultra (50kms) last weekend, it was just amazing and has got me hooked!

Running related injuries: hip bursitis a few years ago and a couple of lost toenails

Occupation: Risk and Compliance Manager

Your hidden talent outside of running: yet to be found



Amelia Griffith at the Great Ocean Road Marathon



Skyrunning World Championships

Mont Blanc, Chamonix, France

June 27, 2014

by Ben Duffus

After a week of enjoying the extensive network of trails extending from Chamonix with the rest of Australian team, the day of the Skyrunning World Championships ultra race finally came around. As the Aussies and Kiwis met in a hotel room overlooking the start / finish arch that stood proudly next to the town church, our excitement grew by the minute. At long last we would be able to experience the full 80km du Mont Blanc course in all its beautiful glory! Fifteen minutes before the start we headed down and took our place next to some of our mountain running idols.

We had been informed that as is the European way, the pace from the start would be brisk, but the 1500m of ascent in the first 8km yielded sufficient respect amongst the runners so as to keep it reasonable. Nevertheless, I soon found myself running alongside teammates Caine Warburton and Blake Hose, noticeably further back in the field than I suspected we were capable of finishing. I was actually glad that this was the case given Blake and I had a history of going out too hard at the Buffalo Stampede, and the last thing I wanted was a repeat of that!

In relative silence we worked our way towards the first summit of Brévent, keeping close watch of the small patch of ground illuminated by our headlamps. As we approached the top the sun began to rise, and in the process created a spectacular display across the valley as the snow covering Mont Blanc appeared to change colour, from blue, to purple, to orange, before finally starting to fade into an ever-less vibrant red. With this

magical moment etched into my memory, the distinct sound of cow bells alerted me to the fact that our climb was almost over.

I approached the first descent with due caution, not wanting to risk opening up too early. As a result, Caine and Blake pulled away demonstrating their downhill running prowess. The course could roughly be broken into four main sets of up and downs, and it was the second set that we all knew would be the most technical and demanding. The upcoming section was also the part I looked forward to most, having had the privilege of investigating part of it earlier in the week.

Leaving the Le Buet checkpoint with spirits high, thanks to many cheers from the Australian and NZ athletes, and some of the Hoka Europe guys, I began to slowly work my way up the technical climb. Some of the chained sections more closely resembled rock climbing rather than running,

and I loved it! I had worked my way through the field, and by the time I reached the snow Caine Warburton was in sight.

The next section had to be the highlight of my day; through the snow fields of the Swiss-French border Caine and I had to quickly master the fine art of running through snow! Fortunately the snow had frozen over and wasn't too soft, but the many potholes formed by runners over the previous week meant we had to watch every step closely. Trying to descend a particularly steep section was an experience I will never forget. Caine and I must have looked completely out of place as we used a combination of skiing, running and bum-sliding to reach the bottom, but we were laughing the whole way down!

Coming into the midway checkpoint, I was shocked to hear that we were in 10th position and actually didn't believe it at the time. But after 7km of majestic



Ben Duffus downhill

single track winding along the mountain top and back down into the valley, a man was holding nine fingers at me as I entered the Vallochrine checkpoint, so I knew it was time to start believing! After quickly mixing up more fuel, I was out of the checkpoint with Caine right behind me.

The near-vertical grass wall we faced next suited my hiking strengths well, and I started to pull away from Caine. After a section of winding steadily upwards through the forest, I emerged on a wide forestry road and could see three runners up ahead, including Blake Hose leading the way. It wasn't too long until we were near the summit and I was just behind Blake, shouting out encouragement. Mont Blanc stood proudly before us, and this stirring sight lifted my spirits ever-higher. The rocky, technical descent to follow was an absolute blast and I was smiling the whole way down.

After a little trouble navigating through the streets of Argentière (thankfully Philipp Reiter and Blake Hose knew where they were going!) it was time for the last climb of the day and Mike Wolfe had just come into view. This was what I had been saving myself for all day and was the type of scenario I had been visualising for the last



Sky Running start

couple of months. Earlier in the day I may have convinced myself I should hike such a climb, but I was running every step and feeling strong. It didn't take too long until I had moved up into fourth position and Mike offered some words of encouragement as I did so. Near the top, the footing became rather rocky and spectacular views of what remained of one of the glaciers came into sight. I took advantage of this more technical section to hike for a little bit, as I was also becoming slightly thirsty in the heat of the day.

It was a refreshing relief to quench my thirst at the penultimate aid

station, where I also learnt that third place was now only three minutes ahead of me. With that in mind, I set off along the Grand Blacon Nord, intent on increasing my pace. Surprisingly, I was still feeling good and the breathtaking views across the valley only served to fuel my motivation.

Just before the final descent began, I passed Clément Petitjean and vowed not to look back; it was time to fly down the final rocky slope leading towards finish line. To be honest, I don't recall much of those final 6km as I was so lost in the moment, but the final kilometre through the streets of Chamonix was an experience that I will never forget. The crowd was three people deep the whole way, and the waves of cheers carried me across the line.

To make the day even more special, Blake Hose and Caine Warburton also finished in the top 10; not bad for Australia's first appearance at the Skyrunning World Championships! The entire Australia & New Zealand team truly did themselves proud with admirable performances. But, more importantly, the experience of living and racing together in a foreign land forged friendships and memories that I, for one, will cherish forever.



Sky Running team at the finish



The Allure of the Western States Endurance Run

Squaw Valley, California, USA

June 28-29, 2014

by Brendan Davies

Some events attract their participants by the nature of the course. There are longer events, and there are rugged and remote events, higher, steeper, crazier and zanier, and there are definitely events with higher numbers of participants. These days, there are also races with offerings of lucrative prize purses, and all the bells and whistles that come with the new age of ultra trail running.

Then there is the Western States Endurance Run 100 miler. Period.

This race has all the history of a Wild West novel, and the prestige of a Rolls Royce Silver Ghost. To me,

there is no other race that I'd rather be part of so you could imagine the joy of receiving my entry invitation by email, after being accepted through the Ultra Trail World Tour. I still have that invite printed out and hung on my office pin board. It was there to constantly remind me how rare those words on the paper were, and that I could never, ever, take that for granted.

There are races I've been to that have all the hype and big promises, only to fall short of expectations. There are also been races that promise nothing and over deliver. Then there's WSER. You come, you

experience, and you walk away with the deep satisfaction that you've just added to the rich tapestry of the race's history. Yes, you may be just a blip in that history, but to any self-respecting ultra runner in the world, you're a rock star for a day. Oh, and hopefully you walk away with a belt buckle too!

So what is this history and prestige I talk of? Well, it's not every day you get to race in the oldest 100 miler in the world. The history is deeper than just that one statistic though. There is the trail itself, which follows the historic Western States Trail, on which runners experience



Brendan looking serious and in the zone

the majestic high country beauty of Emigrant Pass and the Granite Chief Wilderness, the crucible of the canyons of the California gold country, a memorable crossing of the ice-cold waters of the main stem of the Middle Fork of the American River, and, during the latter stages, the historic reddish-brown coloured trails that led gold-seeking prospectors and homesteading pilgrims alike to the welcoming arms of Auburn.

Or, you can just hear the love of the trail in legendary trail runner, and five-time 'States' winner, Tim Twietmeyer's quote: "I think the Western States Trail just makes a great balance between nature's finest, and being tremendously historic. The last operating hydraulic mine is right next to the course, between Last Chance to Foresthill. Running the trail is kind of like a

history lesson - going back to the Indians, gold miners, silver miners, guys that founded California - and you realise how rugged and tough those guys were at the time. Plus, it's really great single track."

Over the years there've been many Aussies who have made the pilgrimage over to 'States'. Yes, it's even rumoured that after the Aussie assault in 2007 that these dedicated band of brothers led to the change of the entry rules to avoid this occurring again! In the lead up to my race, I spoke to many of these guys and their words repeatedly expressed the same theme; respect the course, the race, the history. Train well, train smart and get to the start line in the best shape you can as you may only get one shot at this.

And with these words ringing in my ears, I got to the start line at Squaw Valley knowing that I'd

done everything I could have done to be there at my best; mentally and physically I was in the zone and ready to pay homage to the race by giving it my all, and I got to Auburn just under 16 hours after that starting shotgun blast, the happiest man in the world.

I want to thank the Australian ultra running community for all your support through all the messages, and I know there were lots following the race online too. It was wonderfully uplifting and my only way to repay your goodwill is by strongly encouraging you to enter this race. Yes, it may take you years to get pulled out of that lottery, and yes, you may think you're not ready to run milers, or conversely your best years are behind you, but believe me when I say it, this is the race that every ultra runner just must do.



At the river crossing



History Article

The Running Messenger

by Andy Milroy

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

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

co-coordinated action between sub-tribes and villages.

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

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

Such messengers were chosen from the fastest and strongest runners in the tribe. Their hard, early conditioning is revealed in the harsh demands of the initiation rites of such tribes as the Apache, well known for their endurance. Soon after reaching puberty, boys would be expected to cover long distances over tough terrain carrying a load on their back. They would also be sent away from the tribe, being forced to fend for

themselves for several weeks, or be forced to go without sleep for days at a time.

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

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

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

Such Native American runners made the transition into mainstream distance running. Louis Tewanima, perhaps the most famous of the Hopi tribe, won the silver medal in the 10,000 meters in the 1912 Olympics, and finished ninth in

the 1908 Olympic Marathon. In the 1927 New York to Long Beach marathon, two Hopi and a Zuni arrived in, what was to them, a very alien environment. Al Michelsen, one of the top American marathon runners, had to face what was an unknown opponent. On the point to point course, with many of the best marathon runners in North America behind him, the race was won by a Hopi, Nicholas Quanowahu, in 2:47:43.2,

Races involving Native Americans became common and, understandably, C.C. Pyle, keen to promote his Trans-America

race from Los Angeles to New York, recruited Quanowahu. Unaccustomed to the strains and demands of the stage race, he was forced to quit after just a couple of weeks.

This brief survey perhaps gives some insight into a world where covering distances on foot was a normal part of every day life. For tribes and settlements to communicate, running messengers were the only means available. Even into the twentieth century, in many rural areas, for Native Americans and others in similar situations across the globe, running

to school or to work was the only option; with no horse, bicycle or automobile available, it was actually the most efficient form of personal transportation.

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

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



Blast From the Past

48 hours of agony, just for the record

"THE AGE" 26-1-88

By LEN JOHNSON

At 12.30 pm on Saturday at Aberfeldie athletic track, 19 runners set off on Australia's first 48-hour track race. When the 17 finishers stopped at various points around the track early yesterday afternoon, most had only sore and blistered feet, aching joints and shins and a thirst you could photograph to show for it.

It is a rare emotion that motivates entrants in endurance contests. The popularity of mass-participation marathons and fun runs has long since removed distance runners from the category of harmless eccentrics. Yet even marathoners find it hard to understand the spirit of simply enduring that drives their ultra-distance running cousins.

As the runners in the Big Apple Nissan Bicentenary Ultra Run savored their first minutes free of the compulsion to keep on running, shuffling, or somehow moving around the track, two of the elite, England's Patrick Macke and Australia's Joe Record (both saving themselves for March's Sydney-to-Melbourne race), discussed their mental state in such runs.

"Do you hallucinate?" Record asked Macke. "I sometimes imagine seeing dogs that aren't really there."

"No, I don't," replied the Englishman, adding, "But I do sometimes not see things which really are there."

A runner not seeing something that was really there, led to the race's only serious casualty on Saturday night. In the dark of the back straight one of the competitors trod on a cat that had used up all its lives. It had to be put down.

The runners were a hardier lot. A race official said those with injury that prevented them running properly resorted to walking rather than pull out.

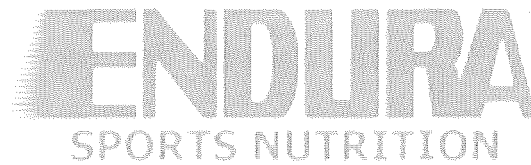
That this race was not to the swift was emphasised by the youngest entrant, 21-year-old Stephen Dunn, from South Australia. Dunn ran the marathon distance — 42.195 kilometres — in around three hours yesterday morning, and even managed to squeeze one extra lap of the 400-metre track into the race's final 86 seconds.

But speed was not enough to gain him a place in the top three.

Rockhampton's Graeme Woods, 41, described as a "runner-coach-motivator" on the media sheet, proved himself a successful experiment of one by covering 367.83 kilometres. Melton's Bryan Smith, as much as 27 kilometres behind mid-way and 22 kilometres behind at 2 am on Monday morning, closed to within nine kilometres, covering 358.93. Bill Beauchamp was third with 347.54.

All three bettered Record's previous Australian best of 345.2 kilometres.

Eileen Lush, a 39-year-old fitness consultant from South Australia, set an Australian women's record of 238.22 kilometres. Not surprisingly, the record had been unclaimed.

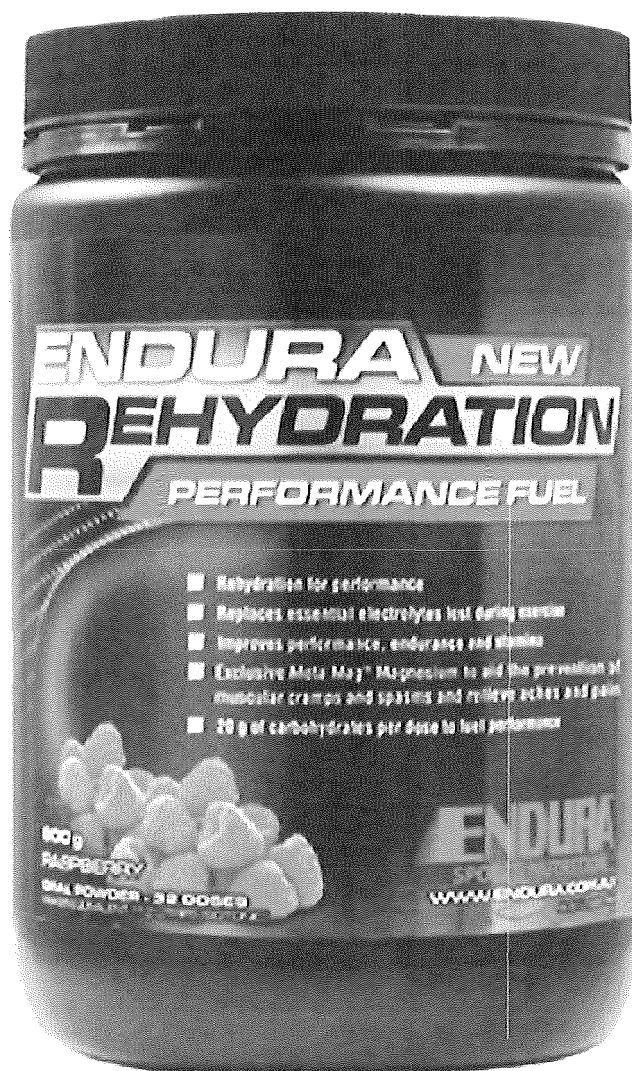


NEXT GENERATION REHYDRATION

New Endura Rehydration Performance Fuel features a specialised electrolyte profile and contains sodium and potassium at levels recommended for athletes in endurance events. It also contains 20 g of carbohydrates to assist energy production when you need it most. Specifically formulated rehydration for performance, Endura Rehydration Performance Fuel replaces essential electrolytes lost during exercise and contains Meta Mag® Magnesium to help prevent muscular cramps and spasms and relieve aches and pain. Endura Rehydration Performance Fuel is available in all your favourite Endura Rehydration flavours: Lemon Lime, Raspberry, Orange and Pineapple.

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

END4562 – 07/14 CHC70064 – 07/14





Interview with Jodie Osborne

by Bernadette Benson

Jodie Osborne ran her first ultra in 2010, the 46km "6 Inch Trail Marathon." She achieved second place. A great debut. In 2011, she ran 6 Inch again, faster, but with a lower placing. However, she was still first W40. In 2012, Jodie dabbled in a couple short trail ultras again, but also set her sights on Comrades in South Africa. A "Down" Run, she ran it in 8h38m13, for 93rd place.

Whilst Jodie certainly had "better than average" performances in her few ultra races to that point, we only need to fast forward just over a year to find Jodie now holds the W40 50 mile record (7h09m22) and just broke the W40 12 hour and 100 mile records (both being ratified at time of print). She also ran the Comrades "Up" run in 8h01m01, for an incredible 21st place.

Jodie, it's great to have a chance to learn more about your background and accomplishments. Thanks for sharing your time with our AURA members. Looking at your start in ultras, your performances have seemed to skyrocket over the past year. Is there something in particular you credit for this? Or was it a natural development as a result of "time on feet" with much of the same training?

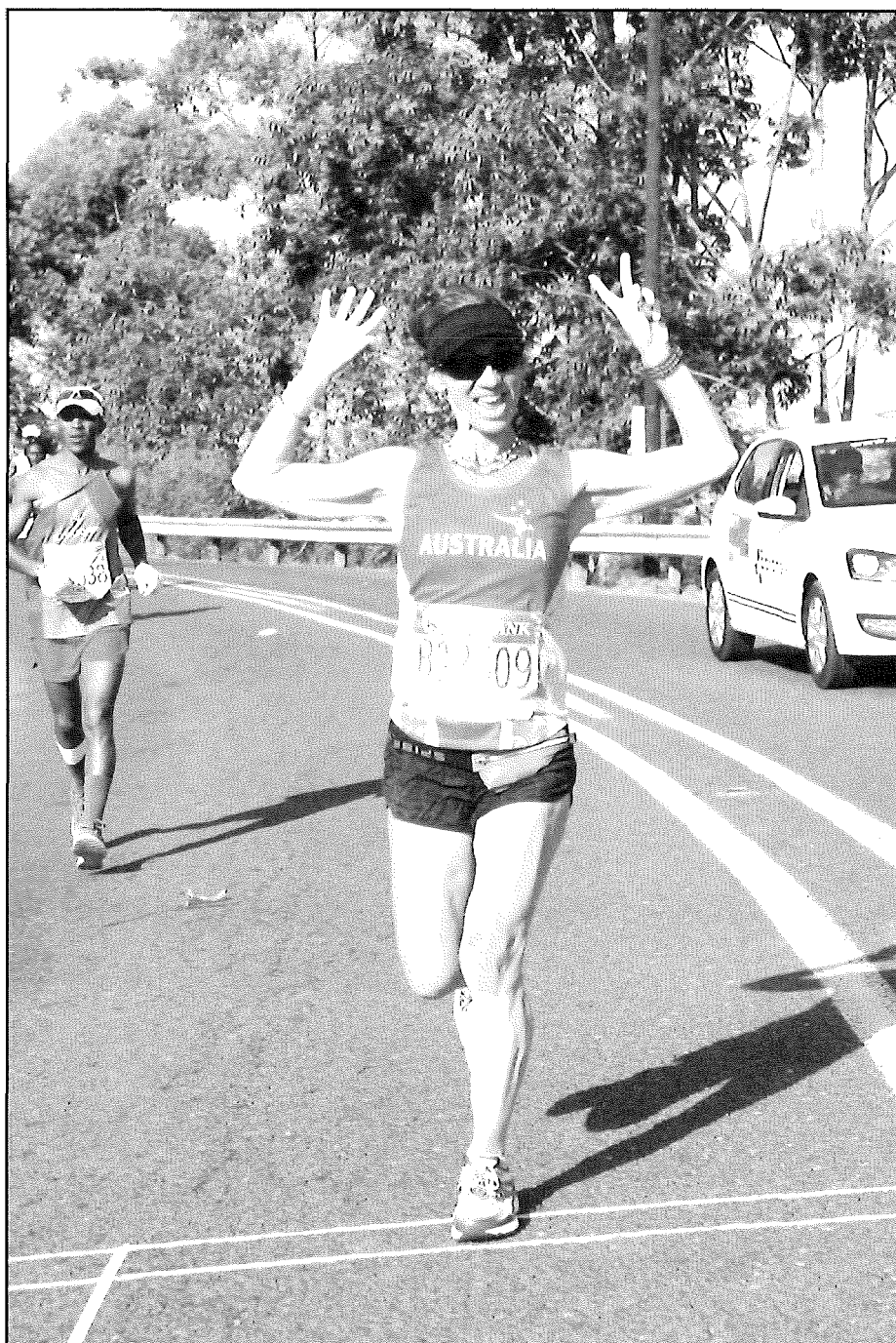
It has been a combination of things. I spent the first half of 2103 focussed on the Comrades Marathon. Since moving to Queensland from WA, I have achieved more elevation gain in my training. There are simply more hills in Brisbane and its surrounds so almost every run I do has a hill.

I have definitely been able to spend more time on my feet, as well, and added more quality to my training through the guidance of my coach Andy at Mile 27. I teamed up with Andy in August 2013 and have worked really hard since then with the 100km World Championships initially my focus.

I would like to add that I also intentionally lost a little bit of

weight, about 3.5% of my body weight between 2012 and 2013. I stress that I was still within what is considered the healthy weight range but closer to what I consider to be my ideal racing weight.

Comrades is a must for many West Australians. In 2012 you ran the "Down" race. Did you know at the time you would also do the Up the following



Comrades 2013

year? What do you attribute your fantastic result from 2013 to? What changed from 2012's training – or was it something else?

I always knew one day I would run Comrades at least once, as I have so many friends who have run it. They would come back every year with amazing stories from their experience. Like most people I know who go to South Africa and experience the Comrades Marathon, once you have done an "Up" or "Down" run you have to go back and do the other. I was so taken by the experience in 2012 that there was no doubt I would be back to run the opposite way the following year for the coveted Back to Back medal.

In 2013 I moved to Brisbane and knowing the Comrades Ambassador (Digger) lives here, I was soon in contact and quickly inducted into the group training for Comrades. As it was an Up run, I spent more time and came to love running up hills and often ran the downhills hard, too. (Okay, perhaps loving hills is probably a bit strong. It is more of a love/hate relationship. I am sure I don't need to explain how that works.) I also spent more time running hills on the road. In 2012 I went to South Africa hopeful of achieving a Bill Rowan medal (sub 9 hours) but content to make the most of the experience, not too worried about achieving a specific time. The following year I went with the aim of proving that my first wasn't a fluke and a goal of finishing in the top 50. To finish 21st was amazing.

You mentioned the move in 2013 from WA to Queensland. Permanent or temporary? Has it affected your training?

In March 2013 my husband's employer relocated the family from

Perth to Brisbane. With strong ties to Western Australia, having lived there all my life and with our extended family located there, we initially considered the move temporary. On arriving in Brisbane and finding myself "out of work," my focus was on getting the family settled into life in Queensland. But I also had more time to train - and train during daylight hours instead of in the dark of the early morning. This meant I could also get more sleep.

As alluded to earlier, I also have more time to train generally and on trails. I have really enjoyed exploring Brisbane and its surrounds on foot. There are some really beautiful places to run. The highlight so far has been the Border Track (on the border of New South Wales and Queensland) through Lamington National Park between Binna Burra and O'Reilly's. It's 21km of beautiful single trail with sweeping views from the ridge into New South Wales in one section and back towards the Gold Coast in the other, all with 750m of elevation gain.

With 2010 being your first ultra, what did you do for sport before that? Shorter road races?

I have always been active and over the years have dabbled in a number of team sports including netball, basketball, hockey, volleyball, and touch rugby. My first taste of running was a 4km event on the road in 2002, the City to Surf in Perth. I then moved on to running 10km and 12km road events regularly but it wasn't until they brought in the half marathon in the Perth City to Surf that I considered running longer events. In 2008 I ran my first marathon at Rottnest Island. I have also dabbled in triathlon - mostly to force myself to cross train rather than run all the time.

Can you give us a sense of your weekly training? Mileage, key sessions?

I usually have one rest day a week and respect it. A pretty standard week is a little over 100km. My biggest week so far was 160km. I usually have a couple of speed sessions, intervals or hill repeats and a tempo effort run and then two longer runs on the weekend. Anything else is usually at an "easy" pace for about an hour.

What's your favourite session? And most dreaded?

The tempo run or a run which includes threshold efforts is my most dreaded. I find the intensity of running at a faster pace for an extended period in training really hard. If I can find someone a little faster than me to pull me along I can achieve the desired pace but finding that someone is hard. My favourite session is definitely the long run but not far behind is hill repeats; I get great satisfaction from a good session of hill repeats.

So, some big weeks, speedwork and hills – how does injury prevention play into your training/life? Have you struggled with any particular weak point or had significant time off? If not, is there something you attribute to avoiding major injury?

I am very fortunate to not have had an injury requiring significant time off. I tend to be hyper aware of any niggles and address issues early; I don't ignore them. I regularly practice yoga and try to get a massage when I can afford it.

Since the 12 hour Dusk to Dawn event [8 Feb 2014] in Caboolture I have experienced some soreness and stiffness in one of my Achilles. I sought the guidance of professionals as soon as it was apparent I had a problem and I

have managed some big training weeks without it getting worse.

I rarely get sick and seem to be immune to any bugs the family bring home from time to time, which means I have been very consistent in my training. My training load is also carefully managed to ensure I don't over do it. There were a few events recently I would have liked to have participated in such as the Beerwah at Dawn 50km and the Wildhorse Criterium but I saw sense and withdrew. I had great fun at Beerwah helping out at an aid station instead so I was still involved and got to see the event unfold from a different perspective.

Few runners have the “luxury” of being able to dedicate their days to training, as they are often working full-time and/or have young children at home. Do you also have to balance work/running?

My husband also runs, however, fortunately for me he only runs marathons (marathon PB 2:49:32) or shorter and has no desire to run longer or trails. I have encouraged him to try trails and hills knowing how much they benefit my running but he is reluctant to

slow down. When the kids were younger, we'd always negotiate who-would-run-when. When I worked full time, I would get up early and almost always did my training in the morning. Once or twice a week I would run home from work. Sometimes my husband would have left for work before I returned from my run which meant I didn't see him much. Even though the kids are older (15 & 12 years), they have their own sporting commitments, which still affects who runs and when. I now have the luxury of sleeping in until 5:30am most weekdays and having breakfast with my husband before he heads to work. I finally get out the door to run when the kids have left for school and the day is heating up. These days it's a luxury for me to be able to run in the cool of the morning, especially in the more humid time of year.

Could you offer some advice based on your own experience for ultra runners seeking to improve their own personal bests?

Dare to dream. It wasn't until I ran Comrades in 2012 that I realised I had a propensity to run ultra distance



Cale and Kira December 2013

events. I then set some ambitious goals and set about achieving them. Realise that to achieve your goals in ultra running it will require hard work.

Consistency counts. I rarely miss a training session and have very little down time but also recognise that sometimes I need to back off a little. Sleep matters and I am constantly working on getting enough.

Finally, what's next for you?

I am off to Sydney and the Blue Mountains in May for TNF100. Just one of those events I have always wanted to do and said I would do if I wasn't going to do Comrades. It is much more accessible from Brisbane and I am taking the family for a short holiday this time. Most of my trips to events I have been to on my own. This time, thanks to sales on flights, I can take the whole family and it should be a fun weekend for everyone. Then in June I have Oxfam Trailwalker Brisbane because this year they have added a 55km option which starts the day after the 100km so of course my crazy mates from Melbourne (David Overend and David Wilson) want to be the first to do the 100km AND the 55km one day after the other. Fortunately I was able to recruit Carl Schodde here in Brisbane who loves a challenge and we have a team.

Then I am back on the road with a few marathons in mind and working on my speed for "fingers crossed" the 100km World Championships in November. I will probably have a bit of down time after Trailwalker to make sure the Achilles comes good. There are plenty of short trail events run by TRAQ and Run Queensland to look forward to as well.



*With husband Tim at his 1st half Ironman Triathlon
photo courtesy of Christina Bartels*



International News:

with Nadeem Khan,
IAU Director of Communications

The charm of ultrarunning exudes several factors that make this discipline exciting, interesting and, quite frankly, sometimes quite astonishing. It is a combination of the distance, the time factor, along with the weather elements, that makes this truly a wonderful discipline of athletics.

Climatic factors and environmental conditions play a significant role in any outdoor sporting events. A seasoned athlete changes the way they pitch, a golfer adjusts their swing, and a footballer compensates for the wind during their kicks. A runner's pre-race game plan can go out the window depending on humidity, wind, rain, and a multitude of other weather-related conditions on race day.

This notion of adjustment is quite pertinent for sprinters when the headwind is taken into account, to middle distance where running around the oval the fabric type is of importance to keep the body cool, and, ultimately, to marathoners when nutrition and hydration elevates to the top of the list. Combine all these factors and integrate them with a plethora of running gear and shoes, and we have entered the realm of ultrarunning.

In this edition I will touch on the heat aspect of the weather element, as that is the season that my friends in Australia are next heading into, but a lot of the precautions we discuss in this segment will pertain to winter running as well. Even though we might not sweat as much in winter, and it is not as obvious, we still lose water and need replenishments. A concept I am too familiar with, having lived in North America for two decades

now.

This year happens to be the inaugural year, when we organise our first world championship in the Middle East. Doha, Qatar has the honour of hosting the 100km Worlds on November 21st at the Aspire Zone. The state of the art sporting arenas, exercising facilities, and world-renowned stadiums, will host ultrarunners from Australia to the United States, from Finland to South Korea, and residents of the Gulf Council Countries for this inaugural championship in the region.

Prior to allocating this year's centennial distance (and the half century mark on Oct 31st) to Doha, we had in depth discussions on the weather, in particular the heat, before making the final decision. Having grown up in the Middle East, I have trained and raced during the course of the year, while respecting the heat and hydrating the body. Weather does play a role in the region.

We picked our run times carefully, with early mornings or a late evening run being prominently chosen during summer months. This, and a course where water was aplenty, was also under the scrutiny when a route was picked. Weather has never stopped the ultra athletes to tie their shoes and head out for a run.

For Doha, in collaboration with the local organising committee, we studied the temperature profiles over the last several years, and picked the most ideal weeks/month that would be



complementary weather-wise, and would fit the IAU racing calendar. Winter months are pleasant in the Gulf countries, and fast times have been achieved in the Dubai Marathon and the Ras Al Khaimah Half. Who would have thought a "little heat" would require such extensive research? With heat, the body perspires a lot more to cool it, and, as a result, the body loses water. There is a need to cool the body, either through ingestion or spraying water, or, in the most ideal situation, a combination of the both. There are several warm/hot weathered races around the world, including Badwater in the United States, the Great North Walk in Australia, and the Marathon Des Sables in Morocco.

As well as water, it is also important to replenish the electrolytes lost through the system. It might sound quite unappetising right now (as it does to me) but I have diluted my electrolyte drinks and added a bit of salt to them. The latter is

another important component that needs to be replenished into the body as we lose a lot of salt to warm conditions.

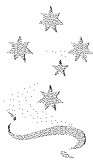
It is significant to note that over hydration can be a problem too. As athletes we should know our bodies well enough to know how often we need replenishments, and in what quantities, to replace the water and nutrients we have lost. Cramping, dizziness, and light headedness are sure signs of dehydration. Whether one is a rookie or seasoned

ultramarathoner, we have all been in the dehydration zone and learned valuable lessons from the ordeal.

There is a world-class sport research hospital on site in Doha. At the occasion of the 100km we will be organising a medical conference discussing the effect of heat on performances from a medical perspective. The discussion will be quite pertinent to enhancing our understanding of the subject, and expanding it further.

Environmental conditions and weather elements will always be a concern. The hurdle is not the kind of weather that is out there, but what do we do to overcome these factors, and what we learn from these for our future competitions. If we are wisely prepared and run smart, weather is just another element we can overcome in proceeding towards our own personal goals.

Run smart and race smarter while aiming towards the finish line!



Blast From the Past

West Country

Next, the World!

VETERAN runner George Audley took himself into world class ultra-distance rankings with a superb performance in the Hi-Tec 48-hour race in Perth on the weekend.

The 52-year-old Metro Meats worker clocked up 335 kilometres to set a new Australian record, smashing the old 318 kilometre mark established by Victorian George Perdon.

His record of 335 kilometres gave him the ninth best distance on the world all-time list and elevated Audley to a world standard.

The veteran ultra-distance runner believes the experience he gained when competing in the Westfield Sydney-to-Melbourne race was crucial to his success on the weekend.

"I had a few stops in last year's 24-hour event, but what I learnt competing in the Westfield helped me through the 48-hour run," Audley said.

Audley said he knew his physical capacity and continued running when many of his fellow competitors took time to rest.

But during Audley's rest breaks he was kept informed by

By PETER HARRIS

his manager David Horne as to the activity of the other runners.

"David told me how long I could rest and when someone was nearing my 10 kilometre buffer, he would wake me and get me back onto the track," Audley said.

Audley was the oldest competitor in the race, but believes that worked in his favour.

"I believe older athletes are better ultra-distance runners because they have more patience," Audley said.

"Many of the younger entrants start out too quickly and burn themselves out, whereas the older competitors pace themselves in order to complete the required distance."

Audley now has his sights firmly set on performing well in the Colac six-day event in Victoria next month.

Surprisingly his lead-up preparation will not include any distance work at all.

"I don't think I'll lose any fitness in my legs in the next few weeks, so I'll be concentrating on building up the strength in my thighs and my ankles," Audley said.

To do this he will complete a

rigorous aerobics program at the Action Station.

Following the Colac event, Audley will aim towards preparing himself for the 1988 Westfield Sydney-to-Melbourne race and the inaugural Perth-to-Albany race next September.

International

Audley's ultimate goal is to receive international recognition for his ultra-distance running.

"I'd dearly love to get an invitation to an international event in the future, so a good performance at Colac is a must," Audley said.

Another local ultra-distance runner to perform well in the Hi-Tec 48-hour event in Perth was Garry Clark.

Clark, who is the co-director for next year's Perth-to-Albany event, finished in sixth position — completing 273.442 kilometres.

According to Audley, Clark's performance was full of merit and took many experienced ultra-distance runners by surprise.

"I've never seen Garry run so well," Audley said.

"In the early stages of the race I had to tell him off for staying on the same pace as me."



Blast From the Past

THE WEST AUSTRALIAN MONDAY OCTOBER 19 1987

Audley is best in the long run

"THIS is a dream come true," 52-year-old Albany long-distance runner George Audley uttered moments after smashing the Australian record with a world-class distance in the Hi-Tec 48-hour race, which finished at McGillivray Oval yesterday.

Audley covered 335km to record the ninth-best distance on the world all-time list and better Victorian George Perdon's Australian mark by 17km.

"When I looked at the quality of the field I didn't think that I could win," the modest meat slicer said. "I thought that one could only dream about beating these great runners."

Audley praised his manager Dave Horne, also of Albany.

"Dave constantly kept me informed of where the other runners were throughout the race," Audley said.

Audley has been selected to contest the Colac six-day race in Victoria, starting on November 18.

Twenty-two-year-old Keith Fisher, the youngest person ever to win a 100-mile race when he was successful in

Manly earlier this year, finished second with 324.834km.

Perth endurance runner Joe Record finished third with 317.059km and former national 24-hour record holder, Victorian Bob Brunner, was fourth with 311.205km.

Other runners who bettered 200km were Perth's Ross Parker (300.950), Albany's Gary Clark (273.442) and the Perth trio of Alan Croxford (271.735), Dave Scott (233.742) and Mike Thompson (231).

Karratha athlete Alan Devine, 28, showed tremendous potential by winning the Hi-Tec 24-hour event with 202km.

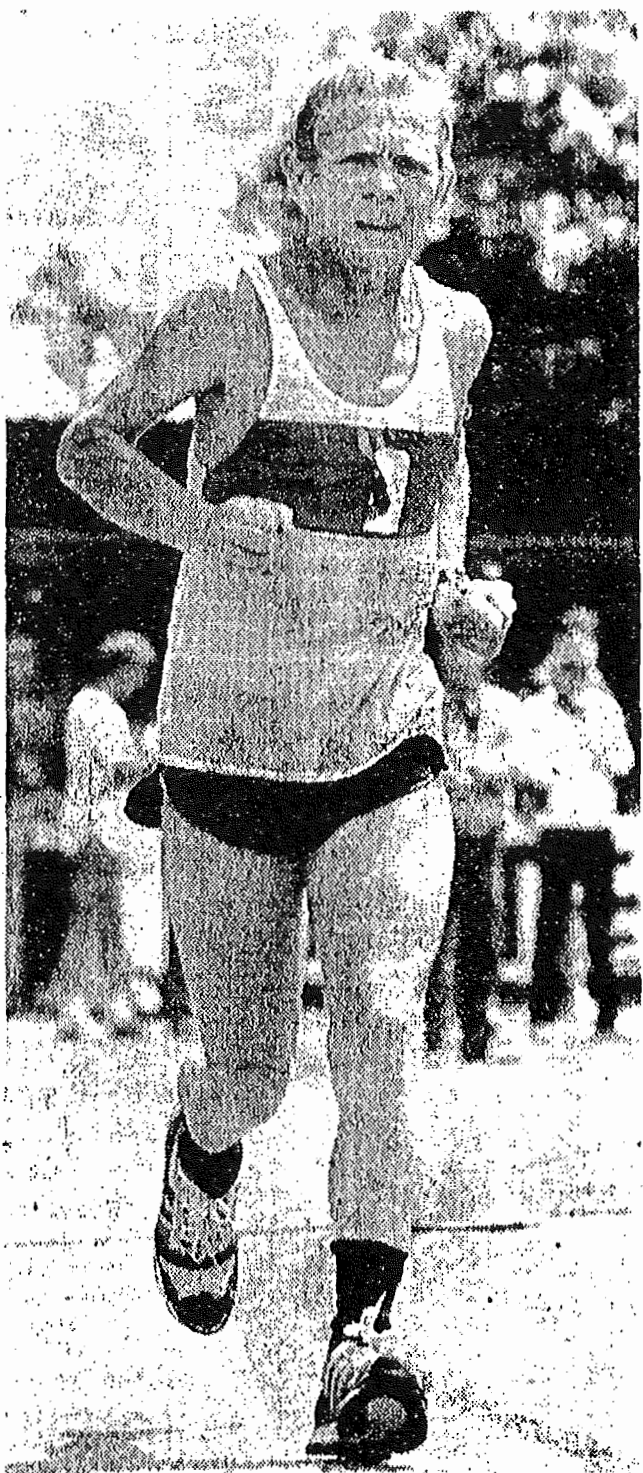
The only woman in the field, Perth's Trish Spain, was second with 176.097 and Perth's Peter King third with 162.205.

They were followed by David Bird (149.447), Wiluna's Stan Lathford (142.205) and Balingup's Colin Walsh (137.601).

Audley won a special award by running the fastest 100 miles, clocking 16hrs 59min, 11sec.

The only others to cover the distance in less than 20 hours were Devine (17.19.20) and Parker (19.10.40).

— David Marsh



GEORGE AUDLEY . . . covered 335km in 48 hours.

Yarra
Ranges
National Park
Welcome



