

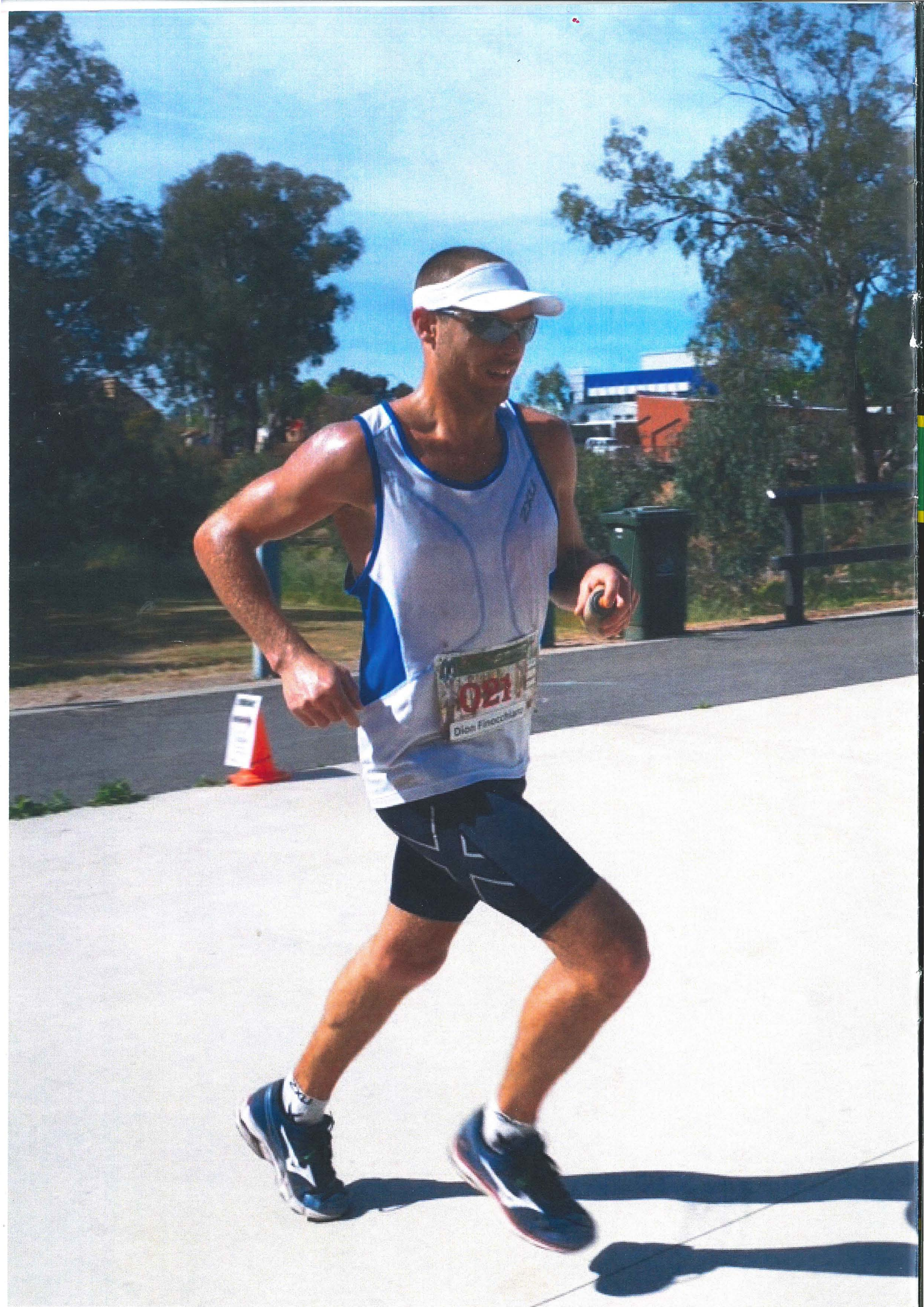
March 2015

Vol 30 No 1

U L T R A M A G

Australian
Ultra
Runners'
Association Inc

- ▶ **Feature Article: Jackie Fairweather (1967-2014)
A Life Worth Celebrating**
- ▶ **Guest Interview: Bruce Renwick**
- ▶ **Race Reports and More**





UltraMag:

The Australian Ultra Runners' Association Quarterly Magazine

March 2015

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*Front: Happy Ned Kelly Chase 100km Solo Finishers
- Darnae Laurence and Sam Dewhurst*

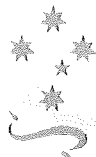
*Inside Front: Winner of the Ned Kelly Chase 100km, Dion Finocchiaro.
Photo courtesy of Ian Hunt.*





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Editor's Introduction

March 2015

Welcome to the first edition of Ultramag for 2015 and my first as the editor. I've jumped straight in and changed a few things – both with the layout and content.

To begin with I have introduced a feature article and placed it towards the front of the magazine. This edition's feature article is about Jackie Fairweather, one of Australia's most accomplished ultra runners, who took her own life on 1 November 2014. The feature consists of two parts. The first is a tribute to Jackie written by Martin Fryer, one of Jackie's good friends and training partners. I am extremely grateful to Martin for putting this together as I know it was a tough ask. The second part is a direct extract of a race report that Jackie posted to ACTrun (an ACT Yahoo chat group) immediately following her Australian National 100km Road Championship win at the Goldcoast in 2009. I have deliberately not edited this extract so as to preserve Jackie's own writing style and the ethos of the ACTrun group. Together, these two parts of the feature convey much about the great person and ultra runner Jackie was.

I hope to make future feature articles varied and interesting in different ways. I am particularly keen to include coverage of research studies and clinical trials of relevance to different aspects of ultra running – e.g., physiology, nutrition, sleep, psychology etc. Please let me know if you have any pet areas of interest that I can explore and review for Ultramag.

Of course Ultramag will continue to include the traditional favourites like race reports, results, state/territory reports, guest interviews,

book reviews and a calendar of events. However, the quality and quantity of these inclusions will continue to depend on the efforts of volunteer contributors. This may mean that sometimes there is no coverage of a particular event – e.g., Coastto Kosci 2014 – or there's more than one contribution about the same event – e.g., Narrabeen All Nighter 2015. Where there's no contribution you can be sure that it isn't because I haven't asked multiple prospective contributors (read: nagged). Where there's multiple contributions you can also be sure that I will try to give them all some exposure, partly because people have taken the time to put them together and partly because they very often present quite different perspectives of the same event and there is interest or value in that per se.

For those of you who love crossing "T"s and dotting "I"s, I hope you find Ultramag polished enough. Thus far, I have spent up to 20/hrs per week endeavouring to make it

good quality. However, I too am a volunteer, and much of that time has been on weekends and in the early hours of the morning as I also work fulltime, have a busy family life and spend hours running on the trails. So, while I welcome feedback and suggestions, I encourage you to remember the context and to keep it constructive and courteous. Mostly, I encourage you to remember that I took on this role as Ultramag was about to fold and so finding the odd typo is probably better than finding there is no Ultramag.

With all that said, I hope you enjoy this March 2015 edition of Ultramag.

Elizabeth Bennett

AURA Ultramag Editor

AURA Media Officer

AURA ACT State/Territory Representative



Elizabeth Bennett - Editor of Ultramag



Feature Article

Jackie Fairweather (née Gallagher) (1967-2014):

A Life Worth Celebrating

"At the heart of experience there is a fire that burns all we know, that turns all things into itself. Offer everything to this fire."

Rupert Spira

On 1 November 2014 Jackie Fairweather tragically took her own life at age 46. Somehow, she had reached the point of believing that she had no more to offer to the fire of life's experience. How wrong she was. Her ultrarunning career was outstanding but all too brief, and her passing left many of us with a profound feeling of losing someone special.

Many wonderful tributes to Jackie have been written, rightly focusing on her outstanding sporting and professional achievements as an Australian and World Champion duathlete and triathlete, a long distance runner, a coach, and a high performance administrator at the Australian Institute of Sport. Rather than duplicate those words I would like to reflect on Jackie's achievements in ultramarathons (which were left out of many of the tributes), and also to recall some of the times that I shared with her that helped me to understand what drove her remarkable intensity as both a loving, inspiring person and an incredibly gifted athlete.

Like so many of us, I was absolutely glued to the screen watching Jackie Gallagher racing with her trademark fierceness and competitiveness in the triathlons that were shown on free-to-air TV in the early to mid '90s. Little was I to know that our paths would cross almost a decade later in Canberra.

Initially, I got to know Jackie as

one of the members of the ACTrun Yahoo chat group, a self-described politically incorrect, eccentric forum for runners with a wide diversity of threads about running (including quirky and often voluminous race reports), and non-running stuff that was often completely incomprehensible gibberish. Jackie (also known as "Auntie Jac" or "AJ") gradually settled into posting to this group around 2006-2007 and by 2008-2009 both her and her husband, Simon, had become an integral and inspiring part of the ACTrun community and its adventures.

My first actual run with Jackie (and Simon) in Canberra was in mid 2007. Jackie had already had a go at her first trail ultra at Six Foot Track (45K) in March, and had won the women's race in 4h14min. Following up on her potential interest in trail ultras a group of us started planning a Sydney Trailwalker team with her as a member. I suggested that we do a long training run, which would involve two laps of approximately 26km (one before nightfall and one at night with headlamps), up and down and around Mt Ainslie and Mt Majura and through Campbell Park. From the very start of that training run Jackie was cranky with us for holding her back as she charged off at 4:30 min/km pace (her easy aerobic pace). After one lap of 26km she was ready to quit and had some terse discussions with Simon but eventually she folded and grudgingly finished another lap at night. She rang me a few days later to tell me that this ultrarunning caper was crap as it was all too slow and a waste of

time. She ended up dropping out of our Trailwalker team and we took on Tim Sawkins in her place. However, by April 2008 she had changed her mind about ultras (at least on road) and started her road ultramarathon career in spectacular fashion by winning the Australian 50km Road Championships in Canberra in 3:19:12, which was an Australian women's open record for 50km on road.

In August 2008 I talked Jackie into doing the 5h Tuggeranong metrogaïne with me and Kerrie Bremner as a long training run. The only way Kerrie and I caught our breath throughout that event was to feign toilet stops and force Jackie to do more of the navigation!

2009 was easily my best year of ultrarunning performances, with wins at the Surgères 48 Hour (433km in May) and the Commonwealth 24 Hour Championships (255km in September), and this was the same year that I got to know Jackie better and started to learn from, and be inspired by, her total commitment to excellence.

In March, a group of us from ACTrun, including Jackie and Simon, rented a house in Katoomba for the Friday night before the Six Foot Track race. I fondly remember the fun we had at a local Italian restaurant eating good food, knocking back some good red wine, and sharing lots of laughter and funny stories. It was the first time I had really seen the fun, playful, lighter side of Jackie and it was a real delight to share the Cookies N Cream ice cream with her for dessert, which she bought as part of her pre-race ritual

on the walk home. The next day we both raced well. She won the AURA Trail Ultra Championships in 4:02:40 and I smashed my PB by 10 minutes down to 3h 47min. Scientifically controlled experiments over subsequent years proved to me that it was the great company that night that was the performance enhancer and not the three glasses of red!

Not long after the 2009 6 Foot Track race Jackie asked Kerrie Bremner and me for tips on nutrition/hydration for running 100km as she was planning to run the Gold Coast (GC) 100. Before we knew it she had made her 100km road debut at the GC100 and become the Australian National 100km road champion in a time of 7:48:51, setting an Australian women's open record for 6 hour (road) of 75km along the way. I have taken the liberty of extracting her race report that she posted on ACTrun the next day (see separate report) which describes her race. The race report is a real pleasure to read as it exemplifies the mindset and traits of the champion that she was: tenacity, intensity of purpose, efficiency of pacing, and the ability to push so hard. Note that she started the report saying that this report was for posterity. How true that was.

Barely 3 weeks after the GC100 I talked Jackie into being my partner in the 5h "Clearing the Basins" Metrogaine in Canberra. Once again she pushed the pace hard. We covered more than 13km in the first hour and close to 12km in each of the next few hours. I was reaching exhaustion in the last hour as we scored a few controls on Black Mountain and descended to the ANU where we got a bit lost trying to find one of the libraries. I was getting worried about the time we had to get back

without a time penalty. I estimated we had roughly 6km to get back to Molonglo Reach and we had 25mins left on the clock, meaning we had to forget about picking up any more controls and madly head for home at close to 4min/km to make it. This was just the situation that Jackie loved and we bolted along Parkes Way and Moreshead Drive like two possessed maniacs, having some near misses with cars along the way. I had the lactate bear on my back in the last few kms and Jackie was egging me on saying "C'mon Flyer, what's the matter with you, suck it up!" I collapsed in complete exhaustion as we made the finish with one minute to spare. Later inspection of my Garmin records showed me that we did average just on 4min/km for those last 6km which was a pretty solid effort given that we had already covered 50km with a few good hill climbs thrown in.

The inaugural Commonwealth Championships for the 24 Hour, 100km and Mountain Running were held later that year (September) in the beautiful town of Keswick in the UK and I shared a cool little cottage with Jackie, Simon, Kerrie Bremner and Kerrie's dad. We spent some enjoyable days just hanging around the town, doing some short runs on the beautiful paths and trails at the nearby lake, and sharing a local stout with Simon and a glass of red with Jackie and Kerrie each night over dinner. It was a relaxed atmosphere but we were very aware that we had to step up and give it our best. I personally felt there were great expectations on me as I was the pre-race favourite for the gold in the 24 Hour, but I found the atmosphere in our house and Jackie's words of encouragement very calming. She had the same effect on members of the 100km team as acknowledged in Brendan

Davies' lovely tribute to her posted on his website soon after her death (<http://www.brendandavies.com.au/2014/11/rip-jackie-fairweather.html>).

Once again both Jackie and I had great runs. I won the 24 Hour individual men's gold and Jackie won the 100km individual women's gold in 7:41:23. But when she found out that she missed the Australian 100km road record by only 40 seconds she was fuming and was very down on herself. Regardless, her run was typically gutsy and inspiring. I remember the first time she came through the turnaround at one end of the 100km course. She was angry because some of the male runners had accused her of pacing off them! I noticed through the race that she hadn't strictly followed my advice for nutrition/hydration and had downed a bunch of Sustagen tetrapaks in close succession which led to her losing time having a big roadside chuck in the 50-60km part of the race. When she saw me at one of the turnarounds around 60-70km she was pissed off and frustrated about the time and energy she had lost with that. God knows what she could have done with a few more 100km races under her belt and bit of fine tuning.

During late 2009 and through 2010 my wife, Lynn, and I spent many enjoyable evenings at Jackie and Simon's place enjoying Simon's amazing cooking and Jackie's fine red wines. I was always keen to gain any insights I could from these two incredible champions of their chosen sports. I particularly remember one of Jackie's comments which resonated with how I had felt that year at my two big races: "You just know that you know that you are going to win" she said. Those words summed



*Jackie Fairweather at the Commonwealth 100km Championships,
Kewick 2009*

up the perfect state of detached, relaxed confidence that she always had in racing, that Simon had for winning his Olympic gold medal, and that I occasionally had the joy of experiencing for the first time that year.

On 21 March 2010 I was fortunate enough to run with Jackie and some of her ACTrun friends to celebrate the completion of her 100,000km of logbook running. We started at the new Stromlo facility in Canberra and the special moment was recorded as she reached the

top of the climb up from the Cork Oaks plantation. She kissed the ground and we each gave her a big hug. It was a very special moment to be part of and she was clearly proud of this achievement, being a “stats kind of girl”.

Through 2010 and 2011 I saw less of Jackie yet during those two years she did several things that exemplified her kindness and generosity to me and my family. When my wife, Lynn, was sick in Calvary Hospital she dropped in almost every day to visit and spent time with her while I was at work. She spoilt Lynn rotten and really lifted her spirits. In 2011 I talked to Jackie about my upcoming 6 day race in New York and how I was frustrated at not getting any decent sponsorship. She immediately got on the phone to her contacts at 2XU and rang me a week later apologising that she had only been able to get me \$2000 in gear and \$2000 in cash towards my travel expenses. She was genuinely pissed off with 2XU as she had been negotiating hard with them for \$5000 cash!

Another side of Jackie that was not so well known to people was her fierce academic intelligence. She regularly sent me sports science papers that she felt I should read and when I wanted to do some research into ultramarathon nutrition she gave me great sports dietitian contacts.

It was soon after the 2XU and the research paper episodes that I read Malcolm Gladwell’s book “The Tipping Point” and it became obvious to me that Jackie was a “connector”, someone who was like a network hub who not only knew a lot of people but knew a lot of influential people. The reach of her influence was truly staggering and she left a legacy that spanned right around the world.

I have no doubt that Jackie's inspiration and spirit will long outlast her too short life. All of us who were lucky enough to have known her were given the dual, and sometimes clashing, gifts of her personal drive and intensity, and her playfulness and kindness. She once counselled me saying "Flyer- your actions are motivated out of either love or fear- take your choice". She had probably accurately nailed something that I first became aware of in my 40s – ie, that I had mostly attained my achievements through a fear of not meeting other people's expectations or a fear of failure rather than a sense of immersion and love. For Jackie herself I

believe that she probably used a mixture of the two to achieve what she did - on the one hand a fear of failure and not being perfect, but on the other hand, an absolute love of giving the moment (sporting or otherwise) the very best she had.

So the year 2015 has started and we don't have Jackie. But we have her inspiration and spirit, and after some dark days in November being depressed about her passing, I decided that she would have been annoyed at all this moping around so I looked at my bucket list and took the plunge and entered the inaugural Tour de France stage footrace to be held in June this year - 2800km, 43 days, no rest days.

Yes, I'm intimidated but I have dedicated this race (in my mind) to her. When I am toughing it out climbing a stage in the French Alps and feel like I want to pack it all in I will be thinking of "Auntie Jac" looking down on me expecting me to be the very best I can be, and when I finish in Paris I will raise a glass of fine French red wine and propose a toast (in my very best thick French accent) to celebrate the life of Jackie Fairweather.

Martin "Flyer" Fryer

**AURA ACT State
Representative**

Jackie Fairweather's Ultramarathon achievements

On Road

Australian 50km Road Champion 3:19:12 - Canberra, ACT: 13/04/2008

Australian Women's Open record for 50K road

Australian National 100K Road Champion 7:48:51 - Gold Coast, QLD: 07/06/2009

Australian Women's Open Record for 6 hour road: 75km

Gold Medal, Commonwealth 100km Championships, Keswick, UK: 7:41:23: 19/09/2009

On Trail

Winner, Six Foot Track (45K), 4:14:57 - Katoomba, NSW: 10/3/2007

AURA Women's Trail Champion, 4:02:40 - Six Foot Track (45K), Katoomba, NSW: 14/3/2009.



Jackie Fairweather's Race Report: Gold Coast 100K : 8/6/2009, ACTrun Yahoo Group

Editor's Note: This is an unedited extract of Jackie's post race report to the ACTrun Yahoo chat group. It is unedited so as to preserve Jackie's own writing style and the ethos of the ACTrun group.

Ok this is an epic report – but I figure I'll only run my first 100k once and it was a long race! The report is for posterity... (in fact this is a cut down version – you are lucky!)

Well after achieving my 2008 goal of sub 4:00min/km for 50k, I figured the 'logical' progression for 2009 was sub 5:00/km for 100km. Early this year I picked out the inaugural Commonwealth Championships 100k in Keswick (the 'w' is silent), England in September as my major goal race for the year. Ian Cornelius from AURA had told me it wasn't essential for me to run a 100k to qualify for the Commonwealths Team, but I was keen to somehow experience one if I could work it in. I had Gold Coast 100 in the back of my mind but was worried it was a bit early, I wouldn't have done enough work, and if I ran Canberra 50k I wouldn't be recovered in time. After Six Foot track (off a solid summer of 115k/wk) I decided not to do Canberra, but then had a few weeks of being really run down and barely doing any training. Then came NZ where I put in a big aerobic 10days including 4 x 4hr+ days (in 8 days) totaling 260k+. I came back from that trip and felt GREAT and started to entertain the idea of GC100 again. At X-C the Sat after the NZ trip, I made the mistake of asking Gramps (Trevor Jacobs) what he thought of the idea of GC100... "Go for it AJ"! So I signed up! Don't think

about it too much – just do it!

On Friday I flew to Brisbane – via Sydney after being bumped off my direct flight due to it "being overweight" (like I was going to make any difference!!). The upside was I got upgraded to Business Class (love it!). When I finally got to the Gold Coast (sans luggage L), my long time friend and masseur, "Oily Al" was waiting for me and worked his magic. The two days before the race I caught up with some friends – I had called the Gold Coast "home" for 12 years up until 2002. It was nice and relaxing staying with my friend Jenny – almost too relaxing as after a month of almost non-stop travel (NZ and then work), I was really tired all day Saturday. Luckily I knew the course well as most of it was my daily run during the time I lived on the Coast, so no reconnaissance was required!

My biggest worry was going to be pacing and nutrition. I was going into uncharted territory with this race. My longest previously was Bush Capital 60k in 2007. I received great advice from Flyer (Martin Fryer), Kerrie (Bremner) and also my friend Christine who was helping out with organising the race. Still, I knew I had to experience it all for myself to really know what it would be like. My aim was at least sub 5:00/km (=8:20hr), but my 'best case' aim was sub 8:00hr. Really though I just wanted to see what it was like and learn from the experience. The gun went off at 6am Sunday and for me it almost felt like: "ready, set, ...run slowly!". I really tried to hold back early, but was torn between going with the 6 guys who took off in front

of me and finding a pace that was 'comfortable' – I was worried too slow might be worse than too fast, making me feel sluggish, but too fast might be suicide. Soon enough I decided to run with some others and just talk and relax the first lap or so (the course was 4 x 25k out and back). So one by one I caught and ran/chatted with the guys in front of me. The first lap went by pretty easily, although the drink stations took a bit of getting used to. Even though they had helpers on the drink stations, it was pretty well 'help yourself'. I had put a bag of drinks and food options together for the 2 drink stations that would be each 5k mark (plus one for the start/finish area = 25,50,75k), but my 10k bag had ended up at the far turn around (12.5k) so that threw my nutrition plan out right from the start. Even once I worked that out, I had to 'find' my bag and fossick through it each time I wanted something from it, which cost time every time.

8:00hr pace meant 1:00hr for each 12.5k and 2:00hr for the full out and back lap. Lap 1 went by in 1:55.45 (58:27min down, 57:18 back) and really trying to hold back – but talking all the way. By 10k into lap 2 (i.e. 35k), I was on my own in 3rd place and in a comfortable rhythm. At 44k the heavens opened and we had a 10min storm with wind and heavy rain. Even though we all got saturated, the rain was welcome as it both cooled things down and cleared the paths of morning walkers! The rain did however, have a negative effect of knocking the rhythm a little and also making me get a bit cold and tight – but it was soon back to 22 degrees and sunny and all was fine. The 50k turn around came in about 3:50.33hr (3:14.05 through

the first marathon by my Garmin), so Lap 2 was completed in 1:54.49 (57:13 down, 57:33 back into the rain and wind). I was on my own now and feeling good. I wanted to let loose a bit. I was getting a bit impatient and chomping at the bit! I got down to the 62.5km turn with a 56:32 split, my fastest of the race. At the turn I found out that one of the two guys in front of me had pulled out, so now only one (Terrance) and he was about 8-10min in front of me. On the way back was the first time I didn't feel great. I had my 3rd toilet stop of the day at 69km (just number ones!) – hydration was obviously ok! But I tried to eat a couple of pikelets and they didn't go down so well. I later worked out I really didn't eat enough this third lap and I was starting to pay for it – got a bit too confident I think.

I got to the end of the 3rd lap and the 75k mark in approx 5:45.20 (58.19 return split and 1:54.47 for the lap). My first three 25k laps had all been within 60seconds – including a toilet stop every lap and some drink station faffing. If I could hold the same pace, then I realised I was going to go damn close to the Aust women's record of 7:40hr. If only it were that easy! We were in the business end of the day now and I was feeling rather daunted by another 25k. Christine headed out with me as my lead bike (she'd been lead bike for me on lap 2, with race director Peter Hall chaperoning me on lap 3). My brother and his wife had also arrived to support, after Matt had run the Brisbane Half marathon that morning (in a PB of 1:40hr – woo hoo!). And I had several other friends out on the course throughout the day – but especially on that last lap.

I first 'faltered' at 80km – the Nobby's Beach stairs. With my friend Lizel cheering for me from the top, I really struggled up the

stairs and went quite lightheaded and nauseous. But I pushed on. Where in previous laps I had been smiling and talking to other runners, friends and just people on the course, this lap I was very much internalised and saving my energy all for myself. Christine was great – rode in front of me and forewarned people I was coming but knew not to ride beside me and talk to me at all. I got to the final turn around (87.5k) with a 59:17 split – better than I had expected (second marathon had been 3:15.29). But at the turn I nearly lost it – felt very sick and light headed. The leader Terrance wasn't looking flash either and I had made time on him, but I didn't care anymore. I just wanted to make it back to the finish! I told Christine I needed to walk for a bit. Her ultra experience came in very handy here and she made me try to get another GU down, despite me feeling like I just couldn't. After losing almost 3min (trying not to be sick!), I got going again and back into about 4:40-45 pace. Feeling a little better, determination kicked in and I was on a mission to finish this thing. Apart from a walk over Nobby's Hill again (it was bloody steep at this stage!) and a stop for another GU at the last drink station (5k to go) (= losing almost 2min combined), I managed to hold onto 4:45/km and finish it off. My last 12.5k was the only one over 60min at 64:14, for a 2:03.30 lap. My friends Kelly and Pete followed me on their bikes for most of that last 12.5k although I barely acknowledged them (sorry!).

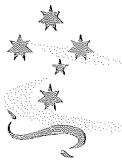
The finish was a welcome sight but I did for a moment in the last km relish the fact that I had done over 99k! I crossed the line well under my goal times and lay straight down in the shade! Then I couldn't get up because my hips would cramp every time I tried to sit up!!! Friends at the finish all stood around talking to each

other almost oblivious to me on the ground – I guess it is kind of expected that you'd lie on the ground for a while after 100k!

Anyway I was pleased with the run in the end – well under the time I had hoped for. I think there is quite a bit of room for improvement though. For a start I think I can do more preparation/training. Secondly this race has given me confidence that 4:30/km is my 'efficient' aerobic pace, as this is the pace I ran at for most of the way. Even when I started to struggle at the end I never ran slower than 4:45/km. Thirdly and a big one, I did not get in enough calories. I thought I was doing well the first half, but in hindsight it still wasn't enough. Kerrie had given me her routine, which I kind of used, but I wasn't 'routine' enough about it. Having my drinks and food at the wrong drink station didn't help, because right there the routine went out the window, but I still didn't know exactly what I wanted and probably wasn't planned enough about it. I will plan it better next time. Finally I was happy to be pretty casual about this one – faffing at drink stations and even waiting for others in the early stages. In the middle stages I was nailing the drink stations better. Next time I will get that sorted more. Oh and also I could do without the 3 toilet stops, but not sure how I change that one!

So in the end I got the experience and learnings I wanted and also got a pretty good result. Really I didn't find it too hard – certainly not off-puttingly hard. I'm keen to go again and do a better job of it. Recovery and then some good training to do first...

AJ



Race Reports

Canberra Sri Chinmoy 101km

28 September 2014

By Kristy Lovegrove

The Sri Chinmoy 101km trail run was run on 28 September 2014 with a starting temperature of 4deg. It was fresh!

After completing my first 100km NorthFace in May 2014 I wondered how the body would go pushing out another endurance event. I was about to find out.

The course was extremely beautiful, taking in Regatta Point, Parliament House, Red Hill, Isaacs Ridge, Farrer Ridge, Mt Taylor, Mt Arawang, Cooleman Ridge, Stromlo Forest Park, the National Arboretum, Aranda bushland, Black Mountain Reserve, Mt Majura, Mt Ainslie and Lake Burley Griffin. I made sure I embraced the day and took some time out to take in the beauty of the course.

I was still smiling at the finish line, completing my second 100km event for 2014. My time was 13.30 and I was 5th placed female in the under 50s and 6th female overall. This is how my day of running around Canberra unfolded.

There were a lot of strong runners who set a very good pace. I held pace with the front runners for awhile. I thought it was great that there were no massive hill climbs to start with. A lot of ground was covered before CP2. I kept thinking that it was very different to NorthFace as I was able to run more, rather than climb stairs.

CP2 came up shortly and I stopped to refuel. Not long after this the hill climbs started and I needed

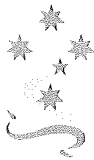
to increase my fuel intake. I hit a slight wall around 45km as the course became very flat there and somewhat warm. My running partner, Colin, started to struggle. We pushed through and it wasn't long after that that we were able to find a good pace and continue on our journey, refueling on watermelon, gels, baby food and dried fruit.

It wasn't long before we were climbing Mt Ainslie, picking up another two runners who were

struggling on the way. It was nearing nightfall. Even though we'd had high hopes of beating the nightfall, the daylight was slipping away. Once we hit the top of Mt Ainslie it was a shuffle down the hill. Those last few kms to the finish line are always hard but I knew it was so close. With the finish line in sight I found the reserve to pick up my tired feet and cross the line with satisfaction. What a way to spend the day – running



Kristy Lovegrove at the finish line with running partner, Colin



Hume & Hovell 50/100

18 October 2014

By Peter FitzPatrick, Race Director

At 6am on Saturday 18 October 2014, 19 runners and 6 relay teams in the 100km set off from Henry Angel Track Head on a section of the Hume & Hovell Walking Track near Tumbarumba, and 34 runners in the 50km set off from the Jounama Dam wall at noon, meeting up with the 100km and relay runners at check point 4 with all runners finishing at Brandy Mary Park at the foot of the Blowering dam wall near Tumut.

Dave Graham and Andrew Donaldson ran all the way together finishing in a time of 10:45:01 with Dale McCormack coming in at 11:27:06. This was Andrew's third H&H 100km, winning in 2012, coming second in 2013 and now in a tie for first place in 2014.

Jess Baker was the first female to finish the 100km in 11:03:40. Natalie Best was second in 13:37:01 and Anna Mullin third in 15:22:41.

The 100 km Relay Team, Tailwind, with team members, Beth Cardelli and Gavin Markey, came over the line in a time of 10:16:53.

Jess Baker's description of the run was, "beautiful waterfalls, wild brumbies, wild flowers and

everything else, just gorgeous". 2014 was the first time the runners were able to see the spectacular Buddong Falls as that section of the track had been closed in previous years due to a landslide making it too dangerous to use.

The last three years the temperature has managed to rise to the high 20s after starting off at minus 2 at Tumbarumba at 6am. The midday heat on tedious dirt roads tests out the best of the runners but then the runners appreciate the shelter from the pine forest plantations and natural rugged forests as the run meanders along the foreshores of the lovely blue Blowering Dam. The natural beauty of this run is spectacular and catches out-of-towners by surprise. One runner mentioned it is an ideal first up event for those wanting to try out a 100km event. It has some ups but they won't blow you up, a glorious downhill, nice things to look at, and it's fast.

The 50km winner, Ian Lochrin, looked great as he came over the finish line in a time of 4:11:27. His partner, Lucie Barney, was not far behind him so he met her and ran over the line with her ahead

of the next male, Mick Donges, in 4:53:50, then Maggie Jones in 5:04:27, and Kevin Muller (third male) in 5:16:52. Third female, Bryony McConnell, recorded a great time also, 5:23:15.

At the end of the race there was wonderful country food on hand. "Yummo", was one runner's comment. The portable shower was also a winner. The local runners are still talking about it! The event was very family orientated and there were little children, parents and family running along sections of the course with entrants.

Medals were presented as runners came over the finish line, and the trophy and certificate presentations took place after breakfast on the Sunday morning.

This event could not happen without the support of the local NSW Rural Fire Service, Riverina Highland District, Wagga Wagga Road Runner members and their families, volunteers, services, departments and sponsors.

Our biggest aim is to make our event an enjoyable experience, not only for the runners but their families and friends also.

The Heysen 105

25 October 2014

By Howard Norton

This was to be my second Heysen105. In 2012 I watched on from the sidelines thinking "these people are mad" and in 2013 I finished on the podium in third place.

This year I had a very different build up to the Heysen105 as it

was my fourth major race in six weeks. I'd completed Surf Coast Century in Victoria, followed by Yurrebilla Ultra Trail two weeks later, and the Flinders Challenge Front 50 (formerly Trail Blazer) two weeks after that. Finishing off with Heysen105 would see me with approximately 310 competition

kms under my belt!

As the start line is in the Victor Harbor area, 90 minutes from Adelaide, we decided to set off on Friday morning for an easy day and a night in the caravan park only 2-3 minutes drive from the start to avoid having to get up at

'stupid o'clock'. We had with us Andy Flies, our American friend. This would be his first Heysen105.

The day started with a buzz at the start line with 50+ eager (and some anxious) runners. The talk was all about the weather as a top of 27C was forecast. Drop bags handed in and race bibs attached, a quick word from Race Director, Ben Hockings, and we were off.

With approximately 17km to the first check point, I settled in with a group of 5-6 runners at a pace I was very comfortable with. The fast runners, including Brendan Davies, were off well into the distance!

At the start Ben had said to watch out for the red and white tape in the pine forest belonging to a car rally that was taking place on the same day. Unfortunately this was the same red and white tape that our trail had been marked with! As we approached Check Point 1 (CP1), we were joined by Brendan who had got lost following the red and white tape. I have no idea how much time he'd lost but it was nice to be in front of him (if only by default, and for a very short time!).

I arrived at CP1 in good shape. It was orderly and well organized. My support crew, Pauline, had parked off to one side with the car open and everything ready. We have quite a routine - swap the drink bottles, replace gels X4, throw down some water and fresh OJ, eat a fair amount of mango, and I'm off.

CP1 to CP2 was 19km and the temperature was rising but I settled in with the same group as previously and we headed up a long steady climb on a fire road. While chatting with the other runners, one runner broke away and was 100m ahead. The rest of the group gradually split into its own natural order and I continued to run with Andy. The course then followed a long single track through rocky

scrub and out on to a dirt road towards CP2.

The crowd at CP2 was bigger and louder than at CP1. I found Pauline and we went through our ritual of bottle swapping, gel handover and mango guzzling. I also drank plenty of fluid as I knew the next section would be very exposed to the sun.

CP2 to CP3 was 22km. The first part of this section is my favorite - rocky, very tight single track that opens out into wide, open high farmland. It was hot. Andy had not been here before and he stopped for awhile. I didn't see him again until he came across the finish line.

CP3 was visible from quite a long way out and was a welcome sight. I could see an even larger, noisier crowd, all willing to help us runners. It was a shame to leave the check point as people seemed to be having lots of fun! Again, a flawless stop and I was off. It was 18km to CP4 across crops, up hill and down hill.

At CP4 I was getting agitated (heat, anticipation, impatience) and wanted everything perfect and quick. Pauline knows the signs - stay out of my way, pass me the goodies and let me go. I loaded up, forced down the mango, drank OJ, coke and water, and also wrapped ice cubes in my bandana and tied it around my neck. The heat was getting worse and that helped for a while.

CP5 was only about 12km away and I knew that Dej who was currently in 3rd place was only 2-3 minutes ahead of me. Half way to CP5, and at a turn on the forest road, I saw Dej 200m ahead with his buddy runner. I don't think they saw me.

As is tradition, CP5 was again manned by the legendary Merrilyn and Mal, Heysen 105 volunteers extraordinaire! As with last year, I

barely stopped to say 'Hi'. I just wanted it done.

CP5 to the finish line was not my favorite section but that might have been fatigue talking. After 3kms I saw Dej but I just couldn't kick on (perhaps too many big races in a short space of time had caught up with me). I settled for fourth place in my mind and decided to concentrate on who was behind me. I didn't want this race to end up being a 5th place or more. Checking back at every turn in the pine forest, it was then that I noticed what is likely to become tradition for the last section of this race - ie, Nina's t-lights set out approximately every 25-50m to guide runners from CP5 all the way to the end.

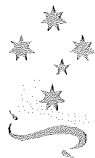
On I went and finally the finish line was in sight. Up that last seemingly never-ending hill and bang it was done, and I'd secured 4th place. I needed a beer!

A noisy crowd cheered me in. They continued to do this throughout the night, 'changing shifts' as some got tired, some had to leave and others arrived late in the night.

Brendan who'd come 1st had gone for a shower so I caught up with Luke (2nd place) and Dej (3rd place), and settled in to cheer in the ladies - Jo (1st place), Hayley (2nd place) and Izzy (3rd place), and Andy who was 9th overall.

This is a truly great event in a great location, well organized and made all the better by the fantastic and happy volunteers along the way.

I'd like to say a big thanks to the race organizers and all the volunteers from all the runners. You make it easier, more memorable and a great experience for us all.



Ned Kelly Chase

26 October 2014

By Justin Scholz, Race Director

As an inaugural event we were really happy with 2013. We had one of the largest 100km fields in Australia for the year on a road course, and Moritz Auf der Heide's time of 7:39:15 was one of the fastest 100km times for that year. But we quickly realised that we could capitalise on the "choose your own" start time theme and increase the social aspects of the event with out-and-back loops rather than a single loop. This also allowed us to remove the 27km road section from the course. The new 2014 course allowed frequent two-way passing of fellow entrants and also supported the trooper chase concept with 100km cycle entrants telling us right after the event that they were keenly checking bib numbers on the outward sections to work out how long it would take them to catch their designated runners.

The two AIMS / IAAF certified 50km loops meant we could offer accurate splits and have a solo 50km event in favour of the 50/50 that we had in 2013. The solo 50 was logical with the improved course.

In 2014, the solo 100km event produced the second fastest 100km time in the country. (Brendan Davies 7:26 at Centennial Park was the fastest). With Dion Finocchiaro securing the win, he also managed to better the time set by inaugural winner Moritz auf Der Heide by nearly 7 minutes in 2013. At 7:32:29, Dion's time is outstanding considering the temperatures reached in the latter stages of the event. We don't doubt that if conditions were similar to 2013, or more "normal" generally, that Dion would have achieved a much faster time.

Like Dion, the female winner of the 100km was Victorian based and from the broader Melbourne

metropolitan area. Joanne Tremonti managed 10:07:58 and had conditions again been cooler would easily have managed a time under 10 hours. With a 4:40 first half, and taking it easy in the cooler conditions it shows that Joanne has excellent speed and endurance.

The best "accurate" time award went to Kevin Muller again. Based on the penalty system Kev's time was the best of those that weren't already placed in the top 3. His 9:36:54 was credible, but more importantly he was just 7 minutes outside of 2pm. Well done Kevin.

In 2015 we'll adopt the same course and same general format. The only significant change is expected to be the dropping of the RunNBike and the introduction of a 50km solo cycle so that those entrants can give chase to the solo 50km runners. It should be a lot of fun.

The winners of the 2014 solo 50km run this year were Luke Stratford in a time of 3:53:02 and first female, Muriel McLean, who managed 4:50:00. Like Dion, Luke's initial ambitions were

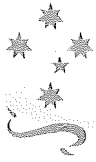
higher than the time he eventually produced, but in the conditions his race was perfectly executed. Of the final group of four to start in the 50km, Luke was last to turn at the 25km mark but still managed to win, and by just over 9 minutes no less. Muriel was one of the large contingent of Queensland entrants and I think this may have been her first ultra. A 3:30 marathoner, she did well in the dry heat to produce a winning time. Hopefully she will consider a return in 2015 and even look over the 100km course.

In total we had 213 finishers across all events and were happy with how the event progressed. With the out and back courses, frequency and placement of aid stations, and the beautiful Apex Park on the banks of the Ovens River as the start, 50km and finish location, we are unlikely to make many changes ahead of the 2015 event.

The date of the 2015 event will be Sunday 25 October, assuming that all the normal and necessary permissions are granted for us to hold the event at that time.



"Rowdy and Rusty" competing in the 2014 Ned Kelly Chase



Marysville Marathon 50km

22 November 2014

By Adrian Lazar Adler

Despite being an Australian ultra runner I have run relatively few of my ultra races in Australia. Ignoring my run at the Great Ocean Road Marathon in 2013 (technically an ultra since it is 45km in length), I had completed only two ultras in Australia, both on trail at the You Yangs 50km, finishing third both times.

As the race started we set out from the town's sporting ground and I fell into second place behind one runner who I would later find out was Ash Bennett. He quickly raced to the front, setting a pace faster than I was willing to run at so early in the event, and so I let him slowly pull away from me. As we headed towards the outskirts of town a pack slowly formed so that by the time we turned to follow the Taggerty River out of town there were 6-7 of us running together with Ash out ahead. There was plenty of chatter in the pack as we gradually climbed up the valley, but the pack started to splinter as the gradient increased, and I found myself in 4th place.

Just after 13km into the race we took a turn away from the river and started a steep climb. Apart from a couple of short running sections I power-hiked up the hill and by the time I reached the top of the climb I was in 2nd place. I then started the out-and-back section which added the extra kilometres on to the marathon distance. At the turnaround I timed that Ash had opened up a gap of 2 minutes and there were about three runners within a minute behind me. The remainder of the prior pack was strung out further behind.

Upon returning to the start of the

out-and-back section I commenced a long descent where I started to push the pace. For a long time I had considered my downhill running (from the perspective of speed and strength rather than technical ability) to be my greatest weakness, but in the past year or so I feel I might have turned that around to become the strongest aspect of my running. As the gradient shallowed out and I approached the aid station at approximately 28km, I looked ahead to see Ash just pulling out. He turned back, looked at me in surprise and then took off. I was back within approximately 30 seconds of him.

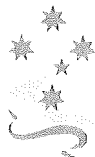
Ash was running extremely light, wearing no shirt and carrying no hydration. I had set out carrying water and gels but having utilised the aid stations to that point I performed a stocktake and determined that I had enough to get me through to the finish without any more stops. I calculated that this would save me time and give me an advantage over Ash.

I used the image of a jackrabbit in my mind, initially frozen in a set of car headlights before darting off in fright, as Ash darted off ahead and started to rebuild his lead. But around the 32km point I turned sharply to commence a steep 1km climb and realised that Ash was once again back within 30 seconds of me. I gained on him up the hill and started the descent close behind. Around 34km into the race Ash slowed to a stop. When I checked if he was alright he mentioned that he was cramping and started to stretch out his legs. Glad that it wasn't an injury I continued past him into first place.

I hate running out front with the feeling of being stalked, and my first thought was that if I kept running along at the same pace Ash might catch up and I could push for the win closer to the finish, but having seen Ash's earlier leg speed I decided that would be a poor tactic. Instead, I picked up the pace in an attempt to win the mental battle as he suffered while I pushed on strongly. After 35km we passed back through the sports ground. I was later told that Ash was within a minute of me at that point, and Dan Beard just behind him in 3rd place.

The final 15km included the second major climb of the race up towards Steavensons Falls. Every time I considered walking I wondered whether the runner behind me would run the same section instead. With that pressure on myself I only walked a couple of relatively short sections of the climb. I topped out of the climb and started traversing around the hill with fantastic views of the surrounding area.

I descended to the falls and then started running past a multitude of runners from the shorter distance events also headed towards the finish. I ran back onto the sports ground and an event official tried to send me back out towards the falls thinking that I still had 15km remaining. I ran across the finish line and was initially announced as a finisher in the 10km event. I headed over to race director, Brett Saxon, and informed him that I had just finished 50km. He congratulated me on the run and I thanked him for putting on another great event.



Bruny Island Ultra 6 December 2014 By David Bailey

Trepidation mixed with adrenalin coursed through me as I stood among approximately 10 other runners in the start wave. I attempted to let the beautiful patchwork coastline of rocky outcrops intermixed with inlets and green forests that characterise Southern Tasmania distract me from the inevitable countdown. I could see the ferry that transported all participants to the island sail serenely through the calm waters separating us from the Tasmanian mainland. I was the only solo runner in this particular wave. The rest were relay runners who jumped about and laughed excitedly. They only had a short 2-4km relay leg to run. I had one 64km leg. The countdown to the start came sooner than expected and we charged up the steep starting hill. It was a subtle reminder of many more to follow.

This was the 26th Bruny Island 64km Ultra and relay. Generally held early December, the course runs the entire length of Bruny Island from Dennes Point to the symbolic Cape Bruny Lighthouse. Touching the lighthouse door signals the end of a runner's journey. This year, 41 solo runners toed the line, while 89 relay teams also tackled the course.

The event is unique as runners select their own starting time with the goal of finishing between 12pm-1.30pm. Various waves commence at 5 minute intervals. This theoretically leads to all participants finishing within close proximity. The format allows for an extremely enjoyable running experience and great sense of camaraderie. As solo runners start to feel the grind close to the

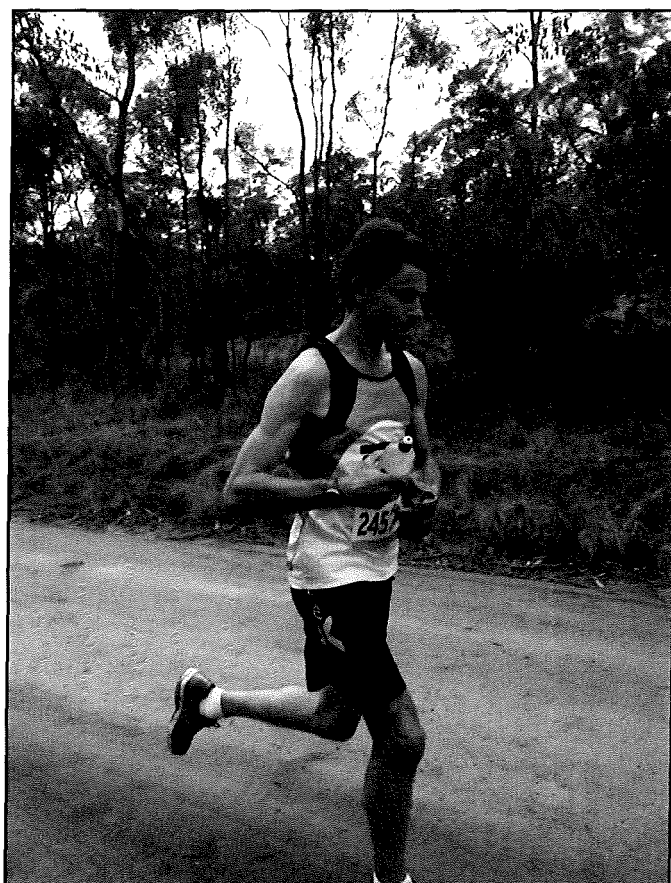
finish, relay runners and their crews begin to catch up and cheer them on through these difficult stages. This is invaluable with the last 15km serving up some rather nasty hills. Conversely, it can be quite frustrating to see fast relay runners on fresh legs sprint past as if you were standing still! It is also an ultra of suspense with solo runners oblivious to what position they are in until the finish. The course is a mix of undulating bitumen and gravel roads hugging the picturesque Bruny coastline. The sounds of crashing waves are never far off. It is a tough but ultimately rewarding run.

I am a relative newbie to ultra running, this being only my third ultra at 24 years of age. Yet the event is so enjoyable this was my second Bruny run. I had run it 6 years ago. I was 19 years of age, had only been running for two years and had no idea of how to approach an ultra. I did it in 5 hours and 35 minutes. My warm up was foolishly long and my nutrition strategy guesswork at best. It was my response to a friend's assertion that there was no way I could ever complete the course. That was a good enough motivating factor at the time but it ended with many

lost toenails and was a painful, yet invaluable, learning experience.

In 2014, I started with a 4 hour 50 minute time goal in mind. I did not know it when I started but all other solo runners had already commenced their journey. My quads started screaming within the first five minutes as I eased my way over the vicious early stages of the 64km journey. However, I knew this was only temporary as the course flattens off. You are never alone in this race. There are always runners and crew members around you due to the staggered start.

I settled into a rhythm, Garmin off, in the zone and flowing – just the way I like it. My mother and father crewed for me superbly. I was also aided by the constant claps and well wishes of relay runners. My fellow



*David Bailey running the Bruny Island Ultra
Photo courtesy of Shane Mundy*

Tasmanian Road Runners ensured I had my fair dose of high-fives.

At 10km, a sharp knee pain emerged and I was uncertain if I would reach the hallowed lighthouse door. Increasing my cadence and altering my stride gradually made it subside. Relieved, I continued to zone out while subconsciously relishing the

ever-changing scenery.

Eventually I caught sight of the lighthouse as I conquered one of the last gruelling hills. Yet the next 2km stretch of downhill is deceptive. Cruelly, runners must then run a last 300m up steep stairs – ouch!

With onlookers offering tremendous encouragement, including the first

solo woman, Amy Lamprecht, who had just smashed her own course record, I reached out and blindly touched the door four hours and 38 minutes later. I proceeded to double over and almost power chuck while simultaneously thinking about how great it will be to run this amazing and superbly organised event again next year.

Kurrawa – Duranbah 50km

14 December 2014

By Gary Mullins

“Well Gary what do you think? Are you going to do this race again or not?” That was the question I was asking myself four days out from the race. My wife, Ana, had entered but I was still debating with my running mind.

I am not a big advocate of running such distances just for the fun of it. In coaching, I advise my runners not to, so I should practice what I advise. After a nice little run in Melbourne, I had relaxed and was allowing my body to rest. I had planned my A, B and C races for 2015 and so there was no point in entering. Ten minutes later I was entered!

I always start off easy in a race and allow myself to settle in and see how I am feeling. I believe this is important in any race. Rather than worrying about pace, I feel it is better to listen to the body.

Moving along Mermaid Beach I was in sixth position and didn't feel comfortable - heavy breathing, warm and heavy legs – and it wasn't even 5kms in. I slowed down a little and spent the next 15 minutes getting my mindset right.

I ran through 15kms and decided to have a look at my watch - 61 minutes. By then I was moving ok and sitting in fourth position. The second and third placed runners were about 90 seconds ahead and the first placed runner was nowhere in sight. At

this point I had a mental check with myself. I was feeling ok, my pace was comfortable and I was relaxed. I know in the right temperature and when I am in form I can push a little. However, I didn't want to because last year I ran the first 25kms in what I thought was comfortable and suffered cramping from 35kms so I knew what this race could do to you.

Just as we hit the main road and running through a drink station, I noticed the runner in third place had stopped and now I was in third. We ran over Currumbin Bridge and I saw that I was closing in on the second placed runner as well. By the time we arrived in Currumbin we had joined each other. On the climb up into Duranbah I pulled some metres on him. The climb up doesn't seem much but it can zap your legs. I slowed the pace right down as I knew that even though we had a good descent from the top, at the halfway point we had to climb back out. Heading down into the halfway point, Rob Clarke was running back up the hill. I had a look at my watch then, and had another look at the 25km mark. Rob had a three minute lead on me.

35kms passed, 2 hours and 20 minutes gone. I was still moving well and I was closing in on Rob. Just before 40kms I caught him. I ran with him for a bit and then pushed on. I had taken on my

last lot of Tailwind and had two caffeine gels left. At 40km it was 2 hours and 40 minutes down.

There is a steep little climb about 7km from the finish. Just before that my left hamstring gave me a reminder of what can happen. It decided to tighten a little. In my back pocket I had a salt tablet but no water. It took me a good 30 seconds to swallow the salt tablet!

5km to go and I was still in front and thinking I may be able to win. Running along Mermaid Beach I looked over my shoulder and maybe 500m back was a runner who was moving well.

I ran for another two minutes and then took another look. He was closer. I caught the attention of the lead bike riders. One of them dropped back. I asked, “Hey, is that 2nd place behind me?” No reply and then a little chuckle, “Nah, we were not going to tell you, but it's 1st place of the relay runners”.

I looked at my watch – 3 hours, 10 minutes. I knew I had about 10 minutes to go. I finished in 3.18.51. It was a one minute negative split.

It was my second Kurrawa to Duranbah and I will be back. It is such a community event on the Gold Coast with some great runners and awesome volunteers. Thanks Ian and Sahara. See you in 2015.



Duncan's Run Hundred

20 December 2014

By Chris Roberts

In the week before Christmas – normally reserved for the hustle and bustle of Christmas shopping and parties - nearly 100 adventure types tackled the second running of the Duncan's Run Hundred in the Strzelecki Ranges of Gippsland, Victoria. Duncan's Run Hundred is held in memory of local runner, Duncan Orr. Duncan was an influential member of the Traralgon Harriers and it was his dream to hold a locally run ultra trail event in Gippsland. The event was organised by his wife, Anna, along with family and friends of Duncan and the Traralgon Harriers.

I had decided to enter Duncan's Run Hundred for a few reasons. My family had already left me for Christmas so I had no other plans, I was seeking redemption from a poor showing at GOW and I wanted the three qualifying points to UTMB.

I didn't know much about the course or conditions, only what I'd read in Michael Collins' report for Ultramag last year and from speaking to participants in the inaugural event. That was enough to get me worried as getting lost and leeches were common themes.

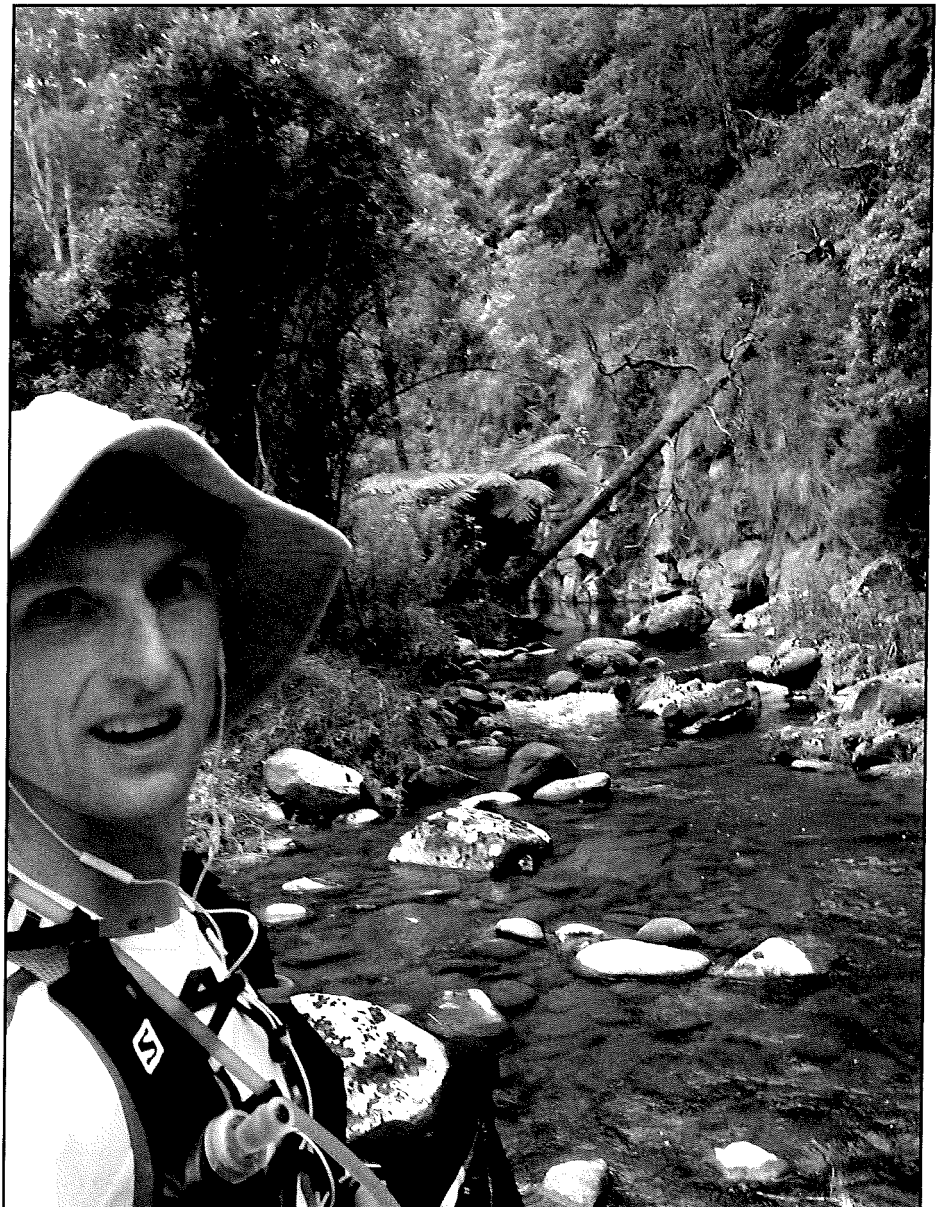
The morning dawn revealed a cool seven degrees for the briefing and race start. In an ominous sign, the first leech encounter was at the briefing. After Race Director Travis McInnes' briefing there was time for a quick spray of all exposed body parts with tropical strength insect repellent and we were off!

What a fantastic track the first few kilometres proved to be. We wound our way around huge majestic mountain ash trees and

thick ferns on a well maintained gravel walking path before crossing a suspension bridge that wobbled under the load of many pairs of feet. The 100km and 50km events both started together but the runners soon spread out as the front runners ran out of sight. It was a small but quality field in the 100km run including last year's winner, David Overend, and third placegetter, Rob Zwierlein, along with Stephen Rennick who placed fourth in the Surf Coast Century.

I ran along and chatted with several of the 100km and 50km runners for much of the first 30km, including Ben Clark, Darren Purcell, Kieran Ryan and Lucy Bartholomew. Like me, Kieran was also chasing UTMB points, whilst Darren was a veteran of the inaugural Duncan's Run Hundred and was running strongly.

Things fell apart for me from about 35km. I was struggling to maintain an even running pace even on the downhill sections of the course that had a lush green carpet of



Chris Roberts at one of the river crossings in Duncan's Run Hundred

grass. After finishing the initial 50km loop I reluctantly set off for the next 28km loop, grabbing my poles on the way as this loop had a decent climb at the end. I very nearly quit a few kilometres into this loop and sat down to regain my composure. Despite the gentle downhill section, I decided to crack out my poles and put my headphones in, something I've never done in a race before. That seemed to do the trick as I broke into a steady run and felt re-energized, even though I'd fallen

15 minutes behind the next group after only 10km of this leg.

I finished that leg strongly, and despite spending way too long at the check-point (again), I took off in good spirits for the final 25km leg around Mount Tassie, managing to catch up to plucky New Zealander, Shannon-Leigh Litt, the leading lady on the course. I finished in better shape than I'd felt 50km prior.

Fortunately the leeches stayed away this year and the excellent

course markings meant there weren't too many lost runners. Brett Easton and the sweep being two exceptions!

Congratulations to Stephen and Shannon-Leigh for their wins and big thanks to the organisers of Duncan's Run Hundred for putting on a great event with a great community vibe. I'll be back again, leeches or not.

Postscript: My UTMB entry was not successful. I guess I'll just have to try again next year.

6 Inch Ultra

21 December 2014

By Rob Donkersloot

In October 2008 I broke my bike just as I was starting to train for my first triathlon. Instead of doing the triathlon I ended up running my first ever ultra with 18 others at a race known as 6 Inch, an event held 100km south of Perth from North Dandelup to Dwellingup on the Munda Biddi Trail. By October 2014 things had changed a little. The bike was sitting in the garage gathering dust dreaming of that first triathlon, I had completed quite a few more trail ultras (including five 6 Inch races), and the 6 Inch event had sold out months previously with 250 competitors entered.

Over the previous six years a tradition had also been born - ie, that anyone finishing their sixth race would join a very select group of runners and receive a special red railway spike (there are rumours that after 12 races runners will get a gold spike). We all know those guys who have run 25 consecutive marathons, and each year manage to get out of bed with no training to hobble around to keep their streak of consecutives going. I had become one of those

people in my quest for a red spike.

In 2013 I had been up for my fifth 6 Inch race, and had the week before finished Coast to Kosciuszko resulting in very badly swollen legs. One good thing about Six Inch is the 48km race has a very generous cut-off of 7.5 hours, so the plan was to hobble around, and like at Coast to Kosci, walk a lot of the hills. I finished the 2013 race in 6:32. Little did I know that would be my last race for 12 months.

As 2014 started, I experienced ongoing issues with my knee, which had been aggravated by Coast to Kosci, and looking back, probably not helped by running 6 Inch the week after. An arthroscopy in March and a radioactive isotope injection in September had meant I had run very little, and I had resigned myself to the fact that 2014 was not going to be my red spike year. Luckily a beer with fellow red spike aspirant, Grant Wholley, gave me the kick in the backside I needed as Grant somehow convinced me I could do 6 Inch on just about no training.

By November I was able to run a little and started a program including some 20km efforts where I mimicked the run/walking I would be doing at 6 Inch. By race day I had managed a total of seven very slow training runs.

The elevation at 6 Inch isn't too bad after you get over Goldmine Hill, which comprises the first 3km of the event and is a nice little heart starter at 4:30am in the morning. 6 Inch starts early, just as a little light appears, to avoid as much of the December heat as possible. The race started surprisingly well for me. I walked up Goldmine Hill faster than most of the others who had decided to walk it, and then had most of them pass me as I ran a very conservative pace across the flats.

The first aid station is at 22km, and I had worked out that this was my passing opportunity. As a heap of runners stood around chatting as they refilled hydration packs, I changed packs without breaking stride. I always reckon I can save a heap of time in aid stations, and here I was using it to get me to a

finish before the cutoff.

Soon the second aid station appeared and I gambled my water supply would see me through to the end of the race, so got in and out of there with no time lost, again leaving a lot of runners behind in the process.

The last 10km at 6 Inch from the second aid station is always tough, and on no training it was like that and more this year. Walking all the hills turned into walking all the hills and some of the flats, but still quick enough to finally get across the finish line in 6:48. Now for my gold spike!

One thing 6 Inch 2014 has taught me is if for whatever reason I can't run trails anymore, there is always the option to try and follow in the footsteps of Bill Thompson and the like and walk them instead, and that would be pretty wonderful in itself.



*Rob Donkersloot walk/running the 6 Inch Ultra
Photo courtesy of 6 Inch Trail Marathon 2014*

Narrabeen All Nighter (Path)

3 January 2015

By John Kilmartin

Editor's Note: In 2015 the Narrabeen All Nighter featured two alternative race courses for the first time – ie, a 1km course on path or an out and back 5km trail course.

The Narrabeen All Nighter 12 hour first crossed my radar at the last Coburg 6 hour when race director and fellow race walker, Tim Erickson, suggested this event as a good step up race from my usual

6 hour or 50km events. The sealed flat track was an attractive feature.

Coming from Ballarat in country Victoria, I decided that with all the associated aid station gear, I would drive up rather than fly. I did the trip over 2 days, stopping overnight at Goulburn, then on to Narrabeen, arriving around midday. It was then a long wait until the 8pm race start. However, I did make myself useful helping

out a local lass who dropped her car keys somewhere on the 2.5km trail. This meant that while I was preparing to race the 1km path loop, I did a warm up lap of the more popular trail race searching for her keys. Unfortunately, we didn't find them.

Setting up my aid station I met Mal and Carol Gamble parked close by. We had a good position just up from the start/finish line. Saul

Richardson, a local endurance walker, kindly crewed for me and prior to the race, introduced me to walker, Charbel Sandroussi, and his well credentialled crewman, Anyce Melham, ultra runner and Centurion walker.

The night was quite warm. There was a slight breeze to start with which was quickly replaced by high humidity lasting the entire 12 hours. Race organisers, Glenn Lockwood and Ron Schwebel, capably addressed the assembled runners explaining how the two race routes came to meet at the start/finish line and then we were off.

The 1km path option took us out of the car park, slightly downhill to

the main footpath along the water's edge heading east to a tight U turn marked by an orange witches hat.

David Eadie led early followed by Mal Gamble and female runners, Isobella Henzell, Annabel Hepworth and Nikki Wynd, all putting in a solid pace. David, I believe, was after a fast 50km time and rested after achieving that milestone, coming back later in the night to partner Nikki.

I had a race plan mapped out in 2 hour segments starting with 7 minute laps, progressively slowing until the 8th hour where the last 4 hours were expected to be 8 minute laps. Optimistically, this would produce around 95km - a

rather lofty goal for a first time 12 hour race, but hey, you have to aim high! Predictably, I started off a little quick, caught up in the excitement. I checked myself and then settled into a good steady pace. Tailwind fuelling was my liquid source of carbs and electrolytes, it having proved itself over the last 3 months of long training walks and 50km races, including the Ned Kelly Chase and the NZ long distance race walk championship in November. It was interspersed with water and beetroot juice, and a can of Red Bull after about 7 hours. Solid food included banana halves, peanut/honey sandwiches, creamed rice and fruit cake.

Well into the night we were entertained by the energetic Melanie Zeppel doing her "happy dance" at the start/finish line much to the appreciation of the lapping runners. I wish she could have been there all night!

Personal lighting was optional on the path. I wore a headlight as I've had my share of tumbles on the slightest of undulations in past night-time excursions. I heard later that one runner took a fall requiring a patch up before continuing on.

Around 66km I had a pit stop and a quick sit down, which proved to be a dangerous move, resulting in light-headedness. It was suggested that I lie down for a bit. Great! My legs started to cramp with every attempt to get up and get mobile. Saul called the physios whose names I don't recall but I'm forever grateful for their efforts on massaging my hammies and calves, and getting me back on my feet. That took about 45 minutes out of my race. At this point I realised I mustn't have been hydrating sufficiently, so for the next 20 laps, after taking a couple of endurolyte caps, I drank every lap.

The break must have helped as my



*John Kilmartin at the Narrabeen All Nighter presentation
Photo courtesy of Stefica Key*

lap times then decreased by about 30 seconds and I was able to run the rest of the race at my target pace of 8min/km.

Getting past the runners on their walk segments also felt empowering as were the occasions when I was able to match another runner's pace for awhile.

Predictably, dawn came about 2

and bit hours before the end of the event. The wakening birds let out a raucous chorus and quickly the pathway flooded with early morning fitness walkers, runners and cyclists who didn't appreciate us running on the right hand side.

Mal won the path race with an outstanding 128km with Graeme Wye next with 101km. Isobella was the first female with 100km

followed by Annabel on 95km.

For my first 12 hour race I was happy with my placing as fifth male and first in my 60yrs and over age group with 86km.

The Narrabeen All Nighter was a well put together race with loads of atmosphere in a great setting. I'd do it again. However, next time I'll be flying up!

Narrabeen All Nighter (Trail)

3 January 2015

By Rob Mason

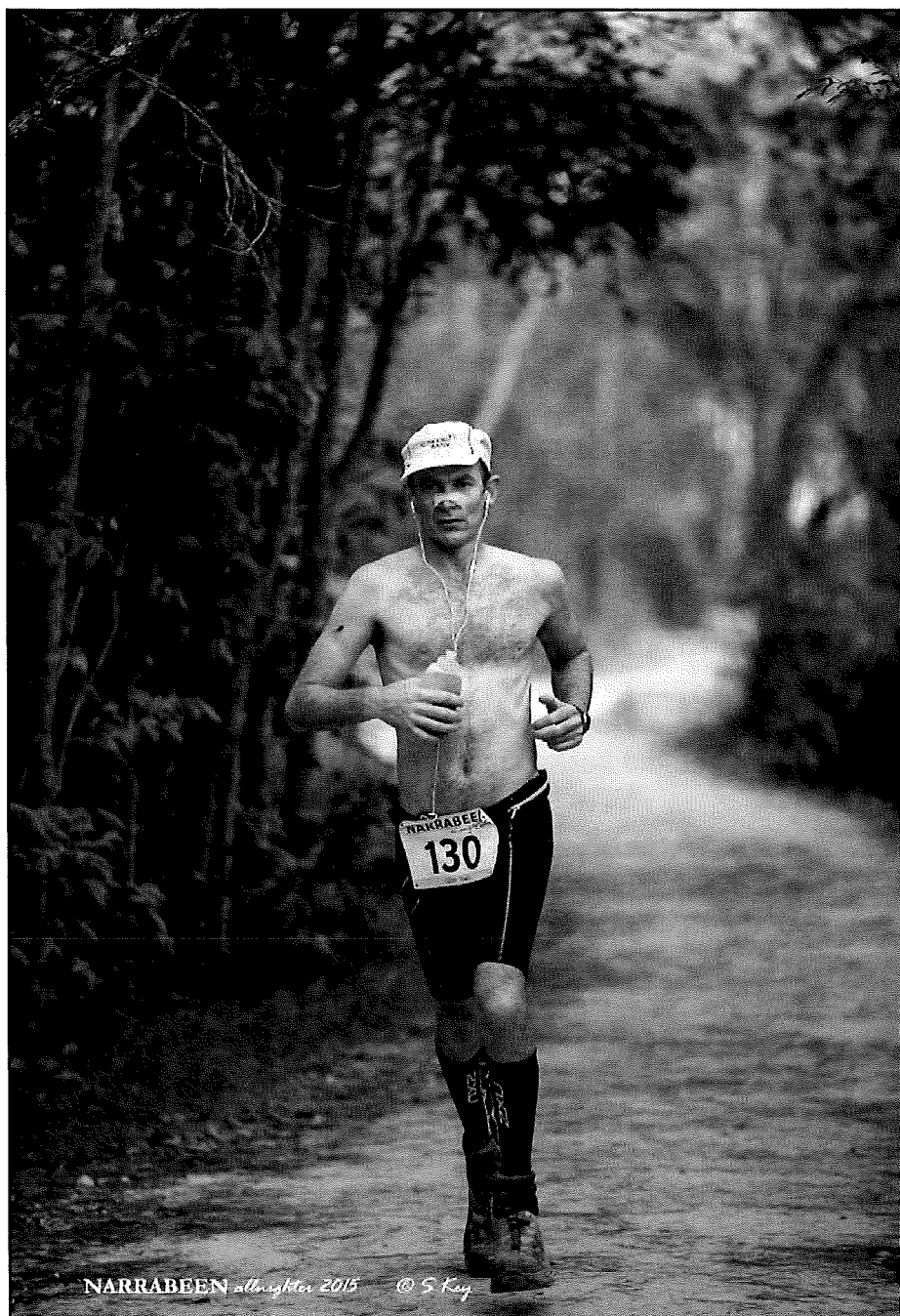
Editor's Note: In 2015 the Narrabeen All Nighter featured two alternative race courses for the first time – ie, a 1km course on path or an out and back 5km trail course.

After my best year of running in 2013, I only ran 2 races in 2014 – the Mt Solitary 45km and the Mt Stromlo 50km. A new role at work and our first baby easily took priority, and running took a back seat.

I crewed for Roger Hanney at Coast to Kosci in December 2014 and that inspired me to enter the Narrabeen All Nighter (NAN). I entered the NAN on my smart phone in the back of his crew car. That is what hanging out with the wrong crowd, ie, ultra runners, can do to you!

The mood at the start was relaxed and friendly. Most people were chatting about Christmas and NYE. Inside my head it was a different story. What the hell was I thinking entering this race? I was not prepared for it and I knew I was in for a world of hurt over the next 12 hours. The best thing to do was to let these thoughts slide out of my mind, think about how lucky I was to be able to run, and enjoy the energy of the race.

Horrie and Ron got us underway as



Rob Mason running the Narrabeen All Nighter (trail). Photo courtesy of Stefica Key.

the light began to fade, and about 5 or 6 runners went out really hard right from the start disappearing into the night ahead of me. My goal was to get to 100km and my race plan was basic - go out slow and stay present.

The trail was excellent - dead flat and nice and wide. The first 30km slipped by before I knew it. But as I turned at the 40km point I felt that heavy feeling you get in your legs that every runner knows. I looked at my watch - more than 8 hours were still ahead of me. It's funny what gets reflected back to you once you start having thoughts about how much you are hurting. I passed one runner who was bent over, hands on knees, losing his dinner on the trail, and overheard a few other runners saying how they were struggling with the heat. I noticed that the trail had emptied and a lot of people had stopped for a rest. I hadn't noticed the heat until this point and did my best not to focus on something I had no control over.

The next 25km hurt. My legs were on fire, my stride was shortening and I knew I needed to change something. Mum and dad were my support crew. They have crewed almost every ultra I have done, from the blistering heat of the Congewai Valley at GNW, to the minus 3 degrees we had at C2K in 2013. They were loving the loop format as they didn't have to pack up the car and keep moving!

65km came and I hit a real low point. My legs felt as though they were giving up on me and that voice in my head got louder. It now had an "I told you so" tone to it. I slowed and ran/walked the next 20km taking on as much food and fluids as I could. Wayne Gregory's words came to me: "you've got to remember, if you are feeling bad, it will pass".

At 85km I hit a turning point. My legs weren't going to get any worse, the 8 hour mark had passed, it was 4.30am, and I had now watched the

full moon pass right over my head and set behind the mountain to the west. Day break came as I turned to complete lap 20 - 100km in 9:27 - not a particularly speedy split but inside I was the happiest guy on the planet. To me, this meant that I was back. Bring on 2015!

The next target was to crack 120 km - just 4 more laps and I would hit my dream goal. While my legs were sore, my mind and heart were strong and wanted to smash out those final 2 hours as best as I could. With splits around 28 - 29 minutes, we calculated that if I pushed it I could squeeze in another full lap. My second last lap was my 4th fastest (26:25) and this put me in a strong position to cruise home for a final 5km lap totaling 125km for the night.

I crossed the line totally stoked, and so grateful to Horrie and Ron, all of the volunteers, and my amazing crew.

Narrabeen All Nighter – The Best of Five

3 January 2015

By Jon McQuade

Editor's Note: In 2015 the Narrabeen All Nighter featured two alternative race courses for the first time – ie, a 1km course on path or an out and back 5km trail course.

The Narrabeen All Nighter has been one of my annual events since I first competed in it in 2011. I have competed in it every year since then. In my first year I managed about 45kms before a hamstring got the better of me. In 2012 I managed 70kms. One month later I was diagnosed with cancer and underwent surgery and radiotherapy, which put me out of ultrarunning for most of that year. My first race back was a 1/2 marathon trail run. I managed 2.24 for what turned out to

be 25km due to a measuring error, but I was happy with that. I set my sights on the Narrabeen All Nighter in January 2013. By the time race day came around in 2013 I was still underweight but managed 101km. I was very happy with that. In the 2014 event I got severe cramps in both thighs at the 90km mark, and despite the encouragement of supporters, I was unable to continue and my race was over.

My preparation leading up to the 2015 race was less than ideal. In June 2014 I trashed the Lisfrank ligament in my left foot during a gym session and in December I had to withdraw from the Alpine Challenge at Mt Bogong with a nasty virus. In the end I arrived at

the Narrabeen All Nighter start line with little in the way of expectation other than to do my best.

The race this year was different from previous years. The course had changed due to circumstances beyond the control of the organisers and there were now two options: a 1km path course and a 5km out and back trail course. There were solo and team runners for both courses and the atmosphere as usual was wonderful. The night was humid and the ambient light was sufficient to run without needing too much light.

After the usual briefing the starting horn blew just after 8pm. I trotted off along the bush trail. The trail was flat with a combination of hard

packed dirt and some manmade surfaces, and just enough twists, turns and landmarks to make it interesting. My race plan was to get to 50km as closed to 5hrs as possible without blowing out.

Each full lap of 5km brought us back through the start checkpoint where we were met with music, cheering and a cheerleader complete with pompoms encouraging us as we crossed the timing mat and set off for another lap. As it turned out I hit the 50km mark in around 5.08. Although I had planned a short break at the 50km mark everything was holding up well so I decided to just keep the rhythm going. I was surprised at the 62.5km checkpoint when I was told

I was in 3rd place. From this point onward I focussed only on the next 10km. At the 70km point I calculated that I had been consistently clocking 65–70min/10km and that this would put me at 100km at about 10hr 50min, meaning I had to start considering what to do beyond the 100km mark.

By the 90km mark the sun had come up to a beautiful morning. The sun rising always injects new enthusiasm after a night run and I hit the 100km point at around the 10hr 57min mark. I was still feeling good as I headed out for another lap. Along the way people were telling me that I had enough time to do 2 more laps so I set my sights

on achieving that. I hit the 105km mark with 40mins left so I headed off for what I thought was going to be my last 1/2 lap. However, I managed to get to the turnaround point with 25mins to spare so I headed back. Surprisingly, I finished the last 2.5km in 13 mins achieving 110km in 11hrs 48min, retaining my 3rd placing.

Congratulations to Ron, Glenn and the team for another fun, well-organised and managed event. Gratitude to the volunteers who did a marvellous job of supplying food, drink, advice and encouragement with some of them spending over 14 hours on the go to make the event a success.



Race Results

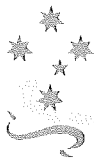
Blackall 100, November 8-9, 2014

Blackall Range, Sunshine Coast, QLD

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		10:42:31	Gerhardy	Benjamin
2		1	10:59:59	Stephenson	Shona
3		2	11:37:26	Litt	Shannon-Leigh
4	2		11:44:31	Bowen	Andy
5	3		11:45:01	Pemberton	Steve
6	4		11:57:15	O'brien	Kieran
7	5		12:12:05	Jacobson	Chris
8	6		12:35:41	Grills	Matthew
9		3	13:11:05	Bendall	Raelene
10	7		13:14:11	Cole-Jones	Dylan
11	8		13:23:43	Millar	Clinton
12	9		13:29:58	Waddington	Nigel
13	10		13:51:47	Fischer	Jody
14	11		13:58:28	Dowling	Ian
15	12		14:03:52	Rayner	Michael
16	13		14:05:06	Greig	Danny
17		4	14:09:05	Sims	Meagan
18	14		14:12:36	Rowe	Ian
19	15		14:14:01	Terlich	Andrew
20		5	14:18:30	Jodie	Sweeper
21	16		14:23:43	Emr	Mark
=22	17		14:24:44	Schweitzer	Guy
=22		6	14:24:44	Reutter	Natalie
24		7	14:24:46	Cowling	Gayle
25	18		14:28:06	Lane	Ashley
26		8	14:40:29	Woodward	Tylana
27	19		14:59:46	Robertson	Andrew
28		9	15:05:14	Crozier	Leigh
29	20		15:08:21	Hancock	Martyn
30	21		15:12:35	Roff	Stephen

Rank	Cat Place	Cat Place	Time	Last Name	First Name
31	22		15:13:33	Griffiths	Brent
32		10	15:13:58	Crosby	Melanie
33	23		15:29:04	Nailer	Dan
34	24		15:42:41	Speakman	Andy
35	25		15:45:00	Pratt	Lee
36	26		15:45:02	Grills	Stuart
37	27		15:52:50	Brown	Sammy
38		11	15:55:37	Lovegrove	Kristy
39	28		15:55:37	Wiley	Colin
40		12	16:10:31	Schluter	Jessica
41	29		16:22:01	Zatorsky	Michael
=42		=13	17:43:47	Dukino	Jacqueline
=42		=13	17:43:47	Rusbridge	Erica
44	30		18:11:21	Jackson	Gavin
45	31		18:43:29	Wood	Jaco
46		15	18:54:42	Brun	Marina
47		16	18:57:39	Howell	Tegwen
48	32		19:24:29	Mcfadzen	Mark
49	33		19:24:30	Hardwick	Greg
50	34		20:23:48	Hilber	Glenn
51		17	20:36:16	Mayne	Kate
52	35		20:36:17	Desjardins	Claude
53		18	21:47:47	O'connor	Jacqui
54		19	21:47:54	O'sullivan	Lyn
55		20	21:47:57	Houtsma	Tina
56		21	22:13:27	Van Gorp	Joanne
57	36		22:13:28	Elms	David
58		22	22:55:13	Davey	Tania
59		23	23:20:43	Faulkener	Katie

Bold **SURNAME** indicates AURA member.



Marysville 50

November 9, 2014

Marysville, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:17:16	Lazar Adler	Adrian
2	2		4:24:30	Beard	Dan
3	3		4:36:28	Bennett	Ashley
4	4		4:37:10	Easton	Brett
5	5		4:38:43	Eddison	Lee
6		1	4:46:38	Macmillan	Katherine
7	6		4:53:34	Petzke	Dan
8	7		5:06:10	Nicola	John
9	8		5:06:56	Kacprzak	Tim
10		2	5:11:30	Carter	Lucy
11	9		5:18:05	Chadima	James
12	10		5:21:19	Tabata	Gen
13		3	5:27:33	Urquhart	Donna
14	11		5:27:45	Brown	Troy
15	12		5:28:08	Cimdins	Nick
16	13		5:30:02	Salton	John
17	14		5:33:19	Day	Paul
18	15		5:33:49	Davin	Shane
19	16		5:35:35	Clark	Ben
20	17		5:36:00	Savage	Robbie
21	18		5:38:13	Wheeler	Shane
22		4	5:39:19	Bespalov	Isobel
23	19		5:40:36	Todd	Paul
24	20		5:43:34	Fox	Nigel
25	21		5:43:41	Hughes	Stuart
26	22		5:47:25	Pain	Marcus
27	23		5:47:25	Fitzhardinge	Callum
28	24		5:49:47	Totley	Graham
29	25		5:54:47	Marshall	Kelvin
30	26		5:57:24	Waites	Adam
31	27		5:57:25	Koerntjes	Chris
32	28		5:57:50	Ferreira	Aldonio

Rank	Cat Place	Cat Place	Time	Last Name	First Name
33	29		6:02:04	Eastham	Jim
34	30		6:02:05	Veenstra	Matt
35	31		6:02:18	Farooq	Omar
36	32		6:07:03	Woolston	Piers
37		5	6:09:09	Wallace	Natalie
38	33		6:16:47	Lennon	Chester
39	34		6:19:56	Falls	Mark
40	35		6:25:23	Roberts	Simon
41		6	6:26:26	Shannon	Michelle
42	36		6:30:09	O'Connor	Damien
43	37		6:31:22	Hausser	Andreas
44	38		6:32:13	Corbett	Andrew
45	39		6:32:53	Ventura	Adam
46	40		6:35:48	Sritharan	Prasanna
47	41		6:45:51	Chen	Yu tsung
48		7	6:55:10	Bolton	Vanessa
49		8	6:55:13	Evans	Kerri-Anne
50		9	7:05:57	Mellinger	Catherine
51	42		7:14:15	Piper	Owen
52		10	7:16:13	Baskcomb	Candida
53	43		7:17:55	Woolfson	Paul
54	44		7:17:55	Mestdagh	Oliver
55		11	7:20:08	Oudman	Yvette
56		12	7:25:04	Jones	Michelle
57		13	7:25:04	Maguire	Cathy
58	45		7:38:04	Cleary	Joel
59		14	7:44:07	Mawley	Melanie
60	46		7:46:46	Meyer	Bernd
61	47		7:48:25	Robson	Bill
62	48		7:58:22	Bell	Matty
63		15	8:00:53	Champion	Angela
64	49		9:01:07	Brown	John

Bold SURNAME indicates AURA member.



Ned Kelly Chase 100km October 26, 2014, Wangaratta, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		7:32:29	Finocchiario	Dion
2	2		8:39:33	Gamble	Malcolm
3	3		9:15:22	Easton	Brett
4	4		9:36:44	Muller	Kevin
5		1	10:07:58	Tremonti	Joanne
6	5		10:12:42	Bowring	Patrick
7		2	10:29:40	Moloney	Mallani
8	6		10:41:15	Cameron	Lachlan
9	7		10:47:54	Sawa	Mak
10	8		10:49:07	Creek	Nick
11	9		11:18:05	Mcmonigle	Wayne
12	10		11:25:36	D'Arcy	Leigh
13	11		11:26:51	Nuttall	John
14		3	11:40:30	Griffith	Amelia
15	12		12:16:17	Reid	Mat
16		4	12:19:35	Thompson	Michelle
17		5	12:53:29	Symons	Cheryl

Rank	Cat Place	Cat Place	Time	Last Name	First Name
18	13		12:58:08	Munns	Peter
19	14		13:09:21	Metcalf	Dean
20	15		13:10:01	Palermo	Frank
21		6	13:27:08	Dewhurst	Samantha
22		7	13:27:09	Laurence	Darnae
23		8	13:31:16	Maclean	Geordi
24	16		13:34:37	Rusby	Duncan
25		9	13:41:32	Bell	Cherise
26	17		13:42:54	Mcintosh	Stuart
27	18		13:46:02	Beverly	Craig
28	19		13:54:16	Hausser	Andreas
29	20		14:19:13	Clapham	Kerry
30		10	14:40:35	Rose	Nicky
31		11	14:40:38	Bennett	Kelly
32	21		15:17:48	Milhalakellis	George
33	22		16:04:17	Wilms	Tony
Bold SURNAME indicates AURA member.					



Ned Kelly Chase 50km October 26, 2014, Wangaratta, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:53:02	Stratford	Luke
2	2		4:02:08	Pearson	John
3	3		4:35:47	Fraser	Lachlan
4	4		4:40:39	Callaghan	Matt
5	5		4:45:42	Costa	Ricardo
6		1	4:50:00	McClean	Muriel
7	6		5:04:07	Carson	Max
8	7		5:06:04	Marsh	Trevor
9	8		5:17:49	Timms	Justin
10		2	5:25:17	Louder	Joanne
11		3	5:26:50	Worland	Gemma

Rank	Cat Place	Cat Place	Time	Last Name	First Name
12		4	5:30:30	Spencer	Karen
13		5	6:02:19	Allen	Anna
14		6	6:16:26	Walden	Joy
15	9		6:16:35	Kilmartin	John
16		7	6:17:35	Cranton	Jade
17		8	6:18:11	Stibbe	Wendy
18	10		6:31:50	Boyd	Guthrie
19		9	6:40:40	Forge	Mel
20		10	7:21:12	Mathews	Julie
21	11		8:53:31	Hoad	Ian
22	12		9:15:41	Suter	Nick
Bold SURNAME indicates AURA member.					

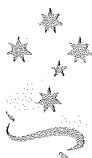


Alpine Challenge 100 miles

November 29, 2014, Victorian Alps, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
=1	=1		25.24.00	Brazier	Thomas
=1	=1		25.24.00	Cuthbert	Paul
3	3		26.30.49	Beard	Dan
4		1	27.42.33	Fowler	Gill
5	4		31.44.54	Collins	Michael
6	5		33.53.28	Monks	Paul
7		2	34.09.52	Bespalov	Isobel
8	6		34.27.43	Jamieson	Dej
9	7		34.39.26	McBride	Barry
=10	=8		35.26.58	Hudec	Peter

Rank	Cat Place	Cat Place	Time	Last Name	First Name
=10	=8		35.26.58	Satori	Cozmo
=12	=10		36.12.19	Johnston	Craig
=12	=10		36.12.19	Redfern	Stephen
14		3	40.35.52	Bell	Tamyka
15	12		40.37.47	Bell	Matty
16	13		41.18.39	Roberts	Guy
=17	14		42.14.06	Briggs	Stuart
=17		4	42.14.06	Gartmair	Gisela
19		5	42.26.33	Bolton	Vanessa
Bold SURNAME indicates AURA member.					

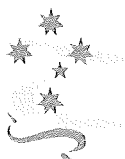


Alpine Challenge 100km

November 29, 2014, Victorian Alps, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		14.03.41	Powers	John
2	2		14.07.05	Ferraro	Simon
3	3		14.29.30	West	Jason
4	4		17.09.06	Chandler	Brett
5	5		17.32.30	Gentle	Tim
6	6		18.12.00	Anderson	Robbie
=7	7		18.45.15	Bristow	David
=7	8		18.45.15	Heiland	Tarek
9		1	18.55.20	Hansen	Jacqui
10	9		20.29.30	Yarlett	Matthew

Rank	Cat Place	Cat Place	Time	Last Name	First Name
=11	=10		23.17.46	Maffei	Maurice
=11	=10	2	23.17.46	Teale	Hayley
=13		=3	23.44.23	Saunders	Jan
=13		=3	23.44.23	Alirezade	Tayebeh
15	11		24.55.04	Munns	Peter
=16		=5	24.56.55	Fong	Celesta
=16		=5	24.56.55	Carter	Jacqui
=18		=7	24.57.26	Wallace	Natalie
=18		=7	24.57.26	Ziogos	Agni
Bold SURNAME indicates AURA member.					

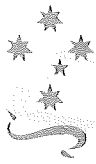


Alpine Challenge 60km

November 29, 2014, Victorian Alps, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		7.09.10	Horsburgh	Ewan
2			7.22.10	McClymont	Clarke
3	3		7.49.09	Brown	Zak
4		1	8.04.15	Bartholomew	Lucy
5	4		8.09.06	Bertrand	Caroline
6	5		8.28.00	Godden	Brett
7	6		8.31.16	Andersen	Nik
8	7		9.05.14	Eaton	Matthew
9	8		9.10.21	Veenstra	Matt
10	9		9.13.19	Pain	Marcus
11	10		9.56.40	Harding	Paul

Rank	Cat Place	Cat Place	Time	Last Name	First Name
12		2	10.05.51	Savage	Julie
13	11		11.12.08	Stuart-Higgs	Paul
=14		3	11.30.00	Berry	Tarne
=14	12		11.30.00	Berry	Colin
16		4	11.34.02	Bailey	Grace
=17	13		11.54.00	Angus	Matt
=17		5	11.54.00	Moss	Beverley
19		6	12.22.52	Chandler	Kristy
20		7	13.13.46	Magill	Annette
Bold SURNAME indicates AURA member.					



Guest Interview

Interview with Bruce Renwick

By Bernadette Benson

My timing this past year has been all wrong trying to catch up with Bruce for an interview. It's an interesting coincidence that I had the same trouble pinning Ron Schwebel down for an interview (September 2013 issue), as these two long-standing AURA members are contemporaries – challenging each other for several M55/M60 Australian records.

BB: Thanks very much for sharing your time with us, Bruce. Had I not been so involved with AURA, looking through historical records, I might never have known of your fantastic achievements in ultra running. As far as I'm aware, you still hold the M55 track 6hr (73.793km), along with seven M50 through M60 road records. These include your 6hr PB (M50) of 74.776km. This record was set at Glengarry, VIC in October 1999. I'm not aware of the venue. What race was held there? Can you recall much of that race day?

BR: Hi Bernadette. Thank you for the opportunity to be interviewed for Ultramag.

I was fortunate to have an injury-free period of running for around 22 years from 1986 to 2008 when I was able to achieve most of those Australian age group records. I sometimes competed in up to five races of marathon distance or greater in those latter years and I believe that this gave me the endurance base to perform reasonably well.

I recall the race in Glengarry well. It was the Australian 100km Road Championships

for 1999 and was organised by the Traralgon Harriers. I believe that Geoff Duffell was the race director. (From my recollection, the 100km Championships moved to Canberra shortly after that race and then eventually to the Gold Coast under the race direction of Ian Cornelius.)

I was pretty stoked with the organisation and friendship shown by both the race officials and the other runners at that race and have fond memories of my first involvement with a "serious" ultra distance event. Can you believe that the Traralgon Harriers even paid me an "appearance fee" for having travelled down from NSW to compete? That totally blew me away!

I had run six marathons and six ultras up to that point, having started long-distance running in 1986 with my first marathon. The ultra events included two Six Foot Tracks, two Canberra 50km races and two Central Coast Brisbane Water Bush Bash races. As I was able to finish those races in reasonable condition and at a pace that I was happy with, I thought that it would be interesting to further challenge my endurance capabilities and so entered the 100km race.

There were only four runners in that race – certainly not as popular as the event is now, particularly seeing as though it is now supported by AURA and is a qualifying race for selection in the Australian team for competing internationally.

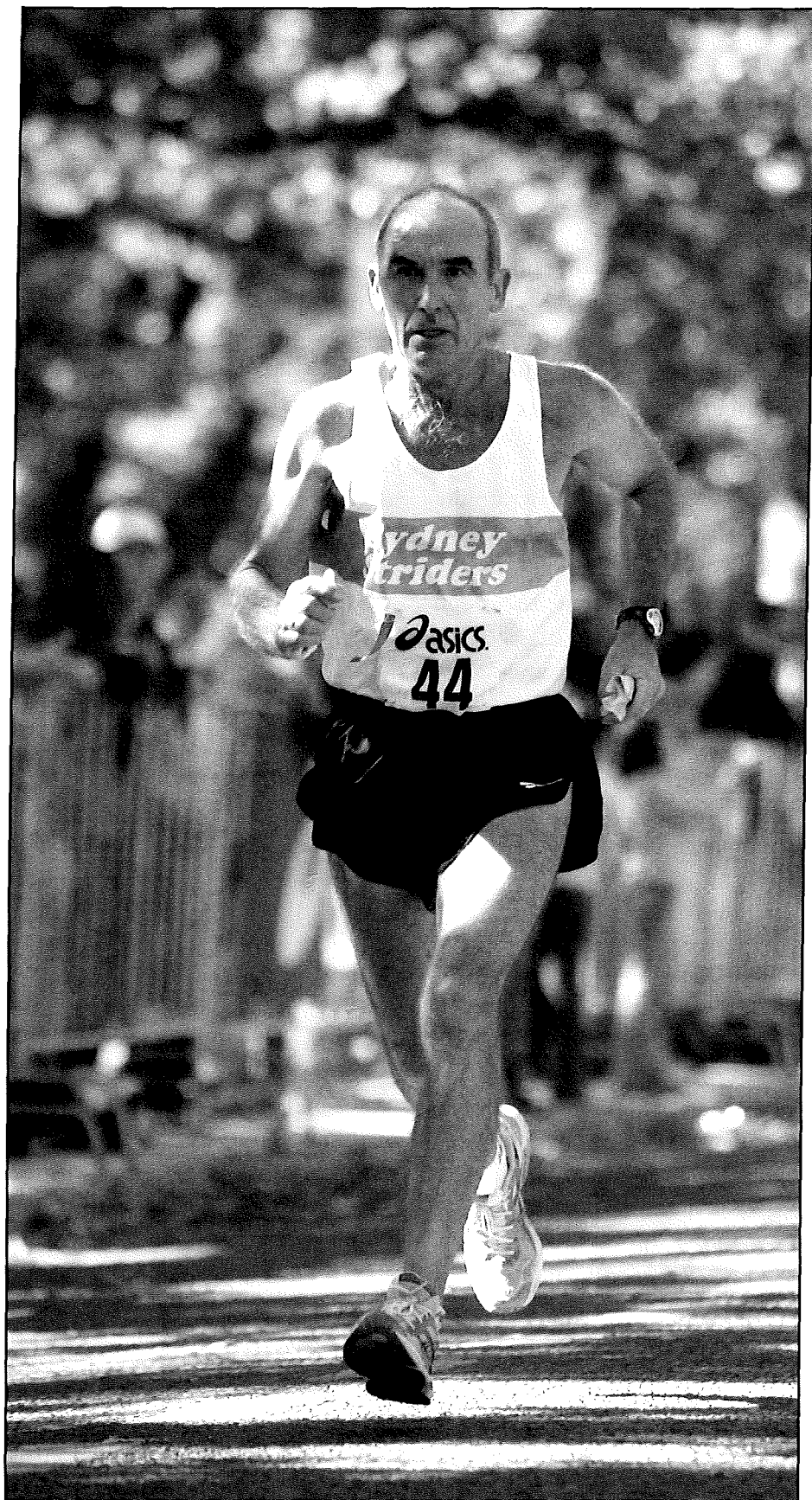
The race itself consisted of 10 laps around a 10km course on (almost)

fully sealed roads at Glengarry (Victoria), the highlight of which was being swooped on by a nesting magpie at around the 7km mark for the first 3 laps. Nigel Aylott won the race in a time of 8:17:57 and I placed second in 8:20:46.

Nigel battled for the lead with Kelvin Marshall until around the 50km mark with Rudi Kinshofer in 3rd place. Nigel opened up a break of around 3½ minutes on Kelvin by 60km and I was a further 5½ minutes behind and had moved into 3rd place.

At 70km I moved past Kelvin into 2nd place and was only 6 minutes behind Nigel. At 80km and only 5 minutes behind, at that stage I had increased my lead over 3rd place to around 10 minutes – and thinking that there may be a possibility of a 2nd place finish?

As the race progressed, I was not aware of how close I was to Nigel and whether I was gaining on him or not, as there were no notice boards on the course to let you know the progressive times of each runner. During the final lap, Geoff (Duffell) came up to me and advised me that Nigel was only around 3 minutes in front of me and was slowing. He also told me that he (Geoff) was on his way to tell Nigel the same information so as to be fair to both runners. I think that he was hoping for an exciting finish if I was able to manage to bridge the gap. Unfortunately, I was almost "out of fuel" by that stage and so was unable to gain more than 2 minutes in that final lap. In the end I finished 2 minutes 49 seconds behind Nigel in 2nd



Bruce Remwick - Canberra 2006

place but was ecstatic at being so close to an ultra runner of his esteem and to have picked up a podium finish in my first 100km race.

Regarding the M55 6 Hour

Australian record at that race, it was Geoff Duffell who spoke to me as I went through the 70km mark in 5 hours 35 minutes to tell me that it looked like I might break the M55 Australian age group road record for 6 hours. I had not even

known about such records, nor contemplated breaking any when I started that race, but after getting that information, I tried to increase the pace until at least the 6 hours had elapsed.

Needless to say, I was very pleased with my efforts in that memorable race, finishing with an Athletics Australia silver medal and an Australian age record for my efforts.

BB: You seemed to focus on the shorter ultras – up to 100km. However, I did see one 12 hour performance. The “4th Coastal Classic” in 2001, which you won (whilst also in the M50 age group) with a stellar distance of 126.938km. Can you tell us a little about that race? With such success, were you not tempted to try even longer events?

BR: My step up to the 12-hour race was again about a new challenge. The Coastal Classic (now defunct) was held in my home town of Gosford, so the challenge for me was to try something different other than road and trail running and over a defined time, rather than distance. I thought that if I could run 100km in around 8½ hours then I surely would be able to go a bit further over 12 hours. I was not a track runner (although the surface at Gosford was grass) and so going around and around a 400 metre track for 12 hours was going to test my mental ability in a completely different form of racing. At least there wouldn't be any hills!

The race was held on 6-7 January 2001 and started at 7pm. I remember being away on holidays at Nambucca Heads and made the trip back to compete. Amongst a number of the more fancied

runners in the event was Tony Collins (also a Central Coast resident who I had never met) whose ultramarathoning exploits I had regularly read about in the local newspapers over a number of years and who I held in very high esteem as an ultra runner. When I saw him on the start line, I thought that I would have been happy to finish in close proximity to Tony over this course.

As it turned out, I was amongst the early pace-setters and at the end of the first hour was leading without pushing the pace too much. Tony was in equal 2nd place 2km behind and I was continually wondering whether I had gone out too hard and would eventually come back to the field in the latter stages of the event. By halfway in the race I had extended my lead to 7.2km over Ian Forsyth with Tony Collins a further 4.4km behind in 3rd place. I eventually completed 126.938km and took out 1st place with Ian Forsyth 2nd (113.693km) and Tony Collins 3rd (109.784km). This is the only race that I had ever won in my (short) running career and I was therefore very pleased with myself.

Since that race I contemplated tackling a 24-hour race, but there were none in the immediate vicinity to where I lived and found it difficult to justify the expense involved in travelling too far, particularly interstate. I think the race in South Australia was one that came to mind and I “almost” entered twice.

I did compete at Moe in 2003 in the 6-Hour and 50km Victorian Championships where I placed 2nd to Roger Maximiw in both events, setting two Track M55-59 age records at this event - 73.793km for 6 hours and 3:45:16 for 50km.

Once again, the race administration was first class and I was fortunate to have the former record-holder of the 6 hour time – Barry Higgins – as my lap scorer.

BB: Are you still running? I haven't seen an ultra distance result for you since 2008's Canberra 50k.

BR: Unfortunately my injury-free running career came to a sudden halt around 2008 and I have been struggling ever since to get sufficient training in to compete at what I would call a “reasonable level,” due to recurring injury problems.

I have only completed four marathons (and a few half marathons) in the past five years although I have been endeavouring to get back to full fitness.

At the moment my weekly training volume is around 60km per week with a few stretching and weight training sessions thrown in for good measure. I hope to be fully fit in the not-too-distant future, so I'm keeping my fingers crossed that you may see my name in the results of some ultras in the months to come.

BB: Between 1999 and 2005, when you set those eight records, did you have a routine training regime? Do you still? If so, how are they different?

BR: The training program that I used over those years was a fairly simple marathon training program that a friend had given me back in 1985 when I first contemplated running a marathon. He used it for his one-and-only marathon race and said that it worked well for him. I used it and ran a 2:48 marathon (at age 38), so I found no reason to change over the years.

It is a 12 week program that increases by about 10% (in time) each week for the first six weeks and requires the runner to train over six days with the 7th day a rest day. For the last seven weeks, you are averaging seven hours per week but running that time over six days. I used to average around 100-110km per week and found that anything more than that gave me the hint of an injury looming. I have looked at other training programs but find that this one best suited my time availability.

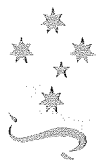
I still use this program today but with a few minor modifications. I throw in a speed session or two each week as I get closer to an event instead of a 40 minute run and also supplement my running training with several weight training and stretching sessions.

BB: Born in 1948, you must have turned 65 last year. Are you setting your sights on any M65 goals? Any return to ultras planned if (when) you can get the niggles settled and volume back where you want it?

BR: Yes, born in 1948 and have just turned 66.

I would love to think that I can return to full running fitness in the not-too-distant future. If this is achieved then I will definitely compete in some longer distance races. I haven't looked too far into the future just yet, though, but there are a few M65 goals that I believe are achievable and, besides that, I need to give Ron Schwebel something to aim for as he moves through the age groups!

Thank you for the opportunity to talk about my running achievements and I wish you well in your own running endeavours.



Book Review:

“Finding Ultra” by Rich Roll

Reviewed by Isobel Bespalov

It took me a while to get around to reading this book. The one thing that put me off was that Rich Roll is a vegan, and I thought the book would be all about trying to convince me, the reader, to be a vegan. That is also one of the reasons I borrowed this book from the library rather than buying it. It's not that I have anything against veganism, it's just that I didn't want a book that was going to preach to me.

The book started off detailing Roll's second attempt at the Ultraman championships. It was a great hook and it grabbed me. Rich Roll is clearly a well educated guy and he writes well.

Roll details his life and how he found himself an overweight, middle-aged guy who was very unfit. He couldn't climb the stairs at home without puffing! This book details the life changes he made to achieve an athletic lifestyle. His road to veganism is also detailed, but not in a “preachy” manner.

Roll was actually quite a successful swimmer in his younger years, but alcoholism took this away from him. I found it quite sad to read parts of this book, as I thought about the potential he had and how he wasted it. Of course no experience is a waste and all that was part of his journey to where he is now: a successful author, podcaster and vegan-lifestyle advocate.

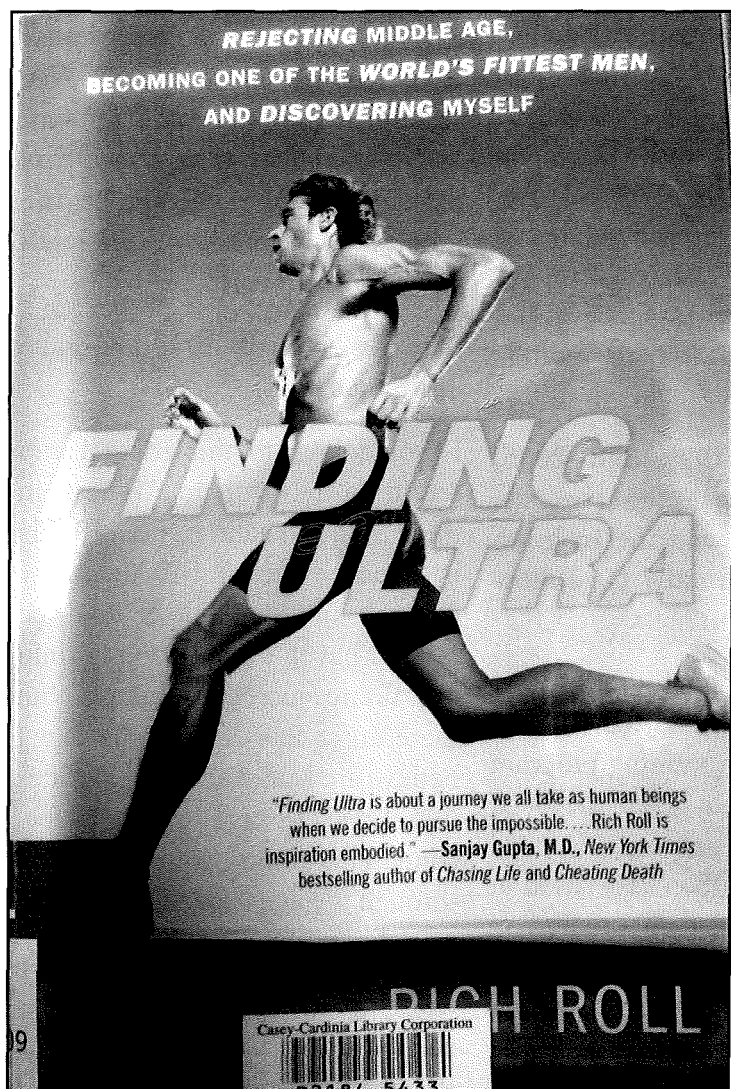
After Roll goes over his life and how he went about “rejecting middle age, becoming one of the world's fittest men, and discovering himself” he provides information about how he transformed his diet. Originally Roll was the kind of person who would consume lots of junk food and meat. I rarely eat junk food but I certainly

do eat meat so it was interesting to read about the changes he felt in his body as he went through this dietary revolution. He described how much better he felt and it did get me thinking. I have to admit to now having implemented “meat-free Mondays” in my house. I don't think I could ever go vegan (never say never though!), but this book made me re-think my diet (even though I think it is pretty healthy already), and I am incorporating some of his principles.

The only negative comment I have about this book is that towards the end it started to feel a bit like a sales pitch for his products. This is a minor criticism though as it is only a small portion of the book.

Finding Ultra is very interesting and written in an easy-to-read style. Roll talks about his diet changes, but also his training (which sounds a lot like the Maffetone method), and his family relationships. His wife sounds incredibly understanding and supportive of the amount of training he does! I was surprised to find myself really enjoying the book, so much so that I have re-borrowed it so that I can hang onto it a bit longer.

I recommend this book as a fascinating book about the life and motivation of Rich Roll. I have now even subscribed to his podcasts. I hope you enjoy this book too.





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AURA Committee Reports

President's Report

By Robert Boyce

I'm very pleased to welcome our new AURA committee volunteers.

Elizabeth Bennett is our new editor of Ultramag. Liz has a long running career and many sport related tertiary qualifications. For the time being, Ultramag will remain a hardcopy publication but may go online at some stage in the future.

Robert Donkersloot and Jeff Gray have taken on AURA's Facebook page and website respectively. Both have careers in the IT field and communications. Check out our new AURA Facebook group: <https://www.facebook.com/groups/408386929316160/>. Race directors, this is a great avenue for promoting your races. Please follow the posting guidelines set out by Rob. Members, if you have had a fantastic time at a recent race, please share it with us on Facebook.

We have an exciting year ahead. More races have been added to the calendar in some new and challenging places, including a new long trail national championship as trail races are the most popular. Four world championships are also scheduled for this year, providing some great opportunities for some of our members to test themselves against the world's best.

We have a great association. This is made possible by many volunteers. I'm very proud to be the president of AURA and I thank all the people who give their time and support to it.

Vice President's Report

By John Pearson

Well another year has come and gone. Once again the level of participation and performance has increased as our sport continues to grow.

Stepping into the Vice President position has allowed me to experience just how much happens behind the scenes within AURA. The level of commitment by many volunteers is commendable, as they juggle family and work commitments, as well as their own all important run training. I would like to thank everyone for their efforts in the past and going forward into 2015.

On the subject of volunteers and the giving nature of the sport, while taking part in the 2014 Coast to Kosciusko ultramarathon, I found myself marvelling at the fact that I was in a race of 49 runners, which was supported by over 150 kind souls who gave up their very long weekend to enable those racing to chase their dreams. Many had travelled great distances to assist the race director in various roles, all for the love of the sport. I take my hat off to all these folk. They are what make our sport so great.

Internationally our Australian 100km team acquitted themselves well in Qatar. Racing in the cooler evening temperatures, on what was described as a tough surface, they did us proud.

I look forward to meeting more of you out there some time in 2015. Enjoy chasing those dreams.

AURA Compliance Officer's Report

By Kerrie Bremner

Editor's Note: Speaking of AURA volunteers and the work they do behind the scenes, have you ever wondered what AURA's Compliance Officer does? Here Kerrie Bremner tells us.

As AURA's Compliance Officer my main duties involve:

- liaising with race directors seeking an event listing with AURA;
- following up queries on IAAF and IAU technical rules; and
- arranging IAU labelling for races.

The most time consuming of these roles is assessing the paper work submitted by race directors seeking to list new events with AURA. Information required may include:

- evidence of approvals from police and other state/municipal authorities (or an indication that these are being sought);
- evidence of having (or being in the process of applying for) public liability insurance;
- an event risk management plan;
- course route details, planned aid/drink stations etc; and
- proof of official course measurement and associated documentation.

AURA aims to only list well organised and safe events. However, AURA has no way of policing events and has to rely on race directors to run their events in a responsible and compliant manner. Events that are found to be unsafe or not have the necessary permits or approvals in place will not be re-listed by AURA. To aid in monitoring the safety and professionalism of AURA listed events, AURA relies heavily on members' feedback.

As Compliance Officer I have encountered a number of recurring issues/queries over the last twelve months.

- AURA has no authority to dictate to a race director when he/she can hold their event on the AURA race calendar. However, AURA does encourage race directors to communicate with each other in an attempt to avoid event date clashes which may result in AURA events working in competition with each other.
- Currently there only four races scheduled for 2015 which are officially measured and have IAU labelling for the purposes of either obtaining an IAU recognised 100km World Championship qualifying time or claiming an Australian or World 100km record. Only IAU recognised qualifying times are used for the purpose of calculating funding given to runners at World Championships (though some wild cards are allocated). This means that although selectors may select a runner who ran a good time in a non IAU qualifying event, that runner will not then attract IAU funding for their representation. The current 2015 IAU qualifying races are: the Australia Day Ultra in January (WA), Coburg 100km track in March (VIC), Gold Coast 100 in June (QLD), and the Ned Kelly Chase in September (VIC). (Unfortunately the Ned Kelly Chase takes place after the 2015 qualifying date for the 2015 World Championships. However, it could be used as a qualifying time for future events).

It is also possible to record a 100km qualifying time during certain 24hr track events but race directors need to be informed of the attempt in advance so official timing can be conducted and the requisite paper work submitted to the IAU.

- Runners who want to qualify for a World Championship event must abide by IAU rules and regulations during their qualifying attempt (rules are available on the IAU website). These rules include: no runner support outside designated refreshment zones and no pacing. With respect to pacing, it is okay for athletes in the same race to run together providing they are on the same lap. However, male and female entrants are considered to be in separate races so they should not run together if attempting to obtain an IAU qualifying time.

So, now you know more about the Compliance Officer role and about the IAU rules and regulations.



State and Territory Reports

New South Wales By Andrew Heyden

December 6 saw the latest running of the iconic Coast to Kosci ultramarathon. A few words don't do justice to the highs and lows experienced in such a challenge and all 42 runners should be proud of their efforts to conquer the course and finish, with many once again battling harsh climatic conditions in the mountains. Debutant, Andrew Tuckey, had built a solid lead by the 106km mark, having been tracked closely by Grant Maughan and Brendan Davies for the first 50-60km. Andrew managed to maintain the momentum and finish a strong year with not only the race victory but a blistering time of 24hrs 33mins, a new course record. Grant finished second with Mick Thwaites moving up the field in the second half to finish strongly in third. Sabina Hamaty was 8th overall and also finished strongly to push past Deb Nicholl for victory. Deb held on for 2nd (10th overall) with Nikki Wynd 3rd (15th overall). It is worth noting that both Brendan and Nikki had represented Australia in Doha in the 100km World Champs just 15 days earlier.

The 50km and 100km Hume and Hovell race was held on 18 October 2014 and the winners set some impressive times to chase in future years. Ian Lochrin took out the 50km in 4hrs 11mins and Lucy Barney won in 4hrs 45min. In the 100km, Dave Graham and Andrew Donaldson shared the win in 10hrs 45mins, closely followed by first female, Jess Baker, who set the course record in 11hrs 3mins.

Tasmania By Allan Hood

A few Tasmanians went over to Adelaide in late September 2014 to take on the Yurrebilla trail run. Stu Gibson continued his outstanding form after winning TNF100 in May by improving his own record time to run 4hr 31min. This was only 2 weeks after his dominant performance at the Glasshouse Mountains 50km. Also taking part in Yurrebilla was Tom Burford who is originally from Adelaide and who knew many of the trails from mountain biking there. He had an excellent finish in 4th place and described himself as the "first amateur".

Peter Hoskinson took on the Adelaide 6 Day event and clocked up an outstanding 720.94km to be a clear winner. Peter is a veteran of the now legendary Colac 6 Day event and has clearly been missing the lack of a 6 day event for the past 9 years. As proprietor of the Hobart Massage Centre, Peter had the advantage of being able to give himself regular massages.

Hobart's two Jens – Jen Boocock and Jen Sprent - took part in the Great Ocean Walk in October, with Jen Boocock finishing a fine 3rd.

The annual race along the length of Bruny Island saw some very good runs this year with David Bailey winning outright and Amy Lamprecht smashing out a great time of 5hr 7min to improve her own record in the women's. Amy had earlier travelled over from Launceston with John Claridge for the Surf Coast century, where she finished 2nd female.

Iestyn Lewis plans to travel over to

his family's homeland of Wales in June to take part in a revived classic, The Dragon's Back, which is a 300km multi day race, following the mountainous spine of Wales from north to south. First held in 1992, it was revived in 2012, and is an extremely challenging course with a 17,000m ascent. Check out the videos on their website.

Say "G'day" to any of the growing number of Tasmanians venturing over to mainland events! There are always different logistical considerations flying over from Tassie and it often feels like to going to another country with the difference in climate.

Western Australia By David Kennedy

WA's biggest ultra was held on the 3rd weekend in December 2014. 245 runners took the journey from Nth Dandalup to Dwellingup with 219 finishing within the cut-off. Coming up we have the 1st edition of the Australia Day Ultra. Held along the scenic Australind Estuary this a flat, fast course which should see some quick times. Then on 28 February, Lark Hill Dusk to Dawn will be on with the 100km runners running into March and the 50km runners trying to finish in Feb. About 5 weeks later, The Truth has returned after a year's absence for its 2nd running. This ~50km trail race is a tough one by WA standards with a 1600m climb and some technical single track. After volunteering at the 1st two of these events I'm looking forward to racing this one again. Hope to see you at 1, 2 or all 3 of these events.



2015 National Trail Championships Report

By John Pearson

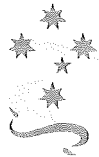
This year's National Trail Championships were held on the Mornington Peninsula in Victoria on 11 January 2015.

A 56km distance greeted a large field of keen runners. With some of Australia's top trail runners on the start line, there was plenty of competition for the podium places.

Magnus Michelson, a former Canberra marathon winner and Australian 100km representative, took the men's title in a swift time of 4:16:25. Majell Backhausen secured second place in a time of 4:23:58 and third place went to Francesco Ciancio in 4:27:22.

In the ladies race, Kirstin Bull, the Australian trail team captain, last year's winner and course record holder, was first over the line, claiming a third win at this race in a time of 4:56:53.

Australian 50km title holder, Natasha Fraser, showed she is equally effective on the trails securing second place in 5:02:24, and last year's trail champion, Kellie Emerson, was again on the podium with a time of 5:09:15 securing third place.



International News:

by Nadeem Khan,

IAU Director of Communications

Before I start this quarter's contribution, please allow me the opportunity to express my condolences on behalf of the IAU, on the passing away of Jackie Fairweather. Her legacy lives on as Jackie touched several around the globe. She will be missed and will always be remembered for her hard work, her commitment to sports, and her work on enhancing the calibre of Australian athletes through her coaching. Jackie was a true champion of the sport and a class act. Our deepest condolences to the Australian ultrarunning and triathlon community.

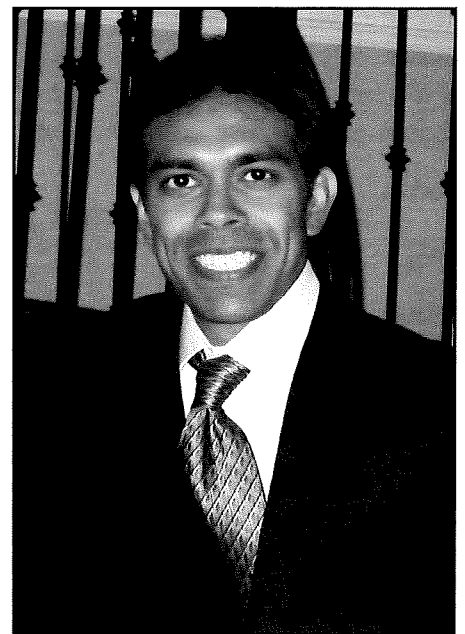
Last year was a slow one to start but became very busy towards the tail end with two championships (albeit one was the Trophy Final) within a three week period in the fourth quarter.

It was quite an exciting end to the IAU season with our first

ultrarunning World Championships in the Middle East (in Doha, Qatar). As attendees can attest, it was one of the best championships that has been hosted and it set the stage for a future partnership between Aspire and IAU with the 50km World Championships being awarded to Doha from 2015-2017.

I will allude to the business aspect of IAU first before I get into future plans and development.

Starting with the last congress, and directly affecting Australia, our friends there and your neighbours in New Zealand have joined the Asian region of the IAU. This change makes more sense geographically as opposed to the earlier association with the Africas. The reason behind the original grouping was that a certain number of member federations were required to form an area and Africa fell under that limit requiring



Oceania to join forces with Africa. At the last IAAF Congress we picked up enough African nations (totalling seventeen now) paving the way for our Oceania friends to join the Asias. The IAU is planning in Beijing, as we have done in previous IAAF World Championships (Berlin, Daegu and

Moscow), to set up a booth at the congress to sign up more nations, and increase the IAU family to incorporate more ultrarunning enthusiasts into its fold. Currently we sit at 78 member federations.

It has been advertised quite aggressively that this year will be the last one where we will witness both the 100km and 24 Hour World Championships in the same calendar year. As of 2016, the format is going to change, with the two events being in alternate years. Next year for instance, there will be a 100km World Championship followed by a 24 Hour World Championship in 2017. However, to promote and develop the sport continentally, there will be a 24 Hour Continental Championship next year and then a 100km Continental Championship in the following year. The reason behind this is to allow hosts and venues to grow and allow for more viable bids. This will also alleviate some pressure on our federations to send athletes to a packed schedule in a year. 50km and Trail World Championships are still in their

growth stages and will continue to be held annually with a review planned in 2017.

We are aggressively developing a marketing strategy to further promote our sport. The media coverage in recent championships has been outstanding and we are anticipating that with a solid marketing program we will be able to further promote and develop our sport. A global coverage would be great for ultrarunning and will attract more enthusiasts to the sport.

Moving on to future development of the sport, the IAU has always been a strong proponent of getting involved in the community and promoting the sport from the ground level up. In Doha (and in some previous championships), we had the opportunity to get extensively involved in the local community promoting health living, and through it, ultrarunning. The events were very well attended by all participating nations. I owe Robert Boyce and the Australian national team a heartfelt thank you for participating and supporting this initiative in Doha. The team

was in full force at the school visits, training with the elite athletes' session and the medical conference. Brendan Davies and Tash Fraser were my guests at the "Chat with the Elite Athletes" session as well. We have always stated that our sport would not be what it is if it was not for our athletes. Time and time again this notion is proven correct. Due to the resounding success we had in Doha with these events, the Executive Council has decided to continue the program at future World Championships.

There are huge plans of continuing to promote the sport in mainstream media and develop it among our newest member nations. The IAU Newsagents Commission is doing a great job reaching out to their media outlets assisting with the promotion.

We are planning for an exciting year. I hope you are there, as you have in the past, to support us. And as always, if there are any questions please feel free to get in touch with me (email: nadeem.khan@iau-ultramarathon.org).

AURA EVENTS CALENDAR

This calendar only lists those events that are sanctioned by AURA. Additional sanctioned races may have been added since the time of printing. Please check the AURA website: <http://www.aura.asn.au/events.html>.

MARCH 2015

Saturday 14 March 2015

Razorback Run (formerly Mt Feathertop Skyrun) (VIC)

64km, 58km and shorter distances

Harrietville to Mt Feathertop, including the High Plains

Contact: Paul Ashton 0418 136 070

Email: runningwild56@bigpond.com

Website: <http://runningwild.net.au/razorback-run/>

Sunday 15 March 2015

Water World Red Rocks to Coffs (NSW)

Approx 45km

Traversing 5 creek crossings and 10 headlands

Contact: Steel Beveridge (02) 6656 2735

Email: steellyn@gmail.com

Sunday 15 March 2015

Convicts and Wenches 50km (Narawntapu) (TAS)

An out and back coastal trail run

Contact: Sahara Dry 0439 345 285

Email: sahara.dry@goldcoastultras.com

Website: http://www.convictsandwenchesmarathon.com/C&W_ContactUs.html

Sunday 15 March 2015

Maroondah Dam 50km (VIC)

Trail run in the Yarra Ranges

Contact: Brett Saxon 0418 557 052

Email: info@trailsplus.com.au

Website: <http://www.trailsplus.com.au/maroondah/>

Saturday 21 March 2015

Rollercoaster Run (VIC)

43km steep trail run in the Dandenongs

Contact: Rohan Day 0420 380 955

Email: info@rollercoasterrun.com

Website: <http://www.rollercoasterrun.com/>

Sunday 29 March 2015

Mt Buller Sky Run (VIC)

45km self supported trail run

Contact: Paul Ashton 0418 136 070

Email: runningwild56@bigpond.com

Website: <http://runningwild.net.au/mt-buller-sky-run/>

APRIL 2015

Saturday 4 April 2015

Truth or Consequences (WA)

50km trail run Jarrahdale/Serpentine National Park, 50mins south of Perth

Contact: Bernadette Benson 0450 630 486

Email: bernadette@perthtrailseries.com

Website: <http://www.perthtrailseries.com/index.htm>

Sunday 5 April 2015

Wild Horse Criterium (QLD)

Wild Horse Mountain, 1hr north of Brisbane

70km, 50km

Contact: Alun Davies 0450 206 474

Sunday 12 April 2015

Canberra 50km (National 50km Championships) (ACT)

Contact: Robert Stalling 0451 115 887

Email: runningfestival@fairfaxmedia.com.au

Website: <http://www.runningfestival.com.au/>

Saturday 18 April 2015

Coburg 24hr (National 24hr Championships) (VIC)

Contact: Tim Erickson 0412 257 496

Email: terick@melbpc.org.au

Website: <http://www.coburg24hr.org/24hr/>

Sunday 19 April 2015**Numinbah to Polly's (QLD)**

49km trail race

Contact: Sahara Dry 0439 345 285

Email: sahara.dry@goldcoastultras.com

Website: http://www.goldcoasttrailruns.com/N2P_Home.html

Saturday 25 April 2015**Anzac Day Challenge, Ku-ring-ai and Garigal National Parks, Sydney (NSW)**

100km trail race

Contact: Greg Donovan 0438 038 005

Email: greg@borntorun.com.au

Website: <http://www.anzacdaychallenge.com.au/biganzac/index>

Sunday 26 April 2015**Brimbank Park, Keilor (VIC)**

50km urban trail race

Contact: Brett Saxon 0418 557 052

Email: info@trailsplus.com.au

Website: <http://www.trailsplus.com.au/brimbank/>

MAY 2015**Saturday 2 May 2015****Wilsons Prom (VIC)**

100km, 80km, 60km trail race

Contact: Paul Ashton 0418 136 070

Email: runningwild56@bigpond.com

Website: <http://runningwild.net.au/wilsons-prom-100/>

Friday 15 May 2015 – Sunday 17 May 2015**North Face 100, Blue Mountains (NSW)**

100km, 50km trail race

Contact: Tom Landon-Smith 0401 908 623

Website: <http://www.thenorthface100.com.au/>

Sunday 31 May 2015**Kep Ultra, Northam to Mundaring Weir (WA)**

100km, 75km trail

Contact: Rob Donkersloot 0457 149 169

Email: rdonkers@iinet.net.au

Website: <http://kepultra.com/>

Sunday 31 May 2015**Macedon Ranges, Mt Macedon (VIC)**

50km trail race

Contact: Brett Saxon 0418 557 052

Email: info@trailsplus.com.au

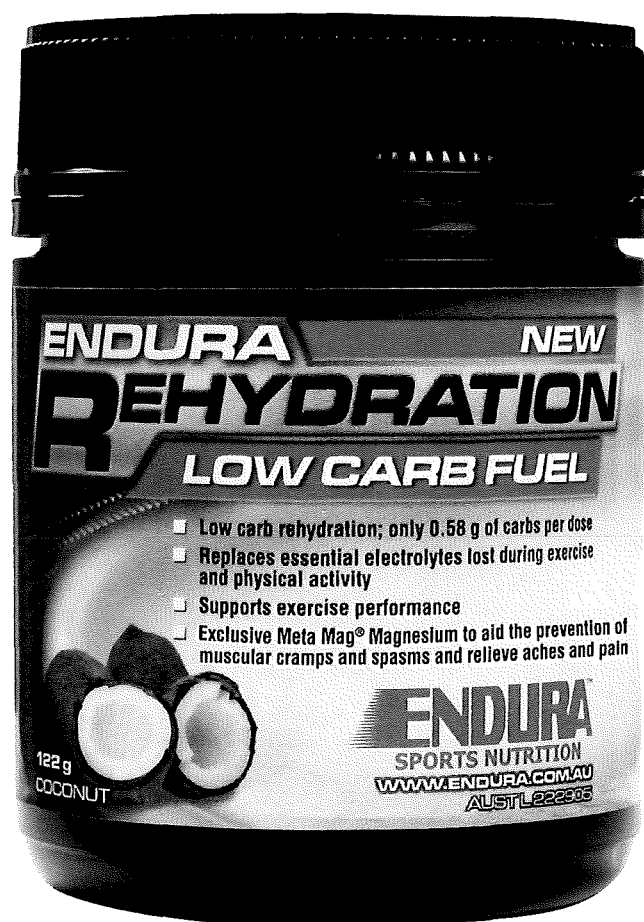
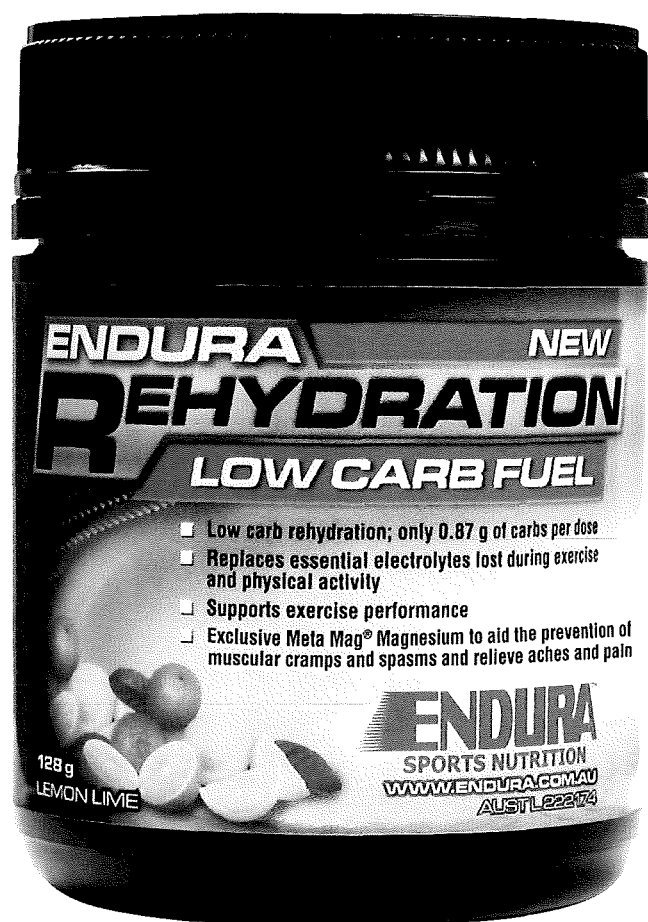
Website: <http://www.trailsplus.com.au/macedon/>

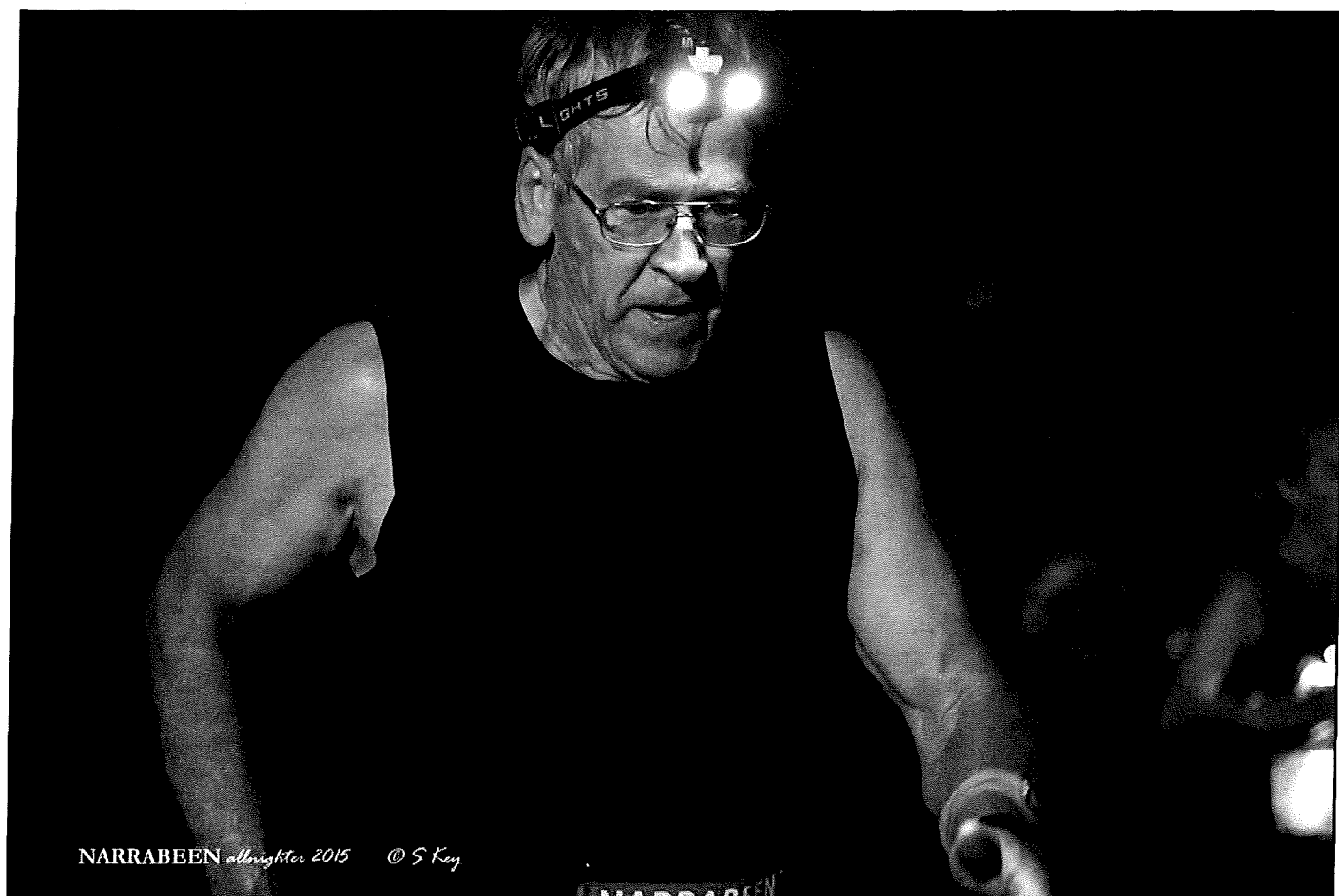


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NARRABEEN allnighter 2015 © S Key

John Kilmartin running through the night at the 2015 Narabeen All Nighter, Photo courtesy of Stefica Key. Narabeen All Nighter 2015.



Red railway spike recipients at the 6 Inch Trail Marathon 2014. Photo courtesy of 6 Inch Trail Marathon 2014.



**Australian
Ultra
Runners'
Association Inc**

Ultramag Contributions

Ultramag is your magazine!

As much as you may like reading about the experiences of other ultra runners, they may be just as interested in reading about yours, so why not contribute your event/race story to Ultramag? The perspectives of all AURA members are welcome - novice, veteran, elite, back-of-the-pack, men, women, young, old or whatever combination of these describes you.

The Ultramag contribution guidelines are pretty simple. Contributions should be in Word doc format (750 words max) and emailed to the editor along with a photo(s) (in jpeg format 1KB or more) by the contribution due date (listed below).

2015 Contribution Due Dates:

16 January
17 April
17 July
16 October

Enquiries:

Elizabeth Bennett
Editor, Ultramag
ultramag@aura.asn.au

NEXT GENERATION REHYDRATION

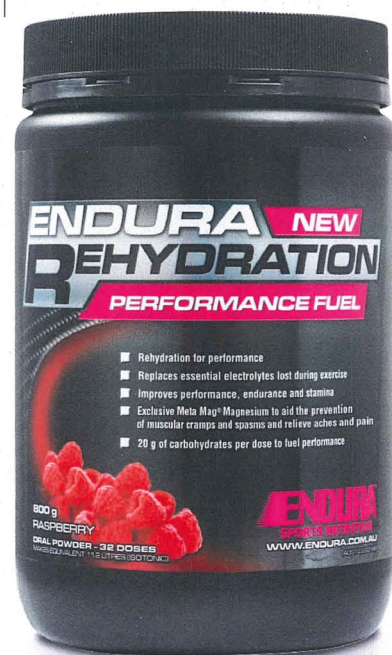
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