



Australian
Ultra
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U L T R A M A G



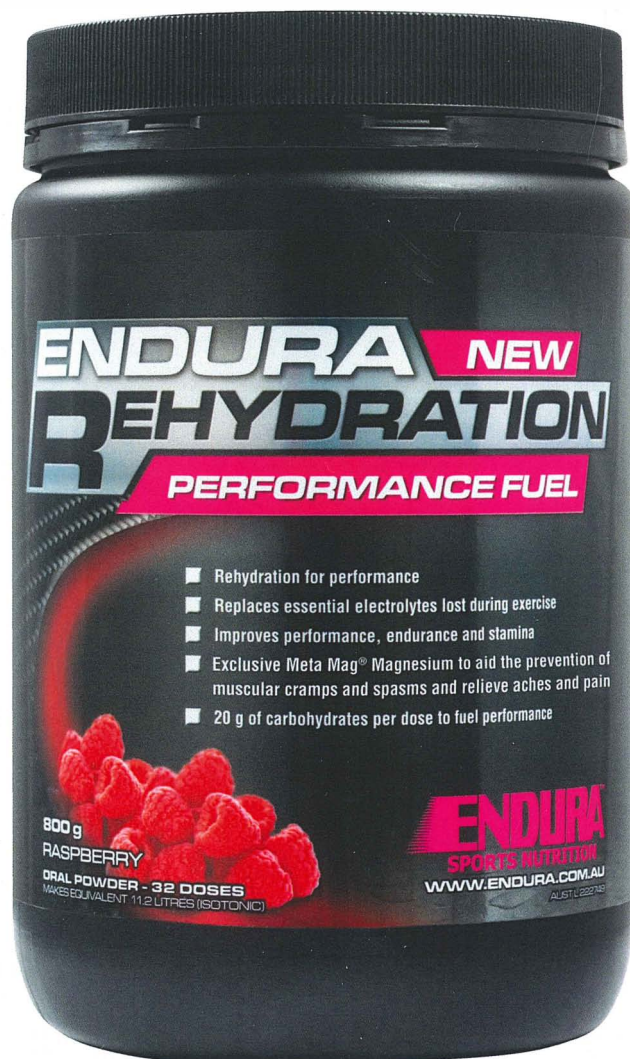
- ▶ Australian team success at World 24 Hour Championships
- ▶ New nutritional research to benefit ultra runners
- ▶ A race director's perspective
- ▶ International and Australian race reports
- ▶ Upcoming events and more



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UltraMag:

The Australian Ultra Runners' Association Quarterly Magazine

June 2015

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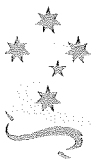
Cover Photo:

Front: Beach running - Convicts and Wenches 50km



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Editor's Introduction

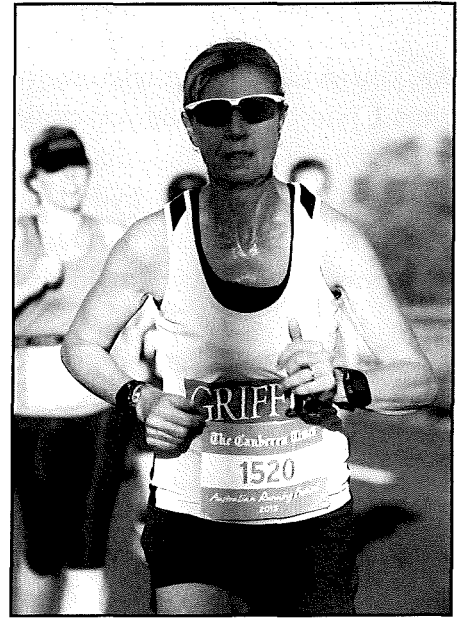
June 2015

Welcome to the June 2015 edition of Ultramag.

Firstly, thank you for all the positive feedback on the March 2015 edition, which was my first as the editor of Ultramag. It was great to hear how much people enjoyed the issue and how appreciative members are of the large amount of volunteer time and energy that goes in to producing it. This encouragement certainly helped maintain my motivation and commitment during the many weekends and late nights spent on this current issue.

While qualitative feedback is valuable in itself, I am also a bit of a numbers person (show me an ultra runner who isn't!) and so it was also reassuring to receive conclusive quantitative feedback via the snapshot survey that was put up on both the AURA Facebook

page and the AURA website. The results from this survey showed that the majority of respondents have a preference for retaining the current hardcopy format of Ultramag rather than move to any of the three e-options. Further, in looking at the results (below), it is important to remember that there are many non AURA members who are members of the AURA Facebook page and so the number of people who responded to the survey via the AURA Facebook page and who expressed a preference for an e-Ultramag available online to the general public is likely to be inflated as those non AURA members don't currently receive Ultramag and it is logical to expect that they would have a preference to receive something for nothing – i.e., receive Ultramag without paying an AURA membership fee. That being said, the majority of respondents across both survey groups – i.e., AURA



members and non AURA members - still expressed a preference for Ultramag to remain "as is" and that speaks volumes. Having said all that, whether or not AURA can afford to keep Ultramag going in its current format is another question, and one that the committee will continue to evaluate.

Ultramag Snapshot Survey Results

As an AURA member, in what format would you like to receive Ultramag in the future?

Current hardcopy format	44%
e-Ultramag distributed via email to AURA members only	16%
e-Ultramag available online to AURA members only	10
e-Ultramag available online to the general public	30%
TOTAL	100%

While on the topic of numbers and measurables, it is also really pleasing to be able to report that in the contribution period leading into the production of this edition, there were sixteen races listed on the AURA calendar. Of that sixteen, I have included race reports for twelve of them in this issue (75%). Thanks to all of you who I approached to write these reports. Collectively,

these contributions add significantly to the newsworthiness and value of Ultramag to its readers. I hope that we can continue to improve even further on this race report contribution rate. 100% would be ideal ☺.

Finally, as well as the race reports and other standard inclusions in this edition, I'd like to draw your

attention to the feature article and the international race reports. These articles add uniqueness to both this particular edition but also to Ultramag as a niche ultra running publication generally. Enjoy!

Elizabeth Bennett
Editor
Ultramag



Feature Article

By Elizabeth Bennett, Editor, Ultramag

The Multiple Benefits of Tomato Juice for Ultra Runners

Are you an ultra runner who enjoys tomato juice? If so, then you could be getting a lot more out of it than just good tasting hydration. A recent study of ultra runners (Samaras et al, 2014) found that those who consumed tomato juice as a supplement during and after running had both improved oxidative status and improved vascular endothelial function. But what does that mean and how can this research be applied so that ultra runners can reap these benefits?

The Scientific Background

Let's begin with an explanation of what oxidative status and vascular endothelial function are.

A brief chemistry refresher may be helpful to explain oxidative status.

The human body is made up of cells which in turn are made up of molecules and atoms. Atoms are the smallest particles of a substance or element. The oxidative status of an atom in the human body is its degree of oxidation – i.e., the amount of oxygen gained or lost via the transfer of electrons in/out of the atom. In the human body, oxidation occurs when oxygen that is breathed in combines with molecules in food to produce energy, water and carbon dioxide. When oxygen is metabolised this way, free radicals are created. Free radicals are atoms that have at least one unpaired electron and which are therefore unstable and highly reactive. The body can cope with some free radicals. However, a balance between free radicals and antioxidants is necessary for proper physiological function.

If free radicals overwhelm the body's ability to regulate them, a condition known as oxidative stress occurs. In this state, the excess free radicals can damage cells and adversely alter lipids, proteins and DNA. Longer term, oxidative stress can contribute to the development of cardiovascular disease and/or some cancers.

Oxidation and the risk of oxidative stress in the human body can be accelerated by factors such as stress, cigarette smoking, alcohol, sunlight and/or pollution. Unfortunately for us ultra runners, oxidative stress can also be accelerated by the very thing we love doing – i.e., ultra running (Gomez-Cabrera et al, 2006; Kaikkonen et al, 1998).

A brief cardiology refresher may be helpful to explain vascular endothelial function.

The endothelium is a thin layer of cells which line the blood vessels and lymphatic vessels. Optimum vascular endothelial function is a pathological state in which the vasodilating (widening) and vasoconstricting (narrowing) substances produced by, or acting on, the endothelium are balanced. This vasomotion is responsible for balancing the supply of tissue oxygen and metabolic demand(s). It does this by regulating vessel tone and vessel diameter (Deanfield et al, 2007). Vascular endothelial dysfunction occurs when there is an imbalance between these substances. This dysfunction may in turn increase cardiovascular risk.

Unfortunately again for us ultra runners, it has been shown that there is an association between vascular dilation and arterial stiffness (Kuvin et al, 2005), and a correlation between high levels of arterial stiffness found in marathon/ultra marathon runners and cardiovascular risk (Burr et al, 2013). Hence, again, the very thing we love doing – i.e., ultra running – may increase our cardiovascular risk.

The Research Study

And now to the research study and what it showed. The study involved 31 ultra runners who were divided into two groups. One group (n=16) used a whey carbohydrate-protein bar supplement during and post running for a period of two months while the other group (n=15) used a commercially available tomato juice. Both groups were instructed to consume equal to the amount they would normally consume of their usual supplement. The control group (n=12) was instructed to consume the usual amount of their usual supplement for the duration of the study.

The Results

- Carbonyl groups are produced during oxidation, hence measuring carbonyl levels is a useful way of measuring oxidation. There was a significant reduction in the carbonyl levels of both the carbohydrate-protein bar supplement group and the tomato juice group.
- The endothelial function of

the carbohydrate-protein bar supplement group appeared to improve but not to a statistically significant level. However the endothelial function of the tomato juice group significantly increased (average increase was 66.9%).

- The serum glucose levels, total cholesterol and LDL cholesterol all significantly decreased in the tomato juice group and the decrease in glucose levels was positively correlated with an increase in total antioxidant activity.
- The total antioxidant activity of both the carbohydrate-protein bar supplement group and the tomato juice group increased but not to a statistically significant level.

Conclusions

Supplementation with both a carbohydrate-protein bar supplement and tomato juice significantly improved the oxidative status of the two study groups. However, tomato juice supplementation also significantly improved vascular endothelial function. Hence, the use of tomato juice as a supplement during and after running appears to have multiple health and ultra running benefits.

The Unanswered Questions

While the results of this study are encouraging for ultra runners (particularly ultra runners who already like tomato juice), it leaves some questions unanswered and raises others. For example:

- The participants in the research study were able to self select the amount of carbohydrate-

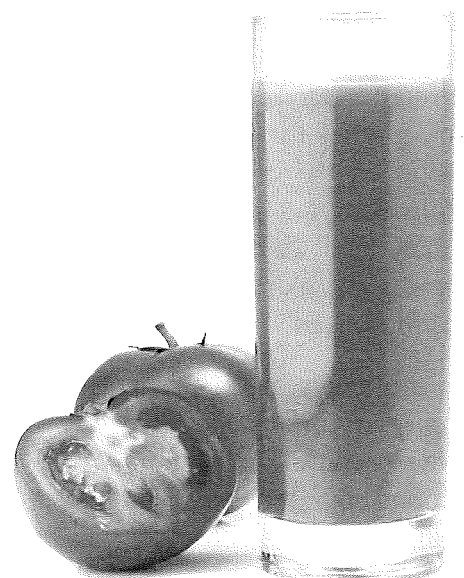
protein bar or tomato juice they consumed based on what their normal supplement consumption would be during and post running. However, it is unclear whether or not there was a trend towards more positive results for either improved oxidative status and/or endothelial function with greater consumption - i.e., was more better or was there an optimum level of consumption?

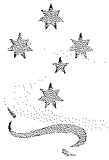
- Given that tomato juice consumption improved serum glucose levels, total cholesterol and LDL cholesterol as well as total antioxidant activity, it seems logical to conclude that it would be good for the general health of ultra runners to include tomato juice in their regular, daily diets. However, what is unclear is how much and how often?
- The research study indicated that there was an improvement in total antioxidant activity in both groups but that it was not statistically significant. The researchers suggested that it may have become statistically significant if the study took place over a longer period of time. Hence, it would be interesting to see over what period of time a statistically significant improvement in total antioxidant activity may become apparent (or not) – e.g., 6 months, 12 months or?
- The research study showed that vascular endothelial function improved in the ultra runners who supplemented with tomato juice. The researchers noted that this improvement was also

seen in another study where tomato paste supplementation was used (Silaste et al, 2007). It would be interesting to know if there is any indication or evidence to suggest that either tomato juice or tomato paste supplementation may result in superior vascular endothelial function improvements – i.e., which is better, tomato juice or tomato paste? And if one is better than the other then what frequency and/or quantity of consumption would be recommended.

What's Next?

Fortunately for readers of Ultramag who are particularly interested in this research, I have been in contact with one of the researchers who undertook this research study and he has agreed to do an email interview with Ultramag. I have provided him with a list of questions and asked him about future research in this area. Stay tuned for an update ☺.





Race Reports

Australia Day Ultra

24 January 2015

By Alexis Oosterhoff

The inaugural Australia Day Ultra event was held on Saturday 24 January 2015 on a 12.5km out and back course along the Australind foreshore (south of Perth). The brainchild of local running stalwart and race director, Ron McGlinn, the event has IAU Bronze status and is one of only four road events in Australia with an official measurement giving competitors an opportunity to set age-group records and/or qualify for Australian teams.

Attracting a predominantly West Australian entry list in its first year there were 32 starters in the 50km event and 11 in the 100km. Both events commenced at 3am and it was quite a sight watching the field stretch out quickly with the front runners setting a blistering pace. Thanks to the local council who replaced several sections of concrete path in support of the event, the initial 3kms were safe underfoot in the dark and all competitors were quickly on to the bitumen section and heading to the turnaround at 6.25km. With parts of this latter section covered by trees, it was good to know there would be some relief for those planning on being on the course past midday. With four out and backs for the 50km, and eight for the 100km, there were plenty of opportunities for high-fives!

In the men's 50km event Andrew Wait led the pack all day with Tony Smith and Grant Wholey around six minutes back at the half way point. In what was a finish to remember, Andrew collapsed with less than 300m to go and struggled to get going again. His lead of

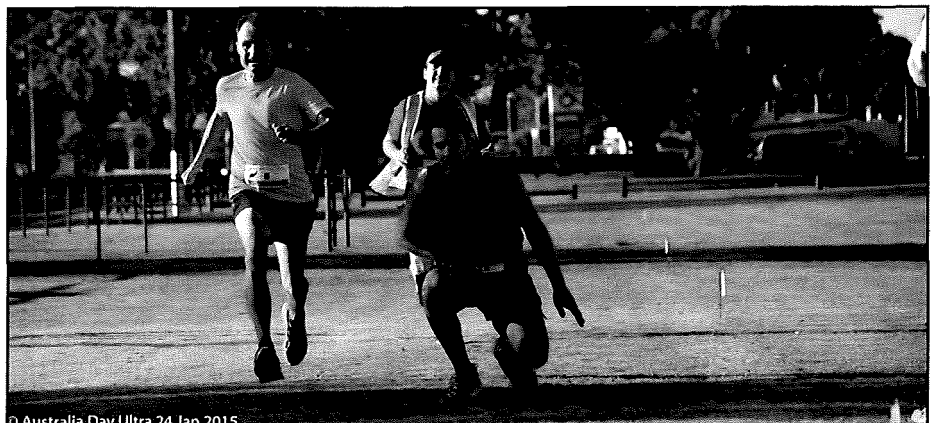
~3min at the last turnaround was lost and Tony reached him just as he started running again. Being the consummate gentleman he is, Tony asked after Andrew and queried whether it was ok to pass before they both kicked for the finishing line. Unfortunately Andrew fell again and Tony crossed in 3:48:13, 20secs ahead of Andrew. Grant crossed in 3:55:29 for 3rd place.

In the women's 50km, Andrea Harris had a comfortable lead throughout the race, winning in a time of 4:26:29. Amanda Bowman and Kelly Robinson remained very close up to the last lap before Amanda pulled away to finish 2nd in a time of 4:42:56. Kelly was 3rd in 4:45:28.

With a much smaller field in the 100km event, the race was hotly contested between Bernadette Benson, Ben Treasure and Nathan Fawkes for the first 50km. Nathan held a 30sec lead over Ben with Bernadette a further 18sec behind at the half way point. Nathan maintained the lead throughout the next lap, but it was from there that Bernadette's experience kicked in, leading by 17min at the 75km mark.

She extended that to 40min by the end, finishing in an AUS and CDN W45 record time of 8:32:00. Ben and Nathan ran together through to the last lap, after which Ben powered on to finish first male in 9:12:31. Nathan crossed the line in 9:15:59. Barbara Fieberg ran a very strong race to finish 2nd female in 9:17:58 with Kate Bodill 3rd in 11:26:28.

Ron did an amazing job of organising this event in a very short time frame, and expressed his gratitude for the high level of support received from the local Shire of Harvey. The Shire provided significant sponsorship in the form of signage, assistance in preparing a traffic management plan, and repairs to the footpath ahead of the race. For anyone looking to set an age-group record, qualify for the Australian team or set a PB, the Australia Day Ultra is positioned as a great season-opener. The next event is on 23 January 2016, with entries opening in July 2015. And for parkrun fans, with a 3am start, you can run a fast 50km and then drive to the Bunbury parkrun in time for 8am (kudos to Tony, Grant, Shaun and Ben for achieving the double this year!).



© Australia Day Ultra 24 Jan 2015

Tony Smith and Andrew Wait in the dramatic finish of the Australia Day Ultra 50km



Beerwah at Night

24 January 2015

By Kathryn Austin

After spending all of 2014 contemplating if I was a 'road runner' or a 'trail runner', a decision had to be made. 2014 was tough, mixing trail and road competition. So, after completing the Heysen 105 in October, my mind was made up. I decided on trail.

I chose the Beerwah at Night run solely because it would be a perfect training race leading into the North Face 100. It contained a mixture of elevations and surfaces without being too technical.

Leading up to the race, consistent rain fell over the area. With my base in Rockhampton, nearly 600km away, I kept an eye on the weather radar via BOM, wondering if the race would go ahead. Before leaving Rockhampton, I made a quick phone call to one of the race directors, Brett Standring.

"All good! Yes, lots of rain, but trail is good to go," he said. "Maybe wear old shoes and not your best running gear."

Maybe this was going to be tougher than I first thought.

The 50km race started at 4pm while the other runs started at 6pm. Out of 250 competitors, only 27 entered the 50km distance.

The first 20km consisted of an out and back section from the start/finish line. This was good as it gave me sufficient time to return to the start/finish before sunset and meant that I did not have to carry my light until I headed back out.

The rain cleared but it left behind an extremely slippery, muddy trail. I decided to run at a faster than intended pace, running just behind the men. My theory behind this was that the men would fall first if the trail wasn't great, giving me time to avoid the worst of the track. Within a few kilometres many runners had slipped over and collapsed into knee deep sink holes. We were already covered in mud. Only 6.5km into the race I thought, "great, what have I let myself in for?"

I wanted to get back to the start/finish line well before the 6pm runners started as I wanted to be in front of them before going through that muddy section again. Unfortunately, I got back to the start line later than anticipated. The next group of runners were already lined up and ready to go. I had no time to refuel. I had to get back out and increase my pace before the other group hit the trail. This meant I was dependent on checkpoints for essential electrolytes and food.

A few kilometres along the trail I was approaching a slippery incline when I heard a loud stampede behind me. It was the other 200 plus runners on my tail! My heart started racing. I had to get past the incline. Unfortunately, it was too late. The men came through at a fast pace - slipping, sliding, falling and getting up again. They were tearing up the trail.

Darkness fell quickly. I was soon running solo again with competitors going off on different

routes. I had to stay focused. I did not want to take a wrong turn as other runners had done. Without natural light, the track was deceptive and unforgiving. I was fatiguing fast, but as I was running into checkpoint 3 I heard the words "Coke." "YESSSS Please!" I managed to shout. That cup of coke was my savior.

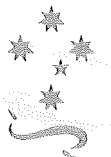
I was then told to head left to run a 5km loop. I switched my light to high beam. All I could see was terrain that looked like wetlands. I thought to myself, "seriously!?" My feet were already water logged. It felt like I was running in concrete boots by that stage.

Leaving my light on high beam I soon saw reflective tape ahead, but not one dry section of trail. To stay positive I repeated to myself, "just 5km for another cup of coke and then the finishing line". At this point I took off. There was no stopping me. I wanted to be home. I was fed up with feeling tired and hungry. I was sick of mud. I just wanted some light. And food!

Exhausted, I crossed the finish line with absolutely nothing left. Hearing the bell was exciting enough after such an epic 50km journey of toughness. The announcement that I was the first placed female and sixth placed overall was an added bonus.

Yes. I would do it all again.

Thanks to the Run Queensland event management team and volunteers for putting on such an awesome event.



Midnight Rambler

25 January 2015

By Ben Clark

Australia Day eve brought the inaugural running of the Australia Day Midnight Rambler 6 hour event, the final in a series of three night time events (although the first didn't end up going ahead) in the You Yangs, put together by local Victorian race directors, Brett Saxon and Andy Hewat. What better way to start our national day than spending the first 6 hours running laps around the bush (or a marathon for the slightly less crazy)? There had also been a selection of shorter events the previous day – ie, 5km, 10km, half marathon, 3 hour event and marathon. The super committed were able to run a marathon on both days.

Runners were invited to dress in Australia Day theme outfits. I had thoughts of running around in a chesty Bonds and boardies but figured it was pointless with the run being entirely in the dark. The theme style dressing seemed more suited to the earlier events that were run in some daylight. But that didn't stop a few others. There were sequin Aussie flag dresses and also some emu costumes on the sidelines.

This was my first time based event and an opportunity to get a solid block of night trail running under my belt. Plus I really like Brett's events and had training to burn after the unfortunate cancellation of Bogong to Hotham a couple

of weeks earlier. However, it was going to be interesting to see how I fared on limited sleep. It had been the best part of 15 years since I'd done 24+hrs with no sleep and the quick nap I had in the afternoon wasn't enough to count.

The race hub was a glowing beacon in the dark, abuzz with spectators and runners completing the last laps of the marathon and 3hr events. However, as those events finished the crowd disappeared, leaving behind just us runners, the volunteers and the odd support crew. As the laps ticked by the attrition rate of spectators and vollies also increased so that by the end there was pretty much just Brett, the lap counters and a few withdrawals huddled around the fire.

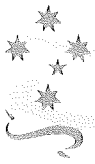
I had a goal in mind for the event but that was dismissed within the first kilometre when I realised that I'd underestimated the course. That said, I found myself out in front about halfway through the first 5km loop.

The course was quite flowing and weaved around the MTB tracks in the Kurrajong section of the park with a small gradual climb back up to the start/finish area. The early laps were just like any other night run, with just a circle of light to lead the way, but as the field spread out glimpses of bobbing headlamps came through the bush. It was then that possibly

sleep deprivation started playing mind games with me. Given the loop nature of the course and that some sections came close together, it became hard to work out if the headlamps were chasing me down or if I was catching them or if they were on the other side of the course altogether. I also started "seeing" odd shapes and silhouettes off in the darkness.

Four hours in and I was unexpectedly still out in front. I figured it was just a case of holding on for as long as possible until the planets re-aligned and those who should have been ahead of me would catch up and take their rightful positions at the front. But that never happened, and even as I slowed over the final hour, I'd built enough of a buffer to maintain the lead all the way to the end.

I've got to admit, while heading off in the dark for an event is nothing new, finishing the thing while still in the dark is a fairly bizarre experience. And it would have to be the lowest key finish to an event I've experienced, with just a handful of us warming up by the fire afterwards as the sun rose. However, it's that small social/communal atmosphere of Brett's events that brings me back and this one had the feel of a group of friends out for a run. It was a great event and certainly one that I want to be a part of again.



Caboolture Dusk to Dawn

31 January 2015

By Marina Brun

I swore I would not participate in another track event after my experience during the Caboolture 48hr back in July 2014 when I “strolled” into a very sombre event as the 48hr runners were moving around the track having just covered the first 24hrs of their 48hr event. I was only attempting 12hrs. “Why?”, I asked myself, “Why do they do this?”. I have often been described as “tough” but after observing the 48hr runners I have come to the conclusion that I’m “not that tough!!!”. They truly take themselves into a deep, dark abyss only to emerge out the other side like a butterfly bursting from its cocoon.

But here I was back at the Caboolture Historical Village ready to give the 12hr Dusk to Dawn another go. I never expected to achieve a better result than the last time.

I set myself up alongside Katherine Stark and her crew. As always, I don’t rely on anyone and am basically a one woman show, but, as it turned out, I did get wonderful support from Katherine’s crew. After settling in and organising my nutrition on my camp table, I collected my race chip and readied myself for a long night of mental anguish, self-doubt and enthusiasm, not necessarily in that order.

Conditions were balmy, still and humid - typical February weather. There was no hint of rain, which would have been a relief, but, alas, it was not forthcoming. Runners and crew members arrived throughout the afternoon, each

vying for their favourite position around the track. Some supporters are very Zen (like me), bringing the bare essentials, while others erect marquis and tents, play music etc.

The race director, Geoff, is so passionate about this event that one has the feeling that the entry fee certainly goes to a good cause - the upkeep and maintenance of the Caboolture Historical Village, which is a very unique and quirky location for such a great race.

The 500m track is made of decomposed granite and is very forgiving on the legs but it tends to become quite dusty as the night progresses and the runners’ weary legs kick up the dust. It adds to the atmosphere of the event.

Every hour a voice on the loud speaker announces that it is time to change direction and once runners reach the manned timing mat the direction is reversed. Runners continue around the 500m track going uphill or bearing down, relentlessly accruing as many kilometres as is humanly possible.

As I settled into my rhythm I began to experience some discomfort and needed to stop three times within the first hour. This did not sit well with me as I didn’t want to run uncomfortably for 12 hours. Even though I was not “competing”, I was subconsciously trying to do a better time than for the same run last year, a run which placed me first in the W55 age group for road running. So, round and round I went stopping every now and again to grab a gel, banana or tailwind, alternating with water.

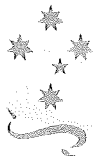
The discomfort soon passed and I settled down to cover as much ground as possible without too much interruption.

I wore a race belt and as the night wore on and when the need arose I alternated the bottles with tailwind and water which seemed to sustain me throughout the event. I have come to the conclusion that at 56 years of age my body does not require a large amount of nutrition and I can sustain my pace and distance for many hours on very little.

There were several other races also being contested throughout the evening - a marathon, the 6hr, team events and a 100km race. As these events drew to a close it was just the 100km and 12hr runners left.

My race plan is usually quite simple. I take every hour, one at a time and count backwards, towards midnight. Then when the first 6 hours have been competed I mentally tell myself that I am more than halfway through and heading towards daylight and it becomes easier. It becomes not how am I going to finish but when.

By 4.45am I had covered almost 100kms and only needed another 8km to beat my effort last year. Needless to say, I managed to push my weary legs around the track for the last hour or so and was delighted to cover 109kms 752m (just short of 110kms). I had nothing more to give. I was awarded third place behind Trish Russell and Katherine Stark.



Lark Hill Dusk to Dawn

28 February 2015

By Jaqui Clarke

It was strange not to wake up at 5am on a Saturday morning and head out for a run on the trails. Instead, the alarm clock was silent as I snoozed my way to 7am before heading out for a massive breakfast of blueberry pancakes and coffee. After all, carb loading is important before a big run!

Nervous energy always seems to hit me on race day so rather than a nice relaxing day with my feet up I cleaned the house and washed the car, and was almost ready to start on the garden when I realised I had better slow down. Then late afternoon I drove 60kms south to Lark Hill. My family thought it was amazing that I was going to run 50kms in the dark through the night, especially when I am petrified of kangaroos and they are known to frequent the area.

I managed to find the start line, but only after a tourist drive around the area, taking the car up some dirt roads and bumping into a fellow runner who managed to get some directions on the phone for us.

The start line was a hive of activity with families and support crews setting up. About 70 runners all gathered around to admire the setting sun and any nerves were quickly forgotten when the kids 'ultra' run commenced. About 20 kids took part in this event, which saw them run a loop of approximately 1km for about 45 minutes. With high fives, scraped knees and a few tears we all relaxed listening to the laughs and camaraderie of the kids.

Not long after the kids' event we had a quick race briefing from the race director and we were off!

The race involves running a loop of about 3km mainly on trails with about a hundred metres of soft sand. The 50km runners had to do 17 laps of this course and the

100km runners had to do 34 laps. I was tackling the 50km and on lap one I was thinking I was mad. How was I going to count 17 of these?!

While the event started at 7pm and most people had head torches on, they weren't really required, and so I ran the entire race without one. The moon was bright and the trails were light so it was hard to go off course or get lost.

The trail was nice and even with views of the houses around offering comfort that I wasn't too far from civilisation should I fall down and break something, or even worse, be chased by kangaroos. A few times I thought I was hallucinating when I thought I saw a kangaroo only to realise that there was a white unicorn running loops and wearing a race bib – yes, a man in a unicorn onesie was running 50kms!

Mid-way around the course it was possible to pick up some speed on a short downhill section. At the bottom of the hill though there was a corner and then BAM! You hit the sand. After feeling so fast and light going downhill the sand made you feel like you were trudging in knee deep concrete and this concrete got deeper and thicker with every lap.

Keeping me going was the amazing support of the other runners (and one unicorn). Every time a faster runner passed me or I passed someone there were words of encouragement and a thumbs up. Coming through the checkpoint at the top of the hill was also uplifting because of all the cheers from the supporters as you headed out for another loop.

After 10 loops I knew every bend and twist in that 3km loop; every nook and cranny. I could tell where the trail was flat, slightly uphill or slightly downhill, and where every strategically placed solar light was.

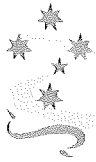
With 6 laps to go I was sure that I was going crazy. I was losing count of how many laps I had done and how many I had left to do. I had to ask the timing guy to confirm when I had 2 laps to go.

It got a little lonely as the faster runners doing the 50km started to finish and you no longer had them passing you on the track offering encouragement. I can only imagine how the 100km runners felt when all the 50km runners were done. It was beautiful though, running alone under a bright moon and stars.

Coming into the finish line was magical. All the other runners were gathered around, most with a celebratory beverage in hand, cheering on those left out on the course while their families slept in tents nearby. The elation of finishing what I found to be a very mentally tough run continued when I sat with the rest of the finishers and cheered on everyone still going. Extremely inspiring were the 100km runners. It was incredible to watch them push through and see Josh Garrett run a new course record with a great win.

It wasn't long before the unicorn came through for the final time and proceeded to collapse on the ground next to us and thus be dubbed 'dead unicorn' while he recovered. I was later told he eventually got up, got on his skateboard and disappeared into the night!

Sleep deprived, cold and sore I crawled into my bed about midday on the Sunday swearing that despite being very happy with my run, this was mentally the toughest race I had done and "never again". However, even my non-running other half knew that I was already contemplating going back next year for the 100km. With such an awesome vibe around this race and such amazing support from fellow runners how could I not?



Coburg 6 Hour 8 March 2015

By Matthew Eckford

This year's Coburg 6hr was held at the George Knott Athletic Field in Clifton Hill about 5km away from the Coburg track which was being refurbished. Being a similar 400m track with comparable facilities I doubt this change of venue had any influence on participants, myself included.

As well as a 6hr track run, this event was also being used by nine runners as a 100km world championships qualifier and those runners had organised with Rob Boyce and Tim Erickson in advance to continue beyond the 6hr mark to 100km in order to register their qualifying times.

I entered the race for a number of reasons. It was at the end of my peak volume week five weeks out from the World 24hr Championships in Italy and gave me the perfect opportunity to travel south to the cooler temperatures and do a 6hr long run outside instead of on a treadmill at home. It would also give me the opportunity to trial the pacing plan and some nutrition and hydration ideas I had for Italy in a race environment. And finally, it was a great opportunity to catch up with some familiar faces and support the event

Armed with my mum, who is my regular and essential support crew, I flew down from Brisbane late on the Saturday and checked into a nearby hotel. Even with 142km already in my legs from my peak volume week I felt surprisingly fresh and was looking forward to running a little faster than my training runs to finish the Sunday off.

My pacing plan was to run 3km, walk 200m in 8 lap cycles, using the walk break approximately every 15min to have my nutrition and hydration intake. I planned to start running at 5min/km pace

and walk at 8min/km pace and see how I felt as the race progressed. My previous best 6hr distance was 71km and I was aiming for 72km.

We started at 6am and after nearly an hour several things became obvious. Previous years of getting on the podium with a mid 70km distance wasn't going to be enough today as many runners were running strong, focused and comfortable. I remember being passed by David Overend who commented that to be on the podium would likely require 80km+.

In comparison to the Caboolture 6hr

Dusk to Dawn (a night race around a 500m village circuit) at both Coburg and Clifton Hill you can see the whole race and all participants in real time as they run around an open 400m track in the daylight. I think this played a part in many of the excellent performances on the day as runners could feed off each other's energy in full view.

It also became apparent to me that this was going to be a good run for me. Whether it was the cooler temperature, the change to running outside after many weeks on the treadmill, the enjoyment of running with familiar faces



or being pushed by the faster than expected performances, this Sunday long run on my peak volume week was feeling a whole lot better than I had anticipated. The 5min/km felt too comfortable and so I decided to run between 4min 15sec/km and 4min 20sec/km, and keep my walking pace to 8min/km or slightly quicker.

Francesco Ciancio, Dion Finocchiro and Barry Keam were flying around. David Overend, Kevin Mannix and Nikki Wynd were also running very strong.

The nutrition change I wanted to trial for Italy involved incorporating some solids in the form of energy bars. I did this trial without consulting my coach, Martin Fryer, beforehand. He later advised that solids during a short and faster race like a 6hr can be difficult. Sure enough, at the 4hr mark I forced 3 intakes of 1/2 energy bars down sideways over a 45min period and then proceeded to bring all 4 hours of my well digested and effectively working

regular nutrition/hydration plan back up again. Lucky this wasn't the 24hr Worlds in Italy!

I dropped my running pace back to 6min/km pace for the next 30min to let my stomach settle and body rebalance. Even though I hadn't entered this race with any competitive intentions, after 4hrs of running on what felt like clouds, I was feeling some disappointment that my nutrition trial had dampened a much better than expected outcome.

The day was also warming up and it was a lovely reprieve to be sprayed with a cold hose on every lap just near the start line.

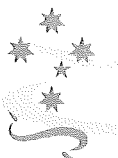
After 30min of slower running to recover I was able to slowly wind back up again to 5min/km by the time the 6hr finish mark sounded. I finished with just under 74km, better than my previous best of 71km and better than my planned 72km for this race. I had trialled solids in my nutrition plan and comfortably come to the conclusion that I wasn't going

to have them in Italy. I was also happy with my pacing plan. Importantly, 200m seemed enough time to comfortably consume my nutrition/hydration, lower my heart rate each time and use some other leg muscles. Previously this walk distance had been 400m each time. With confidence in a 200m walk as well as the distance I achieved after a peak volume week, I felt good and ready for Italy in 5 weeks' time.

The nine runners who intended on running 100km qualifiers dropped to three and I congratulate them on finishing in great times.

I'd also like to congratulate and say thanks again to Tim on another professional, smoothly run, and enjoyable event.

The three podium placegetters all ran 80km+, breaking records in the process, and the first 10 runners all ran 70km+. Nikki Wynd also won the women's event with 70km+. It was a good day for Australian 6hr track racing.



Razorback Run 64km

14 March 2015

By Michael Keyte

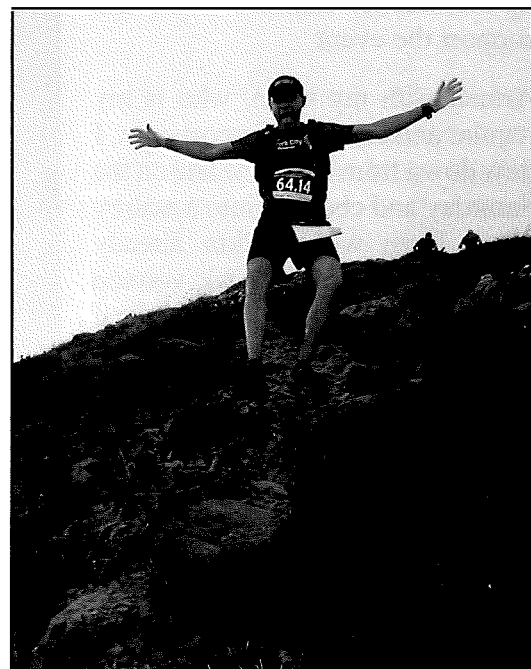
Four of us travelled over from South Australia to run the Razorback run, spending a night in Bendigo on the way to break up the 12 hour drive. I raced the Razorback in 2013 and really enjoyed the course and friendly atmosphere. I think it's one of the most spectacular running trails in Victoria.

We arrived in Bright early on the Friday morning. Our first stop was at Velo for coffee ☺. After settling into our accommodation in Harrietville we ran the first section to the start of the trails.

We woke to perfect weather on race morning, sunny but not too

hot and no wind. The race briefing by race director, Paul Ashton, included great directions which made the course sound as if it was easy to follow.

The race started at 6am and a group of around 10 took off fairly quickly. I stayed with them until the first section and then when we hit the first climb at Bungalow spur I pulled to the side to let others pass. This climb is long, around 11kms, and while it's not really steep it's a long day and so I wasn't going to destroy myself





on the climbs. Once we reached Federation Hut we had to climb Mt Feathertop. It was very misty and cold up the top but there was still a spectacular view.

As the race leaders were coming down from Feathertop I got a look at who was in front. I was sitting around 6th at this stage. After coming down Feathertop the trail headed left towards Diamantina Spur. About 1km down I was following my GPS watch and it said I was going the wrong way – panic! I headed back to the junction and asked someone which way to go. It ended up that I was going the correct way after all. I thought “oh well, I may not see the front runners today” as I had just run an extra 2kms.

The descent down to the river was quite steep. I took it easy as I didn't want a tumble early on. The next climb was up to Weston's Hut, which was short but steep. I power walked up this hill to save my legs for the top section where I planned to try and put the speed on.

Once on the flatter section I saw a competitor in the distance who I passed just after pole 333. This was a flat section and so I ramped up the speed. From this point I knew the course and was happy with how I was feeling, sitting in

5th position.

At the bottom I arrived at Dibbons Hut. It was time for a water restock as the next climb was Swindlers Spur, a tough climb. I took on plenty of food, gels and water. I took it fairly easy going up Swindlers as I really wanted to save my legs for the top flatter section. This was the last major climb for the day.

I was feeling great. As I got near Mt Hotham I could see four runners about 2kms apart and thought, “wow, that's the lead group”. It looked like they were walking the inclines. I was feeling good so I ran them. I quickly caught three competitors, including Martin who I had met at the You Yangs 80km race. I stopped and had a quick chat to him, wished him all the best and took off after the two runners in front.

I caught Daniel on the road up to Hotham. We hadn't met before so I introduced myself, had a quick chat and then I was off to chase the leader. I caught the leader - also called Daniel - at the checkpoint. I quickly filled up with water as this was the last water stop and took off really fast and didn't look back.

The next section along Razorback is stunning and a fantastic run. It's my favourite bit of the trail. I was really pushing the pace and concentrating on my footing. I was still feeling good but there was 22km to go. I knew once I got to Federation Hut it was just a 10km descent to the finish.

When I raced it in 2013 I had a tumble on this downhill section so I was conscious of my footing. But not conscious enough! I had a huge fall with about 8km to go, smashing my knee badly. I didn't look at it. I figured if I couldn't feel blood spurting out it couldn't be too bad, and told myself to “just get up and run”. Then with about

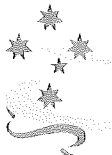
3kms to go I decided to have another “rest in the dirt and stones” on the same knee! I was slightly sore by now but I didn't know how far behind Daniel was and so I just kept the pace as fast as I could.

Once I was on the bitumen road I could see no one was behind me so I enjoyed the run to the finish line and snuck in for the win. I was happy with my run finishing in 7hours 50minutes. I was 7 minutes slower than in 2013 which left me thinking that if I didn't take the wrong turn I might have bettered my time. It was a great race. I really enjoy running this course. Thanks to Paul Ashton for putting on a great event and to all the volunteers before and during the event. Their support is invaluable. The race couldn't go ahead without their help. I can highly recommend this course for its views and awesome trails.

My knee and leg swelled up a lot. It took two weeks of recovery to be able to run on it again.

My next event is the World Trail Championships in France, Annecy. I've been lucky enough to be selected to represent Australia. I'm really excited to be racing this event - 85km with 5200m climbing through the French Alps. It will be spectacular. I just need to stay upright ☺.





Water World Great Ocean Run

15 March 2015

By Steel Beveridge

There will be two new names on the Water World perpetual trophies after the running of the Great Ocean Run from Red Rock to Coffs Jetty on Sunday 15 March 2015. While the lead changed on a number of occasions it was Boambee local, Ed Brazier, who crossed the finish line first, adding a sub 4 hour time to his CV with his 3.53.29 effort. A Queenslander, having her first run in the event, Carol Wingreen, overcame an early challenge from Tina Thompson to take out the women's race in 4.33.39.

Brazier had trailed final fourth placegetter, Peter Nolan, in the early stages, then moved to the front but was overtaken by runner-up, Tony Green, only to regain the lead as Green took a detour in the closing stages. Despite his unfamiliarity with the course, Green was more than happy with second and a sub 4 hour run, clocking 3.58.38. Rodney Koopmans from Woolgoolga ran a consistent race to move into third in 4.09.48.

Carol Wingreen looked comfortable

throughout the 45km prevailing over Thompson by nearly five minutes. Third placed Sahara Dry kept both Wingreen and Thompson honest, crossing the finish backwards in 4.40.20.

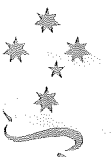
With almost ideal March weather conditions many of the runners posted best times for the course while others like Peter McKenzie and Angie Grattan were satisfied to add another finish to their totals. McKenzie now has 19 to his credit and Grattan 18.

The winning relay team of two was Patrick Coghlan and Glenda Banaghan in 4.21.14, a scant three seconds ahead of Tony Kean and Peter O'Sullivan.



The first three men in the Water World Great Ocean Run

This year's run was dedicated to a former women's winner of the event, Aileene Markham, who passed away during last year. Aileene must have been smiling upon the event as it is rare to have the run held in such ideal conditions, especially after the downpour on the Friday before and the Saturday's howling southerly.



Convicts and Wenches

15 March 2015

By Martin Price

The coast north of Launceston has been my favourite running ground since I first visited there on holidays from Sydney. Sections of gentle bush track are followed by wide, long beaches, all within the very accessible Narawantapu national park. On early morning runs out here the usual company is wallabies, black cockatoos and the occasional tiger snake. Now

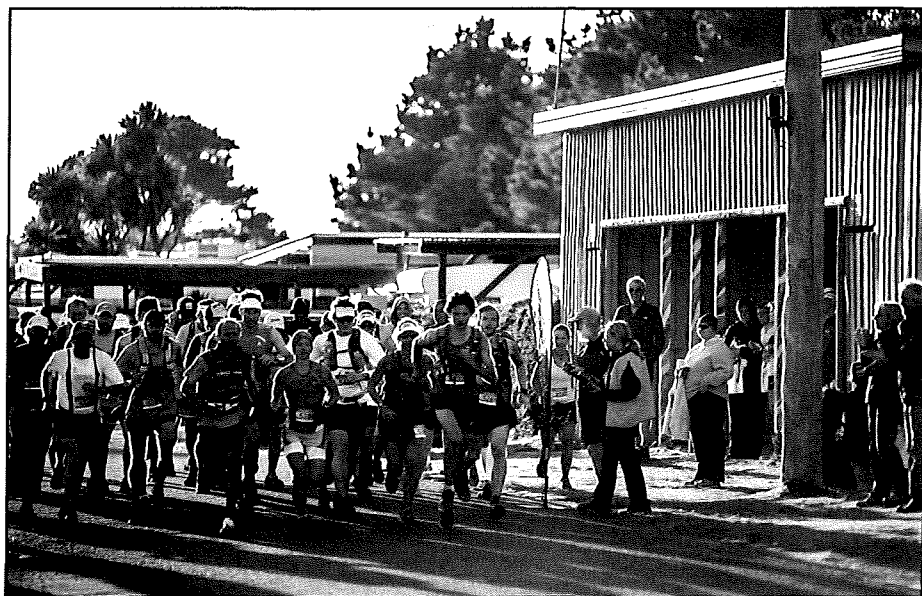
a local, I had no more excuses for not entering Convicts and Wenches, and I figured that if I could get through it in 6 hours then that would indicate I was in good enough shape to consider September's GNW.

Some 40 of us fronted up for the 8am start with a handful of slower runners having taken up the early

start option. This split start helps keep the field together while reducing the time volunteers need to stay out on the course.

Tassie turned on a magnificent autumn day, chilly to start, but perfect for running with low humidity, clear blue skies and barely a breeze.

The race commenced with a few



The start line of Convicts and Wenches

metres on Greens Beach and then onto the bush track to West Head. The track is fairly flat and easy going. Everyone around me agreed that we were going too fast at this stage but feeling too good to slow down. I'd long since lost sight of my training buddy who was targeting 5 hours and spent time with a number of mainlanders and two Canadian sisters. In what seemed like no time at all we were across the rocks and onto Badgers Beach with a group of well-wishers cheering us on and the next headland clearly in sight.

The beach running was straightforward - firm sand, no wind and plenty of runners around to keep the pace going. Once off the beach it was through the aid station and up a steep rocky stretch, finally giving me an excuse to drop to a walk. This is my favourite part of the track along the headland with its low vegetation affording great views along the coast and inland. As we dropped down to Copper Cove the water was so clear and blue you would swear you were in the tropics - pity the water temperature doesn't also reflect that! Although this beach is only a few hundred metres in length, its pebbles and soft sand make it harder going than the rest so I was ready to head once more

onto a track up and over the next headland from where we could see Bakers Beach stretched out in front of us with coloured dots of runners running along its length.

Bakers is long but very firm and wide thanks to the race date always coinciding with a low tide. I was still feeling strong and passed the time by calculating at what point I would see the first runner returning. I enjoy out and back races as they give me a chance to see the leaders and the whole field. It wasn't long before last year's winner, David Bailey, came into view looking totally fresh and fast. Next I saw Johnno comfortably ahead of his running partner, Amy, but she later overtook him to get

second overall. It was fantastic to see many familiar faces heading up to the turnaround.

I was amazed to be at the halfway point still feeling fine and ahead of schedule but I guessed I would be paying for it later. I had just started the return trip when I was overtaken by a runner doing twice my pace. That was very discouraging until I realised he must be a relay runner starting on fresh legs.

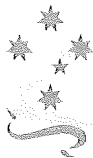
Each section now seemed that much longer than on the way out and instead of focussing on who I would overtake next I had to work just to stay in touch with the runners in front of me as my body started complaining. It's funny how when entering a race I never remember that it will be hard work and pain will be involved.

As I reached the last bush section with under 10km to go I considered pulling out but decided to walk for a while instead. A couple of runners soon passed so I took a gel and got going again. I was pleased to get to the finish and within my target.

There were so many impressive runs that day and such a good atmosphere - brilliant trails and good company. This is a definite event for me next year and I thoroughly recommend it to any mainlanders coming over for a visit.



The magnificent Convicts and Wenches coastline



Mt Buller Skyrun

29 March 2015

By Lucy Bartholomew

I have had different expectations and different experiences of the Mt Buller Skyrun each time I have run it. The first time I ran it was in 2013. I ran it with my dad and we spent half the time getting lost and the other half being stupid and dawdling around. In 2014 I came back alone and finished an hour and a half faster, mainly because I knew I had to keep up with Shane Hutton so I didn't get lost. This year I was excited to come back again to see if I could improve some more.

The course was changed this year to start on top of the mountain and so instead of rolling down a 14km descent to the finish there was a 12km 1100m ascent - fun! I also knew that the field was much deeper this year. I was excited.

The run started at 7am in freezing cold conditions although the forecast was for a beautiful, clear day. I had been doing some training on the course in the previous weeks and I knew that the first bit was downhill before a steeper climb up to the summit of Mt Stirling. I really wanted to save myself for the final climb and so I didn't want to push too hard too early.

As always the gun went off and I felt like I was in a 200m sprint as the boys went off and we flew down a grass ski run. Unfortunately as we

got off the grass I heard a female voice say she had hurt her ankle. It was Gill Fowler, one of Australia's best female trail runners. (She managed to keep running but had to pull out at the summit of Mt Stirling).

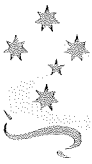
I got to the top of Mt Stirling and was feeling really good as I saw people on the out and back up to the pile of rocks that indicated the peak. After this climb we descended down to Craig's Hut, an historical hut from the movie, "Man from Snowy River". I love this section and allowed myself to put to use some of the downhill training I had been practicing and I managed to catch up to the 2nd placed female. We hit the hut together, did a U turn and took a deep breath before climbing back up to Stirling.

I knew the first girl, Emma Rilen, was a cracking x-country runner and on the out and back she was flying! We climbed back up to Stirling before starting the 14km descent off the mountain. As I went down I could feel my legs getting tired as I always try to push too hard going downhill and I started to dread the feeling of hitting the bottom, running along the grass park to the start of the final climb. This downhill, aptly called the "River trail", crosses the Delatite River 14 times via wooden bridges

with constantly changing scenery. I put some music on and felt really happy until a mountain bike rider came around a bend and nearly put me in the river! Music off, I continued the slightly tiring but fast downhill to the final checkpoint.

It was time to go back up again. My legs were dead. I was walking with very little purpose but I wasn't going to be caught by anyone and I could hear talking up ahead. I saw the second placed female again and we jogged along together both saying that our legs were heavy and counting down the kms to the finish. We got to the summit of Mt Buller and I knew it was roughly 3km to the finish. We came down together and the awkward conversation started as to how this might end, but with both of us being competitive girls, we sprinted our way to the line with me just pinching second and her third. It was very exciting but I was mostly relieved to just sit down and wait for my dad to cross the line.

Another great race organised by Paul Ashton and his extraordinary volunteers. I love the simplicity of these events and the people who come to these races. It was one of my first trail runs and definitely not my last. Massive congratulations to Emma Rilen and David Byrne on taking out the golden shoes.



Truth or Consequences

4 April 2015

By Sanja Kolonic

One of Perth's most challenging ultras, Truth or Consequences, is the last event in the Perth Trail Series. This year it was recognised by the International Trail Running Association (ITRA) meaning that one precious point could be hard earned on a 50km course with significant elevation gain, some tricky descent, speedy single track, mixed terrain, and Perth's unique pea gravel.

The course consists of two laps of a 25km loop from Jarrahdale through Serpentine National Park (Serp NP). It starts with a short bitumen section before entering Gooralong Park for a speedy descent on Kitty's Gorge trail, a scenic and impressive single track that winds along a scenic pine forest following the Serpentine River and Gooralong Brook. This section is fast and insanely fun, and covers some technical ground that's textural with roots, rocks, boulders, and other perks that have the potential to trip you up or, at best, slow you down. If you go out too quickly in this section, you will likely pay for it later on in the race.

Passing the fig house, you head towards the first aid station (10km) located in the main park area of Serp NP. Shortly after the aid station you begin the first ascent of the day. At the top, after a kilometre or so of flattish fire trail, you drop back down to pass the fig house again. From there, you begin the second major climb of the day – "the three steps". It is at this point that you realise that Perth has some serious hills and the need for speed on Kitty's Gorge trail may not have been such a great idea. A little while later you drop down to cross the Serpentine River followed by a hill climb and then

there's some wide trail leading back into Jarrahdale.

Going into this race my goal was to finish injury free. I had little expectation as to where I was going to place. I knew I was unprepared due to lack of training. In the weeks leading up to the race I had spent more time on my road bike than on my feet, and although this concerned me, I knew I had the fitness to endure a 50km run no matter how long it took. The week of the race I managed to sneak in some last minute training consisting of two short runs, one speed session and a few rides on the road bike. This meant I wasn't exactly going into the race with fresh legs.

Race day arrived and at 7.30am, following the pre-race briefing, the race bell rang and we set off.

I started faster than anticipated, getting caught up in the testosterone while trying to avoid the impending bottle neck at the entrance to Kitty's Gorge trail. This starting speed would come back to haunt me on the second loop.

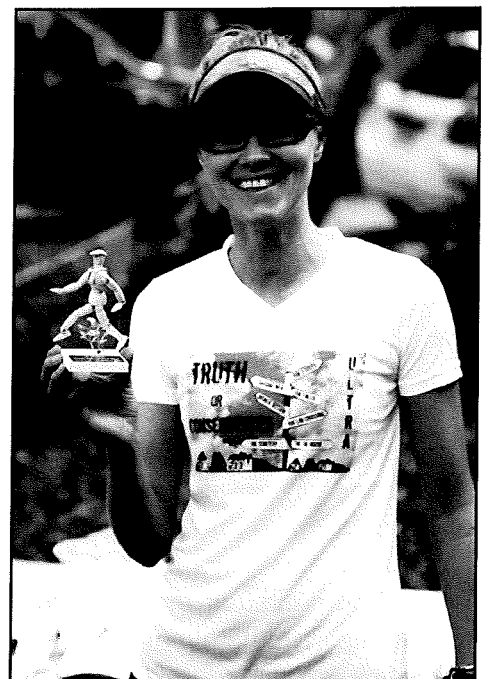
Kitty's Gorge trail is one of my favourite single tracks in Perth. I allowed my legs to find their rhythm here as the rest of my body enjoyed the speedy and scenic descent to Serpentine National Park. I tried to take in the scenery and forget about race pace. Parts of Kitty's Gorge trail are flat and fast with smooth footing while other parts are technical and surprisingly steep, although relatively short. I could see that a few of the runners around me were pushing beyond their race pace in this section.

I passed the aid station without stopping and moved along to the first climb of the day. It was

shortly after the first climb that I had a sudden wave of despair and the thought of finishing became an incomprehensible challenge. In my mind the excuses as to why I should pull out after the first loop started to accumulate. I was only into my 13th kilometre. It was too early to be feeling like this. As a distraction from these thoughts I plugged in my iPod and began to fill my thoughts with song lyrics. The music worked – I was in the zone.

Power hiking up "the three steps", I turned around to check who was behind me and to admire the view over the valley floor. I then enjoyed the next few kilometres of relatively flat trail. During this section I was able to catch my breath, re-fuel and prepare for a fast descent on a gravel road to Serpentine River.

After the river crossing, the last long and steady incline of the day was on the Munda Biddi Trail, which is a wide mountain bike trail consisting mainly of pea gravel. The Munda Biddi trail takes you all the way into Jarrahdale. I enjoyed this section





of the course due to its unspoilt bushland and towering eucalyptus trees which give the air a calming aroma but the pea gravel quickly inhibited any feeling of calmness.

Coming into the aid station at the 25k mark I was pleased to see familiar faces – my local running

buddies who were acting as volunteers. Refilling my water and fuel supply, I headed out for the second loop.

It was only as I was leaving the aid station that I noticed Gisela (2nd placed female) was not far behind me (a gap of a few minutes only). This awareness gave me a boost to keep moving ahead.

On the second loop, the first 10km went really well. The energy from the blast of the caffeine gel which I took during the descent on Kitty's Gorge trail started to kick in and I was feeling fresh. However, just before hitting the "the three steps" for the second (and last) time, I

realised that my fast pace on Kitty's Gorge trail, and mostly likely my last minute training, had finally caught up with me. I had absolutely nothing left in the tank. A wave of fatigue and dehydration set in.

The rest of the race was a blur - some painful power hiking, some moments of despair that I was going to run out of water, some encouragement from the wonderful volunteers. During the last section, after crossing the Serpentine River, my focus shifted to the scenery and simply crossing the finish line. As a result, I did not pay much attention to my pace or who was behind me. In the end I was very pleased to cross the finish line injury free, still smiling and able to walk with a normal stride. Being the first placed female was an added bonus.

Canberra 50km (50km National Road Championships)

12 April 2015

By Pam Muston

What a great day for the 2015 Canberra 50km. The weather was absolutely perfect for both running and spectating - cool, sunny and no wind. It is so much easier to run these events when you have the most spectacular weather. The other thing that always makes a good race is the number of enthusiastic spectators cheering all the runners on. It was wonderful to see so many people out supporting the race.

The last few years have seen a number of changes to this event. This year the 50km had a separate earlier start time (6.05am) to the marathon and the course was changed, adding the extra 8km on to the marathon distance early on in the race rather than at the end of the marathon. The 50km runners departed from the marathon course at the 4km mark and ran an undulating out and back section towards Weston Park for the

extra 8km.

The marathon course was the same as last year. It runs around most of Lake Burley Griffin, providing runners with a few ups and downs, and some great views. There are a few little out and back sections mixed in. I enjoy the variety incorporated into the course.

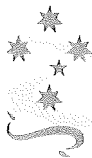
The dedicated start time for the 50km meant you could see from the start who was in the 50km rather than trying to work it later in the event as has been the case previously when the marathon and the 50km started together.

Once rejoining the marathon course I found I needed to concentrate on my pace a little more than normal as there were marathon runners going at a slower pace. It was easy to slow down to their pace for a

quick chat along the way.

In the last section of the race I was surrounded by heaps of runners which was different to other years. While it was lovely to be running with a group it also pushed me to finish strongly.

The Canberra Marathon has been running for 40 years and since moving to Canberra I have participated in 14 Canberra Marathons, and more recently, six of the Canberra 50kms. I will definitely be back for more of this event and I would encourage people to come to Canberra to run this well organised race. It gives runners the opportunity not only to take part in this community event but also to experience the friendly and layered bay nature of the Canberra running landscape.



International Race Reports

24 Hour World Championships,

Turin, Italy

By Jodie Osborne

Editor's Note: Jodie Osborne recently came 6th female at the World 24 Hour Championships in Turin, Italy, clocking up an impressive 230km. This is her race story.

We arrived at the race precinct Paco Ruffini in Turin around 9am, about an hour before the event was due to start. We were ready and everything we might possibly need had been arranged for us by the amazing Australian crew who had caught the bus to the race precinct ahead of us.

As a team we made our way to the race start corral. We thought we were just getting our timing chips checked but we were checked off and then herded into the starting corral, which we weren't supposed to leave, and yet we still had 30 minutes until the race started. We milled about with the other athletes and were finally off and running.

From the start I planned to walk approximately 100-150m every lap or 2000m. I did this religiously. As I approached the crew tent in the middle of the back 100m straight of the track inside the stadium I grabbed my nutrition, usually a gel and some water or some energy drink, and then walked (fast) to the top of the bend in the track where there was a box for Aussie bottles to be dropped and reused. Then I ran again, negotiating the short sharp hill out of the stadium, which most people walked for another lap of the park. I refuelled every second lap, according to my plan, but walked every lap. In my short walk breaks I often walked faster than those jogging slowly. If people

passed me I soon caught them up when I resumed running. A few people commented that I was fast walker. One guy complimented me on my calves. (This happens a lot to me. I consider myself very fortunate to have been born with powerful calves).

At 12 hours I had achieved my intermediate target of 125km. Many commented that I was smashing it and looked strong but I knew I still had to get through the night and this was where I had struggled last time. I did feel good though. I sang a bit, skipped occasionally and tried a dance, and I repeated my mantra, 'this is easy, keep it easy,' in my head. At this point I just focussed on getting through the next hour or two. I made it to 100 miles in about 16 hours. Then the target was 200km in under 21 hours. People were still commenting that I looked good but again I knew there was still a long way to go. I was still religiously following my walk/run strategy. Slowing to a fast walk as I passed the crew I gave them a thumbs up to indicate that I was doing great and didn't need anything. I was speed walking, arms swinging, down the track to the bend, and then slipping back into

running for the rest of the lap.

I think it was around 4am that I started to fade and felt really tired. I had taken in some caffeine but it hadn't taken effect yet. I just wanted to sleep. I had walked almost one whole lap half asleep, swaying a little. One of the officials on the course asked me if I was okay. I had been in about 4th place but I could tell I had slipped as people started to pass me instead of the other way around. I called into the crew tent and sat down in the chair. I put on some long pants, had some coffee, tried to freshen up and got back out. Actually, the Aussie crew pushed me back out! I then had a better lap, running again and picking up places.

A couple of hours later the sleep demon came back. Again, I loaded up on caffeine and Kerrie



Jodie on the track at the World 24 Hour Championships



Jodie on the ground next to her 230km finish marker at the end of the World 24 Hour Championships

[Bremner] who had stepped off the track (her knee a victim of that insane little hill in and out of the stadium) got ready to join me and pull me through the last hour or so.

I was sitting in 8th place or so and we had some people to catch. We found them and chased them down, mostly running sometimes

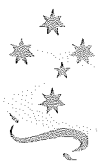
silver medal. The team spirit was strong.

Finally, I entered the stadium for the last time. I knew I was going to make 230km. I just needed one more lap of the track but Kerrie told me we needed to be sure and that we had to climb out of

walking, but pushing through to the end. I was happy with 225km and then 228km but Kerrie kept talking me into the magic 230km. We spoke of all the people back home glued to their computers watching my progress and cheering me on from afar. Seeing Barry and Matt both walking with a comical lean, pushing through the pain, lifted my spirits. So did spotting the other boys out there striving for a team

the stadium up that hill one more damn time. "Just keep going, maintain your form", Kerrie said. "You look better than anyone else out there" and I was still running. We passed the crew one last time. I think I smiled. We climbed the hill and passed the 350m mark on the ground which meant I had clocked up 230km but we ran on. A gun went off and we stopped because we didn't realise that it was the 1 minute to go gun. Fortunately, someone told us there was still a minute to go and I sprinted off, Kerrie in tow. I saw the smoke from the final gun and we stopped, put down our cones and hugged. The sun was shining. My husband, Tim, and the kids, Kira and Cale, came and found me. They had been around on and off during the 24 hours cheering on all the Aussies and giving me updates on my position. I then made my way back to the crew tent, beaming.

I am incredibly grateful to Pitsamai Boyce who looked after me and the rest of the support crew, and of course, Kerrie.



Zion 100 Miler **By Tash Sekulic**

I'm at the race start of the Zion 100 miler in Town Park, Virgin Utah. Both the 100km and 100 miler races start at the same time so there are quite a few of us standing around chatting nervously. Despite having travelled across the world for this race, I instantly feel part of this community.

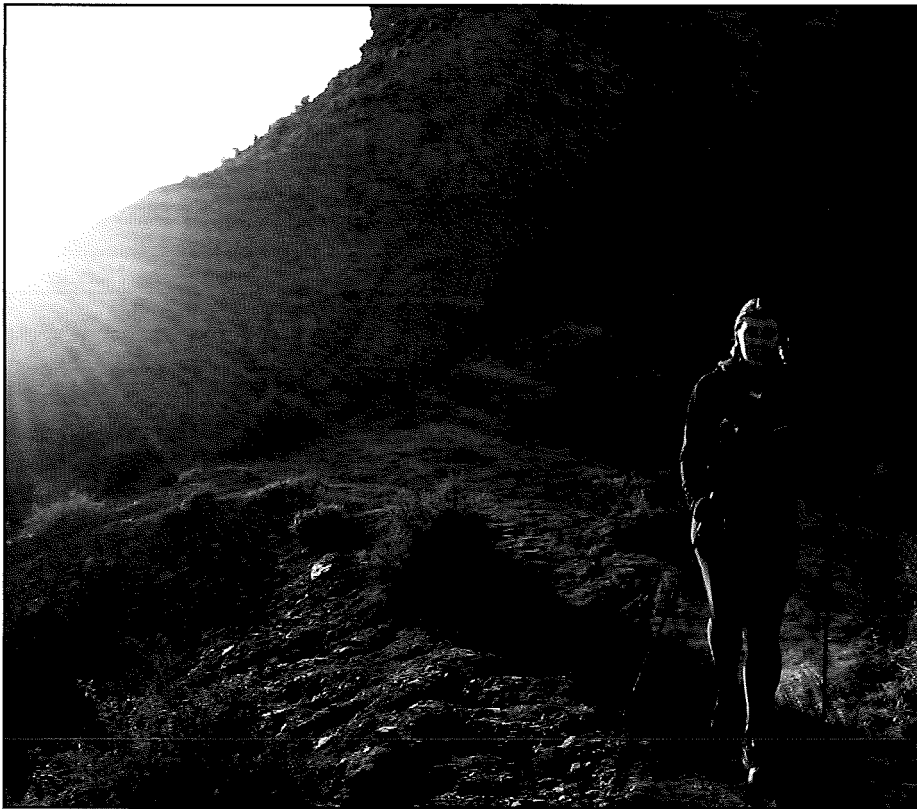
6am comes too quickly and we are all off, running toward Flying Monkey Trail. This is a steep trail that climbs around 600m in 1km and requires the use of a rope to scale parts of the mesa. However,

once at the top, the views are stunning. It's a 10km loop at the top of the mesa over undulating terrain. I try to run slow. It's going to be a long day. I make conversation with some of the other runners. They have all run plenty of milers. Their advice quenches my novice thirst. I am warned about some of the more technical aspects of this particular course and told wisely "there is no shame in walking."

It's time to descend the Flying Monkey Trail, and while I try to use the rope to get down the sharp

descent, I realise I will be better off if I just use what my mamma gave me and toboggan down the smooth rock on my backside.

I check in at Dalton Walsh aid station quickly and am on my way out on a long dirt road that heads toward the second major climb of the race. There is a lone RV out in the desert and I say to another runner "look, it's Heisenberg." He tells me this is an awkward conversation so I am forced to run a little faster to make my exit. I channel my spirit animal for



10km loops. I'm so close yet so far. Everything hurts.

At 7am I am greeted by one of my wonderful pacers, Julie. I'm afraid it's another hallucination but when she talks I realise she is real. She assures me that when the sun is full in the sky my aches and pains will disappear. They don't but they do ease as my body warms up for another day of running.

At 9am Julie leaves me and Erin joins me for the final miles. The sun is so hot and I have forgotten my hat. I experience my first downer. I start to complain but then I remember what a privilege it is to be out in the desert – sunrise to sunset to sunrise. To paraphrase from the film 'Wild', "There is a sunrise and a sunset every day. You can choose to put yourself in the face of beauty."

I cross the finish line at 12:30pm on Saturday. I had put myself in the face of beauty. I had found my Zion.

this race, the cassowary - bright, colourful, powerful.

At the top of the second climb I encounter slick rock for the first time. I had been warned about this stuff but didn't appreciate just how awful it was going to be until the first 10km stretch across the rock was under my belt. It is the equivalent of running on undulating, jagged pavement. Eventually it's over and I'm back at Dalton Walsh. From here we head out onto another dirt road that slowly climbs up toward the third and meanest climb of the race, Goosebump Mesa.

The heat starts to affect me. We are out in the open and the sun pummels its rays down upon us. It's nauseating and it becomes difficult to keep down calories. My pace slows but I keep moving forward.

As we start to climb Goosebump Mesa the wind is knocked out of me. It's a hands on knees grind to the top. Runners are perched on rocks around each switch back. I'm not the only one struggling but I don't stop. Short strides and

a scramble to the top and I reach Goosebump aid station.

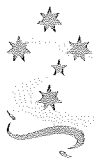
I pass through Goosebump aid station three times over the course of the evening. It's 2am when I pass through for the final time. It feels quite momentous.

I head back down Goosebump Mesa in the freezing black night. What was difficult getting up has become torturous getting down but it's over quickly.

The early morning hours find me hallucinating on a dirt trail. I'm no longer sure what is real and I'm afraid I'm getting hyperthermia. I see cartoon animals and a Klu Klux Klan man.

At 5am I hit Virgin Desert aid station. From here it's three





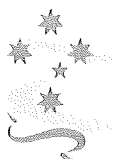
Race Results

Midnight Rambler, January 25, 2015

You Yangs National Park, VIC

6 HOUR ENDURO					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		65	Clark	Ben
2	2		65	Lazar Adler	Adrian
3		1	60	Macmillan	Katherine
4	3		60	Cullum	Tom
5		2	55	Bell	Tamyka
6	4		55	McDonald	Andrew
7	5		55	Mast	Jarrod
8		3	50	Cowling	Gayle
9		4	50	Shannon	Michelle
10	6		42	Stace-Smith	Peter
11	7		42	Guerra	Julio
12	8		42	Reyes	Robin
13	9		42	McCall	John
14	10		40	Roberts	Chris
15		5	40	Adam	Carole
16	11		20	Kohlar	Jarad
Bold SURNAME indicates AURA member.					

ENDURO STARTING AT 8PM					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		50	Johnson	Kevin
Bold SURNAME indicates AURA member.					



Truth or Consequences 50km

April 4, 2015

Jarrahdale/Serpentine National Park, WA

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:36:28	Bakowski	Thomas
2	2		4:41:04	Smith	Rudi
3	3		5:10:42	Morrison	Johnathon
4		1	5:29:08	Kolonic	Sanja
5	4		5:48:27	Bason	Richard
6		2	5:50:31	Gartmair	Gisela
7	5		5:57:49	Ito	Sadahiro
8	6		6:01:05	Oosterhoff	Alexis
9	7		6:01:51	Dunican	Ian
10	8		6:02:51	Badger	Rob
11	9		6:04:00	Frendo	Mark
12	10		6:09:15	Morrison	Wesley
13	11		6:10:04	Watson	Matt
14	12		6:12:23	McLeod	Hamish
15	13		6:13:22	Drancis	Colin
16	14		6:18:04	Gould	Richard
17	15		6:22:59	Harrison	Paul
18	16		6:22:59	Joyce	Paul
19	17		6:28:20	Flahive	Martyn
20	18		6:28:24	Parsons	Robert
21	19		6:30:38	Whalley	Steve
22	20		6:34:20	Cooney	Tim

Rank	Cat Place	Cat Place	Time	Last Name	First Name
23	21		6:35:06	Vibert	Michael
24	22		6:43:19	Dumas	Jean-Charles
25	23		6:44:04	Keal	Benjamin
26	24		6:44:59	Wisniewski	Matt
27	25		6:45:09	Lewis	Dean
28	26		6:48:02	Panietz	Todd
29		3	6:48:22	Hefferon	Beck
30	27		6:48:31	Price	Rob
31	28		6:53:38	Murdock	Adrian
32	29		6:57:29	Snook	Jeff
33	30		7:00:07	Head	Michael
34	31		7:08:25	Hooper	Ryan
35	32		7:09:47	Chilcott	Steve
36		4	7:11:20	Russell	Dale-Lyn
37	33		7:13:34	Millett	Roger
38		5	7:15:08	Cripps	Elyse
39	34		7:17:48	Ogawa	Takuya
40	35		7:21:13	Lewis	Grant
41	36		7:29:58	Legge	Stuart
42		6	7:35:11	Lane	Michelle
43		7	7:38:00	Bowler	Amanda
44		8	7:44:45	Hagan	Karen

Rank	Cat Place	Cat Place	Time	Last Name	First Name
45		9	7:53:55	Frendo	Rebecca
46	37		7:54:26	Cepeda	Edgar
47	38		7:55:38	Pearce	Jason
48	39		8:11:27	Baker	Dave
49	40		8:18:47	Johnston	Brett
50		10	8:28:25	Vurong	Gabrielle
51		11	8:28:26	Clark	Jaqui
52	41	12	8:29:37	Shiu	Crystal
53			8:29:58	Baldsing	Gerard
*			8:40:39	Allen-Byatt	Martha

Rank	Cat Place	Cat Place	Time	Last Name	First Name
*			8:49:48	Phillips	Jonathon
*			8:51:08	Riswandi	Iwan
			DNF	Bickley	Garry
			DNF	Briggs	Stuart
			DNF	Caldwell	Mark
			DNF	Collins	John
			DNF	Ruiz Diaz	Francisco
			DNF	Williams	Steven
* Finished after cut off					
Bold SURNAME indicates AURA member.					



Australia Day Ultra January 24, 2015 Australind, WA

50KM					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:48:13	Smith	Anthony
2	2		3:48:33	Wait	Andrew
3	3		3:55:29	Wholey	Grant
4	4		4:06:25	Gray	Jeff
5	5		4:07:03	Kaesler	Shaun
6	6		4:10:59	Harris	Ben
7	7		4:22:28	Keenehan	Jason
8		1	4:26:29	Harris	Andrea
9	8		4:27:18	Deering	Bill
10	9		4:39:58	Wasilew	Chris
11		2	4:42:56	Bowman	Amanda
12	10		4:44:27	Spadaccinin	Alexander
13		3	4:45:28	Robinson	Kelly
14	11		4:58:29	Dorotich	Matt
15		4	5:14:29	Baird	Anubha
16	12		5:16:22	Bell	Graham

Rank	Cat Place	Cat Place	Time	Last Name	First Name
17		5	5:17:26	Evans	Hannalie
18		6	5:19:01	Treasure	Shirley
19	13		5:21:30	Boggan	James
20		7	5:31:49	Eager	Melanie
21	14		5:32:34	Van Poecke	Reindert
22		8	5:47:12	Waite	Harmony
23		9	5:48:08	Wawatai	Nhung
24	15		5:50:34	Chauveau	Frank
25		10	5:51:13	Robertson	Sue
26		11	5:56:08	Bennett	Pamela
27		12	5:56:40	Clark	Jacqui
28		13	6:00:48	Hoffman	Kara
29	16		6:00:48	Wilmot	Paul
30	17		6:29:50	Wilmot	Gary
			DNF	Watson	Matt
			DNF	Grant	Bruce
Bold SURNAME indicates AURA member.					

100KM					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	24		8:32:00	Benson	Bernadette
2	25		9:12:31	Treasure	Ben
3	26		9:15:59	Fawkes	Nathan
4	27		9:17:58	Fieberg	Barbara
5		11	10:30:18	Oosterhoff	Alexis
6	28		11:26:28	Bodill	Kate

Rank	Cat Place	Cat Place	Time	Last Name	First Name
7		12	12:21:43	Williams	Pamela
8	29		13:14:09	Avery	Richard
		=13	DNF	Francis	Mick
		=13	DNF	Trent	Tim
	30		DNF	Luscombe	Emma
Bold SURNAME indicates AURA member.					



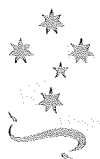
Beerwah at Night 50km

January 24, 2015

Beerwah, QLD

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:51:55	Stokes	Joe
2	2		4:41:56	Devlin	Jules
3	3		5:12:03	Jacobson	Chris
4	4		5:12:16	Churchman	Andy
5	5		5:27:09	Pryor	Luke
6		1	5:37:35	Austin	Katherine
7	6		5:44:17	Henderson	Sean
8	7		5:49:25	Martin	Steve
9	8		5:50:23	Taylor	David
10	9		6:00:46	Wood	Jaco
11		2	6:03:10	Moloney	Mallani
12	10		6:22:23	Bamber	James
13	11		6:22:39	Hope	Nic
14	12		6:23:36	Moore	Giles

Rank	Cat Place	Cat Place	Time	Last Name	First Name
15	13		6:49:57	Aloia	Jason
16	14		6:58:53	Greger	Justin
17	15		6:58:57	Hogg	Peter
18		3	7:02:16	Donovan	Anna
19		4	7:09:29	Laenen	Ruth
20		5	7:14:08	Poh	Seivland
21	16		7:52:02	Jackson	Gavin
22	17		7:59:00	Droste	Nic
23		6	7:59:00	Brun	Marina
24			DNF	Brittain	Scott
25			DNF	Maddern	Benjamin
26			DNF	Symons	Cheryl
27			DNF	Zatorsky	Michael
Bold SURNAME indicates AURA member.					



Caboolture Dawn to Dusk

January 31 2015

Caboolture Village, QLD

12 HOUR					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		128.56	Gamble	Malcolm
2	2		120.903	Muller	Kevin
3	3		116.704	Kruger	Brad
4		1	116.213	Russell	Trish
5	4		112.02	Jenkins	Peter
6		2	111.943	Stark	Kat
7		3	109.752	Brun	Marina
8	5		107.428	Symonds	Dan
9	6		106.186	Padilha	Roberto
10		4	105.427	Bendall	Raelene
11		5	101.806	Fien	Sarah
12		6	100.783	Jaques	Sara
13	7		96.701	Foster	Wendell
14	8		96.204	Bennett	Peter
15		7	95.539	Anderson-Glover	Lori
16		8	93.099	Symons	Cheryl
17	9		89.88	Sewell	Andy

Rank	Cat Place	Cat Place	Distance	Last Name	First Name
18		9	87.436	Chan	Karen Woon Cheung
19	10		85.962	Kettle	Brett
20	11		77.264	Moreton	John
21		10	73.51	Smith	Cassie
22		11	73.185	Alexander	Joanne
23	12		72.808	Lewis	Stephen
24	13		70.757	Adams	Grahame
25		12	70.5	Hodge	Kerri
26	14		70.5	Laine	Laurie
27		13	65	Canfell	Melanie
28		14	63.685	Connor	Alison
29		15	50	Crook	Katrina
30	15		43	Wright	Stephen
31	16		41	Munro	Cameron
32	17		30	Salter	Michael
33	18		20.5	Heness	Keith
Bold SURNAME indicates AURA member.					

6 HOUR					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		65.665	Jones	Paul
2		1	64.282	Kets	Julia
3	2		64.001	Ponych	Greg
4	3		63.609	Allen	Trevor
5	4		60.636	Eckford	Matthew
6	5		60.5	Jacobson	Chris
7		2	57.012	Chatteton	Suzanne
8	6		56.508	Moloney	Nick

Rank	Cat Place	Cat Place	Distance	Last Name	First Name
9		3	56.252	Russell	Carol
10	7		51.602	Bennett	Mark
11	8		51.589	Knowles	Chris
12		4	41	Moloney	Mallani
13	9		39	Bixley	Matt
14		5	38.716	Swain	Elizabeth
15	10		32	Pearson	John
16	11		29	O'Brien	James
Bold SURNAME indicates AURA member.					

50KM					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		5:23:53	Bendall	Gavin
2	3		6:50:11	Marshall	Kelvin
3	3		8:19:33	Yee	James
Bold SURNAME indicates AURA member.					

50KM					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		9:40:32	Mulholland	Shaun
Bold SURNAME indicates AURA member.					



Cradle Mountain to Lake St. Clair ~ 82km February 7, 2015 Overland Track, Cradle Mountain, TAS

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		8:06:57 AM	Gibson	Stu
2		1	9:19:10 AM	Fowler	Gill
3	2		9:45:50 AM	Burford	Thomas
4	3		9:49:27 AM	Heatley	Dave
5	4		9:52:28 AM	Russell	Graeme
6		2	10:03:09 AM	Lamprecht	Amy
7	5		10:06:47 AM	Dernee	Phill
8	6		10:07:50 AM	Lewis	Iestyn
9	7		10:16:26 AM	Truloff	Gregory
10	8		10:19:14 AM	Burford	Andrew
11		3	10:46:22 AM	Macmillan	Katherine
12	9		10:46:59 AM	Jarvis	Robert
13	10		10:51:03 AM	Johnson	Paul
14	11		10:52:38 AM	Monks	Paul
15	12		10:54:14 AM	Beeston	Phil
16	13		10:54:15 AM	Fist	Andy
17	14		10:59:12 AM	Coombs	Henri
18	15		11:06:58 AM	Cannell	John
19	16		11:08:48 AM	Haenggi	Michel
20	17		11:12:23 AM	Cunningham	Steve
21	18		11:16:58 AM	White	Stuart
22	19		11:28:29 AM	Andrews	Vaughan

Rank	Cat Place	Cat Place	Time	Last Name	First Name
23		4	11:31:05 AM	Sprent	Jenny
24	20		11:33:46 AM	Kirkpatrick	Graeme
25	21		11:39:20 AM	Noall	Gary
26		5	11:46:16 AM	Collins	Jessica
27	22		11:51:12 AM	Turnbull	Simon
28	23		11:57:14 AM	Baker	Matt
29	24		12:11:49 PM	Bunt	George
30	25		12:15:45 PM	Kaiser	Ben
31	26		12:18:25 PM	Watson	Alan
32	27		12:20:27 PM	Hewat	Andy
33		6	12:24:15 PM	Durand	Helen
34	28		12:32:43 PM	Stein	Paul
35	29		12:33:50 PM	Cole	David
36	30		12:37:11 PM	Smith	Sean
37		7	12:51:44 PM	Anderson	Katy
38	31		12:51:45 PM	Dailey	Bruce
39	32		12:59:13 PM	Lewis	Joe
40	33		1:01:32 PM	Sutherland	Andrew
41		8	1:06:52 PM	Suckling	Sandy
42	34		1:07:39 PM	Lyons	Peter
43	35		1:19:31 PM	Hawke	Corey
44		9	1:24:03 PM	Cowling	Gayle

Rank	Cat Place	Cat Place	Time	Last Name	First Name
45	36		1:25:29 PM	Shipway	Lucas
46	37		1:53:37 PM	Doley	Weston
47	38		1:54:20 PM	Wood	John
			DNF	Saxon	Brett
			DNF	Armstrong	Clayton
			DNF	O'Connor	Damien
			DNF	Ibbotson	Dan
			DNF	Strohfeld	Doug
			DNF	Robinson	Karen

Rank	Cat Place	Cat Place	Time	Last Name	First Name
			DNF	Prosser	Katherine
			DNF	Rosen	Madeleine
			DNF	Schar	Markus
			DNF	Anderson	Nicole
			DNF	Henschke	Philip
			DNF	Pickup	Richard
			DNF	Masterson	Tom
			DNF	McMurtrie	Wayne
Bold SURNAME indicates AURA member.					



Dendy Park 50km

March 1, 2015

Dendy Park, Brighton, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:18:27	Michelsson	Magnus
2	2		3:42:53	Ross	Andrew
3	3		3:48:04	Gamble	Malcolm
4	4		3:54:22	O Loughlin	Daragh
5	5		4:18:16	Sawa	Mak
6	6		4:33:19	Salton	John
7		1	4:56:00	Wen	Kim

Rank	Cat Place	Cat Place	Time	Last Name	First Name
8	7		4:56:36	Falls	Mark
9		2	5:03:40	Adam	Carole
10	8		5:28:20	Thompson	Joseph
11		3	5:40:52	Tremonti	Joanne
12		4	5:40:52	Maguire	Cathy
13		5	5:40:52	Jones	Michelle
Bold SURNAME indicates AURA member.					



Razorback Run

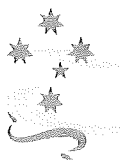
March 14, 2015

Harrietville to Mt Feathertop, VIC

64KM					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		7.50.37	Keyte	Michael
2	2		7.59.22	Nunan	Daniel
3	3		8.06.24	Trevena	Daniel
4	4		8.19.13	Hack	Martin
5	5		8.25.19	Roberts	Chris
6	6		8.35.20	Zwierlein	Buttercup
7	7		9.04.55	Devlin	Jules
8	8		9.04.55	Donaldson	Andrew
9	9		9.05.42	Roberts	Paul
10	10		9.17.16	Wight	Chris
11	11		9.17.16	Manson	Scott
12	12		9.22.27	Chenoweth	Jack
13	13		9.37.07	Melchiori	Tristan
14	14		9.40.54	Allen	Brad
15	15		9.44.20	Stiberc	Jono

Rank	Cat Place	Cat Place	Time	Last Name	First Name
16		1	9.48.51	Hansen	Jacqui
17	16		9.53.58	Hosking	Matthew
18	17		10.02.03	Metcalfe	Anthony
19		2	10.09.15	Bespalov	Isobel
20	18		10.24.09	Baxter	Wayne
21	19		10.31.56	Heiland	Tarek
22		3	10.34.38	Piantadosi	Lee
23	20		10.43.15	Allen	Scott
24	21		10.47.36	Bartholomew	Ash
25	22		11.18.59	Carlsson	Mathias
26		4	11.20.56	Munzberg	Emma
27	23		11.37.05	Maffei	Maurice
28	24		11.37.05	Colbert	Clayton
29	25		12.55.00	Wright	James
Bold SURNAME indicates AURA member.					

58KM					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1	1	11.07.10	Penfold	Lee
2	2	2	11.07.10	Pain	Marcus
3	3	3	8.25.25	Ferraro	Simon
Bold SURNAME indicates AURA member.					



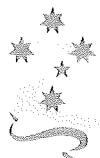
Convicts & Wenches 50km

March 15, 2015

Narawntapu National Park, TAS

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:46:59	Bailey	David
2		1	4:10:15	Lamprecht	Amy
3	2		4:23:39	Claridge	John
4	3		4:29:50	Cannell	John
5		2	4:32:10	Oborne	Jodie
6	4		4:38:10	Lewis	lestyn
7	5		4:39:02	Hirst	Ben
8	6		4:40:40	Andrews	Vaughan
9	7		4:43:20	Flittner	James
10	8		4:45:15	Camilleri	Andre
11	9		4:49:59	Beeston	Phil
12		3	4:51:57	Flittner	Emma
13		4	5:14:12	Binder	Julie
14	10		5:19:11	Wilson	John
15	11		5:23:40	Beament	Lance
16	12		5:24:14	Price	Martin
17	13		5:32:28	Scanavino	Isacco
18	14		5:34:15	Duff	Terry
19	15		5:34:15	Moss	Jason
20	16		5:38:54	Hayes	Nick
21	17		5:43:54	Diprose	Adam
22	18		5:58:30	Barr	Graeme
23		5	5:59:46	Clelland	Felicity

Rank	Cat Place	Cat Place	Time	Last Name	First Name
24		6	5:59:48	Keyser	Chantal
25	19		6:08:38	Hanson	Shane
26	20		6:13:33	Sexton	Daniel
27	21		6:14:29	Talbot	Christopher
28	22		6:15:43	Mitchelmore	Lewis
29	23		6:18:46	Dodge	Richard
30		7	6:21:47	Harris	Kim
31		8	6:22:35	Farrar	Carolyn
32		9	6:24:48	Hilder	Fiona
33		10	6:25:44	Mason-White	Holly
34	24		6:29:30	Riggall	Lyndon
35	25		6:34:19	Burston	Jack
36	26		6:55:14	Denwer	Kim
37	27		7:07:05	Williams	David
38		11	7:19:49	Smith	Elizabeth
39		12	7:20:33	Wray	Leslie
40		13	7:20:34	Frost	Pamela
41		14	7:44:36	Makins	Alison
42		15	8:49:49	de Courcy	Rebecca
			DNF	Simpson	Sherman
			DNF	Skvaril	Vlastislav
			DNF	Stewart	Pip
Bold SURNAME indicates AURA member.					



Canberra 50km

April 12, 2015

Canberra, ACT

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		2:59:19	Dutton	John
2	2		3:07:43	McCredie	Craig
3	3		3:08:38	Davies	Brendan
4	4		3:10:40	Purcell	Darren
5	5		3:11:42	Brittain	Scott
6	6		3:13:16	Mullins	Gary
7	7		3:15:36	Ingraham	Todd
8	8		3:16:56	Wareham	Raymond
9	9		3:17:52	Heyden	Andrew
10	10		3:20:47	Balnavae	Philip
11	11		3:24:11	Watson	James
12		1	3:31:35	Varey	Kelly-Ann
13	12		3:32:44	Easton	Brett
14	13		3:34:07	Gillies	Cameron
15	14		3:36:14	Crozier	Luke
16	15		3:36:18	Amy	Martin
17	16		3:39:14	Turner	Mike
18		2	3:40:28	Major	Tina
19	17		3:40:35	Stewart	Matthew
20	18		3:48:40	Graham	Dave
21	19		3:49:12	Deakin	Noel
22	20		3:53:13	Profke	Andrew
23	21		3:55:16	Hopkins	Neil
24	22		3:57:32	Shein	Jason
25	23		4:01:32	Egan	Brendan
26		3	4:02:24	Delaney	Lynette
27	24		4:02:48	Wallace	Greg
28	25		4:05:02	Mullen	Christopher
29		4	4:05:44	Akashi	Akiko
30		5	4:05:56	Griffith	Amelia
31	26		4:05:59	Paul	Dale
32	27		4:06:50	Currie	Jamie
33		6	4:07:28	Green	Melanie
34	28		4:08:02	Wilkey	Dominic
35	29		4:09:06	Lamond	Andrew
36	30		4:10:43	Oke	Malcolm
37	31		4:10:43	Cornelius	Morgan
38	32		4:10:47	Odgers-Jewell	Brett
39	33		4:11:02	Law	Andrew
40	34		4:11:52	Birnie	Steve
41		7	4:12:07	Huxley	Cherie
42	35		4:14:27	Bradley	James
43	36		4:14:30	Blennerhassett	Michael
44	37		4:14:55	Graham	John
45	38		4:16:13	Murrell	Conrad
46		8	4:16:19	Stewart	Emma

Rank	Cat Place	Cat Place	Time	Last Name	First Name
47	39		4:16:27	Wichgers	Joost
48	40		4:16:54	Hidvegi	Frank
49	41		4:17:27	Marshall	Kail
50	42		4:17:56	Parkinson	Jonathan
51		9	4:18:29	Fien	Sarah
52	43		4:19:15	Isaaks	Roger
53		10	4:19:20	Currie	Amy
54		11	4:20:51	Wallace	Robyn
55	44		4:22:21	Sawa	Mak
56	45		4:24:51	Tulloch	Dean
57		12	4:25:09	Peacock	Chantel
58	46		4:25:33	Clarke	Peter
59	47		4:26:11	Marshall	Kelvin
60		13	4:27:29	Mickle	Karen
61	48		4:28:00	Cargill	Darren
62	49		4:28:25	Caveney	Stuart
63		14	4:29:15	Law	Rosa
64	50		4:30:02	Westman	Mark
65		15	4:31:31	Muston	Pam
66	51		4:31:45	Pich	David
67	52		4:32:07	McKinnon	Ben
68	53		4:32:08	Boyes	Damian
69	54		4:33:28	Jones	Mark
70		16	4:35:29	Booy	Katherine
71	55		4:36:23	Reynolds	Leigh
72	56		4:37:09	Lynch	Ciaran
73		17	4:37:25	Guerin	Sue
74	57		4:38:46	Atkinson	Glynn
75	58		4:39:12	Cruickshank	Kevin
76		18	4:40:30	Sheahan	Jaelyn
77		19	4:40:51	Vaughan	Keri
78	59		4:42:11	Okabe	Susumu
79		20	4:42:43	Kartsounis	Vivienne
80	60		4:42:48	Luxton	Thomas
81	61		4:43:09	Barker	Simon
82	62		4:43:19	De Kock	Jan
83	63		4:44:39	Brown	Gregory
84	64		4:46:34	Buchs	Mario
85	65		4:46:50	Colquhoun	Ashley
86		21	4:47:32	Hill	Leighsa
87	66		4:47:59	Rek	Duane
88	67		4:48:15	Jamieson	Luke
89		22	4:49:10	Coote	Peita
90	68		4:50:02	Jackson	Phil
91	69		4:50:03	Lisle	Peter
92	70		4:50:26	Shirley	Brock

Rank	Cat Place	Cat Place	Time	Last Name	First Name
93	71		4:51:07	Day	William
94	72		4:52:21	Chai	Kim
95		23	4:52:38	O'Reilly	Sheila
96		24	4:52:55	Parkinson	Belinda
97	73		4:53:26	Manici	Arno
98		25	4:55:39	Suckling	Sandy
99	74		4:55:43	Burns	Troy
100	75		4:55:45	Kotlar	Andrew
101	76		4:55:58	Kobayashi	Takashi
102	77		4:56:30	Shepherd	Paul
103		26	4:56:40	Grasso	Vicki
104		27	4:57:51	Palmerlee	April
105	78		4:57:51	Thom	Craig
106	79		4:59:01	Hoffman	John
107	80		4:59:18	Brassington	Matthew
108	81		4:59:49	Hardman	Jack
109		28	5:00:05	Learmont	Kelly
110		29	5:01:16	Rattenbury	Nicole
111		30	5:01:40	Lem	Jenny
112	82		5:03:25	Ward	Joe
113		31	5:04:10	Le Compte	Eloise
114		32	5:06:25	Bell	Cherise
115		33	5:06:39	Carey	Coeli
116	83		5:06:39	Carey	Peter
117		34	5:08:15	Finn	Nicole
118		35	5:08:38	Rahme	Meryl
119		36	5:09:02	Moss	Jane
120	84		5:09:04	Phelan	Andrew
121		37	5:10:26	Taha	Marinda
122		38	5:11:49	Andrews	Jayne
123		39	5:12:15	Conley	Lyndall
124		40	5:13:04	Giblin	Christine
125	85		5:13:08	McCombe	Brad
126		41	5:13:09	Glezos	Alison
127	86		5:13:20	Kiley	Stephen
128	87		5:14:35	Peters	Richard
129	88		5:15:35	Crocker	Paul
130	89		5:15:48	Hoddinott	Joel
131	90		5:15:49	Vigliante	John
132		42	5:16:28	Mullins	Ana
133	91		5:18:13	Wright	Shane
134		43	5:18:14	Marshall	Laura
135		44	5:18:47	Cubis	Natasha
136	92		5:18:52	Suman	Raki
137	93		5:18:54	Irvine	Laurie
138	94		5:19:25	van der Moezel	Paul
139	95		5:22:37	Sweetman	Dennis
140	96		5:23:11	Wheals	Robert
141	97		5:23:12	Campbell	Graeme

Rank	Cat Place	Cat Place	Time	Last Name	First Name
142	98		5:23:16	Cragg	Adam
143		45	5:25:32	Shannon	Deidre
144		46	5:27:41	Adams	Carol
145	99		5:27:51	Sharrock	Denis
146	100		5:27:52	Morrison	Martin
147		47	5:29:37	Jones	Rebecca
148		48	5:30:05	Hepworth	Annabel
149	101		5:31:36	Kraljevic	Mark
150	102		5:34:28	Da Silva	David
151	103		5:37:38	Knox	Hamish
152		49	5:38:24	Lewis	Marilyn
153	104		5:38:54	Webber	Lukus
154		50	5:39:18	Plummer	Lauryn
155		51	5:39:36	Mackenzie	Beverley
156		52	5:40:36	Neil	Amanda
157	105		5:41:48	Mulvihill	Nicholas
158		53	5:42:02	Cimino	Emma
159		54	5:42:03	Morton	Catherine
160	106		5:42:12	Searcy	Angus
161		55	5:42:27	Gill	Madeline
162	107		5:42:27	Buitendag	Marius
163	108		5:44:30	Dragunow	George
164	109		5:44:59	Alchin	Andrew
165		56	5:45:21	Fernandez	Maria Lucia
166		57	5:45:56	Wood	Teresa
167	110		5:47:28	Jenner	Michael
168		58	5:48:19	Lane	Jo
169		59	5:49:37	Cahill	Tania
170		60	5:52:43	Cartwright	Jennie
171	111		5:52:48	Waddington	Gordon
172		61	5:54:23	Grant-Smith	Carole-Ann
173	112		5:55:56	Owen	Jonathan
174	113		5:56:00	Riviere	Daniel
175		62	6:01:58	Burke	Christine
176		63	6:02:00	Owen	Ann
177		64	6:02:48	Wills	Tina
178	114		6:05:04	Wong	Fook Khee
179		65	6:11:32	Komatsu	Misato
180	115		6:15:04	Criniti	Luigi
181		66	6:23:46	Ham	Esther
182	116		6:27:22	Waddell	John
183		67	6:39:37	Ash	Amy
184		68	6:55:27	Batta	Paige
185	117		7:02:28	Ault	David
186	118		7:03:10	Humphreys	Terry
187	119		7:04:22	Rees	Mick
188		69	7:04:32	Nowak	Shellie
Bold SURNAME indicates AURA member.					



Lark Hill Dusk to Dawn

February 28, 2015

Port Kennedy, WA

50KM					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:34:25	Roberts	James
2	2		3:58:33	Fozdar	Jamal
3	3		4:16:38	Lark	Chris
4	4		4:19:50	Dodds	Hunter
5	5		4:25:04	Francis	Mick
6		1	4:28:51	Fieberg	Barbara
7	6		4:35:04	Gray	Jeff
8	7		4:42:22	Crage	Keegan
9		2	4:46:07	Bodill	Kate
10		3	4:49:53	Harris	Andrea
11	8		4:50:59	Grepl	Martin
12	9		4:55:02	Snook	Jeff
13		4	4:59:23	Russell	Dale-Lyn
14	10		5:00:05	Beard	Justin
15	11		5:02:30	Dunican	Ian
16	12		5:02:30	Chalmers	Blair
17	13		5:05:18	Hooker	Michael
18	14		5:06:02	Wasilew	Chris
19	15		5:08:18	Harris	Ben
20		5	5:12:19	Bowman	Amanda
21	16		5:16:08	Robson	Mark
22	17		5:19:25	Millett	Roger
23	18		5:21:25	Williams	Mark
24		6	5:21:42	Beach	Hanna
25		7	5:23:04	Elkington	Amy Leigh
26	19		5:24:31	Chauveau	Frank
27	20		5:25:45	Wholey	Grant
28	21		5:26:48	Felton	Matthew
29		8	5:29:13	Burton	Nickie
30	22		5:38:28	Mohamed-Isa	Abdul-Raouf
31	23		5:38:28	Selten	Jeremy

Rank	Cat Place	Cat Place	Time	Last Name	First Name
32	24		5:38:38	Hoy Poy	Chris
33		9	5:39:50	Robinson	Victoria
34	25		5:40:55	Divita	Carlo
35		10	5:40:56	Shaw	Stephanie
36		11	5:41:39	Tatterton	Cheryl
37	26		5:43:49	Caldwell	Mark
38		12	5:44:13	Lane	Michelle
39	27		5:52:33	Hamilton	Timothy
40	28		5:54:13	Boggan	James
41	29		5:57:04	Storey	Jonathan
42		13	5:57:05	Cushion	Natalie
43		14	6:06:07	Wawatai	Nhung
44	30		6:06:38	Van Poecke	Reindert
45		15	6:10:06	Irving	Tara
46	31		6:10:11	Fawkes	Nathan
47		16	6:11:00	Waite	Harmony
48		17	6:27:28	Bresser	Kerriann
49		18	6:27:39	Clark	Jaqui
50		19	6:29:14	Treasure	Shirley
51		20	6:31:55	Shah	Adilah
52		21	6:34:52	Dean	Joanne
53		22	6:39:45	Chinnery	Katie
54		23	6:44:43	Isbister	Cathy
55	32		6:58:48	Ferguson	Sean
56		24	7:36:15	Andersen	Kellie
57		25	7:45:27	Bennett	Pamela
58	33		8:08:46	Lemke	Jan
59	34		8:23:32	Smith	Brendon
60	35		8:42:52	Dawes	Michael
61	36		9:28:10	Wilmot	Gary
Bold SURNAME indicates AURA member.					

100KM					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		7:57:26	Garrett	Josh
2	2		8:28:30	Tucker	Brett
3	3		10:15:03	Treasure	Ben
4	4		11:40:02	Deering	Bill
5	5		11:40:03	Bonnick	Simon
6	6		12:27:54	Dumas	Jean-Charles
Bold SURNAME indicates AURA member.					



Guest Interview

Interview with Sahara Dry, Race Director

By Elizabeth Bennett

We wouldn't have any ultra running events if it wasn't for race directors and volunteer helpers. Their entre into these vital roles and what keeps them doing it is interesting and varied. Out of curiosity, and in recognition of how integral they are to ultra running, I asked Sahara Dry about the "good, bad and ugly" aspects of being a race director.

EB: How did you get into race directing? Was it through assisting another race director and progressing into being a sole race director or did you have a background in event management or was it a step up from being a runner? Or was it via some other way?

I started as a volunteer for Ian Cornelius at the Gold Coast Ultras. The first event I ever helped with was the Gold Coast 100 in 2012. I knew nothing about ultra running at the time but had done a couple of fun runs from time to time. I thoroughly enjoyed the atmosphere and the buzz that seemed to surround the runners. I then volunteered my time for every other event I possibly could and got sucked right into the ultra runners' world.

Over the last few years I have taken on more and more responsibility with races, making a gradual transition into being a race director. I always wanted to work with athletes, having studied Sports Science, and now I get to see the best in action with every event I run and/or organise.

EB: How long have you been a race director?

I took over as race director of the Gold Coast Ultras eight months ago.

EB: Which ultramarathons

events are you currently the race director of?

The Gold Coast Ultras run five ultra events each year:

- Convicts and Wenches (in Tasmania): 50km beach and trail
- Numinbah to Polly's: 50km trail
- Nerang State Forest: 50km trail
- Gold Coast 100: 50km, 50mile, 100km road
- Kurrawa to Duranbah: 50km road

EB: What is the best thing about being a race director?

I love seeing the high runners get after completing an ultramarathon. The camaraderie amongst runners is unlike any other. It's all worth it when the runners take home a great experience.

EB: What is the worst thing about being a race director?

I would have to say that the lack of sleep leading up to an event is not great. The perfectionist in me won't let me sleep even after a triple check of everything - just in case I missed something!

EB: Can you give me some examples of the type of feedback you have had as a race director from ultra runners - i.e., examples of "the good, the bad and the ugly" feedback?

I love getting feedback: the good, the bad and the ugly! It all helps make events better the next time around. Most runners will always have something to say about the course markings and signage. "This corner wasn't marked so I took a wrong turn" comes up from time to time (although not in the last few races I've directed so I



Sahara Dry



Sahara Dry

think I've got it right now!).

EB: What advice would you give new or beginner race directors?

At one of the events last year I felt that everything kept going wrong. I couldn't get the PA system working, the extension cords for the power wouldn't reach the food vendors, the generators ran out of fuel and the finish arch collapsed. All you can think of at such times is: "This is a disaster!" So, my best piece of advice would be: "stand back and take a breath". Each problem you come across has an easy solution and it's really not as bad as you think. Each of the problems at the event I'm referring to was resolved in a matter of minutes and the runners didn't even notice!

EB: Do you liaise much with other race directors? If so, over what kinds of issues?

I do chat with other race directors from time to time, more so as a participant in their events rather than as the race director of another event though.

From time to time I do like to approach race directors to determine the dates of their events, to avoid conflict or to strike up a partnership deal, such as promoting

one event as a lead-up to another.

EB: In some sports – e.g., triathlon/Ironman – there is a growing trend (particularly in other countries) for race directors to be formally trained and to be accredited. Do you think that is a good idea? If so, why? If not, why not?

I think being qualified and accredited is actually a good idea for race directors. The only reason I say this is because as an accredited person working in the field you would have the backing of the association you have been accredited by. At the moment if something goes wrong in an event that could lead to a court case, as a stand-alone race director, there could be major impacts for you and all the events that you are involved with. Having an association to back you could lessen the blow and give you a stronger standing in such a case.

EB: AURA is always interested in new ways to support ultra running - both runners and event directors. Do you think it would be useful for AURA to develop a race director's kit and/or checklist for race directors?

I took over as race director from

Ian Cornelius. We have both taken different approaches to organising events. I have taken what I've learned from him and created my own way of doing things. Each person will develop their own system which works for them, and with every race this will be different again. A handy hints book or checklist would be a great tool for any start-up race directors, and from that they can develop their own system.

EB: Are you an ultramarathon runner yourself? If so, when you run an event what are the key things you look for in terms of the race organisation and smooth running of the event?

I am also a runner. I caught the bug back in 2012 and I haven't been able to shake it! It's a great fix! When I'm at other events I don't look out for how things have been done or set up unless something really catches my eye in which case I think "I need to try that". To be perfectly honest, as much as I love being a race director (best job ever!), I also love turning up to an event knowing that I have no responsibilities, just one foot in front of the other. I appreciate the work that goes into organising running events and I'll continue to support them.



Sahara Dry



Book Review:

Hal Koerner's Field Guide To Ultrarunning by Hal Koerner

Reviewed by Isobel Bespalov

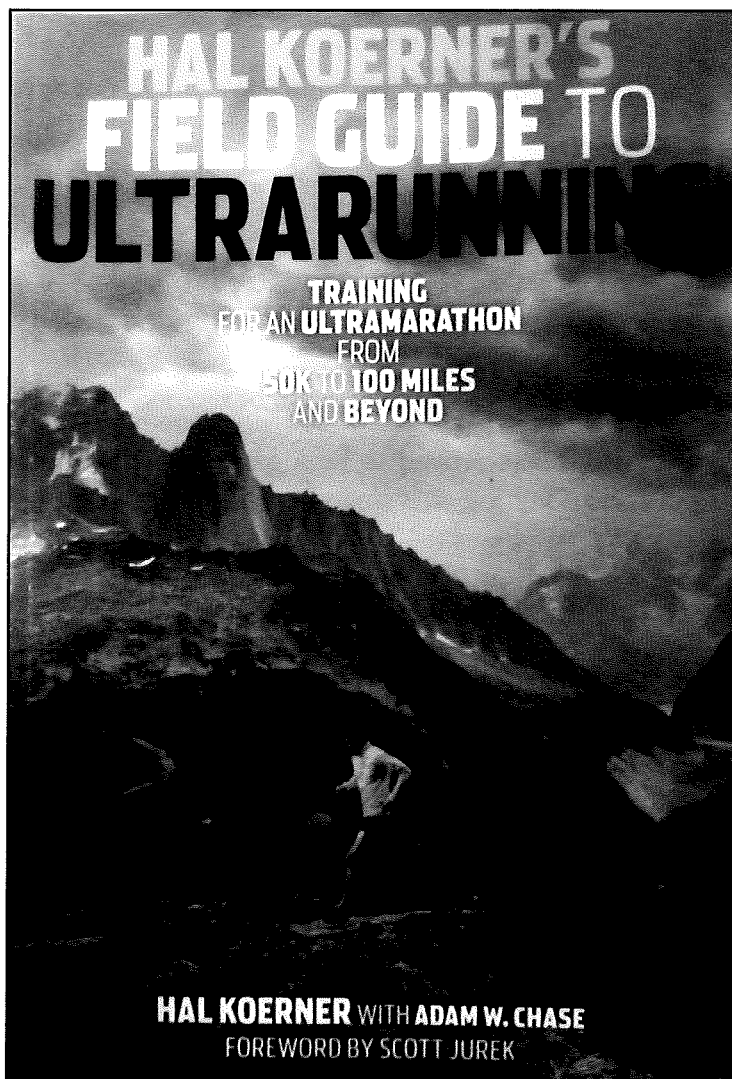
I started this book with great expectations. I was hoping for some wise gems that would help me to become a better ultra runner. What a disappointment!

The book gives the appearance of being full of information: extensive chapters on training, nutrition, gear, self-maintenance on the trail, dealing with different environments, preparing for race day and some training plans. It even starts off with an interesting foreword by Scott Jurek, and then a preface by Hal Koerner himself. After that, however, things go downhill.

All of the information contained in this book is very vague. Koerner, with the aid of his “co-writer”, Adam Chase, is obviously trying to target every runner and so none of the information is specific and therefore helpful. For example, one of his “expert tips” in the gear section is: “Break in a new shoe at least two weeks before racing in it”. Anyone who has ever raced before - from 5km to a marathon or beyond - knows this basic fact.

I thought that this book would be aimed at people who had plenty of running experience and who were looking at doing an ultra. In fact, it seems to be aimed at people who have never run before and who know nothing about running (and who would therefore find the “expert tip” above invaluable!!).

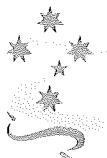
Much of his advice comes from the “it depends ...” camp – ie, do cross training if it suits you, have caffeine if that’s what you like, stretch according to your own “unique predilections”, and so it goes on. I wanted some specifics about what he felt would enable an ultra runner to run well!



The training plans are also vague - just some miles for each day, with the occasional fartlek or tempo session thrown in. The plan for a 100 miler hits a maximum at 76 miles (122kms) and that is for only 2 of the 20 weeks. Most weeks are around 60 miles (97kms), which I consider fairly low for training for a 100 miler (not that I’m an expert - maybe I’m over training!!). Basically, the plans look pretty boring and I wouldn’t do them. For one of the days he puts down “go out for a 5km (3mile) run”. I wouldn’t bother!

Koerner says in one chapter that he likes to use races throughout his training program for motivation and race practice, which I think is a great idea. He even writes that he has included races in the training plans in the book. I couldn’t see any, so I guess you just have to add them in yourself.

It took me about five months to read this book simply because I kept putting it down and getting distracted by good books. I finally went back to it and finished it so I could write this review; otherwise I think it would have stayed on the floor next to my bed gathering dust.



AURA Committee Reports

President's Report

By Robert Boyce

I have just survived the most hectic and enjoyable eight days of my involvement with ultra running.

It started with the 24hr world championships in Turin, Italy where our men's team won a silver medal. It was the best performance by an Australia team to date. Our women's team started well but unfortunately various issues hindered them. That's ultra running as we all know. I would like to thank the crews who worked non-stop throughout the race. It was a real team effort.

I then had a day to try and catch up on sleep before travelling to Milan airport for a 28hr flight (with stopover) to Melbourne. I got off the plane Thursday night, worked Friday, and then had the Annual General Meeting at Coburg. John Pearson, Rick Cooke, Billy Peace and I were all re-elected and I have the honor of representing you all as president of AURA for another year. I look forward to working with the AURA committee members as they are very passionate about AURA and ultra running.

Then on Saturday 18 April there was the National 24hr Championships at Coburg. A solid field of runners participated despite the world championships having been a week earlier. The runners had to endure some of the toughest weather conditions I have seen for a 24hr race in my 12 years of ultras. Despite that, there were some great results.

While the whole eight days was hectic it was also fun. It was great to meet so many people who share the passion I have for ultra running and to watch two first class races. Thank you for giving me this opportunity.

As we start the new committee year, AURA will continue to work for all its members by making sure we have a range of well organised events, some new races and a growing membership. The committee welcomes ideas and feedback on how we are going and where we can improve.

Finally, I would like to thank Liz Bennett for her many hours of hard work on Ultramag. We would not have a magazine without her.

Vice President's Report

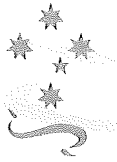
By John Pearson

Finally we are coming into some cooler temperatures and with it comes a huge selection of races.

We have recently had the 24hr Championship in Coburg, which has proved to be a great event for those chasing big totals and personal goals. Coburg has a long history of putting on a smooth well run event and has witnessed some of Australia's best performances over the years.

Talking of 24hr races, Australia's team at the World 24hr Championships in Italy was arguably one of the strongest and best prepared ever. An early season training camp was put to good use with everyone taking away new thoughts and ideas as well as covering many kilometres and building team camaraderie.

As we continue through the ultra running year I wish you all well as you chase your own goals over the coming months.



State and Territory Reports

South Australia

By Paul Rogers

This time of year is a quiet one in South Australia so runners head interstate and overseas to race. One runner who all South Australians are proud of is Emma Vaughan who recently represented Australia at the World 24 Hour Championships in Turin. Although Emma's race didn't go according to plan we are sure to be seeing Emma competing at the highest level again soon. South Australia congratulates the Australian men's team which performed amazingly well to win the team silver medal, and although we didn't have a South Australian on the team, Mick Thwaites has been an honorary one for a while now, and we congratulate Mick and all the team for a race well run.

Moving forward, 11-12 July is the annual Yumigo 24 hour running festival with 6, 12 and 24 hour events on a fast 2.2km gravel track. Entries are open via: www.yumigo.com.au. Then on 27 September we have the Yurrebilla Trail 56km and on 24-25 October we have the Heysen Trail 105km.

Tasmania

By Allan Hood

The 82km Cradle Mountain trail ultra in early February saw Stu Gibson continue his winning streak finishing in just over 8 hours in what was hot weather for alpine Tassie – ie, high 20s! It was the 35th running of this 82km classic, the oldest trail ultra in Australia.

The Convicts and Wenches 50km in mid March saw David Bailey reduce his course record by another

5mins. Amy Lamprecht also ran a great race to finish second overall, improving her own female record for the event.

Stu Gibson was determined to run a fast time at the Six Foot track in New South Wales, and that he did, setting another course record by 3mins. Stu knew some of the course from TNF100 but much of it was new terrain for him. Hanny Allston, also from Hobart, won the women's event, and broke Emma Murray's decade old record in the process. Hanny is planning on taking part in many of the Skyrunning World Series events this year and it will be interesting to follow her progress although she expects this to be her apprenticeship year.

Western Australia

By David Kennedy

This year started with a new race - the Australia Day 50km and 100km Ultra – which was held in Australind 150km south of Perth. The Australia Day Ultra was actually held on 24 January, the Saturday before Australia Day, and started at 3am. The weather was ideal for the 50km runners and many ran PBs. There was also a dramatic finish with the race leader collapsing in sight of the finish line. (Read the race report to see how it ended.) In the 100km Bernadette Benson hit the lead about 60km in and ran away from the men for an outright win in 8:32. Even with the day heating up the course was still lightning fast with no hills and only a few turns.

Bernadette continued the strong tradition of WA runners representing Australia and

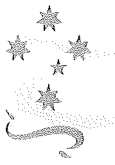
recently went to the World 24 Hour Championships in Turin. Unfortunately however, she was struck down with illness 6 hours into the race and had to withdraw.

Two other AURA listed races have also been run this year - the Lark Hill Dusk to Dawn and the technical Truth or Consequences 50km. WA now has something for everyone on the local calendar from road to track, and both long and short trail races.

In other WA news, Vlad Ixel has relocated to Hong Kong where he continues to dominate the Asian trail running scene. His victory in the TransLantau 100km in March was perhaps his best to date, tackling the 5800m climb and descent in 13:25, the 4th fastest time in the history of the event.

WA based runner, Paul Hopwood, took out the Australian 24 Hour Championships. Paul has spent many years living in the US and run many of the big races around the world including UTMB, Hardrock and Western States. Perhaps his best result was his 2007 win in the HURT 100 Miler in Hawaii often considered the toughest sea-level ultra in the US. Paul travelled over to the 24 Hour Championships with Ben Treasure and Shaun Kaesler who also performed well with 207km and 186km respectively in their 24 hour debuts.

Coming up we have another new race. Ron McGlinn has got the race directing bug and is now putting on a 3,6,12 and 24 hour track race on the new Bunbury tartan track. Track Ultra WA will be held over the weekend of 15-16 August.



24 Hour World Championships, Turin, Italy

By John Pearson, Team Captain

After a two year break with no world championships, this year's event was eagerly awaited by the athletes selected. A team training weekend in mid February had been put to very good use with most runners taking away new ideas and race strategies to be used in Turin.

This year's team included seven runners who were making their 24hr Aussie debuts. It was also the first time that all twelve team positions had been filled. The ladies team consisted of: Jodie Osborne, Kerrie Bremner, Deb Nichol, Emma Vaughan, Bernadette Benson and Meredith Quinlan. Unfortunately, Meredith Quinlan suffered an injury just prior to the race and was unable to compete. However, she proved to be a valuable member of the team, helping out before, during and after the event. Thanks Meredith! The men's team consisted of: Mat Eckford, Ewan Horsbrough, Mick Thwaites, John Pearson, Kevin Miller and Barry Loveday.

The event was held in a large tree lined park, which is much loved by the locals. Whilst the course itself was flat, it did have a couple of tight turns and a nasty ramp down into the stadium. This became an issue for many as the race went on. The ramp was around 50m long with a sharp turn and rise at the end, and an overall drop of around 5m. Each lap was 2km and ended with a lap of the track. The nutrition stations were on the back straight.

After the usual Emus team huddle it was off to the crowded start line, to jiggle around for half an hour, trying to keep warm in the cool morning shade. The gun went off and everyone settled into their

own race pace. The large field soon thinned out on the wide streets of the course with only the occasional bottle neck at the U turns and in the stadium forcing runners to run wide. The race also had an open category, which did cause congestion on the track as runners stopped at the feed stations and walked the bend while eating, forcing some runners into lane three on most laps.

The first six hours seemed to fly by and everyone was still looking good and in control. It was starting to warm up by this stage. The sponges got a good workout and ice was the order of the day for many.

The nature of the course meant we could see our oncoming teammates frequently. The shouts of support, nods, winks and grunts each lap helped push us along, especially as the race wore on.

Darkness descended around ten hours into the race and was a welcome relief from the warm day as we pushed on towards the half way point. There was also a complete blackout in the stadium around this time, which had crew scurrying for torches and headlamps as it was difficult to spot incoming runners. Everyone was still moving well at this point although the happy early race smiles had been replaced by the focused stares as the real work started.

Around the 12hr mark I found myself running along with Ewan. We observed that we were the last two male Aussies on the score sheet and had clocked up around 130km. The Aussie boys were going great guns and looking determined. The girls seemed to

be in a similar position with Jodie, Deb and Bernadette well up on the leader board, and Kerrie and Emma building solid distances too.

Unfortunately around this time Bernadette left the track due to an illness, and Deb and Emma were experiencing some stomach issues which would see them leave the track a short while later.

The park was still full of life well into the night, which helped keep the runners' spirits high, as we ticked off the hours.

Suddenly the controlled focus was broken as Barry lay on the side of the curb in agony, his knee falling victim to the dreaded ramp! It was very hard not to stop and help Barry but the race rules clearly stated if a team mate assisted one of his team then both runners would be disqualified. I was amazed to see Barry back out on the course a bit later, limping around at a rapid rate, and pushing the rest of us on with words of encouragement.

Jodie continued to move strongly and consistently, moving into the top six in the ladies' race. Kerrie was also suffering with her knee but was battling on valiantly, running the odd painful lap with Jodie to help push her along.

In the men's race, Matty Eckford was storming through the field, looking strong as he climbed into the top three. Ewan was smooth and consistent, setting himself up for a big total. Mick was having the race of his life, and Ewan, Kevin and I were still moving well. Things were looking promising for the men's team.

Sunrise signalled the last four hours

of the race. This is often where the significant moves happen as many are forced to walk or step off the track. By now the faces of the runners showed the strain of the last 20 hours. Mat was slowing and leaning badly as he drove himself on. The rest of the guys and Jodie were still pushing through the pain and moving better than most on the track. By this stage the crew tent was getting pumped as the men's team had moved into medal contention, sitting in third place. Mat was still in the top three and Jodie was still in the hunt for an individual medal.

It was a relief to see the clock move into the 24th hour. The men's team had moved into second behind Great Britain and a little ahead of Germany. Mat was walking strongly and had been joined by Barry who was clearly in lots of pain. These two blokes looked awful, leaning badly and grimacing, but we all drew huge inspiration from their efforts as we

pushed hard for the line.

The final minutes saw the laughable ultra runners' sprint as we tried to grab as many metres as possible. The gun sounded and we could finally stop. It was over. At this stage we had to stand beside our cone marking our finish spot with no knowledge of how we had gone results wise. By the time I had been measured and walked the 1km back to the team tent the troops were smiling as word had it we had secured the men's team silver medal.

Jodie held on to her top sixth position, running a massive PB. Kerrie had stayed out on the course despite sustaining the knee injury to push Jodie on to the magical 230km mark in the final hours. Deb and Emma returned to the course sidelines in the last hour to share in the moment and support their team mates.

Mat's tenacity paid off as he also held on for a huge PB and a

top ten finish. Ewan was next in securing 14th place with just shy of 250km. Mick was two places further back with a great debut performance of almost 248km. I managed 241.4km and 23rd place. Kev Muller was solid to the end and recorded close to 228km for 42nd place. Barry managed an incredible 211km despite walking over a third of the race. Four of the men's team members produced PB performances.

As captain of the Aussie contingent I felt both honoured and proud to lead the boys out for the medal ceremony. We have to take our hats off to some of our previous warriors who have done well as individuals on the world stage. Their experience and knowledge has been bred into this team. Rob Boyce also deserves a mention for the massive amount of time and effort he has put into the team over the years. Lastly, a big thank you to all of our AURA members. Your support during the event meant a lot.



Australian 100km Championships Report

By John Pearson

The Australian 100km Championships were held at the Goldcoast on 7 June 2015.

A strong field was presented with good race conditions as they set off on the course of four loops from Burleigh. A world championship qualifier was in the minds of the leaders and this ensured a fast pace from the gun.

At the half way point a lead group of three men had formed - Dion Finocchiaro, Scott Britain and

Francesco Ciancio - with David Bailey also running strongly in fourth. The leaders were not the only ones setting a fast pace. There were seven other men running sub 8hr pace at this stage.

The ladies were led out hard by Marita Eisler who was chased hard by Kirstin Bull. Nikki Wynd and Jodie Osborne were not too far behind.

Scott Britain broke away for a strong win in a time of 7:34 to take

out the national title and recording the second fastest time ever at the Gold Coast event. He was chased home by David Bailey who ran a well judged race to finish in 8:03. Kevin Muller secured third by a mere 43secs from Mal Gamble.

Marita Eisler ran a superb 8:00:43 to take the woman's title for the fourth consecutive time. Kirstin Bull's debut 100km earned her second place in a very impressive 8:25 and Nikki Wynd was third with a well paced 8:54.



International News:

by Nadeem Khan,

IAU Director of Communications

Allow me to start this edition's contribution by congratulating my friends at the Australian Ultra Runners' Association, and the 24 Hour national team led by Robert Boyce, on their outstanding performance at the IAU 24 Hour World Championships held in Turin, Italy. I have had the privilege of witnessing the Australian national team make huge strides on the international scene, particularly in the last decade. Hard work by the current contingent of Robert Boyce and team, combined with the strong foundation laid by Ian Cornelius and colleagues, has led Australia to be one of the favourites in any championship. Kudos and congratulations to all!

Also, I would like to commend Elizabeth Bennett on her first edition of Ultramag. It is a volunteer position that takes a lot of hours and as editor Liz has to uphold the highest quality of journalistic excellence while publishing a magazine that reaches far and beyond. Congratulations for a job well done and please note that your hard work is appreciated.

For those following the international IAU Championships, you might have seen a recent growing trend. The development I am referring to here is the increase in numbers of participating athletes and member federations. The most recently concluded championships (at the time of writing this article) in Turin broke all previous records with 337 athletes from 41 countries. The greater number of athletes and member federations brought a whole new dimension to the sport on the global stage.

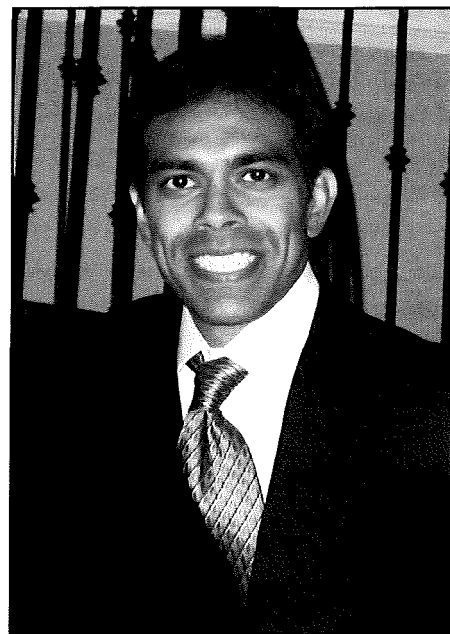
This amplification in numbers translates into a number of changes from the increasing popularity of ultra running to the development of sport in different regions of the world to possibly a more in-depth look at this discipline of athletics amongst the member federations. These changes have undoubtedly raised the profile of the sport nationally within the member federations and internationally.

Our newest member federation, Jordan, brings our numbers to 80 members. Asia now has 16 members and is right up there with Africa that has 17, and the Americas with seven. Europe accounts for the other half of our membership with 40 member federations.

At the last membership drive in Moscow (2013) we picked up several members from the African continent raising their numbers above the threshold needed to comprise a region. This led Australia and New Zealand to join the geographically more proximal region of Asia in the IAU regional classification.

The increase in member federations has also allowed us to develop the sport more on a continental level. Furthermore, this development has led to an increase in dialogue with potential member federations who may join the IAU in the future.

We welcome the recent influx of runners in our international championships. As individuals who have been promoting and developing the sport for several years this is the ultimate goal as



we work towards progressing and raising the profile of the sport in the far reaches of the globe. However, with the recent surge in numbers local organisers do have to forecast and prepare for not only increases in participants but also support crews and spectators. These logistical challenges are another (positive) development in the sport of ultra running.

The success of any championship will always be defined by a multitude of factors including the organisation of the race itself, the number of runners/federations participating, and the results accomplished by runners. All these numbers play a role but are part of a bigger picture. Our goal is to continue to develop the sport while welcoming new member federations and more athletes to our championships. The continued rise in numbers will further promote our sport to the media and provide more competition for our athletes as they elevate their own performances.

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>.

JULY 2015

Friday 10 July 2015 – Sunday 12 July 2015

Three Marathons in Three Days

Kuranda to Cedar Park (Koah area) to Cairns, Tropical North Queensland, QLD

Contact: Lorraine Lawson 0417 798 444.

Email: info@3marathonsin3days.com

Website: <http://3marathonsin3days.com/>

Saturday 11 July 2015 – Sunday 12 July 2015

Adelaide 6, 12, 24 Hour

Adelaide University Sports Field, North Adelaide, SA

Contact: Ben Hockings

Email: ben@yumigo.com.au

Website: http://www.yumigo.com.au/adelaide_24/

Saturday 18 July 2015 – Sunday 19 July 2015

You Yangs 50km, 80km, 100mile

You Yangs Regional Park, Little River, VIC

Contact: Brett Saxon 0418 557 052

Email: trailsplus@gmail.com

Website: <http://www.trailsplus.com.au/you-yangs/>

AUGUST 2015

Friday 7 August 2015 – Saturday 8 August 2015

Caboolture 6,12,24,48 Hour (Australian 48 Hour National Championships)

Caboolture Historical Village, QLD

Contact: Geoff Williams 0412 789 741

Email: gjcarpet@caboolture.net.au

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

Sunday 9 August 2015

The Tan Ultra 50km, 100km

The Tan Melbourne VIC

Contact: Brett Saxon 0418 557 052

Email: trailsplus@gmail.com

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

Saturday 15 August 2015

Berry Long Run 70km

Bacchus Marsh, VIC

Contact: Joe Lewis 0417 980 424

Email: joelewis76@gmail.com

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

Saturday 15 August 2015

WA Track Ultra 6,12, 24 Hour

Bunbury Athletics Arena, Bunbury WA

Contact: Ron McGlinn 0439 496 765

Email: ronin99@hotmail.com

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

Sunday 16 August 2015

River Run 50km,100km

Southbank, Brisbane QLD

Contact: Denny Neave 0407 615 490

Email: denny@riverrun100.com.au

Website: <http://www.riverrun100.com.au/>

Sunday 23 August 2015

Kuranda to Port Douglas 64km Ultra QLD

Contact: David Elms 0417 798 444

Email: info@dynamicrunning.com.au

Website: <http://www.dynamicrunning.com.au/k2pd/>

SEPTEMBER 2015

Saturday 12 September 2015

Great North Walk, 100km, 100mile

Between Sydney and Newcastle, NSW

Contact: David Byrnes 0428 880 784

Email: dave@davebyrnes.com.au

Website: <http://www.terrigaltrotters.com.au/GNW100s.htm>

Sunday 13 September 2015

Walhalla Wound Up 50km

Walhalla, Gippsland VIC

Contact: Bruce Salisbury (03) 5174 9869

Email: bruised@bigpond.com

Saturday 19 September 2015

Surf Coast Century 50km, 100km

Anglesea, VIC

Contact: John Jacoby 0408 035 261

Email: john@rapidascent.com.au

Website: <http://www.rapidascent.com.au/SurfcoastCentury/>

Saturday 26 September 2015 – Sunday 27 September 2015

Waterous Trail On Foot 50mile, 100mile

Dewlingup, WA

Contact: Dave Kennedy 0433 333 206

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

Sunday 27 September 2015

Sri Chinmoy Canberra 102km, ACT

Contact: Prachar Stegemann 0404 071 327

Email: prachar@srichinmoyraces.org

Website: <http://au.srichinmoyraces.org/canberratrailultra>

Sunday 27 September 2015

Yurrebilla Trail 56km

Adelaide Hills, SA

Contact: Barry McBride 0422 919 207

Email: barrycmc@gmail.com



**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

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