

September 2015

Vol 31 No 3

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- ▶ **Book reviews**
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- ▶ **Upcoming events and more**



**Australian
Ultra
Runners'
Association Inc**





UltraMag:

The Australian Ultra Runners' Association Quarterly Magazine

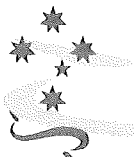
September 2015

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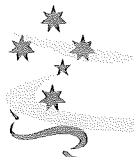
Cover Photos:

- Front:* Kay Bretz running the Big Red Run
Photo courtesy of Brad Baker Photography
- Inside Front:* Brendan Davies - Winner of the Goldcoast 50 mile
Photo courtesy of Ian Cornelius
- Inside Back:* Sarah-Jane Marshall - Goldcoast 50km
Photo courtesy of Ian Cornelius



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Editor's Introduction

September 2015

Welcome to the September 2015 edition of Ultramag.

Thanks again for more positive feedback about Ultramag in general and the June 2015 edition in particular.

As reported in the June edition of Ultramag, the AURA Facebook and website snapshot survey indicated that the majority of readers would like to see Ultramag continue in its current format – ie, as a hard copy magazine that is distributed to AURA members only. Also as reported in the June edition of Ultramag, AURA's capacity to continue to deliver this as a membership benefit is dependent on \$\$ and on volunteer labour. Unfortunately, in the last few weeks one of Ultramag's longest standing advertisers, Endura, wrote to us saying that:

"due to opportunities for Endura Sports Nutrition to sponsor some major events in the second half of 2015 it has been necessary to reallocate our initial advertising budget away from

print advertising. This was not planned but has only come about in the last couple of weeks and we do hope to be able to take up some of this advertising again in 2016... We will have to cancel our full page advertisement bookings in the December issue of Ultramag."

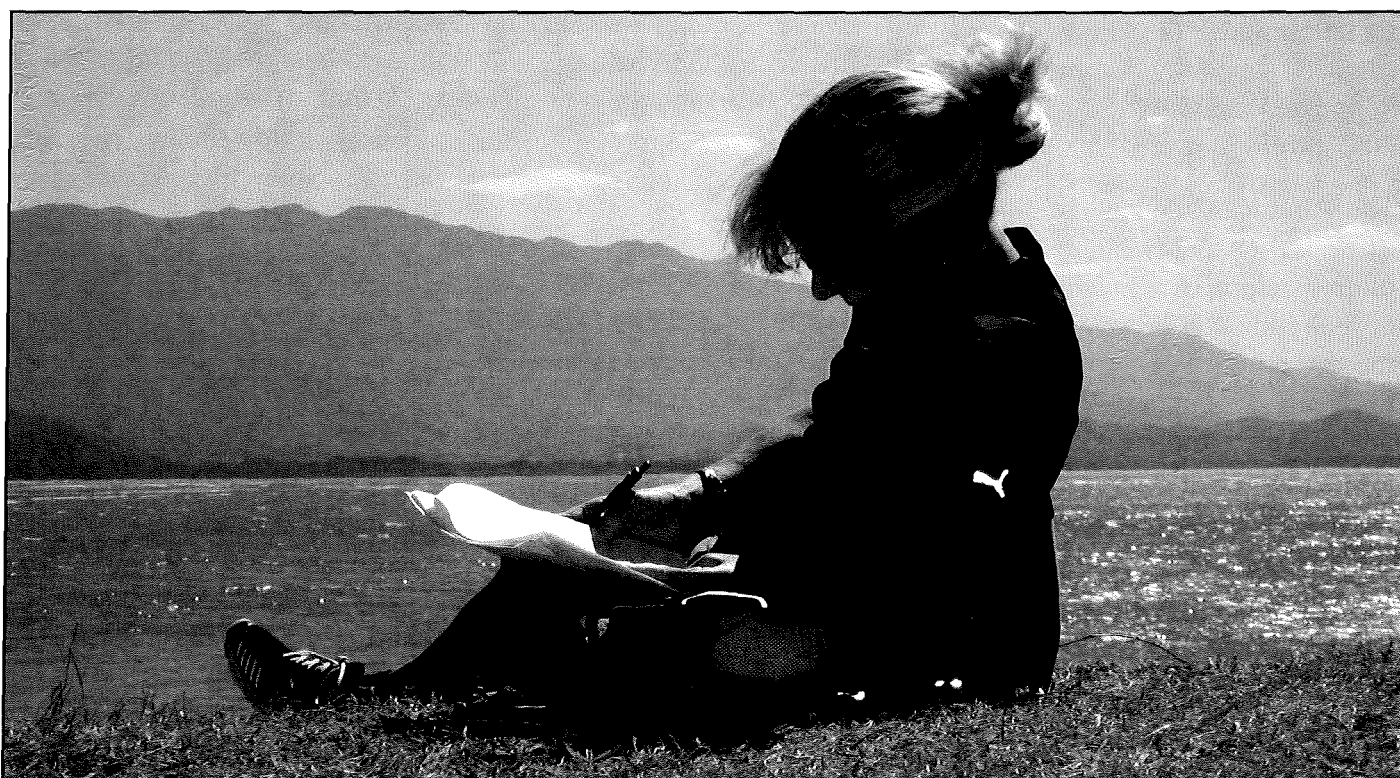
For the time being AURA can continue Ultramag "as is". However, every bit of sponsorship and/or advertising income greatly assists and so we are really keen to hear from those who may like to sponsor or advertise in Ultramag. No amount of financial assistance is too small. For those who may be interested, please review AURA's Media and Promotion policy on our website: <http://www.aura.asn.au/data/AnnualReportsAndPolicies/PL004%20-%20Media%20Promotion.pdf> as it sets the broad parameters for what constitutes acceptable promotion in Ultramag as an AURA publication. Please then contact me for a copy of the Ultramag Media Package 2015-2016 which contains information about sponsorship/advertising

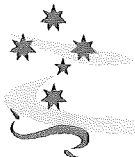
options and rates. Email: ultramag@aura.asn.au.

And now to this edition of Ultramag. Highlights include the feature article on beer as a rehydration beverage after exercising in the heat. I enjoyed doing the research and writing this article while on holidays at Port Douglas and in the Daintree (see pic ☺). Also in this edition is an interesting guest interview with the IAU Director of Communications, Nadeem Khan, about the growth of ultra running across the world, and the good and challenging aspects of that trend. Finally, there are race reports from 12 AURA events, and an inspiring international race report from AURA member, Andrew Tuckey, on his top 10 finish in the Western States 100. Enjoy!

Elizabeth Bennett
Editor
Ultramag

Editing Ultramag on holidays at Port Douglas





Feature Article

“About That Post Run Beer”

By Elizabeth Bennett, Editor, Ultramag

Are you one of those ultra runners who enjoy a post run beer, particularly in hot weather? And/or do you toast the finish of a hot, sweaty race with a celebratory beer? If so, how often have you told yourself or been told by others (more likely!) that you are undoing all the “good” you’ve just done running by drinking alcohol? Or do you say that you are justifiably replacing fluid and carbohydrate? Perhaps you ignore both schools of thought and go with the “you deserve it” line. Whichever way your do (or don’t) think about your post running beer, this article may give you some interesting food (or should I say “fluid”?) for thought.

The Scientific Background

Long distance running, particularly in the heat, causes fluid and electrolyte loss through perspiration. Rehydration after long distance running is crucial for returning the body to a balanced state of hydration and for optimising recovery (Sawka et al, 2007; Rodriguez et al, 2009).

The American College of Sports Medicine (ACSM) suggests that often a return to a balanced state of hydration can be achieved with the consumption of normal dietary fluid and food post exercise but this may take quite a long time to achieve. If/when rapid rehydration is required the ACSM recommends the post exercise consumption of ~1.5 litres of fluid per kilogram of body weight lost during exercise. However, other factors such as environmental conditions etc also need to be taken into consideration

when estimating the exact amount of post exercise rehydration required (ACSM, 2007).

The ACSM also recommends that post exercise fluid replacement beverages contain water and ~20-30mEq/L sodium (chloride as the anion), ~2-5mEq/L potassium, and ~5-10% carbohydrate. Again, the amount and proportioning of these ingredients may need to be varied depending on the intensity and duration of exercise, and the environmental conditions (ACSM, 2007).

Most ultra runners use sports drinks post exercise as they often contain the ingredients (or similar) suggested by the ACSM and other sports’ medicine authorities for effective rapid rehydration. The relative merits of one sports drink over another and whether or not they are consumed by ultra runners in appropriate quantities are important issues, but not ones this article is going to focus on. This article is about the ingredient profile of beer and how it may or may not be appropriate for rehydration post exercise.

Regular beer is a naturally fermented liquid made up of primarily water along with some carbohydrates, B vitamins and minerals (Romeo et al, 2006). Except for the absence of sodium and the addition of alcohol (4-4.5%), beer has similar properties to many sports drinks. However, it is the alcohol in particular that has been held to be the culprit in beer limiting or negating its capacity to be an effective rehydration beverage because alcohol is known to negatively impact the body’s fluid

balance and increase the body’s diuretic response. Having said this, there has been very little research which has actually studied the effects of alcohol on the hydration process after exercising in the heat. A recent study in the south of Spain investigated this issue.

The Research Study

The study involved 16 physically active men from Granada in the south of Spain (Jimenez-Pavon et al, 2015). The study inclusion criteria included: being physically active 4+ times per week for 1+ hours each time, and having a VO₂max >50ml/kg/min.

The participants performed two identical running trials three weeks apart in a hot laboratory setting (temperature 34-36deg, relative humidity 58-62%). The trials involved consistent treadmill running for up to an hour at 60% of VO₂max. After running, the participants were offered either mineral water *ad libitum* or up to 660ml of regular beer (4.5% alcohol) followed by water *ad libitum*. Study participants were randomly assigned to one of these two rehydration strategy groups before the first trial and then swapped for the second trial so that each participant did one trial of each rehydration strategy.

Study measurements included body composition, haematological and serum parameters, fluid balance, urine secretion (both composition and total urine volume), hormones, markers of muscular damage and inflammation parameters. These measurements were taken before

exercise, immediately afterwards, and two hours after the rehydration phase.

The Results

Not surprisingly, after the treadmill running part of the study, mean heart rate, thirst and rate of perceived exertion (RPE) were significantly increased for all participants. However, after approximately 5 minutes of rest post exercise both mean heart rate and RPE significantly decreased.

Dehydration was approximately 2.5% of body mass in both trials and post both trials thirst scores were 1 for all participants.

Body mass, fat free mass, plasma volume and haemoglobin (mean corpuscular volume) (MCV) significantly decreased after

exercise whereas iron, urea and creatinine significantly increased. After rehydration, both body mass and fat free mass increased again, although body mass did not reach baseline levels. Similarly, urea and creatinine decreased after rehydration.

Importantly, no differences were observed for any of the variables regardless of rehydration strategy except for urea ($p > 0.2$).

Conclusions


The key markers of hydration levels being restored to an acceptable level post a dehydrating bout of running were not negatively affected by an acute intake of a moderate amount (660mL) of regular beer (4.5% alcohol). So, perhaps that post run beer isn't so bad after all.

A Cautionary Note

Thus far this research is a "one of a kind" and so caution should be taken in assuming that it is entirely safe or healthy to include beer in any post long running rehydration strategy.

Given that the majority of participants in the beer drinking rehydration group had to pause their beer drinking to commence drinking water before finishing their 660ml beer quota, it is fair to assume that any beer drinking after long distance running, particularly in the heat, should be accompanied by the consumption of as much water as desired.

With or without water supplementation, post long running beer consumption should not exceed 660ml – i.e., 1.5 cans (375ml) of beer or 2 pots (285ml) of beer.

**KILTED
~ TO KICK ~
CANCER**

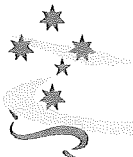
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Race Reports

Anzac Day Challenge 100km

25 April 2015

By Ben Harris

The Wednesday before the race news was released that the course had been changed. Terrible Sydney weather had caused the closure of the national parks. I feared that on the eve of departing Perth it would be cancelled. Thankfully, the event organisers worked hard to produce a Plan B - ie, 155 laps of a 646m gravel loop.

Before I knew it I was standing at the back of the field, corralled, as "Commando Steve" counted down to the start. I worked my way forward, gently picking my way past other runners. I am sure I was smiling as I started to trot, scanning the spectators to wave to my wife, Alicia. I was finally running my first 100km.

Immediately it was clear there was a wide range of entrants. With a mix of relay runners, teams and solo entrants it was hard to gauge who was who in the field, and hard to settle into a group, so I just ran at my own comfortable pace.

As the laps went on, the field spread out. It didn't take long to lap the walkers and see the back of the pack. The track had been separated into low and high sides - the high side for walkers and "plodders", and the low side for the "racers". Unfortunately I don't think the segregation lasted much more than the first lap. With about 200 people on such a small loop course there was much weaving, and within the first 5km I knew that was going to be more taxing than I thought.

I held my comfortable pace and

felt good. Every 45 minutes I had a gel, handed to me from over the fence, which I washed down on the next lap while carrying a bottle. I had not trained this way but it seemed to be working. I went through the half marathon mark feeling fantastic. Up to this point there was not much to report on. The field was so spread out, relay runners were dropping out and fresh runners were joining the field. It was impossible to know who was who without asking. Some people ran fast, some slow, some jogged and some walked with hiking poles. Around and around we all went. My pace was holding well and I felt stable.

As I approached the marathon distance my times slipped slightly to ~5.20min/km but I still felt good, smiling to Alicia as I passed the marathon mark in 3hr 47min. Alicia said I was 5th in the solo event. I was beaming on the inside.

50km passed in 4hr 30mins, 15 minutes under my first 50km race time. I stopped for a toilet break but after that my movement became more laboured. Looking back over my data I saw that my heart rate had been climbing slowly. Coming out from the toilet block I could not get my pace back down to what it was before and my legs wanted to walk. I had to get my heart rate back down and walking was the only way. I broke up every second lap with a short walk phase which made me feel better in both the legs and chest. Negative thoughts flooded my brain and the urge to cry

passed over me in waves. I knew I was in the process of blowing up and I feared my race was over, and I was barely past half way. It's hard to explain to people who have not felt these emotions how they ebb and flow over such a long period of time. I was angry and disappointed with myself. It sounds silly to write about it now and it probably sounds ludicrous reading it, but I can't explain how I felt at the time any better.

My other crew mate, Hunter, returned to the track and having him see me looking so second hand made me feel terrible. I stopped once and lingered at the table for a minute or so before being pushed back out. "Less talk more walk mate". I didn't want to hear that. I wanted to hear nice things like "come and sit down, relax and come put those weary legs up". But the crew told me what I needed to hear, not what I wanted to hear.

I kept the walk breaks to two small sections of the track, every second lap or so. I had to get my body back under control. I had to get my head straight.

Alicia reported that I was still inside the top 10 solo runners. Hunter was baiting me with runner descriptions and time gaps. They all helped. On I went, languishing between the "death march" and the "why am I here?" shuffle.

At the 70km mark I got a whiff of the finish line. Something sparked inside of me, a tender weary flame. Hunter told me the pace that was

required to still finish in less than 10 hours. It seemed impossible. I might have been outside achieving my first goal but I thought I may be able to hang on to a top 10 placing. I took to sipping gels over 2 laps and tried to get more water in. I was told to be more direct with my running line. I was wasting time and energy going around. I was being too generous taking the long way around the walkers. So, I changed my style to stick to the low side of the track, and if a walker forced me into the mud then they may have got splashed as I went past. I was determined to stick to the low side.

Soon the bright sunny day gave way to clouds, followed by rain, and then we were hailed on! It did not last for long, and the hail wasn't very big. We heard later that a hail storm had torn half of Sydney apart. We were lucky to be barely brushed by it.

After awhile I realised that I had not walked in some time, and although my splits were around 6.5-7min/km I felt like I could hold it. I was running again and focused. There would be no more toilet stops and no more walking. It was slow and probably ugly to watch but I was not walking, and the finish line was edging closer. I was going to get it finished as soon as I could.

I went past the 82km mark an hour faster than I had previously run it. I felt determined. I was clawing my way back. I refused to give into my own inner weakness. I was shaping a new me after baring my soul to myself, seeing who I really was and what mettle I was made of.

As a relay runner scampered past, I tried to latch on and run with her. I wanted to get back into the saddle and sometimes lifting is easier if

you have someone setting the pace for you. After about half a lap my abductors cramped on me. This was something new as I don't normally cramp. The camber, duration, pace and lack of hydration were all catching up with me. I changed tack, and settled off that pace. I then tried to hang onto the faster runners as they came past, if only for a little while.

With a half marathon to go the burden of distance seemed to lift. I said to myself, "I run that distance all the time." The pace ground on, slowly coming down. At first 7min/km, then 6.5min/km. I was amazed. Hunter yelled from the side line "Good to see you have something left in the tank." It felt like his time was not wasted on me, I had not given in. I had found the mythical reserve, now I just had to manage it to the finish line.

"10 miles to go" I called out. I could do that. It was only 3 Parkruns really.

I passed the 87km mark, the same distance as Comrades, in well under 9 hours. The flame grew a little more.

I was joined again on the track by Hunter and told to eat. "It's been too long mate; you need something for the finish." I really didn't want to eat but my brain was not working too well and I struggled to put together a compelling argument not to. We met in the middle and I had some flat coke while Hunter got to eat the grapes.

Later, Hunter dropped in beside me to give me the news that I would miss the sub 10 hour mark, but I already knew. I had set myself a new goal - to hang on to 10th place and finish before dark. Those seemingly simple thoughts pushed me on. With 10km to go I felt electric. Amazingly my pace

was still in the mid 6.30s.

With one Parkrun to go I visualised my local Parkrun course and pictured each km leg. With 4kms to go I tried to lift again but my abductors cramped. There would be no kick. I heard the commentator say, "151 laps". That meant there were four to go and the little internal talk started. "That means 3 laps after this one," I thought. I stopped looking at distance. There was no imagining, no happy place. It was all work. I tried to push harder but it was better to stick with how I was going than to walk over the line.

Then it was two laps to go after this one, and then it was one to go after this one. I rounded the bend towards to finish line. I could see Hunter talking to the officials and I got the bell lap. Oh how I had been looking forward to that cow bell. I love cow bells, and this tiny pink pathetic little cow bell was simply divine, whispering "last lap." It was almost over.

I felt like I almost crashed over the finish line. My watch said 100.6km. I just ran 100km! I was awash with emotion as I was moved from the track to the makeshift Anzac memorial. I was handed a poppy to place, and I buried my face in my own shoulder. I looked up to see Alicia, her eyes welling. I looked for Hunter who was close but giving us some space. He knows this feeling all too well and was flashing a big smile.

I came 10th in 10hr 21min 25sec. I was a bit disappointed as I thought I could have done better, but too many mistakes cost me my own goal. I certainly gave it everything. I have learned much from the experience, mainly that no amount of reading will prepare you for running your first 100 kilometres.



Brimbank Park 50km

26 April 2015

By Andrew Ross

After running my first marathon in 2010 at the ripe old age of 47, I decided three years later to have a go at an ultra. Since my first 50km at Marysville in 2013, I have run four marathons and seven ultras ranging in distance from the 43km Roller Coaster Run to the Coburg 6 Hour (70km).

After finishing second with sub 4 hour times in the two previous Trailsplus Urban trail series 50km races – ie, the Tan Ultra and Dendy Park - I was looking forward to running another 50km PB at Brimbank Park. I even thought that I might be able to win it if I could repeat my Dendy Park time of 3hrs 42mins, but when Race Director, Brett Saxon, told me that ultra star, Kevin Mannix, was running, I had to really hope that he was just out for a training run.

With some formidable hills and a long stretch of riverside track, the course promised a variety of conditions and some spectacular scenery. We were not let down, with amazing views of the city from the plateau at the top of the park mixed with serene bush trails next to the river.

I planned to run around 4.20min/km–4.30min/km pace for as long as possible and see how it went. As it turned out, I was in front from the start. The first 10km loop around Brimbank Park included a couple of fairly steep ups and downs, and I found that the extensive hill training I had been doing for the Great Ocean Road Marathon three weeks' later came in handy.

At around the 12km mark I was joined by another runner who

introduced himself as Dylan (Newell), and I knew that Kevin wasn't far behind. Dylan mentioned that he had done the Six Foot Track Marathon recently and was coming back from injury. I let him go ahead and kept up my own pace, thinking that I might be able to catch him if he really was unfit and happened to slow down towards the end.

I trundled along the out and back stretch beside the river, keeping up my 4.20min/km average. At the turnaround Dylan wasn't too far ahead and Kevin wasn't too far behind. On the way back I passed the other 50km runners as well as most of the marathon and half-marathoners who had started after us. The encouragement I received from them was fantastic. I didn't know exactly how far ahead the leader was but I did hear a lot of, "he's just up ahead" and "keep going, you'll get him" comments.

This encouragement definitely helped spur me on.

Coming back into the park at around 32km, I turned to go up hill under the EJ Whitten Bridge and spotted Dylan near the top of the hill. I guessed that he might have slowed a little so I pushed up the hill and across the top of the plateau. Eventually I caught him at the start of the next climb and took the lead at the 40km mark. After then getting back to the start/finish area I had to do one more 8km lap of the park to get to the finish line.

Hoping that Dylan didn't get a second wind and that Kevin didn't put in a big finish, I managed to keep my pace up and crossed the finish line in a PB time of 3hrs 36mins. Dylan and Kevin held on for second and third respectively.

Cheers to Brett Saxon and his team of volunteers.





Wilson's Prom 100

2 May 2015

By Cathy Maguire

It was unusually balmy at 6am on 2 May down at the Wilson's Promontory National Park. At the pre-race briefing Michelle, Mark, Brett, George and I wondered if we had too many layers on before the start of our 100km adventure through the amazing wilderness of The Prom.

We "back-of-the-packers" often tell ourselves, "it's just time on feet, it doesn't matter how long it takes". This one in particular was a social weekend, and a training run in preparation for our 100mile event in Ireland in August and Brett's 24hour event in Adelaide. We had done the 60km event last year and were looking forward to this year's 100km. There were about 22 of us in the 100km event, 18 in the 80km and 32 in the 60km. The 44km runners had a slightly later start and there were nearly 50 of them.

The usual high energy and chatter saw us on our way up Mt Oberon where we were greeted by a stunning sunrise evoking a few moments of awed silence. We joked that we were unlikely to be this cheery 14+ hours later.

Shortly into the run we managed to lure 60km entrant, Peter Southon, into our gang with our energetic banter; so much so that he decided to change events and extend himself to take on the 80km. This meant that he got to hang out with us for an extra 20km. I believe he is the only runner to have willfully taken on extra kms in the history of this event. It was a decision he did regret at several times throughout the day but he was thrilled with it when he finished.

As we got deeper into the run we were reminded of how

breathtaking the views are at The Prom. I'm certain we'd have shaved hours off our overall time if it wasn't for the ridiculous number of photo stops. That's what we told ourselves anyway! Pristine beaches such as Norman Bay, Squeaky Beach and Sealers Cove are mostly accessible only on foot, and a feature of this event.

On our approach to The Boardwalk, with the ocean on our left, it was apparent that a group of four runners had just been skinny dipping! On checking with them further down the track we learnt that this had not been a spontaneous act and had in fact been planned in advance. Organised ultra runners that they were, they even had small micro-fibre towels for drying off.

The Wilsons Prom 100 is a self sufficient event. You carry what you need. There is nothing out there apart from stunning vistas and lush fern greenery. However, we were surprised to find that the campsites along the course had no water and so we had to fill our

hydration bladders from streams. I must say, the water did taste great.

Reaching the light house was a notable high point. The other was not being blown away or frozen by the usual conditions at The Prom at this time of year.

After 50km I had my first down patch. Michelle indulged me big time, letting me rant and rave on, agreeing with whatever shite I was banging on about. She's the best running partner a girl could ask for!

As the night drew on we were hit by a thunder and lightning storm. "This is a perfect out, it would just not be safe to continue", I said to Michelle, as if we could simply be lifted out of the wilderness and the storm if we'd quit at that point. But it was not to be. The storm lasted all of 5 minutes and so once again on we went.

Michelle's other brilliant mind trick was to say that we simply need to clear the 80km aid station (a lot of DNFs happened there). I

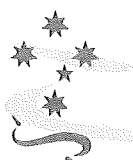


liked this idea. In theory we could return to the aid station 5 minutes after leaving it if we wanted to and this took my mind off the last tough 20km ahead.

We left the 80km aid station quick-sharp, making our way into the night, up and down hills into the wee hours of the morning.

With darkness all around, George had gone a little bit MIA, taking up with another group further ahead. As we dropped down onto the beaches Brett shouted, “turn off your torches”. “Wow”, I thought, “this must be a race tactic”. George wouldn’t know we were about to creep up on him. But then we realised Brett’s

suggestion was to help us with something else entirely. Turning off our headlamps, we marveled at the magic unfolding overhead. The milky-way sprawled across the night sky as we made our beach crossing. The stars twinkled and the moon lit our way to the finish line in the early hours of Sunday morning.



The North Face 100

15 May 2015

By Shona Stephenson

“If we are happy will we feel less pain?” I asked Tim Austin, my physiotherapist and chronic pain management specialist at RPA. After five DNFs in 2013 and after pulling out of my first attempt at the UTMB I wondered if my unhappiness could be linked to the pain I was feeling in my posterior tibialis tendon. “Yes”, Tim answered. He knew just as well as I did that I was under performing because my heart was not in it any more. He said that if you are unhappy you will feel more pain. If you are unhappy you won’t be able to run freely.

I had been suffering from chronic pain for over two years and no

matter what I did I just could not get rid of it. The pain then led to my running performances suffering. I was carrying too much weight on my shoulders, too much emotional stress in my life. For me to recover and to be at my strongest, I had to find happiness.

After the UTMB 2013 I realised that I could be in control of how happy I could feel. I was the one with the power to use my body in every race as a gift of health.

At the end of 2014, one week after my Blackall 100 victory, when words came to a punch, I was given a choice to leave an unhealthy relationship with my dignity intact

or continue to live a lie.

Leaving my husband of over 12 years was the hardest thing I have ever had to do. I started living with him when I was only 20 years old. I’d known him for over half of my life. It was so scary. I had totally lost confidence in my ability to provide for myself and my two daughters without his help.

No mother would break up a family unless there was an extremely good reason for it. Splitting from my husband meant that a whole new world of true happiness was opened up and waiting for me. I just had to take the first step. The weight was off my shoulders. I was free, away from a controlling grasp. I was strong enough to carry on and smart enough to make a living for myself and to look after my girls. It was a liberating and empowering experience.

In 2015 my running took a new direction. My mental resolve was strong. I used running, training and plyos as a way of controlling my depression that followed the split from my husband. Exercise became my coping mechanism for all the hurt, sadness and grief. I soul searched, knelt, sat and wept out on the trails of Mt Coo-Tha. I found compassion and forgiveness.



Photo courtesy of Lyndon Marceau

It was the only way to be at peace and move forward.

I had learnt how to be mentally tough after blocking out hurtful words over the years. My mind was conditioned to push out all the bad, negative thoughts and to remain positive whilst climbing up Golden Stairs, Narrow Neck, Iron Pot, Megalong Valley, Nellies Glen, Kings Tableland, Sublime Ridge and the Furber Stairs. In 2015 at The North Face 100 it was so much easier to remain happy and in the moment. I was able to run with freedom and joy knowing that it was me who was in control of my happiness, my body and mind.

Staying in the moment I have

found is the key to remaining positive while running. When I remain positive when racing and training I enjoy my running. I ran The North Face 100 with such joy that I will remember TNF100 for years to come. It was my perfect race. I ran along after 63km feeling amazing, thanking the universe for my health, my ability, and sending positive thoughts to my friends who were sick, and compassion to people who needed it.

Again and again I have learnt that mental toughness is not about being a hard arse. It is about understanding what is important and pushing out all negative talk that will prevent you from getting to your end goal.

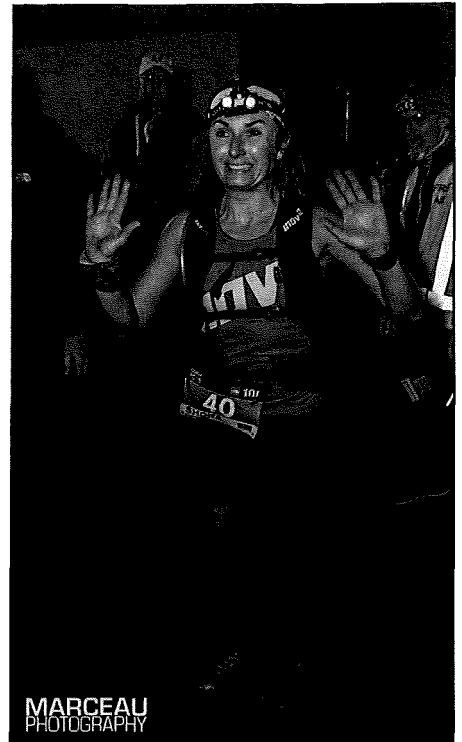


Photo courtesy of Lyndon Marceau



Kep Ultra 75km/100km

31 May 2015

By Ben Treasure

Since 2009 the Kep Ultra has been a highlight on WA's ultra marathon calendar. In 2014 I ran the 100km event. This year I was involved as a volunteer and support crew for my wife, Shirley, who was running the 75km option.

Before sunrise on a clear and cold morning, the runners went through registration and gear checks by the light of their head lamps. The piles of drop bags for the four aid stations grew as did the level of excitement among the runners. They were about to begin a 75km or 100km journey from the small wheat belt town of Northam to the finish line at Mundaring Weir in the hills above Perth.

At 7am, as the first light broke, 79 runners started. Forty of them would cover 100km, 35 would finish the 75km and an unlucky five

would not finish either distance.

The course is mostly pea gravel trail but the first section includes some road running. After leaving Northam there is a long climb, which helps moderate the pace, before runners reach the first aid station at Clackline (19km). The cool conditions suited Josh Garrett who was first through Clackline. Josh was in good form and he was a clear favorite in the 100km event. Barb Fieberg led the ladies 100km. Bernadette Benson confirmed her favorite tag leading the 75km and Jamal Fozdar was the early leader in the men's 75km.

The men's 75km was a hard fought race. Early on it was Jamal, Andrew Highfield and Andrew Wait who set the pace. However, Andy Wait succumbed to injury and was nursing a pint at Mt Helena tavern

when I found him. Nathan Fawkes made his way past the early leaders and ended up winning in 6 hours 18 minutes, while Ian Newell timed his effort well to take second from Jamal, and Mick Thwaites came a close fourth.

Bernadette Benson dominated the women's 75km, leading all the way and finishing in a new course record time of 6 hours 31 minutes. Sanja Kolonic was a strong second in 7 hours with Renae Twigg in third place improving her time from last year by 25 minutes.

The number of girls taking on the 100km continues to increase. This year eleven ladies finished the century. Barb Fieberg was the winner of the 75km race last year and this year made it a matching set by winning the 100km in 10 hours 7 minutes. Jessica Osborne

was second and Kilee Giles took third.

In the men's 100km, Josh Garrett sat on record pace all the way, winning in 8 hours 9 minutes. This is now the course record and 8 minutes faster than Scott Hawker's time from 2013. Last year's winner, Paul Hopwood, was 5 minutes behind Josh at Clackline and 10 minutes off the pace at Wooraloo. Sometime after Mt Helena, David Kennedy passed Paul and this was the order they finished. Less than 2 minutes separated them.

Paul, who stayed close to David for the last 20kms, was attacked by two small (but angry) dogs along

the way and was sporting bloody teeth marks on both calves at the finish!

Kep stalwart, Tim Eva, and Nadine Seabrook felt so fresh at the 61km mark that they changed their minds and decided to upgrade from the 75km event to the 100km. It's not unusual for some Kep runners to change to the shorter course mid race but this was the first time anyone has upgraded.

Runners continued to cross the finish line well into the night where a great atmosphere greeted them - a roaring fire, barbequed bangers, beverages, friends and family with cheers and tears.

Unfortunately, the future of the Kep Ultra is now uncertain. During Rob Donkersloot's race director's post race speech everyone was informed that the 2015 event was run with no official approval, no insurance and at huge personal financial risk to Rob. This was due to an "administrative oversight" by the WA Government's Department of Lands. Rob has decided that he will not take this risk again and the Kep Ultra will most likely return to its fat ass roots next year. For more details on the future of Kep Ultra please visit the website: www.kepultra.com

18 NEWS

thewest

The Weekend West
June 13-14, 2015

ULTRAMARATHON 'PARANOIA'

Race boss hits red tape wall

■ Daniel Emerson

Government paranoia of being sued for an ultramarathon disaster has led to overzealous regulation of the sport, making it harder to get approvals and driving races "underground", an event organiser says.

Rob Donkersloot said he would not bother applying for State Government approval for his Kep Ultramarathon between Northam and Mundaring Weir next year because of bureaucratic red tape.

The wrangling comes three years after a parliamentary committee recommended sweeping changes to approvals in response to the disastrous State-sponsored Kimberley Ultramarathon, which was

marred by a bushfire causing severe burns to competitors Turia Pitt and Kate Sanderson.

The State gave each victim an "act of grace" payment of \$450,000 in November 2012.

While denying responsibility for events, the Government agreed to improve approval processes and risk assessments. New rules require the Department of Lands to draft a formal ultramarathon licence after getting approvals from other departments.

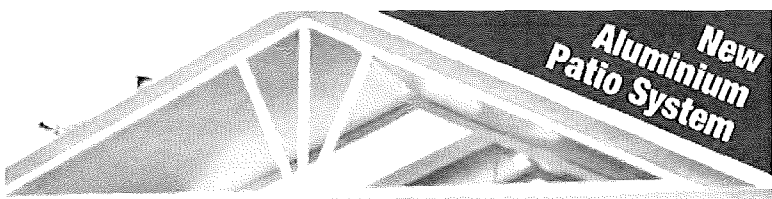
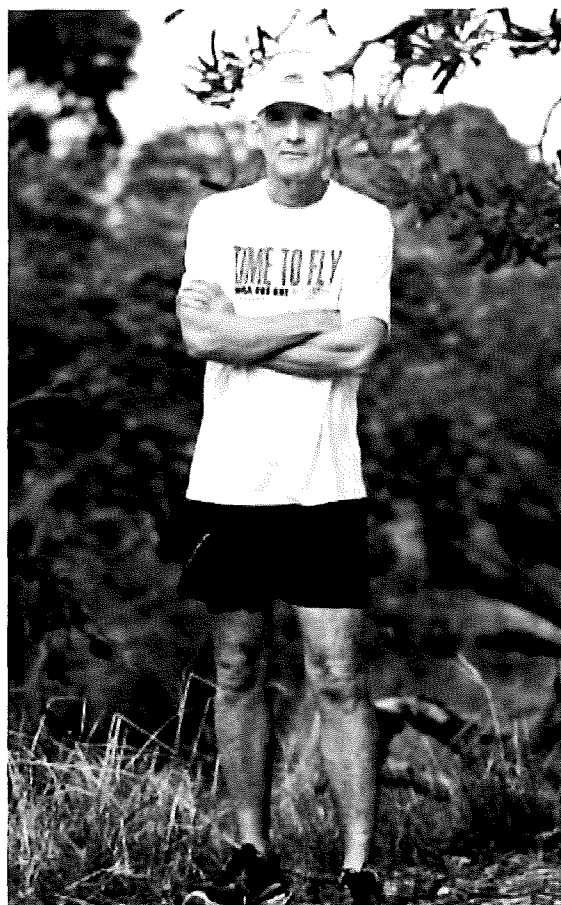
Mr Donkersloot said he gave the Department of Lands more than the required three months notice of his May 31 race but, despite getting the green light in 2012 and 2013, was unable to gain approval for this year's event.

He said he was not told until 3.45pm on the Friday before the Sunday race that the Department of Mines and Petroleum, which had granted exploration licences on the route, had not replied to approval requests.

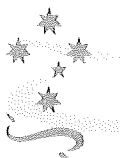
His insurance fell through as a result, but by then international and interstate runners had arrived and Mr Donkersloot held the event anyway.

"My personal assets were at risk should an incident lead to me being sued," he said.

The event was injury-free, but Mr Donkersloot said next year he would simply advertise the race date and run it with whoever turned up. A DMP spokesman said the race would have been approved but for an "administrative oversight".



Newspaper article about the future of the Kep Ultra courtesy of the West Australian



Mt Macedon 50km

31 May 2015

By Joel Claxton



Photo courtesy of TrailsPlus

This was my first attempt at the Mt Macedon 50km after running the 30km event for the last two years. In true Mt Macedon style, it was a cold and wet day. This made for some very tough, slippery descents.

The lead group were all within 50m of each other up to the turnaround at Camel's Hump. I was sitting comfortably in 5th place and catching up with the other runners. I was looking forward to a fun day of trail running. I eventually moved up to 4th place and then into 3rd by about the 10km mark.

Having run the course before, I was very familiar with the trail, and knew where to run hard and where to back off. My aim was to run the first 30km loop comfortably and then to push the pace to the finish. I spent a fair amount of time running alone and was able to take in the views and enjoy the trail. The mountain bike section was very slippery and kept me on my toes. Approaching Mt Towrong, I was very cautious of the technical descent having fallen there in the two previous years. Just before the descent I stopped to have a look

at the view. It was really foggy and not much could be seen. At this stage it was cold and drizzly but worse was to come. To my great relief I safely descended Mt Towrong and stopped for fuel at the aid station.

Approaching the climb up Zig Zag track I was sitting comfortably in 3rd and could occasionally see the 2nd placed runner. I ran at a steady pace, making good ground. At the top of the climb we ran back towards Lake Sanatorium and back towards the start/finish area. At approximately the 27km mark I was caught by Dan, the eventual winner, and we ran together back to the start/finish area. I was feeling comfortable and was ready for the next 20km but Dan left the aid station before me and I didn't see him again until I finished.

The descent from the Memorial Cross was

very slippery and challenging but made for some great running. This was then followed by some rolling trails which allowed for an increase in pace and an opportunity to stretch out the legs after some challenging running. This soon ended when some of the inclines and declines became very steep and slippery, and interrupted my rhythm. These steep hills continued for a while and I was glad when I reached the aid station before the tunnels.

The tunnels were dark and wet and needed careful attention. After leaving the tunnels I caught up to the 3rd placed runner and passed him at approximately 45km.

The last climb up towards the Memorial Cross was very challenging and called for a lot of hiking. This climb was the toughest section of the course for me. After finishing the climb there was only about one more kilometre of running to the finish line.

I was very happy to finish in 3rd place. Thanks to Brett Saxon and his team of volunteers for running such an organised event. I hope to be back next year.



Photo courtesy of TrailsPlus



Gold Coast 100km Australian National 100km Road Championships

7 June 2015

By Wayne Calvert

Having only been running for just over two years, I had never had the opportunity to race in Queensland and so doing this race was always going to be very exciting. The appeal of it all being on road/footpath was also fantastic as it suited all of the training that I had done.

After studying the course map I quickly realised that the race was a 25km out and back course with aid stations every 2.5km. This enabled me to adopt an extremely simple nutrition strategy as I would be able to grab water every 10–12 minutes thus eliminating the need to carry any water.

The race started at 6am with the weather being nice and cool. Knowing that it was going to get to 18 degrees around midday, I ensured that I was dressed for the warmer conditions and not the cooler morning temperature.

In the lineup was some very well seasoned elite runners who were going to be looking for a really quick time, whereas my only goal was to get in just under 8hrs in order to qualify for the Australian 100km team.

At the start about 4–5 runners took off in front with the rest of the group keeping it steady. There was a large contingent of runners from China and Japan and I found myself running the first 25km loop with two runners from China who were working well together.

The first 25km loop came and went in 1hr 55min for me and I found myself increasing my pace on the 2nd lap to 4.40min/km. During the first lap I had to learn the route because by the time I started the 2nd lap I knew that the marshals would not be there. However, the

marshalling for this race was so clear and easy to understand that as I went out on the second lap I found it easy to navigate just by remembering the land marks that the marshals had pointed out the first time.

On my way in to finishing the second lap I found myself running the last 5km with an 11 year old boy who was doing the 10km run and who had just done his turn around. This was great as it reminded me of when I was that age. I kept encouraging him all the way as he was running 4.40min/km pace. This helped take my mind off the race a little and helped another 5km to pass by.

I came into the 50km turn around point right on 3hrs 50min, but with the morning starting to warm up, I had a feeling that the next 25km loop was going to be tough, and it was. By now I could see many people starting to slow down significantly and it was easier to see who was going to keep going strong.

As my pace slowed a little on this lap, I found myself using the opportunity to take in some of the awesome Gold Coast ocean scenery, and with so many people out and about it was easier to keep my mind out of the minor dark spot that I went into for about 10km.

As I came in to the 75km turn around at 6hr 5min it was great to be running with a couple of well seasoned runners who I knew, but when we all left the turnaround for the last lap, two of them took off at a pace that I knew I could not sustain.

All I had to do was to get through the last lap and every aid station saw me stopping for a few seconds for

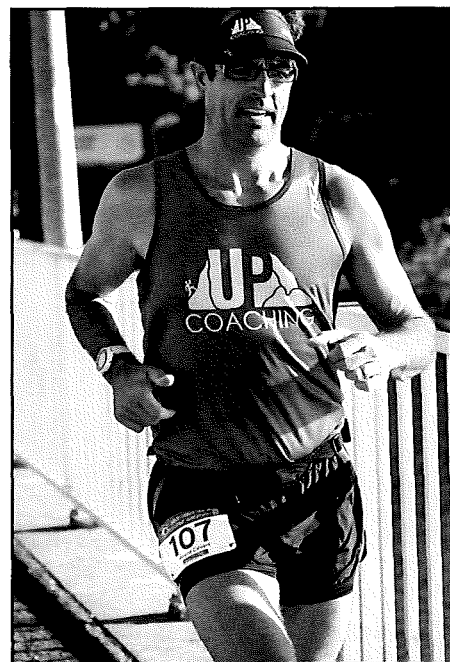
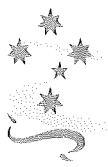


Photo courtesy of SOK Images

some coke and to splash my head with water. It was at this point that I was so happy that the aid stations were only 2.5km apart. Coming back towards the finish line all the volunteers at the aid stations were cheering and reminding us that we only had a short distance to go. This really lifted me up as I was now running from aid station to aid station as a mental strategy to get through the race.

Crossing the finish line in 8hrs 25min was a great feeling, and although it was not the finish time I was wanting, I was still happy as it was the first 100km race that I had run with the aim of finishing under 8hrs. This meant that I had to start the race at a pace that I would not normally race at.

Would I do this race again? Absolutely. Being close to the airport and having so many well priced Air BNB accommodation options (all within walking distance to the start line) also added to the ease and cost effectiveness of this race.



Sri Chinmoy 24hr

13 June 2015

By Karen Chan

with assistance from John Timms

Sri Chinmoy states, "to arrive at the core of everything, what you need is an ardent submissiveness to eternity's infinite source". It is the passion, love and belief; the harmony of inner peace from joy, pain, suffering and challenge that makes us stronger. Most importantly, we are not alone. This event provides a great opportunity to embrace the old and new friendship of runners, crews, volunteers and race directors. We are blessed to have an able body to enjoy running free and to take nothing for granted.

My first 24 hour run was in 2012 in Coburg. I was trying to challenge myself to run further. It was excellent but I felt very bored on the track and decided never to do it again. I changed my mind quickly. All the great support I received brought me back again.

The 2012 Sri Chinmoy 24 hour was my second 24 hour run of 2012. I was inexperienced, almost had hypothermia as well as gastro problems. The volunteers let me rest in their valuable sleeping bag, although I still shivered for hours. I managed to do small runs to finish because I was well looked after by the caring volunteers during the dark hours.

In 2013 I came back again to Sri Chinmoy to combat these issues. The run was great in the first half but the bad cellulitis that I had in April 2013 came back. I could not walk in the last hours and had to watch the finish of the race. I met a US runner then and we became good friends. The ultra spirit and

friendship made me feel like I was re-born again.

In 2014 I had more bad luck and many issues. I was burnt out and did not turn up to run the Sri Chinmoy 24 hour. I felt so sorry for my crew and thanked them for their unconditional understanding.

2015 had also been chaotic but I was looking for an outlet. I was blessed to meet John Timms at the Adelaide 6 day event last year. We had a lot of fun and he became like my "running dad".

The 2015 Sri Chinmoy 24 hour race day started with warm, beautiful weather. There were new and old faces. This would be our temporary home for the next 24 hours. We circled with smiles greeting each other at every turn around.

The 6 hour runners and walkers joined the course adding new energy. It was also interesting to watch the ruby players who came to the field to warm up. They watched us and vice versa, which was good as a distraction.

When the 12 hour race started I just watched the runners happily "flying around". I enjoyed running with a few friends from the Anzac ultra. Whenever I saw them I thought of the kangaroos, cows, hills, high gates and beautiful scenery. They have lit up my life.

The night was mild and the lovely volunteers handed out a variety of warm food and drink to keep us going. John also gave me some food and drink, and clothes to

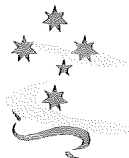
change into, which was great. He was there when I needed him but also gave me space when I needed to focus.

We all had different troubles but kept coming back to pursue our dreams. The race proceeded and the weird hours were a challenge. The strong mind and body had to adjust to accommodate the circumstances.

John Timms says, "The spirit of running ultras always grows in my mind as a learning curve. It is a bit like the moon landing. Each step is an experience and it never ends for the runner and the crew. It is addictive, combative, caring and a great way to build health, confidence and get to know yourself. I am just an average runner who has kept climbing that ultra mountain, and as the years roll on, I have to work out how to attack it or realise [that] sometimes nature says "stop". This is when the opportunity came for me to allow my "adopted daughter", Karen, to run with my spirit, and as a team we had a lot of fun."

Many people run ultras. They have to learn to enjoy every step and sometimes jump over the pain to go to a different level of happiness and achievement to experience running with freedom.

Thanks to the organisers, volunteers and runners. Although the race has finished, this is in fact a new beginning.



Nerang 50km

14 June 2015

By Martin Hack

The race director of the Nerang State Forest 50km, Sahara Dry, sent through an email advertising last minute entries to the race. Checking my emails in Rockhampton, and faced with five hours of hill training over the weekend with coach Andy, and having Friday and Monday off, the decision was suddenly clear. Although I have a love/hate (mostly love) relationship with Mt Archer in Rockhampton, some training under race conditions on the Gold Coast suddenly seemed very enticing.

A few of my Rocky friends had run this race a few years ago as we were just embarking on our trail journeys and I remembered the race had taken its toll. With this in mind I went in with the mindset of treating it as a good training run.

Although race day had shifted to mid-year, conditions were reasonably mild as we milled around the start line. The course consists of 2 x 25km laps of what I was about to find out was fairly unrelenting, undulating dirt road, punctuated by a couple of short, steep climbs and descents.

About a kilometre after the race started another runner and I worked our way to the lead, sustaining a steady but relatively comfortable pace. Running together, we alternated the lead at times. The other runner seemed to be running quite strongly, and after about 5-6km I said "g'day" to introduce myself and to gauge how comfortable he was. Pretty good I

found out.

All was going swimmingly until we came to a fork in the road with no marking. Straight ahead seemed the most logical route, but as our road morphed into a slashed, grassy corridor down a hill, I said to my companion, "this doesn't feel right". We proceeded onward and when the clearing terminated at the park boundary in suburbia on a bitumen road, cursing, we knew we would have to backtrack. We were almost back to the junction when we were greeted by a pack of 5-6 other runners charging towards us. Another stop and a group conference ensued with some rustling of a map and tapping of watches. I explained my misgivings about where we had just been. There were a couple of runners who had covered the course previously and were fairly adamant we were going the right way so off we went again down the grassy hill, except this time we ran up and down the bitumen road and everyone decided that, indeed, this was definitely not the way to go.

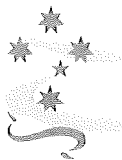
By the time we got back to the junction a series of shoeprints on the road ahead confirmed that we had lost any race lead advantage we had built up. I told myself it was just a training run and I had been in a lot of races where I had run extra kms. I kept plugging away and slowly picked off a few runners as we ran to an aid station. This was followed by a steep little out and back section that allowed you to see where you were

positioned. Once that was done it was time to head for home, back to the velodrome.

My running companion from earlier had now surged ahead and I resigned myself to probably not seeing him again. I passed another runner not far from home (eventual 2nd place getter, Enda Cotter) but was very surprised to find my earlier companion not long after. We had come to another unmarked fork where we stopped and decided what to do. He seemed upset with the extra mileage he had done, went left and started his second lap. I went straight ahead with Enda but was daydreaming and missed the velodrome turn. Fortunately I didn't go too far before I realised my mistake.

It was a quick refuel at the finish line and out again, this time with the knowledge I shouldn't make the same mistakes twice. The ascents seemed a bit harder this time around with a bit more walking, but greeting passing runners coming from the opposite direction was uplifting. I caught Enda on a steep ascent and he didn't think anyone was ahead of him. That was enough motivation to keep working to the end and I was relieved to cross the finish line with just over 2000m gain in my legs.

It was another day of fun in the magical Qld winter sun. Thanks to everyone involved with this race, allowing us runners to enjoy this event, sport and lifestyle.



Big Red Run

27 June 2015

By Kay Bretz

“Don’t sweat the small stuff. Do something big!” Being awarded the Big Red Run trophy summed up my motivation for this event perfectly.

My journey to find out what was possible began last October. I was a road marathon runner without any ultra endurance or trail experience. Needless to say I sweated a lot even before I signed up for this multi day event through the Simpson Desert.

The event involved running a gruelling 250km over six days – ie, a marathon on each of the first three days followed by a 31km “sprint” day, then a double marathon on day five, and finally an 8km lap of honour on the last day. It was all for a good cause, with the 80 participants this year collecting donations worth \$220,000 for JDRF and going towards finding a cure for Type 1 diabetes.

The two day journey to get to Birdsville was an adventure in itself. I took the fast option – ie, the mail plane. This tiny plane from Brisbane is used primarily to deliver the mail, typically stopping four times along the way before reaching its destination. The race start was equally surreal. Armed with satellite trackers and naïve as to what lay ahead, we set out on our journey at sunrise.

I ran more cross-country on day one than I had in my entire life before. We made our way through an ever changing desert landscape, climbing an endless number of sand dunes while keeping an eye out for the elusive pink ribbons which guided the way. The valleys were a mixture of scrub, treacherous plains with pot holes, bumpy sand fields and gibber planes. For those

not aware (you’re lucky!), gibber planes are a blanket of pebbles and rocks of all sizes. Sliding across the top of them, I instantly gave up on blister prevention, and just concentrated on not twisting an ankle. The last few kilometres before camp number 1 led us over Big Red sand dune, where I had my first “uh-oh” moment when I spotted a runner ahead. Believing I was leading the race I was puzzled. Naturally I sprinted to catch him (as you do with 5 days of desert running ahead!), only to find it was the forerunner checking the course markings. I crossed the finish line on that day in 3hr 44min, and was surprised to learn that I had improved the stage record by 40 minutes. While supportive of my efforts, fellow runners were curious as to how I would go in the rest of the competition. When confronted with the suggestion that my lack of experience in multi-day events had led me to go out too hard too early, I just reminded myself why I was there – ie, to find out what was possible.

Day 2 was on easier terrain with many 4WD tracks and some gibber planes and sand dunes. But the

real battle on this day was against the heat, and after finishing in 3hr 27min, I struggled with a headache until sundown.

Day 3 was my favourite day despite it being on the toughest course. We climbed around 20 sand dunes before crossing a majestic salt lake where we sank 10cm with every step. I finished the third marathon in 3hr 54min. At this point I was living the dream and loving every minute of it.

Day 4 was “only” 31km, hence the title “sprint” day, which some of us took literally. Sprinting the last 300m I managed to finish in 2hr 39min and then had time to enjoy watching the sprint showdown for second and third position.

On Day 5 there was no hiding for any of us with the 84km starting before sunrise and some of us finishing well after midnight. The heroes of this race were the ones battling nasty blisters and muscular aches/pains, and the thought of giving up being a very real prospect. But who would give up now after having come this far? I crossed the finish line in a time of 7hr 51min and am pleased to say that we all



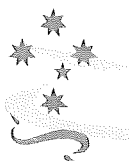
Photo courtesy of EYE SEE IMAGES - Patrick O'Kane

made it, demonstrating what strong minds can truly achieve.

It was only the next morning while hobbling the 8km lap of honour

back to Birdsville did I realise the full extent of my achievement. I had taken 5hr 21min off the previous event record and made some amazing friends along the way.

I recommend to anyone out there who truly wants to test their limits – “don’t sweat the small stuff”. The hardest part is actually having the courage to sign up.



Adelaide 12 Hour 11 July 2015

By Amelia Griffith

I had just returned to work after travelling to South Africa to compete in the Comrades Ultra Marathon when a colleague asked me, “so, when is your next event?” “I’m doing a 12 hour run in Adelaide in a few weeks’ time” was my response. “12 hours?” he said with a puzzled look. “So, how far is that?” “Great question,” I beamed. “I’ll let you know as soon as I complete the event!”

And it was that curious mindset that got me to the start of the Adelaide 12 hour event.

I had never run further than 100km and so I just had two goals in mind for this event: the first was to still be moving forward as the 12hr siren sounded, and the second was to do at least 110km.

I wasn’t as nervous the night before the race as I usually am. Well, I didn’t think so until I found myself wide awake at 1.30am listening to the sound of the wind, rain and hail coming down outside.

Lesson #1 – Make sure you have waterproof gloves.

I was still awake at 4.30am and waited for my alarm to go off before getting up. Then, after going through my usual race preparations, I headed out the door to walk down to where the event was.

The 6hr and 12hr events started together, and a fairly sizable group of people gathered for the briefing at 5.45am. To be honest, I don’t

remember taking in anything of what Ben or Wayne said, as I was just trying to keep warm and convince myself it was “only 12 hours”. “How hard could this really be?” Of course I was still trying to work out what other activity I had ever continuously done for 12 hours apart from sleeping!

Ben counted down to the start and we all filed across the sensor and began running. It took a while for me to get into a comfortable pace, and just as I did, it started to rain. Then it hailed. And it rained and hailed on and off throughout the whole day.

Lesson #2 – “shower-proof and wind-resistant” jackets are not waterproof.

The 24hr event runners joined us on the track at 10am, and I must admit that it was good to see some new and familiar faces. The track direction changed every 3 hours, which not only provided a change of scenery, but also gave us the opportunity to do some proper ‘high 5s’! The wonderful volunteers in the refreshment tent also varied the food and drink available every few hours, which was great. Considering the weather, the hot pizza at lunchtime and hot drinks later in the afternoon were particularly welcome.

By late afternoon I found myself freezing cold. I stopped looking at my watch to check the time and distance covered, and just kept

focusing on moving forward at a decent pace. I was just so desperate to go back to the hotel and have a hot shower, and to be honest, the only thing that kept me going around that track was finding the answer to how far I could go in 12 hours. Every time I passed Brett Saxon he asked me, “so how far have you gone now?” and every time the response was, “just over 100km I think.” I remember him laughing the last time I told him this. I just didn’t want to look at my watch. I was running and that was all I cared about.

At 5.40pm I came to the start/finish sensor and was handed a sandbag to drop at the end of the event. That last 20 minutes of running seemed like the longest 20 minutes of my life! But I kept moving forward, and kept thinking about that lovely hot shower that I was less than an hour away from having.

The next morning I walked back to the running track to see the end of the 24hr event, and tried to give the runners a little bit of cheer as they went past on their final laps. At least the sun was shining for them! As the volunteers and support crews prepared bacon and eggs for breakfast, and the final siren sounded to mark the end of an amazing event, I found myself thinking “I wonder how far I could run in 24 hours....”

Lesson #3 – Pain is temporary. Memories and the feeling of achievement last forever.



Adelaide 6/12/24 Hour

11 July 2015

By Emma Vaughan

On 11 July a record 115 brave souls stepped up to the start line of the Adelaide 24 Hour Festival. An excellent festival with a wonderful community feel, this event holds a special place in my heart, so much so that I entered and started the race despite injury, and knowing it may not work out as planned but hoping that it might. I quickly realised my error of judgement and called it a day at 44km. Although disappointed, it meant that I had the opportunity to see the race from a different perspective, to watch the action from the sidelines, to give back to the race that has treated me so well in the past, and to support other runners.

This year the event attracted runners from across the country and as far as the US. It was a mixed bag of athletes, including veterans of ultra running, and those debuting in their first ultra or their first run in this particular event.

With much speculation and concern about some dreary and worrisome weather forecasts in the lead up to the race, the runners toed the line of the 2.2km track prepared for whatever Mother Nature might throw at them. She certainly did not disappoint, dishing out the worst weather in the event's history. Ultra runners are a tough breed though and perhaps for some there is something even more satisfying about running through adverse weather conditions. This was evident in the strength and spirit shown by many, who not only endured but embraced the weather conditions, running through the cold temperatures, pouring rain, high winds and even hail. Despite the inclement and challenging weather, some outstanding runs

were had on the track across all three of the events.

In the 24 hour event, Lee Piantadosi was the overall winner and first female, running an impressive 207.354km in her debut 24 hour race. Behind her in the men's race was Lachlan Fraser who took out the men's event with 184.09km, followed by Stephen Delport in second place with 166.667km and Brett Saxon in third with 164.147km. Close behind the men in second place in the female race was Melanie Laurencic with 163.948km and in third place Tory Toogood with 144.932km.

The 12 hour men's race proved to be a stand out event with local runner, David Turnbull, taking out the race with an impressive 136.129km. His total was not only a course record but also the fourth best Australian distance in a 12 hour race behind Yiannis Kouros, Barry Loveday and Brendan Davies. In second place

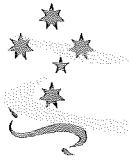
came this year's race ambassador, Wayne Calvert, who ran a strong race despite some injury woes with a solid 131.024km. In third place was David Carman with 116.519km. Amelia Griffith took out the women's race with an impressive 116.395km. Rebecca Taipari was second with 97.921km and Hoa Banh finished in third place with 97.324km.

Cameron Gillies returned this year to win the men's 6 hour event with a new course record of 78.69km. In second place was Howard Norton with 76.7km, an Australian M50 age record, and in third place was Paul Roberts with 74.68km. In the women's race, Marlize Viziers came in first with 66.13km. In second place was Jane Luke with 61.44km and in third place was Tina Nilsson with 60.91km.

Despite the weather conditions, the Adelaide 24 Hour Festival was a successful event and an excellent weekend of running.



David Billett - Photo courtesy of Gregory Jenkins



International Race Report

Western States 100

By Andrew Tuckey

The Western States 100 has been at the top of my "to do" races list for a few years and I was lucky enough to get an entry this year. I spent the previous week training on the second half of the course with Brendan Davies, and it was great to have him show me around and answer my many questions about the race. I was happy to see that the main climbs were all manageable and the plan was to get through them in good shape so I could run well from Foresthill onwards.

Every day in the lead up to the race was the same - hot, dry and sunny. We deliberately did some training runs in the heat of the afternoon to try and get used to the conditions but I knew managing the heat on race day would be crucial.

Everyone said that the race starts at Foresthill which is about 60 miles into the race and after the canyons. From there it is pretty nice running down to the river crossing and this is a section where you can make good time. This was my plan.

After a few easy days by Lake Tahoe I arrived at the start line and soaked up the atmosphere. The 5am start time meant that it was barely light as we started the climb up out of Squaw. There were many comments about how mild the temperature was. It's usually quite cool at the start line but this year it was t-shirt weather.

My plan was to start easy and run my own race, and I'm happy to say that's what I did. The pace was pretty easy on the climb, which gave me time to appreciate the beautiful

sunrise over the mountains and the lake in the distance. Over the pass I settled into my position and followed the lead of those around me. I walked some of the early climbs when others did the same and I was holding my position and feeling comfortable. Strangely though, I kept tripping on tiny rocks. I caught myself mostly but just after Cougar Rock I went down pretty hard resulting in a few scrapes and a cut finger. I needed to be more careful. I eventually settled into about 15th position and was largely on my own coming into Robinson Flat.

The atmosphere at the aid station was a bit of a shock after the quiet of the previous miles. After re-filling my hand held bottle and the simple bottle which I was carrying in the back of my shorts I found my crew - my wife, Mei, and her brother, Geraint. I changed into a new top that had been soaking in iced water, picked up my iced neck scarf and stuffed more ice into my arm sleeves. This would be my strategy all day to keep cool in the rising heat. I was pretty quickly back on the trail and running on my own on some beautiful trail.

Over the next 20 miles I started to struggle. Even though I felt like I'd started pretty conservatively, I started to lack energy and I was concentrating on just moving forward. I made sure I took on gels and electrolytes as much as possible, and basically waited for things to turn around. Amazingly no one went past me during this slowish slog. Cyril Cointre came

pretty close at the base of the Devil's Thumb climb but I managed to pull away again on the way up.

I was pretty cooked by the time I arrived at the Thumb aid station and I drank a lot and iced up before heading on. As suddenly as it had started, my struggle started to go away. Maybe it was the mental boost of having made it through the steep climb or having not been passed by anyone. Either way, I was moving pretty well again. I even picked up a place when I went by a cramping runner.

On the way down to Eldorado Creek I caught up with Dylan Bowman who was having an off day. We had a quick chat and then I continued on. I think I was in 13th at this point and was happy to be on sections of the trail that I'd seen the previous week. There was a temperature gauge at the Eldorado aid station which read 97 degrees F so I stocked up on more ice, which was only lasting about 10 minutes before melting completely.

On the way up to Michigan Bluff I saw a snake cross the path in front of me. It's not an unusual sight on an Aussie trail on a hot day but I wasn't expecting it in California. My biggest fear was bears or mountain lions.

I caught up with my crew at Michigan Bluff and I got another boost when going through there before quickly moving on to the next section of lonely trail. The run to Foresthill went by quickly and soon I was out in the huge aid station soaking up the atmosphere.

I swapped into an ice filled scarf (thanks Gary Gellin) and soaked myself in iced water again.

I was feeling pretty good so I started to pick up the pace a bit on Cal Street as per my plan. I don't remember much about this section except that I was running pretty well and I was slowly catching the runner in front but it still took a long time to catch him.

Not long before the river I finally saw Sondre and said hello before moving past. Until that point I hadn't seen another runner for hours. I was then in 12th position and I was starting to think about a top 10 place. Not long later I caught another runner and then Paul Terranova to move into 10th place. 10th place is a pretty competitive place to be in in this race with the guaranteed entry the next year which comes with it.

I ran really strongly into the Rucky Chucky aid station and saw my crew again. I'd told them that if I arrived any time after 6pm that I would need my head torch and it was about 6:10pm. I knew I could push it until about 9pm before it would be too dark to run. I took the risk to leave it and pick it up at the Hwy 49 crossing at 93 miles. This would turn out to be a good

incentive to run faster.

The river crossing was awesome. Still really hot and covered in trail dust I entered the water. The marshals put on my life vest and off I went into the beautiful cool water. Paul appeared from nowhere to join me for the crossing. He wasn't giving up the top 10 without a fight. I was out pretty quickly and off up the climb to Green Gate. I managed to put some distance between myself and Paul at this point and was still running well.

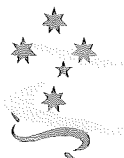
The sun started to get lower in the sky and I was trying to calculate the amount of daylight I had left. It's fair to say I began to panic just a little bit but I was really flying along by the Brown's Bar. This is Hal Koerner's station and I told him of my concern with the light. He seemed to think I would just make it, not that I really had a choice. More hard running in the fading light and then I saw a white shirt in the distance. I quickly caught up and passed Francois who was struggling and I pushed on for the highway crossing in virtual darkness. I was trying to manage my pace considering the lack of light but I still tripped and fell, got up and brushed myself off. I could hear some cars so I knew I

was near the road. Then there was the awesome feeling of coming out into the aid station lights and getting my torch from my crew.

I was then in 9th position and still running strongly. My feet were a bit sore and I could feel some skin had ripped off my foot after an awkward landing but that was just a bit of pain. I ran hard to No Hands Bridge and I was pretty sure I had 9th place wrapped up. I couldn't see any head torches in front or behind as I crossed the bridge.

After running well for a few hours the wheels finally slowed down on the climb to Robie Point. I kept moving and reached the road section in Auburn and tried to take in the atmosphere and the feeling of finishing this race. The run onto the track was awesome. There were lights and people cheering everywhere. Mei joined me for the first part of the track before I finished it off.

I was pretty shattered after the finish and just lay down on the field for a while. I was over the moon at coming 9th but a bit disappointed with my time of about 17:20. I think I got too far behind in the first half of the race and if I can iron out the bad patch then maybe a 16 hour finish is possible next year.



Race Results

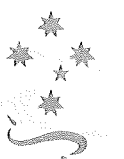
Numinbah to Pollys 49km, April 19, 2015

Numinbah Valley, QLD

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:43:59	Clarke	Rob
2	2		4:52:10	Arnold	Ricky
3	3		5:06:07	Churchman	Andy
4	4		5:12:25	Blom	Justin
5	5		5:25:35	Douglas	Michael
6	6		5:28:39	Pertot	Russell
7	7		5:32:07	Henderson	Sean
8	8		5:37:58	Wilkie	Brad
9	9		5:37:59	Mulder	Scott
10	10		5:42:26	Pendlebury	Craig
11	11		5:42:26	Truloff	Greg
12	12		5:42:26	Kirkpatrick	Graeme
13	13		5:42:27	Coombs	Henri
14	14		5:43:08	Roth	Oliver
15	15		5:43:58	Lampard	Trevor
16	16		5:44:30	Taylor	Lionel
17	17		5:44:30	Malby	Ben
18	18		5:44:30	Leyden	Jimmy
19	19		5:44:56	Dowling	Ian
20	20		5:45:05	Hockey	Brendan
21	21		5:47:54	Mann	Craig
22		1	5:52:21	Holloway	Belinda
23	22		5:56:07	MacHunter	Adrian
24	23		6:01:58	Cotter	Enda
25	24		6:07:32	Turner	Bendan
26		2	6:07:32	Kirwan	Tina
27	25		6:09:53	Byrne	Simon Peter
28	26		6:11:33	Muller	Todd
29		3	6:15:41	Williamson	Kerrie
30	27		6:21:50	Shanahan	James

Rank	Cat Place	Cat Place	Time	Last Name	First Name
31	28		6:26:01	Marshall	Kelvin
32		4	6:34:55	Thompson	Jill
33	29		6:38:07	Thames	William
34	30		6:38:08	Tommasi	Matthew
35		5	6:38:41	Mullins	Hiroko
36		6	6:39:33	Besgrove	Anne
37	31		6:41:00	Dale	Chris
38	32		6:51:45	Farquhar	Mitch
39	33		6:51:45	Groves	Murdoch
40	34		6:53:35	Toby	Mike
41		7	7:23:39	Morgan	Anna
42		8	7:27:55	McLean	Cherie
43	35		7:28:58	Duncan	Brad
44	36		7:28:59	Engelbrecht	Shayne
45	37		8:12:40	Constable	Wesley
46		9	8:13:38	Wang	Ke
47	38		8:15:46	Lucas	Steve
48		10	8:16:21	Sutherland	Toni
49		11	8:17:03	Strong	Jennifer
50		12	8:17:03	Sey	Alisha
51		13	8:27:13	Cameron	Cassie
52	39		8:36:35	Borbridge	John
53	40		8:51:19	Zeilinski	Mark
54		14	8:51:56	Harper	Kristine
55		15	8:51:57	Speldewinde	Armi
56		16	9:51:15	Burkin	Michelle
57		17	9:51:15	Hooper	Melinda
			DNF	Denieen	Ben
			DNF	Watt	Bert
			DNF	Da Rosa	Emerson

Bold SURNAME indicates AURA member.



Anzac Day Challenge 100km

April 25, 2015

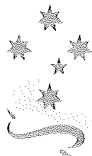
St. Ives Showground, NSW

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		8:46:43	Casey	David
2	2		9:06:42	Warren	Christian
3		1	9:21:22	Rickard	Heidi
4	3		9:24:16	Hazeltown	Todd
5	4		9:53:51	Profke	Andrew
6		2	10:04:28	Kwong	Ruby
7	5		10:06:15	Dernee	Phill
8		3	10:11:24	Sakova	Dionette
9	6		10:16:07	Sidebottom	Philip
10	7		10:21:25	Harris	Ben
11	8		10:22:29	Todd	Tom

Rank	Cat Place	Cat Place	Time	Last Name	First Name
12		4	10:26:23	Orr	Theresa
13		5	10:29:41	Stephens	Alison
14	9		10:38:13	Mason	Stewart
15	10		10:47:25	Stirk	David
16		6	10:50:49	Cowell	Deborah
17	11		11:00:18	Crafter	Ian
18	12		11:21:23	Byrne	Kevin
19	13		11:23:03	Larkin	Rodney
20	14		11:24:09	Bennie	David
21		7	11:37:11	Hepworth	Annabel
22	15		11:40:28	Haselroither	Helmut

Rank	Cat Place	Cat Place	Time	Last Name	First Name
23	16		11:49:55	Wells	Robert
24	17		12:01:36	Wilson	James
25		8	12:04:24	Munro	Emma
26	18		12:04:51	Singleton	Russell
27	19		12:13:43	Wye	Graham
28	20		12:21:07	Sandison	Gordon
29	21		12:39:14	Shankland	Simon
30	22		12:44:03	Mulley	Luke
31		9	12:49:34	McCarthy	Tina
32	23		12:53:00	Blanton	James
33	24		12:53:00	Bergin	Greg
34	25		12:55:23	Jeppesen	David
35	26		12:57:02	Schwebel	Ron
36	27		13:06:54	Lambert	Martin
37		10	13:20:08	Palmerlee	April
38		11	13:21:16	Nickl	Nerissa
39		12	13:23:13	Chan	Karen Woon Cheung
40		13	13:25:45	Willis	Mandy
41	28		13:30:18	Agapito	Jaytee
42	29		13:34:09	Jeppesen	Andrew
43	30		13:36:23	Shinnick	Adam
44	31		13:44:59	Goodwin	Mark
45		14	13:47:08	Griffin	Izzi
46	32		13:53:44	Mahoney	Paul
47	33		14:00:10	Dunlop	Henry
48	34		14:00:52	Hew	Charlie
49		15	14:04:48	Purcell	Penny
50	35		14:05:54	McLarty	Matt
51	36		14:06:02	Lee	Preston Yee Kai
52	37		14:11:21	Love	John
53	38		14:19:28	Lampard	Sean
54	39		14:29:41	Elliott	Tony
55	40		14:41:13	Campbell	Robert Scott
56	41		14:46:31	Chen	Jian
57	42		14:46:44	Bragg	Tim
58	43		14:48:08	Gale	Adam
59		16	14:49:30	Kowalski	Maja
60	44		14:58:48	Brilliant	Mark
61		17	15:07:31	Foo	Justine
62	45		15:38:27	Flowers	Quentin
63	46		15:46:25	Bramley	Joshua
64		18	15:47:20	Barrow	Rebecca
65	47		15:48:30	Wickham	Michael
66	48		15:54:02	Mehmet	Ozkan
67		19	16:05:18	Wood	Sarah
68	49		16:05:18	Gooding	Ian
69	50		16:08:27	Falk	Paul
70	51		16:10:59	Morris	David
71	52		16:17:42	Jackson	Adam
72	53		16:17:58	Ryan	Martin

Rank	Cat Place	Cat Place	Time	Last Name	First Name
73	54		16:22:58	Weate	Euan
74	55		16:31:12	Brodie	Adam
75	56		16:31:54	Griffiths	Michael
76	57		16:39:21	Hill	John
77		20	17:04:08	Danze	Carmela
78		21	17:15:44	Prescott	Sasha Jade
79		22	17:22:03	Hill	Sally
80	58		17:24:27	Hasiuk	Frank
81	59		17:32:05	Mcguiness	Michael
82	60		17:33:39	Fitzgerald	Jeremy
83	61		17:36:38	Schy	Brett
84	62		17:37:01	Moffatt	Ben
85	63		17:39:23	Patton	Robert
86	64		17:43:38	Payne	Daryl
87	65		17:47:33	Fletcher	Neil
88	66		17:50:08	Wilkes	Patrick
89	67		17:54:55	Berry	Todd
90		23	17:56:59	Collins	Samantha
91	68		18:00:41	Kilpatrick	Michael
92		24	18:01:52	Stoker	Stephanie
93		25	18:02:37	Kerr	Maegan
94	69		18:25:48	Dunn	Chris
95		26	18:31:29	Chapple	Joanne
96		27	18:32:02	Brooks	Jane
97		28	18:32:04	Plunkett	Wendy
98	70		18:34:32	Churchin	Jason
99	71		18:39:36	Hickey	Grant
100		29	18:40:36	Stodulka	Louisa
101	72		19:00:52	Allcock	Adam
102	73		19:01:46	Smith	Tyler
103	74		19:01:46	Broomfield	Thomas
104		30	19:08:35	McArthur	Jenny
105	75		19:12:59	Shepherd	Robert
106		31	19:34:04	St George	Norah
107		32	19:34:04	Vagg	Helen
108		33	19:37:15	Davey	Janelle
109	76		19:37:17	Groth	Ben
110	77		19:51:40	Newman	David
111	78		19:55:49	Pettit	Dave
112	79		20:42:52	Campbell-Cowie	Nathan
113	80		21:05:17	McCarthy	Paul
114		34	21:13:28	Killman	Fiona
115	81		21:13:28	Killman	Torbjorn
116		35	21:49:47	Wood	Michele
117		36	22:00:54	Byrne	Charelle
118		37	22:00:54	Kiely	Gabrielle
119		38	22:31:05	Dowsett	Stephanie
120		39	22:50:03	Dolly	Sharon
121	82		23:00:10	Watson	Blair
Bold SURNAME indicates AURA member.					



Brimbank Park Trail Run 50km

April 26, 2015

Brimbank Park, Keilor, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:36:39	Ross	Andrew
2	2		3:42:23	Newell	Dylan
3	3		3:43:01	Mannix	Kevin
4	4		4:22:04	Vlachos	Theo
5	5		4:26:28	Ianzano	Joseph
6	6		4:36:29	Sawa	Mak
7	7		4:41:39	O'Connor	Damien
8	8		4:42:22	Farooq	Omar
9	9		4:46:50	Tulloch	Dean
10		1	5:01:21	Bailey	Grace

Rank	Cat Place	Cat Place	Time	Last Name	First Name
11	10		5:03:54	Stuart	Nicholas
12	11		5:16:41	Falls	Mark
13	12		5:23:14	Meyer	Bernd
14	13		5:28:33	Ooi	Kai
15		2	5:43:57	Donnelly	Michelle
16		3	5:43:57	Maguire	Cathy
17	14		6:01:36	Dean	John
18	15		6:05:33	Williams	David

Bold SURNAME indicates AURA member.



Wilsons Prom Ultras

May 2, 2015

Wilsons Promontory, VIC

100KM					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		11.08.51	Zwierlein	Buttercup
2	2		11.14.55	Beard	Dan
3	3		11.34.00	Roberts	Chris
4	4		12.54.21	Hosking	Matthew
5	5		13.26.24	Garner	Jack
6	6		13.46.25	Hutchinson	Paul
7	7		13.46.40	Bowring	Patrick
8	8		14.43.10	Castle	Nicholous
9	9		15.02.43	Antrobus	Shane
10	10		16.05.10	Yarlett	Matthew
=11	11		16.48.42	Black	Scott

Rank	Cat Place	Cat Place	Time	Last Name	First Name
=11		1	16.48.42	Wallace	Natalie
=13	=12		17.01.20	Fox	Nigel
=13	=12		17.01.20	Roberts	Simon
=13	=12		17.01.20	Welburn	Regan
=13	=12		17.01.20	Wheeler	Shane
17	16		17.22.40	Wallace	Grant
18	17		18.25.00	Falls	Mark
=19		=2	20.53.00	Jones	Michelle
=19		=2	20.53.00	Maguire	Cathy
=19	=18		20.53.00	Mihalakellis	George
=19	=18		20.53.00	Saxon	Brett

Bold SURNAME indicates AURA member.

80KM					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		8.12.35	Overend	David
2	2		10.03.57	Salton	John
3	3		10.51.01	Godden	Brett
4	4		11.33.30	Heiland	Tarek
5	5		11.45.36	Bartholomew	Ash
6	6		12.23.14	Middleton	Andrew
7		1	12.34.30	Henderson	Simi
8		2	12.53.43	Ferraro	Olivia

Rank	Cat Place	Cat Place	Time	Last Name	First Name
9	7		13.13.28	Henschke	Philip
=10		3	15.10.55	Fong	Celesta
=10	8		15.10.55	Narayanan	Manish
12	9		15.44.37	Searby	Adam
13	10		15.51.00	Dalton	Laurence
14	11		15.53.00	Scurry	Grant
15	12		15.53.10	Butler	Bret
16	13		15.53.12	Southon	Peter

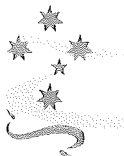
Bold SURNAME indicates AURA member.

60KM					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		6.42.18	Munro	Paul
2	2		7.26.45	Jamison	Dej
3		1	7.30.18	Weller	Britta
4	3		7.47.11	Lazar Adler	Adrian
5	4		7.59.48	Dimmer	Andrew
6		2	8.00.23	Hansen	Jacqui
7	5		8.04.42	Brown	Matt
8		3	8.19.18	Jones	Allison
9		4	8.26.45	Bespalov	Isobel
10	6		8.30.45	White	Glen
11	7		8.45.52	MacLeod	Peter
12	8		8.45.59	Wu	Siqi
13	9		8.47.08	Avard	Jim
14	10		8.49.16	Ladiges	Daniel
15	11		8.52.13	Winzar	Shane
16		5	8.53.17	Coppi	Femi
17		6	8.56.29	Gash	Sam
=18		=7	9.12.50	Gash	Cassandra
=18		=7	9.12.50	Robinson	Karen
=18	=12		9.12.50	Phillips	Ben

Rank	Cat Place	Cat Place	Time	Last Name	First Name
=18	=12		9.12.50	Jones	Brian
22	14		9.29.13	Gunson	Pedro
=23	=15		9.37.49	Hester	Matthew
=23	=15		9.37.49	Seil	Uwe
=25	17		9.51.20	Infanti	Adrian
=25		9	9.51.20	Wright	Tracey
27		10	10.08.00	Egerton	Thorlene
28	18		10.08.40	Sutcliffe	Jonathan
=29		=11	10.10.30	Morris	Megan
=29		=11	10.10.30	Sykes	Rachel
31	19		10.46.10	Moloney	David
32	20		10.49.30	Tinetti	Lee
33	21		10.49.36	Bowden	Damian
34	22		11.00.00	Hewat	Andy
35	23		11.19.42	Ota	Noboru
=36		=13	11.37.00	Abrahams	Trish
=36		=13	11.37.00	Beare	Tracy
=36	24		11.37.00	Venables	Bruce
=39		=15	12.49.09	Cleary	Gabrielle
=39		=15	12.49.09	Sandford	Julie
Bold SURNAME indicates AURA member.					

44KM					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3.59.32	Dore	Mathieu
2	2		4.12.49	Rennick	Stephen
3	3		4.18.24	Dalton	Robert
4	4		4.46.29	McKegg	Tom
5	5		4.51.24	Andrews	Vaughan
6	6		5.12.52	Day	Paul
7		1	5.20.37	Bertrand	Caroline
=8	=7		5.28.01	Brice	Ed
=8	=7		5.28.01	Gentle	Tim
10	9		5.32.18	Callow	Jono
11	10		5.44.31	Rumbold	Adam
12	11		5.44.54	Gecz	Jozef
=13	=12		5.54.36	MacQueen	Stuart
=13	=12		5.54.36	MacQueen	Andrew
=13	=12		5.54.36	Jennings	David
16	15		5.59.02	Gooding	Steve
17	16		6.05.51	Chapman	Mike
18	17		6.10.00	Holloway	Simon
19	18		6.18.27	Thompson	Nick
20	19		6.21.50	Monks	Paul
21		2	6.30.17	Edwards	Diane
22		3	6.32.35	Hempel	Antonia
23	20		6.32.44	Michelson	Ian
24		4	6.34.40	Szolos	Rozsa
25	21		6.37.31	Bardsley	Bill
26	22		6.37.35	Hempel	Stephen
27		5	6.37.37	McAuliffe	Kate
28		6	6.41.15	Bayley	Coral

Rank	Cat Place	Cat Place	Time	Last Name	First Name
29		7	6.44.20	Pivetta	Caroline
30		8	6.44.54	Urquhart	Donna
31	23		6.48.14	Cornall	Terry
32		9	6.48.29	Dalton	Elisabeth
=33	=24		6.51.56	Dillon	Luke
=33	=24		6.51.56	Spillane	Michael
=33	=24		6.51.56	Kift	Edward
=36		=10	6.53.48	Chianta	Jemima
=36		=10	6.53.48	Boyne	Sharon
38		12	7.22.55	Allen	Paula
39	27		7.33.30	Carbery	Robin
40	28		7.37.58	Vaughan	Peter
41		13	7.50.06	Morton	Cheryl
42		14	7.50.25	Stabb	Lucy
43		15	7.52.02	Boag	Jill
44		16	7.53.44	Denereaz	Simone
45	29		9.49.28	Van der Beek	Jeremy
46	30		9.54.48	Cleary	Terry
47		17	10.12.11	Thomas	Matilda
48	31		11.59.59	Ady	Benjamin
=49	32		12.28.56	Azuma	Kenji
=49		18	12.28.56	Sakamoto	Kayo
=51	=33		14.17.10	Kinder	Neil
=51		=19	14.17.10	Kinder	Christine
=51		=19	14.17.10	Laskey	Jo-Anne
=51	=33		14.17.10	Laskey	Peter
			DNF	Wynd	Nikki
Bold SURNAME indicates AURA member.					



Kep Ultra

May 31, 2015

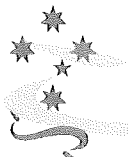
Kep Track, WA

100KM					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		8:09:35	Garrett	Josh
2	2		8:48:46	Kennedy	David
3	3		8:50:06	Hopwood	Paul
4	4		9:24:10	Christie	James
5	5		9:24:40	Graham	Dave
6	6		10:02:09	Ward	Sean
7		1	10:07:08	Fieberg	Barbara
8	7		10:38:36	Mayhills	Drew
9	8		10:48:55	Mckelvie	John
10	9		11:01:29	Munro	Luke
11	10		11:02:06	Gould	Richard
12	11		11:03:01	Trent	Tim
13	12		11:04:17	Clark	Jesse
14	13		11:08:17	Eva	Tim
14	14		11:08:17	Kaesler	Shaun
16		2	11:10:41	Osborne	Jessica
17	15		11:25:40	Oosterhoff	Alexis
18	16		11:31:43	Mcmurtrie	Wayne
19	17		11:35:54	Buckley	Matthew
20	18		11:38:50	Joyce	Paul

Rank	Cat Place	Cat Place	Time	Last Name	First Name
21	19		11:39:04	Smetherham	Glen
22	20		11:45:00	Grepl	Martin
22	21		11:45:00	Lang	Thomas
24		3	11:48:57	Giles	Kilee
25		4	11:56:19	Murphy	Sarah
26	22		11:57:17	Benayoun	Stephane
27	23		12:10:01	Dumas	Jean-Charles
28		5	12:11:07	Seabrook	Nadine
29		6	12:20:00	Robinson	Victoria
30	24		12:23:53	James	Shane
31		7	12:34:17	Beach	Hanna
32	25		12:45:42	Divita	Carlo
33	26		12:49:23	Boggan	James
34	27		12:51:12	Cornish	Andy
35	28		13:10:05	Deering	Bill
36		8	13:13:57	Robinson	Kelly
37		9	13:30:42	Clelland	Felicity
38		10	13:50:45	Waite	Harmony
39		11	13:54:00	Bennett	Elizabeth
40	29		14:27:50	Van Poecke	Reindert
Bold SURNAME indicates AURA member.					

75KM					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		6:18:05	Fawkes	Nathan
2	2		6:24:50	Newell	Ian
3	3		6:26:09	Fozdar	Jamal
4	4		6:29:57	Thwaites	Mick
5		1	6:31:26	Benson	Bernadette
6	5		6:37:27	Francis	Mick
7	6		6:43:42	Highfield	Andrew
8		2	7:00:18	Kolonie	Sanja
9	7		7:10:11	Wholey	Grant
10		3	7:27:17	Twigg	Renae
11	8		7:40:33	Everley	Andy
12	9		7:51:37	Richardson	Andrew
13	10		8:10:03	Morrison	Wesley
14		4	8:24:19	Snowden	Jane
15	11		8:26:55	Caldwell	Mark
16	12		8:29:50	Boffey	Rees
17	13		8:37:53	D'Silva	Frank
18	14		8:38:53	Mccready	Sam

Rank	Cat Place	Cat Place	Time	Last Name	First Name
19		5	8:57:02	Harris	Andrea
20	15		8:57:39	Felton	Matthew
21	16		9:04:23	Watson	Steve
22	17		9:05:47	Gilchrist	Darren
23	18		9:05:47	Dorotich	Matt
24	19		9:11:03	Vance	Carl
25		6	9:17:14	Mansell	Elissa
26		7	9:17:52	Lane	Michelle
27	20		9:18:40	Mcglinn	Ron
28	21		9:19:17	Hoy Poy	Chris
29	22		9:22:25	Schroeder	Jens
30		8	9:51:25	Bresser	Kerriann
31		9	10:04:11	Treasure	Shirley
32	23		10:05:11	Chauveau	Frank
33	24		10:27:33	Storey	Jonathan
34	25		10:38:49	Sims	Colette
			DNF	Kennedy	Bel
			DNF	Luscombe	Emma
Bold SURNAME indicates AURA member.					



Macedon 50km

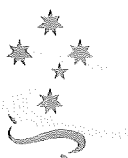
May 31, 2015

Macedon Ranges, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		5:17:32	Langelaan	Dan
2	2		5:26:00	Bennett	Ashley
3	3		5:39:59	Claxton	Joel
4	4		5:43:30	Rathjen	Michael
5	5		5:44:45	Yarlett	Matthew
6	6		5:49:58	Koester	Byron
7	7		5:58:06	Fuller	Brad
8	8		6:04:49	Horsley	Daniel
9	9		6:19:12	Metcalf	Ben
10	10		6:19:45	Brown	Troy
11	11		6:24:12	Phua	Yun
12	12		6:29:22	Godden	Brett
13	13		6:48:08	Ferreira	Aldonio
14		1	6:49:14	Hopkins	Christine
15	14		6:54:01	Ljubicic	George
16	15		6:55:12	Allen	Rod
17	16		7:00:50	Hughes	Stuart
18	17		7:04:15	Cook	David
19	18		7:11:38	Chinnery	Zach
20	19		7:13:27	Tepper	David
21	20		7:19:02	Whishaw	Robbie
22		2	7:25:57	Taylor	Karina
23	21		7:35:49	Beyer	Anthony
24	22		7:37:05	Meyer	Bernd

Rank	Cat Place	Cat Place	Time	Last Name	First Name
25	23		7:42:32	Sawa	Mak
26		3	7:42:59	Prior	Nicolette
27	24		7:42:59	Taylor	Glen
28		4	8:04:00	Chalk	Moirra
29	25		8:33:58	Sedgwick	Heath
30		5	8:36:40	Shannon	Michelle
31		6	8:47:14	Ahale	Anja
32	26		8:47:17	Falls	Mark
33	27		9:13:18	Braby	Ian
34		7	9:27:03	Oudman	Yvette
35		8	9:27:03	Macfarlane	Melanie
36	28		9:33:44	Graf	William
			42km	Blegg	Deanna
			42km	Steidle	Amanda
			DNF	Cornall	Terry
			DNF	Donnelly	Michelle
			DNF	Henderson	Simi
			DNF	Maguire	Cathy
			DNF	Sketchley	Jamie
			DNF	Thorpe	Peter
			DNF	Stuart	James
			DNF	Shaw	Trent
			DNF	Salton	David

Bold SURNAME indicates AURA member.



Gold Coast 100

June 7, 2015

Gold Coast, QLD

50KM					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:29:34	Clarke	Rob
2	2		3:39:22	Hui	Ho Tat
3	3		3:54:00	Eadie	David
4		1	4:11:40	Chatterton	Suzanne
5	4		4:14:21	Bent	Zavier
6	5		4:14:55	Williams	Damien
7		2	4:19:53	Curnow	Sophie
8	6		4:22:05	Discombe	Jon
9	7		4:27:04	Law	Andrew
10	8		4:32:10	Selberg	Peter
11		3	4:36:42	Bell	Jacqui
12		4	4:41:02	Spencer	Karen
13	9		4:43:57	Lyttle	Josh
14	10		4:48:33	Roberts	Scotty
15	11		4:51:37	Feldman	Ido
16		5	4:54:24	Skinner	Johanna
17	12		5:14:40	Fitzgerald	Matt
18	13		5:22:44	Harrison	Robert

Rank	Cat Place	Cat Place	Time	Last Name	First Name
19		6	5:24:37	Reynolds	Kassandra
20	14		5:26:11	Hannah	Bruce
21	15		5:29:00	Houldsworth	Steven
22	16		5:31:03	Hew	Charles
23	17		5:42:03	Slater	Keith
24	18		5:50:15	Clarke	Nicolas
25		7	5:51:47	Lowth	Shireen
26		8	5:53:45	MacIntosh	Emma
27		9	5:54:18	King	Kylie
28		10	5:57:51	Vaiciurgis	Audrey
29	19		6:31:35	Grigg	Jackson
30		11	6:39:55	Marshall	Sarah-Jane
31		12	6:58:44	Backhouse	Claire
32		13	6:58:45	Roberts	Janine
33		14	7:17:33	Istrate	Adriana
34		15	7:38:06	Fu	Tai Fan Inti
35		16	7:38:06	Poon	Siu Pik Clarrisa
36		17	8:02:06	Cochrane	Michelle

Bold SURNAME indicates AURA member.

100KM					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		7:34:08	Bittain	Scott
2		1	8:00:43	Eisler	Marita
3	2		8:03:21	Bailey	David
4	3		8:11:10	Muller	Kevin
5	4		8:11:53	Gamble	Malcolm
6	5		8:15:52	Gillies	Cameron
7	6		8:25:19	Calvert	Wayne
8		2	8:25:57	Bull	Kirstin
9	7		8:37:39	Laine	Laurie
10	8		8:50:57	Ross	Andrew
11		3	8:54:35	Wynd	Nikki
12	9		9:01:38	Foster	Simon
13	10		9:11:26	Yuen	Wan Ho
14	11		9:28:42	Bandara	Sanath
15	12		9:33:11	Munro	Cameron
16	13		9:39:09	Easton	Brett
17	14		9:46:09	Green	Tim
18	15		9:54:38	Allen	Trevor
19		4	10:11:47	Chopping	Michelle
20	16		10:22:02	Wu	Chung Fai
21	17		10:22:39	Harvey	Mike
22	18		10:28:27	Colquhoun	Ashley
23		5	10:38:16	Spanner	Kerri
24	19		11:04:17	Sullivan	Keith
25		6	11:06:08	Muston	Pam
26		7	11:28:45	Apps	Kirin
27	20		11:33:47	Marshall	Kelvin
28	21		11:35:49	Pryor	Luke
29	22		11:43:48	Titmus	Steven
30	23		11:51:59	Brown	Gary

Rank	Cat Place	Cat Place	Time	Last Name	First Name
31		8	12:35:44	Pickles	Aimee
32	24		12:58:04	Shanahan	Stephen
33	25		14:20:25	McCombe	Brad
34		9	14:23:36	Glezos	Alison
35	26		15:29:14	Crise	Wayne
36	27		16:50:15	Therapong	Kochpratarn
			DNF	Ciancio	Francesco
			DNF	Finocchiario	Dion
			DNF	Duncan	Jack
			DNF	Kettle	Brett
			DNF	Lee III	Maurice
			DNF	Oborne	Jodie
			DNF	Marcus	Payne
			DNF	Purcell	Darren
			DNF	Smith	Cassie
Bold SURNAME indicates AURA member.					

50 MILE					
Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		5:50:18	Davies	Brendan
2	2		7:36:06	Ponych	Greg
3	3		7:57:00	Barrett	Mark
4	4		8:57:06	Martin	Brendon
5		1	9:18:57	Chalmers	Liz
6		2	10:13:27	Awiszus	Stefanie
7		3	11:44:13	Berge	Ashley
			DNF	Warburton	Caine
Bold SURNAME indicates AURA member.					



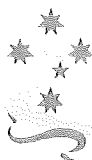
Sri Chinmoy 24, 12, 6 hour June 14-15, 2015 Campbelltown Sports Park, Sydney, NSW

24 HOUR					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		220.442	Muller	Kevin
2	2		183.841	Wright	Paul
3	3		175.780	George	Craig
4	4		172.442	Batbayar	Bayarkhuu
5	5		171.600	Balnave	Philip
6		1	171.941	Chan	Karen
7	6		165.024	Domonkos	Steve
8	7		161.200	Roberts	Damon
9	8		157.986	Brooks	Colin
10	9		154.412	Watts	Graeme
11	10		153.122	Metcalf	Dean
12	11		152.366	Molloy	Brett
13		2	147.088	Crim	Jade
14		3	142.775	Hepworth	Annabel
15	12		135.088	Topper	Kurt

Rank	Cat Place	Cat Place	Distance	Last Name	First Name
16	13		132.565	McCorkindale	Bryan
17	14		13.200	Pearce	Billy
18	15		121.044	Wilms	Tony
19		4	120.293	Walden	Joy
20	16		119.175	Boyce	Robert
21		5	118.680	Smith	Cassie
22	17		114.000	Bootle	Glen
23	18		112.000	Melham	Anyce
24	19		108.400	Richardson	Doug
25	20		100.000	Barnes	Geoff
26	21		100.000	Luxton	Tom
27		6	70.000	Muskett	Valerie
28	22		65.795	Barker	Carl
29		7	56.400	Wiltshire	Cathie
30	23		54.000	Armstrong	Neil
31	24		44.000	Gallagher	Ian
Bold SURNAME indicates AURA member.					

12 HOUR					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		137.286	Pearson	John
2	2		128.725	Donaldson	Andrew
3		1	115.321	Bremner	Kerrie
4		2	109.711	Hamaty	Sabina
5		3	103.698	Balkema	Bel
6		4	103.246	Lapsys	Carrol
7	3		102.532	Oliver	Chris
8	4		102.280	Stone	David
9		5	90.411	MacDonald	Helen
10	5		72.000	Cuthbert	Paul
11	6		68.221	Osborne	Robert
12	7		64.413	Essam	Phil
13		6	56.013	Essam	Belinda
Bold SURNAME indicates AURA member.					

6 HOUR					
Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		73.135	Gamble	Malcolm
2	2		61.776	Blackmore	Kieron
3		1	60.048	Lovegrove	Kristy
4	3		56.349	Menegazzo	Matt
5		2	55.641	Palmerlee	April
6	4		54.892	Appleby	Steve
7	5		54.896	Schar	Markus
8	6		50.000	Cockshutt	Marcus
9	7		50.050	Kilmartin	John
10	8		47.347	Pluss	Martin
11		3	45.852	Heinecke	Kay
12		4	43.645	Blair	Sharon
Bold SURNAME indicates AURA member.					



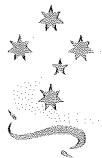
Nerang State Forest 50km

June 14, 2015

Nerang State Forest, QLD

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4.58.18	Hack	Martin
2	2		5.10.03	Cotter	Enda
3	3		5.29.25	Shanahan	James
4	4		5.31.12	Marion	Steve
5	5		5.31.27	Emr	Mark
6	6		5.39.15	Beattie	Andrew
7	7		5.51.41	Jacobson	Chris
8	8		5.52.27	Kitchen	John
9	9		5.52.45	Cramer	Thomas
10		1	6.00.20	Holloway	Belinda
11	10		6.06.21	MacHunter	Adrian
12	11		6.10.10	Scott	Barry
13		2	6.10.58	Rahmate	Delina
14	12		6.17.28	Thames	William
15	13		6.18.26	Dunshea	Matt
16	14		6.23.17	Blunden	Jayd
17	15		6.26.06	Post	Rene
18		3	6.30.47	Thompson	Jill
19	16		6.32.07	Sutherland	Gordon

Rank	Cat Place	Cat Place	Time	Last Name	First Name
20	17		6.38.37	Wells	Robert
21		4	6.41.17	Briscoe	Judith
22		5	6.41.23	Williams	Dayna
23		6	6.41.24	Schluter	Jessica
24		7	6.41.25	Fletcher	Meryll
25		8	6.50.19	Buss	Vivienne
26		9	6.51.28	Mcgonigle	Anita
27	18		6.51.29	Lucas	Steve
28	19		6.53.37	Roth	Oliver
29		10	6.58.49	Poh	Seivland
30		11	7.00.52	Rodgers	Melissa
31		12	7.16.12	Harper	Amanda
32	20		7.20.27	Urzi	Dino
33	21		7.40.18	Borbridge	John
34	22		7.51.12	Buscke	Raymond
35	23		7.51.12	Beedle	Thomas
36	24		7.51.12	Paull	Andrew
37		13	8.24.38	Bruns	Marina
Bold SURNAME indicates AURA member.					



Guest Interview

Interview with Nadeem Khan

IAU Director of Communications

By Elizabeth Bennett

EB: Thanks Nadeem for taking the time to share some information about the IAU and developing trends in ultra running across the world with readers of Ultramag. Firstly, while most Ultramag readers may be aware that the IAU is dedicated to developing ultra running internationally in accordance with the IAAF rules, can you explain what that means the IAU's key functions are on a daily/weekly basis?

NK: Thank you Liz for taking an avid interest in the functioning of the IAU. And let me also take this opportunity to say that you are doing a great job with Ultramag and promoting the sport Down Under.

As you have rightly stated, we promote and develop ultra running internationally under the umbrella of the IAAF. On any given day there are discussions about upcoming championships, queries to answer from athletes and federations, world's best performances and record applications to assess, news to upload to media outlets and social networks, and potential bids for future championships to identify and work on. All this is done at the same time as assisting new ultra running federations to develop the sport in their area(s) and continuing to sustain ultra running in already established federations.

We believe in keeping an open line of communication with our stakeholders and we spend a significant amount of time interacting with our federations and athletes. Ultimately, any news, development or update that happens in the sport comes through our doors at some point,

and we are very fortunate to be at the intersection of such an exciting time in our sport.

EB: The IAU website indicates that the IAU is directed by an executive council but that there are also IAU committees and area representatives. Can you explain how these groups all work together to advance the goals of the IAU – ie, do they each have separate, distinct functions or how is their representation and work for the IAU coordinated?

NK: The IAU executive has ten members including area representatives and we all have our designated roles. Sometimes our duties overlap and we work together to accomplish a joint goal. And there are times when we do have to pick up other duties – for instance, at championships if an IAU director is unable to be present on site.

We do firmly believe in going to the ultra running community and utilising its expertise on our committees. We have a technical committee, a medical committee and a career awards committee. The latter two are chaired by me and I can attest that having experts around these tables makes a positive impact on the discussions.

The newsagents' commission and the trail running commission have also made significant progress in the ultra running community. The commissions have representations from across the globe and assist us to contact the far reaches of our stakeholders and identify new ones as well. The varied representation also allows us to relate to athletes and countries in different

continents while being respectful to the local cultures and traditions.

EB: Can you explain what the relationship is between the IAAF and the IAU – ie, if/how do they interact and/or influence or impact on each other?

NK: The IAU is under the patronage of the International Association of Athletic Federations (IAAF) and our headquarters are in Monaco at their offices. We are funded by IAAF and Dirk Strumane, President of the IAU, presents a yearly report to the IAAF Road Running Commission.

The IAAF has trusted us (the IAU) to organise, develop and promote ultra running around the world. At our 100km world championships event, the IAAF sent an observer to support the event and witness the growth of the sport, while also assessing the level of our organisation.

90% of our member federations are IAAF members and that continues to provide us with a firm bridge to the IAAF.

We have had IAU booths at the IAAF Congress at the previous three world championships (Berlin in 2009, Daegu in 2011 and Moscow in 2013) to promote ultra running among the member federations.

We turn to the IAAF for advice when required, and to date, the IAAF has been very forthcoming whenever we have requested assistance.

EB: Over recent years ultra running has continued to grow in terms of participation and reach across the world. Are there some areas where the growth has been

more significant than others – e.g., in particular countries or within a particular age group or other demographic? If so, what do you put that down to?

NK: Our goal has always been to take ultra running and attempt to reach areas where the sport is either nonexistent or in its infancy. There have been discussions about organising and holding our major IAU competitions in these regions to elevate the status of the sport there while also holding on to our stronghold areas. Doha, Qatar was a good example of introducing the sport to the Middle East, and the region was taken by surprise with its positive results. The country and the region have embraced the sport. Gibraltar was another country where we introduced the sport and Gibraltar has hosted two of our major events.

There is a lot of exciting activity happening in Asia and South America. Europe and North America have always been strongholds of the sport. African countries have joined the IAU in the last couple of years in increasing numbers and we will be focusing there as well to develop the sport.

In demographics, I am seeing more of a transition towards the younger age groups (mid 20s to mid 30s). When I got into the sport fifteen years back, I used to be part of a very small group of the youngest ones running in the championships. At one time ultra running was the sport for the post-marathoners who wanted to stay competitive, were fit and had endurance, but who were lacking speed due to the years of training. Now, runners are jumping right into ultras and foregoing the traditional rite of passage of graduating from the marathons and shorter distances into ultra running. The continued media coverage of ultra running is dispelling some of the myths of the sport and this in

turn is welcoming runners of all abilities and demographics to run the longer distances.

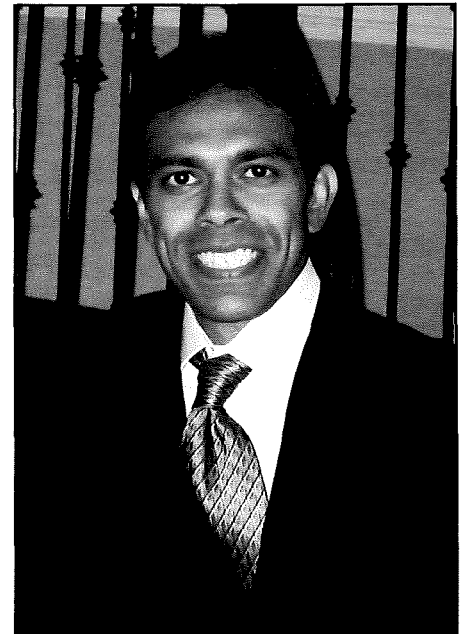
Furthermore, the increase in ultra running races around the globe and the advent of new ultra races every year have enticed runners of all demographics and running abilities to try post marathon distances.

EB: Conversely, are there some areas where ultra running either doesn't exist or participation rates are very low, and if so, what may that be attributed to?

NK: Ultra running has been around for as long as humans have run one foot in front of the other. In the last decade and a half the sport has started gaining recognition worldwide. Whether it is a 100 mile trail run or a 24 Hour run around a track, ultra running has reached a range of countries on different continents. However, there are countries and regions where the sport is still a foreign concept. The marathon is a huge part of most athletics' calendars. The stories, the history and the records behind our 42.2km cousin are deep and etched in time. A lot of these countries consider the marathon to be the "gold standard" of distance running. Ultra running has not taken off in some of these countries yet. And it is a relative newcomer to the mainstream athletics arena, which has been dominated by track and field, and marathons.

It is definitely our aim to introduce countries to the sport that are currently unaware of ultra running and at the same time strengthen the sport in countries that have a good ultra running following. We need to do more work in the areas of development and promotion to enlighten and educate the various federations on the sport of ultra running.

EB: In your column in the June 2015 edition of Ultramag



you advised that while the international growth in ultra running is good for the sport, it does present some logistical challenges such as providing sufficient facilities and event volunteers/officials at large international events. I wonder if there are other challenges such as the potential for performance enhancing drug/substance use to become increasing prevalent. Can you comment on that?

NK: "Growing pains" is not a negative term but more of a philosophical one. When one grows, the needs required to sustain growth don't grow linearly, but rather, exponentially. In terms of the growth of international ultra running events, logistical issues are more evident now. Accommodation requests, travel arrangements, assigning volunteers and officials, and organisational challenges that come with coordinating an event of increasing magnitude is not an easy undertaking. However, as you have noted Liz, with an increase in the number of athletes and an increase in the profile of the events, there is also more scrutiny in keeping our sport clean. We have always taken a very active and a loud stand on anti doping. We have worked very closely with the IAAF Anti Doping Department to keep abreast of the

newest and greatest advances in anti doping testing. There have been blood testing programs at the world championships over the last few years.

The IAAF has been very supportive of our efforts on keeping our sport drug free and has been very accommodating with all the assistance that we have requested.

EB: I also wonder about the impact of increasing terrorism and/or the fear of it on ultra runners' preparedness to travel to some countries/events and the preparedness of some organising committees to host international events in locations that may be considered high(er) risk. What is your view on that – for example, are increasing security measures being considered at international events?

NK: Our primary concern at all of our major IAU championships is the safety and security of our athletes and federations. This extends to car-free lanes if the course is not traffic free, to pedestrian crossings in busy market intersections, to the possible threat of terrorism or riots.

We do have discussions with race organisers about these very pertinent and significant concerns, and if there is a major concern at any of our venues, we make a point of always putting our athletes' safety before anything else.

We understand and appreciate that as our sport grows, we will be entertaining the idea of hosting events where either the sport is new or the event is relatively unknown. We can work around those scenarios and do our best to promote and market the event with the assistance of local organising committees. However, if there is even a slight possibility that our athletes may be at risk, we will take the utmost care to alleviate that or pursue an alternative venue

for a championship.

EB: In your column in the June 2015 edition of Ultramag you also observed that the Australian team's performance at the World 24hr Championships this year was the best performance by an Australian team to date. Clearly, increasing participation in ultra running in Australia is one factor in that improvement along with newer team members learning from the experience of those who have gone before them in terms of training, nutrition, recovery etc. However, what, if anything, do you think may help Australian ultra runners improve even further on the international stage – e.g., do you think increased government funding and/or systemised team training schedules and/or training camps may expedite Australia's success?

NK: I have witnessed Australia's rise through the ultra running ranks for at least a dozen years. The current success, in my opinion, has been a joint venture between the strong foundation laid in the yesteryears combined with an improvement in training along with understanding the current science behind the sport.

The interesting thing about the Australian ultra running scene is that majority of the races the Australians have done increasingly well in are IAU labelled events. This has helped to put many Australian ultra runners in the international rankings.

France has had tremendous success in the ultra running world. The French ultra running federation relies heavily on training and building the team camaraderie. I am a vocal supporter of the team aspect of the sport. Being among a group of athletes of high calibre elevates one's own abilities.

Perhaps Australia could initiate a program along similar lines and assemble the country's best ultra athletes for week/weekend training camps where the runners can establish contacts with one another and learn from each other and thereby further elevate the status of Australian ultra running.

Government support and funding cannot be underestimated. Australia was instrumental in their development program for the Sydney Olympics in 2000 where recruitment and development for various sports had started years in advance. The results from that successful project were well evident during the Olympics and every year since then.

EB: Clearly, ultra running is not all about competition and/or international representation. Does the IAU have a role to play in developing grass roots recreational ultra running?

NK: I am a firm believer that promoting and developing the sport go hand in hand. We have been doing a lot of work in promoting the sport at IAAF expos through our contacts and networks, and by establishing our labelling system in member and non-member federations. Doha was a prime example, where we went into a region where ultra running was non-existent. We took the opportunity while there to promote the sport and lay the foundations for developing it. Australia was a huge part of that development program when we went into schools to educate students about our sport. We also met with local running clubs and held training runs with international athletes.

Development of the sport needs to be done in partnership with local running clubs at the grassroots level alongside the support of the national federations or regional

athletic associations. Together they can work to enhance the profile and status of the sport

EB: Following on from that, and my earlier questions, does the IAU have an advocacy function in terms of facilitating international representational opportunities for ultra runners whose countries are unable to financially support their participation in international events and who are unable to self fund?

NK: We have a travel grant system in place where the funding provided is based on three criteria, namely, the calibre of athletes on the team (A, B, C calibre runners), the distance between the federation's capital and the host country, and lastly, whether the federation is entering a team.

Also, the Local Organising Committee (LOC), as part of their contractual agreement with the IAU, is asked to provide free accommodation to a set number of athletes per country.

We understand that the funding available cannot cover all costs. Nevertheless, it does cover certain expenses and alleviates some pressure for athletes.

EB: Finally, can you tell me a bit more about yourself. Firstly, are you an ultra runner and if so do you have a preferred distance or type of ultra event?

NK: I got my start in athletics as a track/road runner and eventually made my way into the ultra running world. I have represented Canada twice at the 24 Hour World Championships (Taipei in 2005 and Drummondville in 2006). Those were the highlights of my running career.

I am unbiased towards a distance or terrain. When I was at the prime of my own personal ultra running career I took part twice in the

Ontario Ultra series which was a calendar of ten ultra races over a 5 month period. The distances varied from 50km road races to 100 mile trail races and beyond. So, over those two summers I had a very good taste of almost everything that our wonderful sport has to offer.

EB: Do you have a particular goal running event that you are currently training for?

NK: IAU keeps me busy all year round. I am really enjoying my role on this side of the fence and doing the best I can in the position I hold with the Council. Having run competitively for almost two decades this is a nice gradual change, where I get a different kind of adrenaline rush. I still have an immense love for the sport. It is just being portrayed a different way.

Being an official has its own challenges, which I love to endure and resolve. My time on the roads and track help me to focus on the issue at hand while reminding me that it may take a marathon or ultra marathon mindset rather than approaching it as a sprint.

I do not run competitively as I used to but I still attempt to get out for a couple of runs a week. I was planning on going back to the 24 Hour Canadian Championships this year. However, last week I got invited to the Hong Kong 100km race as a guest and observer so I will be heading across the Pacific instead to be part of those festivities in September promoting the sport in the region.

EB: And what about your role as the IAU Director of Communications – what does that involve (apart from doing interviews like this ☺)?

NK: I got elected to Council in 2008 and I have thoroughly enjoyed each and every second since then. It is a

purely voluntary position for all of us on the Council and we are all in it for the love of the sport.

My role as the Director of Communications is multi-faceted. I answer emails numbering in the mid teens every day. This is in addition to the numerous articles I write (including this one ☺) for world-wide magazines, as well as interviewing athletes, returning media calls, and keeping the IAU website up to date. I also get a number of queries from member federations every day and I am the de facto spokesperson for the IAU.

In addition to my role of running media events and press conference for our athletes and federations, I also am the announcer for various championships during the opening and closing ceremonies (and sometimes commentary during races). Recently, we also introduced a live update section of our website and that keeps me busy when covering events for our worldwide audiences.

My role also involves promoting and developing the sport in different countries. I have done motivational talks in many different schools and led delegations to educational institutions with the assistance of the various IAU federations. Just going out there and talking about the sport I love makes this job worthwhile.

EB: Thanks again for doing this interview and for the contribution you make to each edition of Ultramag. Much appreciated ☺.

NK: The pleasure is mine. I thank you for taking the helm at Ultramag and for giving the IAU an avenue to promote and discuss ultra running in Australia. It has been over four years since I started writing for the magazine and it has been truly a pleasure. Keep up the good work!



Book Review:

"Why We Run" by Robin Harvie

Reviewed by Mike Cant

I have never before been moved to publicly air my views on a book, but having read this particular account of one man's journey into ultra running, I decided that if Robin Harvie's writing can speak volumes to me then perhaps it can to other ultra runners as well.

I first became acquainted with Harvie's book while idly googling the various races referred to in another book called "Extreme Running". I was familiar with several of the races mentioned but for some reason had never read anything about Spartathlon. It was an extract from Harvie's book that got me hooked, not just on the race, but also his writing.

Harvie's is one of many accounts of heroic failure in this tough event. It is heroic because no one who makes it past the qualifying standards is a stranger to the struggle and anguish of ultra

running. What made his account particularly outstanding is that I could feel from my computer screen that there was more to this man's story than it being just another race report. His language skills and storytelling capacity were pushed to the limits as much as his physical reserves in the race. I was left wanting to know more about this man's journey to Greece. I wondered whether there was anything in Harvie's story that might mirror my own. Perhaps I was looking for confirmation of my own need to run long distances. Perhaps I was seeking a kindred spirit that could help elevate my dreams of achieving something spectacular, even if it meant failing to complete the Spartathlon course within the allotted time limit. Either way, I was left most satisfied with the experience of following Harvie's journey within himself to explore the roots of his own personal *raison d'être*.

Before I purchased the book I read a mixed bag of reviews. Some reviewers bemoaned the "heavy" introspection, which seemed to go on longer than they liked. But as this is a book titled "Why We Run" I reasoned that introspection should form as much a part of the narrative as the more traditional "race report" style of other running books. Then I saw a copy of the front cover, which included a short, glowing comment from Dean Karnazes. That clinched it. Karnazes' "Ultramarathon Man" contained many passages on his own inner

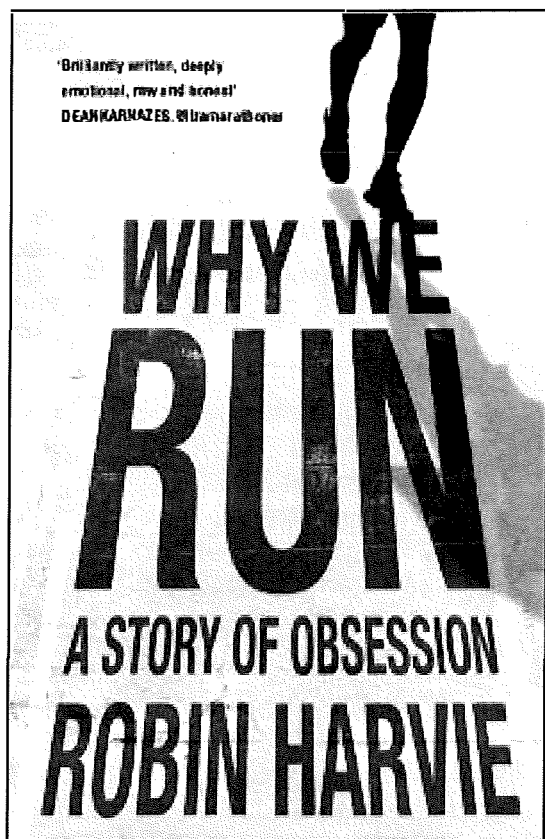
journey so I knew (or hoped) that Harvie's book ran along similar lines. I was not disappointed.

Harvie uses analogies like rivers to depict the inexorable flow of covering great distances. This is all done naturally, without a sense of artificiality. It seemed a fitting way for Harvie to convey the thoughts that play in his head while training or thinking about training. As anyone who has trained specifically for a major event will know, outside of training and thinking about training, there is little time for much else.

I would have liked more in depth information in the earlier part of the book about Harvie's relationship with his wife but this does eventually arrive and it mirrored discussions I've had with my "better half".

The description of the Spartathlon race itself was gripping, visceral and obviously written by a runner who really thought he had prepared well enough to complete the task in hand. Remember the last time you suffered the sleep horrors or saw the black mice? Remember shuddering at your own blisters and bleeding nipples? The frustrations and agonies are all so real, and this is where Harvie deviates from Karnazes in more than just his writing style. Harvie is a real person, more than a little obsessed, granted, but just like the majority of us.

Above all, his story is about the links between his psyche and physiology. The reader is invited along for the ride and if, like me, there are points of common experience, then that makes it even better.





Speed and/or Enjoyment

By Elizabeth Bennett

Editor, Ultramag

Recently I was on holidays in Port Douglas and the Daintree. During that time I read two quite different running books. One was an e-book by Sage Canaday called "The Sage Running Secret: A Guide to Speedy Ultras". The other was Richard Askwith's new book called "Running Free". Both purport to have the right recipe for runners to increase both their speed and enjoyment of running. However, their approaches are diametrically opposed and, even though they may not agree, their definitions of enjoyment are also quite different.

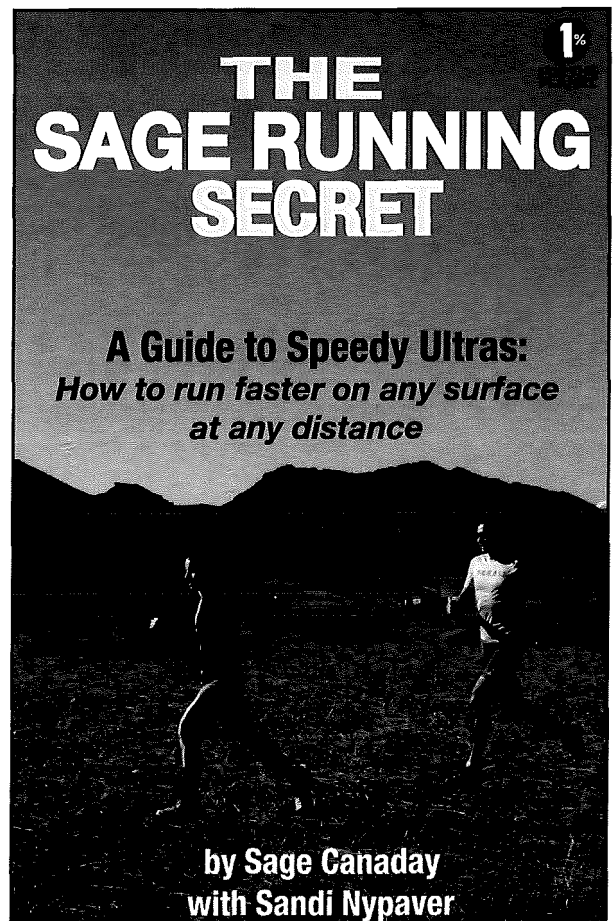
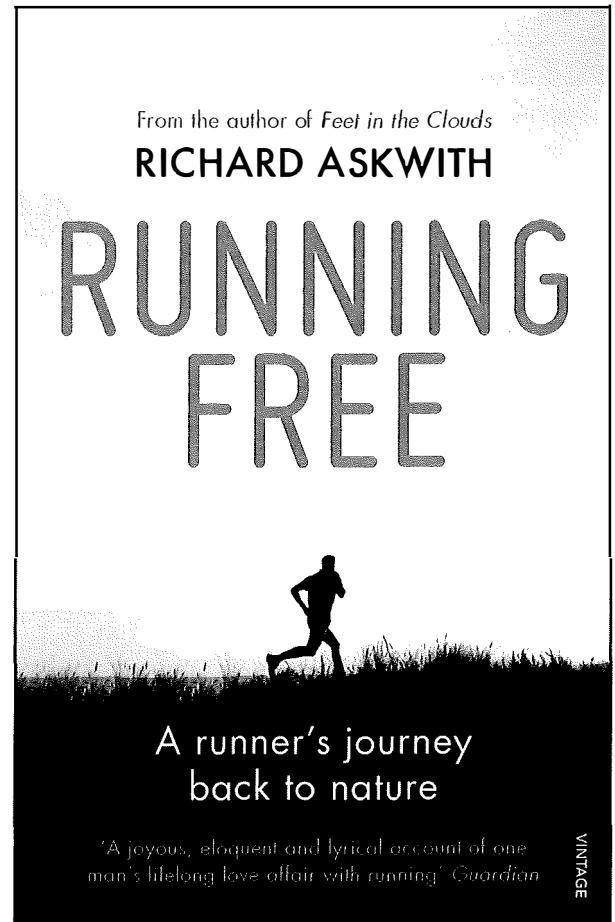
Canaday's main focus is on incorporating high intensity sessions into ultra marathon training via very deliberate and specific training sessions which are timed and % heart rate focussed. Askwith on the other hand, thinks that speed increases without deliberate intensity or speed sessions. Rather, he advocates that his speed has increased by running how he feels and pushing out hard sessions on days when he feels like it, and never wearing a watch or monitoring his heart rate.

In terms of the enjoyment of running, Canaday implies that increased enjoyment comes with increased speed, as if improved performances and enjoyment are almost one in the same thing. Conversely, Askwith suggests that enjoyment comes with running as you feel and for running's own sake.

My own take is that a degree of enjoyment does come from doing some systemised hard training and seeing that translate into better performances. Even if those performances decline per se as part of the ageing runner process, if the age/gender relativities are taken into account and performances are good or decent, then there is some intrinsic satisfaction in that. However, let's face it, some of the time (sometimes a lot of the time) we just want to run easy and casual, and not have every (or almost every) training session be a competition with self.

In many respects I think the differences in Canaday's and Askwith's approaches are a reflection of their relative ages and experience as runners. Canaday is still a competitive young gun and Askwith has transitioned through his PBs and into a happy running place which happens to sometimes involve fast running.

I think both books are worth reading and I think it's worth reading them consecutively or simultaneously.





AURA Committee Reports

President's Report

By Robert Boyce

Over the years AURA has had some dedicated volunteers who have worked tirelessly behind the scenes. David Billett is one of those volunteers. David has been one of AURA's longest serving volunteers, carrying out one of AURA's most vital functions – ie, record keeping and points score recording. In the early days, when AURA had fewer members and less races, these tasks still took many hours per week. However, as AURA has grown in size and complexity so too have these tasks and yet David has continued to find the time, without complaint, to get them done. David is now stepping down from this role. Thank you David for your many years of commitment to AURA.

AURA has now split the task of record keeping and points score recording into two separate roles. Jodie Osborne has taken on the record keeping and a new points score coordinator will be announced soon.

Thanks to all AURA members who completed our survey about the future of Ultramag. The responses showed that the current printed format is still the preferred option for the majority. We will continue Ultramag “as is” for the foreseeable future. However, this will only continue to be the case while we have sufficient volunteers and contributors. On that note, thanks again to Elizabeth Bennett for a fantastic Ultramag.

Vice President's Report

By John Pearson

The Australian ultra running flag was flying high in Turin, Italy at the World 24hr Championships earlier this year when the Australia men's team secured their first ever medal at a major championships to claim silver in the teams event. An increase in the number of ultra running events in Australia has contributed to a rise in participation and performances over the years, and Australia is now up there with the other ultra running nations in terms of talent and results.

Six years ago AURA could not field a full team of runners. This year, not only did AURA have a full team, but the quality of those not selected was also very high. I can foresee this continuing to be the case. As a prelude to that, I hope to see more course records, age group records and Australian records fall during the remainder of 2015.



State and Territory Reports

Australian Capital Territory By Elizabeth Bennett

The next AURA sanctioned event scheduled for the ACT is the Sri Chinmoy 102km trail ultra on Sunday 27 September. The inaugural Sri Chinmoy 100km event was held in 2013 to commemorate the Centenary of Canberra (1913-2013). Following that, Sri Chinmoy decided to add a kilometre for every year post the centenary, and so in 2014 the event was 101km, and this year it will be 102km.

The Sri Chinmoy 102km course incorporates many of the beautiful (and tough!) mountain trails throughout Canberra's nature parks, linked with sections of cycle path, to give runners a scenic tour of the “Bush Capital”. Starting and finishing at Regatta Point, the route takes in the Parliamentary Triangle, Red Hill, Isaacs Ridge, Farrer Ridge, Mt Taylor, Mt Arawang, Cooleman Ridge, Stromlo Forest Park, the National Arboretum, Cork

Oaks, Aranda Bushland, Black Mountain Reserve, Mt Majura, Mt Ainslie and Lake Burley Griffin.

For a complete picture of the course and/or to enter visit: <http://au.srichinmoyraces.org/canberratrailultra>.

The other big news for ultra running in Canberra is the announcement that there will be a new 6hr, 12hr, 24hr and 48hr AURA track event on 18-20 March 2016. The event will be run at the Australian Institute of Sport (AIS). Entries for this inaugural event(s) are open and the number of entrants is already growing. For more information and/or to enter visit: <http://cbr.48hr.ktkc.com.au/>.



Queensland By Mallani Moloney

The past few months has seen a lot of great performances by many female ultra runners from Queensland. The Queen's Birthday weekend saw the Gold Coast host the 100km national road championships where Marita Eisler took out the 100km for the 4th year in a row and come 2nd overall. This performance cemented her place in the national 100km team heading to the Netherlands in September to compete in the World Championships. She will be joined in the team by fellow Queenslander, Jodie Osborne. Jodie is firing on all cylinders and training hard off the back of her stellar run at the World 24hr Championships earlier in the year. We can't wait to see what they can do in the Netherlands.

Lee Piantadosi relocated from Adelaide in December 2014 to Brisbane, so whilst not strictly a Queenslander, we are claiming her as a Queensland resident. Lee recently took out the Adelaide 24hr winning both the women's event and outright, clocking up a staggering 207.354km. We put her performance down to all the hot, sweaty training she has been doing over the Brisbane summer including all the hilly trail running up and down Mt Coot-tha in not only oppressive heat but also torrential rain.

Finally, Susannah Harvey-Jamieson, has just returned from Scotland where she successfully completed the West Highland Way 95mile trail race.

Preparations for the Glasshouse Series in September are now in full swing. The Glasshouse 100mile was the first of its kind in Australia and is a friendly, no fuss affair offering runners a smorgasbord of food at checkpoints and old fashioned family hospitality.

On 24 October the Blackall 100km (and 50km) will be held on the scenic trails of the Sunshine Coast Hinterland. Both events have generous cut-offs and are friendly for runners of all abilities, especially first timers looking to challenge themselves. With accommodation and meals available on-site, the event is well suited for local, interstate and international runners. The unique bell received by every 100km finisher also looks awesome.

South Australia By Paul Rogers

In July the first ultra of the year in SA was held, the Yumigo 24 hour festival. Race director, Ben Hockings, said that entries this year were the biggest ever with runners travelling from the USA, QLD, WA, TAS, NSW and VIC to join the SA locals. Over 110 athletes toed the line across the three events (6, 12 and 24 hour) in what was to be the worst weather experienced over the history of this event. The rain, high winds and hail added to the coldest night temperatures of the year, but that didn't stop athletes recording some amazing totals. In the 6 hour event Cameron Gillies returned after coming second for the last two years to finally take the win with a new course record total of 78.69km. In second place was Howard Norton with 76.7km (and an Australian M50 age record still to be ratified), and in third place was Paul Roberts with 74.68km. In the ladies event Marlize Viziers made it back to back wins with 66.13km (over 4km better than last year), with Jane Luke in second place with 61.44km and Tina Nilsson in third with 60.91km.

The 12 hour race was always going to be about two runners - race ambassador, Wayne Calvert from Sydney,

and local runner, David Turnbull. Both of these runners were targeting Malcolm Gamble's course record of 136.129km, which is also the 5th highest distance by an Australian ever on the road. Both Wayne and David ran their own races throughout the day. Wayne started slower than David and fulfilled his role as race ambassador with gusto by encouraging everyone out on the course as he went by. Meanwhile David ticked off the kilometres with precision-like timing. As David started to tire towards the end Wayne was getting stronger and stronger, but with only 90 minutes to go, Wayne started to struggle with a sore quad which left David to run the race out with an amazing 139.664km and a new course record. David now holds the fourth longest Australian distance behind Yiannis Kouros, Barry Loveday and Brendan Davies. Wayne finished second with 131.024km and David Carman third with 116.519km.

In the ladies 12 hour race Amelia Griffith finished first with 116.395km. Rebecca Taipari was second with 97.921km and Hoa Banh finished third with 97.324km.

In the 24 hour race Lee Piantadosi was first overall and first female with 207.354km. She was followed by the first three men - Lachlan Fraser (184.09km), Stephen Delport (166.667km) and Brett Saxon (164.147km). Melanie Laurencic was the second placed female with 163.948km and local girl, Tory Toogood, finished third with 144.932km. It was a great weekend of running.

As we move towards the warmer months the Yurrebilla 56km trail race kicks off on 28 September with a host of elite athletes already signed up. This will be followed a month later by the Heysen 105km trail race on 24 October, which will include the new 57km option.

Race directors, Barry McBride (Yurrebilla 56km), Ben Hockings (Heysen 105km) and Paul Aston (Alpine Challenge 100 mile in Victoria), have teamed up to offer a three race competition called the Fox Creek 200 where finishers of all three events (totalling 200 miles) can compete for the male and female title of Fox Creek 200 Champion for the quickest combined time. Check out the Facebook page Fox Creek 200 or contact the race directors for more information: https://www.facebook.com/foxcreek200/info?tab=page_info

Western Australia By David Kennedy

The 7th running of the Kep Ultra kicked off on May 31, starting in cold conditions which warmed up to 23deg. In the 100km event Josh Garrett was off the front from the beginning with Paul Hopwood chasing hard. Josh ran away for the win and Paul was passed by David Kennedy at 70km but stayed in touch to be 3rd by only 90 seconds. In the women's 100km race Barb Fieberg was a runaway winner by over an hour from Jessica Osbourne. Kilee Giles rounded out the podium in 3rd place.

In the Kep Ultra 75km race a bunch of guys took off hard but were all chased down by Nathan Fawkes taking out his first ultra victory after a couple of AURA rising star awards 7-8 years ago. Nathan held off a fast finishing Ian Newell and a struggling Jamal Fozdar. Bernadette Benson finished 5th overall in a new race record. Sanja Kolonic ran a good race to finish just outside 7 hours and Renae Twigg was 3rd also averaging sub 6min/km.

The Kep Ultra race director, Rob Donkersloot, has now handed the event over to the running community after battling with bureaucracy for years.

Attention now turns to the new WA Track Ultra with 3,6,12 and 24 hour options. Following that, action will return to the trails and the WTF 50 and 100 Milers in September.



International News:

by Nadeem Khan,
IAU Director of Communications

The IAU is a multi faceted organisation. From recording the world's best performances for ultra events, to being a news outlet for global readers, to promoting and developing the sport on an international scale, the IAU is busy every day. These duties, combined with establishing and securing ultra running world championships, keeps the IAU on its toes all year round. This latter task hasn't been simple or easy lately. However, the last couple of years the IAU has tried its best to steer the "championSHIP" in the right direction.

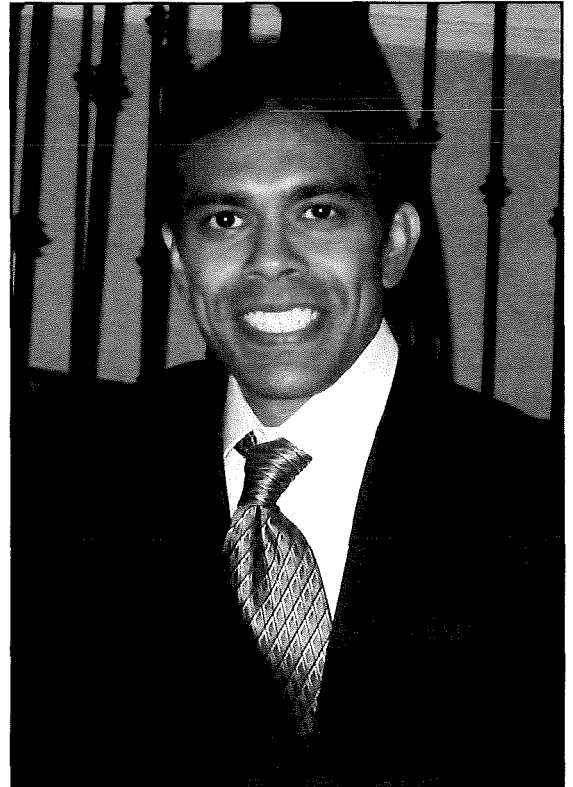
Being an international body the IAU has a global role and is not immune to the worldwide economic crisis. This does affect the feasibility and the sustainability of the IAU world championship events. The economic effects on a continent, country or city in which a major IAU championship is to be held affects both the race and the venue. The advancement of the sport is tightly linked to the sponsorships of these events. Such sponsorships at this stage of the sport's development are more locally driven rather than globally reliant and so the local situation has a big impact on how financially and logistically secure a venue for the world championships is.

There is no doubt that the IAU has had a difficult time in securing and establishing world championships over recent years. There have been cancellations and delayed responses regarding the feasibility of having the championships in particular places, and yet the IAU has tried its utmost to save the championships and give our

athletes and federations an international stage on which to showcase their talents and efforts.

The IAU has realised that there is a need to change to suit and match the changing global trends. This has led the IAU to discuss the future of the championships, and a couple of years ago it was decided that as of 2016 the 100km and 24 Hour World Championships would be held on a rotating basis. Hence, the 100km Worlds will be held next year (2016) followed by the 24 Hour Worlds in 2017. The trail and 50km World Championships will continue on an annual basis as the IAU tries to build and grow these events. In the intervening non-world championship year for the 100km and 24 Hour, the respective continental championships will be held. This new format will hopefully allow the less experienced venues to grow from conducting continental championships to being equipped to host world championships in the future. At the same time, the new format may also assist the federations to develop their teams, prepare their athletes and secure funds for the rotating championships rather than being inundated with the demands of both the 24 Hour and 100km World Championship events in the same year.

The IAU wants to take international ultra running championships to new regions while continuing to maintain the solid base it has in



regions that frequently organise world championships. The key to achieving this will be to grow and maintain both solid continental championships as well as world championships.

The support of the IAU is critical to the growth of championships in new regions but so too is local support. It is the joint venture between the IAU and local venues that has progressed the sport to where it is today. This cooperation needs to continue into the future.

I want to thank our federations and our athletes for seeing the IAU through the recent changes and trusting the IAU to continue to elevate the sport to the level it deserves to be. It will be interesting to see how the new format works. The next few years are crucial for the development of ultra running and the IAU is excited to be at the crux of what is happening.

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>.

OCTOBER 2015

Saturday 17 October 2015

Great Ocean Walk

100km Trail

Apollo Bay, VIC

Contact: Andy Hewat 0421 040 700

Email: andy@trailrunningcompany.com

Website: <https://sites.google.com/site/gow100s/home>

Saturday 17 October 2015

Hume and Hovell

50km, 100km Trail

Tumut, NSW

Contact: Peter Fitzpatrick 0428 423 633

Email: peterfitz47@bigpond.com

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

Sunday 18 October 2015

Washpool World Heritage

50km Trail

Washpool National Park, NSW

Contact: Steel Beveridge 0458 355 554

Email: info@traq.org.au

Website: <http://www.traq.org.au/articles/events/washpool>

Saturday 24 October 2015

Blackall 100km

50km, 100km Trail

Mapleton, QLD

Contact: Alun Davies 0450 206 474

Email: info@runqueensland.com

Website: <http://www.blackall100.com/>

Saturday 24 October 2015

Heysen 105

105km, 57km Trail

Newland Hill, SA

Contact: Ben Hockings 0437 971 221

Email: ben@yumigo.com.au

Website: <http://www.yumigo.com.au/heysen/>

Sunday 25 October 2015

Ned Kelly Chase

100km, 50km Road/Path

Wangaratta, VIC

Contact: Justin Scholz 0417 229 222

Email: justin@nedkellychase.com.au

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

Saturday 31 October 2015

Halloween Howler 6hr

6hr, Trail

You Yangs, VIC

Contact: Andy Hewat 0421 040 700

Email: andy@trailrunningcompany.com

NOVEMBER 2015

Sunday 1 November 2015

Great Barrier Reef Ultra Marathon

74km, Trail

Port Douglas, QLD

Contact: Bruno Bennett 0407 568 969

Email: info@pdem.com.au

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

Sunday 8 November 2015

Marysville Marathon

50km Trail

Marysville, VIC

Contact: Brett Saxon 0418 557 052

Email: info@marysvillemarathon.com.au

Website: <http://marysvillemarathon.com.au/>

Saturday 28 November 2015

Alpine Challenge

100mile, 100km, 60km Trail

Alpine National Park, VIC

Contact: Paul Ashton 0418 136 070

Email: paul@runningwild.net.au

Website: <http://www.runningwild.net.au/alpine-runs/alpine-challenge.html>

DECEMBER 2015

Saturday 5 December 2015

Bruny Island Ultra

64km

Bruny Island, TAS

Contact: Paul Riseley 0427 517 737

Email: brunyislandultra@gmail.com

Website: <http://brunyislandultra.blogspot.com.au/>

Friday 11 December 2015

Coast to Kosciuszko

240km Road & Trail

Eden, NSW

Contact: Paul Every (02) 9482 8276

Email: peverydweaver@hotmail.com

Website: <http://www.coast2kosci.com>

Sunday 13 December 2015

Kurrawa to Duranbah

50km Footpath & Road

Goldcoast, QLD

Contact: Sahara Dry 0439 345 285

Email: sahara.dry@goldcoastultras.com

Website: <http://www.kurrawa2duranbah.com/>

Saturday 19 December 2015

Duncan's Run 100

100km Trail

Gippsland, VIC

Contact: Travis McInnes 0408 025 220

Email: duncansrunhundred@gmail.com

Website: <http://www.duncansrunhundred.com/p/race-info.html>

Sunday 20 December 2015

6 Inch Trail Marathon

46km Trail

North Dandalup, WA

Contact: David Kennedy 0433 333 206

Email: davidk1998@hotmail.com

Website: <http://activeqt.co.nz/event/6-inch-trail-marathon/>

Thursday 31 December 2015

Rock around the Clock

6 Hour Trail

You Yangs, VIC

Contact: Andy Hewat 0421 040 700

Email: andy@trailrunningcompany.com



What Is A Sports Gel?

Endura™ Sports Energy Gels are a convenient energy source with energy boosters like caffeine, and a blend of immediate impact and slow release carbohydrates to sustain energy levels. You can store them on you and just take with water as you need. They are an easy way of keeping glycogen levels up and are suitable for taking either during the whole event, or to get you through when you hit the wall.

Why Do I Need to Have the Gel With Water?

It is best to drink water when you consume gels, to avoid gastric upsets. For each gel consumed, look at drinking around 250-300 mL of water to achieve an isotonic solution for best absorption. Some athletes may find drinking so much water in one hit difficult. If this is the case take the gel over 10–20 minutes and have small sips with every portion, to reach around that 250-300mL total.

What Is the Sugar Endura Sports Gels Are Sweetened With?

Endura™ Sports Energy Gels are sweetened with specialised branched chain glucose polymers and microcrystalline fructose which provide rapid gastric emptying and absorption.

Maximise Glycogen Levels with Endura Sports Energy Gels

Endura™ Sports Energy Gels are a concentrated source of carbohydrates, providing a big boost of energy in a single compact serve. Endura™ Sports Energy Gel contains 26 g of carbohydrates to replenish your glycogen stores and give you the fuel to keep going. So when you need a blast of energy in a convenient, quick and easy form, take an Endura™ Sports Energy Gel!

Directions For Use

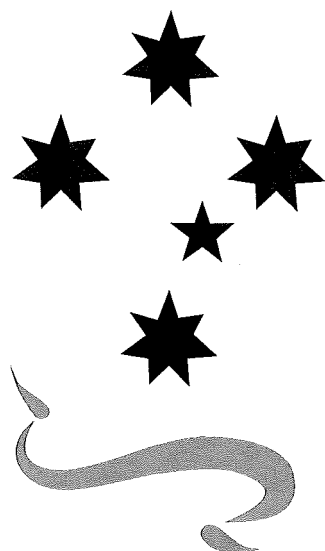
For Best Results, consume one 35 g serve (1 1/3 tablespoons or 26.4 mL) or one sachet:

Before exercise - 15 minutes prior to exercise.

During exercise - Every 30 minutes with fluid to prevent glycogen depletion and energy loss.

After exercise - Directly after exercise to aid recovery.





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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