


## UltraMag:

The Australian Ultra Runners'Association Quarterly Magazine

## December 2015

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# Editor's Introduction December 2015 

Welcome to the December 2015 issue of Ultramag. It is of course the last issue for 2015 and it marks the end of my first year of Ultramag editorship.

While it takes a lot of my volunteer time to produce Ultramag, I know that it also involves some effort for individual contributors to put their articles together and get them to me on time. The fact that this December issue was produced during what is the busiest time of the year for everyone, and we have less race reports in this issue than the previous three issues, is evidence of that. Having said that, I'm all for quality over quantity, and I'm all for making opportunities out of difficulties. To this end, I have added a new section called the "Ultra Health Report". I hope you like it $\odot$.

The feature article in this issue of Ultramag looks at a new or different
way of defining risk and provides us with a different way of looking at how risky ultra marathon running may or may not be. This dovetails nicely with the Ultra Health Report which is about ultra running and the risk of acute kidney/renal failure. Together, these articles remind us to take care of our general health and to pay careful attention to what is happening to our bodies during and post ultra running.

Finally, since this is the last issue for the year I'd like to thank some special people.

Firstly, thanks to Gemma Hamilton who has quietly helped me with each issue of Ultramag by uploading all of the finished articles and artwork on to the publisher's portal. It's a fiddly part of the production process and Gemma has saved my sanity by doing this task at the end of each exhausting editing period.

Secondly, thanks to Nicholas Bignell who has meticulously put together the race results for each issue of Ultramag. This has included highlighting the names of all AURA members in each set of race results. Nicholas has done this job for several years now and is about to stand down from this voluntary position.

Finally, I'd like to thank all of you, the AURA running and reading community. You have provided me with some great material to work with, and you have provided me with such positive and encouraging feedback about my editorship of Ultramag that I'm prepared to run with it (pun actually is intended!) for another year

## Elizabeth Bennett <br> Editor <br> Ultramag



# Feature Article Assessing Ultra Running Risk - An Alternative Approach 

On the one hand ultra marathon running may be viewed as a healthy physical activity which helps to reduce the risk of developing all manner of chronic health conditions - e.g., overweight/obesity, diabetes etc. On the other hand, ultra marathon running may be viewed as taking physical activity over the healthy edge and down the other side thus increasing the risk of some other health conditions - e.g., acute cardiovascular episodes etc. Most conventional risk management assessment tools haven't solved this tension, and while Dr Karl Kruszelnicki's micromort approach to risk assessment doesn't either, it does present us with an alternative way of looking at the risk of ultra marathon running and the consumption of some traditional ultra marathon running foods - e.g., bananas and peanut butter. Below is an edited version of Dr Karl Kruszelnicki’s "life's little risks all add up". Ultramag gratefully acknowledges Dr Karl's Great Moments in Science (ABC Science) for this material.

We all know that your weight is measured with the 'unit' called kilograms, and that your height is measured in the units of metres or centimetres. But only a few people have heard of the unit called the 'mort' or the 'micromort' - and they mostly work in insurance. The mort and the micromort measure 'risk'. The word 'risk' has many definitions - situations involving danger, the chance that something bad will happen, and of course, the possibility of a financial loss. The word came from 17th century French and Italian roots referring
to 'danger'. For example, if you jump off a cliff, your risk of sudden death is one 'mort' - you will almost certainly die. (By the way, 'mort' is related to 'mortality', or death.) But most of our daily activities are much less dangerous than jumping off a cliff, so risk assessors generally use a much smaller unit called a 'micromort' - or a millionth of a mort. A micromort implies that you have a one in a million chance of dying as a result of that activity.

Professor Ronald A Howard, from Stanford University, introduced the concept of the 'micromort' in 1980. He helped found the field of 'decision analysis'. Decisions are involved in investment planning, hurricane seeding, choice of a partner, road design and nuclear waste disposal. Making a decision involves certainties, uncertainties, emotions, risks, etc. The universe is a dangerous place, and everything carries risk - you just want to minimise overall risk, while still having fun.

There's a whole bunch of different activities that will expose you to one micromort. They include drinking half a litre of wine, smoking 1.4 cigarettes, spending one hour in a coal mine, and living for two days in New York or Boston (that's because of the air pollution). Food-related activities that expose you to one micromort of risk start with eating 1000 bananas. Yep, bananas are very slightly radioactive, thanks to their potassium 40. So are brazil nuts. Brazil nut trees have a very extensive underground rootsystem, which very effectively absorbs any radium in the soil. If you eat 100
charcoal-broiled steaks, you get your one micromort risk of dying via a circuitous pathway. As you charcoal broilthe steaks, you create a chemical called benzopyrene from the cooking process, and this chemical increases your risk of dying from a cancer. Also, if you eat 40 tablespoons of peanut butter, you pick up one micromort of risk of dying from liver cancer. This is due to a chemical called aflatoxin, which a fungus sometimes manufactures in peanuts.

But let's leave the relatively safe land of one micromort, and look at bigger risks. Each skydiving jump or hang-gliding flight exposes you to eight micromorts. In other words you have an eight in one million chance of sudden death each time you skydive or hangglide. You get seven micromorts for each marathon you run, and five micromorts for each bout of scuba diving. BASE-jumping is more dangerous - each event exposes you to 430 micromorts. However, trying to climb Mt Everest gives you 40,000 micromorts in one ascent - that's a 4 per cent chance of dying.

Even getting out of bed is risky (and so is staying there.) Travelling as well exposes you to the risk of sudden death. When I was studying obstetrics and gynaecology, my professors told me the most dangerous journey you ever took in your whole life (in terms of injuries and death per kilometre) was the 10 centimetre journey down your mother's birth canal. And this truism is partly backed up by the risk assessors who have figured that on your first day of life your chances of
dying are 430 per million (430 micromorts). With land travel, the safest transport is the train needing 9700 kilometres to give you a one in a million chance of dying (one micromort). But on the road, to get one micromort, you need to ride just 11 kilometres on a motorbike or 32 kilometres on a bicycle, or drive 480 kilometres in a car. But besides your mode of transport on the road, you also need to factor in the type of road. The average multi-lane divided expressway is pretty safe - you
have to drive 1600 kilometres to pick up one micromort. But the rural two-lane blacktop is about six times more dangerous - driving just 250 kilometres will give the same risk of dying, one micromort. Currently, the GPS/sat nav in your car will give you the option of the quickest or cheapest paths to destination. Maybe future sat navs will incorporate risk factors and become safe navs, reducing micromorts as you travel?

It would be interesting to know how much greater the risk of ultra
marathon running is compared to the seven micromort risk attributed to each marathon run, and whether or not the increased risk is cummulative and/or exponential. It would also be interesting to know what the micromort risk is of staying in bed and/or leading a sedentary life compared to running marathons and ultra marathons. I think it's fair to say that whatever the answer is to these questions, readers of Ultramag are prepared to keep taking the ultra marathon risk ©

## Race Reports

## You Yangs 100 Mile 18 July 2015 By Jane Trumper



With Brett Saxon as race director and Andy Hewatt as medic, I was compelled to enter the You Yangs 100 miler in "Mexico" (ie, Victoria). I'd run Andy's GOW 100 miler back in 2009 and Brett had pretty much saved me from a DNF. They are both great guys who give so much to the ultra running community.

Thanks to Jetstar, Adam, Blue Dog, Dave and I were forced to discuss race tactics for 3 hours in the bar at the airport. Now here's a photo that doesn't belong with AURA's pre race nutrition advice!
I had perused the splits from the 2014 race a about the 24 hour mark and I had a plan. I never thought an old "has been" like me could run a sub 24 hour trail 100 miler, but the $8 \times 20 \mathrm{~km}$ loops meant there would be no surprises for someone who had never seen the course. A "few beers" later, I had talked Adam
into coming along for the ride.
The next morning as we all lined up, I ran along with George and realised it would be stupid not to tag along with him for a few laps. His local knowledge would ensure we didn't get lost. He knew my plan was to run around 2 hour 30 minute laps until it got dark and then not to slow down too much. After a couple of laps I realised we were pretty much at the tail end of the field. I wasn't worried though. The tortoise/hare mentality had me wondering when we'd catch those who may have gone out too fast. I felt fantastic.

George was super
keen for a good result to qualify for C2K. As he complained about having a bad back and wanting to take drugs, I told him it wasn't a dress rehearsal, and off he went. We never caught him again.

Adam and I stuck to our plan and by night fall we were well on target with Adam starting to say, "ooh, let's do a sub 14 hr 100 km ".

Some of the field in front were slowing as the temperature dropped below zero. I was sure this was going to cause a bit of carnage. I thought that if we kept moving at a steady pace and stayed warm we'd be okay.

Sarah, Adam's partner, crewed for us and couldn't have done any more. She's a legend. She even managed

to dress Adam up like Little Red Riding Hood. I don't know what that made me, but we were happy to stay teamed up together.

The checkpoints were manned by the most energetic supporters and the one at the back end of the course was like a party every time we got there. The open fire was a deterrent and I refused to go near it and get too comfortable. As daybreak appeared, I could see some of the puddles were frozen. It had indeed been cold.

We managed to catch quite a few
runners overnight, but couldn't see the entire field which was surprising as I thought we'd know where people were with the climb up and down Flinders Peak at the start of each loop.

I got to the finish line after my last lap finishing in 23:45:08. I wondered how everyone else had gone and was told that all the girls ahead of me had DNF-ed. Me, the "old chick", had come first female. Hilarious.

## Centennial Park Ultra 2 August 2015 By Philip Balnave

Many runners might know the fig tree shaded drives in Centennial Park as the nicest part of the Sydney marathon, but on the first Sunday in August, it was home to a race that assuaged my craving to get out and run for the best part of a day. Of this year's races I readily single out the Centennial Park Ultra 100 race as the most satisfying of all that I have done. It's fantastic to have an ultra race so conveniently located beside the city. Best of all was the personal, friendly atmosphere that cheered the runners on through each lap of the 3.6 km loop.

The CP ultra fell in the middle of a busy block of racing for me in July and August. The week before the CP ultra I was supposed to run the M7 marathon, but fortunately, train track work kept me away which meant I was fresh, unlike Brendan Davies, Gary Mullins and KerryAnn Varey who amazingly backed up at Centennial Park to come 1st and 2 nd in the 50 km race, and 1 st in the 50 km team's event respectively.
On race morning, the Keith 'Buzz'
Hong directed team did a rapid fire
job in the dark to get the start line manned, the bibs out and the timing operation ready for the 6 am start. The gun sent the front runners motoring away leaving me to follow and wonder, "are they individual or team runners?" I had to do some chasing to find out. After one lap and running with CP ultra regular, Francesco Ciancio, I was happy when he took someone's "slow down, it's not a marathon" advice. I ignored similar advice from Brendan Davies on a couple of occasions hoping to get more laps on the board before the temperature peaked. After seeming to have cruised through 50 km in 3.27 , I thought "surely I'll beat 8hrs for the 100 km ". My race however, was to be split in two at that point, into fast and slow halves. I'd had no trouble counting laps from 1-14 but learnt that 15-28 are numbers

notsoeasily dealt with, especially on the warmest winter day in 40 years. As my lap times began to blow out and I struggled through intermittent

hammy cramps, even the Sunday park joggers became hard to stay with. More of a concern was having
no idea where anyone else in my race was. Thankfully on a stop for sunscreen with two laps to go Brendan passed on the news that Francesco had dropped out. Thereafter, feeling more relaxed, my lap times turned around a little to get me home in 8:04.

Mercifully after my first "hot 100 " I was still able to walk home, comfortable in my slippers, feeling encouraged by
the experience of both the run and getting to meet other ultra enthusiasts. As with the 24 hr race I'd attempted in June, there was much to learn from this race. While I accept it's not in my DNA to do steady race pacing, there were other matters such as what food I could get down that I'll be considering as I work towards my next ultra challenge, the 24 hr at Coburg next April. Finally, a big thank you to all the helpers on the day, with a special mention for the half way station, which was critical to getting runners to the end with both sustenance and psychological support.

## Caboolture 48 Hour National 48 Hour Championships 7-9 August 2015

When non ultra runners ask the inevitable question, "why run ultras?" I often don't know what to say and mumble the usual, "if you have to ask the question, you won't understand the answer" line, but this time, I had a definite answer. "It's all about the second sunrise". I had read years ago that the second sunrise during a 48 hour run is the most beautiful thing and I wanted to experience it for myself. But.... would I make it? Was I tough enough to last? Did I have what it takes? There was only one way to find out.

I lined up with a small number of hardy souls to do the 48 hour at Caboolture. I had Clare Holland as my crew and my uncle dropping in for occasional relief. I was ready for the adventure.

I had read every single available 48 hour race report written in English on the internet and spent hours agonising about how to execute my run/walk strategy - ie, whether to go with the $13 \mathrm{~min} / 2 \mathrm{~min}$ ratio or the $17 / 3$ ratio. In the end it didn't
matter as there was no large timer available so I settled for run three laps of the 500 m course and walk one lap routine.

The first few hours went by quickly. The crews were still getting sorted, myuncle dropped by with a gazebo, and there was lots of chatter out on the course. Some of the other runners even politely laughed at my bad jokes. The weather was also fine. By evening though I started to struggle. It wasn't for any real reason, just the thought that it was only the first night. Also, down the back straight there was a 50 m section that was not well lit. For running purposes it was fine, but for keeping the sleep monsters away, it was not. Every single loop I started to dread that section as my eyelids drooped.

Eventually the night turned to morning and then it seemed like rush hour as more runners and their crews arrived and set up all over the place. Right on 8 am , at the 48 hr half way mark, the 24 hr and 12 hr runners started. I had
worried that I would be irritated by these new and fresh interlopers but their presence was energising and reduced the loneliness.

By the afternoon it was getting warm and I had faded to a 2-1 run/walk ratio. The 6 hour and 3 hour racers also started and it was amazing to see runners actually run, fast. By that stage I had forgotten it was even possible. I suffered in the heat and ice blocks were highly prized items. I remember friends coming and going, encouragement, sunscreen, hats being found, and then the sun went down and calmness reigned again with just the 24 and 48 hour runners left (although not as many as had started out the previous morning).

By now it was run a lap, walk a lap for me. I just had to keep this going for another 12 hours. At this stage I started having trouble keeping food down and was even gagging on sips of water. I had never had trouble eating like this before and I started to worry that it was a race ender. A nurse who was
crewing for another runner came over to help and investigated what I had been consuming. It turned out that the Malaysian antibiotics I had been taking were stronger than regular Australian antibiotics and were wreaking havoc with my gut. The remedy was to stop taking them and to eat more.

The second night was easier as there were more runners on the course so I didn't fear the dark back stretch as much, but by this time I admit to being more than a little bored. Clare had struck up a working friendship with the NZ crew next to her and a few other people had joined to keep them company. They were clearly having more fun than me and I wanted to join them. Clare allowed me two minutes conversation before she ushered me back on the

On Sunday 9 August I slept through my alarm which I'd set to get up and run the 50 km Tan Ultra. I made a couple phone calls and was told I could start when I got there. As part of my training plan I was set for a 50 km Sunday run and where else better to do it than with a bunch of great friends and runners at Brett's event?

I had been out the night before for a birthday party with lots of dancing and I was feeling flat at the start. I set up my bottle and gels on the side of the track so I didn't need to carry them on the 3.7 km loop course. My plan was run to feel and put the effort in on the short hill on each loop to keep the average pace around $4.15-4.20 \mathrm{~min} / \mathrm{km}$.

I started about 40 minutes after the other runners and so I was running
course. My other temptation was seeing Annabel Hepworth who had crawled off to sleep in the hall. She looked so comfortable in her sleeping bag that every time I ran past I wondered for a brief moment what it would be like to swap with her.

Soon there was just 6 hours to go and at that point I knew I would make it. Every change of direction meant another hour was over. The birds announced the arrival of dawn and the black sky morphed to dark blue and then grey. More people arrived on the track to see the finish. Excitement is infectious. I scored a pancake from the Pearson family and runners smiled through their pain. The photographer made me feel like I was some hot shot celebrity. By this stage I knew most of the runners by name and

## The Tan Ultra 50km 9 August 2015 By Ashley Bennett

on my own.
The first two loops I paced well so as to not go out too hard. I started to feel okay at the pace I'd set and got a boost from saying hi to some of the other runners. I was running around $16-17 \mathrm{mins}$ per loop and was tracking well until about the 8th loop when a quick toilet stop made getting back to pace a bit harder.

The back side of the Tan is mostly downhill which in a way works well. My pace had dropped and I was feeling it. I had been keeping well fuelled but would have liked to have felt a bit better. A quick stop for some fruit on the 10th lap and a sock change and there was only 3 laps to go. At that point I came across Francesco who was running a warm down lap from the half marathon which he had just won in
it seemed like all the bystanders knew mine. I got to 310 km with a minute to spare and put my marker down. I had targeted 300 km as a minimum goal. More would have been nice, but that will have to wait for another race. By nature I am a cautious runner and seem to need to do most things at least twice before I am truly happy with the result.

So, was the second sunrise all it's cracked up to be? It was by anyone else's definition the most ordinary of sunrises. From the confines of the Caboolture Historical Village you don'teven get a good view of it. But for me, it was an unforgettable moment, that moment in time when I realised I am tough enough and I do have what it takes. As for the next 48 hour race, bring it on! I am ready!
a smoking 75 mins . He ran with me for a bit and had some great words while I was feeling flat.

With 2 laps to go I just wanted to get it done. I really felt it on the last lap but managed to keep the pace to about $4.40 \mathrm{~min} / \mathrm{km}$. I was happy it hadn't dropped too much. I was also happy to reach the finish line and receive my finisher's medal.

I love these events and the people in and around them. There are so many amazing achievements and personal goals. So many of my friends ran well that day with some very fast times even in the 100 km event.

The Tan Ultra is definitely on my annual running plan. If you haven't done it, come along and have a go at running more laps then you think are possible.


## River Run 100 16 August 2015 By Cassie Smith

I entered the River Run 100 km because it supported a cause that was very close to my heart and I had been corresponding with the race director, Denny Neave, who started the run after losing his sister. The run is in memory of Elisha Neave.

2015 was the River Run's third year, and in conjunction with the run, a girlfriend of mine decided to do a 24 hour hair-a-thon to raise money in memory of her girlfriend, Kelly Carlton. A couple of weeks before the race I had this crazy idea that if she could cut hair for 24 hours then I could run for 24 hours.

You can select your own start time at the River Run but the aim is for everyone to finish together at 3 pm . It is quite a moving experience because everyone does the last 5 km loop together. I decided to start my 24 hour run at 3 pm on Saturday afternoon so I could finish at 3 pm on Sunday afternoon.

Denny counted down my start time and off I went, running around Southbank, doing laps of the gardens, out to the West End, clocking up the kilometres. I only had 9 hours until most of the 100 km runners would start their 100 km and I had worked it out that if I could clock around 60 km in that 9 hours then I would hopefully be able to run the 100 km in 15 hours.

The course was either 10 km loops or 5 km loops and we were instructed to stay on the 10 km course until the sun came up. I didn't like the 10 km course so my first 40 km was a bit slow and uncomfortable but by 11.45 pm I had clocked 65 km and my aim to clock 100 miles in 24 hours looked like it was achievable. As soon as the sun came up I put
my Ipod on and went onto the 5 km loops. I knew I could count them down nice and easy. The 5 km loop brought the runners back past the start/finish area each time and the buzz from that kept me awake and motivated. It was a regular reminder of what I was doing and why.

All went to plan. In fact, it couldn't have gone any better. I ran with my heart and felt wonderful running for those who can't. I had a sign attached to me saying why I was running around Southbank for hours and hours. It was awesome.

My girlfriend who was doing the hair-a-thon had entered a relay team in the 100 km and we had arranged to do the final 5 km lap all together. We all came across the finish line at 3pm in matching singlets.

I have never been a great runner but the people I have met, the satisfaction I have felt and the camaraderie that comes with ultra distance running is what it is about.
"It is not external influences that shape who we are...it's our love and spirit and ability to give our all....."


# Kuranda to Port Douglas Ultra 23 August 2015 By Rob Scoines 

I was looking for a break from a particularly cold NSW winter and also wanted some variety in my build-up for the GNW 100 miler. What better place to go than FNQ and what better event to enter than K2PD?

Having experienced the 64 km event in 2011 I knew what to expect - ie, a good challenge with a variety of terrain and surroundings, and friendly and efficient event management. This year's event did not disappoint.

I started in the half-light with 35 fellow solo runners and a representative of the relay team "Trail Chicks". Unfortunately the "Cirque de sore legs" team didn't make it to the start. Hopefully their legs will be feeling better next year. The start line was at the top of the range near Kuranda. Note to self: even though you know the run is essentially in daylight, still take your headlamp. It comes in handy when using the portaloo before the race start.

The first $20+$ kilometres followed an undulating gravel road called Black Mountain Road which took us through a variety of environments including rainforest and open areas. I particularly enjoyed running under the rainforest canopy. There was very limited vehicular traffic, just us runners and the cassowaries. While I didn't actually see any cassowaries it was nice to know they were there somewhere in the bush. My strategy involved taking it very easy through this section. There were a few small groups of runners who were for the most part fairly relaxed and open to a chat. I came across a fellow Terrigal Trotter who had moved to FNQ a few years ago. I had never met Rob E. before but it was good to meet

someone with whom I had running and the Central Coast in common.

The course deviated onto single trail after the 21 km check point. This is the section I enjoyed the most - narrow trails, undulating to hilly, close vegetation, all runable, no snakes, and a few creek crossings, the deepest of which was knee high. I pushed things along through this section. After 18 km of this we came out for another couple of kilometres on gravel road before the next check point where there was plenty of fruit, water, sweets and encouragement on offer. Then we were back on to single trail.

Although most of the next single trail section was downhill, there were still a few sharpish inclines and my legs started to feel heavy. Ultimately we came to the top of the Bump Track and a few kilometres of very steep descent. At this point I was very glad that the event wasn't run in the reverse direction.

At the bottom of the Bump Track we were onto the bitumen for a few kilometres. This was my least favourite section. By this stage it had warmed up. Prior to this the temperature had been relatively mild and pleasant. However the road section was more exposed,
and with the reflection of the heat, those of us who were used to training in $\sim 10-15$ degrees, started to feel the pressure. I struggled through this section but managed to keep my legs turning over, albeit slowly, and arrived at the beach.

The beach section was more pleasant than the road, but it seemed like it was never going to end. It was in fact 3.5 km long. I was joined by the first female along this section and ultimately I finished okay in 7.02, about an hour behind the first finisher and in 5th place overall.

I took a long while to recover before I made my way to the water to enjoy a very enjoyable and refreshing post run swim.

We were off the beach by the time the afternoon downpour occurred and happily enjoyed the cafes of Port Douglas soon afterwards.

Overall the run provided lots of variety in terrain and views. It was also very well organised by happy and motivated people, and it provided me with an opportunity to spend a few days in a beautiful part of Australia with my very, very supportive wife. What more could an ultra runner wish for?


# Surf Coast Century 100km <br> 19 September 2015 <br> By Simon Roberts 

After taking up ultra running last year, and Surf Coast Century 2014 being my first 100 km , the Surf Coast Century 100km holds a special place for me. Last year I had a really good time. My family came down for the weekend and crewed for me. We hung out in Anglesea for the weekend, taking in the usual tourist sites, and we supported my running buddies in their own events across the weekend. Last year I ran the first half of the SCC100 with my trail buddy, Nigel, before he pulled out with gastro issues. Although I was happy enough with my 13:22 "Small Stein" finish, I definitely wanted the "Big Stein" (sub 12hr) finish this year!

This year, my plan was to run with one of my training partners, Regan, for as long as I could hold onto him. Our running styles are such that I can match him on flat and moderate terrain, but as soon as there is decent climbing, I'm totally in the weeds. As it turns out, that's pretty much what happened.

The start line is right on the beach at Anglesea and we headed out for 21 km towards Torquay, watching the sunrise off to our right. The sand was pretty firm, and Regan and I ran the first segment in 1.56 which was right on schedule. We ran part of the way with another of our mates, Dave, who was running the first leg of the relay with a bunch of trail buddies.

A couple of minutes in the aid station, and we were off on the second segment along the path above the beach back to Anglesea. Although this is probably the least scenic leg, it was nice to have a bit of variety up and down each of the
hills, and a bit of ducking in and out of the bush. Everything was tracking okay here until I tripped on a tree root and face-planted the trail. I had no time to put my arms out. I smacked my head straight onto the ground and saw stars for a minute before I could drag myself to my feet. Regan and trail buddy, Trish, (second runner in the relay team), picked me up and we got back to running. Although I didn't know it at the time, I had probably cracked a rib then, and my day wasn't going to get any easier. Regardless, we hit the halfway aid station in 4.47 , around 15 minutes ahead of schedule (too early for my crew, apparently!).

Leg three started with a spidercrawl under a bridge, not exactly what you want when you're feeling a bit battered already! After that, we headed inland through the bush towards Moggs Creek Picnic Area. There are a couple of climbs in this section where I knew Regan was going to be quicker so I sent him off to do his thing while I grumbled my way up the hills. Somewhere along this leg I fell over again, this time on my left hand side, and scraped up my shoulder and bloodied my knee. Needless to say, I was starting to look a bit bedraggled and was feeling unimpressed. Leg three was always going to be my weakest, and I had to do a lot more walking than I had hoped for, but my third split was 8.17, only
a few minutes behind schedule despite missing a turn and adding a couple of extra kilometres.

For me, leg four back to Anglesea was just about surviving. I really enjoyed the terrain (run-able and yet not flat), and running on my own allowed me to relax into a good rhythm. I started off a bit slow, walked some more, but then picked up the pace a bit later and finished that leg a little under three hours. But, wouldn't you know it - I fell over again! This time, right hand side, right knee and shoulder. At least by then I had a matching set!

Finally, it was a beach run in the dusk to the finish and I was home in 11.15 - well under the 12 hours I was aiming for. My buddies and family were all there. They filled my "Big Stein" with the beer I had been dreaming about for a couple of hours and the celebrations began.



## Waterous Trail On Foot (WTF) 100 Mile 26 September 2015 By Crystal Shiu



Entering the Waterous Trail on Foot (WTF) was a bit of a last minute decision. I had DNF-ed at the Fat Dog 120 a month earlier, and not wanting to waste the training I'd done, I ran the idea of WFT past Andy Hewat. With Andy's reassurance that it wasn't completely stupid, I was in.

The 100 mile course starts in Dwellingup, runs north for 85 km along the Munda Biddi mountain bike trail (with a small diversion), and then heads back south to finish in front of Chalet 1 at the caravan park. While the 100 milers head south to north, the 50 milers simultaneously head north to south, so they pass each other midway.

The really special thing about WTF is the grass roots, community running vibe. The diverse range of volunteers from the Perth Hills and Trails (PHAT) speedsters, Bunbury Runners Club and my own running 'family' of Parkrun, all come out to support, feed and cheer on the runners.

Many of the 100 mile entrants had never done a 100 mile event before. Some had never even done a 100 km event. At the start line it felt more like the start of a long Sunday run with friends rather than a race as everyone chatted to each other.

The race started and I ran with Ben (a fellow Parkrunner) and Richard (a new friend) chatting away. This went on for about 5 km until Ben (the favourite to win) went ahead. Richard and I continued running and chatting away until we realised we had missed the turn for the first checkpoint roughly 5 km earlier. (Insert some frustrated language here...) We managed to get in contact with the race director, David Kennedy, who told us we could complete the out and back distance on the return leg to avoid backtracking the whole way (thanks again Dave!). From then on we paid a lot more attention to the signage and less on talking.

I was on my own from about 18 km and was looking forward to hitting
the Oakly Dam Aid Station (t approximately 30 km ), also known as the Parkrun aid station. I was greeted by many friends who were amused at my race nutrition which consisted of a cold pie and coke. With sugar, fat, carbs and protein can you think of a better race fuel combination?!

The run up to the turnaround point was very tough. Emotionally I wasn't really in the game, which made it harder, but inspirational pop songs on repeat managed to get me to 85 km where I was greeted by many of my PHAT friends who all gave me hugs, which resulted in tears. Karen lent me her torch here and I really wouldn't have made it to the next checkpoint without it.

I found a strange sense of comfort running at night - maybe because my world involved concentrating on a single beam of light or maybe

because I was getting so tired my brain just couldn't over think any more. Either way, emotionally and mentally I got back on track.

Kellie, my pacer (who I had never met before this event and yet who still volunteered to pace me), picked me up with 42 km to go. I am very grateful to this amazing woman who stuck by me the entire time, entertained me with music and probably got really cold walking for a lot of the last 42 km . I felt like a zombie heading into the
final checkpoint with 17 km to go and even more demoralising was the extra out and back I needed to do to make up for missing it the first time. But leaving that aid station fuelled by the best wishes of the folks at "Treasure Island", pizza, red bull and coffee, I was ready to head home. The last section was a bit of a blur but I remember my legs could amazingly still run. I felt that I truly might actually make it. And to the shock of often my biggest doubter - ie, myself - I did.

On behalf of all the runners, a huge thank you to the volunteers, supporters, pacers and friends who came down and made this event possible. Without you, WTF wouldn't be possible and wouldn't be the same. Thanks also to Dave Kennedy who works tirelessly to put this fantastic event on for us every year.

I know I said at the end that I'd never do a miler again, but let's see what happens next September.

## Sri Chinmoy Canberra 102km Ultra 27 September 2015 By David Hosking

Ever since running my first 100 km race (Surf Coast Century in 2012) I had been looking forward to the next one. I had my eye on the 2013 Sri Chinmoy 100 km . Running the first 100 km race in Canberra to commemorate the Centennial seemed like a good objective for a Canberra trail runner. However, issues with my glutes meant that I haven't raced for the last couple of years.

Given the organisers add a kilometre to the course each year, I figured I should probably do the race sooner rather than later. Thanks to physio, Cathy Hogg, my glute strength was back to normal
earlier this year. I also had some good training under my belt so I was pretty confident I could run the distance. My overall objective was to run my own race, finish in daylight and go under 12 hours.

Having not run the race before, I put in a lot of effort to run the 2014 route over several training runs. Consequently I was thrown a little a week out when I saw that course designer and ultra runner supremo, Martin Fryer (Flyer), had changed the course quite substantially, including putting back in the route over Mount Stromlo!

I lined up on a beautiful, crisp

Canberra morning and after a bit of a chat with a few of the runners at the start, we were off! Lake Burley Griffin was like glass and three hot air balloons were being inflated next to us as we ran past the Carillion to Kings Bridge. Paul Cuthbert (the eventual winner in a very rapid 10:17) took off and was never seen again by any of the runners. I settled into an easy pace and ran with Brett Easton for a stretch from Parliament House to Red Hill. With the first climb up Red Hill I started my strategy of power hiking the steep bits, which seemed to work quite well.

Brett took off just before the tunnel/drain under Hindmarsh Drive which I was dreading. The tunnel involved about 100 m of walking through the dark in a half crouch. Comforted by the fact that at least ten runners went through ahead of me (and survived), and lit by a small torch I had in my pouch, I made it through and into the woodland behind O'Malley.

The rest of leg one offered brilliant views of South Canberra after a steep climb up Isaacs Ridge

and then a look down towards Tuggeranong as we climbed Mount Taylor. I met my support crew (wife, Sue, and two of my children, Jono and Anna) just before Mount Taylor and switched to a hydration pack for the next 50 km .

Dave Osmond was the first of the relay runners to catch me just before summiting Mount Taylor. Cruising into the leg one transition was a real buzz. Support for the solos was terrific. I high fived Sue and headed off towards Mount Arawang. 26 km down and I was in 11th position.

Leg 2 was long ( 29 km ) and relatively flat and run-able. A lot of leg 2 relay runners passed me in the first ten kilometres. Marty Dent flashed past me at a pace only he could maintain for a 30 km leg. I passed a couple of solos but largely ran my own race. It was nice to see Sue and the kids a couple of times during the lonely 10 km around and over Stromlo. It was starting to get hot too so I focussed on nutrition (gels and small pieces of sweet potato with sports drink chaser) with regular sips of water.

I was very pleased to get to the

Arboretum transition at 55 km - ie, over halfway. I was feeling pretty good and caught another solo runner, Josh Strahorn, as we entered Black Mountain reserve. Josh and I were chatting as we were passed by the eventual first woman (and sixth overall), Sarah Fien, who looked strong and disappeared into the distance with Josh in tow. I found Black Mountain oppressive in the heat and backed off the pace a lot. I cursed Flyer for the ultra steep track that took us straight up the side of Black Mountain. He was cursed again for the steep descent on the other side. My quads were starting to complain about the downhills. A strategic shoe swap (slightly bigger size for my swollen feet) just before the long flat bike path segment running into Dickson and the final transition worked really well. With only 23 km to go I knew I would finish in daylight, but the question was whether my time would have an 11 in front of it.

The final leg was over Mount Majura and Mount Ainslie, two areas that I am really familiar with. Fortunately I was feeling strong all the way up to the summit of

Mount Majura, running large sections. Somewhere along this stretch I passed Josh again to move into ninth overall (my final position). Descending Majura was awful. My quads were gone and I was getting really sloppy on my feet, stumbling on loose rocks. Fortunately, as soon as I hit the flat and uphills of Hackett Ridge and Mount Ainslie I was fine. I was very happy to reach the summit and see my support crew for the final time before the finish. I had just over thirty minutes to get off Mount Ainslie, down Anzac Parade and to the finish to break 12 hours. Ignoring the pain in my quads I made it to the finish with 10 minutes to spare!

This was a brilliant and brutal course. Big raps to the race organisers. To be able to run a 102 km trail race in the middle of our national capital with minimal road crossings and non trail sections is incredible. Congratulations to Paul and Sarah for great performances. Huge thanks to Sue, Jono and Anna for love, support, nutrition and gear swaps. This was definitely a race I'd do again.

# Washpool World Heritage 50km 18 October 2015 <br> By Steel Beveridge 

David Waugh returned to the trails of the Gibraltar and Washpool National Parks to establish a new standard for the Washpool 50 km event. Waugh led from the get-go moving relentlessly away from the rest of the field. By checkpoint two he had twenty minutes on the next runner to cross the highway. At the finish his margin was a little over 27 minutes. Having won the event on previous occasions he did have the advantage of being familiar with the course, but his time of 4.12.37, a new record, meant that he took full advantage of the excellent October conditions.

Second spot went to newcomer, Craig Simpson, who won a mid-race tussle with third-placed Luke Stephen. Both were comfortably under 5 hours while fourth placed Nathan Stuart managed that feat by 25 seconds.

The first female was Emma Burgess in 5.48 .42 prevailing over Anna Rayward by just under thirteen minutes. The third female was Judith Briscoe who had over five minutes up on Jacqueline King.

Perhaps the happiest finishers were Corinne Alberthsen and Ingrid Mitchell who finished together to close out the day in 8.10.31.

The award for the longest 50 km was collected by Bruin Hutchings who made a left instead of a right turn on Moogem Road before retracing his steps and completing his elongated journey in 7.05.52. Next year should see a PB for him!

Thanks must go to the volunteers on the day and the sweepers who cleaned up most of the markers.

Next year's event looks set to take place on Sunday 16 October 2016.


The first three women:
Judith Briscoe (3rd), Anna Rajward (2nd), Emma Burgess (1st)


The first three men:
Luke Stephen (3rd), David Waugh (1st), Craig Simpson (2nd)

# International Race Report 

Ultra Pirineu 2015<br>By Jonathan Worswick

Winner, Kilian Jornet, 12 hr 35 min . Jonathan Worswick, 266th in 21 hr 15 min . What happened? How could I take nearly twice as long as the winner when normally I am only a few hours behind? Well, even though I knew this was going to be tough, I still underestimated the event. This turned out to be one of the toughest races I have ever done, and that comparison includes 100 milers like Hard Rock and UTMB.

## The race

- Spanish Pyrenees, north of Barcelona and just south of Andorra
- 110 km , including 6900 m ascent, highest point 2500 m
- 1000 runners, mainly Spanish, in fact mainly Catalan locals
- Mainly single track, some dirt road, also some technical sections that included scree, boulders and creek beds
- Well marked course with regularly spaced aid stations
- The weather was good and so runners were only required to carry "light" kit. There were also many mountain streams to get water.


## The start

The race started in the small historic town square of Baga. Leading up to the starting gun, the excitement built and the crowd gathered, speakers played the sound track from the movie "The Last of The Mohicans", film cameras were set up at different locations and interviews were held with elite runners. As the start time approached, the volume from the
speakers and the cheering of the crowd ramped up and the tension grew. When the starter's gun fired at 7 am the runners started to funnel out from the square into a narrow alley where spectators were on the balconies and standing back in door recesses to avoid the first onslaught of runners. It was very dramatic and enough to send tingles up your spine.

## All Is Good

Immediately after leaving Baga, the race hit the first of two major climbs and what a whopper it was, taking 14 km to reach the summit at a chair lift terminus. The view from the top was spectacular 360 degree views stretching far into the distance in all directions. While the conditions were picture (and running) perfect, the summit ridge was quite chilly at an altitude of 2500 m . I survived this climb feeling good and headed into the first major downhill.

The route dropped into a valley where the temperature picked up to 25 degrees before hitting the second major climb where half way up, things started to go pearshaped. I started to breathe more heavily and my legs felt like lead. I knew what this feeling was as I'd been there before - altitude. The rest of the event was pure survival.

Fortunately, the checkpoints were excellent and stocked with pasta, bread, soup, sports bars, electrolyte, fruit, cake, nuts etc. It was also noticeable that many of the locals spent much longer eating and recovering than you see in Australian races. It must be that relaxed Mediterranean style of theirs.

## I want out!

At 84 km I planned to pull out as I couldn't eat and felt sick in the stomach. However, my partner, Kate, cunningly tricked me into heading out to the next checkpoint which was only 8 km further (and relatively flat) where she said I could pull out. It became dark during this leg (at about 8pm) and, cruelly, it ended up being nasty trail so I walked much of it. For reasons too long to detail here (it is a good story), Kate didn't make it to the checkpoint, and as it was a difficult place to DNF, I continued on.

## A Slippery Slope

The next section included a steep narrow technical forest track that had become a skating rink after hundreds of runners had already come through. Although there was a language barrier a number of us had laughs together as one then the next runner slipped and slid their way down. My laughing didn't last long though as we finished a small climb into the next checkpoint. I had some bouillon and Coke, threw up 3 times, and then staggered out of the aid station 15 minutes later.

## Automatic Pilot

On the uphill I was overtaken by many runners who seemed to be going twice as fast as I was. On the downs and flats I lost less time, although still some. My head down, I got into auto mode and ground out the remaining distance, stopping often on the remaining climbs.

## A Bog

One of the final ascents went through a sloping cow paddock which had been made into a bog of

mud and sloppy dung. I heard a few howls in the dark as runners slipped and fell into cow pats or large mounds of thick mud. Here my poles were a great help in keeping me on my feet. In long European races most runners use poles for up and down hills. Usually collapsible carbon fibre and very light they are an essential part of your kit.

## The Finish Line

Finally we reached the top of the last climb. Now it was just a long descent of fire road and some tarmac. I managed to jog most of it back. It seemed never ending. The last few kilometres always seem to drag on. Everything was so quiet I wondered where the town was. Eventually I turned a corner and there were lights ahead. I ran through a few streets to the finish line in a small plaza. A small but
raucous crowd cheered me in.

## Would I do it again?

At 4am at the finish line $I$ of course said, "never again", but a few days later after copious amounts of rehydration from vino tinto in Barcelona, "yes", as it was a spectacular run (and would be a great area for hiking), but only after some serious acclimatisation.

## What did I learn?

- Make sure to check out the route in detail. I knew about the elevation gain so had trained on hills but the altitude had a major affect so ideally I would spend a week in the area staying high and running/walking the ridges.
- Don't get cocky just because you think you have done the distance before as every race is different.
- Don't cop out when you think you have fallen into the abyss. The body is quite amazing. In most situations you can make it through. It may seem like a death march but just keep moving forward.
- Hill training in Australia is good but it's no substitute for the length of the climbs and the altitude.


## Interested in competing?

This event is very popular. Entries fill up quickly as does the town accommodation. We actually stayed near the town of Saldes which was beautiful but a 25 minute drive to the start on windy mountains roads. Alternatively, there is another event on the same day just a few mountain ranges away that is a little shorter and doesn't have as much hype as this one. It could be worth considering.

## Race Results

## Berry Long Run, August 152015 Bacchus Marsh, VIC QLD

| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 1 |  | $6: 16: 10$ | Rennick | Stephen |
| 2 | 2 |  | $6: 22: 03$ | Hack | Martin |
| 3 | 3 |  | $6: 47: 20$ | Clark | Ben |
| 4 | 4 |  | $6: 51: 42$ | Nunan | Daniel |
| 5 | 5 |  | $7: 40: 00$ | Day | Paul |
| 6 | 6 |  | $7: 48: 00$ | Prentice | Derek |
| 7 |  | 1 | $7: 51: 35$ | Carter | Lucy |
| 8 | 7 |  | $8: 01: 03$ | Gould | Richard |
| 9 |  | 2 | $8: 02: 15$ | Lane | Chloe |
| 10 | 8 |  | $8: 10: 10$ | Jakus | Gabor |
| 11 | 9 |  | $8: 20: 40$ | Waites | Adam |
| 12 | 10 |  | $9: 08: 54$ | Munns | Peter |


| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 13 | 11 |  | $9: 23: 07$ | Perraton | Luke |
| 14 | 12 |  | $9: 28: 47$ | Sritharan | Prassana |
| 15 | 13 |  | $9: 33: 26$ | Ciberlin | Joseph |
| 16 | 14 |  | $9: 39: 40$ | Baff | Nick |
| 17 |  | 3 | $10: 03: 04$ | Ahale | Anja |
| 18 | 15 |  | $10: 14: 26$ | Connoly | Simon |
| 19 | 16 |  | $11: 02: 15$ | Davies | Justin |
| 20 | 17 |  | $11: 02: 16$ | Plant | Graham |
| 21 | 18 |  | $11: 47: 52$ | Voronov | Andray |
| 22 | 19 |  | $11: 55: 51$ | McMennemin | Michael |
| Bold SURNAME indicates AURA member. |  |  |  |  |  |

## Centeniall Pakr Ultra 50km, August 2, 2015 Centennial Park, Sydney, NSW

| Rank | $\begin{aligned} & \text { Cat } \\ & \text { Place } \end{aligned}$ | Cat <br> Place | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 1 |  | 3:10:17 | Davies | Brendan |
| 2 | 2 |  | 3:21:01 | Mullins | Gary |
| 3 | 3 |  | 3:25:38 | Tuckey | Andrew |
| 4 | 4 |  | 3:32:27 | Heyden | Andy |
| 5 | 5 |  | 3:52:56 | Dundon | Paul |
| 5 |  | 1 | 3:55:37 | Farrelly | Chantelle |
| 7 | 6 |  | 3:55:58 | Smit | Rocco |
| 8 | 7 |  | 3:56:53 | Profke | Andrew |
| 9 |  | 2 | 3:58:51 | McDermott | Sonia |
| 10 | 8 |  | 4:08:56 | Barnes | Geoff |
| 11 | 9 |  | 4:10:09 | Goodwin | Tim |
| 12 | 10 |  | 4:12:22 | Annett | Noel |
| 13 | 11 |  | 4:14:37 | Dernee | Phill |
| 14 |  | 3 | 4:22:38 | Tichon | Larissa |
| 15 | 12 |  | 4:26:06 | Williams | Tony |
| 16 | 13 |  | 4:26:59 | Gerber | Grant |
| 17 | 14 |  | 4:28:35 | Maddern | Nick |
| 18 | 15 |  | 4:38:29 | Blake | Jonathan |
| 19 | 16 |  | 4:40:14 | Vengadasalam | Ganesh |
| 20 | 17 |  | 4:41:31 | Craven | Bruce |
| 21 | 18 |  | 4:48:01 | Tunstall | Gavin |
| 22 | 19 |  | 4:48:47 | Careless | Ben |
| 23 |  | 4 | 4:48:47 | Isbell | Samantha |
| 24 | 20 |  | 4:53:19 | Robertson-Ball \| | Nathan |
| 25 |  | 5 | 4:54:48 | Paneras | Lea |
| 26 |  | 6 | 4:55:26 | Basserabie | Lindsey |
| 27 | 21 |  | 4:55:49 | Gregory | Wayne |
| 28 | 22 |  | 4:58:56 | Nuttall | Peter |
| 29 | 23 |  | 5:02:39 \| | Smith | Nick |
| 30 | 24 |  | 5:05:26 | Flanagan | Christopher |
| 31 | 25 |  | 5:07:23 \| | O'Brien | Andrew |
| 32 |  | 7 | 5:07:24\| | O'Brien | Sue |


| Rank | Cat <br> Place | $\begin{aligned} & \text { Cat } \\ & \text { Place } \end{aligned}$ | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 33 |  | 8 | 5:08:05 | Bunyon | Nicole |
| 34 | 26 |  | 5:09:41 | Premanan | Chetsada |
| 35 |  | 9 | 5:16:17 | Brown | Andrea |
| 36 |  | 10 | 5:16:30 | de Brabander | Melissa |
| 37 |  | 11 | 5:16:30 | Sinclair | Kellie |
| 38 | 27 |  | 5:22:50 | Sim | Tak |
| 39 | 28 |  | 5:23:23 | Buxton | Jeff |
| 40 | 29 |  | 5:31:05 | Ziegler | Victor |
| 41 | 30 |  | 5:31:06 | Evans | Gavin |
| 42 |  | 12 | 5:35:46 | Sawyer | Carla |
| 43 |  | 13 | 5:38:28 | Knox | Sally |
| 44 | 31 |  | 5:39:52 | Paxton | Robert |
| 45 | 32 | 14 | 5:40:59 | Puyat | Reyel |
| 46 | 33 |  | 5:43:31 | Tohid | Munir |
| 47 |  | 14 | 5:44:19 | Maloney | Lyndal |
| 48 |  | 15 | 5:49:09 | Dounis | Amanda |
| 49 |  | 16 | 5:49:46 | Chan | Karen Woon Cheung |
| 50 |  | 17 | 5:56:46 | Tappouras | Karin |
| 51 |  | 18 | 5:58:05 | Hayward | Karenn |
| 52 | 34 |  | 6:08:52 | Ziogas | George |
| 53 |  | 19 | 6:09:40 | Smith | Elizabeth |
| 54 | 35 |  | 6:12:22 | Crick | Anthony |
| 55 | 36 |  | 6:23:51 | Plunkett | Gordon |
| 56 | 37 |  | 6:30:40 | Louden | Andrew |
| 57 |  | 20 | 6:33:08 | Gerber | Jenny |
| 58 |  | 21 | 6:34:51 | Walden | Joy |
| 59 | 38 |  | 6:44:40 | Pluss | Martin |
| 60 |  | 22 | 6:49:50 | Mcilwaine | Sally |
| 61 |  | 23 | 7:28:07 | Pretty | Helen |
| 62 |  | 24 | 9:33:46 \| | Lutz | Cheri |

Bold SURNAME indicates AURA member.

Wasthpool World Heritage Trails 50km, October 18, 2015
Washpool \& Gibraltar Range National Parks, NSW

| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 1 |  | 4.12 .37 | Waugh | David |
| 2 | 2 |  | 4.39 .39 | Simpson | Craig |
| 3 | 3 |  | 4.44 .23 | Stephen | Luke |
| 4 | 4 |  | 4.59 .35 | Stuart | Nathan |
| 5 | 5 |  | 5.02 .43 | Madirazza | Peter |
| 6 | 6 |  | 5.04 .16 | Dennien | Ben |
| 7 | 7 |  | 5.19 .36 | Stevenson | Jarrad |
| 8 | 8 |  | 5.27 .05 | Koopmans | Rodney |
| 9 | 9 |  | 5.33 .35 | Doley | Weston |
| 10 | 10 |  | 5.47 .57 | Goulding | Ash |
| 11 |  | 1 | 5.48 .42 | Burgess | Emma |
| 12 |  | 2 | 6.01 .27 | Rayward | Anna |
| 13 | 11 |  | 6.01 .55 | Veidt | Martin |
| 14 | 12 |  | 6.06 .39 | Rayward | Duncan |
| 15 | 13 |  | 6.06 .47 | Fogg | Dave |


| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 16 | 14 |  | 6.12 .45 | Price | Ben |
| 17 | 15 |  | 6.17 .00 | Glover | Graham |
| 18 | 16 |  | 6.17 .00 | Rogers | Jackson |
| 19 | 17 |  | 6.21 .36 | Fuller | David |
| 20 | 18 |  | 6.27 .20 | English | Stephen |
| 21 |  | 3 | 6.27 .46 | Briscoe | Judith |
| 22 |  | 4 | 6.33 .00 | King | Jacqueline |
| 23 |  | 5 | 6.46 .50 | Simpson | Shay |
| 24 |  | 6 | 7.00 .28 | Simpson | Joanne |
| 25 | 19 |  | 7.05 .52 | Hutchings | Bruin |
| 26 | 20 |  | 7.23 .49 | Cox | William |
| 27 |  | 7 | 8.10 .31 | Alberthsen | Corinne |
| 28 |  | 8 | 8.10 .31 | Mitchell | Ingrid |
| 29 | 21 |  | 8.50 .05 | Lewis | Stephen |
| Bold SURNAME indicates AURA member. |  |  |  |  |  |

## Yurrebilla 56km, September 27, 2015 Adelaide Hills, SA

| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 1 |  | $4: 22: 51$ | Byrne | David |
| 2 | 2 |  | $5: 20: 37$ | Bloomfield | Mark |
| 3 | 3 |  | $5: 31: 35$ | Funk | Kieren |
| 4 | 4 |  | $5: 34: 30$ | Hough | Andrew |
| 5 | 5 |  | $5: 37: 44$ | Byas | Dion |
| 6 | 6 |  | $5: 43: 58$ | Robinson | Will |
| 7 | 7 |  | $5: 44: 09$ | Linney | Darren |
| 8 |  | 1 | $5: 44: 28$ | Bartholomew | Lucy |
| 9 |  |  | $5: 48: 57$ | Kuwata | Kazu |
| 10 | 8 |  | $5: 52: 55$ | Kromkamp | Adam |
| 11 | 9 |  | $5: 53: 43$ | Holland | Matthew |
| 12 | 10 |  | $5: 53: 52$ | Toolan | Ryan |
| 13 | 11 |  | $5: 54: 14$ | Millard | Mark |
| 14 | 12 |  | $5: 55: 26$ | Maycock | Nige |
| 15 | 13 |  | $5: 57: 11$ | Cummins | IJohn |
| 16 |  |  | $5: 57: 54$ | Jackson | Sheena |
| 17 | 14 |  | $5: 58: 02$ | Taylor | Randell |
| 18 | 15 |  | $6: 01: 08$ | Wright | Benjamin |
| 19 |  |  | $6: 01: 23$ | Bertrand | Caroline |
| 20 | 16 |  | $6: 02: 27$ | Ranford | Scott |
| 21 | 17 |  | $6: 05: 23$ | Cameron | Scott |
| 22 | 18 |  | $6: 06: 59$ | Nitschke | Luke |
| 23 | 19 |  | $6: 08: 42$ | Roberts | Paul |
| 24 |  |  | $6: 08: 47$ | Richards | Connie |
| 25 |  |  | $6: 10: 07$ | Young | Bronwyn |
| 26 | 20 |  | $6: 10: 41$ | Schubert | Simon |
| 27 | 21 |  | $6: 15: 35$ | Taylor | Chris |
| 28 | 22 |  | $6: 16: 35$ | Carr | Lachlan |
| 29 | 23 |  | $6: 18: 39$ | Worley | Brett |
| 30 | 24 |  | $6: 19: 04$ | Norton | Howard |
| 31 | 25 |  | $6: 19: 34$ | Atkinson | Geoff |


| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 32 | 26 |  | 6:21:50 | Riedl | Karl |
| 33 | 27 |  | 6:21:51 | Hunt | Glen |
| 34 |  |  | 6:23:25 | Crichton | Georgins |
| 35 | 28 |  | 6:23:48 | Mulvihill | Simon |
| 36 | 29 |  | 6:24:35 | Plummer | Stephen |
| 37 | 30 |  | 6:26:43 | Hockings | Ben |
| 38 | 31 |  | 6:27:29 | Hurley | Peter |
| 39 | 32 |  | 6:27:38 | Hughes | Stuart |
| 40 | 33 |  | 6:28:13 | Mclean | Gary |
| 41 | 34 |  | 6:28:16 | Pattison | Clint |
| 42 | 35 |  | 6:28:19 | Bourner | Tim |
| 43 | 36 |  | 6:29:52 | Allan | Christopher |
| 44 | 37 |  | 6:31:36 | Bras | Riley |
| 45 | 38 |  | 6:32:42 | How | Travis |
| 46 | 39 |  | 6:35:12 | Wright | Gary |
| 47 | 40 |  | 6:36:51 | Reimann | Peter |
| 48 | 41 |  | 6:41:56 | Dueholm | Bjorn |
| 49 | 42 |  | 6:42:36 | Griffiths | Beau |
| 50 | 43 |  | 6:43:20 | Kniter | Craig |
| 51 | 44 |  | 6:44:01 | Cavin | Ben |
| 52 | 45 |  | 6:44:01 | Johnston | Brenton |
| 53 | 46 |  | 6:45:46 | Rooke | Kieran |
| 54 |  |  | 6:46:01 | Benny | Angela |
| 55 | 47 |  | 6:47:06 | Hughes | Toby |
| 56 | 48 |  | 6:47:08 | Burdett | Steve |
| 57 | 49 |  | 6:47:56 | Golding | Kirk |
| 58 | 50 |  | 6:48:06 | De Wit | Pieter |
| 59 |  |  | 6:48:09 | Pasoce | Karina |
| 60 | 51 |  | 6:48:56 | Usher | Marty |
| 61 |  |  | 6:49:21 | Munzberg | Emma |
| 62 |  |  | 6:53:44 | Hebart | Michelle |


| Rank | $\begin{gathered} \text { Cat } \\ \text { Place } \end{gathered}$ | $\begin{array}{\|c\|} \hline \text { Cat } \\ \text { Place } \\ \hline \end{array}$ | Time | Last Name | First Name | Rank | $\begin{array}{c\|} \hline \text { Cat } \\ \text { Place } \end{array}$ | $\begin{array}{c\|} \hline \text { Cat } \\ \text { Place } \end{array}$ | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 63 |  |  | 6:53:49 | Pearce | Anna | 120 | 95 |  | 7:37:33 | Mortlock | John |
| 64 | 52 |  | 6:54:13 | Whalan | Robert | 121 |  |  | 7:38:06 | Mibus | Heidi |
| 65 |  |  | 6:56:04 | Banh | Hoa | 122 |  |  | 7:38:06 | Warburton | Tymeka |
| 66 | 53 |  | 6:56:12 | Weatherill | Douglas | 123 | 96 |  | 7:38:25 | Handbury | Robert |
| 67 | 54 |  | 6:56:23 | Carman | David | 124 | 97 |  | 7:38:25 | Edwards | Mark |
| 68 | 55 |  | 6:57:11 | Vasey | Brenton | 125 | 98 |  | 7:38:25 | Wood | Ben |
| 69 | 56 |  | 6:57:38 | Falls | Mark | 126 | 99 |  | 7:38:27 | Marriott | David |
| 70 | 57 |  | 6:57:59 | Hill | Ian | 127 | 100 |  | 7:41:10 | Rugless | Paul |
| 71 |  |  | 6:59:11 | Mallon | Jasmin | 128 |  |  | 7:41:32 | Nilsson | Tina |
| 72 |  |  | 7:00:13 | Murphy | Sarah | 129 | 101 |  | 7:41:55 | Thompson | Adam |
| 73 |  |  | 7:02:32 | Hart | Fiona | 130 |  |  | 7:42:00 | Martin | Lindsay |
| 74 | 58 |  | 7:02:32 | Ebert | Andy | 131 | 102 |  | 7:43:32 | Lagrou | Bram |
| 75 | 59 |  | 7:02:39 | Smith | Alex | 132 |  |  | 7:44:17 | Thornton | Sarah |
| 76 | 60 |  | 7:03:22 | Berry | Kieron | 133 | 103 |  | 7:44:41 | Rees | Matthew |
| 77 |  |  | 7:03:34 | Parobec | Sarah | 134 | 104 |  | 7:44:55 | Fowler | Duncan |
| 78 | 61 |  | 7:05:22 | Creek | Ryan | 135 |  |  | 7:46:25 | Kirkby | Alison |
| 79 | 62 |  | 7:05:34 | Boyce | Gary | 136 |  |  | 7:46:25 | Robertson | Kate |
| 80 | 63 |  | 7:05:45 | Moyle | Mark | 137 | 105 |  | 7:46:26 | Parsons | James |
| 81 | 64 |  | 7:05:53 | Malone | Jeffrey | 138 |  |  | 7:46:40 | Hughes | Diane |
| 82 |  |  | 7:06:46 | Luke | Jane | 139 |  |  | 7:46:55 | Feder | Naomi |
| 83 | 65 |  | 7:06:50 | Schubert | Jonathan | 140 | 106 |  | 7:47:21 | Gunson | Pedro |
| 84 | 66 |  | 7:09:01 | Stokes | Peter | 141 | 107 |  | 7:47:46 | Schmidt | Daniel |
| 85 | 67 |  | 7:10:04 | Luce | Pellegrino | 142 | 108 |  | 7:48:34 | Raymond | Leon |
| 86 | 68 |  | 7:10:18 | Anderson | Damien | 143 | 109 |  | 7:50:24 | Cowell | Andrew |
| 87 | 69 |  | 7:10:49 | Kelly | Steven | 144 | 110 |  | 7:50:31 | Braddon | Mark |
| 88 | 70 |  | 7:10:50 | Kelly | Greg | 145 |  |  | 7:51:15 | Sabine | Rebecca |
| 89 | 71 |  | 7:10:57 | Dang | Than | 146 | 111 |  | 7:51:22 | Smithson | Ryley |
| 90 | 72 |  | 7:11:03 | Mills | Chris | 147 | 112 |  | 7:51:49 | Yamamoto | Samuel |
| 91 | 73 |  | 7:11:04 | Morfey | Shaun | 148 | 113 |  | 7:52:38 | Cryan | Ciaran |
| 92 | 74 |  | 7:11:12 | Lampshire | Scott | 149 | 114 |  | 7:52:40 | Hancock | Mark |
| 93 | 75 |  | 7:14:00 | Day | Philip | 150 | 115 |  | 7:53:29 | Umney | Steven |
| 94 |  |  | 7:14:58 | Hayes | Amanda | 151 |  |  | 7:53:32 | Foulkes | Wendy |
| 95 | 76 |  | 7:16:52 | Jamieson | Dej | 152 | 116 |  | 7:54:11 | Tottey | Graham |
| 96 | 77 |  | 7:17:04 | Craig | Brenton | 153 |  |  | 7:56:48 | Saggs | Stephanie |
| 97 | 78 |  | 7:18:05 | Harten | Nathan | 154 |  |  | 7:57:07 | Furness | Kate |
| 98 |  |  | 7:18:11 | Abbott | M | 155 | 117 |  | 7:58:46 | Toolan | Mark |
| 99 | 79 |  | 7:18:11 | Eyers | Kym | 156 | 118 |  | 7:58:54 | Cichonski | Wojtek |
| 100 | 80 |  | 7:18:11 | Rumball | David | 157 |  |  | 7:59:23 | Mcstay | Anita |
| 101 | 81 |  | 7:18:19 | Johnson | Brian | 158 |  |  | 8:00:27 | Taipari | Rebecca |
| 102 | 82 |  | 7:20:51 | Henderson | Chris | 159 | 119 |  | 8:03:27 | Bang | Jordan |
| 103 |  |  | 7:20:51 | Denner | Trina | 160 |  |  | 8:03:35 | Joachin | Nancy |
| 104 | 83 |  | 7:21:03 | Bang | Ryan | 161 |  |  | 8:04:07 | Mortimer | Holly |
| 105 | 84 |  | 7:22:27 | Lambert | Michael | 162 | 120 |  | 8:04:07 | Thompson | David |
| 106 | 85 |  | 7:22:35 | Wright | Ben | 163 | 121 |  | 8:04:21 | Billett | David |
| 107 | 86 |  | 7:25:42 | Yokohama | Hiroshi | 164 | 122 |  | 8:04:39 | Monger | Kevin |
| 108 | 87 |  | 7:26:46 | Ellis- | Simon | 165 |  |  | 8:05:42 | Parkin | Angela |
| 108 | 87 |  | 7:26:46 | Steinborner | Simon | 166 | 123 |  | 8:05:53 | Bartsch | Paul |
| 109 | 88 |  | 7:27:48 | Gomersall | Sam | 167 |  |  | 8:06:14 | Zammit | Kylie |
| 110 | 89 |  | 7:28:50 | Parise | Justin | 168 |  |  | 8:07:13 | Anderson | Arwen |
| 111 | 90 |  | 7:29:28 | Wickham | Robbie | 169 | 124 |  | 8:07:14 | Furmage | Marc |
| 112 | 91 |  | 7:29:38 | O'Brien | Tim | 170 | 125 |  | 8:07:15 | Roberts | Michael |
| 113 | 92 |  | 7:31:22 | Coull | Morgan | 171 |  |  | 8:07:42 | Kennedy | Tracey |
| 114 |  |  | 7:32:11 | Ashmead | Rebecca | 172 | 126 |  | 8:09:21 | Davey | Sam |
| 115 |  |  | 7:32:11 | Standish | Nicole | 173 | 127 |  | 8:09:31 | Slattery | Damian |
| 116 |  |  | 7:34:51 | Moss | Beverley | 174 | 128 |  | 8:10:35 | Bras | Kelly |
| 117 |  |  | 7:36:01 | Brougham | Mitchell | 175 |  |  | 8:10:50 | Sheldon | Tania |
| 118 | 93 |  | 7:36:12 | Hartup | Russell | 176 |  |  | 8:11:13 | Jones | Nicole |
| 119 | 94 |  | 7:37:21 | Herzog | Andrew | 177 | 129 |  | 8:11:55 | Chapman | Darius |


| Rank | $\begin{gathered} \text { Cat } \\ \text { Place } \end{gathered}$ | Cat <br> Place | Time | Last Name | First Name | Rank | Cat <br> Place | $\begin{array}{\|c\|} \hline \text { Cat } \\ \text { Place } \\ \hline \end{array}$ | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 178 |  |  | 8:13:04 | Kaneko | Chris | 235 |  |  | 8:48:11 | Lang | Amber |
| 179 |  |  | 8:16:30 | Crombie | Tennille | 236 | 154 |  | 8:48:17 | Kaethner | Tim |
| 180 | 130 |  | 8:17:30 | Hanna | Russell | 237 | 155 |  | 8:48:34 | Fitzgerald | Adam |
| 181 |  |  | 8:17:33 | Maddock | Carrie | 238 |  |  | 8:48:40 | Marks | Katherine |
| 182 | 131 |  | 8:18:36 | Christensen | Lars | 239 | 156 |  | 8:48:43 | Mclean | David |
| 183 | 132 |  | 8:18:55 | Monfries | Phil | 240 | 157 |  | 8:50:04 | Gregory | Ben |
| 184 |  |  | 8:18:56 | Kikuchi | Mihoko | 241 | 158 |  | 8:50:46 | Sputnik | Sputnik |
| 185 |  |  | 8:18:56 | Hilder | Kathryn | 242 |  |  | 8:51:01 | Tomlinson | Merridie |
| 186 | 133 |  | 8:18:57 | Hilder | Simon | 243 |  |  | 8:51:18 | Fenton | Alison |
| 187 | 134 |  | 8:19:19 | Schubert | Guy | 244 | 159 |  | 8:51:42 | Fatchen | Parrish |
| 188 |  |  | 8:19:27 | Pressley | Lizzie | 245 | 160 |  | 8:51:44 | Nevares | Luis |
| 189 | 135 |  | 8:20:02 | Meyers | Luke | 246 | 161 |  | 8:52:14 | Chinnery | Zach |
| 190 |  |  | 8:20:07 | Shaw | Vicki | 247 |  |  | 8:53:40 | Walling | Erin |
| 191 | 136 |  | 8:21:05 | Smith | Joshua | 248 | 162 |  | 8:53:48 | Mitchell | David |
| 192 | 137 |  | 8:21:20 | Greeneklee | Stirling | 249 |  |  | 8:53:48 | Aislabie | Paulette |
| 193 |  |  | 8:21:33 | Lato | Izabela | 250 | 163 |  | 8:55:19 | Carroll | David |
| 194 |  |  | 8.21:48 | Pearson | Susan | 251 |  |  | 8:55:26 | Thurlings | Kathy |
| 194 |  |  | 8.21 .48 | McDonald | Susan | 252 |  |  | 8:56:13 | Mitchell | Lynda |
| 195 |  |  | 8:21:05 | Brown | Bridget | 253 |  |  | 8:56:43 | Hanlin | Michelle |
| 196 |  |  | 8:22:01 | Mcleod | Kelly | 254 | 164 |  | 8:57:21 | Mcinerney | Axl |
| 197 |  |  | 8:22:02 | Martyn | Jodie | 255 |  |  | 9:01:00 | Field | Kelli |
| 198 |  |  | 8:23:32 | Albinus | Lisa | 256 |  |  | 9:01:01 | Cheetham | Joanna |
| 199 | 138 |  | 8:24:27 | Mcdermott | Nick | 257 |  |  | 9:01:34 | Morath | Tasha |
| 200 |  |  | 8:24:44 | Fotheringham | Toni | 258 |  |  | 9:01:34 | Weeks | Lara |
| 201 | 139 |  | 8:25:36 | Warne | Geoff | 259 |  |  | 9:01:49 | Stubing | Toni |
| 202 |  |  | 8:25:50 | Engels | Christine | 260 | 165 |  | 9:02:15 | Chapman | Christopher |
| 203 | 140 |  | 8:27:01 | Newman | Mark | 261 |  |  | 9:02:15 | Chapman | Megan |
| 204 |  |  | 8:27:01 | Teiniker | Sally | 262 |  |  | 9:02:17 | Pantelic | Natalija |
| 205 | 141 |  | 8:27:26 | Formichella | Nick | 263 | 166 |  | 9:03:12 | Harrihill | David |
| 206 |  |  | 8:27:37 | Cresp | Michelle | 264 | 167 |  | 9:03:15 | Dixon | Mark |
| 207 |  |  | 8:27:56 | Fountain | Jane | 265 |  |  | 9:04:07 | Faulkner | Rachel |
| 208 |  |  | 8:29:00 | March | Pepita | 266 |  |  | 9:04:07 | Higgins | Jacqui |
| 209 |  |  | 8:29:22 | Cummins | Bernadette | 267 |  |  | 9:04:36 | Tyson | Sue |
| 210 | 142 |  | 8:29:25 | Ierace | Francesco | 268 |  |  | 9:04:36 | Berry | Patricia |
| 211 |  |  | 8:29:36 | Burgess | Sue | 269 |  |  | 9:04:59 | Mallen | Anna |
| 212 |  |  | 8:29:42 | Aylmer | Carey | 270 | 168 |  | 9:05:38 | Dare | Paul |
| 213 | 143 |  | 8:31:02 | Jones | Evan | 271 | 169 |  | 9:06:57 | Smart | John |
| 214 | 144 |  | 8:32:14 | Ireton | Jerry | 272 |  |  | 9:07:08 | Clements | Sharon |
| 215 |  |  | 8:32:40 | Gush | Melaney | 273 | 170 |  | 9:07:40 | Arthur | Troy |
| 216 |  |  | 8:33:08 | Bidstrup | Katherine | 274 | 171 |  | 9:07:41 | Martin | Andrew |
| 217 |  |  | 8:33:11 | Thorpe | Lauren | 275 | 172 |  | 9:07:47 | Johnson | Robert |
| 218 |  |  | 8:33:11 | Lloyd-jones | Bronwyn | 276 | 173 |  | 9:07:49 | Fotheringham | Andrew |
| 219 | 145 |  | 8:33:58 | Mcintyre | Matthew | 277 | 174 |  | 9:08:59 | Mildren | Will |
| 220 |  |  | 8:34:07 | Caston | Sally | 278 | 175 |  | 9:10:47 | Lloyd | Paul |
| 221 |  |  | 8:34:11 | Ey | Karyn | 279 |  |  | 9:11:19 | Goodrich | Georgina |
| 222 |  |  | 8:34:34 | Janssens | Wendy | 280 |  |  | 9:13:27 | Thompson | Louise |
| 223 |  |  | 8:35:10 | Abhamid | Siti | 281 |  |  | 9:13:42 | Pelgrave | Debra |
| 224 |  |  | 8:38:08 | Sekulic | Natasha | 282 | 176 |  | 9:13:44 | Williams | Kym |
| 225 | 146 |  | 8:38:24 | Fitzpatrick | Alan | 283 |  |  | 9:13:49 | Felstead | Kathleen |
| 226 | 147 |  | 8:38:40 | Botha | Johan | 284 | 177 |  | 9:14:24 | Sayers | Ian |
| 227 | 148 |  | 8:39:01 | Glacken | Chris | 285 | 178 |  | 9:14:49 | Armitage | Wayne |
| 228 |  |  | 8:40:16 | Conrad | Sonya | 286 |  |  | 9:14:52 | Hunt | Mardy |
| 229 | 149 |  | 8:41:09 | Middleton | Mike | 287 | 179 |  | 9:14:53 | Chalker | Justin |
| 230 | 150 |  | 8:41:55 | Brooks | Glen | 288 | 180 |  | 9:15:26 | Hill | Darryl |
| 231 | 151 |  | 8:44:44 | Martin | Paul | 289 | 181 |  | 9:17:11 | Trzepacz | Stan |
| 232 |  |  | 8:45:16 | Mere | Katie | 290 |  |  | 9:18:46 | Zanker | Liana |
| 233 | 152 |  | 8:46:55 | Dewey | Ryan | 291 | 182 |  | 9:20:06 | Kent | Stephan |
| 234 | 153 |  | 8:47:40 | Blyth | Joshua | 292 | 183 |  | 9:20:15 | Burt | Joseph |


| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 293 |  |  | $9: 21: 21$ | Greeneklee | Jen |
| 294 |  |  | $9: 23: 19$ | Macintosh | Emma |
| 295 |  |  | $9: 23: 39$ | Lloyd | Chantel |
| 296 |  |  | $9: 23: 40$ | Brumby | Elizabeth |
| 297 |  |  | $9: 24: 34$ | Sims | Claire |
| 298 |  |  | $9: 24: 35$ | Bradley | Jana |
| 299 | 184 |  | $9: 24: 36$ | Martin | Rod |
| 300 | 185 |  | $9: 24: 37$ | Fuller | James |


| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 302 |  |  | $9: 25: 23$ | Jones | Michelle |
| 311 |  |  | $9: 31: 59$ | Carter | Merle |
| 333 | 198 |  | $10: 04: 01$ | Mitchell | Scott |
| 365 | 208 |  | $10: 34: 18$ | Lines | Troy |
| 379 | 210 |  | $10: 54: 10$ | Cleary | Terry |
| 381 | 211 |  | $10: 56: 19$ | Smart | Doug |
| Bold SURNAME indicates AURA member. |  |  |  |  |  |

## * Great North Walk (GNW), September 12, 2015 Teralba, NSW

| 100 miles |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | Cat <br> Place | $\begin{gathered} \text { Cat } \\ \text { Place } \end{gathered}$ | Time | Last Name | First Name |
| 1 | 1 |  | 23:47:00 | Horsburgh | Ewan |
| 2 | 2 |  | 24:10:00 | Ward | Joe |
| 3 | 3 |  | 24:38:00 | Smith | Damian |
| 4 | 4 |  | 24:45:00 | Byrne | Kevin |
| 5 | 5 |  | 25:06:00 | Hope | Mark |
| 6 | 6 |  | 25:28:00 | Mcinerney | Garth |
| 7 | 7 |  | 25:38:00 | Smit | Rocco |
| 8 | 8 |  | 26:06:00 | Graham | Dave |
| 9 | 9 |  | 26:27:00 | Mulholland | Shaun |
| 10 | 10 |  | 26:39:00 | Lauer | Simon |
| $=11$ | $=11$ |  | 27:12:00 | Wildig | Rob |
| $=11$ | $=11$ |  | 27:12:00 | Byrne | Simon |
| 13 | 13 |  | 27:19:00 | Gulliver | Simon |
| 14 |  | 1 | 27:28:00 | Keith | Susan |
| 15 | 14 |  | 27:44:00 | Mackay | Joel |
| 16 | 15 |  | 27:59:00 | Wheeler | Jason |
| 17 | 16 |  | 28:30:00 | Monks | Paul |
| =18 |  | 2 | 28:34:00 | Bruins | Robyn |
| $=18$ | 17 |  | 28:34:00 | Lyndon | Tim |
| 20 | 18 |  | 28:37:00 | Scoines | Robert |
| 21 | 19 |  | 28:44:00 | Murphy | Philip |
| 22 |  | 3 | 28:50:00 | Farrelly | Chantelle |
| 22 | 20 |  | 29:08:00 | Evison | Geoff |
| 24 | 21 |  | 29:15:00 | Richardson | Doug |
| 25 | 22 |  | 29:25:00 | Mcclellan | Darren |
| 26 | 23 |  | 29:42:00 | Grubert | Doug |
| 27 | 24 |  | 29:47:00 | Treasure | Ben |


| 100 miles |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| 28 | 25 |  | 30:43:00 | Nicholson | Adrian |
| 29 | 26 |  | 31:52:00 | Darwin | Adam |
| 30 | 27 |  | 32:01:00 | Hanavan | Michael |
| 31 | 28 |  | 32:34:00 | Hewat | Andy |
| 32 | 29 |  | 32:42:00 | Smithers | Brad |
| 33 | 30 |  | \| 32:44:00 | Gibson | Steven |
| 34 | 31 |  | \| 33:16:00 | Mihalakellis | George |
| 35 |  | 4 | \| 33:42:00 | Cameron | Robin |
| 36 | 32 |  | \| 33:42:00 | Hedges | Joe |
| 37 | 33 |  | \| 33:51:00 | Madden | David |
| 38 | 34 |  | 33:55:00 | Domonkos | Steve |
| = 39 | = 35 |  | 34:03:00 | Topper | Kurt |
| = 39 | = 35 |  | 34:03:00 | Wilson | Guy |
| 41 |  | 5 | 34:31:00 | Lovegrove | Kristy |
| 42 | 37 |  | 34:31:00 | Gregory | Wayne |
| 43 | 38 |  | 34:42:00 | Wye | Graham |
| 44 | 39 |  | 34:54:00 | Brown | Gregory |
| =45 |  | 6 | 35:14:00 | Sharland Riggs | Jennie |
| =45 | 40 |  | 35:14:00 | Dawson | Martyn |
| =47 | =41 |  | 35:15:00 | Mcgrath | Michael |
| =47 | =41 |  | 35:15:00 | Moreton | John |
| 49 |  | 7 | 35:31:00 | Donnet | Cathy |
| 50 |  | 8 | 35:32:00 | Poh | Seivland |
| 51 | 43 |  | 35:37:00 | Carroll | Gary |
| 52 |  | 9 | 35:41:00 | Penteado | Ana |
| 53 | 44 |  | 35:58:00 | Austin | David |
| Bold SURNAME indicates AURA member. |  |  |  |  |  |

准
就Great North Walk（GNW），September 12， 2015
Teralba，NSW

| 100km |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | $\begin{gathered} \text { Cat } \\ \text { Place } \end{gathered}$ | $\begin{gathered} \text { Cat } \\ \text { Place } \end{gathered}$ | Time | Last Name | First Name |
| 1 | 1 |  | 11：20：00 | Mcclymont | Clarke |
| 2 | 2 |  | 11：58：00 | Wilton | Lee |
| 3 | 3 |  | 12：06：00 | Simpson | Craig |
| 4 | 4 |  | 12：25：00 | Layson | Andrew |
| 5 | 5 |  | 12：53：00 | Lollback | Dan |
| 6 | 6 |  | 12：55：00 | Hayes | Chris |
| 7 | 7 |  | 13：18：00 | Mason | Rob |
| 8 |  | 1 | 13：22：00 | Carty | Kath |
| 9 | 8 |  | 13：45：00 | Collins | Brent |
| 10 | 9 |  | 13：57：00 | Donaldson | Andrew |
| 11 |  | 2 | 14：07：00 | Robertson | Melissa |
| 12 | 10 |  | 14：10：00 | Watson | Adrian |
| 13 |  | 3 | 14：29：00 | Ludowici | Sarah |
| 14 |  | 4 | 14：58：00 | Rahmate | Delina |
| 15 |  | 5 | 15：02：00 | Formaz－Preston | Ann |
| 16 | 11 |  | 15：22：00 | Robinson | Craig |
| 17 | 12 |  | 15：26：00 | Coombs | Dave |
| 18 | 13 |  | 15：40：00 | Bleakman | Dan |
| 19 |  | 6 | 16：07：00 | Dernee | Phill |
| 20 | 14 |  | 16：08：00 | Hendrickx | Robbie |
| 21 | 15 |  | 16：11：00 | Burgess | Eric |
| 22 | 16 |  | 16：18：00 | Glen | John |
| 23 | 17 |  | 16：38：00 | Turnbull | Simon |
| 24 | 18 |  | 16：47：00 | Morel | Olivier |
| ＝25 | ＝ 19 |  | 16：48：00 | Packer | Rod |
| $=25$ | ＝ 19 |  | 16：48：00 | Price | Martin |
| 27 | 21 |  | 16：50：00｜ | Carman | David |
| 28 |  | 7 | 17：02：00 | Stockwell | Dotti |
| 29 | 22 |  | 17：04：00 | Phillips | Tony |
| 30 |  | 8 | 17：08：00 | Van Der Jagt | Ngaire |
| 31 | 23 |  | 17：20：00｜ | Walsh | Brendan |
| 32 | 24 |  | 17：50：00 | Law | Brad |
| 33 | 25 |  | 17：57：00｜ | Deveney | Steven |
| 34 |  | 9 | 18：05：00｜ | Dear | Kirrily |


| 100km |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | Cat <br> Place | $\begin{array}{l\|} \text { Cat } \\ \text { Place } \end{array}$ | Time | Last Name | First Name |
| 35 | 26 |  | 18：10：00 | Zachan | Callum |
| 36 | 27 |  | 18：18：00 | Blake | Jonathan |
| 37 | 28 |  | ｜18：19：00 | Toby | Mike |
| 38 | 29 |  | ｜18：29：00 | Moran | James |
| 39 | 30 |  | ｜18：30：00 | Mattingly | Rob |
| 40 | 31 |  | 18：37：00 | Solomon | Dan |
| 41 |  | 10 | ｜18：45：00 | Carroll | Tanya |
| 42 | 32 |  | ｜18：57：00 | Spangl | Jurgen |
| ＝43 | $=33$ |  | 18：59：00 | Blackman | Paul |
| ＝43 | ＝33 |  | 18：59：00 | Vernon | Grahame |
| ＝45 |  | 11 | 19：08：00 | Cook | Bec |
| ＝45 | 35 |  | 19：08：00 | Litterick | Bruce |
| ＝47 | $=36$ |  | ｜19：25：00 | Mcgregor | David |
| ＝47 | $=36$ |  | 19：25：00 | Pettica | Andrew |
| 49 | 38 |  | 19：31：00 | Barrett | Matt |
| 50 | 39 |  | 19：49：00 | Fletcher | Paul |
| 51 | 40 |  | 20：05：00 | Grindlay | Symon |
| 52 |  | 12 | 20：14：00 | Stanway | Lynn |
| ＝53 |  | 13 | 20：33：00 | Murray | Lyndell |
| ＝53 | 41 |  | 20：33：00 | Tommasi | Matthew |
| 55 | 42 |  | 20：34：00 | Brooks | Richard |
| 56 | 43 |  | 20：42：00 | Cadden | Dominic |
| 57 | 44 |  | 20：45：00 | Scurry | Grant |
| 58 | 45 |  | 20：49：00 | Martin | Thomas |
| 59 | 46 |  | 20：51：00 | Searby | Adam |
| 60 | 47 |  | 20：55：00 | Hanna | Patrick |
| 61 | 48 |  | 20：56：00 | Avery | Gary |
| 62 | 49 |  | 21：01：00 | Thompson | Bill |
| 63 | 50 |  | 21：02：00 | Donkersloot | Rob |
| 64 | 51 |  | 21：06：00 | Pfeiffer | Scott |
| 65 | 52 |  | 21：08：00 | Vazquez－Recio | Luis |
| 66 | 53 |  | 21：23：00 | Butler | Bret |

Bold SURNAME indicates AURA member．

# Waterous trail on Foot，September26， 2015 Macedon Ranges，VIC 

|  | T00 miles |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| 1 | 1 |  | $21: 45: 22$ | Harris | Ben |
| 2 | 2 |  | $21: 53: 04$ | Oosterhoff | Alexis |
| 3 | 3 |  | $22: 43: 10$ | Smetherham | Joel |
| 4 | 4 |  | $23: 17: 10$ | McMutrie | Wayne |
| 5 | 5 |  | $23: 39: 11$ | McGlinn | Ron |
| 6 |  | 1 | $25: 54: 33$ | Shiu | Crystal |
| 7 | 6 |  | $26: 48: 49$ | Hearn | Mick |
| 8 |  | 2 | $28: 21: 29$ | Evans | Rachel |
| 9 |  | 3 | $29: 29: 41$ | Waite | Harmony |
| Bold SURNAME indicates AURA member． |  |  |  |  |  |


| 50 miles |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| 1 | 1 |  | $7: 32: 31$ | Fawkes | Nathan |
| 2 | 2 |  | $7: 43: 36$ | Kauri | Roni |
| 3 | 3 |  | $7: 52: 59$ | Holstein | Shane |
| 4 | 4 |  | $8: 13: 36$ | Badger | Rob |
| 5 | 5 |  | $8: 25: 53$ | Vickers | Logan |
| 6 | 6 |  | $9: 00: 08$ | Brookes | Neil |
| 7 |  | 1 | $9: 03: 56$ | Laidley | Emily |
| 8 |  | 2 | $9: 17: 50$ | McCaskie | Pamela |
| 9 |  | 3 | $9: 21: 12$ | Snowden | Jane |
| 10 | 7 |  | $9: 51: 57$ | Head | Michael |
| 11 | 8 |  | $9: 58: 48$ | Gould | Richard |
| 12 | 9 |  | $9: 59: 46$ | Caldwell | Mark |
| 13 | 10 |  | $10: 04: 49$ | Olde | Duncan |
| 14 | 11 |  | $10: 18: 05$ | Bunny | Scott |


| 50 miles |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| 15 | 12 |  | $10: 31: 36$ | Millett | Roger |
| 16 | 13 |  | $10: 32: 13$ | Cripps | Elyse |
| 17 | 14 | 3 | $11: 12: 48$ | Smith | Jonathon |
| 18 |  | 4 | $11: 28: 28$ | Clark | Jaqui |
| 19 | 15 |  | $11: 33: 20$ | Tuffnell | John |
| 20 | 16 |  | $11: 33: 20$ | Lowden | Kris |
| 21 | 17 |  | $11: 34: 32$ | Tams | David |
| 22 | 18 |  | $11: 45: 07$ | McSwain | Dayan |
| 23 | 19 |  | $11: 47: 19$ | Osbourne | John |
| 24 |  | 5 | $12: 13: 02$ | Rae | Raquel |
| 25 | 20 |  | $13: 13: 49$ | Lamperd | Ed |
| 26 |  | 6 | $13: 23: 27$ | Sims | Colette |
| 27 | 21 |  | $13: 59: 47$ | Soactar | Bogdan |
| 28 |  | 7 | $15: 31: 14$ | Grober | Susan |

Bold SURNAME indicates AUR A member.

## * Ḱuranda to Port Douglas 64km, August 23, 2015 Kuranda, QLD

| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 1 |  | $7: 34: 06$ | Von Senden | David |
| 2 |  | 1 | $7: 59: 38$ | Shanahan | James |
| 3 | 2 |  | $8: 05: 08$ | Ausburn | Jarrod |
| 4 | 3 |  | $8: 13: 27$ | Alba-Miller | Sonya |
| 5 | 4 |  | $6: 04: 17$ | Scoines | Robert |
| 6 | 5 |  | $6: 48: 58$ | Scurrah | Alena |
| 7 | 6 |  | $7: 00: 17$ | Lawson | Larry |
| 8 |  | 2 | $7: 02: 06$ | Narywonczyk | Tynan |
| 9 | 7 |  | $7: 02: 08$ | Martin | Rob |
| 10 | 8 |  | $7: 05: 45$ | Brading | Tom |
| 11 |  | 3 | $7: 08: 28$ | Kilkelly | John |
| 12 | 9 |  | $7: 14: 40$ | Overend | Craig |
| 13 | 10 |  | $7: 23: 15$ | Baker | Donna |
| 14 | 11 |  | $7: 37: 40$ | James | Daniel |
| 15 | 12 |  | $7: 40: 29$ | O'Brien | Andrew |
| 16 | 13 |  | $8: 08: 28$ | O'Brien | Sue |
| 17 | 14 |  | $8: 08: 28$ | Arrigo | Louise |
| 18 | 15 |  | $8: 11: 10$ | Levrier | Sasha |
| 19 |  | 4 | $8: 14: 35$ | Lubbers | Laurette |


| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 20 | 16 |  | $8: 15: 37$ | Berridge | Kristy |
| 21 | 17 |  | $8: 18: 23$ | Need | Liz |
| 22 | 18 |  | $8: 19: 31$ | Lawson | Lorraine |
| 23 |  | 5 | $8: 22: 57$ | Qazim | Debbie |
| 24 | 19 |  | $8: 30: 04$ | English | Stephen |
| 25 |  | 6 | $8: 41: 35$ | Hindley | Mike |
| 26 |  | 7 | $8: 42: 30$ | Moll | Debra |
| 27 | 20 |  | $8: 45: 54$ | Muddock | Shaun |
| 28 | 21 |  | $8: 48: 49$ | Boshammer | Shane |
| 29 | 22 |  | $9: 32: 22$ | Mitchell | Matthew |
| 30 | 23 |  | $9: 34: 29$ | Simpson | David |
| 31 |  | 8 | $9: 38: 09$ | Waller | Sharon |
| 32 | 24 |  | $9: 38: 10$ | Waller | Allan |
| 33 | 25 |  | $9: 46: 14$ | Walden | Joy |
| 34 |  | 9 | $9: 57: 42$ | Ellershaw | Robert |
| 35 | 26 |  | $10: 06: 32$ | Taylor | Darrelle |
| 36 | 27 |  | $11: 44: 38$ | Mead | Nadia |
| 37 |  | $\mid 11: 44: 38$ | Zeylmans | Rhonda |  |
|  |  |  |  |  |  |
| Bold SURNAME indicates AURA member. |  |  |  |  |  |

## River Run 100, August 16, 2015 <br> Southbank, Brisbane, QLD

| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First <br> Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 1 |  | $9: 09: 53$ | O'Brien | Kieran |
| 2 |  | 1 | $10: 06: 27$ | Austin | Kathryn |
| 3 | 2 |  | $10: 38: 55$ | Lane | Ashley |
| 4 | 3 |  | $10: 42: 50$ | Rutledge | Alex |
| 5 | 4 |  | $11: 06: 06$ | D'Arcy | Leigh |
| 6 | 5 |  | $11: 39: 22$ | Brown | Gregory |
| 7 |  | 2 | $11: 40: 53$ | Ryan | Kristy |
| 8 | 6 |  | $11: 42: 43$ | Gaffel | Gary |
| 9 | 7 |  | $11: 45: 33$ | Watson | Jacques |
| 10 | 8 |  | $12: 58: 09$ | Hope | Nic |
| 11 |  | 3 | $13: 58: 11$ | Bell | Tamyka |
| 12 | 9 |  | $14: 32: 51$ | Britton | Mat |
| 13 | 10 |  | $14: 32: 52$ | Coetzee | Lourens |
| 14 | 11 |  | $14: 32: 52$ | Rowe-Hagans | Sean |
| 15 |  | 4 | $14: 38: 46$ | Smith | Cassie |
| 16 | 12 |  | $15: 38: 59$ | Souter | Jeff |
| 17 |  | 5 | Noteligible | Stark | Katherine |


| 50km |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | $\begin{gathered} \text { Cat } \\ \text { Place } \end{gathered}$ | $\begin{aligned} & \text { Cat } \\ & \text { Place } \end{aligned}$ | Time | Last Name | First <br> Name |
| 1 | 1 |  | 3:34:28 | Clarke | Rob |
| 2 |  | 1 | 3:56:53 | Oborne | Jodie |
| 3 | 2 |  | 4:15:49 | Burgis | Dave |
| 4 |  | 2 | 4:33:39 | Horan | Kelley |
| 5 | 3 |  | 4:49:00 | Cramp | Matt |
| 6 | 4 |  | 4:53:55 | Marshall | Kelvin |
| 7 |  | 3 | 4:58:17 | Poh | Seivland |
| 8 | 5 |  | 5:01:33 | Blanch | Aaron |
| 9 | 6 |  | 5:07:31 | Kontoleon | George |
| 10 |  | 4 | 5:31:29 | Desbrosses | Sue |
| 11 | 7 |  | 5:32:22 | Bugeja | John |
| 12 | 8 |  | 5:48:33 | Aquilina | Edel |
| 13 |  | 5 | 5:55:57 | Halls | Carly |
| 14 | 9 |  | 5:56:51 | Morris | Tony |
| 15 |  | 6 | 5:56:52 | Morris | Kellie |
| 16 | 10 |  | 6:03:05 | Ramsay | Gordon |
| 17 |  | 7 | 6:23:41 | Coetzee | Hannelie |
| 18 |  | 8 | 6:30:06 | Marshall | Sarah-Jane |
| Bold SURNAME indicates AURA member. |  |  |  |  |  |

## You Yangs Ultras July 18, 2015 <br> You Yangs Regional Park, VIC

| 100 miles |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First <br> Name |
| 1 | 1 |  | $17: 14: 56$ | Donaldson | Andrew |
| 2 | 2 |  | $18: 19: 04$ | Clark | Ben |
| 3 | 3 |  | $18: 27: 09$ | Graham | Dave |
| 4 | 4 |  | $18: 47: 56$ | Kacprzak | Tim |
| 5 | 5 |  | $19: 25: 05$ | Mannix | Kevin |
| 6 | 6 |  | $21: 23: 47$ | Mitchell | Scott |
| 7 | 7 |  | $21: 33: 35$ | Bowring | Patrick |
| 8 | 8 |  | $22: 32: 06$ | Rigby | Mark |
| 9 | 9 |  | $22: 35: 03$ | Yoon | John |
| 10 | 10 |  | $22: 52: 55$ | Mihalakellis | George |
| 11 | 11 |  | $23: 01: 38$ | Roberts | Simon |
| 12 | 12 |  | $23: 31: 55$ | Does | Richard |
| 13 | 13 |  | $23: 35: 39$ | French | Adam |
| 14 |  | 1 | $23: 45: 08$ | Trumper | Jane |
| 15 | 14 |  | $23: 47: 25$ | Meyer | Bernd |
| 16 | 15 |  | $23: 48: 06$ | Connor | Adam |
| 17 | 16 |  | $0: 55: 07$ | Allen | Rod |
| 18 | 17 |  | $2: 35: 21$ | O'Brien | Paul |
| 19 | 18 |  | $2: 44: 53$ | Oulton | Dave |
| 20 | 19 |  | $3: 11: 02$ | Linney | Darren |
| 21 | 20 |  | $3: 30: 26$ | McGrath | Michael |
| 22 |  | 2 | $5: 37: 52$ | Shannon | Michelle |
| 23 | 21 |  | $6: 12: 57$ | Kaldor | Peter |


| 100 miles |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | $\begin{gathered} \text { Cat } \\ \text { Place } \end{gathered}$ | $\begin{gathered} \text { Cat } \\ \text { Place } \end{gathered}$ | Time | Last Name | First Name |
| 24 | 22 |  | 6:12:59 | Vexler | Ronen |
| 25 | 23 |  | 7:14:55 | Mestdagh | Oliver |
|  |  |  | DNF(140k) | Bremner | Kerrie |
|  | 18 | 18 | DNF(100k) | Avery | Richard |
|  | 19 | 19 | DNF(100k) | Black | Scott |
|  |  |  | DNF(100k) | Booker | Abraham |
|  |  |  | DNF(100k) | Fien | Sarah |
|  |  |  | DNF(100k) | Gregory | Wayne |
|  | 20 | 20 | DNF(100k) | Smythe | David |
|  | 21 | 21 | DNF(100k) | Wheeler | Shane |
|  | 22 | 22 | DNF(100k) | Ackland | Phil |
|  | 23 | 23 | DNF(80k) | Mahoney | Paul |
|  | 24 | 24 | DNF(80k) | O'Brien | Andrew |
|  |  | 13 | DNF(80k) | O'Brien | Sue |
|  |  |  | DNF(80k) | Thompson | Ben |
|  |  |  | DNF(80k) | Ward | Sean |
|  |  |  | DNF(80k) | Santamaria | Gerard |
|  |  |  | DNF(60k) | Lydom | Jase |
|  |  |  | DNF(60k) | Pivetta | Caroline |
|  |  |  | DNF(40k) | Callaghan | Matt |
|  |  |  | DNF(40k) | Mooney | Darren |
| Bold SURNAME indicates AURA member. |  |  |  |  |  |

You Yangs Ultras July 18, 2015
You Yangs Regional Park, VIC

| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First <br> Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 1 |  | $7: 32: 49$ | Overend | David |
| 2 | 2 |  | $8: 16: 07$ | Fitzgerald | Joel |
| 3 | 3 |  | $8: 16: 08$ | Rennick | Stephen |
| 4 | 4 |  | $8: 39: 15$ | Roberts | Christopher |
| 5 |  | 1 | $9: 08: 57$ | Macmillan | Katherine |
| 6 | 5 |  | $9: 14: 03$ | Marcus | Simon |
| 7 | 6 |  | $9: 42: 03$ | Ferreria | Aldlonio |
| 8 | 7 |  | $9: 43: 30$ | Hannay | Damon |
| 9 | 8 |  | $9: 57: 58$ | Piper | Mathew |
| 10 | 9 |  | $10: 12: 06$ | Closter | Ross |
| 11 | 10 |  | $10: 12: 31$ | Yarlett | Matthew |
| 12 | 11 |  | $10: 37: 58$ | Sbrugnera | Adrian |
| 13 |  | 2 | $10: 41: 16$ | Taylor | Karina |
| 14 | 12 |  | $11: 10: 56$ | Morgan | Shane |
| 15 |  | 3 | $12: 37: 20$ | Donnelly | Michelle |
| 16 | 13 |  | $12: 37: 20$ | Falls | Mark |
|  | Bold SURNAME indicates AURA member. |  |  |  |  |


| 50km |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | Cat <br> Place | $\begin{gathered} \text { Cat } \\ \text { Place } \end{gathered}$ | Time | Last Name | First Name |
| 15 |  | 1 | 5:38:31 | Prior | Nicolette |
| 16 |  | 2 | 5:40:57 | Larsen | Bernie |
| 17 | 15 |  | 5:40:57 | O'Connell | Tony |
| 18 | 16 |  | 5:42:27 | King | Sean |
| 19 | 17 |  | 5:44:05 | Kagan Gescheit | Elliot |
| 20 | 18 |  | 5:44:05 | Tait | Joshua |
| 21 | 19 |  | 5:46:33 | Neale | Damian |
| 22 | 20 |  | 5:52:34 | Grooby | Tim |
| 23 | 21 |  | 5:52:56 | Perraton | Luke |
| 24 | 22 |  | 5:53:21 | Lamarque | Thierry |
| 25 | 23 |  | 5:53:44 | Hill | Thomas |
| 26 |  | 3 | 5:59:55 | Yang | Libby |
| 27 | 24 |  | 6:00:20 | Sutton | Rob |
| 28 | 25 |  | 6:01:59 | Everett | John |
| 29 |  | 4 | 6:03:08 | Dawson | Jenine |
| 30 | 26 |  | 6:06:01 | Verdoorn | Gerry |
| 31 | 27 |  | 6:07:28 | Williams | Morgan |
| 32 | 28 |  | 6:09:12 | Jones | Angus |
| 33 |  | 5 | 6:19:29 | McAuliffe | Kate |
| 34 | 29 |  | 6:21:18 | Marshall | Michael |
| 35 | 30 |  | 6:42:25 | Goss | Pete |
| 36 | 31 |  | 6:42:28 | Bartholomew | Ash |
| 37 | 32 |  | 6:57:19 | Stanbury | Brett |
| 38 | 33 |  | 6:59:14 | Tabata | Gen |
| 39 | 34 |  | 7:01:00 | King | Warwick |
| 40 |  | 6 | 7:12:35 | Coggins | Sally |
| 41 |  | 7 | 7:27:56 | Champion | Angela |
| 42 |  | 8 | 7:28:08 | Nicholson | Belinda |
| 43 |  | 9 | 7:28:08 | Hardman | Joanna |
| 44 | 35 |  | 7:33:07 | Clapham | Kerry |
| 45 | 36 |  | 8:02:24 | Jeevan | Augustir |
| 46 | 37 |  | 8:03:42 | Boulton | David |
| 47 | 38 |  | 8:34:48 | Sedgwick | Heath |
| 48 |  | 10 | 8:58:59 | Hall | Cath |
| Bold SURNAME indicates AURA member. |  |  |  |  |  |


| $\mathbf{5 0 k m}$ |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First <br> Name |
| 1 | 1 |  | $4: 08: 05$ | Fuller | Brad |
| 2 | 2 |  | $4: 25: 44$ | Collins | Trent |
| 3 | 3 |  | $4: 36: 04$ | Rathjen | Michael |
| 4 | 4 |  | $5: 00: 40$ | Perera | Dylan |
| 5 | 5 |  | $5: 05: 19$ | Martin | Dwayne |
| 6 | 6 |  | $5: 09: 51$ | Butler | Scott |
| 7 | 7 |  | $5: 10: 31$ | Brown | Troy |
| 8 | 8 |  | $5: 13: 38$ | Day | Paul |
| 9 | 9 |  | $5: 14: 42$ | Davies | Justin |
| 10 | 10 |  | $5: 16: 02$ | Hockings | Ben |
| 11 | 11 |  | $5: 21: 07$ | Hughes | Stuart |
| 12 | 12 |  | $5: 22: 47$ | Morf | Christian |
| 13 | 13 |  | $5: 24: 09$ | Wilson | Douglas |
| 14 | 14 |  | $5: 34: 54$ | Haskins | Scott |

Bold SURNAME indicates AURA member.

## Tan Ultra 100 km \& 50km, August 9, 2015 <br> Royal Botanic Gardens, Melbourne, VIC

| 100km |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| 1 | 1 |  | $8: 17: 03$ | Eckford | Matthew |
| 2 | 2 |  | $9: 24: 20$ | Humphries | Cameron |
| 3 | 3 |  | $9: 47: 06$ | Roberts | Simon |
| 4 | 4 |  | $9: 53: 12$ | Sawa | Mak |
| 5 | 5 |  | $10: 14: 58$ | Hughes | Stuart |
| 6 | 6 |  | $10: 59: 35$ | Smith | Sean |


| 100km |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |  |
| 7 |  | 1 | $11: 37: 00$ | O'Brien | Sue |  |
| 8 | 7 |  | $11: 37: 02$ | O'Brien | Andrew |  |
| 9 | 8 |  | $11: 51: 01$ | Atkinson | Dylan |  |
| 10 |  | 2 | $12: 45: 00$ | Baskcomb | Candida |  |
| 11 | 9 |  | $13: 55: 00$ | Sedgwick | Heath |  |

Bold SURNAME indicates AURA member.

| 50km |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| 1 | 1 |  | $3: 43: 18$ | Kayler | Christian |
| 2 | 2 |  | $3: 47: 31$ | Martin | Dwayne |
| 3 | 3 |  | $3: 52: 35$ | Gillies | Cameron |
| 4 | 4 |  | $3: 54: 53$ | Ross | Andrew |
| 5 | 5 |  | $3: 57: 40$ | Bennett | Ashley |
| 6 | 6 |  | $3: 58: 44$ | McLean | Ross |
| 7 |  | 1 | $4: 10: 10$ | Griffith | Amelia |
| 8 | 7 |  | $4: 21: 48$ | Petersen | Matt |
| 9 | 8 |  | $4: 22: 07$ | Callaghan | Matt |
| 10 |  | 2 | $4: 28: 45$ | Parkinson | Lisa |
| 11 | 9 |  | $4: 36: 44$ | Hill | Thomas |
| 12 | 10 |  | $4: 44: 50$ | Volz | Marcus |
| 13 | 11 |  | $4: 46: 52$ | King | Andrew |
| 14 | 12 |  | $4: 49: 24$ | Meyer | Bernd |
| 15 | 13 |  | $4: 49: 58$ | Munns | Peter |


| 50km |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | Cat <br> Place | $\begin{gathered} \text { Cat } \\ \text { Place } \end{gathered}$ | Time | Last Name | First Name |
| 16 |  | 3 | 5:07:36 | Maughan | Lynne |
| 17 | 14 |  | 5:07:36 | Bertoncini | Joel |
| 18 | 15 |  | 5:09:53 | Scurry | Grant |
| 19 | 16 |  | 5:09:53 | Butler | Bret |
| 20 |  | 4 | 5:13:27 | Shannon | Michelle |
| 21 | 17 |  | 5:16:29 | Ciberlin | Joseph |
| 22 |  | 5 | 5:23:33 | Lafferty | Kate |
| 23 | 18 |  | 5:46:34 | Searby | Adam |
| 24 |  | 6 | 7:16:43 | Williams | Shelley |
| 25 | 19 |  | 7:44:34 | Le | Minh |
| 26 | 20 |  | 7:47:36 | Chew | Kong Sim |
| 27 |  | 7 | 8:53:27 | Lennon | Robin |
| 28 |  | 8 | 8:53:28 | Sanderson | Kate |
| Bold SURNAME indicates AURA member. |  |  |  |  |  |

## Surf Coast Century 100km, September 19, 2015 Angelsea, VIC

| Rank | $\begin{gathered} \text { Cat } \\ \text { Place } \end{gathered}$ | $\begin{array}{\|c\|} \hline \text { Cat } \\ \text { Place } \end{array}$ | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 1 | 1 | 08:17:08 | Munro | Paul |
| 2 | 2 | 2 | 08:44:40 | Hopkins | Ross |
| 3 |  | 1 | 09:18:15 | Emmerson | Kellie |
| 4 | 3 |  | 09:31:25 | Rathjen | Michael |
| 5 | 4 | 4 | 09:41:23 | Kacprzak | Tim |
| 6 |  | 2 | 10:10:07 | Lamprecht | Amy |
| 7 | 5 |  | 10:22:05 | Kayler | Christian |
| 8 | 6 |  | 10:23:30 | Welburn | Regan |
| 9 | 7 |  | 10:28:57 | Dalgarno | Michael |
| 10 | 8 |  | 10:31:20 | Hurst | Blair |
| 11 | 9 |  | 10:31:42 | Willis | Sidney |
| 12 | 10 |  | 10:33:30 | Manzie | Chris |
| 13 | 11 |  | 10:34:49 | Dore | Mathieu |
| 14 | 12 |  | 10:38:32 | Daye | Jason |
| 15 |  | 3 | 10:40:30 | Lootz | Marlene |
| 16 | 13 |  | 10:40:54 | Todd | Paul |
| 17 | 14 |  | 10:41:07 | Andrews | Vaughan |
| 18 | 15 |  | 10:41:51 | Leigh | Bryce |
| 19 |  | 4 | 10:41:51 | Mcmullan | Sarah |
| 20 | 16 |  | 10:44:08 | Hughes | Stuart |
| 21 | 17 |  | 10:55:21 | Le Lievre | Tom |
| 22 | 18 |  | 10:56:42 | Cimdins | Nick |
| 23 | 19 |  | 10:57:40 | Bryant | Nick |
| 24 | 20 |  | 10:59:08 | Martin | Dwayne |
| 25 |  | 5 | 11:09:50 | Litt | ShannonLeigh |
| 26 | 21 |  | 11:10:45 | Wright | Tim |
| 27 | 22 |  | 11:14:14 | Duncan | Bradley |
| 28 | 23 |  | 11:15:18 | Roberts | Simon |
| 29 | 24 |  | 11:26:02 | Lynham | Rohan |


| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First <br> Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 30 | 25 |  | $11: 30: 38$ | Butler | Scott |
| 31 | 26 |  | $11: 32: 52$ | Gray | Joe |
| 32 | 27 |  | $11: 32: 58$ | Mcinerney | Dean |
| 33 | 28 |  | $11: 33: 43$ | Pryor | Luke |
| 34 | 29 |  | $11: 35: 23$ | Cardiff | Mike |
| 35 |  | 6 | $11: 35: 30$ | Vaughan | Erin |
| 36 | 30 |  | $11: 39: 31$ | Shepherd | Ken |
| 37 | 31 |  | $11: 40: 25$ | Davidson | Adam |
| 38 | 32 |  | $11: 43: 05$ | Burrow | Paul |
| 39 | 33 |  | $11: 43: 35$ | Grech | David |
| 40 | 34 |  | $11: 44: 24$ | Mcdonald | Rohan |
| 41 | 35 |  | $11: 45: 17$ | Mitchell | Chris |
| 42 | 36 |  | $11: 45: 41$ | Matthews | Robert |
| 43 | 37 |  | $11: 46: 13$ | Parkinson | Jonathan |
| 44 | 38 |  | $11: 49: 13$ | Durran | Brent |
| 45 | 39 |  | $11: 49: 49$ | Payne | Andrew |
| 46 | 40 |  | $11: 52: 37$ | Willis | Alan |
| 47 | 41 |  | $11: 56: 55$ | Veenstra | Matt |
| 48 | 42 |  | $11: 59: 26$ | Waites | Adam |
| 49 | 43 |  | $11: 59: 59$ | Yates | Mark |
| 50 | 44 |  | $12: 01: 14$ | Loone | Ben |
| 51 | 45 |  | $12: 02: 01$ | Ball | Derek |
| 52 | 46 |  | $12: 03: 05$ | Stirling | Jason |
| 53 |  | 7 | $12: 05: 16$ | Toy | Michelle |
| 54 |  | 8 | $12: 17: 47$ | Steen | Sara |
| 55 | 47 |  | $12: 19: 12$ | Tait | Joshua |
| 56 |  | 9 | $12: 19: 35$ | Bekker | Marlize |
| 57 | 48 |  | $12: 22: 36$ | Petersen | Matt |
| 58 |  | 10 | $12: 24: 07$ | Meggison | Amanda |
| 59 | 49 |  | $12: 25: 53$ | Dower | Brent |


| Rank | Cat <br> Place | Cat Place | Time | Last Name | First <br> Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 60 | 50 |  | 12:26:39 | Cullum | Tom |
| 61 | 51 |  | 12:30:12 | Winzar | Shane |
| 62 |  | 11 | 12:30:24 | Kelly | Kristen |
| 63 | 52 |  | 12:30:35 | Mentz | Simon |
| 64 | 53 |  | 12:31:42 | Chamberlain | Dean |
| 65 | 54 |  | 12:33:17 | Davies | Justin |
| 66 | 55 |  | 12:33:36 | Whyte | Edward |
| 67 | 56 |  | 12:33:44 | Rolfe | Matt |
| 68 | 57 |  | 12:34:33 | Antrobus | Shane |
| 69 | 58 |  | 12:35:31 | Considine | Christopher |
| 70 | 59 |  | 12:35:49 | Haskins | Scott |
| 71 | 60 |  | 12:38:25 | Barclay | Paul |
| 72 |  | 12 | 12:42:53 | Hanson | Lesley |
| 73 | 61 |  | 12:43:36 | Cusick | Garth |
| 74 |  | 13 | 12:50:30 | Hansson | Maja |
| 75 | 62 |  | 12:54:14 | Liersch | Nathan |
| 76 | 63 |  | 12:56:01 | Jennings | David |
| 77 | 64 |  | 12:56:42 | Mitchell | Scott |
| 78 | 65 |  | 13:03:58 | Mann | Josh |
| 79 | 66 |  | 13:03:58 | Truscott | Ben |
| 80 | 67 |  | 13:04:28 | Gaudet | Michael |
| 81 | 68 |  | 13:06:35 | Thomas | Terry |
| 82 | 69 |  | 13:11:00 | Jennings | Richard |
| 83 | 70 |  | 13:12:37 | Foti | Daniele |
| 84 |  | 14 | 13:22:09 | Meredith | Skye |
| 85 |  | 15 | 13:23:36 | Campbell | Belle |
| 86 | 71 |  | 13:24:56 | Morgan | Shane |
| 87 | 72 |  | 13:24:56 | Davies | Chris |
| 88 | 73 |  | 13:25:44 | Hornburg | Peter |
| 89 | 74 |  | 13:27:09 | Kilkelly | John |
| 90 |  | 16 | 13:27:28 | Cosgriff | Gemma |
| 91 | 75 |  | 13:29:22 | Tabata | Gen |
| 92 |  | 17 | 13:30:12 | Creswell | Joanna |
| 93 | 76 |  | 13:30:12 | Harper | Jason |
| 94 | 77 |  | 13:30:12 | Black | Scott |
| 95 | 78 |  | 13:30:19 | Allen | Scott |
| 96 |  | 18 | 13:33:15 | Gash | Cassandra |
| 97 | 79 |  | 13:35:22 | Clarke | Peter |
| 98 |  | 19 | 13:35:22 | Prior | Nicolette |
| 99 |  | 20 | 13:36:36 | Pfeffer | Sylvia |
| 100 | 80 |  | 13:38:44 | Sritharan | Prasanna |
| 101 | 81 |  | 13:39:03 | Romijn | Jorgen |
| 102 | 82 |  | 13:39:20 | Conan | Ghislain |
| 103 |  | 21 | 13:42:32 | Corrie | Karey |
| 104 | 83 |  | 13:44:24 | Lamy | Olivier |
| 105 | 84 |  | 13:46:46 | Wallace | Grant |
| 106 | 85 |  | 13:46:48 | Murray | Ian |
| 107 | 86 |  | 13:46:57 | Mccorriston | Phillip |
| 108 | 87 |  | 13:47:08 | Santos | Luis |
| 109 | 88 |  | 13:47:08 | Yu | Adam |
| 110 | 89 |  | 13:48:24 | Soetekouw | Brendan |
| 111 | 90 |  | 13:54:22 | Lopez | Hernan |
| 112 | 91 |  | 14:01:19 | O'Flynn | Sean |
| 113 | 92 |  | 14:06:46 | Byrne | Patrick |
| 114 |  | 22 | 14:08:27 | Coggins | Sally |
| 115 | 93 |  | 14:08:27 | Woodhouse | Matt |
| 116 | 94 |  | 14:08:30 | Oconnor | Stephen |
| 117 |  | 23 | 14:10:14 | Maughan | Lynne |
| 118 |  | 24 | 14:13:15 | Vos | Sylvia |
| 119 | 95 |  | 14:31:04 | Fenton | Michael |


| Rank | $\begin{gathered} \text { Cat } \\ \text { Place } \end{gathered}$ | $\begin{gathered} \text { Cat } \\ \text { Place } \end{gathered}$ | Time | Last Name | First <br> Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 120 | 96 |  | 14:31:04 | Cooper | Jonathan |
| 121 | 97 |  | 14:31:05 | Carey | Brent |
| 122 | 98 |  | 14:31:38 | Stradling | Nathan |
| 123 |  | 25 | 14:37:36 | Lafferty | Kate |
| 124 | 99 |  | 14:46:30 | Kernohan | Steven |
| 125 |  | 26 | 14:47:33 | Hann | Angela |
| 126 | 100 |  | 14:51:18 | Dinning | Wade |
| 127 | 101 |  | 14:53:37 | Bruce | Andrew |
| 128 | 102 |  | 14:57:27 | Severin | Michael |
| 129 | 103 |  | 14:58:12 | Steele | Richard |
| 130 |  | 27 | 15:00:02 | Ahale | Anja |
| 131 | 104 |  | 15:01:16 | Plant | Graham |
| 132 |  | 28 | 15:01:19 | Shannon | Michelle |
| 133 |  | 29 | 15:03:54 | Allen | Tamara |
| 134 |  | 30 | 15:03:54 | Patterson | Kate |
| 135 | 105 |  | 15:12:43 | Waters | Vincent |
| 136 |  | 31 | 15:14:02 | Fuller | Georgina |
| 137 | 106 |  | 15:14:12 | Horrocks | Johnny |
| 138 | 107 |  | 15:17:23 | Haigh | Matt |
| 139 | 108 |  | 15:17:56 | Hardy | Evan |
| 140 | 109 |  | 15:23:18 | Meyer | Bernd |
| 141 |  | 32 | 15:26:11 | Nicholson | Belinda |
| 142 |  | 33 | 15:26:11 | Hardman | Joanna |
| 143 | 110 |  | 15:29:35 | Stevens | David |
| 144 | 111 |  | 15:30:39 | Scanavino | Isacco |
| 145 |  | 34 | 15:34:36 | Wood | Teresa |
| 146 | 112 |  | 15:34:40 | Santamaria | Gerard |
| 147 |  | 35 | 15:38:34 | Mcgrady | Emma |
| 148 | 113 |  | 15:42:05 | Wilkins | Glen |
| 149 |  | 36 | 15:43:02 | Kerr | Maegan |
| 150 |  | 37 | 15:49:49 | Steenbergen | Helen |
| 151 | 114 |  | 15:53:19 | Daye | Ian |
| 152 | 115 |  | 15:53:42 | Dang | William |
| 153 | 116 |  | 15:54:35 | Franklin | Kevin |
| 154 | 117 |  | 15:55:15 | Stirling | Matthew |
| 155 |  | 38 | 16:07:16 | Heuser | Vanessa |
| 156 |  | 39 | 16:10:47 | Nottage | Suzanne |
| 157 |  | 40 | 16:18:00 | Champion | Angela |
| 158 |  | 41 | 16:18:00 | O'Brien | Gemma |
| 159 | 118 |  | 16:19:40 | Beament | Lance |
| 160 |  | 42 | 16:26:29 | Eccleston | Catie |
| 161 |  | 43 | 16:26:29 | Mintz | Lisa |
| 162 |  | 44 | 16:37:15 | Rodgers | Melissa |
| 163 |  | 45 | 16:52:29 | Roberts | Laura |
| 164 |  | 46 | 16:52:30 | Morphett | Rebecca |
| 165 | 119 |  | 16:57:38 | Mcauliffe | Roger |
| 166 | 120 |  | 17:06:48 | Mitchell | Kieran |
| 167 |  | 47 | 17:08:17 | Moll | Debra |
| 168 |  | 48 | 17:30:01 | Phillips | Julie |
| 169 | 121 |  | 17:30:59 | Cooper | Ben |
| 170 | 122 |  | 17:36:49 | Russell | Geoff |
| 171 |  | 49 | 17:37:05 | Gazo | Katarina |
| 172 |  | 50 | 18:25:11 | Delaney | Tabatha |
| 173 |  | 51 | 18:32:34 | Hall | Cath |
| 174 |  | 52 | 18:53:57 | Fletcher | Joylene |
| 175 |  | 53 | 18:53:58 | Clark | Catherine |
| 176 | 123 |  | 18:53:58 | Thiele | Brett |
| 177 |  | 54 | 19:02:12 | L'Hoest | Anna- <br> Veronique |
| Bold SURNAME indicates AURA member. |  |  |  |  |  |

${ }^{*}{ }^{*}$ Great Ocean Walk 100km, October 17, 2015
Apollo Bay, VIC

| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 1 |  | $9: 38: 02$ | Backhausen | Majell |
| 2 | 2 |  | $9: 54: 08$ | Wight | Chris |
| 3 | 3 |  | $10: 31: 45$ | Hopkins | Ross |
| 4 | 4 |  | $\mid 10: 52: 14$ | Smith | Damian |
| 5 | 5 |  | $\mid 10: 54: 11$ | Munro | Paul |
| 6 | 6 |  | $\mid 11: 02: 04$ | Beard | Dan |
| 7 | 7 |  | $\mid 11: 35: 06$ | Watson | James |
| 8 | 8 |  | $\mid 11: 36: 21$ | Sawicki | Simon |
| 9 | 9 |  | $\mid 11: 40: 03$ | Clark | Ben |
| 10 |  | 1 | $\mid 12: 05: 58$ | Brischetto | Jo |
| 11 | 10 |  | $\mid 12: 07: 26$ | Manson | Scott |
| 12 | 11 |  | $\mid 12: 08: 58$ | Day | Paul |
| 13 |  | 2 | $\mid 12: 21: 55$ | Hopkins | Christine |
| 14 |  | 3 | $\mid 12: 21: 55$ | McKean | Katherine |
| 15 | 12 |  | $\mid 12: 33: 23$ | Burford | Tom |
| 16 |  | 4 | $\mid 12: 41: 26$ | Carter | Lucy |
| 17 | 13 |  | $\mid 13: 13: 11$ | Jakus | Gabor |
| 18 | 14 |  | $\mid 13: 24: 16$ | King | James |
| 19 | 15 |  | $13: 25: 10$ | Spencer | Jeremy |
| 20 | 16 |  | $\mid 13: 26: 42$ | Phipps | Nic |
| 21 | 17 |  | $\mid 13: 29: 41$ | Fraser | Lachlan |
| 22 | 18 |  | $\mid 13: 36: 06$ | Backholer | Damien |
| 23 | 19 |  | $\mid 13: 41: 41$ | Morel | Oliver |
| 24 |  | 5 | $\mid 13: 50: 26$ | Taylor | Karina |


| Rank | Cat <br> Place | $\begin{gathered} \text { Cat } \\ \text { Place } \end{gathered}$ | Time | Last Name | First Name |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 25 | 20 |  | 13:55:14 | Urquart | Mark |
| 26 | 21 |  | 13:57:32 | Godden | Brett |
| 27 | 22 |  | \| 14:29:17 | Forster | Mark |
| 28 | 23 |  | \| 14:56:07 | Beyer | Anthony |
| 29 | 24 |  | 14:59:40 | Beer | Aiden |
| 30 | 25 |  | 15:06:11 | Hill | Thomas |
| 31 | 26 |  | 15:11:57 | Perraton | Luke |
| 32 | 27 |  | 15:14:27 | Middleton | Andrew |
| 33 | 28 |  | 15:15:15 | Falls | Mark |
| 34 | 29 |  | 15:18:54 | Fox | Mitch |
| 35 | 30 |  | 15:28:27 | Sutton | Rob |
| 36 | 31 |  | 15:36:45 | McTieran | Michael |
| 37 | 32 |  | 15:46:28 | McDonald | Andrew |
| 38 |  | 6 | 15:54:10 | Dowell | Carol |
| 39 | 33 |  | 15:54:48 | Meyer | Bernd |
| 40 | 34 |  | 16:02:29 | Woolfson | Paul |
| 41 |  | 7 | 16:17:09 | McAuliffe | Kate |
| 42 | 35 |  | 16:18:40 | Martin | Thomas |
| 43 |  | 8 | 16:35:24 | Hayward | Karen |
| 44 |  | 9 | 16:53:38 | West | Sue |
| 45 |  | 10 | 16:54:49 | Jones | Michelle |
| 46 | 36 |  | 18:21:25 | Soetekouw | Brendan |
| 47 |  | 11 | 18:28:53 | Morris | Megan |
| Bold SURNAME indicates AURA member. |  |  |  |  |  |

*     *         *             * Hum \& Hovell Walking Track, NSW

| 100km |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Cat <br> Place | Cat <br> Place | Time | Last Name | First Name |
| 1 |  | $10: 38: 23$ | Donaldson | Andrew |
| 2 |  | $10: 53: 49$ | Grimshaw | Ben |
| 3 |  | $11: 12: 11$ | Graham | Dave |
| 4 |  | $11: 57: 19$ | Redfern | Stephen |
| 5 |  | $12: 23: 49$ | Mcclellan | Darren |
| 6 |  | $12: 29: 30$ | Wells | Nathan |
|  | 1 | $14: 05: 53$ | Stanley | Roylene |
| $=7$ |  | $14: 05: 53$ | Burke | Patrick |
| $=7$ |  | $14: 05: 53$ | Russell | George |
| $=9$ |  | $14: 05: 58$ | Metcalfe | Anthony |
| $=9$ |  | $14: 05: 58$ | Breckenridge | Wylie |
| 11 |  | $14: 22: 00$ | Heiland | Tarek |
|  | 2 | $15: 12: 09$ | Trumper | Jane |
| 12 |  | $15: 12: 09$ | Mcgrath | Michael |
| $=13$ |  | $16: 11: 48$ | Cornock | Christopher |
| $=13$ |  | $16: 11: 48$ | Hillam | Brett |
| 15 |  | $17: 37: 51$ | Quiroz | Victor |
| Bold SURNAME indicates AURA member. |  |  |  |  |


| 50km |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First <br> Name |
| 1 | 1 |  | $04: 06: 21$ | Preston | Luke |
| 2 | 2 |  | $04: 41: 21$ | Solari | Mark |
| 3 | 3 |  | $05: 13: 24$ | Hildage | Jamie |
| 4 |  | 1 | $05: 15: 11$ | Hewitt | Virginia |
| 5 | 4 |  | $05: 28: 55$ | Mullins | Lloyd |
| 6 | 5 |  | $05: 40: 19$ | Lamb | Giles |
| 7 | 6 |  | $05: 43: 18$ | Snell | Selwyn |
| 8 |  | 2 | $05: 43: 36$ | Krakowiak | Lisa |
| 9 | 7 |  | $05: 47: 09$ | Ernst | Ingo |
| 10 | 8 |  | $05: 48: 23$ | Macdonald | Paul |
| 11 |  | 3 | $05: 49: 47$ | Isbell | Samantha |
| 12 | 9 |  | $06: 01: 26$ | Mccormack | Ashley |
| 13 | 10 |  | $06: 03: 51$ | Turley | Brett |
| 14 |  | 4 | $06: 05: 03$ | Healy | Claire |
| 15 | 11 |  | $06: 07: 23$ | Wall-Smith | Mat |
| 16 | 12 |  | $06: 08: 04$ | George | Craig |
| 17 | 13 |  | $06: 09: 33$ | Priest | Steven |
| 18 |  | 5 | $06: 11: 46$ | Rigby | Kim |
| 19 | 14 |  | $06: 18: 39$ | Wielechowski | Daniel |
| 20 | 15 |  | $06: 22: 52$ | Michell | David |
| 21 | 16 |  | $06: 24: 51$ | Lamb | Angus |
| 22 | 17 |  | $06: 27: 55$ | Hindley | Mike |
| 23 | 18 |  | $06: 38: 58$ | Moffatt | Ben |


| $\mathbf{5 0 k m}$ |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First <br> Name |  |
| 24 | 19 |  | $06: 43: 27$ | Mccredden | John |  |
| 25 |  | 6 | $06: 47: 06$ | Saker | Jill |  |
| 26 | 20 |  | $07: 03: 56$ | Mcgann | John |  |
| 27 |  | 7 | $07: 05: 37$ | Baker | Tanya |  |
| 28 | 21 |  | $07: 08: 01$ | Knight | Jason |  |
| 29 |  | 8 | $07: 39: 20$ | Thompson | Dale |  |
| 30 |  | 9 | $07: 53: 51$ | Roberts | Melanie |  |
| 31 | 22 |  | $07: 55: 06$ | Heather | Andrew |  |


| $\mathbf{5 0 k m}$ |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rank | Cat <br> Place | Cat <br> Place | Time | Last Name | First <br> Name |
| 32 |  | 10 | $07: 55: 06$ | Heather | Carly |
| $=33$ |  | 11 | $07: 58: 41$ | Clayden | Kerri |
| 33 | 23 |  | $07: 58: 41$ | Clayden | Brad |
| 35 | 24 |  | $08: 39: 20$ | Macintyre | Don |
| 36 |  | 12 | $08: 43: 57$ | Watson | Elizabeth |
| 17 |  | 7 | $6: 23: 41$ | Coetzee | Hannelie |
| 18 |  | 8 | $6: 30: 06$ | Marshall | Sarah-Jane |
| Bold SURNAME indicates AURA member. |  |  |  |  |  |

# Guest Interview <br> Interview with Dr Greg Cox, Sports Dietitian Australian Institute of Sport By Elizabeth Bennett, Editor, Ultramag 

EB: Firstly Greg, thank you very much for your time and willingness to be interviewed by Ultramag, the Australian Ultra Runners' Association magazine. It is great to catch up with you after such a long time. I recall all the " $g$ 'days" we shared when running around the trails of North Canberra and the dietary consultations you did with me at the AIS in 2006-2007 when I was struggling to synchronise my strict vegetarian diet with heavy training. I still use much of the advice you gave me then only now my focus is on ultra marathons.

As you know, ultra marathons are endurance running events of distances greater than the conventional marathon distance of 42.2 km . That means that short ultras may be as short as 43 km and long ultras may be hundreds of kilometres and/or multi-day events. Given that, what do you see as being the biggest nutritional challenge(s) for ultra marathoners during ultra marathon events?

GC: There are a few ways to answer this question. In terms of nutrients, the priorities are carbohydrate and fluid, and to a
lesser extent, sodium. It's a matter of interpreting current intake guidelines, formulating a plan, and then trialling and practising the plan in race-like training sessions to determine individual tolerance.

In terms of a practical consideration,
the single biggest nutrition challenge ultra marathoners face is flavour fatigue.

EB: How would you suggest ultra runners vary or modify their event nutrition plans depending on whether they are


Dr Greg Cox
doing short or long ultras - for example, what differences would you suggest for a 100 km event versus a 48 hr event?

GC: To answer this question I will use carbohydrate as an example. Current carbohydrate intake guidelines have been recently modified and are now scaled according to the duration of the exercise being undertaken. For events lasting longer than 2-3 hours, carbohydrate intake guidelines suggest intakes up to 90 grams per hour using multiple transportable carbohydrates.

Let me diverge for a minute and explain multiple transportable carbohydrates. In short, if your hourly intake of carbohydrate exceeds $\sim 60 \mathrm{~g} / \mathrm{h}$, then using mixed carbohydrate sources, such as glucose and fructose, becomes important as they are transported across the gut on different transporters. They should be consumed in a ratio of approximately $2: 1$. For example, a banana contains both glucose and fructose in a ratio of 2:1. Maltodextrin on the other hand, which is commonly used is sports drinks, contains glucose only.

Back to the topic of how much carbohydrate. Well, while the carbohydrate intake guidelines suggest intakes up to $90 \mathrm{~g} / \mathrm{h}$, it doesn't mean every athlete competing in an ultra should consume $90 \mathrm{~g} / \mathrm{h}$. Many athletes simply couldn't tolerate that amount and probably don't need it. It's crucial for each ultra marathon runner to consider how trained they are and what intensity they are able to maintain throughout an ultra.

Yiannis Kouros, the greatest ever ultra runner (well certainly in my hall of fame), was reported to consume as much as $\sim 3300 \mathrm{~g}$ /day $(135 \mathrm{~g} / \mathrm{h})$ of carbohydrate during
his Sydney to Melbourne running race. That is unusual and amazing in itself - the gastrointestinal fortitude of the world's best. He was well trained and able to sustain a relatively high intensity throughout the race (highest distance covered was 270 km in 24hrs). However, ultra runners who aren't travelling as fast and/or are running ultra races that are shorter need to adjust their intake. Intakes I have planned for continuous ultra running events vary between 40$80 \mathrm{~g} / \mathrm{h}$. For the shorter ultras, when intensity is higher, a runner may be more aggressive with their intake compared to longer ultras when intensity is reduced and the intake slightly less.

An intake of $60 \mathrm{~g} / \mathrm{h}$ over a 48 hr ultra run equates to a 24 hr intake of 1440 g of carbohydrate. Believe me, that is a truck load of carbohydrate! Hence, the most important consideration is individual tolerance to carbohydrate intake which appears to be trainable. So, my advice is, practice.

## EB: Just as ultra distances can be

 varied, so too can the terrain and environmental conditions under which they are run. What special nutritional considerations should ultra runners take into account for very cold conditions - e.g., in 24+hr events when night running can be very cold - and/or very hot conditions - e.g., when day time running can be very hot? And is the type of terrain of any relevance to nutrition (or vice versa) or is event nutrition more about duration and environmental conditions?GC: That's a tough question to answer without writing an essay. In cooler conditions ultra runners obviously need less fluid and fuelling demands are relatively stable. Ultra runners need to use more concentrated liquid forms of
fuel in cooler conditions. In night conditions, which are typically cooler again, and intensity of effort usually drops (for example, due to visibility, particularly on technical courses), hourly fuel intake needs to be adjusted again. Something I incorporate into any plan I establish for endurance events is to set a fixed hourly intake of carbohydrate containing fluids, with overall hourly fluid intake adjusted by adjusting hourly water intake. For example, in a 48 hour ultra in hot day-time conditions I might set hourly sports drink intake during the afternoon block $(12-6 \mathrm{pm})$ at 500 ml an hour, with water to be consumed as dictated by thirst. So, at a minimum during this block of the race an athlete would consume 500 ml of sports drink which provides a known and constant amount of carbohydrate. Overall hourly fluid intake is ultimately adjusted by how much additional water is consumed. On the flipside, in the evening in the same race, where the temperature may decrease significantly, the baseline intake of a more concentrated sports drink might be 300 ml , with water to be consumed as dictated by thirst. Athletes may substitute the concentrated sports drink with another concentrated fluid such as soup (modified with carbohydrate) or liquid meal supplement like Sustagen Sport. Baseline fluid intake in the evening would then be 300 ml , with additional water consumed as dictated by thirst. Carbohydrate supplied by the fluid options would be similar though with the shortfall made up by various food choices.

EB: Many ultra runners report that high energy gels and the like are insufficient as food fuel for ultras, particularly long ultras. What is your view on that? Do you think ultra runners' main event food should be gels and electrolyte drinks or do you think
"real" food should be consumed or a mix?

GC: Definitely a mix of sports foods in combination with real food choices. You can add far more variety and have a greater taste profile by incorporating real food choices.

EB: If you recommend "real" food, what types of food do you suggest? Traditional "real" foods used by ultra runners include bananas, baby food, creamed rice, soup etc. However, are they the best or are other foods better? Or is it an individual thing and more about personal preference (or what sits best in the tummy) rather than foods of optimum nutritional value?

GC: Baby food!? That's an expensive option for someone who has teeth and can chew. It is not something I would recommend. Personal preference comes into play. Sweet and savoury foods should be incorporated. I have used things like mashed potato with added polyjoule and salt as a savoury sports gel, modified curries, crisps, muesli bars, liquid meal supplements, salted nuts, beef jerky, self prepared and ready-prepared dehydrated meals, sports drinks, coca cola, etc, etc. With the longer events I also include different textures because eating sloppy food for long periods of time isn't that appealing, but equally, eating chewy or crunchy foods can become exhausting.

EB: The two main causes of ultra runners DNF-ing are reported to be (i) blisters and feet problems, and (ii) gastrointestinal upset. How do you think the latter can best be prevented and/ or minimised? Can tummy problems be prevented or minimised with careful choice of event nutrition and/or do you recommend anti-nausea
medication etc?
GC: In endurance events, faster athletes are more likely to suffer from GI upset. Higher intakes of carbohydrate are also associated with increased risk of GI distress. So, it's a matter of each individual ultra runner finding their own personal tipping point. As part ofmy $\mathrm{PhD}, \mathrm{I} /$ we demonstrated (indirectly) that athletes can train their gut. So, while an athlete might rehearse race intensity, terrain and environment, it's equally as important to rehearse race nutrition tactics.

EB: What's your view on the use of electrolyte drinks/tabs during ultra events? And also what is your view on the use of salt tablets during ultra events?

GC: These are both good questions. Both can be used in a well executed nutrition plan. Are they essential? No. Are they good options to include? Well, sure, if they are an athlete's individual preferred option(s). When nutrition planning I listen to the athlete and understand their food preferences and then build a plan around these food preferences. I might add options, but rarely would I say "don't eat this or that". So, do I use these products? Yes, for some athletes. No, for others.

EB: Outside of ultra event running, what would you consider a balanced diet for an ultra runner in training - ie, a runner who routinely runs $150+\mathrm{km}$ per week? By that I mean, a ballpark kilojoule intake (or range), and percentage protein, fat, carbohydrate etc?

GC: This is too broad a question to answer as nutrition management of an individual athlete has developed significantly over the past 1015 years. Total energy intake and macronutrient distribution are only two elements that need consideration. Timing of meals
around training, recovery options, body composition goals, nutrition strategies to enhance adaptation to daily training, and an individual's response to nutritional strategies all need to be considered.

EB: Both in training and post event, do you think there's a relationship between nutrition and sleep or rest so as to optimise recovery? And if so, are there particular foods/fluids which you think facilitate sleep or rest and therefore recovery?

GC: Avoiding caffeine after lunch is important for most but not all athletes in terms of the interplay between recovery and sleep.

It appears that carbohydrate containing foods promote the onset of sleep. However, this needs to be balanced with other nutritional strategies which may influence body composition and/or an athlete's metabolic response to training.

It is also important post strenuous training to have a meal/snack that contains $\sim 20-30$ grams of protein and some carbohydrate. The precise amount(s) will be influenced by timing of the athlete's next meal and overall daily energy requirements as well as adequate fluid.

EB: Finally, do you have any other comments or nutritional advice for ultra runners?

GC: Read well credentialed sports nutrition information, consult an accredited sports dietitian, interrogate other ultra runners about nutrition strategies that work for them, and rehearse race nutrition strategies in training.

EB: Thanks again Greg. Your time and advice are much appreciated ${ }^{() .}$

# Book Review: <br> "Ready to Run" by Kelly Starrett Reviewed by Isobel Ross 

I purchased this book after hearing an interview with Kelly Starrett on an Endurance Planet podcast. I liked the sound of his ideas and wanted to know more.

Kelly Starrett is a doctor in physical therapy and is an internationally renowned expert in movement. His first book was called "Becoming a Supple Leopard".

The purpose of "Ready to Run" is to teach techniques that will prevent overuse injuries, and increase the function and mobility of joints and tissues. All of this, it is claimed, will allow you to "run faster, run farther and run better".

In the first section of the book Starrett introduces his philosophy of running and injury prevention. It is good to read this section as it helps to explain why he thinks mobilisation is so important. The book then moves through chapters that focus on the different parts of the body and movement patterns that Kelly believes affect how we run. He calls these the standards for being "ready to run". In each section there is an easily performed self-test to see how you rate in each area. He then explains why each standard is important and how it can influence your running. He also details the exercises you should do to strengthen/mobilise each area.

The final section of the book goes through each exercise or mobilisation technique with detailed photographs. These are easy to follow but you can also go to his website to see the videos: http://www.mobilitywod.com/ about/founders/. (You do have to pay for full access to all of the videos.)

Kelly advises that you need to make a commitment to work on the recommended exercises every day. This sounds daunting but then he goes on to say that even 10 minutes a day will suffice. Of course more would be better, but 10 minutes a day is realistic for most of us.
"Ready to Run" is a great book that gives lots of simple, practical advice on how to stay mobile and supple. I hope you find it as beneficial as I have.


# Ultramag Health Report Preventing Acute Kidney/Renal Failure By Elizabeth Bennett 

## Introduction

Over recent years there has been much publicity about the potential for dehydration, some pain medications (e.g., ibuprofen) and/or hyponatremia to cause acute kidney/renal failure during or post ultra marathon running*. Acute kidney/renal failure can be fatal. This has led to an increase in awareness that maintaining a balanced fluid intake and avoiding ibuprofen-type medications during ultra marathons are important prevention strategies for ultra runners. But how many ultra runners actually know why this is the case? How many ultra runners actually know how their kidneys work and how dehydration, some pain medications and/or hyponatremia can cause acute kidney/renal failure?

## Background Information

The National Kidney Foundation refers to the kidneys as "powerful chemical factories". They are responsible for a number of vital - ie, life sustaining - functions. These include:

- removing waste products from the body
- removing drugs from the body
- balancing the body's fluids
- releasing hormones that regulate blood pressure
- producing an active form of vitamin D that promotes strong, healthy bones; and
- controlling the production of red blood cells.

Acute liver/renal failure occurs when the kidneys are suddenly unable to filter waste products from the blood. This leads to dangerous levels of waste (including salt, minerals and electrolytes) accummulating, and the chemical make-up of the blood becoming unbalanced. This can quickly cause potentially life threatening organ failure.

## Causes of Acute Kidney/Renal Failure

There are three main causes of acute kidney/renal failure:

1. A sudden, serious drop in blood flow to the kidneys. This may be caused by heavy blood loss, an injury or infection. However, it can also be caused by dehydration.

This cause is of particular relevance to ultra runners and highlights the need to be calculating and methodical with hydration before and during ultra events, and also rehydration post event.
The risk of kidney problems emanating from a drop in blood flow to the kidneys is even greater for ultra runners if they have a pre existing infection.
2. Damage to the kidneys caused by some medicines, poisons or infections.
Most people don't develop acute kidney problems from taking medicines if they are taken as prescribed. However, an excess of some medicines - e.g., pain killers such as ibuprofen and naproxen etc - can damage the kidneys and cause acute kidney/renal failure.
This cause is of acute kidney/renal failure is of particular relevance to ultra runners if such pain killers are either over used and/or used when in a dehydrated state.
3. A sudden blockage that stops urine from flowing out of the kidneys - e.g., kidney stones, a tumour, an injury or an enlarged prostate.
This cause is of particular relevance to ultra runners if they have one of these $\mathrm{pre}-$ existing conditions. This is of even greater concern if ultra runners don't know that they have one of these pre existing conditions. Hence, it is very important that ultra runners take good care of their general health and heed any warning signs of such conditions.

## Signs and Symptoms of Acute Kidney/ Renal Failure

Signs and symptoms of acute kidney/renal failure include:

- little or no urine when trying to urinate
- swelling, particularly in the legs and feet
- lack of appetite
- nausea and vomiting
- confusion, anxiety, restlessness and sleepiness
- pain in the back, just below the rib cage - ie, "flank pain".

The particular concern for ultra runners with these symptoms is that they are generic symptoms - ie, they are not exclusive to acute kidney/renal failure - and many ultra runners may experience such symptoms and not be in acute kidney/renal failure. Conversely, an ultra runner could have these symptoms and consider them to be a "normal" side effect of their ultra running - ie, they have experienced them before - and yet they could on that occasion actually be in acute kidney/renal failure. Given this, it is vitally important that ultra runners pay close attention to symptoms that may be uncommon to them, exaggerated and/or of longer lasting duration than their "normal".

One key sign of acute kidney/renal failure which may ring alarm bells for ultra runners is the last one on this list - ie, pain in the back, just below the rib cage - ie, "flank pain" - as this symptom is one of the least likely to be experienced by ultra runners as a matter of course.

Having said all that, some people may not experience any noticeable symptoms pre acute kidney/renal failure. This adds imperative for ultra runners to be calculating and methodical with hydration and rehydration.

## Hyponatremia - A Special Case

Unlike the causes of acute kidney/renal failure listed above, hyponatremia is not a case of the kidneys being unable to filter waste from the kidneys. Rather, it's a case of the kidneys being overloaded with fluid. When this occurs the sodium level of the blood drops below normal ( $<135 \mathrm{mEq} / \mathrm{L}$ ) and excess water goes into the body's cells causing them to swell. This swelling can be dangerous - ie, potentially life threatening particularly for the brain because the brain cannot expand beyond the skull structure.

Hyponatremia can be caused by too much water or fluid in the body and/or losing too much water or fluid
from the body. Causes of hyponatremia include:

- diuretics
- anti-depressants
- some pain medications
- vomiting and/or diarrhoea
- dehydration and/or excessive thirst (resulting in excess fluid intake)
- kidney failure
- congestive heart failure

The causes of hyponatremia that are of particular relevance to ultra runners include dehydration and/or over hydration, some pain medications, and vomiting and/or diarrhoea. Additional causes of concern include diuretics and/or anti-depressants which some ultra runners may take for other/non-running related reasons.

Some of the signs and symptoms of hyponatremia are similar to those of acute kidney/renal failure - ie, nausea or vomiting, confusion, restlessness. Others however, may include: headache, loss of energy, muscle weakness, twitching or cramps, seizure or coma. Again, some of these symptoms are generic and may be experienced by ultra runners who are not in a hyponatremic state, adding to the importance of staying alert to new, changing or increasing symptoms.

## Diagnosis and Treatment

It is critically important that acute kidney/renal failure and hyponatremia are diagnosed and treated as soon as possible. Depending on the severity and duration of these conditions, a full recovery may be possible. However, long term damage, and in severe cases, life threatening consequences, are possible and have been well documented among marathon and ultra marathon runners.

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## AURA Committee Reports <br> President's Report

## By Robert Boyce

This is our last edition of Ultramag for the year. The year has gone too fast. I hope you have all managed to get enough races in.

It has been a great year for Australian ultra running. At the four world championships, our members performed to the highest level, putting us up there with the top countries in world. We have also had six national titles resulting in some outstanding race times and distances. We have had great membership participation in the national championship events. If you have not yet raced in one of these events I strongly recommend that next year you enter one or more. Not only will you get to race against the best, you will also get to run in some of the most well organised races in Australia.

I would like to thank all race directors, race volunteers, the AURA Committee and AURA volunteers for their help throughout the year. Without you AURA would not exist. And a special thanks to Elizabeth Bennett who has given us four fantastic Ultramag magazines this year.

## Vice President's Report By John Pearson

It doesn't seem two minutes since I was writing about 2015 being the year ahead.
As 2015 comes to a close, it has to go down as one of the most successful in AURA's history. Participation rates have continued to grow, records have continued to tumble and the calendar has expanded to give runners a great choice of events all year round. All of these developments have contributed to AURA being able to send strong teams overseas to compete in major championships and put Australian ultra running on the world map.

There have been quite a few changes behind the scenes within AURA during 2015 as new people have put their hands up to take on various volunteer roles that help make AURA tick. Thanks to those who have taken on roles within AURA and those who have stepped down after giving their time over the years. If anyone else finds themselves with a bit of spare time on their hands please don't hesitate to get in touch as there are many ways new volunteers can assist.

Special thanks to AURA President, Rob Boyce. The amount of time and energy Rob puts into his role as president really is astounding and it is all done for the love of the sport. Thanks Rob.

## State and Territory Reports

## Queensland

## By Susannah Harvey-Jamieson

Rather than our usual state roundup, we would like to pay tribute to a very special lady who was wellknown and loved by Queensland ultra runners. Elizabeth "Betty" Williams, wife of Geoff Williams (Geoff Runs), passed away 12 October 2015. She finally succumbed to COPD that she had suffered for some years.

Betty epitomised the ethos that binds us as an ultra running community: kindness, selflessness, determination and dedication.

She was famous for breakfasts at the Caboolture events. Runners were always grateful for her freshly prepared eggs and toast just as dawn was breaking. With it, she provided a second wind and encouragement.

Betty was often feeling poorly but rose above it to look after others. Encouraging them and supporting Geoff and his events with an energy that was hard to match. This relentless support and passion was beautiful to see. Betty loved running because Geoff loves it. She understood that running was part of Geoff and dedicated many years to ultra running.

We are truly grateful to Betty and what she has done for our sport. I understand that a perpetual trophy is being arranged in her name and memory. Thanks to Cassie Smith for collecting donations for this. The trophy will be awarded to a runner participating in future Caboolture Historical Village events who displays the


Betty Williams
characteristics that Betty lived by. Geoff will make the final decision on what that will entail.

In keeping with their giving nature, Geoff asked that donations be forwarded to Aussie Helpers in lieu of flowers at her memorial. Should you wish to donate to this cause, please contact me for details.

Our heartfelt condolences to Geoff and the Williams family. Rest in peace Betty.

## South Australia

## By Paul Rogers and Emma Vaughan

The last couple of months have been the busiest on the South Australian ultra calendar with both the Yurrebilla 56 km and Heysen 105 km trail races. Both events saw record numbers of entrants and some excellent battles.

The Yurrebilla race was won by race ambassador David Byrne
in yet another course record of 4 hours 22 mins. In the women's race Lucy Bartholomew won in 5 hours 44 mins.

For the first time a 57 km distance was added to the Heysen trail event. The inaugural male and female winners of this event were Kieren Funk in 5 hours 34 mins and Alison Wood in 7 hours 43 mins . In the 105 km event the winners were Andrew Hough in 10 hours 15 mins and Jo Kruk in 11 hours 41 mins.

Upcoming events include the 50/100km track race on 30 January 2016 at the Santos Athletics Stadium in the heart of Adelaide. This will be an ideal opportunity for those ultra runners aiming for national team selection to put in a fast race on one of the best surfaces in Australia

Lastly we would like to wish everyone a very Merry Christmas and a Happy New Year. We hope you get some great runs in over the holidays, and most of all, stay safe.

# Western Australia By David Kennedy 

The inaugural WA Track Ultra kicked off on the hottest August day ever recorded in both race town, Bunbury, and Perth. It was 27C in Perth and after a mild winter it felt very hot on the track. Down in Bunbury it was officially 24C but felt much warmer. However, this didn't stop some great performances. After a break of 4 years since WA has held a track race, it was good to see everyone running around in circles, and the race was well supported by both locals and visitors. Next year the weather is almost guaranteed to be cooler and I predict some world class performances on a very new Mondo surface.

The WTF 50 and 100 Milers were held during September in ideal weather. For the first time in the event's history all four race records survived. In the men's 50 , visiting Finnish runner, Roni Kauri, took it up to Nathan Fawkes and leaving
the last aid station it was too close to call. A ding-dong battle ensured with Nathan cracking Roni with about 10 km to go and going on to win comfortably in the end. In the women's 50, Emily Laidley ran through the field to take a well deserved win from Pam McCaskie.

The 100 Miler saw Richard Avery and Crystal Shui in the lead early on but they missed the first out and back. It was decided that they could do it twice on the return to Dwellingup. Crystal took this option to take a well deserved win in the ladies 100 from Rachel Evans and Harmony Waite. Richard unfortunately had to DNF around 100 km but look out for him in the future. Ben Harris then took the lead and was looking the likely winner until once again at the last aid station it was anyone's race with Alexis Oosterhoff closing a substantial gap to be only 1 minute behind. In the run to the line Ben was hungriest for the win and Alexis had to settle for 2nd.

A fresh, excited and young Australian team went to France to run in the IAU World Trail Champs in May. The team consisted of: Majell Backhausen, Tom Brazier, Mick Keyte, Lucy Bartholemew, Kellie Emmerson and me.

The excitement started when we all arrived at the athletes' accommodation in Annecy/ Sevrier four days before the event. The atmosphere was buzzing, although at times it felt like a game of
patience as we rested and waited in anticipation of race day. Fortunately we did squeeze in a few short runs on some of the local trails and a few trips to the bakery for local delights.

In the Championships the top three athletes' times (both men and women) from each country count towards the country's placing. With just three men and women we each knew that we had to (a) make it to the start line by 3:30am and (b) get to the finish line. Did
we succeed? YES!
Maj and Kellie had fantastic runs to lead the Aussie team home. Tom had a few stomach troubles in the second half but managed to slog it to the finish. Mick toughed it out despite starting with a strained calf and so the rest of us knew we had no excuses. Lucy brought it home for the Aussie team, to give us 9th place in the women's team category.

| Men |  | Time | Women |  | Time |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Majell Backhausen | 47th | 10.03 .00 | Kellie Emmerson | 19th | 11.17 .40 |
| Thomas Brazier | 74 th | 10.43 .35 | Gill Fowler | 23rd | 11.26 .18 |
| Michael Keyte | 110th | 12.20 .20 | Lucy Bartholomew | 61st | 13.31 .10 |



Here's a summary of my race.
It was a very early and dark 3:30am start for the $200+$ athletes running in country colours. The gun went off and it felt like a 20 km race. I checked my watch and we were running just over $4 \mathrm{~min} / \mathrm{km}$ to jostle for positions around the lake and out of Annecy before the single trail started and we commenced the first climb to Mt Semnoz (18km). Note to self...slow down! Sure enough, the trail did slow us down, as did the mud patch half way up, which had people sliding backwards.

Our full support crew of Rob, Pitsami, Mia, Matt and Tegyn were eagerly waiting at the top of Semnoz. This was the drop off spot for torches, assuming we didn't get to the top too fast. Maj and Tom were a little hasty dropping their torches and they had a slightly more interesting descent in the forest on dawn.

The next chance to see some of our support crew was at Doussard $(44 \mathrm{~km})$. The day had started to heat up, just in time for the next big climb, so I grabbed my poles. The climbs all felt pretty tough and there was no shelter from the sun.

I thought to myself ... next time practice speed walking more hills!

This climb did have its rewards. We climbed to just over 1700 metres to a grassy alpine area with spectators cheering and bells ringing to lift our spirits. The bells were from a flock of goats that liked our path and who were happy to give us all some obstacles in addition to the rock scrambling to negotiate. This was a highlight for all of us.

After descending the summit there was some good wide trail on which we could run faster as we headed back towards the lake and the final checkpoint at Menthon St Bernard. It was 15 km from the finish with just one final mountain climb in the way.

I had run this last section with Tom when we first arrived a week prior so I could picture this last climb and I was keen to get up to the summit of Mt Barron ( 77 km ). It felt long and I was very happy to reach the top. I took a quick glance to my right to see the snow-capped mountains and Mount Blanc, stashed my poles in my pack, and started the final descent to the finish. This was a memorable and fun descent of switchbacks over tree roots and rocks back to the lake, and then a dash on jelly legs to the finish shute.

Running your individual race as well as representing Australia against many of the top trail runners from around the world is a fantastic experience.



## International News:

by Nadeem Khan, IAU Director of Communications

There is just one more championship left in this busy IAU season. I have to commend Team Australia for their performances so far in the international competitions. Australia has always been a great supporter of IAU championships and AURA is sending both a men's and women's team to the inaugural 50km World Championships in Doha, Qatar which is being hosted on 4 December 2015. Brendan Davies, one of the most decorated Australian athletes will be running in the championships, adding to his already stellar resume of 100 km and Trail World Championships. Tina Major and Tash Fraser will also be making the trip to Doha for a second year having run the course in 2014 at the 50 km World Trophy Final.

The 50 km distance was initiated to bridge the gap between marathoners and post marathoners, and to consolidate interest in one championship. We hope the competition will be successful in its first year and will set the stage for future 50 km world championships.

There was a time when ultra competitors did not have any issues working out their ultra calendars. Now, with increased interest in the sport around the world, athletes have to sort through the many races on offer on any given weekend. And race organisers have to go the extra mile in enticing athletes to their events be it via their historical significance, organisation or goody bags.

How is mainstream athletics reacting to this surge in the popularity of ultra running? Is media catching up on the hype of
the sport? What does it mean for us in the future and for the future of ultra running?

Nowadays it is not unusual to find documentaries on TV dedicated entirely to ultra running. I have watched segments, news feeds and even short stories about ultra races around the globe on mainstream sports channels. The combined efforts of our top athletes and good quality international races, along with the ongoing dedication of our federations and volunteers, has started to make a difference to the persona of what is quite an old sport. The sport of ultra running is no longer seen as unachievable but more of a challenge that can be accomplished with dedication and determination. This has attracted the interest of many sporting enthusiasts and the word "ultra" is no longer a foreign term in athletic terminology.

I have been fortunate enough to be invited around the world to major sporting events and national championships. This year I have been to the Hong Kong 100km and 24 Hour Championships, the Beirut International Marathon and Doha. The latter was to prepare for the upcoming world championships. Regardless of where I go, I have seen the one common factor that unites us all - ie, to give it all we have on any given day to achieve that common goal - the glory of the finish line.

Ultra running is now going into unknown territory. It is an open ended type of sport as it can span distances from 50 km to much greater distances run over days or weeks on end. It is also expanding into more and more countries.


There are now ultra races in Oman, Sri Lanka, the Virgin Islands, Egypt and numerous other countries around the world. The sport has taken off in regions which have not traditionally had events longer than the ultra's cousin, the traditional 42.2 km marathon distance. These countries are embracing the sport and introducing it to their local running communities.

I think the attractiveness of ultra running is the freedom to choose. One can choose the distance (timed or miles) and terrain (road, track or trails). These features have increased the number of athletes partaking in ultra events exponentially. As the sport continues to grow the trick will be continuing to promote and provide something for all ultra runners while enhancing the championship events. It is an exciting time for our sport and exhilarating to watch it progress in so many different ways across the globe.

## 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

## DECEMBER 2015

Friday 11 December 2015
Coast to Kosciuszko
240km Road \& Trail
Eden, NSW
Contact: Paul Every (02) 94828276
Email: peverydweaver@hotmail.com
Website: http://www.coast2kosci.com

## Sunday 13 December 2015

## Kurrawa to Duranbah

50km Footpath \& Road
Goldcoast, QLD
Contact: Sahara Dry 0439345285
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 0408025220
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 0433333206
Email: davidk1998@hotmail.com
Website: http://www.6inchtrailmarathon.com/

## Thursday 31 December 2015

Rock around the Clock
6 Hour Trail
You Yangs, VIC
Contact: Andy Hewat 0421040700
Email: andy@trailrunningcompany.com

## JANUARY 2016

Saturday 2 January 2016
Narrabeen All Nighter
12 hour Footpath and Trail
Narabeen, NSW
Contact: Ron Schwebel 0415669464
Email: rschwebel@bigpond.com

Sunday 10 January 2016

## Bogong to Hotham

64km Trail
Victorian Alps, VIC
Contact: Andy Hewat 0421040700
Email: andy@bogong2hotham.com
Website: https://sites.google.com/site/bogong2hotham/

Sunday 17 January 2016
Two Bays Trail Run
56km Trail
Mornington Peninsula, VIC
Contact: Rohan Day 0420380955
Email: info@twobaystrailrun.com
Website: http://www.twobaystrailrun.com/

Saturday 23 January 2016
Australia Day Ultra
100/50km Footpath
Australind, WA
Contact: Ron McGlinn 0439496765
Email: ronin99@hotmail.com
Website: http://australiadayultra.com/

## FEBRUARY 2016

Saturday 6 February 2016
Cradle Mountain
82km Trail
Cradle Mountain, TAS
Contact: Doug Strohfel 0451633207
Email: dougjodi@bigpond.net.au
Website: http://www.cradlemtnrun.asn.au/

## MARCH 2016

## Saturday 5 March 2016

## Lark Hill Dusk to Dawn Ultra

50 km and 100 km Trail
Port Kennedy, WA
Contact: Dave Kennedy 0433333206
Email: davidk1998@hotmail.com

## Sunday 6 March 2016

## Coburg 6 hour

6 hour Track
Clifton Hill, VIC
Contact: Tim Erickson 0412257496
Email: gogginbj@bigpond.com
Website: http://www.coburg24hr.org/24hr/

## Saturday 19 March 2016

## Razorback Run

68km Trail
Victorian Alps
Contact: Paul Ashton 0418136070
Email: paul@runningwild.net.au
Website: http://www.runningwild.net.au/

## Friday 18 - Sunday 20 March 2016

CBR 48hr
48hr, 24hr, 12hr, 6hr Track
Canberra, ACT
Contact: Billy Pearce 0401475942
Email: pearceperformance@hotmail.com
Website: http://cbr.48hr.ktkc.com.au/

Sunday 27 March 2016
Wildhorse Criterium
50 miles / 50km Trail
Wildhorse Mountain, QLD
Contact: Alun Davies 0450206474
Email: alun@runqueensland.com

## Australian

## Ultra

## Runners'

## Association Inc

## Ultramag Contributions

## Ultramag is your magazine!

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

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

## Enquiries:

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[^0]:    *The information and precautions detailed in this article may equally apply to ultra marathon training, not just participation in ultra marathon events.

