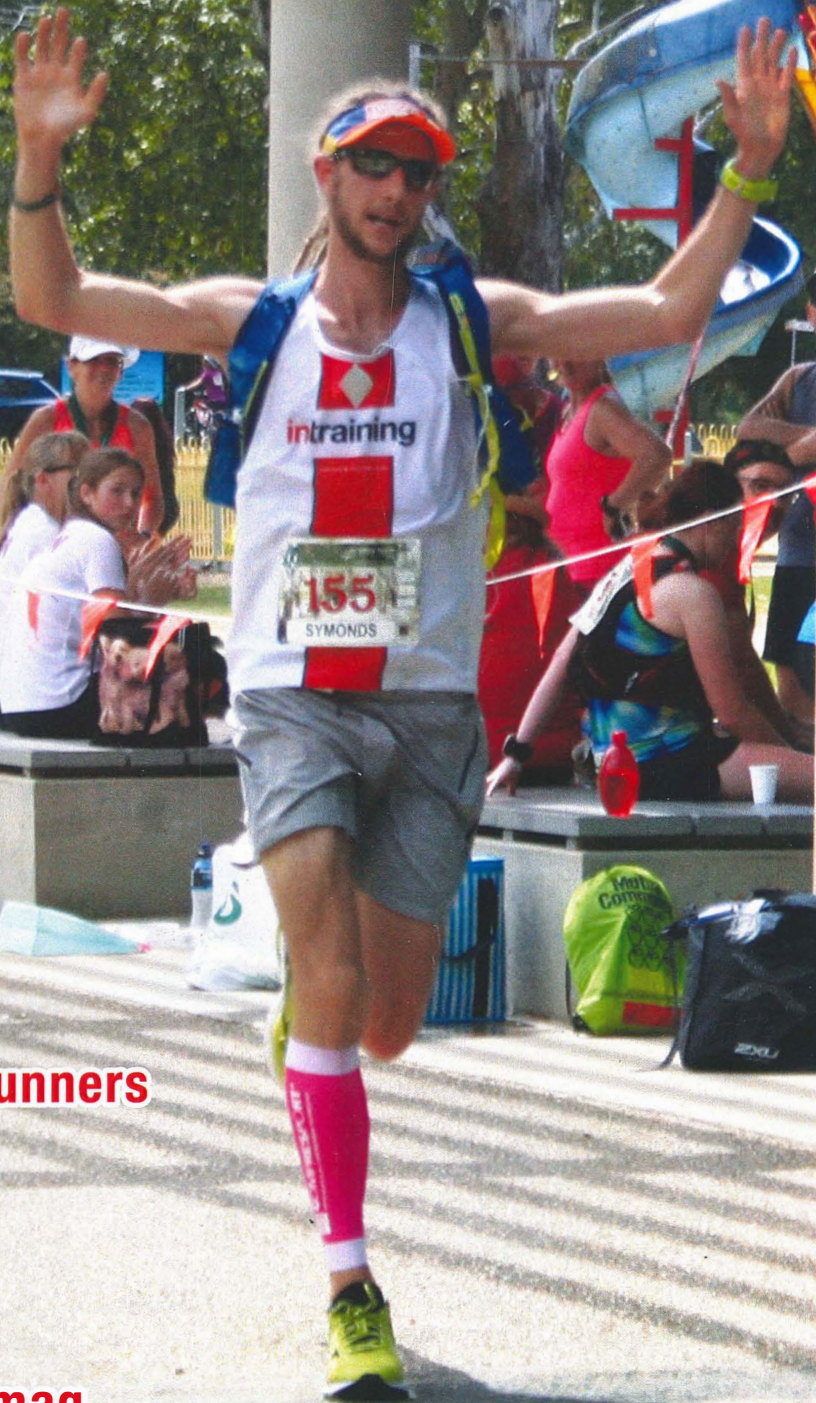


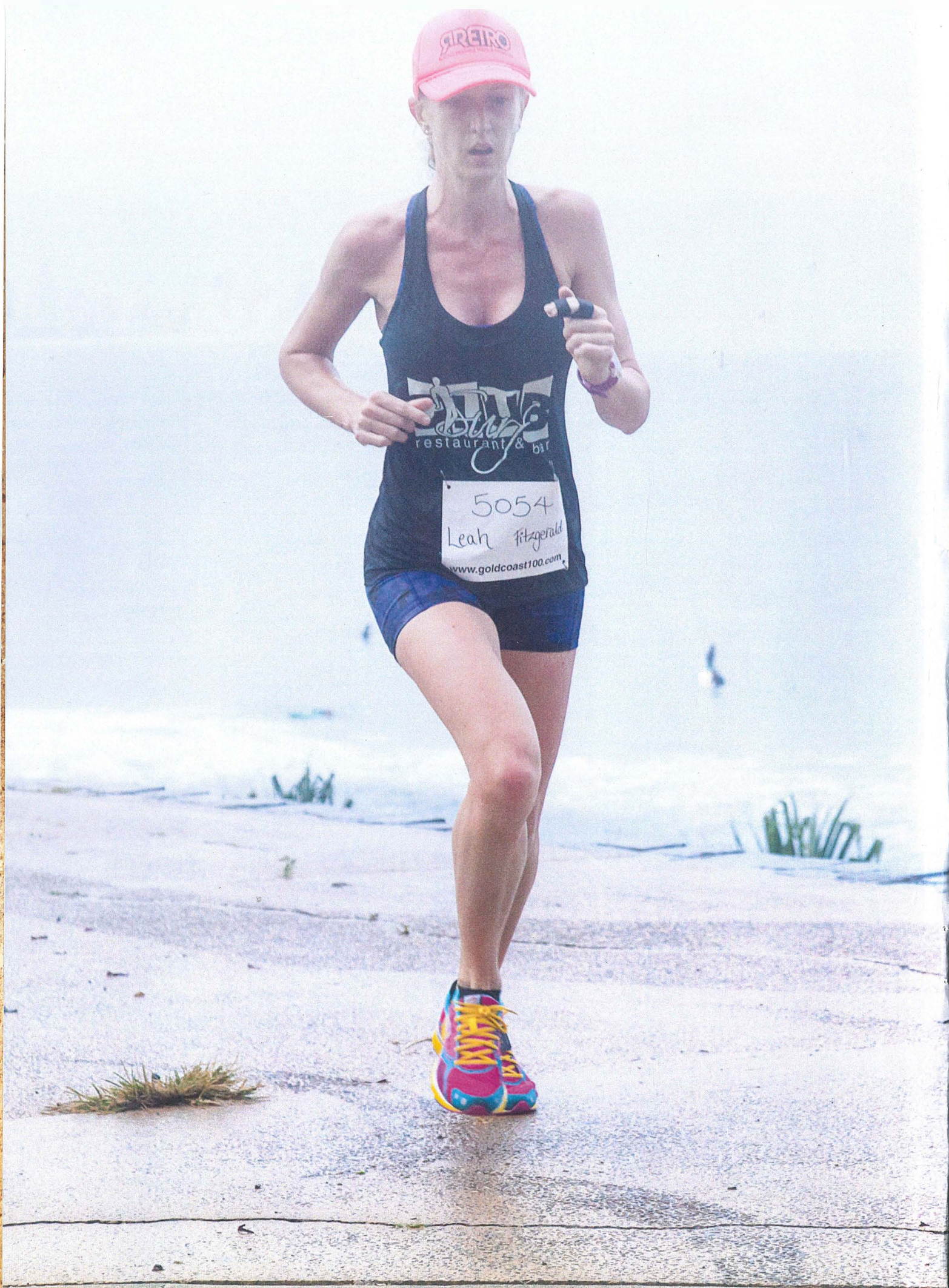
ULTRAMAG

Australian
Ultra
Runners'
Association Inc

Vol 32 No 1
March 2016

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Coaching Us Ultra Runners
- ▶ **Ultra Health Report**
- ▶ **Book review**
- ▶ **Race reports**
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UltraMag:

The Australian Ultra Runners' Association Quarterly Magazine

March 2016

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Front: Dan Symonds finishing the Ned Kelly Chase 100km

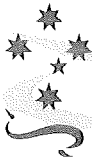
*Inside Front: Leah Fitzgerald - first placed female in the Kurrawa to Duranbah 50km.
Photo courtesy of SOK Images.*

*Outside Back: RMA participants enjoying the 6 Inch Trail Ultra.
Photo courtesy of Paul van der Mey.*



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Editor's Introduction

March 2016

By Elizabeth Bennett, Editor, Ultramag

Welcome to the March 2016 edition of Ultramag. Since this is also the first issue for 2016, "Happy (Belated) New Year!"

While the December-January period may have been a holiday time for many, and a quiet time at work for others, there has been plenty of ultra running action. In fact, since the December issue of Ultramag was published there have been 12 AURA events and I'm delighted to be able to advise that this edition of Ultramag includes race reports from six of those events and four from races which were held between the contribution due date for the December issue and the date the December issue was distributed. That's a pretty good ultra running result methinks ☺.

Some people have asked me why Ultramag hasn't included a

particular race report and/or why there aren't race reports for all AURA events. The answer to those questions is pretty simple. Either repeated approaches to different AURA members to write a race report has resulted in a DNS or a DNF, or there has been no AURA member participant in a particular AURA event to ask to write a report. (Yes, that's right, there are some AURA labelled events in which no AURA members participate, and yes, it is the case that Ultramag will only accept articles from AURA members). So ... if readers want race reports from all AURA events reported in Ultramag the best thing they can do is: (a) accept an invitation from me to write an article (or email me in advance and volunteer to write one), and/or encourage a fellow AURA member to write one, and/or (b) encourage more ultra runners

to join AURA and then encourage them to write a race report for Ultramag. As the advertisement on the inside back cover of every issue of Ultramag says, "Ultramag is your magazine" ☺.

Apart from 10 AURA race reports, this edition of Ultramag also includes three special articles – (1) a feature article on the consolidated views of three high profile ultra running coaches on what it is like to coach us ultra runners, (2) a special feature marking the 30th anniversary of Ultramag, and (3) the ultra running health report which hones in on the "but it couldn't happen to me" sentiment and demonstrates just how easily the impact of ultra running could result in devastating consequences for any one of us.

I hope you all enjoy this issue of Ultramag ☺.





Feature Article

Coaching Us Ultra Runners

By Elizabeth Bennett

Editor, Ultramag

Many ultrarunners seek the guidance of ultra running coaches. For some, this is a short term arrangement, which may or may not be focussed on preparation for a particular event(s). For others, it's a long term relationship which develops and changes over time as the runner's goals and circumstances change. This feature article is a summary of the interviews I did with three of the most well known and successful ultra running coaches – Sean Williams, Andy Dubois and Karl Meltzer. It's about them and their approaches to coaching us ultra runners.

Both Sean and Karl have been runners since childhood (8 and 12 years old respectively), and have progressed through running shorter distances into ultra marathons. Andy on the other hand was a triathlete and went straight from triathlons into ultras. Sean's background includes a lot of variation in running types/distances – e.g., track, cross country, road marathons and ultras – whereas Karl and Andy have more concentrated ultra running backgrounds. Regardless, they all still run – a lot. For example, Karl has run over 130 ultra marathons, 75 of which have been 100 mile events.

Karl, Sean and Andy all reported that their transition into coaching was a natural progression either from being runners themselves or as an extension of what they were already doing. For example, Andy had previously been a personal trainer for 15 years specialising in movement, rehabilitation and sports performance (particularly triathlon). All three cite the

satisfaction of helping others achieve their running goals as one of their main motivators for becoming and continuing to be ultra marathon coaches.

Between them, Karl, Andy and Sean have coached some of the best ultra marathon runners in Australia and internationally. For example, Sean has coached Ewan Horsburgh, Wayne Gregory, Tony Fattorini, Mick Donges, Kirrily Dear, Sean Muller and Jess Baker. And Andy has coached Ben Duffus, Scott Hawker, Jodie Osborne, Caine Warburton and Gill Fowler. However, they also all coach many non-elite ultra runners and report getting as much satisfaction from helping them achieve their goals as the elites. Karl said, *"I take great pride in helping others strategise on how to get the most out of their bodies. We all have strengths and weaknesses. If I can help someone realise those then they will become better runners overall, especially at longer distances."*

It is clearly integral to their coaching that Karl, Sean and Andy have personal experience of running ultras themselves and not just theoretical or academic knowledge of training principles etc. Karl summarised this by saying, *"I really think the best coach is one who has experience doing what he/she is coaching. If a coach goes to school and learns ... from science but has never felt what it's like to go long then the real understanding of ultra marathoning does not exist."* However, Sean also emphasised the importance of coaches distancing themselves from athletes' performances. He

said, *"Of course the runners are left to their own devices when it comes to doing all the hard work and the race. I am with renowned marathon coach Dick Telford when he said, "I normally relax a bit when I leave an athlete to face the music in the big arena, as there is nothing more I could possibly do"."*

In addition to coaching ultra runners, all three of these coaches also coach runners who run shorter, different events. One of my key questions to them was about whether or not there are any unique or defining features of ultra runners compared to non ultra runners. They had some interesting and varied responses to this question. Karl said, *"ultra running clients really aren't that different [although] there is a different approach to races, with different strategies [other than] just going out hard and trying to hang on. They are probably less competitive, but not all of them. Most runners are alike in some form or fashion. We all do it because we like it"*. Andy added that, *"ultra runners see running a little differently to [non ultra] runners. They aren't so concerned about pace per kilometre and distance, and run more for time."* Interestingly, he also said that another notable difference was that, *"where they run is a much bigger concern than road runners and many trail runners have a very strong connection with nature. Ultra runners tend to think a lot deeper about why they run and the mental processes that go into training and competing in ultras."* Sean added his perspective saying, *"ultra runners are certainly very*

down to earth and perhaps a little more eccentric overall. They are all tough as nails, especially those at the tougher end of the spectrum ...”

Following on from this, I asked all three in what way (apart from the obvious emphasis on long runs) do the training programs of ultra runners vary from non ultra running training programs. Obviously, individual differences with both ultra and non ultra runners are key considerations, however, all three coaches agreed that some form of tempo or speedwork should be incorporated and that high mileage was not necessarily a part of all ultra runners’ training. Karl reported that the ultra runners he coaches may run anywhere between 40-100 miles (65-160km) per week and Andy similarly reported that his ultra runners may run between 50-180km per week. Sean added that his ultra runners are not his highest mileage runners saying, *“middle and long distance runners, especially at the top level, invariably cover equal or greater weekly mileage on average than the ultra runners. A good 5km/10km/ marathoner will average between 160-200km per week at an average pace at least 1min per kilometre faster than the top ultra runners”*.

One aspect of ultra training that Andy, Sean and Karl differed on was hill work. Both Sean and Karl indicated that they include hill training in ultra training as a matter of course. In fact, Karl firmly said, *“... hill work is a no-brainer, we all should do hill work in some form”*. Andy however, emphasised individuality in this respect and said, *“most of my [ultra] runners will be doing some form of speed/ tempo sessions and hill repeats but some don’t. It all depends on the race they are training for, the terrain they have available to train on, what they like and don’t like*

in training, their strengths and weaknesses and what their body can handle”.

Aside from the running part of coaching ultra runners, I was keen to get Andy, Sean and Karl’s view on other aspects of training – e.g., cross training, nutrition etc – and what they do/don’t incorporate into their programs. Specifically, I was curious to know if they take charge of these aspects as well or if they offer packages of services in conjunction with other relevant professionals and/or refer on when other specialist input may be required. Andy advised that he has extensive experience in strength, conditioning and rehabilitation, and may incorporate strength and conditioning, and/or cross training into an ultra runner’s training program if he/she is likely to benefit from it. Sean said similarly. Both also said that there are occasions when they refer on for specialist advice from other professionals – for example, dietitians/nutritionists for specific food plans, physiotherapists, podiatrists etc. Karl on the other hand, reported only incorporating cross training into an ultra runner’s training if he/she is injured or on rare other occasions. He said, *“I’m not the biggest fan of cross training, unless injury is the reason. I’ve always felt to run the best, you must run the most”*. Karl also advised that he rarely refers on. Using nutrition as an example he said, *“Nutrition wise, my goal is to help runners learn what works for them at a race. We have some basic principles to follow but tweak [them] here and there to get it right. It might not work [in] the first race or [the] 3rd, but that’s what makes ultra running so great – the unknown”*.

I also asked Andy, Sean and Karl about the psychological side of

ultra running and their coaching role in this respect. All three agreed that psychological preparation and mental skill play a big role in ultra running. Both Andy and Sean highlighted “perceived effort” as being integral to this. Sean said, *“Many ultra runners’ mental issues in ultra training and racing actually boil down to poor pace judgement. I believe that whatever the distance any runner completes from [an] 800m sprint up to ultras, the first two-thirds of the run should be completed in one’s comfort zone. A lot of [a] runner’s training should be geared to ensuring that this comfort zone pace is recognised and managed in a race. Thus in a 100km ultra, 66km should feel relaxed if a runner [has] experienced any issues before that stage, they have almost always gone out too fast”*. Andy concurred saying, *“Helping develop the mental skills to cope with training and racing is at least as important as developing the physical skills. I approach this from a positive mindset point of view. There is plenty of research to show that perceived effort is the key to how hard the brain will let the legs run, so reducing perceived effort is a major goal in races. One of the best ways to do this is through staying present and staying positive. I use a number of different strategies for both racing and training allowing runners to work out which one suits them best”*.

From here my conversation with Andy, Sean and Karl moved on to potential difficulties they may face with some ultra runners – in particular those who may be non-compliant with their training programs and/or high maintenance or needy. On the non-compliant question Andy advised that, *“non-compliance is usually either a lack of understanding (i.e., understanding why easy weeks are important, why recovery sessions should be*

done very easy etc) or a lack of commitment to the program A lack of understanding comes back to education of the client as to why some sessions/weeks should be easy and why it's important not to do too much. Some clients will continue to ignore me, get injured and then suddenly be a lot more receptive to easy sessions and weeks". Sean agreed, jokingly saying, "Coach Ma from China, who coached multiple female world record holders from 1500m-10km in the 1990s hit his runners with a big stick. If that was legal in Australia, it would probably be a good idea for some stubborn runners! Coaches can talk until the cows come home. It really depends on whether a runner wants to listen or not Runners usually learn themselves pretty quickly ...". All agreed that securing compliance comes down to communication, and as Karl said, "a client has to trust the coach with his plan. If not, why are they paying us?"

With regard to the question about high maintenance and/or needy runners I was particularly interested to hear how the shift to online training programs and unlimited email access to coaches may be problematic for them. Andy, Sean and Karl all agreed that some runners were much higher maintenance than others but that generally once they had got to know them they found ways to work around that tendency. Andy said, "the key to avoiding dependency is to not always give a clear answer to questions they may ask. I'll often answer a question with a number of questions and get them to think about things in a different light ... with some knowledge to base their decisions on. Long term I want my clients to be better able to coach themselves ... and spoon feeding them and never getting them to think for themselves won't help that at all".

On that note, I asked Sean, Karl and Andy if ultra running coaches have a "use by" date – i.e., does a time always come when it is good for the runner to either go it alone or change coaches? Bearing in mind that coaching is their business, all three agreed that it depends on the individual, but that if the relationship and running continues to develop then there is no reason why it should cease.

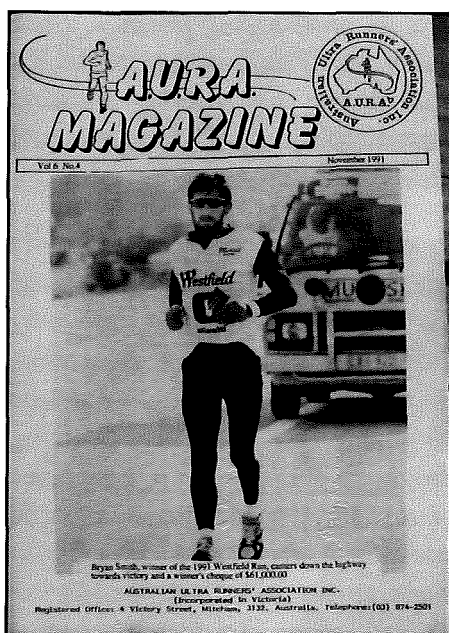
Finally, I asked all three if there was anyone wanting to run an ultra who they wouldn't coach. Except for cheats and/or runners who use performance enhancing drugs, they all agreed that they'd be prepared to take on any runner who was interested in entering into a coach-athlete relationship to reach his/her ultra running goals.

My sincere thanks to Andy, Sean and Karl for their time and insight. ☺



Thirty Years of Ultramag 1986-2016

By Kevin Cassidy



The 1991 cover of the AURA magazine before it was titled "Ultramag" featuring Bryan Smith

Wandering among my back room collection of varied sporting history from years past, I was in somewhat of a reflective mood. Such states of mind tend to occur more frequently as we age.

With the results of the 2015 Coast to Kosciusko event fresh in my mind, I paused at my Ultramag collection. As the only known owner of the complete set since the first edition was manacled together in July 1986, my collection has grown into a stack that is now waist high.

Pulling out some of the early copies provided a trip down memory lane

that took me back to an earlier life. Coinciding with the 1986 formation of the Australian Ultra Runners Association [AURA], four A4 size pages of scrappy notes were stapled together to form the first issue of what was duly dubbed the "AURA Newsletter".

Long before we had the internet, the ultra marathon community was a small and almost secret society. As the newest and only source of ultra information in the country, membership of AURA, and the consequent circulation of the newsletter expanded rapidly. Within two years, the newsletter had grown to 48 pages each quarter

and had undergone a name change to the more appropriate "AURA Magazine". Founding AURA members, Dot Browne and Geoff Hook, were soon inundated with results, reports, hardcopy photos and entry forms from all over the country as our sport boomed beyond comprehension. I should point out that the early days were not without the odd hiccup or two. Attaching hard copy photos via a "glustik" to a blank page may have seemed logical at the time but they didn't reproduce during the printing stage. The comically sad result was members receiving one edition of the magazine that was interspersed with black squares! It was back to the drawing board with that one!

Still recovering from the "black squares" disaster, Bruce Cook from the "Print Run" in Queensland came on board with his superior printing skills and machinery. He quickly had everything under control. By 1989, the magazine had grown to 96 pages, a number brought about by the fact that it was as much as Bruce's printer could cope with while keeping us under the next level of postage costs which were extremely hefty indeed. Often times, there would be a plethora of material that had no hope of fitting into the available space. At times, it necessitated a fifth issue for the year.

While Dot and Geoff carried the bulk of the work and put things together via the trusty old scissors and glue method, the packaging of the magazine was an "all hands on deck" operation. A quarterly meeting of many members was essential for sorting pages in order, stapling and filling envelopes in a round table production line that would have highly impressed Henry Ford! It was a labour intensive undertaking, trust me.

Very few would be familiar with the circumstances in which the current term "Ultramag" came about so let me relate the story. A Victorian contingent of runners (10 of us in all) made our way via mini bus to the 1992 Six Foot Track event. Celebrating our 100% finish rate, and giving plenty of stick to the NSW boys at our post race bash at the Hampton pub, the Sydney ultra mafia of the time made no secret that they regularly referred to the magazine simply as Ultramag. With the crowd consuming large quantities of celebratory drinks, the associated discussion descended into a rather animated affair. Ultimately, it was one of my more inebriated Victorian mates, Robin Anderson, who marched through the crowded bar triumphantly pumping his fists in the air yelling repeatedly, "It's Ultramag, It's Ultramag, It's Ultramag". With that, the name was born!

The newfound wonder of the internet grew quickly into a widely spread resource in the late '90s. Consequently, the role of the magazine took a substantial turn. No longer necessary as the only form of ultra information, the circulation dropped. During that same period, Geoff Hook moved on after many years of devoted service and I took on the job of assisting Dot Browne. Dot herself was also moving in a different direction with life changes such as the arrival of grandchildren etc.

Meeting Dot at the Browne household each quarter during 1999 and early 2000 to assemble the magazine, I inevitably took on the role of sole editor in a

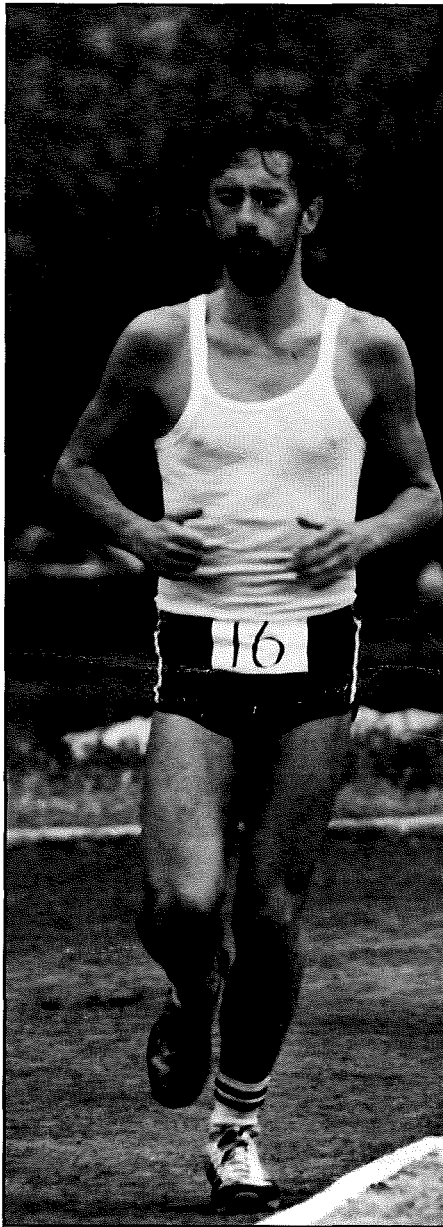


The first colour cover of Ultramag in 2004

handover that I found daunting to say the least. The succession wasn't without a few balls-ups, I should add. On occasions we had situations where the right hand was oblivious to the left. Publishing the same lengthy article in two successive issues was undeniably one of our more embarrassing moments!

Now alone at the helm, what was a labour of love consumed many more hours than I could have imagined. Armed with a large cardboard box of paperwork, bottles of glue, scissors and a collection of hard copy photos, I often had everything sprawled over the lounge room floor, and on more than one occasion would watch the sunrise having worked on it all night. Regardless, I always reveled in the strong sense of satisfaction and achievement I felt when I mailed everything off to Bruce Cook for printing.

As editor, I instigated a number of changes, notably the elimination of lengthy ten page race reports that described every step of someone's



Kevin Cassidy thirty years ago running in the 1986 Sri Chinmoy 24hr

journey and thanked everyone from the writer's grandmother to their pet budgerigar. Handwritten information was also banished directly to the bin without a second glance. I had neither the time nor patience to be typing it up and most of it was illegible anyway!

On the less than positive side, I was often held accountable for things over which I had no control - misspelt names in race results being the main offence. One particular woman really went to town on me over the incorrect spelling of her husband's given name. I got the impression she expected me to make individual phone calls to every single person

who featured in the magazine to check the spelling of their names. I simply and humbly published what was submitted. Such is the lot of volunteer labour I guess.

With almost five years under my belt as editor, a change of the highest magnitude was about to occur as Ian Cornelius took over the AURA presidency and injected an entirely new level of professionalism into the organisation. By the end of 2004, our cumbersome and old fashioned magazine went colour. As one who doesn't take to change readily, I was both nervous and unsure of the new concept, but it ultimately proved a godsend to me as it reduced my hours massively. Throwing away my scissors and glue, my new role involved collecting the information and photos via email/internet, typing up an index then sending it all to Sue Cook at The Print Run. Sue then put it together using her superior computer skills and handled the mail out. For awhile there were even some lofty ideas about the magazine being distributed to newsagents and other outlets. Such plans ultimately proved excessively costly and cumbersome.

Comfortable with the new concept,

I stayed on in the role of editor through until mid 2008, having devoted 8½ years to the production of Ultramag.

With life taking me away from the running world, I handed the reins to Julia Thorn.

My own interest in the magazine is still there these days but not to the same level of passion. I must admit that as much as I still enjoy getting the magazine in the mail, I generally glance my way through it rather than devour every word. I then add it to my growing collection.

Since Julia Thorn, I've enjoyed the differing editorial styles of Karen Hagan, Bernadette Benson and currently, Elizabeth Bennett. (My apologies if I have inadvertently forgotten someone.)

No one could have predicted the path the first make-shift edition of Ultramag would take. I'm happy to be known universally as an old codger but I'm steadfast in my belief that the magazine has a rosy future and I look forward with relish to having my 2016 copies arrive in my mailbox via the postman and his trusty whistle.....do posties still have whistles?.....perhaps they don't.



Almost thirty years later, Kevin Cassidy running in the 2015 Coburg 6km Fun Run



Race Reports

Hume and Hovell 50/100km

17 October 2015

By Roylene Stanley

On the weekend of 17 October 2015 I participated in the 100km Hume and Hovell Ultra Marathon. I would like to congratulate the organising committee on such a well organised event - from pre-race registration to the breakfast/presentation the next day and everything in between.

The atmosphere at the race was amazing with the volunteers at every check point providing so much encouragement and help with runners' packs, hydration and nutrition. They even offered to make us fresh vegemite sandwiches, which was terrific!

I did some training runs along the Hume and Hovell track before the event and the track maintenance people did a fantastic job of clearing it and making it safe for us to run on. The track is beautiful with scenery and views that would rival any famous forest area. Buddong Falls would probably be my favourite part but each part has its special appeal. I'm very keen to do more training runs along the track when I'm training for future events.

The beautiful camp area at the finish line was simply stunning and set up with delicious food. Looking forward to the hot chips

and Katrina's famous soup kept me going to the end. And both Tumbarumba and Tumut, which we visited while en route to/from the event, were also lovely.

Coming across the finish line as the first female blew my mind. Even though there weren't a lot of women entered in the 100km it was definitely a strong field with ultra trail female runners like Jane Trumper, who I look up to, also entered, which shows how highly regarded this race is among the ultra trail running community. I'm sure that more women will enter this event in the future as word gets around about how great it is.

Heysen 57km

24 October 2015

By Michael Keyte

The Heysen 57km and 105km events are organized by Ben Hockings ("Yumigo"). The races start south of Adelaide near Victor Harbor and wind their way towards Adelaide. I opted to do the 57km as my lead up was less than ideal. Having strained a calf, and broken a couple of ribs soon after, I was unable to train for months. I received a clearance from my doctor to run the day before the race. Having not been able to run for such a long period I went into the race with no expectations.

At the start of the race the weather was perfect but it was expected to warm up throughout the day. I knew a young guy, Kieren Funk, would be the one to chase. At the

start of the race I decided to just go for it as I was expecting to blow up due to the lack of training. As soon as the gun went off I took off and

had a decent lead within the first few kilometres.

The course was a mixture of dirt roads, wide fire trails and



some small technical tracks. The markings along the way were well posted so getting lost was not an issue. Around the 30km mark my legs started to feel heavy. I kept looking back, waiting for Kieren to fly past, and at around the 33km mark he caught me. We had a brief chat before he took off. Then it was time for me to just hang on and get to the finish. At 40km I re-filled my bladder as the temperature

was rising and the next section was open and potentially very hot. Half way into this section, my good friend, Andrew Hough, came charging past looking super strong. He was running the 105km and leading comfortably. We had a quick chat, I tried to hang on, but my legs said “no!”.

The last 5km was on road. I had driven this section so I knew I didn't have far to go. I finished in

5hr 56min in second place. It was not my best race but I was happy to be running again. Kieren won easily - well deserved and well-paced. And Andrew went on to win the 105km in a fast time.

Thanks to Ben, all the volunteers and sponsors for putting on a fantastic event. Thanks also to Elizabeth for putting Ultramag together.

Ned Kelly Chase 100km

25 October 2015

By Dan Symonds

Last October I was given the opportunity to travel down to Wangaratta to compete in the 2015 Ned Kelly Chase. I was a little worried as this would be my first 100km solo.

I got to the start line around 3:30am and had a quick race briefing from Justin. By this time most of the teams and 100km solo runners were already out enjoying the cooler weather. My plan was to start at about 4am and finish some time after lunch. Unfortunately, it was

at this point that I realised I'd left my head lamp at home in Brisbane! Initially I thought the sun would be up at about 4.30am and that I could start then but Justin reminded me of daylight savings and said the sun wouldn't be up until almost 6am. Having to push my start time back two hours really worried me. I was concerned about finishing before the cut off. Trying to remain focused, I spent the next two hours keeping warm and trying to get some sleep in the car but I was too excited and nervous.

Just before 6am Francesco, Mal, Cameron and I assembled in the last wave of the 100km solo runners at the start line. I forgot to connect my watch to the satellites and so I finally got going just after they all set off.

I felt great and got into a good rhythm heading out to the first turn around point. I hit the first turn around still feeling good and ticked off the first 25km. On the way back I got to see the “Troopers” starting and thought I was going to get caught before I got to 50km.

As I came back into town to the start/finish line (50km) I was still feeling amazing and thrived on the crowd's encouragement but I knew I was feeling too good at this point in the race. Within 5km everything started heading south. My hammy started to tighten up, my guts decided to cramp and fatigue started to set in, along with the self doubt. I remember thinking, “how can I keep this going for another 45km? It's too hot. I went out too hard. What am I doing here?” Luckily I have an amazing coach whose guidance and advice came in handy at this point and I was able to re-compose my drive and focus on



what I was there to do. I focused on my form and told myself I could do it. I thought of everyone cheering for me back home. I wasn't going to give up. Not long after that I saw Mal Gamble out there doing his thing. He gave me a few words of encouragement and I was back on track, looking for the next aid station and the Freddo Frogs I had waiting for me.

Somewhere around the 65km mark I had a visit from an overly friendly magpie who decided I wasn't running fast enough. After a few quick side steps, a couple of "Troopers" on bikes came to my rescue and scared him off. Unfortunately, with all that excitement I missed the next drop bag stop. That was silly as I

was only carrying enough water to get me to the next aid station and the sun was out in force. The next station felt like a 100km away but I kept ticking off the kilometres one by one.

Coming up on the final turn around point at 75km I felt great knowing I was almost on the home stretch. I had a quick stop to get some extra fluids down and re-load on fuel and then I was off again. It was a bit of a struggle to pick up the pace again as fatigue had really set in. With 15-20km to go the demons and bad thoughts popped back into my mind. My quads were starting to cramp and my feet were ready to throw in the towel but I knew I could push through it. I did lose a little time over the next few

kilometres but once I got to 90km I knew I was on the home straight. The excitement started to build and I was able to start picking up the pace, weaving my way along as I got closer to the finish.

I was looking for the finish line around every corner. A huge crowd had gathered and I couldn't wipe the smile off my face. I had done it! All the hard work and training had paid off.

It was great catching up with all the other competitors and making new friends at the race dinner and presentation afterwards.

I'm happy to say that I was able to successfully tick the NKC off my list. It's races like this that drive me to tackle my next race.

Great Barrier Reef 74km Ultra Marathon

1 November 2015

By Robert Clarke

I recently took a trip to a beautiful part of the world – ie, Port Douglas - to compete in the amazing Great Barrier Reef 74km Ultra Marathon.

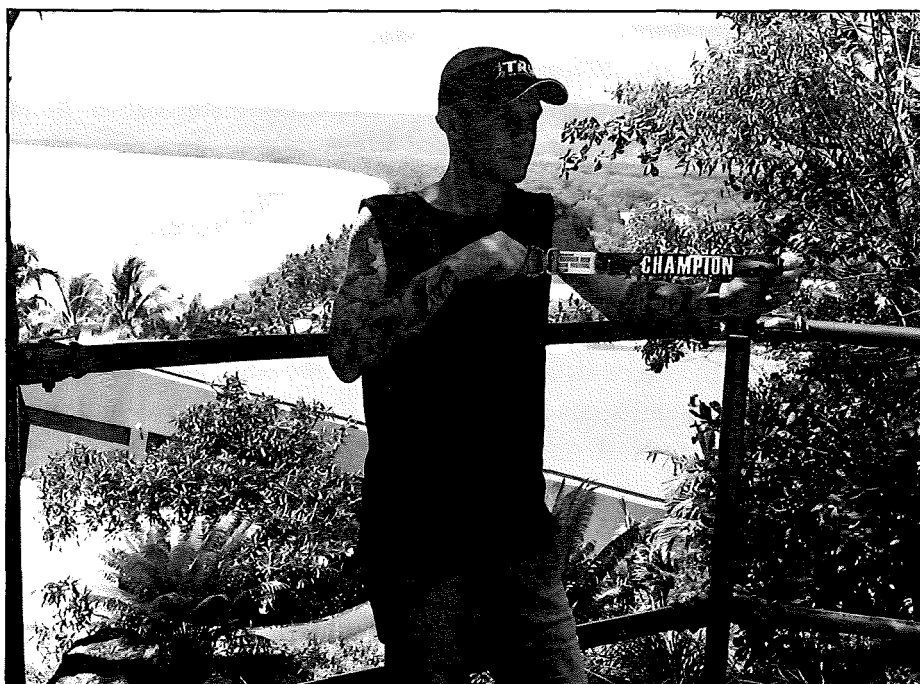
On arriving at Port Douglas I soon realised that this is a special ultra marathon in the heart of the local area. It was on everyone's mind and the main street was abuzz with excitement. There were lots of coffee shops and places to eat in amongst a laid back festival atmosphere.

My plan was simple. I had trained for this race. I knew how I had to run and I knew I had to be patient.

On race morning we started on the beach at 4am. The weather was perfect with light rain. The sand was extremely hard so it was more like running on trail. The beach was around 4km in length. I reached the end and was greeted by a man

on a push bike with a torch. I followed him out on to the streets for around 10km. There were plenty of drink stations on the roads. My plan was to hit the Bump Track (a 6km steep climb) first and make everyone else work hard on the climb. It worked a treat. The first few hours were run in the pitch black with a head torch. The trail was easy to follow. All you had to do was just keep going through the rain forest for the next 56km, crossing creeks, and running up and down an amazing landscape that looked like something out of Jurassic Park. The rain





came down all day keeping the conditions perfect for running this distance in November.

It wasn't until first light that I

realised how magical this ultra is. Honestly, it's a trail runner's dream - magical trees, sights and sounds. If you love nature then this ultra will

keep you entertained all the way.

At the 50km point I had a good lead and so my plan was to just stick with my pace and keep moving. It was great to have a chat with the locals at the check points, all smiling on such a wet day. Heading back down the Bump Track I realised how steep the trail is in the day light. The last part of the run was once again on the magnificent beach. It truly is beautiful.

I finished in first place on an amazing 74km ultra marathon course. Thanks to the people of Port Douglas and the event organisers for making me and the other runners feel so welcome, and for putting on one of the most unreal events on the ultra running calendar.

Marysville Ultra Marathon 50km

8 November 2015

By Stuart Hughes

I did my first trail half at the RACV Marysville Marathon Festival in 2012. I can remember being intimidated by the idea of the Marysville 50km – huge distances, giant hills and no public transport for when I might have had enough. I am happy to have now done the Marysville 50km twice, and a half dozen other Trails+ ultras put on by the Marysville 50km race director, Brett Saxon. There is usually something slightly hellish about them – extreme cold, extreme heat, extreme rain, extreme hills, extremely squiggly maps – but he makes up for it with stunning locations, awesome trails, AURA discounts, and volunteers that know how to dot the “I”s and cross the “T”s. It is a winning combination that is hard to say no to, and for me, toughing it out in Trails+ events has

led to success elsewhere.

Race day started well. It was a nice drive from home in the Dandenongs, the facilities in Marysville and on the way were excellent, and the preliminaries were indoors and hassle free. I was rested, I knew the course and was at the top of my game. I could dispense with things like sun protection and maps, and just go out and run, with nothing but a plastic bottle and a pocket of sachets, and hopefully be back around noon with another big 2015 PB.

Aside from guzzling more gels, one of the things I worked on in 2015 was improving my 5km time. 5km into Marysville, this started to pay off. I was in 10th place. But by 7-8km I started to kick myself for not putting as much effort into my 10km time as things slowed.

Up the gentle rise of Lady Talbot Drive I fell into step with a runner in a matching AURA singlet. Marysville was just a training hit-out for him, so I enjoyed chatting, learning and trying to keep up. This all ended at 13km when the course turned up the steep Camerons Cascade track. In the past I would attack these sorts of hills, given them my all and end up dispirited, but a few months earlier somebody told me, “always walk the hills” and name dropped somebody who “always walks the hills”. I am no longer fighting the hills, feeling like a failure, and wondering how the people up ahead manage to run them. Instead, I change down a gear at the earliest opportunity and walk them, refuelling, and saving my energy for the runnable bits. Who knew!

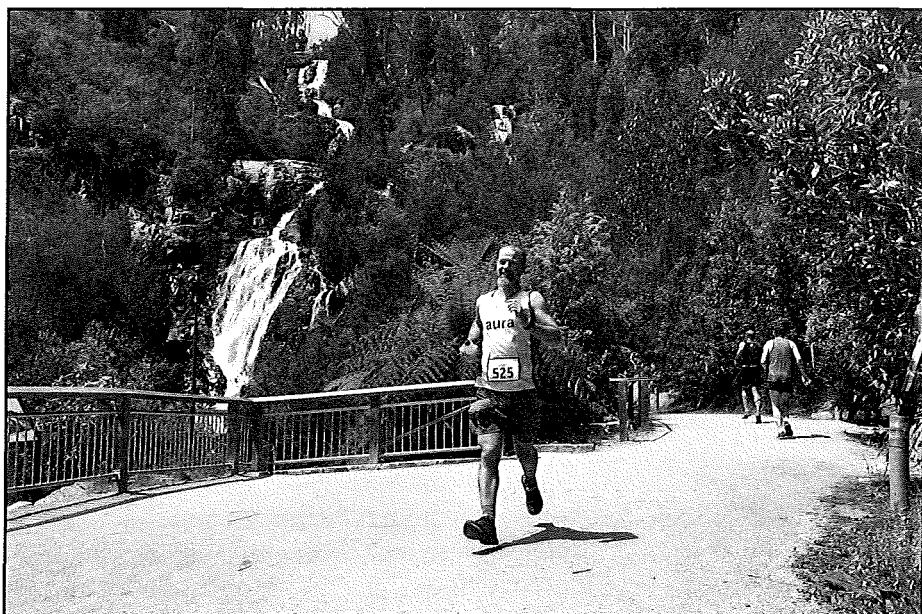


Photo courtesy of Jacob Loughman and Trails Plus

At the top of Cascade the track flattened out for a nice out and back 6km, which gave me the rare chance to see the quicker runners on their way back (including Ashley Bennett battling it out with eventual winner, Francesco Ciano), and then the rest of the field once I had turned. The course then got lonely and rough again - a few steep ups, but mostly brakes-on downs, before returning to Lady Talbot and the chance to knock out a few quicker kilometres.

The course returned through

Marysville, diverting past the finish line of the 4km, 10km, 21km and 42km events, and then back into the hills for the rise to Keppel Lookout. If there is anything fun about this climb it escapes me. Unrelenting up, and a chance to reflect that, yes, I hate trail running in the hills. I made it to the lookout, partook from the viewing platform aid station, made a mental note to enjoy the view some other time, and took off through the car park, gunning for a PB. I had not got very far before I started to doubt myself. "Where'd

the chap ahead of me get to? No, it can only be this way. Haven't seen a course marking for a while, better back track. No, someone is coming this way, definitely on the right track, let's go!" Eventually an unmarked intersection stopped me. With no map, I had to call the race director for guidance and retrace 2km. I had heard about runners getting lost but didn't know how painful it could be. The sun was starting to get to me too.

Back on track, it was downhill to the end - over some tricky bits where I had tumbled in 2014, via a nice compulsory diversion to a waterfall, and a pause for the first snake I've encountered in a race. (Other race directors promise, Brett Saxon delivers!). Then it was a nice easy trail to the buzzing and well-catered finish line and presentations. I was thrilled but also kicking myself to finish in 5.36.22 for a 7 minute PB, 19th among some awesome runners, led by winners Francesco Ciano in 4.13.05 and Kim Matthews in 5.09.09. I am planning to be back at this November event as often as I can.

Coast to Kosciuszko 240km Ultra Marathon

11 December 2015

By George Mihalakellis

I found myself lining up on the beach at Eden, ready to start the Coast to Kosciuszko 2015 ultra marathon. Emotions were flowing and energy was buzzing all around. The paparazzi clicked away and then there was the one minute warning. I had one final look around at my fellow competitors, took one final deep breath, and had one final visualisation of the end goal. Then race director, Paul Every, shouted "go".

My goal was 40 hours. I was going to settle into a nice pace and ensure I finished.

I ran the first section with Kurt Topper, Marina Brun and Brett Easton. Getting in to Perichoe road in under 3 hours was spot on. The next section into Rocky Hall was tough, battling heat and wind gusts. I was fortunate to catch up to, and cross the marathon point, with living legend, Jane Trumper.

At Big Jack we took a good stop - magnesium, rapigel, toilet, update with crew chief, Olivia - and then I headed up the 7km climb with pacer, Simon. It was a solid hike up there. I passed four runners, one of whom was Brett Saxon. I didn't see him again until the end of the race. Feeling good at the top I decided to push it a little. That didn't last long as the winds had picked up again.

I was still moving well and my

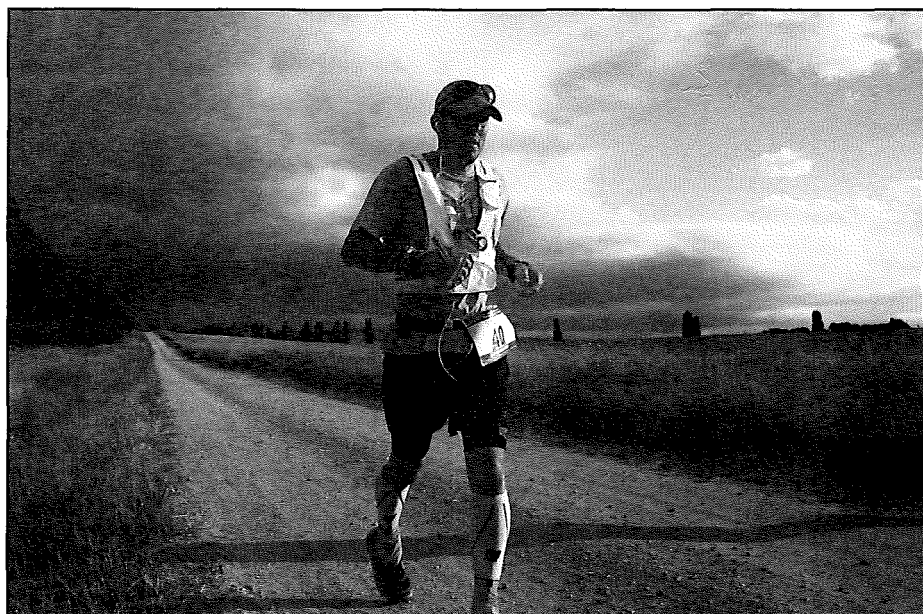


Photo courtesy of Laurie Joyce

next target was the 100km tree. I pushed a little too hard in this section and started cramping in the hammies. The goal to here was 14 hours and I was spot on again.

I love running at night and was informed that I had moved up a few spots. We had a plan to share the pacing duties. Even though Laurie was my media man, we had a great tempo session up towards the wind turbines. Every time I saw a car ahead I would get a little boost. I would creep closer until I passed another runner, which in turn gave me more energy. I added a mini goal of passing 10 people through the night. Dion was the second pacer to join me for the run into Dalgety. We ran comfortably and even had some karaoke time.

I was in and out of Dalgety in a flash. I left Dalgety in 19th place. This fuelled me more, having ticked my mini goal off by running strongly through the night. I was looking forward to climbing Beloka and rolling into Jindabyne. Olivia was still crewing and Simon paced me up Beloka. Running down into Jindabyne, the sunrise was just magic. I had some quick raisin toast, coffee and a stroll into Jindabyne with my crew chief

while we assessed our plan for the remainder of the race.

I had so many memories from the previous year. They only fuelled me and kept me moving. As I approached Thredbo River, the scene of my DNF in 2014, I sped up. I was about to pass my furthest distance. In tears I ran past my crew, not wanting to change my shoes as planned.

I had 50km to go and hit my first low. I was walking slowly and really hurting. I had a quick chat with my coach, Frank, and got back on pace.

Coming up into Charlottes Pass meant an 18km hike to go. We had packed our mandatory gear a week in advance and so proceeded straight to the summit. Olivia had gone up earlier with Andy Hewat. I wanted all of Team George at the summit. Watching and congratulating other runners coming off the summit was just amazing. We didn't rush up as it seemed that Laurie had an entire TV network in his pack. I wanted this moment captured and shared for all to see. As we rounded the corner and the Strezlecki monument was in view, the tears started to flow. I carefully rock hopped and then touched the monument. Now the party could get started. While the camera gear was being set up we all took it in, breathtaking views and the realisation that we had done it (except for the 9km cool down to the finish). My vision had been realised. Team George was eating Nutella donuts on the summit at sunset. (Actually, sunset was over 8 hours away.)

We rolled down into the finish. We had a quick re-group 1km out and the entire team ran me in for a finish time of 35 hours 37 minutes, well under my 40 hour prediction.

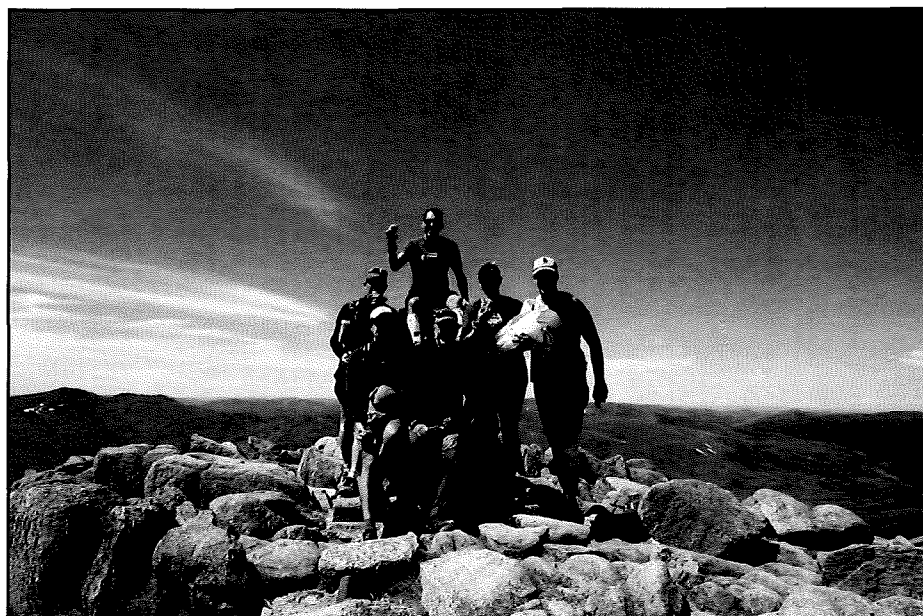


Photo courtesy of Laurie Joyce



Kurrawa to Duranbah 50km

13 December 2015

By Nic Moloney

It had been five years since I last raced at K2D due to either competing or crewing at Coast to Kosciusko. And while I have always enjoyed the scenery of this race I have often struggled to endure the heat and humidity. Most years I have found myself stopping at every second beach shower along the final 5-10km, totally immersing myself in an attempt to cool down.

With minimal training in the preceding months I was in two minds about whether I would submit an entry. Then, two weeks out from the race, I was enjoying a Christmas gathering with the boys from Run Goat Run when the topic of K2D was raised. It seemed like I was the only one not running it and so the seed of doubt in my mind began to shift. The guys would all be arriving early on race day to set up the team marquees at the finish line and it sounded like they could use an extra pair of hands. After a few more Christmas beers I was pretty much decided that I would submit my entry in the coming days.

On race morning I arrived just in time to witness K2D legends (and permanent race number holders) Geoff Williams, Geoff Last and Peter McKenzie make an early start on the remainder of the field. Then it was on to the task of setting up the finish line precinct. No sooner had we started erecting the first marquee and the rain began to fall. While the rain was slightly annoying I was hoping that it would persist to help keep the temperature and humidity to a minimum throughout the race.

As I made my way to the start line

the rain lifted and I was once again preparing myself for a typically hot and humid K2D. As the gun sounded the front runners went out at a blistering pace and I had to hold myself back from getting swept along with them. After the first couple of kilometres I was already sweating up a storm because of the overcast and muggy conditions, but I noticed that the clouds were becoming darker again, and I was hoping that some relief from the conditions would soon be on the way.

At about the 5km mark the heavens opened up and once again I was feeling much more comfortable with the conditions. The rain was more than a drizzle but not too heavy as to be a hindrance. I decided to take advantage of the conditions and increased the pace just slightly. Running through Burleigh I noted that the rain had the added advantage of clearing the footpath of the regulars out for their Sunday morning stroll. The next 10km proved to be comfortable running while the rainy conditions persisted.

Somewhere around the 20km aid station the rain stopped and the clouds began to clear. And while I had hoped for more rain I was well on target for my turn around time.

Running through Coolangatta can be challenging as the hoards set up their Sunday market stalls, but this year I either arrived earlier than usual or the market people had a sleep in, as I had a relatively clear passage. At the southern end of Coolangatta the lead group of solo and team runners flew past me as they headed back towards the finish. I was surprised that they did

not have a larger lead which made me somewhat nervous that I may have over pushed the pace for the first leg.

The turn around was a welcome sight. There were many relay runners anxiously waiting to begin the return leg and a lucky few first leg runners who were already done for the day. It was here that I met up with my wife to replenish my nutritional stocks and collect my cool off bandanna.

The hill on the run out of Duranbah is only a short one, but it is sharp and nasty. In all my previous runs here I've walked this hill and most of the other hills on the return leg. This year I was determined to run as many of the hills as I could until I crossed the finish line, and so I kept running (or shuffling) up this short sharp hill out of the turn around.

As I re-traced my route back north I could feel my pace beginning to slow as my legs tired. I shifted my focus to each of the 5km blocks between aid stations and wondered if I would catch up to my good mate Geoff Williams. As I approached the Currumbin aid station I knew I only had 15km to go but I had to survive three more hills, the first of which was just around the corner and is likely the toughest of the three. I managed to shuffle this and the following hill at the southern end of Burleigh without stopping to walk and was then only 7.5km from the finish.

I finally caught up to Geoff Williams as I approached the bottom of the hill at North Burleigh. Even though I knew this was the last hill before the finish

I just had nothing left to give and ended up walking part of it. From here it was just a matter of hanging on. If I could maintain my pace I could finish under my goal time. If I struggled home with a run/walk my finish time could blow out to anything.

I kept fighting the urge to walk in those final kilometres even though

my legs were well and truly feeling the burn. I knew that I was going to be under my target time so I kept the pace up as much as possible. As I approached the finish there was a buzz around from all the competitors gathered in the tents, live music being played and the announcer (Peter Gardiner) calling everyone home. In the end I crossed

the line in 4.05.30, breaking my best time at K2D by 4.5 minutes.

This event continues to grow every year and I would like to thank the event organisers, aid station volunteers and all the teams/clubs for making it a huge success. I would also like to congratulate all the podium finishers in all categories.

6 Inch Trail Marathon 20 December 2015 By Alexis Oosterhoff

The last few years have seen significant growth in the trail running scene in Western Australia as evidenced by the increasing participation in this “gateway” (48km) ultra event. Race Director, David Kennedy, grew the field of runners from 250 in 2014 to 350 in 2015, and added a new “half” (23km) option which added a further 100 registrants. Commencing at daybreak (4.30am) from North Dandalup, the main event was moved 100m from the main road to accommodate the extra starters.

In stark contrast to the heat of two years ago, we were fortunate to have very mild conditions in 2015 with temperatures in the mid teens at the start and up to the mid twenties by late morning.

The race starts with a 200m climb over 3km which very quickly stretches out the field of runners. It then joins the Munda Biddi mountain bike track towards Dwellingup. The bulk of the route’s surface is Perth’s ubiquitous “pea gravel” known to cause many a visitor to lose grip when they least expect it. The race includes dirt roads, wide mountain back tracks and some fabulous twisty (but not too technical) single trail. There

were reports that around half of the runners had a tumble, though that could also be attributed to the many hidden tree roots that have a tendency to leap up and trip tired feet.

The short course runners began from the 24km mark at 6.30am, meaning that the majority of the long course runners (except for perhaps the top 10) had some extra company on the back half of the course. It also meant that there were extra bodies to chase down for anyone who was feeling super competitive. With around 14km to go, the race deviates off the

Munda Biddi trail for a 5km out and back section that includes the “escalator”, a very steep and rutted hill. Most of this section is barely wide enough for two runners in places, and it was fantastic to witness the many courteous runners who would step aside or drop back to ease the two-way flow.

The support at the aid stations was fantastic with volunteers standing by to re-fill bottles and offer words of encouragement, band aids, and a variety of food options. The second aid station was particularly difficult to leave with frozen fruit-



*New and past 'Red Spike' recipients
Photo courtesy of Paul van der Mey*

juice tubes, Frank offering hugs, iced coffee, and even a cold beer or vodka red bull available for those who knew the secret code.

By mid morning the finish area had taken on a party-like atmosphere. It has become the de-facto Christmas

party location for Perth trail runners and their families, with most people staying around for the presentations at midday.

One of the annual highlights is the awarding of a “Red Spike” to those who have completed the race

six times. This year there were six recipients.

The long-course winners were Josh Garrett in 3.24.29 and Kathryn Watt in 4.09.01, and the half event was won by Vlad Ixel in 1.32.59 and Shar Baird in 1.58.27.

Two Bays 56km Trail Run

17 January 2016

By Frank Palermo

After finishing last year’s event in 7hr 59min I decided that I would train for this year’s event. I trained both on road and trails, and across various distances. I also did two training runs on the race course.

On the morning of the race I drove myself to Cape Schanck while listening to ‘80s music. Once ready, I made my way to the starting area. I felt relaxed. For the first 28kms I wanted to keep relaxed and enjoy my running. I didn’t want to think too far ahead.

While running on the sand deviation part of the course I took a tumble but managed to get back up quickly.

Running over Arthur’s Seat was tough but I managed to stay

upright. It was during this part of the run that I got a “High 5” from Dion, the eventual winner of the 56km event. This helped me a lot and gave me a much needed boost.

Arriving in Dromana in 2.55.30 I gave the bell a good ring. I was quite happy with my time but at the same time knew that the hard work had just begun. I re-filled my bottles, had some coke and a banana, and started the run back to Cape Schanck.

Going back over Arthur’s Seat was very tough but I just kept moving even though some of it was fast walking.

As each hour passed it got hotter and hotter, and I got more and more tired. In the sections where

I was by myself I decided to sing to myself to help take my mind off the tough running conditions that I was experiencing.

With 10km to go I started to really struggle mentally. I felt like I was running in an oven! Getting to the final aid station was an awesome feeling. I knew that there was not much longer to go and so I started to try and run a bit more

With 3km to go I decided to try and run so I could get the event finished. As I got to the finish chute it was an awesome feeling to get a loud cheer and receive “High 5s” from the spectators. It made me feel as if I was in 1st place. I crossed the finish line and was so happy with my finish time of 7hr 7min.

Australia Day Ultra 50km/100km

23 January 2016

By Ben Harris

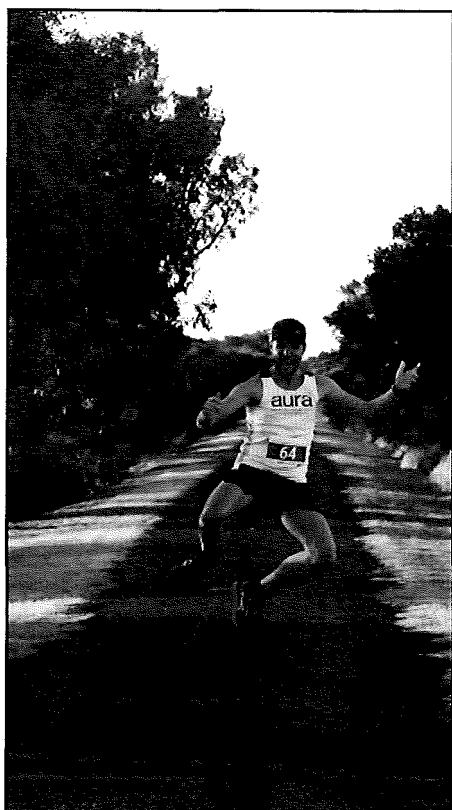
The Australia Day Ultra (ADU) is held in the small coastal town of Australind, approximately 2 hours drive south of Perth. The course is a certified 12.5km out and back along the edge of Lake Leschenault. It is run in a multi-lap format with 2 laps for 25km, 4 laps for 50km and 8 laps for 100km. The course consists of approximately 3km of two surfaces, the first being

pathway then a closed bitumen side road before returning to the start. The race is also supported with three manned aid stations approximately every 3km.

This year the 50km and 100km runners gathered shortly after 2am to set up at the start/finish/turn around point for check in and race pack collection. Once again familiar faces gathered for another

day of racing. It was also a special day for one particular legend, Mick Francis, who was competing in his 100th ultra marathon. Deservedly, he wore the number 100 race bib and ran the 100km event. Well done to Mick and congratulations to his sister, Hillary, who completed her first ultra.

After a short run briefing, clad in head lamps and Hi-Vis vests,



Gareth Dean

runners set out from the start line just after 3am. As the field spread out it was quickly noted that this year would be a fast year. The long glow snake thinned and chatter could be heard down the line as runners found their groove and settled into smaller pace groups. The runners were then treated with a stunning moon set over the lake. It was beautiful to watch in the cool morning air.

As the night slid away and the morning dawned the lead packs in each event were completing their second lap. As dawn brightened the runners were able to drop the mandatory vests and lamps, and then it was possible to make out the faces and bibs of oncoming runners.

Some people don't like lap courses as they find repetition hard, but in this case I felt it was a bonus. The in-race support between runners was great. Regular "Hi Fives", cheers, thumbs up, and encouraging remarks helped runners to spur each other on, and made for a fantastic community vibe. Added

to this was the selfless support of the race director, Ron McGlinn, and his army of volunteers.

The 50km men's leader, Tom Bakowski, held strong from start to finish completing the race in an amazing time of 3.24.06 and setting a new course record. In hot pursuit was Mike O'Sullivan who was coming back from an Achilles tendon issue but who managed to hold a great pace and finish just a few minutes behind Tom in 3.30.39. Only 8 minutes behind Mike was "Big Kev" Mathews who had made up some places late in the race to round out the podium with a 3.38.13. Remarkably, this year, the first six place getters all went under last year's course record.

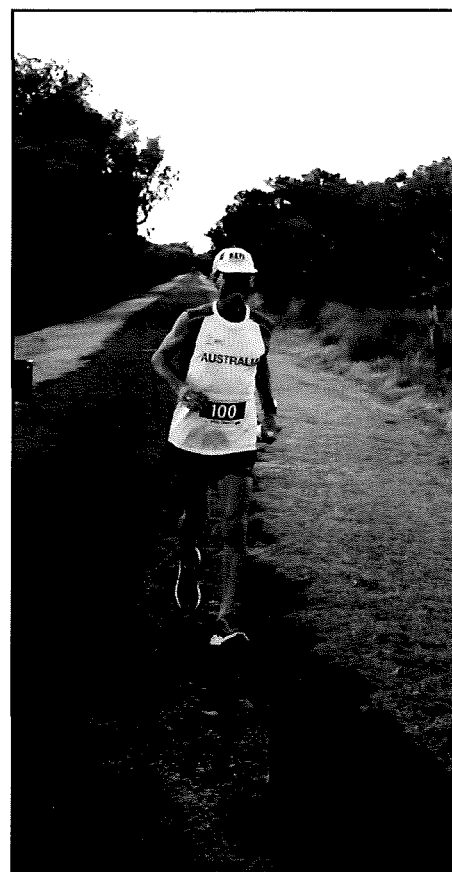
In the ladies race, Tina Major led the pack out with a commanding pace, also leading from start to finish, to set a new course record of 3.47.26 and finishing in 6th place overall. The race was on for second with Bree Delfs claiming honours by less than a minute over Margie Hadley with times of 4.00.29 and 4.01.27 respectively.

In the 100km men's event, new West Australian, Rick Cooke, led the early charge but his pace slipped and he later withdrew. Dave Kennedy then took the lead and did not relinquish it for the remainder of the race. Unfortunately he missed his personal sub 8 hour goal but was still very happy to set a new course record and personal best finishing in 8.04.13. In the early chase pack was Richard Avery, Nathan Fawkes and debut 100k runner, Jon Pendse. With some late race withdrawals Jon worked hard to build on his second place position, finishing with a stellar time of 8.53.15. In third place was Ben Treasure who had been running his own race all day and picking up positions as the day

and heat wore on. Ben crossed the line 3rd with a respectable time of 9.17.13.

Pamela Mccaskie ran the fastest in the ladies 100km, which was also only her 3rd ultra. It was a fantastic achievement in her longest race to date and she was rewarded by just scraping under that magical 10 hour mark and winning in a time of 9.59.39. AURA's own compliance officer, Kerrie Bremner, from the ACT took home a second place trophy and a bottle of wine after a great run finishing behind Pam in a time of 10.23.27. Rounding out the top 3 ladies was Dale-Lyn Russel who is well known for competing in sandals or barefoot. She had a great day on course to take home 3rd place in 11.28.43.

This race is growing from strength to strength and Ron's dedication to the sport seems almost boundless. If you are looking for a fast, flat certified road ultra, add this event to your list.



Mick Francis



International Race Report

Across the Years Six Day Race 28 December 2015 – 3 January 2016

By Marie Boyd

Six day races are a difficult concept to imagine. Why would anyone run around a 1.05 mile loop for six days? There is no answer, only more questions. However, having now done this twice before, I feel I have some insight into this nonsensical quest.

The Across the Years Six Day Race is held at the Dodgers Spring Training facility in Glendale, Arizona on a closed 1 mile loop, with gravel, dirt and paved sections. Aid stations and timing are superb, with hot food available at all times, and continual updating of race distances covered. There are 24, 48 and 72 hour runs run concurrently, and the fun of seeing “fresh meat” every morning at 9am is only slightly less than seeing those same frisky runners reduced to a slow shuffle by about 11pm!

Having managed 276 miles last year, I knew with better planning, training and crew, I could do 300 miles this time. Enter Ann Trason who helped me with my training plan and the development of a manageable race strategy based on several months of steady strength, endurance and race pace running.

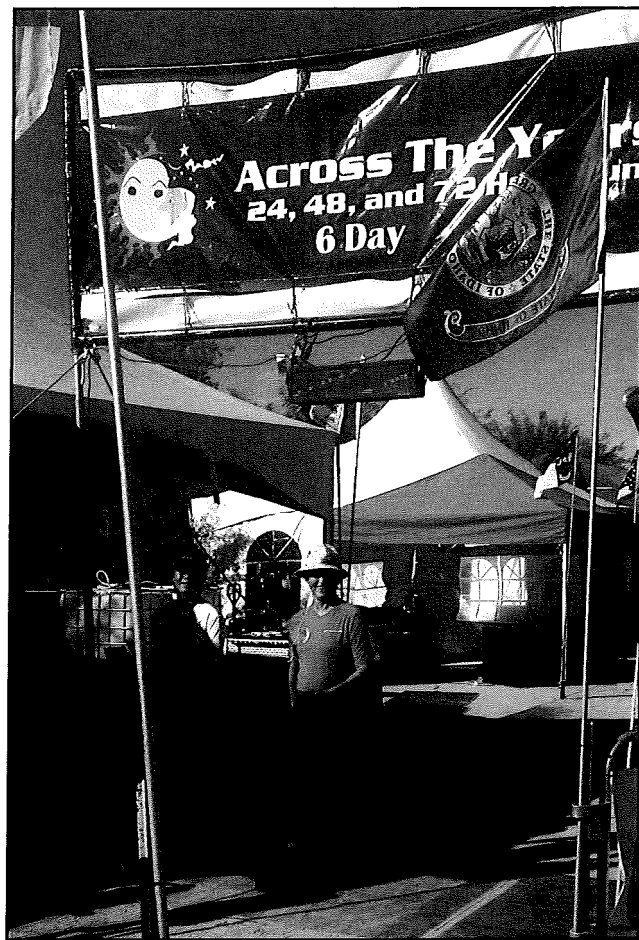
The first day went quickly and I hit my 60 mile goal by about 2am. Then I rested for about four hours, got up, washed and changed clothes (27F degrees in the tent!), and knocked off a few miles from my Day 2 assignment. We had planned 60, 55, 50, 50, 50 and 45 mile days. All assigned mileages were completed in the early hours of the morning, followed by 2 - 4 hours' sleep. This pattern was

manageable and I had sufficient rest each day. I also took about an hour's sleep mid afternoon each day, with my shoes off and feet elevated.

The most difficult time of each day was doing the last 15 miles of the day as fatigue crept in, temperatures dropped to below freezing, and many runners disappeared for the night. It was so rewarding to climb into my warm sleeping bag afterwards, knowing I had met the day's goal with many hours to spare.

For two days I managed a three minute walk, two minute run rhythm, but by Day 3, my muscles were tired and walking became more efficient. Later, on Day 4 I discovered the “sign post” theory – ie, run to one, walk to the next. I then made amazing progress and my lap times dropped to below 20 minutes. Day 5 wore on and before long the final morning rolled around. From nowhere, at mile 298, some adrenalin kicked in (aided by NoDoz, 5 hour energy and an Espresso Hammer Gel), and I ran/walked the last 13 miles at sub 20 minute lap pace.

I had accomplished my mission to



Marie Boyd (R) running the Across the Years Six Day Race in Arizona

break the Australian Women's 65 – 69yrs 200 mile and 6 Day records, and set a 500km record.

My success depended on me following my daily mileage plan, allowing about four hours a day for rest, taking care of my feet early on, and maintaining proper hydration and nutrition.

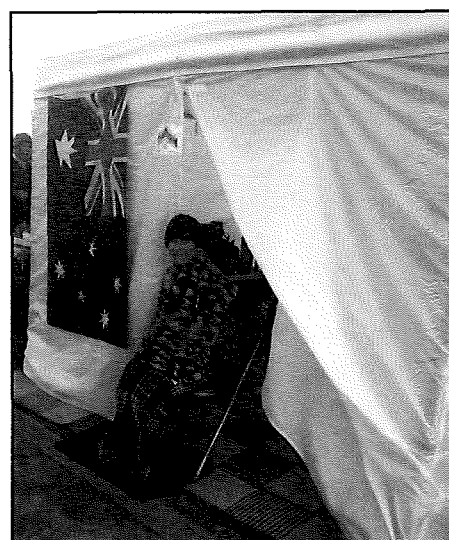
The dust adhered to my Trail Toes ointment and formed a grinding compound and so after thoroughly washing my feet I switched to Zeasorb foot powder, SmartWool toe socks and a thin Balega over sock. This worked well with my Hoka and Altra shoes, and Trailman gaiters. For nutrition I

used Hammer products plus real food as desired. I tried to drink 20oz of fluid per hour, varying water, juices, chocolate milk, Ensure, Perpetuem etc. I also used Hammer supplements race caps, Amino Endurance, Endurolytes and anti fatigue capsules. Did that help? Well, I had no leg soreness at all, during or after the event, and felt great the whole time and so I think it did.

To spend so much time on the course with so many legendary

runners was a huge bonus. Spending time sharing stories, asking advice and just being part of the event was an experience not to be missed.

I'm not sure about doing another six day event just yet. I'm still enjoying the feeling of success from this effort and am not in a hurry to distract myself with another race right away. Finally, I cannot thank Ann Trason enough. She is the best!



Marie taking a short break during the Across the Years Six Day Race



Race Results

Track Ultra WA 24h, August 15-16, 2015

Bunbury, W.A.

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
1	1		220.140	O'loughlin	Daragh
2	2		210.490	Kennedy	David
3	3		200.405	Wholey	Grant
4	4		176.004	Avery	Richard
5	5		173.884	Francis	Mick
6		1	163.093	Wawatai	Nhung
7		2	150.187	Clark	Jaqui
8		3	146.096	Treasure	Shirley
9	6		145.960	Oosterhoff	Alexis
10		4	137.256	Tatterton	Cheryl

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
11		5	128.064	Luscombe	Emma
12	7		120.593	Matol	Carl
13		6	102.584	Anderson	Kellie
14		7	94.440	Nicol	Leah
15		8	76.800	Waite	Harmony
16	8		44.800	Mcglinn	Ron
17		9	31.473	Watts	Janine
18	9		28.400	Dawson	Andrew

Bold SURNAME indicates AURA member.

Track Ultra WA 12h, August 15-16, 2015

Bunbury, W.A.

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
1		1	85.891	Simons	Eloise
2	1		85.378	Oxwell	Ben
3		2	76.918	Chinnery	Katie
4	2		61.376	Boyce	Robert

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
5		3	60.315	Wells	Mel
6	3		57.643	Bakowski	Tom
7		4	56.399	Moore	Hayley

Bold SURNAME indicates AURA member.

Track Ultra WA 6h, August 15-16, 2015

Bunbury, W.A.

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
1		1	65.052	Fieberg	Barbara
2	1		62.680	Treasure	Ben
3	2		60.443	Brookes	Neil
4	3		55.922	Caldwell	Mark
5	4		55.205	Trent	Tim
6		2	54.386	Cripps	Elyse
7	5		51.420	Lacey	Clive

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
8	6		50.188	Whelan	Cameron
9	7		48.098	Mcfarlane	Rob
10	8		47.537	Nuttall	John
11		3	41.805	Ward	Cassandra
12		4	39.238	Bennett	Renee
13	9		24.467	Trent	Matthew
Bold SURNAME indicates AURA member.					

Blackall 100km, October 24-25, 2015

Blackall Range, Sunshine Coast, QLD

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		10:16:47	Lethlean	Troy
2		1	11:54:23	Stephenson	Shona
3	2		11:55:12	Harvey	Hamish
4	3		12:10:01	Lampard	Trevor
5	4		12:10:01	Moquiuti	Ando
6	5		12:20:16	Jacobson	Chris
7		2	12:20:53	Litt	Shannon-Leigh
8	6		12:37:26	Collett	Jason
9	7		12:40:04	Grills	Matthew
10	8		12:55:52	Bayliss	Trent
11		3	13:02:59	Sims	Meagan
12	9		13:05:10	Thwaites	Mick
13		4	13:09:04	Schluter	Jessica
14		5	13:28:34	Woodward	Tylana
15		6	13:34:29	Smith	Janet
16	10		13:35:07	Fischer	Jody
17	11		13:35:40	Grills	Stuart
18	12		13:41:15	McNulty	Lee
19		7	13:43:47	Thompson	Jill
20	13		13:59:43	Bayne-Jardine	Phil
21	14		14:00:10	Ausburn	Jarrold
22	15		14:03:58	Hogg	Peter
23	16		14:15:17	Jones	Paul
24	17		14:17:47	Beattie	Andrew
25		8	14:30:26	Kirwan	Tina
26	18		14:31:59	Speakman	Andy
27	19		14:32:32	Wood	Jaco
28	20		14:35:58	Canty	Mike
29	21		14:39:28	Arnold	Matthew
30	22		14:42:34	Speck	Darren
31	23		14:49:19	Zatorsky	Michael
32	24		14:51:52	Jackson	Gavin
33	25		14:59:07	Sutherland	Gordon
34	26		14:59:35	Hannah	Jeff
35	27		15:05:50	Adams	Russell
36		9	15:05:54	Saal	Madonna
37		10	15:22:19	Jackson	Adele

Rank	Cat Place	Cat Place	Time	Last Name	First Name
38	28		15:27:27	Shanahan	James
39	29		15:38:57	Kilkelly	John
40	30		15:46:38	Hardwick	Greg
41	31		15:51:20	Roff	Stephen
42		11	15:52:47	Brown	Jodie
43	32		16:02:25	Brown	Greg
44	33		17:09:44	Mains	Allan
45	34		17:14:56	Urzi	Dino
46	35		17:16:50	Brown	Sammy
47		12	17:26:08	Poh	Seivland
48	36		17:27:42	Martin	Rob
49	37		17:27:43	Brading	Tom
50	38		17:32:27	Wallace	Rob
51	39		17:37:02	Miezio	Jason
52	40		17:37:08	Mccallum	Adrian
53	41		17:37:19	Lukac	David
54		13	17:44:02	Roberts	Michelle
55		14	17:45:41	Mayne	Kate
56	42		17:48:13	Maccoll	Don
57		15	17:48:14	Fay	Donna
58	43		18:20:04	Mackey	Colin
59	44		18:43:07	Kenealy	Doug
60		16	19:00:36	Levy	Kirsty
61		17	19:12:44	De Waal	Denene
62	45		19:12:44	Van Vuren	Pieter
63		18	19:14:56	Lawson	Lorraine
64	46		19:46:13	Tomlins	Geoff
65		19	19:46:15	Anderson-Glover	Lori
66		20	19:46:15	Hannah	Natalie
67		21	19:46:15	Levrier	Sasha
68	47		20:25:15	Elms	David
69		22	20:27:38	Caravia	Lucia
70	48		20:47:35	Mitchell	Matthew
71	49		22:48:51	Monagas	Jose
72	50		23:07:44	Mogi	Naoto
Bold SURNAME indicates AURA member.					

Blackall 50km, October 24-25, 2015

Blackall Range, Sunshine Coast, QLD

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:38:51	Farrell	Scott
2	2		4:39:33	Tee	Jimmy
3	3		5:04:19	Eckford	Matthew
4	4		5:08:29	Craddock	Eugene
5	5		5:08:35	Mumberson	Todd
6	6		5:14:14	Churchman	Andy
7	7		5:16:37	Pertot	Russell
8	8		5:20:23	Allen	Trevor
9		1	5:22:02	Gage	Danielle
10	9		5:23:00	Williams	Paul
11	10		5:38:02	Edhouse	Zane
12	11		5:44:43	Pereira	Marcus
13	12		5:46:06	Moore	Giles
14	13		5:46:25	Phillips	Ben
15	14		5:46:44	Aloia	Jason
16	15		5:47:53	Setterfield	Aaron
17		2	5:49:13	Austin	Kathryn
18	16		5:50:20	Clark	Robert
19	17		5:53:30	Duncan	Brad
20		3	5:57:17	Betts	Lou
21	18		5:59:06	Woodward	Brendon
22	19		6:04:23	Kenny	Adam
23		4	6:06:35	Donaghey	Kathleen
24	20		6:06:35	Walsh	Phillip
25	21		6:07:23	Thursby	Ross
26	22		6:07:39	Richards	Andrew
27		5	6:08:33	Tucker	Rachael
28	23		6:14:10	Woodward	Scott
29		6	6:22:31	Bensted	Melissa
30	24		6:24:29	Davies	Rhys
31		7	6:24:55	Quade	Liz
32		8	6:25:35	Kiernan	Cheryl
33		9	6:25:50	Williamson	Kerrie
34	25		6:26:06	Jarrett	Dave
35	26		6:26:53	Robinson	Ian
36	27		6:27:18	Brodie	David
37	28		6:28:24	Cathcart	Anthony
38	29		6:29:07	Ide	Jon
39		10	6:29:10	Downing	Emma
40		11	6:32:06	Large	Jessica
41	30		6:32:08	Roberts	Ben
42	31		6:38:02	Cheesman	Warren
43	32		6:41:57	Popham	Brett
44	33		6:41:58	Kerr	Andrew
45	34		6:50:25	Moffatt	Darryl
46	35		6:50:27	Limmer	Tim
47	36		6:53:14	Bradder	Robert
48	37		6:54:48	Lyons	Craig
49	38		6:56:28	Fox	Adam
50	39		6:56:33	Rand	Rob
51	40		6:57:18	James	Anthony
52	41		6:58:21	Marshall	Kelvin
53		12	6:59:13	Whittaker	Helen
54	42		7:14:39	Falappi	Frank

Rank	Cat Place	Cat Place	Time	Last Name	First Name
55		13	7:15:27	Klibbe	Kelly
56		14	7:15:59	Rees	Dawn
57		15	7:18:40	Smith	Trisha
58	43		7:24:17	Jackson	Paul
59	44		7:29:55	James	Shane
60		16	7:32:05	Isherwood	Connie
61		17	7:32:57	Ostrouhoff	Shelly
62		18	7:33:22	Thompson	Lisa
63	45		7:33:38	Goodwin	Hayden
64		19	7:34:15	Palfreyman	Sonya
65	46		7:37:39	Turner	Mark
66	47		7:47:02	Cargill	Michael
67	48		7:47:09	Irwan	Rudy
68	49		7:48:31	Farren	John
69		20	7:52:38	Knudsen	Dorthea
70		21	7:53:51	Offley	Kellee
71		22	7:53:52	Eriksson	Amanda
72		23	7:55:57	Case	Juanita
73		24	7:59:14	Morgan	Anna
74		25	8:00:39	Fletcher	Tracey
75	50		8:04:35	Russell	Geoff
76		26	8:06:16	Murray	Terri-Anne
77	51		8:06:17	Murray	David
78		27	8:07:20	Cameron	Cassie
79		28	8:08:45	Ni Riain	Meabh
80	52		8:08:45	Dalton	Warren
81		29	8:09:05	Beumann	Elise
82		30	8:15:29	Prior	Cheryl
83	53		8:15:31	Prior	Kerry
84	54		8:23:49	Vandeppeer	Matthew
85	55		8:26:58	Elliott	Trevor
86		31	8:27:22	Wallace	Julia
87	56		8:34:01	Fenwick	Gary
88	57		8:34:06	Kluckow	Simon
89	58		8:38:08	Hannah	Lachlan
90		32	8:39:30	Alderton	Anna
91		33	8:39:41	Lee	Jessica
92		34	8:41:13	Wilson	Suzanne
93		35	8:46:54	Newsham	Kylie
94		36	8:52:34	Gilbey	Lytia
95		37	8:52:35	Edwards	Mandy
96		38	8:55:55	Brown	Avril
97		39	8:55:55	Dowsett	Julia
98		40	8:56:45	Broome	Alexia
99		41	8:57:43	Hosking	Julie
100		42	8:58:36	Hicks	Jo-Anne
101	59		9:00:13	Hall	Greg
102		43	9:07:51	Howlett	Sam
103	60		9:07:51	Swann	Sheldon
104		44	9:07:52	Renwick	Adele
105	61		9:09:45	Barry	Peter
106	62		9:13:22	Cameron	Tom
107		45	9:13:23	Cameron	Melanie
108	63		9:18:04	Parks	Chris

Rank	Cat Place	Cat Place	Time	Last Name	First Name
109		46	9:18:05	Vale	Linda
110		47	9:25:15	Kelly	Bonny
111		48	9:25:34	Bell	Kati
112		49	9:26:05	Christiansen	Paula
113		50	9:26:05	Webster	Alyson
114	64		9:26:06	Anderson	Neil
115		51	9:27:02	Corcoran	Selena
116		52	9:27:02	Fisher	Angela
117		53	9:37:20	Pullin	Melanie
118		54	9:44:52	Defries	Aimee
119	65		9:44:52	Cross	Ken
120		55	9:52:53	Ware	Sonia
121		56	10:01:12	Heath	Tracey
122		57	10:01:13	Taylor	Melissa
123		58	10:04:30	Moloney	Mallani
124		59	10:04:31	Nicholl	Deb
125		60	10:07:41	Grieger	Jane
126		61	10:07:41	Searle	Carlie
127		62	10:09:39	Paix	Alison
128		63	10:41:28	Taylor	Jessica
129		64	10:49:04	Heck	Claire
130		65	10:51:48	Still	Floss
131	66		10:51:52	Dover	Richard
132		66	10:52:25	Newton	Bayda
133	67		10:55:26	Harvey	Francis
134		67	10:55:49	Harvey	Audrey
135		68	11:18:21	Black	Corrine
136		69	11:18:22	Black	Ashleigh

Rank	Cat Place	Cat Place	Time	Last Name	First Name
137		70	11:31:43	Holslag	Sarah
138		71	11:49:11	Kemp	Alina
139		72	11:49:12	Biddle	Simone
140		73	11:49:13	Cadman	Jess
141		74	11:49:13	Roderick	Gayl
142		75	11:49:18	Cafe-Jones	Belinda
143		76	11:54:31	Pratt	Megan
144		77	11:54:35	Newton	Colleen
145		78	11:57:57	Fitzpatrick	Beth
146		79	11:58:06	Black	Molly
147		80	12:06:56	Brown	Emily
148		81	12:06:57	Porter	Monique
149		82	12:06:59	Porter	Madelyn
150		83	12:07:02	Lanagan	Cheryl
151		84	12:14:35	Day	Lisa
152		85	12:48:03	Norup	Fiona
153		86	12:56:21	Goodman	Meaghan
154		87	12:56:28	Sauli	Lawresa
155		88	13:12:37	Metcalfe	Michelle
156	68		13:33:20	Corcoran	Josh
157	69		13:33:26	Cupitt	Scott
158		89	13:44:13	Frohloff	Chloe
159		90	13:44:13	Wade	Emma
160		91	14:13:12	Clapperton	Roslyn
161		92	14:13:20	Ramos	Cindy
162		93	14:13:21	Ryan	Tamara
Bold SURNAME indicates AURA member.					

Heyson 105km, October 24, 2015

Encounter Bay, SA

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		10.15.27	Hough	Andrew
2	2		11.27.07	Norton	Howard
3		1	11.41.57	Kruk	Joanna
4	3		12.12.29	Taylor	Randell
5	4		12.22.46	Collins	Joel
6	5		12.35.44	Blenkiron	David
7		2	12.47.40	Colebatch	Erin
8	6		13.02.59	Hanley	Steven
9		3	13.27.47	Young	Bronwyn
10	7		13.58.24	Smith	Alex
11		4	14.05.47	Luke	Jane
12		5	14.11.29	Kinch	Justine
13	9		14.24.06	Bang	Ryan
14		6	14.28.32	Pearce	Anna
15		7	14.38.39	Cumming	Alice
16		8	14.56.45	Banh	Hoa
17	8		15.00.27	Gunson	Pedro
18		9	15.54.12	Nilsson	Tina
19		10	15.59.25	Hebart	Michelle
20	10		16.35.09	Dueholm	Bjorn
21		11	16.38.09	Nathan-Mcleod	Kelly

Rank	Cat Place	Cat Place	Time	Last Name	First Name
22		12	16.51.59	Taipari	Rebecca
23	11		16.58.00	Schubert	Guy
24		13	17.02.31	Sheldon	Tania
25	12		17.11.45	Parise	Justin
26		14	17.11.51	Hughes	Diane
27		15	17.13.30	Fountain	Jane
28	13		17.26.35	Boyce	Gary
29		16	17.39.47	Murfitt	Janelle
30	14		17.41.09	Kemp	Mostyn
31	15		18.17.42	Mcinerney	Mark
32		17	18.21.55	Mere	Katie
33	16		18.35.14	O'Brien	Tim
34	17		18.45.37	Roberts	Michael
35		18	18.45.56	Anderson	Arwen
36		19	18.53.19	Aylmer	Carey
37		19	18.53.19	Aylmer	Kristen
38		21	19.08.56	Loft	Nikki
39		22	19.12.08	Hockley	Rula
40	18		19.49.27	Carroll	David
41		23	19.54.47	Wichmann	Alison
42		24	19.55.50	Van Erp	Heather
43	19		20.12.43	Brooks	Glen

Rank	Cat Place	Cat Place	Time	Last Name	First Name
44		25	20.15.20	Walling	Erin
45		25	20.15.20	Sieber	Kate
46		27	21.01.15	Holmes	Tina
47		28	21.13.17	Carter	Merle
48		28	21.13.17	Keany	Trish
49		30	21.34.13	Mcgill	Sheena
50	20		21.55.45	Hutchinson	Brett

Rank	Cat Place	Cat Place	Time	Last Name	First Name
51	20		21.55.45	Inglis	Jon
52	20		21.55.45	Mcadam	Ross
53	23		21.56.35	Junblat	Ziad
54		31	22.36.44	Newman	Tracey
55		31	22.36.44	Matthew	Yvonne

Bold SURNAME indicates AURA member.

Heyson 57km, October 24, 2015

Encounter Bay, SA

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		5.34.12	Funk	Kieren
2	2		5.56.22	Keyte	Michael
3	3		7.05.42	Porteous	Simon
4	4		7.20.21	Ralph	Cameron
5	5		7.27.25	Marriott	David
6		1	7.43.00	Wood	Alison
7	6		8.12.16	Gauducheau	Stephane
8		2	8.28.10	Sabine	Rebecca
9	7		8.32.59	Smith	Michael
10	8		8.33.46	Tilley	Brad
11	9		8.45.10	Kent	Stephan

Rank	Cat Place	Cat Place	Time	Last Name	First Name
12		3	8.58.58	Crombie	Tennille
13		4	9.05.18	Shaw	Vicki
14		5	9.15.43	Maddock	Carrie
15		6	9.28.19	Quinn	Anne-Marie
16		7	9.50.41	Stubing	Toni
17	10		9.55.35	Gallasch	Michael
18		8	10.32.30	Mathers	Dawn
19		9	11.31.40	Carson	Tania
20		10	11.57.50	Neil	Kylie

Bold SURNAME indicates AURA member.

Ned Kelly Chase 100km, October 25, 2015

Wangaratta, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		07:54:39.8	Ciancio	Francesco
2	2		07:57:19.5	Turnbull	David
3	3		08:05:11.4	Symonds	Dan
4	4		08:34:38.5	Calvert	Wayne
5	5		08:54:37.5	Gamble	Malcolm
6	6		08:59:23.8	Gillies	Cameron
7	7		09:29:28.0	Warburton	Trevor
8		1	09:41:44.8	Griffith	Amelia
9	8		09:42:04.4	Sawa	Mak
10	9		09:52:21.9	Thompson	Matthew
11	10		09:54:28.1	Easton	Brett
12	11		10:24:54.3	Volz	Marcus
13	12		10:30:27.0	Breese	Geoff
14		2	10:47:43.8	Muston	Pam
15	13		11:17:05.9	Munns	Peter
16	14		11:25:49.5	D'Arcy	Leigh
17	15		11:30:14.7	Ciberlin	Joseph
18	16		11:33:45.2	Tottley	Graham
19		3	11:41:20.9	Murphy	Sarah

Rank	Cat Place	Cat Place	Time	Last Name	First Name
20	17		11:53:59.3	Knight-Sadler	Bryce
21	18		12:09:57.4	McIntosh	Stuart
22		4	12:21:09.2	Foulkes	Wendy
23		5	12:24:16.2	Thompson	Michelle
24		6	12:27:18.4	anderson	katy
25	19		12:36:31.7	Beverly	Craig
26	20		12:42:07.1	Byrne	Patrick
27		7	12:59:53.6	Hepworth	Annabel
28	21		13:43:52.0	Saxon	Brett
29	22		13:52:13.7	Roberts	Simon
30	23		13:52:39.3	Mihalakellis	George
31		8	14:14:02.5	Bentley	Karen
32	24		14:44:06.0	Palermo	Frank
33	25		14:53:03.8	Metcalf	Dean
34	26		15:33:08.1	Commings	Louis
35		9	16:29:32.9	Kerryn	Woods
36		10	11.57.50	Neil	Kylie

Bold SURNAME indicates AURA member.

Ned Kelly Chase 50km, October 25, 2015 Wangaratta, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		03:47:39.7	Cooke	Rick
2	2		04:09:26.9	Creek	Nick
3		1	04:36:23.2	Hinds	Tessa
4	3		04:37:30.3	Marsh	Trevor
5	4		04:46:18.0	Fullerton	Matt
6	5		04:58:12.2	Marsh	Ken
7		2	05:14:51.5	Stibbe	Wendy
8		3	05:14:51.6	Sasso	Tina
9	6		05:23:10.0	Carboon	James
10	7		05:23:43.0	Carson	Max
11		4	05:24:27.4	Allan	Lynda
12	8		05:24:45.6	Doms	Martin
13		5	05:31:26.1	Carlile	Kate
14	9		05:33:06.4	Moloney	David
15	10		05:35:43.5	Holz	John
16		6	05:44:51.1	Black	Erin
17	11		05:47:02.8	Keating	Todd
18	12		05:48:25.8	Allan	Derek
19	13		05:50:43.7	Fullard	Ben
20	14		05:53:50.1	Abrahams	Owen

Rank	Cat Place	Cat Place	Time	Last Name	First Name
21		7	05:54:07.4	Henderson	Simi
22		8	05:57:53.4	Falco	Kim
23		9	06:02:47.7	Lyons	Annemarie
24	15		06:12:52.8	Tutty	Peter
25		10	06:21:27.3	Walden	Joy
26		11	06:28:24.8	Taylor-Hull	Ruth
27		12	06:30:10.3	Lamont	Alexandra
28		13	06:35:28.4	Cronk	Michelle
29		14	06:39:02.0	Weeden	Leah
30		15	06:57:09.0	Boag	Jill
31		16	07:02:42.9	Cranton	Jade
32		17	07:21:46.1	Abrahams	Trish
*			05:47:11.6	Kodric	Joe
*			04:53:36.1	Bremner	Kerrie
*			05:47:11.7	Reid	Mat
*			05:47:11.9	Tremellen	Troy
* Legitimate 50km time (AIMS / IAAF certified, but not classified as entrant ran on different course to official event).					
Bold SURNAME indicates AURA member.					

Halloween Howler 6hr, October 31, 2015 You Yangs Regional Park, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		65km (6:13)	McLean	Ross
2	2		50km (5:44)	Mihalakellis	George
Bold SURNAME indicates AURA member.					

Great Barrier Reef 74km, November 1, 2015 Port Douglas, QLD

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		7:23:00	Clarke	Robert
2	2		7:43:51	Longmuir	Aaron
3		1	7:44:20	Caling	Britt
4	3		7:52:14	Davidson	Robert
5	4		8:11:44	Mann	Craig
6	5		8:15:09	Elliott	Clinton
7	6		8:37:57	Donaldson	Ian
8		2	8:45:58	Scurrah	Alena
9	7		8:46:20	Strachan	Douglas
10		3	8:47:26	Sager	Julie
11		4	8:50:43	Durand	Helen
12	8		8:56:12	Gooding	Steve
13		5	8:57:37	Flynn-Pittar	Dee

Rank	Cat Place	Cat Place	Time	Last Name	First Name
14	9		9:12:09	Noopetch	Somyos
15		6	9:14:27	Damon	Jennifer
16	10		9:31:07	Ezard	Scott
17	11		9:33:54	Davies	Glen
18	12		9:51:09	Lawson	Larry
19	13		10:09:53	Brown	Gregory
20	14		10:20:54	Fitzpatrick	Alan
21	15		10:25:22	Corbett	Stuart
22		7	10:40:45	Oliver	Lou
23		8	10:47:53	Moll	Debra
24		9	10:52:58	Cartwright	Jennie
Bold SURNAME indicates AURA member.					

Marysville 50km, November 8, 2015

Marysville VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		4:13:05	Ciancio	Francesco
2	2		4:22:36	Bennett	Ashley
3	3		4:29:58	Beard	Dan
4	4		4:31:49	Roberts	Simon
5	5		4:34:18	Nunan	Daniel
6	6		4:51:23	Downie	Andrew
7	7		4:51:49	Clark	Ben
8	8		4:55:59	Carlsson	Mathias
9	9		5:06:12	Roberts	Christopher
10		1	5:09:09	Matthews	Kim
11	10		5:18:38	Lucas	Patrick
12	11		5:20:18	Jakus	Gabor
13		2	5:27:07	Suckling	Sandy
14		3	5:27:22	Tough	Joanne
15	12		5:30:59	Todd	Paul
16	13		5:30:59	Ferreira	Aldonio
17	14		5:31:42	Foster	Adrian
18		4	5:35:17	Macmillan	Katherine
19	15		5:36:22	Hughes	Stuart
20	16		5:38:42	Nicolson	Ross
21	17		5:40:03	Winzar	Shane
22	18		5:40:11	Bartholomew	Ash
23		5	5:43:29	Klaic	Marlena
24	19		5:43:45	Murray	Ian
25	20		5:49:05	Trenti	Michele
26	21		5:49:58	Waites	Adam
27		6	5:55:40	Van Duiven	Emma
28	22		5:59:33	Byrne	Patrick
29	23		6:06:13	Price	BarneyDuane
30	24		6:10:32	Marshall	Kelvin
31	25		6:11:45	Sutton	Rob
32	26		6:11:58	Moore	Shaun
33		7	6:12:43	Vaughan	Nicole

Rank	Cat Place	Cat Place	Time	Last Name	First Name
34	27		6:13:21	Jones	Angus
35	28		6:14:00	Hill	Thomas
36	29		6:15:06	Kerr	Matt
37	30		6:18:58	Sritharan	Prasanna
38	31		6:19:19	Booker	Abraham
39		8	6:21:51	Thorn	Julia
40	32		6:24:40	Piplios	Chris
41	33		6:37:28	Williams	Jason
42	34		6:37:34	Fox	Nigel
43	35		6:48:48	King	Warwick
44	36		7:00:52	Beyer	Anthony
45	37		7:06:02	Santamaria	Gerard
46	38		7:11:11	Mestdagh	Oliver
47	39		7:18:28	Lynch	Ryan
48	40		7:18:54	Lim	Jon
49	41		7:21:51	Reyes	Robin
50		9	7:27:52	Bolton	Vanessa
51		10	7:28:19	Ahale	Anja
52	42		7:28:19	Meyer	Bernd
53	43		7:30:46	Vaughan	Matthew
54		11	7:30:46	Letts	Nicki
55		12	7:33:22	Maughan	Lynne
56		13	8:01:03	Sambell	Catherine
57	44		8:03:10	Lau	James
58	45		8:12:53	Williams	David
59	46		8:26:57	Sharma	Rohit
60		14	8:54:21	Cooke	Peta
61		15	8:54:25	Francis	Monique
62	47		9:02:28	Grubisa	Janko
63	48		9:49:30	Guerra	Julio
64		16	10:36:36	Martin	Kellie
65		17	10:36:37	Hocking	Catherine
Bold SURNAME indicates AURA member.					

Alpine Challenge 100 miles, November 30, 2015

Victorian Alps, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		23.03.50	Wight	Chris
2	2		25.09.40	Beard	Dan
3	3		28.10.03	Smith	Damian
4	4		28.10.03	Stiberc	Jono
5	5		29.07.28	Roberts	Christopher
6	6		31.16.15	Street	Josh
7	7		31.31.19	Donaldson	Andrew
8	8		33.04.56	Carlsson	Mathias
9	9		34.11.50	Salton	John
10		1	34.53.04	Austin	Kathryn
11	10		34.53.04	Piper	Mathew
12	11		35.23.37	James	Shane
13	12		35.55.38	Savage	Robbie

Rank	Cat Place	Cat Place	Time	Last Name	First Name
14		2	36.11.51	Weatherly	Clare
15	13		36.24.26	Mentz	Simon
16	14		37.00.04	Veenstra	Matt
17	15		39.03.54	Morley	Luke
18	16		39.45.41	Maclean	Chris
19	17		39.46.27	Payne	Andrew
20	18		41.41.52	Konoshita	Mitsuji
21	19		41.57.16	Colagiuri	Pete
22	20		41.57.16	Hayman	David
23	21		41.57.16	Berry	Kieron
24	22		41.57.23	Marshall	Daniel
25		3	42.20.01	Carter	Jacqui
Bold SURNAME indicates AURA member.					

Alpine Challenge 100km, November 30, 2015

Victorian Alps, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		11.25.28	Brazier	Thomas
2	2		13.01.39	Keyte	Michael
3	3		13.15.51	Grimshaw	Ben
4	4		13.38.15	Markey	Gavin
5	5		14.11.18	Chenoweth	Jack
6	6		15.05.33	Ferraro	Simon
7	7		15.09.34	Dernee	Phill
8		1	15.54.09	Rahmate	Delina
9	8		16.06.57	Dreyer	Frik
10	9		16.11.45	Coombs	Dave
11	10		16.12.58	Chandler	Brett
12		2	16.44.33	Hansen	Jacqui
13	11		16.44.33	Davies	Chris
14	12		16.44.33	Hughes	Toby
15	13		17.05.14	Whalan	Robert
16		3	17.06.10	Weller	Britta
17	14		17.33.41	Brown	Zak
18	15		17.36.39	Everest	Michael
19	16		17.56.49	Spencer	Jeremy
20	17		19.33.32	Chapman	Mike
21	18		19.34.49	Watters	Donal
22	19		19.41.14	Henderson	Chris

Rank	Cat Place	Cat Place	Time	Last Name	First Name
23		4	19.41.14	Denner	Trina
24	20		19.48.19	Connolly	Simon
25	21		20.13.12	Nakagawa	Nozomu
26	22		20.13.12	Taguchi	Minori
27		5	20.43.39	Fong	Celesta
28	23		20.48.42	O'Brien	Paul
29	24		21.01.04	Phillips	Tony
30	25		22.33.35	Henschke	Philip
31	26		22.37.37	Wagner	Pawel
32	27		22.37.37	Carolan	Vincent
33		6	23.06.33	Stanway	Lynn
34	28		23.06.33	Walsh	Brendan
35	29		23.29.40	Vaughan	Jim
36		7	23.29.40	White	Kerry
37	30		23.58.45	Wright	James
38	31		24.02.06	Whittle	Wes
39		8	24.02.06	Olberg	Lars
40	32		24.42.50	Lando	Christina
41		9	26.03.32	Ecc	Catie
42	33		26.30.30	Xing	Bo
Bold SURNAME indicates AURA member.					

Alpine Challenge 60km, November 30, 2015

Victorian Alps, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		6.02.52	Holt	Eric
2		1	6.46.05	Brown	Sophie
3	2		8.02.09	Lamarque	Thierry
4	3		8.04.13	McShane	Frank
5	4		8.06.13	Opperman	Andrew
6	5		8.27.22	Wright	Ian
7	6		8.57.14	McCabe	Matt
8		2	9.20.37	Donald	Ingrid
9	7		9.26.48	Stewart	Damien
10	8		10.25.21	Martin	Thomas
11	9		10.47.34	Dunne	Keith
12		3	11.12.56	Parker	Melanie

Rank	Cat Place	Cat Place	Time	Last Name	First Name
13	10		11.33.36	Parish	Allan
14	11		11.33.36	O'Malley	Nathan
15	12		13.03.58	Little	David
16		4	13.22.54	Szolos	Rozsa
17		5	13.24.55	Boag	Jill
18		6	13.47.08	Bryant	Kelly
19		7	13.54.29	O'Brien	Candice
20		8	14.11.33	Willis	Jen
21		9	16.57.19	Brunskill	Sarah
22	13		17.55.59	Ng	Desmond
Bold SURNAME indicates AURA member.					

Bruny Island 60km, December 5, 2015

Bruny Island, TAS

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		5:14:24	Fuller	Neil
2		1	5:14:48	Lamprecht	Amy
3		2	5:26:56	Flittner	Emma
4	2		5:40:55	Milner	Pete
5	3		5:42:02	Barrington	Giles

Rank	Cat Place	Cat Place	Time	Last Name	First Name
6	4		5:43:50	Dalton	Chris
7	5		5:46:26	Burgess	Mark
8	6		5:48:37	Hirst	Ben
9	7		5:50:12	Andrews	Vaughan
10	8		5:51:47	Schuringa	John

Rank	Cat Place	Cat Place	Time	Last Name	First Name
11	9		5:53:07	Mcconnon	Phil
12	10		5:53:32	Flinn	Nathaniel
13	11		5:54:08	Claridge	John
14	12		6:07:20	Purton	Mick
15	13		6:12:56	Eddington	James
16	14		6:16:56	Lewis	Iestyn
17	15		6:20:11	Johnstone	Greg
18	16		6:21:47	Johnson	Mark
19		3	6:24:49	Britton	Jen
20	17		6:26:43	Diprose	Adam
21		4	6:33:52	Allen	Bev
22	18		6:36:20	Wheatley	Matthew
23	19		6:42:18	Mundy-Castle	Oliver
24	20		6:49:29	Hanson	Shane
25		5	6:53:56	Hilliard	Eliza
26	21		6:57:39	Chamberlain	Matt
27		6	6:59:44	Macneil	Anna

Rank	Cat Place	Cat Place	Time	Last Name	First Name
28	22		6:59:50	Moroney	Ben
29		7	7:00:42	Farrar	Carolyn
30	23		7:13:49	Halley	Bronty
31	24		7:15:43	Loader	Paul
32	25		7:26:01	Casimaty	Antony
33		8	7:26:45	Connelly	Linda
34	26		7:27:36	Metcalf	Dean
35	27		7:38:25	Latham	Roger
36	28		7:42:55	Matthews	Lewis
37		9	7:45:53	Harris	Kim
38		10	7:52:49	Whiteley	Karina
39	29		7:55:23	Ravenwood	Eden
40	30		8:16:47	Thomas	John
41	31		8:29:00	Roberts	Bruce
42	32		8:49:35	Green	Peter
43	33		8:57:00	Crotty	James
Bold SURNAME indicates AURA member.					

Coast to Kosciuzko 240km, December 11-13, 2015

Eden, NSW

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		27:35:07	Pearson	John
2	2		29:58:17	Turnbull	David
3	3		30:44:27	Muller	Kevin
4		1	31:14:15	Hamaty	Sabina
5		2	31:30:40	Wynd	Nikki
6		3	31:51:28	Barker	Nicole
7	4		33:46:09	O'Brien	Kieron
8	5		33:46:15	Gamble	Malcolm
9	6		33:55:02	Middleton	Robert
10		4	34:10:37	Bruins	Robyn
11	7		34:36:19	Layson	Andrew
12	8		34:38:05	Weir	Sam
13	9		34:57:01	Allen	Trevor
14	10		35:37:43	Mihalakellis	George
15		5	36:24:02	Keith	Susan
16	11		36:32:28	Lane	Laurie
17		6	36:36:08	Farrelly	Chantelle
18	12		37:09:43	Byrne	Kevin
19	13		37:18:33	Blake	Jonathan
20	14		37:57:28	Heaton	Kevin
21	15		38:00:02	Donkersloot	Rob

Rank	Cat Place	Cat Place	Time	Last Name	First Name
22		7	38:07:03	Doke	Marie
23	16		38:46:15	Nicholson	Adrian
24	17		38:49:12	Smit	Rocco
25	18		38:53:14	Wheeler	Jason
26	19		39:10:32	Wright	Paul
27	20		39:35:17	Wallace	Greg
28	21		39:47:15	Ward	Joe
29		8	39:48:21	Dear	Kirrilly
30		9	40:11:51	Lovegrove	Kristy
31	22		40:20:38	Hassall	Roland
32	23		40:53:56	Saxon	Brett
33	24		41:05:14	Hanney	Roger
34	25		41:16:15	Roberts	Damon
35	26		42:11:41	Gregory	Wayne
36		10	42:39:20	Trumper	Jane
37	27		43:11:29	Easton	Brett
38	28		43:41:56	Wye	Graham
39		11	44:09:28	Brun	Marina
40	29		45:16:07	Billett	David
41	30		45:27:50	Topper	Kurt
Bold SURNAME indicates AURA member.					

Gold Coast 50km, December 13, 2015

Kurrawa, Gold Coast QLD

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:20:37	Ciancio	Francesco
2	2		3:25:22	Cooper	Matt
3	3		3:26:56	Ramage	Daniel
4	4		3:32:02	Dunleavy	Sean
5	5		3:37:22	Leahy	Derrick
6		1	3:48:41	Fitzgerald	Leah

Rank	Cat Place	Cat Place	Time	Last Name	First Name
7	6		3:50:25	Ryding	Jason
8	7		3:51:38	Rasmussen	Lars
9	8		3:56:06	Warburton	Trevor
10	9		3:56:55	Pryor	Luke
11	10		4:00:57	Blom	Justin
12	11		4:03:10	Foster	Simon

Rank	Cat Place	Cat Place	Time	Last Name	First Name
13	12		4:03:12	Dunn	Jason
14	13		4:05:30	Moloney	Nick
15	14		4:10:03	Williams	Damien
16	15		4:13:07	Lynch	Sammy
17	16		4:13:53	Haakonssen	Eric
18	17		4:14:42	Little	Sam
19	18		4:19:05	Rowe	Daniel
20	19		4:19:05	Lawrence	Ashley
21	20		4:22:07	Bladen	Nick
22	21		4:22:13	Kingsley	Ross
23		2	4:23:45	Thackwray	Michaela
24	22		4:25:12	Galvin	Grant
25		3	4:25:33	Black	Corrina
26		4	4:28:01	Paxton	Jenni
27	23		4:28:07	Dennien	Ben
28		5	4:28:14	Curnow	Sophie
29	24		4:28:38	Hilton	Thomas
30	25		4:29:42	Jewell	Brad
31	26		4:30:18	MacHunter	Adrian
32		6	4:30:18	Stevenson	Connie
33	27		4:33:38	Leyden	Jimmy
34	28		4:33:47	Keel	Brent
35	29		4:36:59	Nuttall	John
36		7	4:38:30	Bell	Tracey
37	30		4:39:34	Barrett	Mark
38	31		4:41:06	Reed	Jason
39	32		4:41:18	Hoeft	Clifford
40		8	4:42:06	Hussey	Lisa
41	33		4:42:10	Wright	John
42	34		4:42:12	Ford	Michael
43	35		4:42:32	Rogers	Garry
44	36		4:43:40	Vandenberg	Tim
45	37		4:43:58	Carey	Adam
46	38		4:50:31	Acton	Scott
47		9	4:50:51	Denson	Khim
48	39		4:51:46	McKeown	Ian
49	40		4:52:04	Franklin	Dave
50		10	4:52:54	Alexander	Mel
51	41		4:54:02	Fitzgerald	Matthew
52	42		4:54:22	Sullivan	Keith
53	43		4:54:38	Richards	David
54	44		4:56:46	Marsh	Ken
55	45		4:59:12	Jones	Rick
56	46		5:00:58	McCormick	Richard
57	47		5:02:06	Davies	Rhys
58		11	5:02:31	Coleman	Karen
59	48		5:02:43	Aloia	Jason
60	49		5:04:03	Hooper	Craig
61	50		5:06:23	Stone	Mark
62	51		5:06:39	Stoneley	Gavin
63		12	5:07:31	Coetzee	Lourens
64	52		5:07:51	Costello	James
65		13	5:08:14	Croft	Nicola
66		14	5:08:18	Weir	Charlin
67	53		5:08:19	Horan	Stephen
68	54		5:08:39	Marshall	Kelvin
69	55		5:12:27	Kennedy	Damien
70	56		5:12:31	Junge	Chris

Rank	Cat Place	Cat Place	Time	Last Name	First Name
71	57		5:12:38	Stoddart	Ryan
72	58		5:12:38	Wells	Bob
73	59		5:14:22	Evans	Parrish
74	60		5:16:51	Dalby	Peter
75	61		5:20:51	Gooding	Ian
76	62		5:21:21	Walsh	Matt
77	63		5:22:23	Ledwidge	Peter
78		15	5:25:52	Balharry	Sally-Anne
79		16	5:25:52	Wattam	Julie
80		17	5:26:28	Wang	Ke
81		18	5:27:32	Brousseau	Caroline
82	64		5:27:33	Bennett	Peter
83		19	5:28:20	Speed	Laura
84	65		5:28:42	Skinner	Brad
85		20	5:29:45	Waldburger	Jude
86		21	5:30:49	Healy	Michelle
87	66		5:30:51	Wood	Neil
88		22	5:31:51	Faddy	Sandi
89	67		5:32:09	Black	Roger
90	68		5:33:18	Acton	Brad
90	68		5:33:18	Russ	Justin
92	70		5:34:25	Gray	Douglas
93		23	5:35:11	Nishioka	Kahori
94	71		5:35:23	McKenzie	Peter
95	72		5:35:23	Borbidge	John
96	73		5:38:27	Griffiths	Rob
97		24	5:39:31	Farry	Hayley
98	74		5:41:25	Wilson	Trevor
99	75		5:42:43	Smith	Warren
100		25	5:43:37	Anderson-Glover	Lori
101		26	5:44:54	Baade	Linda
102		27	5:45:12	Venter	Sharon
103	76		5:45:24	Hew	Charles
104	77		5:46:33	Whiteley	Andy
105	78		5:47:21	Clarkson	Jessica
106	79		5:47:38	Williams	Geoff
107	80		5:48:05	Lutton	Howard
108	81		5:55:00	Last	Geoffrey
109		28	5:56:24	Cameron	Sally
110	82		5:58:16	Paynter	David
111		29	5:59:38	Gordon	Yvonne
112		30	5:59:38	Oxlade	Kate
113	83		6:00:30	Dennien	Christopher
114		31	6:00:30	Boag	Tam
115	84		6:01:09	Hunt	Jason
116		32	6:01:13	Sullivan	Carol
117		33	6:01:13	Archer	Rowena
118	85		6:04:36	Evans	Brian
119	86		6:05:43	Willock	Andrew
120		34	6:08:30	Boyd	Zoe
121		35	6:14:03	Weissel	Meg
122		36	6:18:48	Bateup	Shelley
123	87		6:19:09	Carney	Barnie
124	88		6:21:52	Kettle	Brett
125		37	6:28:09	Fysh	Joanne
126	89		6:28:10	Afflick	Jean-Paul
127	90		6:29:06	Suttle	Dessie

Rank	Cat Place	Cat Place	Time	Last Name	First Name
128		38	6:52:31	Whitby	Stephanie
129	91		6:53:28	Relf	Paul
130	92		6:53:59	Gillett	Blake
131	93		6:58:23	Sheppard	Scott
132	94		7:00:54	Lewis	Stephen
133		39	7:01:14	Baker	Sonya
134		40	7:07:23	Doctor	Running

Rank	Cat Place	Cat Place	Time	Last Name	First Name
135	95		7:23:19	Legge	Daniel
136		41	7:27:00	Davis	Krysten
137		43	7:36:30	Wojtasik	Kym
138		42	7:36:32	Christensen	Belinda
139	96		7:41:49	Dickison	Robert
140		44	7:58:06	Howorth	Sandra
Bold SURNAME indicates AURA member.					

6 Inch Trail 48km, December 20, 2015

North Dandalup, WA

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:24:29	Garrett	Josh
2	2		3:25:28	Bakowski	Thomas
3	3		3:28:22	Abel	MattyJames
4	4		3:42:22	Withers	Will
5	5		3:45:22	Newell	Ian
6	6		3:46:56	Carroll	Michael
7	7		3:47:30	Fawkes	Nathan
8	8		3:49:57	Munro	Luke
9	9		3:54:49	Joyce	Shane
10	10		3:55:46	Fozdar	Jamal
11	11		3:56:45	Duff	Peter
12	12		3:58:00	Mulcahy	Tom
13	13		3:58:15	Pendse	Jonathon
14	14		3:59:01	Radford	Vince
15	15		3:59:20	Avery	Richard
16	16		4:00:44	Matthews	Kevin
17	17		4:01:38	Reid	David
18	18		4:03:09	Gore	Phil
19	19		4:04:24	Trent	Tim
20	20		4:05:25	O'Sullivan	Michael
21	21		4:06:30	Duryea	Shane
22		1	4:09:01	Watt	Kathryn
23	22		4:09:34	Bittner	Frank
24	23		4:10:05	Harris	Ben
25	24		4:10:58	Gray	Jeff
26	25		4:11:23	Treasure	Ben
27	26		4:17:36	Kaesler	Shaun
28	27		4:19:09	Raudino	Tony
29	28		4:19:10	Sorgiovanni	Chris
30	29		4:19:28	Briggs	Stuart
31		2	4:19:47	Bennett	Jo
32	30		4:20:59	Lampard	Raymond
33	31		4:21:04	Law	Callum
34	32		4:21:29	Poli	Andrew
35	33		4:23:13	Dufty	Craig
36	34		4:23:44	Fancourt	Travis
37	35		4:24:57	Brookes	Neil
38		3	4:25:12	Bevilaqua	Kate
39	36		4:25:57	Badger	Rob
40	37		4:28:57	Ralph	Jordan
41		4	4:29:31	Cleland	Ingrid
42	38		4:30:12	Oosterhoff	Alexis
43		5	4:31:14	Lootz	Marlene

Rank	Cat Place	Cat Place	Time	Last Name	First Name
44	39		4:31:35	Bason	Richard
45	40		4:31:55	Hoffmann	Sam
46		6	4:32:23	Bittner	Melissa
47		7	4:33:16	McCaskie	Pam
48	41		4:34:25	Smith	Tony
49	42		4:34:30	Wholey	Grant
50	43		4:34:47	Buckley	Matthew
51		8	4:36:04	Gartmair	Gisela
52	44		4:36:18	Ito	Sadahiro
53	45		4:37:59	Ankers	Paul
54	46		4:39:03	Harlon	Wayne
55	47		4:42:07	Brooks	William
56	48		4:42:08	Brown	David
57		9	4:42:45	Fieberg	Barbara
58		10	4:43:45	Russell	Dale-Lyn
59	49		4:43:56	Burman	Bryant
60	50		4:44:29	Brierley	Matthew
61	51		4:45:30	Shardlow	Peter
62		11	4:46:48	Mickle	Karen
63	52		4:47:48	Bates	Andrew
64	53		4:47:56	Hoffmann	Mark
65	54		4:48:28	Maidment	Mike
66	55		4:49:21	MacKinnon	Stuart
67	56		4:50:15	Oxwell	Ben
68		12	4:50:18	Snowden	Jane
69	57		4:50:49	McAuliffe	Justin
70	58		4:50:59	Holt	Keith
71	59		4:51:14	Back	Richard
72	60		4:51:42	Mulcahy	Sam
73	61		4:51:49	Clark	David
74	62		4:52:24	Bocchetti	Tony
75	63		4:53:27	Felton	Matthew
76	64		4:54:40	Derry	Dan
77	65		4:56:36	Parsons	Robert
78	66		4:56:42	Collins	Peter
79	67		4:56:46	Coleman	Jason
80		13	4:57:16	Cripps	Elyse
81	68		4:58:48	Vance	Carl
82	69		4:59:06	Taylor	Toby
83	70		4:59:23	Nielsen	CarstenNøhr
84	71		4:59:32	Flahive	Martyn
85		14	4:59:51	Bultitude-Paull	Lauren

Rank	Cat Place	Cat Place	Time	Last Name	First Name
86		15	5:00:35	Hefferon	Beck
87	72		5:02:15	Thomas	Andrew
88	73		5:02:50	Head	Michael
89		16	5:03:35	MacDonald	Shona
90		17	5:04:17	Durand	Helen
91		18	5:05:17	Harris	Andrea
92	74		5:05:35	Harrison	Paul
93	75		5:06:30	Robson	Mark
94	76		5:06:44	Stabler	Alan
95	77		5:08:05	Bunny	Scott
96	78		5:08:26	Penter	Graham
97	79		5:08:38	Collova	Jerry
98	80		5:08:56	Gardner	Matthew
99	81		5:12:41	Foley	Paddy
100	82		5:13:30	Ranger	John
101		19	5:15:27	Windsor	Pippa
102	83		5:15:29	Harling	Steve
103	84		5:15:57	Barton	Michael
104	85		5:17:04	Caldwell	Mark
105		20	5:17:35	Houston	Sarah
106	86		5:17:38	Mohamed-Isa	Abdul-Raouf
107	87		5:18:16	Johnson	Simon
108	88		5:18:45	Underwood	Tim
109	89		5:18:46	Colthart	Allan
110	90		5:19:38	Voakes	Tom
111	91		5:20:02	Braund	Ian
112	92		5:21:42	Smetherham	Glen
113	93		5:21:42	North	Ian
114		21	5:22:17	Bell	Andrea
115	94		5:22:41	Barry	Jon
116	95		5:24:42	Dorotich	Matt
117	96		5:25:11	Pitt	Justin
118	97		5:25:13	Dean	Gareth
119	98		5:25:50	Brand	Shane
120	99		5:26:11	Joyce	Paul
121	100		5:26:27	Whalley	Andy
122	101		5:26:50	Grober	Thomas
123	102		5:28:02	Hearn	Mick
124	103		5:28:45	Goessmann	Florian
125	104		5:28:51	Williams	Mark
126	105		5:28:56	Garner	Lee
127	106		5:29:07	Farr	Jim
128		22	5:29:15	Foulkes-Taylor	Pam
129	107		5:29:26	Jones	Chris
130	108		5:29:27	Hosgood	Andrew
131	109		5:29:27	Eva	Tim
132		23	5:29:34	Osborne	Jessica
133	110		5:30:04	Lee	Marcel
134	111		5:30:20	Foulkes-Taylor	Geoff
135	112		5:30:40	McGlinn	Ron
136	113		5:32:43	Pattinson	Alex
137		24	5:33:45	Strutt	Avril
138	114		5:33:49	Hitchcock	Gareth
139		25	5:33:51	Brown	Michelle
140		26	5:34:23	Balde	Catherine
141		27	5:34:23	Savage	Michelle

Rank	Cat Place	Cat Place	Time	Last Name	First Name
142	115		5:35:10	Hoy Poy	Chris
143	116		5:35:54	Miles	Alan
144	117		5:35:57	Evans	Matthew
145	118		5:38:20	Pearce	Jason
146	119		5:38:24	Poli	Simon
147	120		5:38:41	Hendry	Clarke
148	121		5:40:12	Gallo	Lee-Maree
149	122		5:40:36	Cornish	Andy
150	123		5:42:09	Satherley	Chris
151		28	5:42:16	Lanigan	Brenda
152		29	5:42:16	Phipson	Christella
153		30	5:42:40	Ross	Kathleen
154		31	5:42:44	Nielsen	Louise
155		32	5:42:53	Saker	Jillian
156		33	5:43:06	Newell	Amanda
157	124		5:43:07	Lucas	Richard
158		34	5:43:08	Collins	Mary
159	125		5:43:08	Aitken-Fox	Robert
160		35	5:43:35	Caporn	Michelle
161	126		5:43:46	Bonnick	Simon
162		36	5:43:51	Rae	Raquel
163		37	5:46:45	Waite	Harmony
164	127		5:47:05	Bremner	Jeffrey
165		38	5:47:06	Veal	Margaret
166	128		5:47:52	Decotter	Gerard
167	129		5:49:28	Horton	Owen
168	130		5:51:14	Bickley	Garry
169	131		5:51:32	McIntosh	Christopher
170		39	5:51:36	Rusbridge	Erica
171	132		5:52:09	Hartl	Manuel
172	133		5:53:22	Baker	Phillip
173	134		5:53:53	Cunningham	Terry
174	135		5:54:44	Hagymas	Attila
175	136		5:54:48	Davis	Wade
176		40	5:54:50	Gee	Emma
177	137		5:54:55	Story	Richard
178	138		5:54:58	McFarlane	Rob
179	139		5:55:42	Whyte	Robert
180		41	5:55:55	Buchanan	Juliette
181		42	5:56:04	Kober	Jutta
182	140		5:56:16	Savage	Jeremy
183		43	5:57:04	Bourne	Alyson
184	141		5:57:12	Haselgrove	Clemence
185		44	5:57:22	Kennedy	Belinda
186	142		5:57:42	Lamperd	Ed
187		45	5:57:53	Chang	Ruth
188		46	5:58:12	Garwood	Louise
189		47	5:58:22	Tatterton	Cheryl
190		48	5:59:36	Rosevear	Didi
191	143		5:59:49	Lacey	Clive
192	144		6:02:18	McCready	Sam
193		49	6:06:31	Nicolson	Lynette
194		50	6:06:32	Burton	Nickie
195	145		6:06:54	Lill	John
196	146		6:09:37	Lane	Nathan
197		51	6:09:59	Wawatai	My-Nhung
198	147		6:11:03	Tams	Dave
199		52	6:11:12	Evans	Rachel

Rank	Cat Place	Cat Place	Time	Last Name	First Name
200		53	6:11:18	Douglas	Katryna
201		54	6:12:42	Burong	Gabrielle
202		55	6:14:45	Holder	Kimiko
203	148		6:16:32	Matol	Carl
204		56	6:17:14	Hughes	Cassie
205	149		6:17:34	Ellis	David
206		57	6:17:36	Bloom	Susan
207	150		6:18:58	Yeatman	Andrew
208	151		6:19:53	Franz	Morag
209	152		6:20:21	Johnston	Brett
210	153		6:20:52	Haustead	Bruce
211		58	6:21:35	Bowler	Mandy
212	154		6:24:05	Bembridge	Simon
213		59	6:25:57	Bresser	Kerriann
214		60	6:28:28	Hadley	Margaret
215	155		6:28:28	Dougan	Ian
216		61	6:28:30	Taplin	Jennifer
217		62	6:29:02	Forrest	Gemma
218	156		6:29:35	Bishop	Nick
219	157		6:30:10	Dowson	Matt
220		63	6:30:10	Dowson	Sash
221		64	6:30:16	Chinnery	Katie
222	158		6:31:49	van Poecke	Reindert
223	159		6:32:29	Ducker	Colin
224		65	6:32:29	Gallagher	Tova
225		66	6:33:00	Cleasby	Denise
226		67	6:33:52	McEwan	Beth
227	160		6:34:23	Millett	Roger
228		68	6:36:06	Rose	Megan
229	161		6:36:10	Gurung	Kiran
230		69	6:37:13	Isbister	Cathy
231	162		6:37:50	Farquhar	Paul
232	163		6:37:50	Nichol	Ian
233	164		6:39:44	Adams	Rob
234	165		6:39:51	Browning	Francis

Rank	Cat Place	Cat Place	Time	Last Name	First Name
235		70	6:42:17	Gooderham	Jacqui
236		71	6:42:17	Druce	Zoe
237	166		6:43:31	Phillips	Jonathon
238		72	6:45:01	Henderson	Amy
239	167		6:45:01	Dean	John
240		73	6:46:13	Mansell	Elissa
241	168		6:46:13	Mansell	Stuart
242		74	6:49:25	Hamilton	Gemma
243		75	6:51:32	Frendo	Rebecca
244		76	6:54:42	Fisher	Danielle
245	169		6:54:42	Fisher	Peter
246		77	7:00:16	Pearce	Rae
247		78	7:00:29	Dujmovic	Michelle
248		79	7:01:59	Clayton	Roxy
249		80	7:01:59	Carr	Ruth
250		81	7:01:59	Clay	Meeghan
251		82	7:05:40	San	Sarah
252	170		7:06:54	Holland	Dutch
253		83	7:10:52	Treasure	Shirley
254	171		7:16:38	Iloyd-Watters	Callum
255	172		7:18:10	McKenzie	Bernie
256		84	7:22:25	Barratt	Beverley
257		85	7:23:18	van der Mey	Caroline
258		86	7:31:48	Hall	Cath
259		87	7:32:03	Fleming	Kelly-Lynn
260		88	7:32:04	Breault-Hood	Joelle
261		89	7:34:32	Pelham	Liz
262		90	7:39:24	Ward	Aimee
263		91	7:43:55	Potts	Karen
264		92	7:43:55	Klopper	Pauline
265		93	7:43:57	Robinson	Victoria
266	173		7:43:57	Goodall	Robert
267	174		7:55:06	Dunks	Grantley
Bold SURNAME indicates AURA member.					

Rock around the Clock 6hr, December 31, 2015

You Yangs Regional Park, VIC

Rank	Cat Place	Cat Place	Distance	Last Name	First Name
1	1		45km (5:32)	Mihalakellis	George
2	2		40km (5:45)	Sharma	Rohit
3	3		35km (5:31)	Guerra	Julio
4	4		30km (5:36)	Barrera	Bryan
5		1	25km (3:57)	Morland	Kathryn
6		2	25km (4:47)	Belfall	Andrea

Rank	Cat Place	Cat Place	Distance	Last Name	First Name
7	5		25km (4:48)	Kaahu	Joe
8		3	25km (5:11)	Hein	Darlene
9	6		25km (5:36)	Johnson	Kevin
10		4	20km (3:11)	Whitehurst	Barbara
11	7		15km (2:28)	Blunt	Matthew
Bold SURNAME indicates AURA member.					

Narabeen Allnighter 12h (Path), January 2, 2016

Narrabeen Lake, NSW

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
1	1		126.564	O'Loughlin	Daragh
2	2		111.000	Muller	Kevin
3		1	109.000	Muston	Pam

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
4		2	105.108	Lovegrove	Kristy
5	3		95.000	Munns	Peter
6		3	94.699	Burke	Nicole

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
7	4		91.051	Bridle	Billy
8		4	90.836	Chan	Karen Woon Cheung
9	5		89.000	Campbell	Anthony
10	6		89.076	Gregory	Wayne
11	7		88.000	Murphy	Grahame
12	8		85.272	Sullivan	Keith
13	9		85.348	Knox	Hamish
14	10		85.309	Luxton	Tom
15	11		80.233	Finlay	Greg
16	12		71.696	Kilmartin	John

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
17		5	66.341	Smith	Cassie
18	13		60.000	Ruig	Aaron
19		6	56.341	Wiltshire	Cathie
20	14		50.684	Buxton	Jeff
21		7	45.602	Lumley	Charlotte
22	15		42.208	Mullins	Gary
23	16		35.472	Smith	Nick
24	17		31.037	Courtney	Anth
25		8	21.000	Buxton	Lesley
Bold SURNAME indicates AURA member.					

Narabeen Allnighter 12h (Trail), January 2, 2016

Narrabeen Lake, NSW

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
1	1		125.0	Redfern	Stephen
2	2		117.5	Bishop	Jordan
3	3		115.0	Craig	Michael
4	4		110.0	Blackmore	Kieron
5	5		110.0	Dernee	Phill
6	6		105.0	Mullen	Chris
7		1	105.0	Karaman	Alia
8	7		100.0	Stone	Tim
9		2	100.0	Horman	Tilly
10	8		100.0	Campbell	Grant
11	9		95.0	McGrath	Michael
12	10		95.0	Hardie	Michael
13		3	92.5	Symons	Cheryl
14	11		90.0	Krasovskis	Gatis
15		4	85.0	Worland	Gemma
16	12		85.0	Campbell	Mickey
17	13		80.0	Dang	William
18	14		77.5	Karaman	Ilyas
19		5	75.0	Gallagher	Tova

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
20		6	75.0	Myors	Beck
21	15		72.5	Kime	Darren
22		7	70.0	Post	Samantha
23	16		65.0	Webber	Tristan
24	17		65.0	Le Serve	Michael
25	18		65.0	Moreton	John
26		8	60.0	Anderson	Julie
27	19		60.0	Ward	Sean
28	20		55.0	Pritchard	Byron
29		9	50.0	Ruys	Juanita
30	21		45.0	Gentle	Michael
31		10	40.0	Liddell	Sonia
32		11	35.0	Maguire	Denise
33	22		30.0	Millgate	Marcus
34		12	25.0	Lewis	Marilyn
35	23		15.0	Elwin	Scott
36	24		5.0	Redding	Mark
Bold SURNAME indicates AURA member.					

Bogong to Hotham 64km, January 10, 2016

Mt Beauty, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		6:43:43	Gibson	Stu
2		1	7:48:42	Bartholomew	Lucy
3	2		7:54:57	Thompson	Daniel
4	3		8:02:51	Burford	Tom
5	4		8:04:52	Kennedy	Loughlinn
6	5		8:31:13	Abel	Matty
7	6		8:32:58	Legge	Konrad
8	7		8:32:58	Clark	Ben
9	8		8:34:25	Roberts	Christopher
10	9		8:43:32	Power	Justin
11	10		8:45:14	Graham	Dave
12	11		8:53:35	Grimshaw	Ben
13	12		8:57:35	Ross	David
14	13		8:58:19	Donaldson	Andrew

Rank	Cat Place	Cat Place	Time	Last Name	First Name
15	14		9:23:20	Meckenstock	Matt
16	15		9:26:42	Moulday	Geoffrey
17		2	9:35:26	Macmillan	Katherine
18	16		9:36:14	Sharpe	Rob
19		3	9:42:42	Fien	Sarah
20	17		9:46:09	Rennick	Stephen
21	18		9:53:41	Murphy	Phil
22	19		10:09:20	Whitehead	Dan
23		4	10:11:03	Carter	Lucy
24		5	10:25:40	Keith	Susan
25	20		10:25:45	Miller	Justin
26	21		10:25:45	Lollback	Dan
27	22		10:36:41	Harrison	Scott
28		6	10:36:45	Sager	Julie

Rank	Cat Place	Cat Place	Time	Last Name	First Name
29	23		10:38:53	Mihalakellis	George
30	24		10:40:16	Lewis	Joe
31		7	10:46:20	Duffy	Zoe
32	25		10:46:20	Duffy	James
33		8	11:02:35	Stanley	Roylene
34	26		11:09:20	Gippel	Christopher

Rank	Cat Place	Cat Place	Time	Last Name	First Name
35	27		11:11:10	Goodfellow	Luke
36	28		11:15:37	Turnbull	Simon
37	29		11:18:41	Russell	George
38	30		11:18:41	Metcalfe	Anthony
39	31		11:18:41	Breckenridge	Wylie

Bold SURNAME indicates AURA member.

Two Bays Trail Run 56km, January 17, 2016

Mornington Peninsula, VIC

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		04:06:36	Finocchiaro	Dion
2	2		04:17:06	Ciancio	Francesco
3	3		04:19:14	Davies	Brendan
4	4		04:35:46	Bretz	Kay
5	5		04:37:25	Hopkins	Ross
6	6		04:48:58	Muller	Kevin
7		1	04:53:15	Bull	Kirstin
8	7		04:53:40	Manders	Mike
9	8		04:56:04	Scholz	Justin
10	9		04:58:01	Dalton	Robert
11		2	04:58:11	Fraser	Natasha
12	10		04:58:33	Langelaan	Dan
13	11		05:09:04	Davies	Oowan
14	12		05:11:44	Bowring	Patrick
15	13		05:19:55	Hewitt	Adam
16	14		05:21:49	Turner	Nick
17	15		05:23:31	Beard	Dan
18		3	05:26:14	Woods	Kylee
19	16		05:29:24	Welburn	Regan
20	17		05:32:13	Wilson	Douglas
21	18		05:33:05	Hoel	Adrian
22	19		05:37:26	Yoneda	Michio
23	20		05:38:13	Bartlett	Peter
24	21		05:40:47	Antrobus	Shane
25	22		05:40:47	Silvester	Michael
26	23		05:43:17	Downie	Andrew
27	24		05:43:49	Jones	Phil
28	25		05:44:14	Bryant	Nick
29	26		05:45:21	Kahlefeldt	Justin
30	27		05:45:51	George	Anthony
31	28		05:46:59	Everest	Michael
32	29		05:47:11	Wheeler	Shane
33		4	05:47:20	Hopkins	Christine
34	30		05:47:57	Hughes	Stuart
35	31		05:48:36	Hartley	David
36	32		05:49:46	Ismail	Luke
37	33		05:50:28	Metcalf	Ben
38	34		05:50:35	Grant	David
39		5	05:50:58	Gordon	Fiona
40	35		05:53:24	Martin	Dwayne
41		6	05:56:13	Fletcher	Eibhlin
42	36		05:56:39	Trower	Brian
43	37		05:57:29	Brewster	Shaun
44	38		05:57:40	Harper	Andrew
45	39		05:58:38	Foster	Adrian

Rank	Cat Place	Cat Place	Time	Last Name	First Name
46	40		05:59:42	Turner	Andy
47	41		06:00:51	Cullum	Tom
48	42		06:00:54	Watson	Brian
49	43		06:01:10	Jackson	Gregor
50	44		06:01:23	Day	Paul
51	45		06:02:16	Monro	Joe
52	46		06:02:47	Marcus	Simon
53	47		06:03:38	Suprun	Timofey
54	48		06:03:51	Austin	Simon
55	49		06:05:07	Porteous	Simon
56	50		06:07:16	Maass	Oliver
57		7	06:07:26	Mickle	Karen
58	51		06:07:39	Rosel	Stephen
59	52		06:08:27	Hopgood	Klay
60	53		06:09:37	Curran	Shannon
61	54		06:11:16	Sawa	Mak
62	55		06:12:04	Westerfur	Lars
63	56		06:13:47	Roberts	Simon
64	57		06:13:47	Paine	Nick
65		8	06:14:15	Martin	Cheryl
66	58		06:14:15	Eudey	Stephen
67		9	06:14:16	Lewis	Sonia
68	59		06:15:22	Tyrrell	Clay
69	60		06:19:51	Rolfe	Matt
70	61		06:20:07	Newcomb	Nicolas
71	62		06:20:56	Liersch	Nathan
72		10	06:26:14	Scurrah	Alena
73	63		06:26:22	Lang	Alastair
74	64		06:27:16	Murray	Ian
75	65		06:27:38	Mannix	Kevin
76	66		06:28:05	Neave	Daniel
77	67		06:28:59	Edwards	Martin
78	68		06:29:34	Goutzoulas	John
79	69		06:29:40	Lin	Songtao
80	70		06:29:49	O'Brien	Paul
81	71		06:30:26	Fleay	Tim
82	72		06:30:33	Willis	Alan
83	73		06:31:34	Nawrocki	Chris
84		11	06:31:47	Brown	Sam
85	74		06:31:56	Lewis	Paul
86		12	06:33:35	Ham	Kirsty
87	75		06:33:41	Guz	Nicholas
88	76		06:34:26	Smith	Chris
89		13	06:35:56	Cook	Bec
90	77		06:36:48	Blanco	Alfonso

Rank	Cat Place	Cat Place	Time	Last Name	First Name
91	78		06:37:46	Nathan	Kash
92	79		06:37:47	Winzar	Shane
93		14	06:39:43	Cowling	Gayle
94	80		06:39:46	Stokes	Phil
95	81		06:39:50	Cusick	Garth
96		15	06:42:17	McLean	Muriel
97	82		06:42:45	Rossiter	Mark
98	83		06:43:58	Tyrrell	Luke
99		16	06:46:27	Lewis	Kay
100		17	06:46:27	Carmichael	Kylie
101		18	06:46:47	Howe	Bec
102		19	06:46:58	Dubelaar	Diana Helen
103	84		06:47:02	Jagusch	Martin
104	85		06:47:31	Chadima	James
105	86		06:50:23	Salton	John
106	87		06:50:23	Chircop	Dale
107	88		06:50:24	Amey	Ben
108	89		06:51:06	Stephen	Gareth
109	90		06:51:23	Corbett	Andrew
110	91		06:51:42	O'Connell	Tony
111		20	06:52:17	Mungcal	Georgette
112		21	06:53:10	Meggison	Amanda
113	92		06:53:23	Smith	Brett
114	93		06:54:53	Smith	Tony
115	94		06:55:44	Alexandropoulos	George
116	95		06:56:30	Smith	Jason
117		22	06:56:51	Coggins	Sally
118		23	06:57:08	Vaughan	Nicole
119	96		06:58:01	Sutherland	David
120	97		06:58:09	Everett	John
121	98		06:58:57	Jackson	Stephen
122	99		07:00:02	Johnstone	Chris
123	100		07:00:08	Clarke	Patrick
124	101		07:00:19	Maynard	Warren
125	102		07:00:35	Winterburn	John
126	103		07:00:50	Miller	Bruce
127	104		07:01:31	Pain	Marcus
128	105		07:02:06	Gullifer	John
129	106		07:02:27	Hope	Norval
130		24	07:03:06	Taylor	Karina
131	107		07:03:06	Taylor	Glen
132	108		07:03:15	Cheney	Jack
133		25	07:05:09	Law	Rosa
134	109		07:06:27	Louw	Eric
135	110		07:07:28	Anson	Malcolm
136	111		07:07:44	Palermo	Frank
137	112		07:08:01	Evans	Owen
138	113		07:08:03	Lamy	Olivier
139	114		07:08:09	O'Brien	Chris
140	115		07:08:10	Wang	Michael
141	116		07:08:11	Cheng	Yuanchao
142	117		07:08:42	Sutton	Bert
143	118		07:09:00	Fox	Nigel
144	119		07:09:35	Tait	Ron
145	120		07:10:46	Murray	Ch
146	121		07:10:47	Cibich	Luke
147		26	07:10:48	Mattock	Miriam
148	122		07:10:56	Slattery	Damian
149	123		07:11:20	Jennings	David

Rank	Cat Place	Cat Place	Time	Last Name	First Name
150	124		07:11:50	Sritharan	Prasanna
151	125		07:13:33	Longok	Marc
152	126		07:13:58	Whiteley	Dean
153	127		07:14:05	Narayanan	Manish
154	128		07:14:10	Tilley	Brad
155	129		07:15:40	Cassidy	Craig
156	130		07:15:51	White	Glen
157	131		07:16:54	Gilbert	Stephen
158		27	07:17:26	McAuliffe	Kate
159	132		07:17:53	Walker	Andrew
160	133		07:18:36	Herft	Patrick
161	134		07:22:36	Fraser	David
162	135		07:23:47	Barnett	Shawn
163	136		07:25:03	Timms	Geoff
164		28	07:25:19	Crossley	Louise
165		29	07:25:29	Maguire	Cathy
166	137		07:26:06	Middleton	Andrew
167		30	07:26:15	Campbell	Belle
168		31	07:26:15	Robinson	Karen
169	138		07:28:00	Montfort	Jason
170	139		07:28:18	Reyes	Robin
171	140		07:33:32	Reynolds	Leigh
172	141		07:34:06	Connolly	Simon
173	142		07:34:38	Cagliarini	James
174	143		07:34:47	Williams	Richard
175	144		07:35:03	Greening	David
176	145		07:35:17	Mestdagh	Oliver
177	146		07:36:02	Dennis	Andy
178		32	07:36:06	Tuff	Lauren
179	147		07:37:31	Hogg	Peter
180		33	07:39:02	Mawley	Melanie
181		34	07:40:51	Lines	Wendy
182	148		07:43:14	Youngman	Michael
183	149		07:43:33	Baff	Nick
184	150		07:43:37	Booker	Abraham
185		35	07:44:12	Stevens	Terrie
186	151		07:44:27	Chen	Yuan
187	152		07:44:54	Corner	Stephen
188	153		07:47:21	Cook	Stephen
189	154		07:48:09	Hill	Eddy
190	155		07:50:19	Wong	Christopher
191	156		07:50:26	Clarke	Pete
192		36	07:50:44	Ahale	Anja
193	157		07:50:50	Deering	Bill
194		37	07:50:55	McLeod	Kelly
195	158		07:51:17	Mccormick	Richard
196		38	07:52:31	Oudman	Yvette
197	159		07:52:36	Flood	Jamie
198		39	07:52:47	Symons	Cheryl
199	160		07:53:40	Hamilton	Keith
200	161		07:53:55	Arnold	Mark
201	162		07:54:38	Biskri	Salim
202	163		07:57:09	Chinnery	Zach
203		40	07:57:24	Meredith	Skye
204	164		07:57:45	McCleish	Gavin
205	165		07:58:31	Sbrugnera	Adrian
206		41	07:59:02	Schilke	Kerry
Bold SURNAME indicates AURA member.					

Australia Day Ultra 100km, January 23 2016

Australind, WA

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		8:04:13	Kennedy	David
2	2		8:53:16	Pendse	Jon
3	3		9:17:13	Treasure	Ben
4	4		9:39:54	Badger	Bob
5	5		9:53:58	Kaessler	Shaun
6	6		9:56:28	Francis	Mick
7		1	9:59:39	Mccaskie	Pamela
8		2	10:23:27	Bremner	Kerrie
9	7		10:52:13	Brookes	Neil
10		3	11:28:44	Russell	Dale-Lyn
11	8		11:37:09	Bates	Andrew

Rank	Cat Place	Cat Place	Time	Last Name	First Name
12		4	11:52:45	Symons	Cheryl
13	9		11:54:22	Rice	Steven
14	10		12:13:25	Cornish	Andy
15	11		12:34:02	Oxwell	Ben
16	12		12:36:24	Wasilew	Chris
17		5	12:36:32	Lane	Michelle
18	13		12:45:23	Adams	Rob
19		6	13:33:32	Burong	Gabrielle
20	14		13:35:34	Lacey	Clive
21	15		13:48:37	Matol	Carl
Bold SURNAME indicates AURA member.					

Australia Day Ultra 50km, January 23 2016

Australind, WA

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		3:24:04	Bakowski	Tom
2	2		3:30:40	O'Sullivan	Mike
3	3		3:38:14	Matthews	Kevin
4	4		3:41:57	Smith	Tony
5	5		3:46:18	Harris	Ben
6		1	3:47:27	Major	Tina
7	6		3:54:25	Munro	Luke
8		2	4:00:30	Delfs	Bree
9		3	4:01:27	Hadley	Margaret
10	7		4:11:34	Vickers	Logan
11		4	4:16:58	Suiter	Cara
12		5	4:19:55	Fieberg	Barbara
13		6	4:31:02	Dupe	Terri
14	8		4:37:56	Peacock	Stephen
15	9		4:38:35	Burman	Bryant
16	10		4:39:59	Poli	Andrew
17	11		4:49:58	Robson	Mark
18	12		4:54:26	Dean	Gareth
19	13		5:11:54	O'Neill	Nicholas
20		7	5:16:16	Gallo	Lee-Maree
21	14		5:21:45	Freestone	Todd
22	15		5:23:38	Mcfarlane	Rob
23	16		5:26:52	Meadowcroft	Nathan
24	17		5:32:04	Noonan	David
25	18		5:33:01	Chauveau	Frank
26		8	5:34:38	Northey	Alyce

Rank	Cat Place	Cat Place	Time	Last Name	First Name
27		9	5:41:35	Evans	Hannalie
28		10	5:42:40	Haselgrove	Clemence
29		11	5:45:05	Francis	Hilary
30	19		5:52:36	Allmark	Dave
31	20		5:53:01	Wawatai	Nathan
32	21		5:54:43	Neilon	Chris
33	22		5:56:53	Van	Randy
34	23		5:57:17	Coffey	James
35	24		5:57:35	Miles	Alan
36		12	6:05:54	Robertson	Sue
37	25		6:08:24	King	James
38		13	6:09:07	Wawatai	Nhung
39		14	6:09:48	Rumney	Charlotte
40		15	6:17:04	Bodill	Kate
41		16	6:26:33	Frendo	Rebecca
42	26		6:26:42	Ishak	Albert
43		17	6:27:13	Carreno	Paula
44		18	6:43:52	Mouat	Brianna
45	27		6:46:00	Bennett	Kris
46		19	6:49:25	Chinnery	Katie
47	28		7:10:26	Jones	Peter
48		20	7:21:57	Leggatt	Samantha
49		21	7:31:25	Luscombe	Emma
50		22	7:48:51	Vos	Caro
Bold SURNAME indicates AURA member.					



Guest Interview

Rhian Blackwell

Race Medic, Coast to Kosciuszko (C2K)

By Elizabeth Bennett, Editor, Ultramag

Thanks Rhian for agreeing to do an interview with Ultramag.

EB: You have been the race medic at C2K as many times as I have crewed at C2K – ie, five so far. I know why I crew each year but I wonder why you undertake the medic role. It's clearly not for the money ☺. I know you've said many times before that you are not a runner and so is it because you think we are all crazy and that part of your role as race medic is to stop us from harming or killing ourselves, or is there some other motivation?

RB: It all started at 3am on a night shift in an Emergency Department with the (in)famous Billy Pearce. He, in his very subtle way, asked what I was doing in December, and whether I'd be interested in "crewing". I had no idea what that meant, but with a little bit of coercion and always wanting to try new things, I signed up! So I started my involvement with C2K with crewing, almost expecting that it would be a one off, but then I met the people ... They're all nuts, or as one of the nicknames of one of them implies, "Bonkers". My Facebook friends' list now has more ultra runners than just about any other friends because the people are awesome - committed, genuine, passionate, and did I say crazy? If I can help them reach their C2K dream with my skills then I'm in to support their hard work.

EB: Are you the race medic at other ultra running events as

well? If so, which ones? If not, why not – ie, is there something really special about C2K or is it simply that you don't have the time to do other ultra events?

RB: It started at C2K and I will be the medic at the upcoming CBR 48Hr in March in Canberra. At this stage, one of the things stopping me from doing more is family commitments. I've covered lots of marathons before but they simply involve being up at 6am and home again by 3pm in the afternoon. Ultras usually take 24+hrs so the preparation to work out logistics around an 18 month old baby and shift working wife complicate that. The other draw card for C2K is that I live in Canberra and so it's only 2 hours away from home. However, C2K isn't like any event I've done before. It's just great to support 50 people who are all going for personal goals or their own PB. Race times are often irrelevant, unlike a marathon where it's all guns blazing for most competitors.

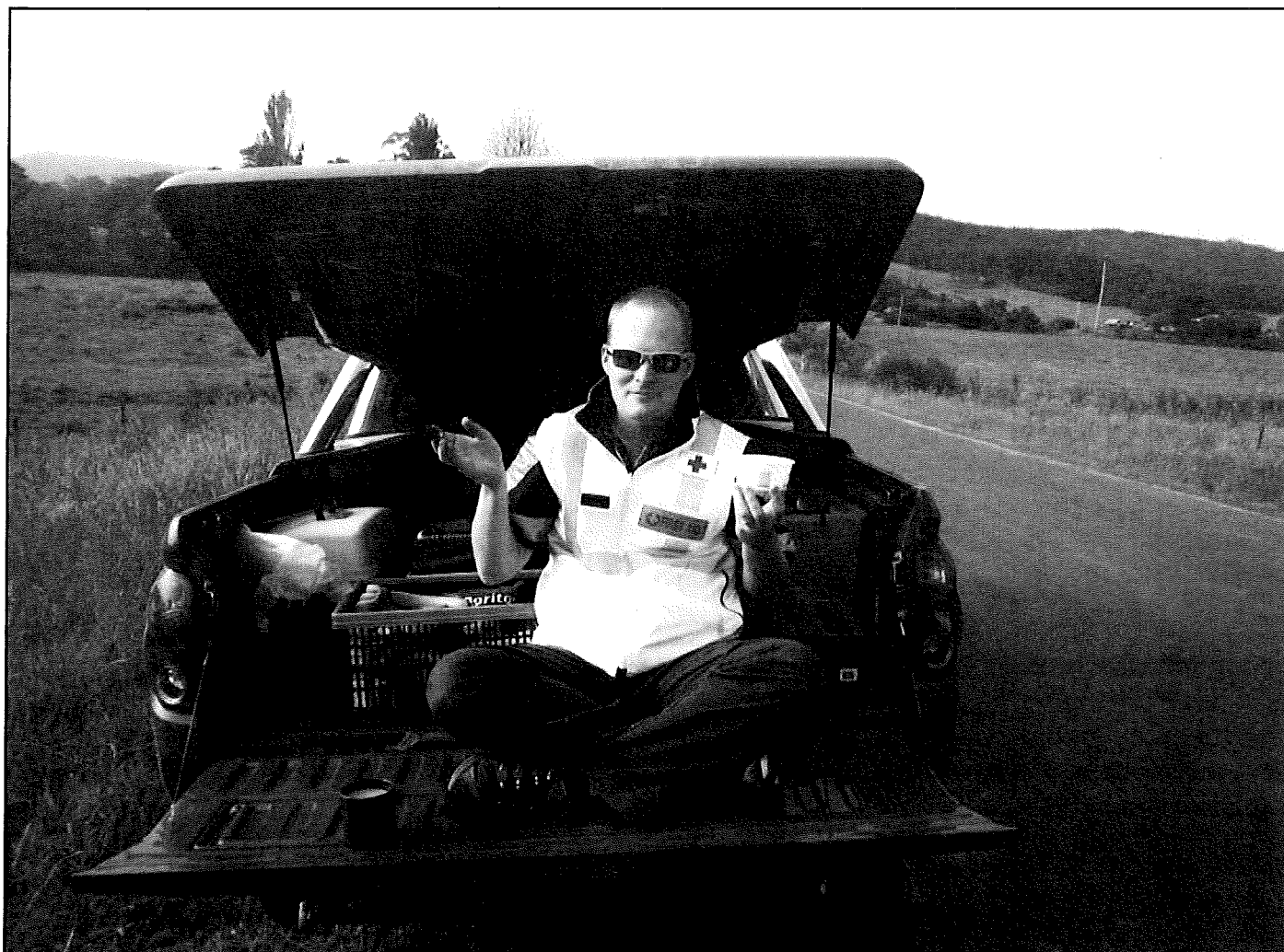
EB: Leading in to C2K is there any particular preparation you do for C2K as the race medic? I guess what I'm wondering is do you have in depth briefings with the race director and consider weather forecasts and environmental conditions etc from a medical risk management perspective or do you just go with whatever confronts you when you get to the C2K weekend?

RB: There is always a lot of logistical planning for the event.

Weather patterns and the like change how we prepare our kits and organise our days. In 2015 we had 3 medics on the course for the first time. The planning in respect to who would be where at what time, and which of the three of us would be undertaking which role, were all part of the preparation. Billy Pearce also arranged a course reccie for us to assess any possible risks or "pinch points" for runners. And a couple of road works changed our plans as well.

EB: Similarly, do you know about or consider any pre existing health issues which particular runners may go into the event having or again, do you just go with how the event unfolds as it goes along?

RB: Oh yes, if we are aware of pre-existing conditions we keep a very close eye on the runners involved. All of the medical crew believe that prevention is better than cure. If we can see a runner with a known condition having trouble, we need to be able to address it before it becomes a DNF or worse - ie, a trip to hospital. It's for these reasons that at certain points during the race I'll speak to a runner's crew and ask how their runner is going. If I talk directly to the runner there's normally two standard answers – 1. "I'm fine" or 2. "F*&^ off!!". It's also important to note that we are always interested in knowing about how the crews are going as well. It's not just the runners who are



sometimes pushing their physical limits. Long days, slow kilometres and overnight shifts mean that the crews are also at risk of having their own issues including the risk of driving fatigued.

EB: I imagine that it is really important for you to be well rested and alert going into C2K. Do you do any particular preparation in that respect – ie, days off work beforehand or extra sleep etc or is it the case that like lots of race volunteers you have your normal busy life leading up to the event and you just run on adrenalin and get through it?

RB: I would love to have days off before the race, but unfortunately it's not a luxury we can afford. I manage to take the Thursday before the race off to drive down to Eden (this year that included

packing on Thursday morning!), and then I'm back to work on the Monday morning. There is an element of adrenalin that gets us all through but in our role we can't afford to not be firing on all cylinders, which is why we plan breaks and look at peak periods for runner/crew assistance. We review previous races to plan and schedule around these times.

EB: Two of the most common causes of runner difficulty and/or DNFs in ultra running events are blisters/feet problems and tummy upsets. Taking each of these separately, what is the best way to treat these issues mid race?

RB: Not being a runner, I don't understand all of the "equipment" required for foot care so I have one simple rule with ultras – ie, I don't touch feet. It's not because

I have an aversion, but I feel that if an elite ultra runner has got themselves to this level of the sport, they would have by now worked out the importance of a foot care plan and sticking to it. I will however, assist with a [foot] trauma injury or a "just get me through the next 10km" type of request.

[The other C2K medics] Billy and Andy are the feet gurus, and I learn something new from them every time we chat.

Tummy upsets are easy. I spent 6 years working in emergency dealing with nausea of various causes. Slowing down the fluid intake and having smaller sips more often is the key. Instead of 250mls every 3kms I may suggest breaking it down to 50mls every 1km and to keep this going as long as required. Adding in some ginger based things like ginger biscuits or

crystalised ginger can also help. The next few kilometres post tummy upset are always hellish for the runner while their body readjusts to digesting after being shut down for a short period of time.

EB: What other medical issues have you had to deal with mid race?

RB: *Sprains, strains, cuts, bruises, dehydration, heat stroke, mental health, nausea, vomiting, diarrhoea, back pain, headaches, abdominal pain etc. Thankfully though, we have never had to deal with a serious trauma or medical issue. With the continuous high level of planning undertaken by the race directors and the strict race admission criteria, we will hopefully never have to.*

EB: What is the worst or most difficult medical issue you've had to deal with at an ultra running event?

RB: *Trying to convince a runner that they DID need to change their nutrition intake plan because the weather patterns had changed their usual race plan and that meant it was not meeting their energy requirements.*

I have on a couple of occasions had to resort to urine "dipstick testing" to show a runner on course that their kidneys weren't coping with their decreased hydration level and that they were at risk of organ shut down. That is always an interesting chat!

EB: At the C2K pre race briefing it is emphasised that the race medic(s) is on course to give every runner the best chance of

finishing the event. Obviously dealing with physical issues like blisters, belly problems, aches and pains etc is integral to that and there are various common mid race treatments, but what about mental vagueness and hallucinations etc. How do you deal with those?

RB: *It's always important for us to find the underlying cause. Vagueness and hallucinations don't just happen. There's always an underlying cause. It's also critical to know when to tell a runner to just to "STOP!"; to take 15 minutes to let their body refuel and re-set, and then get going again. I remember one year I was called to a runner on the run into Jindabyne who was shaking, hallucinating, and felt as if his body was just giving out. A medical examination showed there was no clinical reason for this to be occurring as his blood pressure, pulse, oxygen, hydration and nutrition were all okay. It was pure and simple exhaustion. Fifteen minutes to re-set, have a quick nap and re-centre his thinking, and he was on the road again. I was there to watch him cross the finish line looking very strong.*

EB: And while on the topic of mental health matters, do you have any role to play if an ultra runner is okay physically but has sought your attention because he/she is "over it" psychologically and just wants to quit mid race? Do you get involved in discussions like that or do you leave that for the runner to work out by themselves and/or in conjunction with their crew?

RB: *We definitely get involved in those sorts of discussions. Not having an ultra race pedigree, I quite often (and freely admit) to leaving a number of these conversations to Billy and Andy. They have first hand experience of race plans in their head to politely give a runner a proverbial swift kick in the backside if needed and hit their re-set button. One runner this year was suffering from these mental demons, but after a good chat with the medical crew, was able to push through and finish strong. Sometimes a runner and/or crew need to hear from someone outside of their own little nucleus.*

EB: Will you be back as race medic at C2K in December 2016?

RB: *If Paul and Diane will have me back again, I reckon I'll give it another crack.*

EB: And finally Rhian, after five C2Ks, surely there's a tiny bit of you that thinks you might become a runner – yes, no, maybe?

RB: *Up to a point the cat is already out of the bag because some know that I've started training for a triathlon. My goal is to complete an Ironman by March 2019. That means I have to learn how to run! By the time this edition of Ultramag hits the printer, I'll have completed my first "intro" race in January 2016. Then I will need to build on that.*

Thanks again for your time Rhian and for all you do at both C2K and for the ultra runners who run it.



Book Review:

“You Can Run Pain Free” By Brad Beer

Reviewed by Isobel Ross

I first heard about Brad Beer when listening to a Runners Connect podcast. Beer is a physiotherapist in Queensland and I liked what he had to say. At the end of the podcast there was a competition to win one of his books. I promptly entered, and what do you know, I won!

The book starts with Beer describing his journey to becoming a physiotherapist which I found quite interesting. It was good to read that he has personally experienced a lot of injury and thus really knows how to relate to those of us who seem to always get injured. He shows empathy for the depressive feelings that go with being injured.

Beer recommends reading his book sequentially, which is not something I always do, but I did this time. He then goes on to discuss the causes and effects of running injuries. To be honest, I knew a lot of this, as I'm sure most runners do. We all do a lot of research when injured!

Then Beer discusses his five steps to running pain free. The first step is to “discover your running body”. Beer describes how to “face up to your genetics”. I have spent many an hour in physio and sports doctors' offices and so I know where I stand but I am sure this section would be valuable to those who have not.

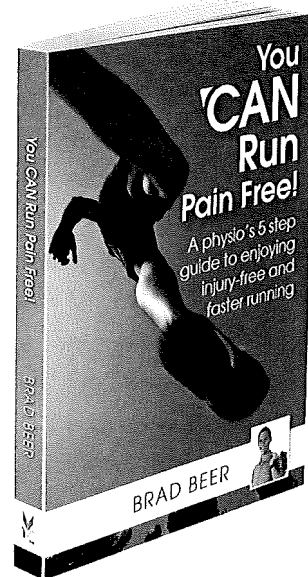
He provides an outline of a running screening or assessment that runners can take to their own physio to determine their baseline data. Scores from this assessment can then be measured against the preferred scores for runners, and individuals can see where they stand. I have to admit to not doing this. I would be interested to know if many readers would.

I found the next step the most valuable – ie, “run with great technique”. I acknowledge that I have less than stellar running

technique, which I am sure has contributed to my injuries. As Beer says, “A runner without knowledge of good running technique will experience greater loads on their body, run with less efficiency and therefore run more slowly than they otherwise could.” These are all good reasons to work on your running form. The main take away message I got from this section related to cadence. On my morning run I counted my steps as Beer advised and found I ran 85 per foot per minute (or 170 per minute in total). The recommended cadence is 180 steps per minute. To help me improve my cadence I downloaded an app onto my phone and listened to that the next time I ran. I struggled at 90 per foot per minute, getting calf cramps and feeling exhausted. I reduced it to 89, which doesn't sound like much of a reduction, but it made a difference. Beer says it can take 3-6 months to fully adapt to a deliberate change in cadence, and believe you me, it's hard! But, one thing I must say, is that the pain I normally get in my quad every time I run has dissipated since practicing this faster cadence running. What a great outcome indeed!

Beer's step 3 is “navigate the footwear maze”. I found this section less interesting, but that's because I know which shoes I like and I run in them. I also rotate shoes and wear slightly more minimal shoes so I can feel the ground beneath my feet. I think most ultra runners would be familiar with this information, but I think it is important that this information is included in the book.

Step 4 is “the importance of hip stability” and I agree that hip stability is vitally important to running pain free. The hard part is finding the time or the inclination to do the appropriate exercises. I do them religiously when I'm injured but when I'm back running I lose



enthusiasm. The key to running pain free is too keep up with these exercises.

I think Beer's Step 5 - “the importance of rest” - is second in importance to running technique. This is another area I am prone to neglecting. I love training. Unfortunately, sometimes I train myself into the ground. Beer emphasises the importance of rest saying, “The body then adapts to the training stimulus via its self-repair mechanisms and, in doing so, becomes fitter and stronger”. This is important to keep in mind, as well as not running too hard on your easy days. Beer also talks a bit about tapering in this chapter, another problematic area for many runners.

This is an excellent book. It's easy to read, interesting and packed with great information. It has helped me. I hope others find it useful too.

For more information or to purchase a copy visit: www.pogophysio.com.au or http://www.amazon.com/You-can-run-pain-free/dp/0992529506/ref=sr_1_1?s=books&ie=UTF8&qid=1454738432&sr=1-1&keywords=Brad+Beer



Ultramag Health Report

Take Heed - Blisters and Skin Infections Could End Your Ultra Running

By Elizabeth Bennett
Editor, Ultramag

Introduction

Many ultrarunners are familiar with the most common health problems which can result from running ultra marathons – ie, musculoskeletal injuries, gastrointestinal upsets, fluid imbalances, and cardiac, renal and/or pulmonary malfunctions. In preventing, monitoring and/or addressing these issues most ultra runners and their treating practitioners tend to think they are covering off on all the most serious possible health impacts of ultra running. In contrast, most think that blisters and skin infections are not such a high priority or potentially serious. Rather, they are generally seen as minor annoyances which can be remedied relatively quickly and easily. But take heed. The following case study of a common post ultra marathon scenario involving blisters and minor skin problems had devastating consequences. It should make us all pay much closer attention to the foibles of our ultra running skin.

The Case Study

A few years ago a 51 year old Taiwanese woman took part in the La Transe-Gaule 18 day multi stage ultra marathon in France. Starting in Roscoff in the north and finishing in Gruissan-Plage on the Mediterranean, the running stages varied from 49km to 75km each day, totalling 1150km.

At the end of the event the woman went to the emergency department of the local hospital with severe pain in the lower legs, blisters and mild swelling. However,

her vital signs on arrival were relatively stable. Her hemogram showed leukopenia (ie, diminished white blood cells) and anaemia, and her serum biochemical analysis showed elevated C reactive protein (which measures inflammation levels within the body), hyponatremia and impaired liver function. None of these negative signs were extreme and most of these symptoms could be considered relatively common post ultra marathon (particularly a multi day ultra marathon). However, as a precaution the woman was admitted to hospital with suspected lower limb cellulitis and mild dehydration. She was treated with broad spectrum antibiotics and intravenous fluid.

The next morning the woman was found in shock and with ecchymoses (ie, non-raised skin discoloration caused by bleeding into the tissues from ruptured blood vessels), and mottling of the skin

from her feet to her mid calves. She was transferred to a medical centre hospital where her condition deteriorated further. Skin necroses (ie, dead skin tissue) developed on her feet, and some of her toes became erythematous (ie, red, sometimes with a rash) and swollen. There were also big blisters on both her heels. She was diagnosed with a bilateral necrotizing soft tissue infection (NSTI) on her legs as well as compartment syndrome and septic shock.

The woman was hospitalised for 27 days. Unfortunately the medical team was unable to save her legs. Her left foot was amputated and so was her right leg (above the knee).

Once stabilised, the woman was transferred back to a medical centre in Taiwan for follow up care.

In Taiwan further surgery was required on her left leg – ie, regional fasciotomy, debridement and skin grafting.



Photo: the woman's left leg on arrival back in Taiwan.

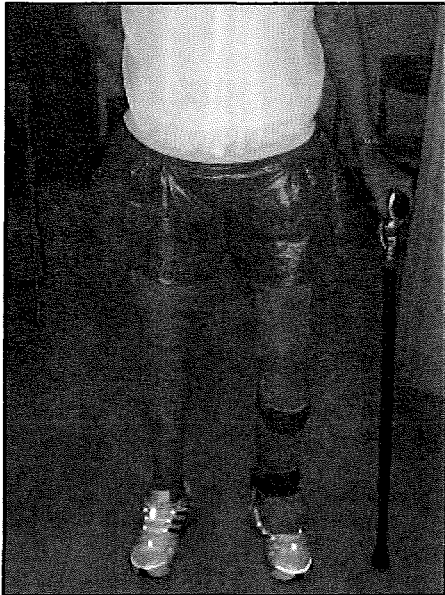


Photo: the woman's walking with prostheses at the time of discharge.

During her recovery the woman was confined to a wheelchair. She later had prostheses fitted and progressed to a walker.

After a further two months in hospital she was discharged

wearing bilateral prostheses and walking independently. She reported that she hoped to resume running one day in the future.

The Medical Team's Message

The medical team who treated the woman cautioned that ultra marathon running and the ischemia of the muscles it causes (ie, restricted blood flow), particularly in combination with dehydration, may result in multiple skin breaks which may be susceptible to infection that can progress rapidly. The medical team advised that *"if the NSTI had been detected earlier by the runner or first line medical service providers from the ultra marathon association, this kind of tragedy would have been avoided in this extremely healthy [ultra] marathon runner The importance of soft tissue care should ... be emphasised to ... ultra*

marathon runners and [the] ultra marathon association."

Ultramag and AURA's Contribution

By highlighting this case study in Ultramag, AURA is acting on the medical team's recommendation and raising the awareness of Australian ultra marathon runners of the importance of paying close attention to all soft tissue and skin care problems, and seeking medical advice/intervention early.

Acknowledgements

Ultramag gratefully acknowledges the medical team and researchers, YH Huang et al, and the Formosan Journal of Surgery, for the information and images included in this article.

Reference: YH Huang et al, Formosan Journal of Surgery, (2014) 47, 62-65.



AURA Committee Reports

President's Report

By Robert Boyce

I hope all AURA members had a great Christmas break and are well rested and ready for a big year of ultra running. We now have races of varying distances and types of terrain across Australia. When planning your race program for 2016 you may like to try something new.

New AURA Awards

From 2016 onwards AURA will have three new female ultra runner awards.

- AURA Rising Star Award
- AURA Outstanding Ultra Results – Female Under 60yrs
- AURA Outstanding Ultra Results – Female Over 60yrs

The addition of these three female specific awards is long overdue and AURA apologises for not having introduced them sooner. The current equivalent awards for men are the AURA Rising Star Award, the Cliff Young Award, and the Bryan Smith Award. An AURA committee consisting of Kerrie Bremner, Jodie Osborne and Susannah Harvey-Jamieson has been established to determine the official name of the new AURA Outstanding Ultra Results Awards – Female Under 60yrs, and the AURA Outstanding Ultra Results Awards - Female Over 60yrs. AURA members are encouraged to email any suggestions they may have to: compliance@aura.asn.au

2016 will also see the expansion of the AURA Points Competition prizes from 10 to 15.

Administration and AGM

AURA has recently developed a new website and improved membership database. Both of these should be up and running by the time you receive this issue of Ultramag.

Finally, the AURA AGM will be held at Harold Park, Coburg at 7pm on Friday 15 April 2016 – ie, the night before the 24hr Championships. An election will be held for all positions and nomination forms can be found on the AURA website: <http://www.aura.asn.au/index.html>

Vice President's Report **By John Pearson**

Before leaving 2015 behind completely I'd like to share a story of great sportsmanship from last December's Coast to Kosciusko Ultra. A battle for second place had been going on for a good while between Kev Muller and Dave Turnbull. Both runners and their crews had been working hard in the heat of the day when Dave's crew car got a flat tyre. Unfortunately it was a hire car with a very inadequate jack and so team Turnbull was in strife. In the blink of an eye, Kev's crew (ie, Alison Muller and Andrew Donaldson) arrived on the scene and started ferrying drinks up the road to Dave, before getting stuck in and changing the tyre for Alison and Andrew. This type of sportsmanship deserves recognition, so "well done guys".

The first of our national championships for 2016 has already been run and won at the Two Bays Trail Run in Victoria on 17 January. Next up will be the 48 Hour Championships which will be held at the AIS facility in Canberra in March.

I hope all AURA members have a successful year on the roads and trails.



State and Territory Reports

ACT Report

By Elizabeth Bennett

As most Ultramag readers would know, due to its small size, the ACT doesn't host a large number of AURA events in any one calendar year. Having said that, the first quarter of 2016 looks like being the busiest part of the year for AURA events in Canberra.

To begin with, by the time this edition of Ultramag is printed, the inaugural CBR 6/12/24/48 (and 100km) events will be upon us. Scheduled for the weekend of 18-20 March 2016, these events will take place on the 400m track at the first class Australian Institute of Sport (AIS). The 48hr event can already be considered a success as it has attracted the most number of 48hr event entries for any 48hr event in Australia's history. In fact, internationally only a few other 48hr events have ever had more entries. Entries for all the CBR 6/12/24/48 (and 100km) events are now closed but for waitlisting and/or other enquiries please contact the race director via the event website: <http://cbr.48hr.ktkc.com.au/>

Then in April, we will have the return of the annual Canberra Running Festival. As has been the case in previous years, as part of the festival the 50km Ultra will serve as the AURA National 50km Road Championships. We are hoping to see a strong field of 50km runners compete in these championships and AURA is pleased to be able to announce that there will be \$500 prize money for both the first placed female and male. For more information and/or to enter visit: <http://runningfestival.com.au/>

Beyond March/April, the ACT ultra running community will be looking outwards to interstate events for ultras to compete in until the Sri Chinmoy 103km ultra rolls around on 25 September 2016. For advance information about that event and/or to enter visit: <http://au.srichinmoyraces.org/canberratrailultra>

Queensland Report

By Mallani Moloney

Now is a good time to recognise our Queensland AURA members who achieved some incredible results in 2015.

Our adopted Queenslander, Jodie Osborne:

- 6th place and 24hr Australian W40 record (230.244km) at the 24 Hour World Championships in Turin, Italy (12/4/15) giving her the no. 1 Australian ranking in 2015
- 30th place in a time of 8:34 at the 100km World Championships in Winschoten, Netherlands (12/9/15)
- 2nd place at the Convicts and Wenches 50km trail ultra in a time of 4:32 at Greens Beach, Tasmania
- 100mile Australian Open and W40 record in a time of 15:33:56 at Soochow, Taiwan (22/11/15)
- 200km Australian W40 record in a time of 20:25:09 at Soochow, Taiwan (22/11/15)
- 12hours Australian W40 record running 128.286km at Soochow, Taiwan (22/11/15).

Other high achievers include:

Matthew Eckford

- 10th place and 24hour Australian M30 record (255.033km) at the 24hour World Championships in Turin, Italy (12/4/15)
- 1st place at the Tan 100km in a time of 8:17:03 at Melbourne, Victoria (9/8/15)
- 3rd place at the Blackall 50km in a time of 5:04:19 at Mapleton, Queensland (24/10/15)

Scott Brittain

- 1st place at the Australian National 100km Championships in a time of 7:34:08 at the Gold Coast, Queensland (7/6/15)

Mick Thwaites

- 16th place at the 24hour World Championships with a distance of 247.916km in Turin, Italy (12/4/15)

Dan Symonds

- 1st place at Caboolture 12hr running 128.508km and achieving the M25 Australian record (8/8/15)
- 3rd place at the Ned Kelly Chase 100km in a time of 8:05 at Wangaratta, Victoria (25/10/15)

Marita Eisler

- 19th place in a time of 8:06 at the 100km World Championships at Winschoten, Netherlands (12/9/15)
- 1st place at the Australian National 100km Championships in a time of 8:00:43 at the Gold Coast, Queensland (7/6/15).

Kathryn Austin

- 1st place at the Alpine Challenge 100mile in a time of 34:53:04 (28/11/15)
- 2nd place at the Blackall 50 in a time of 5:49:13 at Mapleton, Queensland (24/10/15)
- 1st place at the Beerwah @ Night in a time of 5:37:35 at Beerwah, Queensland (21/2/15)
- 1st place at the Beerwah @ Daybreak in a time of 5:07:46 at Beerwah, Queensland (24/1/15)

John Pearson

- 1st place at Coast to Kosciusko 240km in a time of 27:35:07 (11/12/15)
- 23rd place at the 24hour World Championships with a distance of 241.43km in Turin, Italy (12/4/15)
- 1st place the Sri Chinmoy 12hour in Sydney, NSW, running 137.286km (13/6/15)

Western Australia Report

By David Kennedy

December saw the 11th running of WA's biggest ultra, the 6 Inch Trail Marathon. Josh Garrett was first across the line and Kathryn Watt was the first placed female. The 6 Inch Half Marathon, which was run for the first time in 2015, was won by Hong Kong based ultra runner, Vlad Ixel, fresh off his win in the TNF 100km in Hong Kong the week before.

A few weeks later WA had the Australia Day Ultra (50/100km). Set on the scenic shores of the Australind Estuary runners took off at 3am to beat the warm summer temperatures. The first 50km runner finished before 6:30am in fast, cool conditions. The 100km runners were not so lucky, experiencing temperatures in the low 30s before they finished. It was a very social event though with the course being eight out and back laps.

The next event for WA is the Lark Hill Dusk to Dawn 50km/100km in March. Now in its 5th year the Lark Hill 50km/100km is run on a 3km loop which allows runners to see their crew and fellow runners on a regular basis. It is also run on a limestone track which provides the best of both worlds for runners – ie, the speed of road and the forgiving surface of trail.

After Lark Hill there will be a hiatus until the 2nd WA Track Ultra in mid August. With 3, 6, 12 and 24 hour options there's something for everybody. This may also be the last opportunity for locals to qualify for the WTF in September.

AURA Records and Rankings – End of 2015 Report

By Jodie Osborne

2015 was certainly an exceptional year for Australian ultra running with some outstanding performances both at home and internationally. The current rankings show who is ranked where and are a good guide for those who are seeking to represent Australia in 2016. The full rankings list can be found on the AURA website: <http://www.aura.asn.au/rankings.html>

The most significant achievements of 2015 were three Australian open records.

- Men's time record (6 Hours) – 85.037km by Dion Finocchiaro at Coburg on 8 March 2015.
Brendan Davies briefly held this record when he passed through 80km on his way to 100km at the World Championships in Doha late in 2014. Brendan went through 85km in 5 hours 50 minutes but an exact 6 hour split for Brendan is not available.
- Women's Distance Record (100km) - 7 hours 39 minutes 28 seconds by Kirstin Bull at Winschoten, The Netherlands on 12 September 2015.
- Women's Distance Record (100 miles) – 15 hours 33 minutes 56 seconds by Jodie Osborne at Soochow University, Taiwan on 21-22 November 2015.

A number of age records were also achieved throughout the year and it has certainly been great to see some younger athletes emerging in the U25 or "junior" category in ultra running terms.

David Bailey won the Convicts and Wenches 50km trail race on 15 March 2015 and went on to really show his potential at the National 100km Championships on the Gold Coast placing 2nd and collecting four Australian M20-24 age records along the way – ie, 50km – 3:37:06, 100km – 8:03:21, 50 miles – 6:10:23 and 6 hours – 75.000km.

Another notable performance in 2015 was achieved at the Adelaide 24 hour on 12 July 2015. Lee Piantadosi

clocked up 207.354km on debut, winning outright in trying conditions. This was also an age record (Women 25-29yrs). Along the way Lee also picked up another five Australian age records – ie, 6 hours – 66.000km, 50 miles – 7:39:14, 12 hours – 118.800km, 100 miles – 18:06:11, 200km – 23:06:02.

Two other age records were achieved during the year. Barry Keem surpassed Brendan Davies M30 record of 7:31:15 by covering 100km on the track at Coburg in 7:13:45. This secured him a place on the team for the 100km World Championships where he bettered his own record. He ran 100km in 7:01:50 just days before his 35th birthday and is now likely to challenge Brendan's M35 records in the near future.

Jodie Osborne proved to be consistent over 24 hours and picked up a number of W40 records at the 24 hour World Championships in Turin in April. Jodie ran 230.244km in 24 hours. This is the 2nd longest distance ever run in 24 hours by an Australian female and resulted in Jodie being ranked 6th in the world in 2015. In Turin Jodie achieved two other W40 records – ie, 100 miles – 15:44:42 and 200km – 20:42:23. Later in the year she managed to improve on these at the Soochow International ultra marathon in Taiwan.

A complete list of Australian records and Australian age records is detailed below.

Distance/ Time	Record Type	Athlete	Venue	New Record	Date
6 hours	Australian Open	Dion Finocchiaro	Coburg, VIC	85.037km	8-Mar-15
100km	Australian Open	Kirstin Bull	Winschoten, NED	7:39:28	12-Sep-15
100 miles	Australian Open	Jodie Osborne	Soochow, Taiwan	15:33:56	22-Nov-15
50km	Australian M20	David Bailey	Gold Coast QLD	3:37:06	07-Jun-15
100km	Australian M20	David Bailey	Gold Coast QLD	8:03:21	07-Jun-15
50 miles	Australian M20	David Bailey	Gold Coast QLD	6:10:23	07-Jun-15
6 hours	Australian M20	David Bailey	Gold Coast QLD	75.000km	07-Jun-15
6 hours	Australian M25	Dion Finocchiaro	Coburg, VIC	85.037km	8-Mar-15
50 miles	Australian M25	Dion Finocchiaro	Coburg, VIC	5:42:25	8-Mar-15
12 hours	Australian M25	Daniel Symonds	Caboolture, QLD	128.508km	8-Aug-15
100km	Australian M30	Barry Keem	Coburg, VIC	7:13:45	8-Mar-15
100km	Australian M30	Barry Keem	Winschoten, NED	7:01:50	12-Sep-15
24 hours	Australian M30	Matthew Eckford	Turin, ITALY	255.033km	12-Apr-15
50 miles	Australian M35	Brendan Davies	Gold Coast QLD	5:50:18	07-Jun-15
6 hours	Australian M60	Howard Norton	Adelaide, SA	76.695	11-Jul-15
48 hours	Australian M60	Barry McBride	Caboolture, QLD	323.608km	09-Aug-15
6 hours	Australian W25	Lee Piantadosi	Adelaide, SA	66.000km	12-Jul-15
50 miles	Australian W25	Lee Piantadosi	Adelaide, SA	7:39:14	12-Jul-15
12 hours	Australian W25	Lee Piantadosi	Adelaide, SA	118.800km	12-Jul-15
100 miles	Australian W25	Lee Piantadosi	Adelaide, SA	18:06:11	12-Jul-15
200km	Australian W25	Lee Piantadosi	Adelaide, SA	23:06:02	12-Jul-15
24 hours	Australian W25	Lee Piantadosi	Adelaide, SA	207.354km	12-Jul-15
100km	Australian W30	Kirstin Bull	Winschoten, NED	7:39:28	12-Sep-15
100 miles	Australian W40	Jodie Osborne	Turin, ITALY	15:44:42	12-Apr-15
200km	Australian W40	Jodie Osborne	Turin, ITALY	20:42:23	12-Apr-15
24 hours	Australian W40	Jodie Osborne	Turin, ITALY	230.244km	12-Apr-15
12 hours	Australian W40	Jodie Osborne	Soochow, Taiwan	128.286	22-Nov-15
100 miles	Australian W40	Jodie Osborne	Soochow, Taiwan	15:33:56	22-Nov-15
200km	Australian W40	Jodie Osborne	Soochow, Taiwan	20:25:09	22-Nov-15
48 hours	Australian W45	Sabina Hamaty	Caboolture, QLD	310.507km	9-Aug-15
6 days	Australian W65	Marie Boyd	Anchorage USA	444.340km	3-Jan-15

AURA Short Course Trail Championships Report

By John Pearson

This year's AURA Short Course Trail Championships were held in conjunction with the Two Bays trail run in Victoria on 17 January 2016.

A very strong and deep field assembled on the start line in mild conditions. The female race saw a close tussle up front between last year's winner, Kirsten Bull, and Natasha Fraser who pushed Kirsten all the way to the line. Despite the warm conditions later in the morning, Kirsten still managed to set a new course record of 4.53.

Natasha also broke five hours, finishing in 4.58. The third placed female was Karen Mickel who crossed the line in 6.07.

The men's race saw a fast pace set from the gun with Dion Finocchiaro leading from post to post to record a new men's race record of 4.06, bettering his time from last year by 8 minutes. The battle for second was a much closer affair with Francesco Ciancio and Brendan Davies pushing each other all the way. A strong finish over the final

few kilometres secured the silver for Francesco. His finish time of 4.17 was a ten minute improvement on his performance last year. Brendan came in two minutes later to claim third place in 4.19.

There was a big crowd awaiting the runners at the finish in what was another very well organised event put on by Rohan Day and his army of volunteers.

Congratulations to everyone who took part and completed the course in warmer than expected conditions.



International News:

By Nadeem Khan

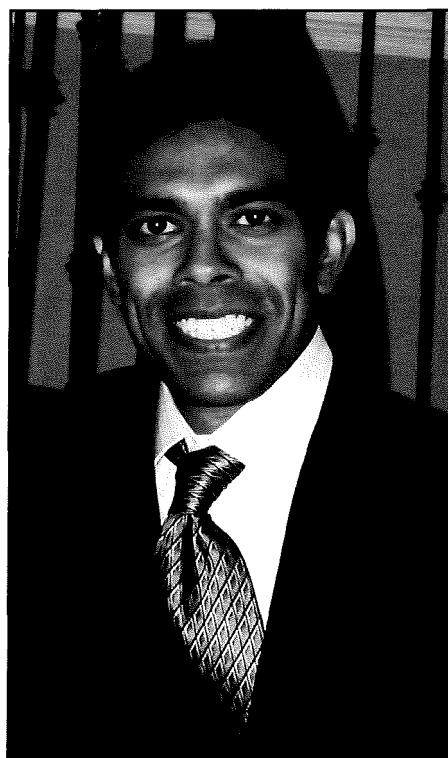
IAU Director of Communications

Allow me to start by wishing you all a very Happy New Year. I hope you accomplish your training and racing goals this year, but above all, I hope you make friends out on the roads and trails which lead to friendships that last a lifetime.

I would like to take this opportunity to congratulate the Australian ultra running team for an outstanding 2015. Last year should be highlighted in the books as the year that Australia truly inked the country's name in the history of international running. The performances achieved on the international circuit and the awards won in the world championships saw Australia rise to the top and become one of the powers in international ultra running.

Over recent years, Australia has had a lot of success in the 24 hour event at the world championships.

The popularity of this event used to be over shadowed by the glamour and attractiveness of the 100km race. However, we have started to see the pendulum swing in the other direction with the 24 hour events over the last 5 years. Looking at the trend since 2012 we have seen the numbers hold steady for the 24 hour world championships between 240 and 300 runners. However, the numbers in the 100km have fluctuated from as low as 140 to as high as 270. We have also started seeing a few 100km runners venturing into the world of day-night running and giving the longer event a shot. So why are we seeing a drift towards the 24 hour event from an event that is more like a sprint for ultra runners? Why has there been an increase globally in 24 hour races? I think the answer lies in the philosophy of the event.



24 hour events are popular among both first time ultra runners and seasoned ones. The big fear among runners is the dreaded three letter acronym "DNF" (Did Not Finish).

With the 24 hour events being based on distance as opposed to finishing time there is less fear of DNF-ing. This provides more comfort to athletes who want to try the event for the very first time or for those who are trying for dream distances and want to give it all they have got.

Ultra runners are also known for their strong sense of camaraderie. There is no greater bond than that which is created and shared while running around and around a looped course for 24 hours, seeing the same set of 200-300 athletes on a regular basis. Enduring pain by oneself is difficult. However,

when doing it with a group of like minded running enthusiasts, it is more bearable. That is the mantra of 24 hour runners – ie, to keep on going around the loops one after another.

The preparation and travel to 24 hour events is often an ultra activity in its own right. Since a 24 hour races goes across a day and night (or vice versa) athletes tend to get there a day or two earlier and stay for awhile after the event before heading back home. The length of these stays further provides an opportunity for bonds to be formed and consolidated among athletes, their families and crews.

Ultra running in its various forms is growing across the world. The 24 hour events have taken the lead in this growth over the last half a decade. However, it will be interesting to see if that distance (or should I say that timed event) passes the baton on to a different type of ultra running in the future or if it holds strong and keeps increasing its popularity round the globe. Whichever way it goes, one thing is for certain, and that is that the weekend ultra warriors will continue to show up at races in big numbers to accomplish their goals and to renew their friendships on the long roads and trails.



Ten Years of Ultra Running

By David Kennedy

I had the idea for this article a few months ago. However with my ultra running mentor, Mick Francis, just having completed his 100th ultra over a period of about 30 years it seemed a little insignificant, but I have seen a lot of runners come and go in my short time, and so here it is.

Back in 2005 with no Internet at home I organised the first 6 Inch Trail Marathon using the computers at uni. At the time I was making some pocket money umpiring WA Football League games, running around the boundary line and clocking about 16km of speed work each weekend. I decided to hold a running event in the off-season to give me something to train for. The fact that the course happened to be a few kilometres longer than a marathon would influence my life greatly over the next few years.

When the 6 Inch Trail Marathon came around this year it marked 10 years since my first ultra. I'd done a lot of fat-ass and unofficial events that I organised myself but my first official ultra was a 6 hour event in March 2006. I won this event with 68km and thought to myself afterwards as I hopped in the shower, "Why don't more people do ultras, they're awesome!" Just then the water hit my nether regions and I had my answer, butt chaffing!

As I continued to umpire football for the next 2 seasons I had a rather gentle introduction to ultras. Winter weekends from March to September were taken up with football and I would try and squeeze in some long "races" during the summer months.

When March rolled around again I was disappointed to learn that the 12 hour event held in conjunction

with the 6 hour I'd previously run was cancelled. After some lobbying (probably via pen and paper in those days) I got a chance at 12 hours as four hardy souls lined up at the hottest time of day for an 11am start. I'm pleased to say that 3 of these runners are still going strong while the other is in his 70s now and still running but shorter distances. The runners included future race directors, Nathan Fawkes and Ron McGlynn.

After clocking up 107km at the 12 hour I started to dream about representing Australia in 24 hour racing. At the time AURA had a 200km qualifier and it was common to send at least one runner who hadn't reached that benchmark. Football remained my focus though and I scheduled my next race for after footy season when I would have a crack at 100 mile on trail.

In early October three runners started out for a run of two laps of the Waterous Loop. The previous year three of us had run a recon of the loop and were happy the 65km map distance was pretty accurate. Having read "Ultramarathon Man", the 100 mile distance seemed like the new marathon and I was stoked to finish in just under 24 hours.

2008 saw the demise of the old Bunbury 6 and 12 hour track races and WA was reduced to just two official ultras - the 50km option at the Bunbury Marathon and a 40 miler on easy trails put on by the WA Marathon Club. Around this time I wrote an article for Ultramag saying the future of racing was fat-ass events. I'm not sure if this article was a catalyst, but not long after that AURA made a concerted effort to help race directors get their events certified, providing insurance and help with approvals if necessary.

At the end of 2008 the 4th 6 Inch Trail Marathon had a field of 20 runners and was a fat-ass event for the last time. Also in 2008, Bernadette Benson arrived from Canada and brought with her great organisational skills and a real passion for the sport, despite having only run (and won) one ultra. Another runner who helped get the 6 Inch Trail Marathon up as an official event was Rob Donkersloot who found out which authorities I would need approval from and encouraged me to apply.

The following year Rob launched his own event, the Kep Ultra over 75km or 100km. Runners had the option of the short or long route to Northam from Mundaring Weir. About 10 runners started the 1st fat ass Kep Ultra. By its third year it was selling out its 50 runner caps as an official event.

2009 was also the year I ran my

first 24 hour event. I chose the Caboolture course as I wasn't a fan of running on hard ground and I liked the dirt surface. After going out at 4.30min/km pace I went slower almost every hour until rallying during hour 24 to overtake the leading walker. It's fair to say I learnt a lot at this race and seven weeks later I took on another Waterous (WTF) 100 Miler fat-ass race and ran faster over that 100miles than I had on the flat despite pushing my daughter in a pram for 15 miles of it.

In 2010 Nathan Fawkes, one of our original 6 Inch Trail Marathon and WTF runners, organised a new track race in Perth on the tartan at Coker Park Cannington. On a day with strong easterly winds and temperatures peaking at 35 degrees C we suffered out in the sun from 9am to sunset. Temperatures were still near 30 degrees when the event finished at 9pm.

Having run 118km at the track event I was toying with going to Coburg and having another crack at the 200km. One of the issues I had struggled with at Caboolture was not having a crew and I really thought that to get to my potential I needed a crew. Two weeks later I went to a local cross-country race and ran into Kevin Cassidy, the only Victorian ultra runner I knew. I floated the idea about him crewing for me and he volunteered his services as much as he could around work. I booked flights and my parents also decided to come and help crew.

At Coburg I had a real breakthrough performance, running a negative split for 223km. After waiting for news on the cancelled Swiss World Champs no replacement was found and I was selected for the Wales Commonwealth Mountain and Ultra Running Championships. Here I surprised everybody, especially

myself, when I walked away with a silver medal and a 14km PB.

2012 saw the demise of the Cannington Track race and I replaced this with the Lark Hill Dusk to Dawn 50km and 100km on the Labour Day long weekend. With the World 24 Hour in September, Waterous was cancelled again as I ran around in circles in Poland. In 2013 the World Champs were earlier in the year and I re-launched the Waterous 100 Miler as the WTF (Waterous Trail on Foot) 50 and 100 Milers in its traditional spring timeslot. The Waterous Loop mountain bike track had prescribed burns scheduled for the race period though and the race was moved to trails north of Dwellingup where it currently resides.

2015 brought a new race director on to the scene with Ron McGlynn introducing both a flat, fast 100km and a track 24 hour event. It was now no longer necessary for aspiring Australian team representatives to fly interstate to seek qualifiers. Unfortunately last year also saw the demise of the hugely popular Kep Ultra due to bureaucratic oversights.

WA ultra running and my own career have travelled along a similar path. Starting small and then exploding before facing new challenges. Having raced Coast to Kosci in 2014 it appears that WA race directors have to jump through more and tighter loops than their east coast counterparts. I guess this is a result of the Kimberly bushfires and subsequent state government payout.

So what does the future hold? Having started off running my own events I have had to concentrate on race directing as they have grown. However now with other options to choose from, WA is a great place to be an ultra runner.

AURA EVENTS CALENDAR

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

MARCH 2016

Saturday 5 March 2016

Lark Hill Dusk to Dawn Ultra

50km and 100km trail

Port Kennedy, WA

Contact: Dave Kennedy 0433 333 206

Email: davidk1998@hotmail.com

Sunday 6 March 2016

Coburg 6 hour

6 hour track

Clifton Hill, VIC

Contact: Tim Erickson 0412 257 496

Email: gogginbj@bigpond.com

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

Saturday 19 March 2016

Razorback Run

68km trail

Victorian Alps

Contact: Paul Ashton 0418 136 070

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 0401 475 942

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 0450 206 474

Email: alun@runqueensland.com

APRIL 2016

Sunday 3 April 2016

Convicts and Wenches

50km trail (& shorter options)

Northern Tasmania

Contact: Ian Cornelius 0408 527 391

Email: info@goldcoastultras.com

Website: <http://www.goldcoasttrailruns.com/events-convicts-and-wenches/>

Sunday 10 April 2016

Canberra 50 km

50km road

Canberra, ACT

Contact: Robert Stalling 0451 115 887

Email: Robert Stalling @fairfaxmedia.com.au

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

Saturday 16 April to Sunday 17 April 2016

Coburg 24 hour

24hr track

Coburg, VIC

Contact: Tim Erickson 0412 257 496

Email: terick@melbpc.org.au

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

Sunday 17 April 2016

Mt Buller Skyrun

45km trail (& shorter options)

Victorian Alps

Contact: Paul Ashton 0418 136 070

Email: paul@runningwild.net.au

Website: <http://www.runningwild.net.au/alpine-runs/mt-buller-sky-run.html>

Sunday 17 April 2016

Great Ocean Run

45km trail

Coffs Harbour, NSW

Contact: Steel Beveridge 02 6656 2735 / 0458 355 5 4

Email: steelyn@gmail.com

Sunday 24 April 2016

Numinbah to Polly's

50km trail

Numinbah Valley, QLD

Contact: Ian Cornelius 0408 527 391

Email: info@goldcoastultras.com

Website: <http://www.goldcoasttrailruns.com/events-numinbah-to-pollys/>

MAY 2016

Wednesday 11 May to Monday 16 May 2016

Ultra-Trail Australia

100km / 50km trail

Blue Mountains, NSW

Contact: Tom Landon-Smith 0401 908 623

Email: tom@arocsport.com.au

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

Saturday 14 May to Sunday 15 May 2016

Great Ocean Road

60km / 44km road

Lorne, VIC

Contact: Marcus Gale (03) 9864 1119

Email: enquiries@greatoceanroadmarathon.com.au

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

JUNE 2016

Saturday 4 June 2016

Wilsons Prom 100

100km trail (& shorter options)

Wilsons Prom, VIC

Contact: Paul Ashton 0418 136 070

Email: paul@runningwild.net.au

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

Saturday 11 June 2016

Gold Coast 100

100km / 50km / 50 mile

Gold Coast, QLD

Contact: Ian Cornelius 0408 527 391

Email: info@goldcoastultras.com

Website: <http://www.goldcoast100.com/>

Saturday 18 June to Sunday 19 June 2016

Sri Chinmoy 6/12/24

6-12-24 hour track

Campbelltown, NSW

Contact: Prachar Stegemann 0404 071 327

Email: sydney@srichinmoyraces.org

Website: <http://au.srichinmoyraces.org/events/24hour>

Saturday 25 June to Thursday 30 June 2016

The Big Red Run

6 day, 250km stage race

Birdsville, SA

Contact: Greg Donovan (02) 9949 8754

Email: greg@borntorun.com.au

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



**Australian
Ultra
Runners'
Association Inc**

Ultramag Contributions

Ultramag is your magazine!

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

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

Enquiries:

Elizabeth Bennett

Editor, Ultramag

ultramag@aura.asn.au.

