

U L T R A M A G

Australian
Ultra
Runners'
Association Inc



- Feature Article:
Psychological Determinants
of Ultra Running Success
- Ultra Health Report
- Book review
- Race reports
- Upcoming events and more

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UltraMag:

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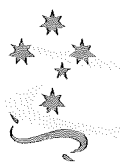
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Cover Photos:

Front: Mick Thwaites, winner of the CBR48 Hour, with race director, Billy Pearce.

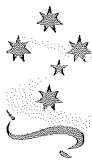
Inside Front: Nikki Wynd, female winner of the CBR48 Hour, with race director, Billy Pearce.

Outside Back: CBR48 Hour winners, Mick Thwaites and Nikki Wynd.



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Editor's Introduction

June 2016

By Elizabeth Bennett, Editor, Ultramag

Welcome to the June 2016 edition of Ultramag.

The composition of this issue of Ultramag is a little bit different to previous issues. We have less race reports – partly because there's been fewer AURA events in the last quarter than previously and partly because we've had a lack of willing race reporters. However, we've made up for that by having three articles proffering three different perspectives on the inaugural CBR48 Hour race. Normally this would seem like overkill but on this occasion I think readers will find each race report to be unique enough to be interesting in its own right.

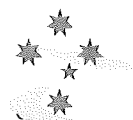
Another point of difference in this issue of Ultramag is the inclusion of two short special articles – one on the value of the Tarawera ultra marathon potentially being a “ticket” to the Western States 100 Miler and the other on how volunteering can make you a better ultra runner – seriously.

In addition to that we have our regular feature article which this time focuses on recent research into the psychological determinants of ultra running success. And we also have our health report which looks at the visual impairment which afflicts some ultra runners mid event.

Finally, readers may have noticed that I try to include a different photo with each of my Editor's Introductions. Normally the connection with running is quite obvious. However on this occasion you may wonder what the link is between my up close and personal experience with this beautiful cheetah and ultra running. Well, whether you're a sprinter or an ultra runner I think you'd be impressed by this big cat's capacity to accelerate from 0-100km/hr in 2.5secs! Enough said ☺.

I hope you all enjoy this issue of Ultramag ☺.





Feature Article

Psychological Determinants of Ultra Running Success

By Elizabeth Bennett
Editor, Ultramag

Introduction

How many times do you hear ultra runners say that once your physical fitness and endurance have reached a particular level, the difference between performing well in an ultra marathon (or perhaps just finishing an ultra marathon) is not about physical capacity but “psychology”? But what does that really mean? And is it really true?

Even though there is a plethora of research and writing about sports psychology there’s surprisingly little about ultra marathon specific psychology. However, a recent literature review that analysed psychological interventions that improve endurance performance across a range of endurance events does shed some interesting light on the catch cry that “ultra marathon running is mostly mental not physical”.

Definition of “Endurance Event”

Firstly, we need to be clear about the definition of “endurance event”. While to us ultra runners an endurance event constitutes long distance running (of at least half marathon or marathon distance or more) in terms of the science of human physiology an endurance event is much (much!) shorter than that.

Events such as long distance running are aerobic endurance activities which rely on the body’s aerobic energy system (i.e., requiring oxygen) and not the anaerobic energy system (i.e., absence of oxygen). The anaerobic system produces energy at a fast rate to fuel short term maximum effort exercise. However, as the duration of exercise increases, the contribution of the anaerobic system to fuelling that exercise decreases and that of the aerobic system increases. This is because the anaerobic system of energy production is exhausted after a relatively short period of time whereas the aerobic system can produce large amounts of energy for a long period of time but it does so at a slower rate than the anaerobic system. It has been estimated that the aerobic energy system starts to dominate after just 75 seconds of maximum effort exercise. Hence, for the purpose of this literature review “endurance exercise” was defined as “performance during whole-body, dynamic exercise that involves continuous effort and lasts for 75 seconds or longer”.

If you are still cynical and think that an exercise session

that lasts say 80 seconds (and therefore fits the definition of an endurance event) and running an ultra marathon have nothing in common, then think about it this way an 80 second exercise session is a very short endurance event and an ultra marathon is a very long one, but they are nevertheless both endurance events in terms of the science of human physiology and so what applies to the short endurance event may have even greater application to the long endurance event. So, read on

The Literature Review

To be included in this literature review studies had to meet the following criteria (among others):

- Fit the definition of endurance performance
- Measure performance time, distance, work completed, power output, peak power, peak velocity or competitive outcome
- If studies didn’t quote performance times, 800m was classed as the shortest running endurance distance.

Studies were excluded if:

- Participants were not asked to offer their maximum effort in the endurance task
- Studies did not include a control group
- The study involved feedback, deception, music and/or placebos (because these psychological manipulations have been studied previously).

In all, 46 studies were evaluated. Of these, 38 studies used group designs and eight studies used single subject designs. Further, 29 studies were conducted in a laboratory setting and 17 were conducted in a field setting. The studies included the following different endurance events:

- Running (n=23)
- Cycling (n=14)
- Swimming (n=4)
- Gymnasium triathlon (n=2)
- Rowing (n=2)
- Walking (n=1)

Of the 46 studies, 25 of them measured the effect of a

psychological manipulation. These 25 studies included a total of 46 different psychological manipulations which were categorised into eight categories – i.e.:

1. Association and disassociation
2. Goal setting
3. Hypnosis
4. Imagery
5. Pre performance statements
6. Psychological skills training packages (PST packages)
7. Relaxation and biofeedback
8. Self talk

Of the 46 studies, 21 of them identified additional psychological factors that have an impact on endurance performance. These were categorised into four categories:

1. External motivators (e.g., head to head competition, verbal encouragement, financial incentives)
2. Mental fatigue
3. Priming interventions (e.g., visual clues, happy face imagery to reduce perceived exertion, action words)
4. Experimenter effects (e.g., gender of the experimenter)
5. Emotional suppression (e.g., instruction to conceal emotion during performance Vs no instruction)
6. Efficacy strength (e.g., goal setting above or below an athlete's personal best)

The Findings

The literature review found that association, disassociation, goal setting, hypnosis, imagery, pre-performance statements, PST packages and self talk all improved performance in endurance events. However, none of the studies compared the relative effects of these different interventions on endurance performance and so it is not possible to conclude that one intervention is more effective than another.

PST packages were consistently found to improve endurance performance but the relative contribution of each component of the package(s) could not be established and so a PST package may be more time consuming for an athlete to learn without the athlete necessarily getting a superior psychological benefit out of it. Similarly, there may not be additive effects of athletes learning multiple psychological skills.

It is recommended that athletes choose the

psychological skill(s) that fits their preferences and athletic or sport-specific needs.

The review also showed that although many psychological interventions improved endurance performance, little is known about the mechanisms that underlie the improvements. Notwithstanding that, the findings suggest that practical interventions aimed at heightening motivation, increasing efficacy strength and/or reducing perceived effort may all improve endurance performance.

Of Direct Relevance to Ultra Running

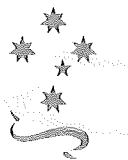
While some of the psychological strategies that this review looked at may improve the performance of many ultra marathon runners, the key to their effectiveness appears to lie in the choice of psychological strategy(ies) being the right one for the individual. However, perhaps more importantly for ultra runners, the review showed that no matter how good the psychological strategies, the effectiveness of them will be consistently undermined and then negated as/when mental fatigue takes over. This is because mental fatigue reduces an endurance athlete's capacity to implement these strategies while the level of perceived effort is increasing. So, in addition to having individualised psychological strategies, it is just as important to have strategies for keeping mentally fresh. But that's a whole other topic for another feature article ☺.

Also, while psychological strategies have been shown to improve endurance performance, it's a percentage thing – i.e., psychological strategies on their own won't get an ultra runner through an ultra marathon. They may help an ultra runner deal with the physicality of the event and assist the runner in keeping their "head in the game" but they aren't a substitute for physical conditioning and ultra running experience.

That brings me to my own view on the psychology of ultra marathon running, which has come from many years of working in sports science and being an ultra runner. For what it is worth, my view is that the most effective psychological strategy ultra runners can employ is the self belief that naturally comes from knowing that they've done the work before lining up on the start line. That is the positive psychology that links physical preparedness and the required level of effort together. This area of study may well end up being my PhD topic ☺.

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Race Reports

Lark Hill Dusk to Dawn 100km

5 March 2016

By Nathan Fawkes

The Lark Hill Ultra is run on a 3km trail loop in Secret Harbour, about an hour south of Perth. It's a dusk to dawn format with both the 50km and 100km races starting at 7pm and going through the night - 17 laps for the 50km and 34 laps for the 100km. I find this format particularly tough as I struggle to get my nutrition right with a night time start. Together with the inevitable sleep demons that creep in, this was always going to be a difficult race for me. My goal was to try and run a sub 9 hour 100km but the reality was I just wanted to finish and tick off a nice long hit out.

The race started and I settled into a comfortable pace. The early hours were great as I watched the 50km race unfold and there was plenty of support. After about 3 hours I started to get stomach troubles. My pace slowed considerably and by 45km I was really struggling.

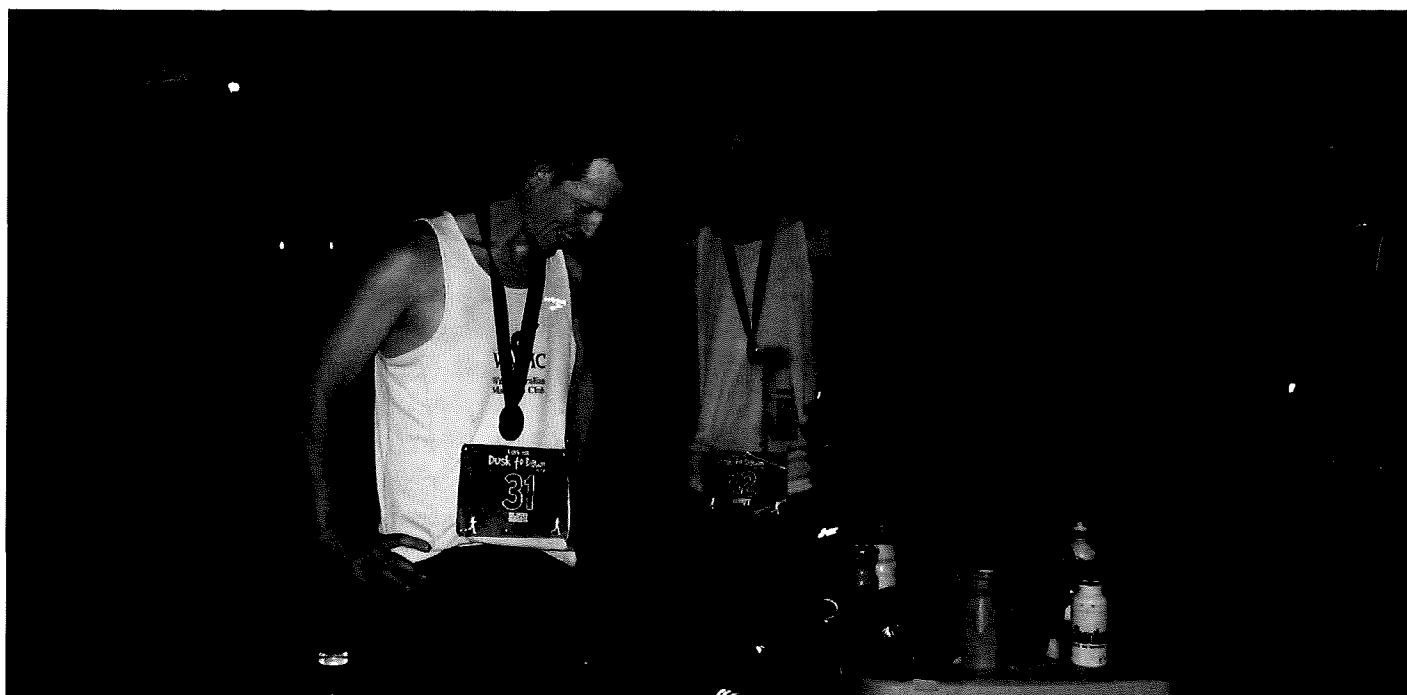
Reluctantly, I sat down at my aid station, head in hands, trying not to throw up. I sat there for about 6-7 minutes battling the demons. Race Director, David Kennedy, got me up and convinced me to just do one more lap and at least get to 50km. The following 2 laps were awful and a real mental battle. Dave helped me to just think through why I was feeling so bad and then address it. I was taking plenty of calories so I figured the issue must be hydration.

The next few hours were just about moving forward slowly and drinking as much water as I could. Thankfully after about 5 hours my stomach settled, my pace increased and I felt like I was running well again. From this point on my head was back in the game and I knew I could finish.

Somewhere during my 2 hour bad

patch, Peter Duffy overtook me and was leading the 100km. At around the 7 hour mark (2am) I noticed he was about a lap in front of me and I set my sights on trying to reel him in. What followed was a 2 hour battle trying to bridge the gap. I was effectively self-crewing by this stage with a bit of help from Dave when he could. I made sure I stopped briefly each lap to take on water, gels etc but otherwise I was running well and slowly making up ground. By 85km I had made up about 2-3 minutes but was still 12-13 minutes behind Peter. Unfortunately, my headlamp needed fresh batteries at this point and even with Dave's help it was a sloppy change over. It took about 2 minutes which eroded most of the time I had just made up and I was back to being about 15 minutes behind.

With 10km to go it was "now or



Nathan Fawkes and Peter Duffy at the Lark Hill 100k

never". I knew I had a strong finish in me and so I slowly started picking up the pace, wanting to leave it all out there. With 3 laps to go the time check had me about 13 minutes behind. I worked hard on the next lap to see how much time I could make up. The time check with 2 laps to go was 7 minutes. I couldn't believe it! 5 minutes in 3km was a big chunk of time and I started to think I might actually take an unlikely win. The second

last lap felt like a sprint at just over 15 minutes and by the end I was struggling. It didn't help when I was told I was now 9 minutes behind. It turns out that the previous split was wrong! I knew there was no way I could make up 9 minutes in 3km and so the last lap was just an enjoyable cruise. I relished the feeling that even though my time wasn't what I wanted, I had come through a really bad patch and finished the race strongly.

Peter held on for a fantastic win in 9.27 on debut and I was about 10 minutes back in 9.37. It was a great battle for the last few hours and I was more than happy to take second and finish just before sunrise. The Lark Hill Ultra is not the easiest or most scenic 100km around (it's actually a beautiful course but you can't really see it in the dark!) but it sure is satisfying to run an ultra through the night. I'll definitely be back next year.

Coburg 6 Hour 6 March 2016 By Lynne Maughan

"Sometimes you just do things". That's what American ultra runner, Scott Jurek's mother once said to him. This simple statement appears to have served him well and it resonated with me after I read his book, "Eat and Run".

Why choose to run around the Coburg track for six hours? That is the question that I, and no doubt other first time participants, asked themselves in the weeks leading up to the race. What goes through the minds of individuals who choose to compete in such events? A desire to learn the answer to such questions explains why I decided to enter this particular race.

Coburg Harriers have traditionally hosted friendly and efficiently organised races. I consider myself suitably qualified to make such a statement for two reasons. My Coburg Track memories date back to childhood. My parents, both keen "Vets" in the eighties, attended the 24 hour race on one occasion, to support friends who were taking part. Of course, they took their three daughters along to spectate. A particular image that

sticks in my mind from the 24 hour race at Coburg is of a runner named Jock McKellar. I recall watching him sit trackside, in his tent, on his camp bed. Resting between laps, he was sipping on a carton of raw pancake mixture. Presumably this

formed part of his carbohydrate rich diet regime. Fortunately, these days, distance runners appear to choose other liquids to ingest whilst racing. Secondly, since 2008, and some thirty years since the raw pancake mixture memory,



Simon and I have enjoyed several of the Coburg Harriers events. (Incidentally, we now drag our own children to many trackside, roadside and trailside events to spectate and marshal).

Initially, my focus was simply on getting the pacing right. I started slowly. When that felt good, I forced myself to go a little slower. Once comfortable, I allowed myself the luxury of a bit of thinking time. Solitude can be hard to find sometimes when trying to keep up with the competing demands of everyday life. What better opportunity to think in silence than when running continuously on my own? Brainstorm and reflection time – work, family, training schedule, jobs to do etc. It was a chance to consider the

practicalities of life. Of course it was also important to monitor fluid and energy intake during the race (although no pancake mix was consumed). The chance to interact with fellow runners, and have a brief but friendly chat, while marvelling at the pace and ability of the front runners, was also enjoyable.

No matter how slowly you go, how steadily you pace it, the last bit of any long distance race hurts. It's unavoidable. Such physical demands require mental endurance to prevail. In this instance, for me, it was in the sixth hour that the physical desire to stop running became apparent. Hence, the mental game of ping pong started- "I can't do this anymore", "Yes you can because you are doing it", "I am

tired", "Yes you are, but the feeling will pass". When the mental ping pong became too tiring, it was time to simplify the conversation and create a mantra - "nearly there, nearly there, nearly there".

I am grateful to the Coburg Harriers for hosting the event and to the spectators and fellow competitors who were friendly and encouraging. This event provided me with an opportunity for solitude, for inner silence and thinking time, at the same time as testing my mental strength and endurance. Above all, running repetitively around the track allowed me time to ponder the biggest question: Why am I doing this? The answer: Because, sometimes you just do things. Because you can. Because, mostly, it's fun.

CBR 48 Hour 18-20 March 2016 By Mick Thwaites

After having run a few 24hr races, it seemed like a natural progression to step up to a 48hr and see what my body could do over a couple of days.

Coming off a couple of good road/track races in the first half of 2015, I had planned to do a few months of steady training and get back on the trails for some fun and variety for the rest of 2015. But my life unravelled a bit in the last few months of the year. I suffered a pretty nasty stress fracture in my heel and the prognosis from the sports doctor was that I would not be able to race properly again until April/May this year. If anything was going to inspire me and motivate me, it was getting to the start line of the CBR48 in March.

Once I got back into running

again in the New Year, I had my ups and downs during training but was confident I had done enough to prepare my body for the task at hand. However, preparing the body and legs physically is one thing, but preparing the mind is another. Having never run for that long before, my approach to the race was to run more from the heart than from the head, and with the race being in the nation's capital I decided to immerse myself in the history and inspiration around me. I flew to Canberra a day before the race and paid a visit to the National War Memorial. I paid my respects and drew on the belief that the people who had sacrificed themselves did so to give us the ability to live as we do today in this fine country and world. In contrast, I merely had to run around a track

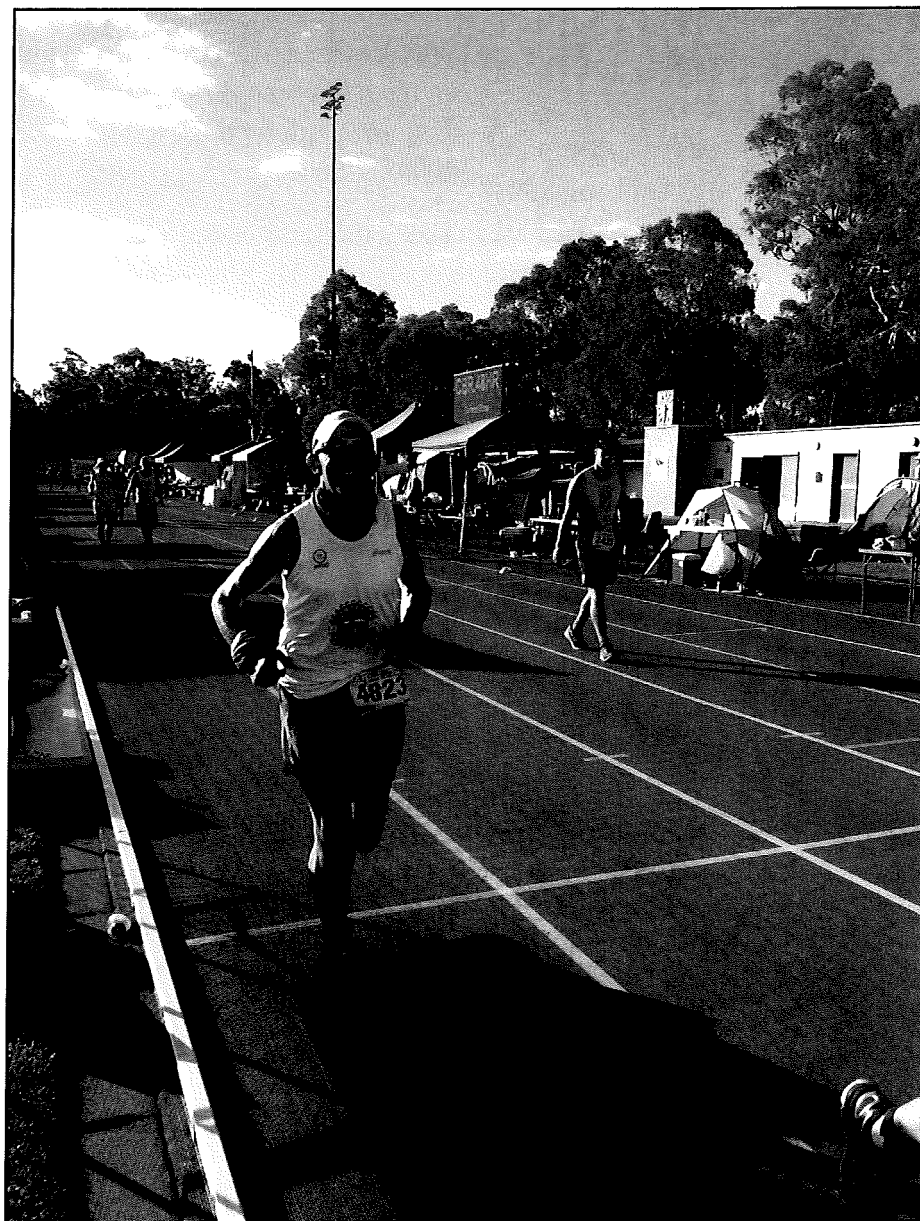
for 48hrs, doing what I love best - running.

I was ready. It was time to run. My family (wife, Jenny and daughter, Hana) joined me Thursday night and we met up with crew Shmickette, Liz Bennett, for a small team briefing over dinner. Our final crew Shmickster, Shaun Mulholland, jetted in the next morning to complete our contingent. I am truly indebted to these guys. As much as my little legs did lap after lap, this truly was a team event. We are fortunate to have supported each other over the past few years so we have a great understanding of what is needed. This definitely helped me relax into the race.

The race got underway and everyone quickly settled into their

groove and pacing. I had planned as always to stick to a run/walk schedule with an extended walk break thrown in at intervals. As the smiles beamed from the runners and there were a few early catch up conversations, the inner field and crew areas were dealing with a totally different scene. Apparently wind gusts of 100+km/hr were recorded on the Friday afternoon as a wild storm came through. Every spare body was clinging to the legs of gazebos or removing the shade covers to prevent the shelters ending up in a nearby suburb. Runners were catching flying tents and equipment as they battled their way down the home straight into the wind. I recall stopping a couple of times to help a crew member recover their shelter and also took a hit on the legs from a flying plastic box lid. While all this was happening the race team and officials had to keep all the sophisticated timing equipment and screens safe from wind and water. It is a testament to Billy and his volunteers how well they coped during this period. If there were any signs of panic or stress, it certainly did not translate out onto the track for the runners.

As night fell and the rain stopped, the wind remained but it subsided to a manageable level. The temperature also dropped and there were many layers of clothing being tested around the track. My race plan was going really well and I was slightly ahead of schedule. I was running well within myself and felt very comfortable. Ahead of me was my good mate, Matt Eckford, who was also running well. Along with Matt and many others, we all shared words of encouragement as we passed each other at various intervals. This shows the camaraderie in our sport, and it is always present no matter what the level of suffering. Everyone has a



character out on the track. I feel that it is important to feed off the energy of others whilst also giving of yours what you can. At times it felt like the smile on my face was painted on but I was thoroughly enjoying the occasion. There were races within races going on, both in the men's and the ladies events. Runners had targets and records in their sights. There was still a long way to go but you could sense the determination all around.

As day broke on the Saturday you could sense it would be a different day. The clouds had rolled away and the sun broke through. This, coupled with the arrival of the 24hr athletes, made it feel like a new beginning. Fortunately I was still

feeling strong and had got through the night without the need for any sleep or caffeine. This had me in a good position to consolidate the first day's running. Unfortunately the track had started to take its toll on a few of the other 48hr runners.

I had one of my most satisfying moments at the halfway point of the race. To go through 235km in the shape and frame of mind I was in made me feel aware and surrendered into the race. I can only attribute this to the mental preparation and targeted focus that I had.

As we trundled through dusk into the second night, the atmosphere was elevated to a new level. The crews were relentless in their support for not only their own runner but also

in helping others out.

As midnight came and went it became apparent that I was in control of my race and was fortunate to be out the front. Unfortunately Matt had succumbed to serious leg pains and had decided to rest up. Hot on my heels though was the ever present Nikki Wynd, Barry McBride, Trevor Allen and Torill Fonn. This being my first foray into the world of 48hr running I had no idea how the next 12hrs would pan out for my body and mind. I was still cruising quite well and my predicted distance at that time put me in the mid 400s, but I was not naïve enough to think that I could just cruise to that total. I knew it would take a gut busting effort in the last 6 hours to get anywhere close. I discussed the options with Shaun and we decided to back off slightly with 10hrs to go. With one eye on another major race this year and the recovery needed

in between I needed to be careful. With smart self management and on the ball crewing we got through to sunrise still on track to break the 400km barrier.

The 24hr race ended at 9am and yet again, the few hours around it were a blur. It was awesome to watch the runners striving to finish and having a final push to end their own mammoth efforts. The encouragement given from all on track had not waned the whole weekend. While the congratulations and attention was duly diverted to these finishers, we in the 48hr race pushed on for the final few hours to close out our own epic journeys.

Our strategy of pulling back paid off and I managed to click over the 400km barrier with a couple of hours to spare. Finding myself in such a fortunate position, I became pretty overwhelmed with it all.

After a change of clothes and a kick up the arse from my crew I got back out on the track and dragged my tired and aching body through the final minutes to finish with a total of 413km plus change. I had done it! I had run from the soul and let my mind run free. Don't get me wrong. There were times of darkness, pain and suffering during the race but the inspiration of others and my preparation seemed to carry me through it.

I would like to thank my family and my crew of Shmicksters. We have manifested a special bond that I hope will live on for years to come. The sacrifices that are made to help us mad hatters run for an entire weekend are borne by many and I am privileged to have such a great network of people supporting me.

Congratulations to all involved in the CBR 6/12/24/48. It was an event that exceeded expectations.

CBR 48 Hour 18-20 March 2016 By Trevor Allen

Participation in ultra running continues to grow in Australia and as a result it's great to see many new events on the running calendar. So much credit needs to go to Billy Pearce and all involved in the CBR 6/12/24/48 Hour for attracting a quality field of runners across the varying events.

I was excited and also nervous about competing in another 48 hour race. It was my first since 2012. I felt pretty confident I was in good enough shape to improve on my PB of 288kms.

Midday Friday and we were off and running. My plan was to run easy for 14 minutes and walk for a

minute from the start. This strategy was going to be easy to maintain for the first few hours of the race and the main focus from then on was on moving forward and spending as little time as possible off the track.

The first few hours I managed to hold on to third place behind two great athletes in Matt and Mick. As the first 24 hours progressed I continued to slowly slide down the leader board into 7th place. I was sitting behind the top three males and females, and based on PBs and recent ultra running results, I was pretty much where I expected to be.

I ended the first 24 hours with a little over 180kms, which was down on my plan, but I was still feeling reasonably confident of running at least 300+kms. I decided to take an unplanned 40 minute break to shower and mentally prepare myself for the remainder of the race.

At this stage of the race the atmosphere on the track was at its highest. The 6hr/100km/12hr runners joined the 24hr and 48hr competitors. My main focus was to just keep circulating and try and keep out of the way of the faster runners.

The second day was always going

to be a battle. I just continued to tick off an hour at a time. I managed very little running but was happy that I was still building a solid total by walking around and around and around. Although I was only moving at a very slow pace I was moving back up the leader board because a few runners were unable to continue or had extended periods off the track.

After 46 hours the finish line was just about in sight. I was excited to be in 3rd place although I was in no position to challenge Mick and Nikki who are on a whole different

level to me. My biggest motivation at this point was to hold down third place from Torill who continued to stay strong even though she wasn't having the race she was hoping for. There was still a chance of reaching the 200 mile mark with 90 minutes to spare. I managed to finish off well enough by running 4 laps and walking 100 metres. Once I reached that target, and with 10 minutes to spare, I hobbled around until the last of the time elapsed.

I ended up with 322.74km which was a great result for me. At the time I thought it would probably

be my last 48hr track event. But now the pain has gone, and looking at my splits for the race, I believe there's still room for improvement and so maybe I'll be back next year.

Congratulations to Mick and Nikki for winning the national championship. Many thanks to all the competitors and crews for their support. Most importantly, thanks to Billy, Martin, Rhian, Diane and the rest of the volunteers for such a successful event. And finally, thanks also to the AIS for providing such a great facility and hosting the event.

Post CBR48 Hour Interview with Nikki Wynd By Isobel Ross

Nikki Wynd recently completed the CBR48 Hour race. It was her first attempt at a 48 hour race and she came away as the female winner and with a new Australian women's 48 hour record in the process. Nikki kindly gave up some of her time to talk with me about her race.

Congratulations on your great 48 hour. How has your recovery been?

Well I took a week off after the race and did nothing - no walking or any exercise - and just tried to catch up on some sleep. I had a couple of massages to help increase blood flow and to just generally make me feel better.

I went straight back to work on the Monday morning, which didn't help with the sleep side of recovery, however I feel better just getting back to my usual routine. I saw the physio at work as my peroneal tendon had been niggly before Canberra and had flared

up quite badly during the race. He recommended I not do the Oxfam Trailwalker I was planning on doing on 8 April as we both decided it wasn't worth the risk of doing any further damage.

I currently am running every second day (around 1 hour) and spin or walking the other day.

You ran 343.044kms, which was the best 48 hour women's distance attained in the world this year and also established a new Australian Women's Open 48 Hour record. Was it your plan to achieve this going into the race?

Yes. My training was all based around going there to break the current Australian women's record (approx 333kms).

You were coming second in the early part of the race. What were your planned tactics for the run, and did they unfold the way you hoped?

Ha ha, well not exactly..... the race didn't unfold the way I had planned. I was aiming to get 190-200kms in the first 24hours, but instead I ran 175kms. I had stomach issues from taking Voltaren and couldn't eat or drink for 4-5 hours going into the first night.

At 10pm on the Friday night I got dizzy and light headed because I hadn't eaten since the start of the race. My partner/crew, David, told me to have a lie down to settle my stomach, so 30mins ended up becoming an hour. I had an electrolyte drink and that helped get me going again. I ran till 5am (I was able to stomach a bit of banana), but then I was dry retching again and feeling quite unwell again.

I wanted to stop and give up, but David told me to lie down again from 5am till 6am. I basically thought my race was over, but we had planned for me to stop for 2 hours on the 2nd night, so in my

head I rationalised that this was my 2 hours now gone.

I vomited after my rest, which helped re-set my stomach. I was then able to eat bananas and drink ice cold raspberry lemonade for the rest of the race.

Although I got to the 24 hour mark with only 175km, I was confident that I would be able to back it up. I have a tendency to start slow and finish strong, so I had that as my back up plan. I also knew the others would have to rest at some point and I had already had my rest.

What was your original nutrition plan for the race?

I had originally planned to have Hammer gels and Perpetuem for the entire race, with some solid food to stop the hungry feeling.

After the stomach upset I could really only have bananas and lemonade. At night I did have some cold penne pasta with a plain tomato sauce on it. I would have a few mouthfuls every lap, with some hot coffee. For some reason I really loved the pasta cold!

How important is your support crew in a race like this?

Basically, I couldn't have done it without them.

It's funny as well how they all bring different aspects to the table.

David is probably the person who gives me the tough love that I need, but would also make me laugh as he sat there reading a magazine yelling out to me "run faster".

I also had Matt my trainer and exercise physiologist from work massaging my legs every time I stopped. This made my peroneal tendon issues bearable. As Matt

was new to this caper he had so much energy and kept me motivated.

Arty kept making sure I was eating and drinking and I am sure he must have asked me close to 800 or more times whether was I hungry or thirsty.

Having my son Dan there was awesome. He kept telling me how proud he was of me and that I was "winning", which was really cute and made me smile.

They all looked after me so well. Without them I would not have been able to break the record. It's a team effort at the end of the day.

Do you plan sleep breaks ahead of time? How long did you sleep in total?

I had planned a 2 hour break Saturday night but I was going to play it by ear. If I didn't need it I wouldn't take it, but if I did I would. As things turned out, I took it Friday night instead.

I got the advice of taking breaks like this from John Pearson and Kevin Muller, who are both 48 hour experts. I also need to thank both of them as they gave me so much valuable advice that really helped my race day prep.

Coming out of the race, did you have a recovery plan? If so, what was it?

The week after any big race I always have a week with no exercise. I just focus on good nutrition, massage and rest. This is followed by a reverse taper where I build up time on my feet again for about 2-3 weeks until I'm ready to go back to full training.

My diet in this time includes lots of protein (shakes, steak, etc) to help

rebuild my muscles and strength again. I just generally eat a good healthy clean diet.

This was your first 48 hour race. Would you do a 48 hour again?

Yes, definitely. I reckon I could do an extra 20-30kms!

How long did you specifically train for this race? What sort of specific training did you include?

Probably about 2 months (coming off the back of C2K training). A lot of my training was spent on the track. I did 4, 6 and 8 hour sessions around the track. I completed 3-4 weeks of 200km weeks, which sounds like a lot, but when one run is 75kms, that means it's not as big as it seems. I even had a rest day during my 200km weeks!

I practiced a lot of run-walking as this is a major tactic in long track running. You need to be used to the feeling of doing this. I also did my longer runs that I broke in half with an hour break in between. This helped me get used to stopping and starting again, which can be painful mentally and physically if you are not used to it.

What is next on the race calendar for you?

Badwater on 18 July. (Nikki was the first placed female in Badwater in 2015 and 4th overall).

I will do 2-3 weeks cross training from here, concentrating on having fun. No serious training. But then it will be back to business! I love the hard training that it takes to get me to my races.

Thanks so much for taking the time to talk with us Nikki, and good luck with breaking your own 48 hour record.



Convicts and Wenches 50km

3 April 2016

By Ian Cornelius

This race is a beach headland style race with absolutely stunning scenery. It is held at Greens Beach in northern Tasmania, just an hour's drive from Launceston.

The race was established in 2010 by well-known running personality, Peter Brett, who left the area soon afterwards. At the time, I was President of AURA and called for someone to take over the management of the race, thinking that every effort should be made to preserve it. I couldn't find anyone prepared to take it on and so I did it myself.

The races on race day have evolved over the years. Initially there was a 50km solo and a 2 x 25km relay. Then progressively, options of 25km and 12km were added, and this year a 5km beach run was also added.

The 50km race this year was won by course record holder, David Bailey, from Hobart for the 3rd consecutive year. The women's event was won by Kay Hodgins of Melbourne. In all, there was a record turn-out of some 225 entrants.

It was a pleasure to have Australian 100km record holder, Tim Sloan, in attendance. Tim acted as pacer for the 5 hour group and is expected to do the same next year. He doesn't contest ultras these days, having achieved pretty much all there is to achieve up to 100km. For those who don't know, Tim's achievements include:

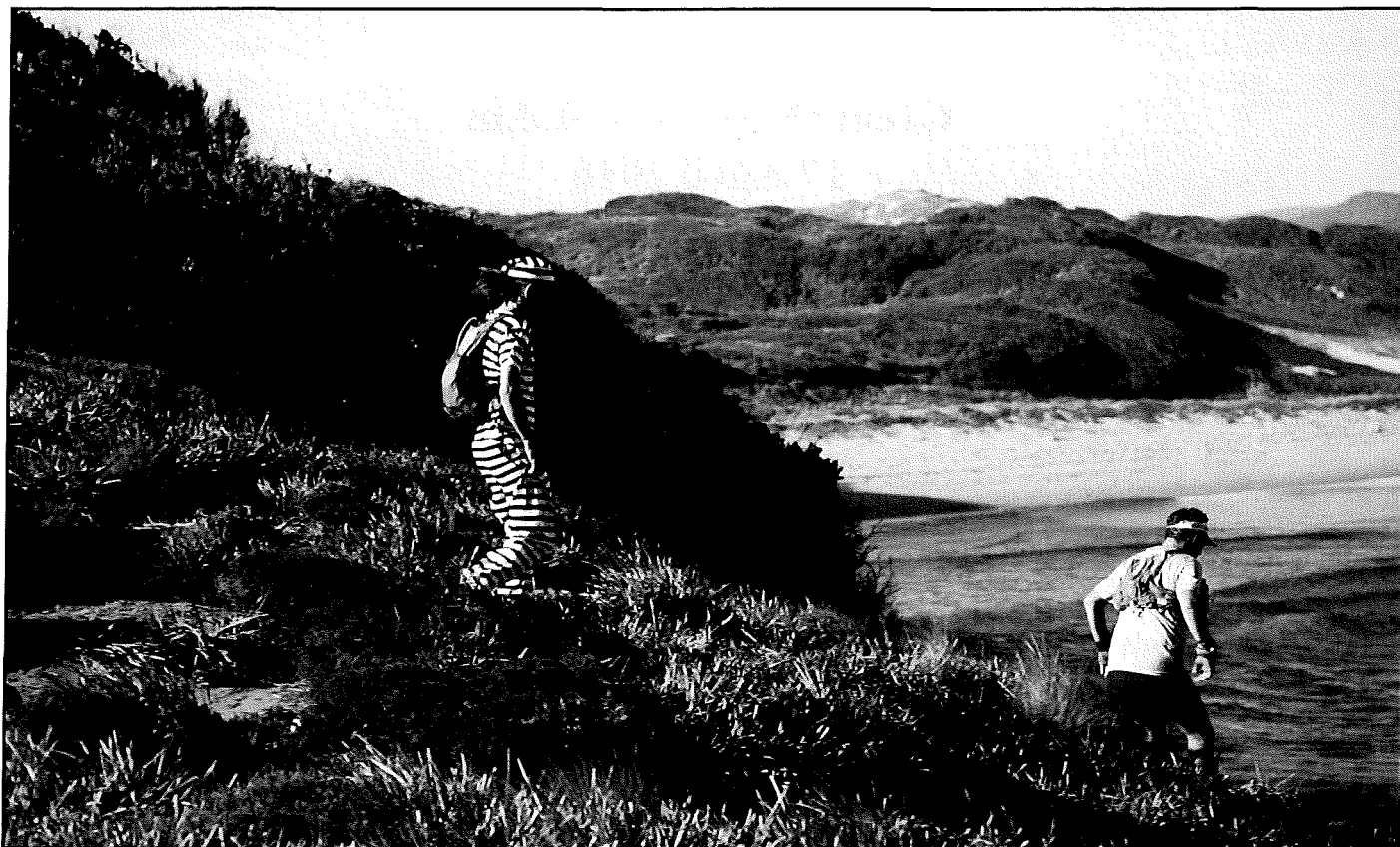
- 6 x Cradle Mountain winner
- 2 x Tasmanian Marathon Champion
- 4 x Bruny Island run winner

- Point to Pinnacle winner
- Six Foot Track winner
- 7 x Australian representative at 100km World Championship (incl. 2 x top 10 finishes)

In recent years, he has been contesting ironman triathlons and remains competitive on the world stage in his age group (M45).

Most participants in Convicts and Wenches are Tasmanian based ultra runners, with a handful from the mainland. However, with the advent of cheap airfares, it is becoming increasingly attractive for mainlanders to fly down to Launceston on the Saturday and back on the Sunday after the race. Accommodation and rental cars are readily available.

The race has been variously known as Four Beaches, Narawntapu, and





now Convicts and Wenches. For those who are wondering about the current race name, the idea was to commemorate the rich and vibrant history of the convicts. The vast majority of convicts transported to Tasmania (97%) never saw the

inside of a prison after their arrival but were instead introduced into the work force on an assignment basis. They were given free board and lodgings, and a small allowance, in exchange for their labour.

Approximately 20% of modern

Australians are descended from transported convicts. This figure is likely to be much higher in Tasmania. Once considered a blemish to have descended from a convict, it is now considered by many to be a badge of honour.

Great Ocean Run 45km 17 April 2016 By Steel Beveridge

Local runner, Tony Woolford, led the biggest field in the 26 year history of the Great Ocean Run to win in 3.35.01. It was his first tilt at the event. Port Macquarie's Tony Green was runner-up for the second year.

Amanda Kyneur had heard of the Great Ocean Run at another trail run and decided to see why so many runners come back year after year. Her enjoyment of the run was made even greater as she finished in first place just under a minute

ahead of the female record holder, Melissa Bulloch.

Among the participants were three legends of the race with 60 finishes between them. Twin Towns runner, Bob Beer, completed his 21st run while Peter McKenzie made it 20 and Angie Grattan 19. All three promised to return in 2017.

While the individual run records survived the onslaught, the Osborne2run husband and wife team of Jodie and Tim Osborne

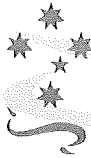
set a new mark of 3.36.39 for the relay teams, narrowly ahead of the Sweetie Pies, Martine Marshall and Anton Planitz in 3.44.42.

For most of the runners it was a chance to make the most of the near ideal conditions to post a personal best or to finish for the first time.

It was very pleasing to have so many new runners be so positive and to see so many others who come back for the event each year.



First placed female, Amanda Kyneur, with second placed female, Melissa Bulloch



International Race Report

The Montane Yukon Arctic Ultra (MYAU)

February 4-10 2016

By Bernadette Benson

I'd talked myself into and out of the Yukon Arctic Ultra for at least three years. It would burn in my mind for a while, but then I'd be out walking or hiking and remember how much I don't really like it. I think it's partly impatience – I just want to see what's around that corner or over the top of that hill sooner rather than later. But I also need the feeling of "work" in my heart and legs and lungs. I'm no good sauntering along. That's actually what made me rethink the possibility of MYAU again.

To complete this race of 300 miles (500km) you have to pull a 30kg pulk with all your gear through the snow. Surely 30kg of pulk in snow would give me the feeling of "work!" And so #sleddogintraining was born.

MYAU is held every February in the Yukon Territory of northern Canada in temperatures that average minus 25 Celsius. There are marathon, 100 mile, and 300 mile events. In odd numbered years there's also a 430 mile event

(700km). Competitors have eight days to complete the 300 mile race.

The winter trail follows the old gold mining route and is put in every January by the Canadian Rangers, once the ice on the rivers freezes. The trail, a mix of land and frozen water, follows the same basic route between Whitehorse and Dawson City each year, but the rangers have to vary it slightly depending how the ice has frozen on each of the rivers, lakes and creeks. And there are a lot of them

up there!

I signed up for the race in May, but focused on my Ultra-Trail du Mont-Blanc (UTMB) training through August. Then I took a month to recover and started training in earnest in October. I've been running ultra distances for about seven years now and I'm able to incorporate peak training weeks with 10-15 hours of time on feet. That might be upwards of 150 - 165km plus 4,000 - 9,000 metres of climbing. Training for the Yukon, I still ran trails, but my long runs had to become long pulls.

I had three types of training "pulk" and varied the weight in each depending on the surface I was on so that I could get what I thought was the same amount of drag as in the race. Sometimes I also did shorter pulls with heavier weight. But the main focus was using my

actual race harness and training my hips, hamstrings, shoulders, and mind to get used to walking, shuffle running and pulling. Given a few long back-to-back pulls, peak weeks totalled 30 hours of training time – that was full-on! Could a person do it with less? Absolutely, but I really wanted to give this my best as I was attempting to be the fastest woman ever over the course, and wanted to be bullet proof from injury on the trail if possible.

In terms of other preparation, I have never had to research so much for a race. I learned more about cold injuries and properties of cold weather clothing than I'd ever known growing up Canadian. I read every race report I could find and watched a documentary on the race several times. There were so many ways to DNF this race – spilling stove fuel on your finger (could be instant frostbite), eating frozen food (frostbite to the

esophagus, broken tooth), soaking clothes by sweating and developing hypothermia, and so on.

For hydration I used a 3ltr insulated water bladder under my jacket for the first three days or so. The bite valve had to stay tucked into the front of my sports bra at all times to avoid freezing. When I had to change to another jacket that was too tight to fit the bladder under it, I had to forego it, as it froze very quickly away from my body heat. Without water on my back, I had to make pointed stops for larger drinks, which I found worked fine, since the temperatures were colder the further north I went. Cold dry air is really dehydrating though, so adequate water intake is still essential. I always had at least two 1ltr vacuum flasks of boiled water on my pulk.

Fat gives you the best bang for your buck for fuel when you're



Photo courtesy of Derek Crowe



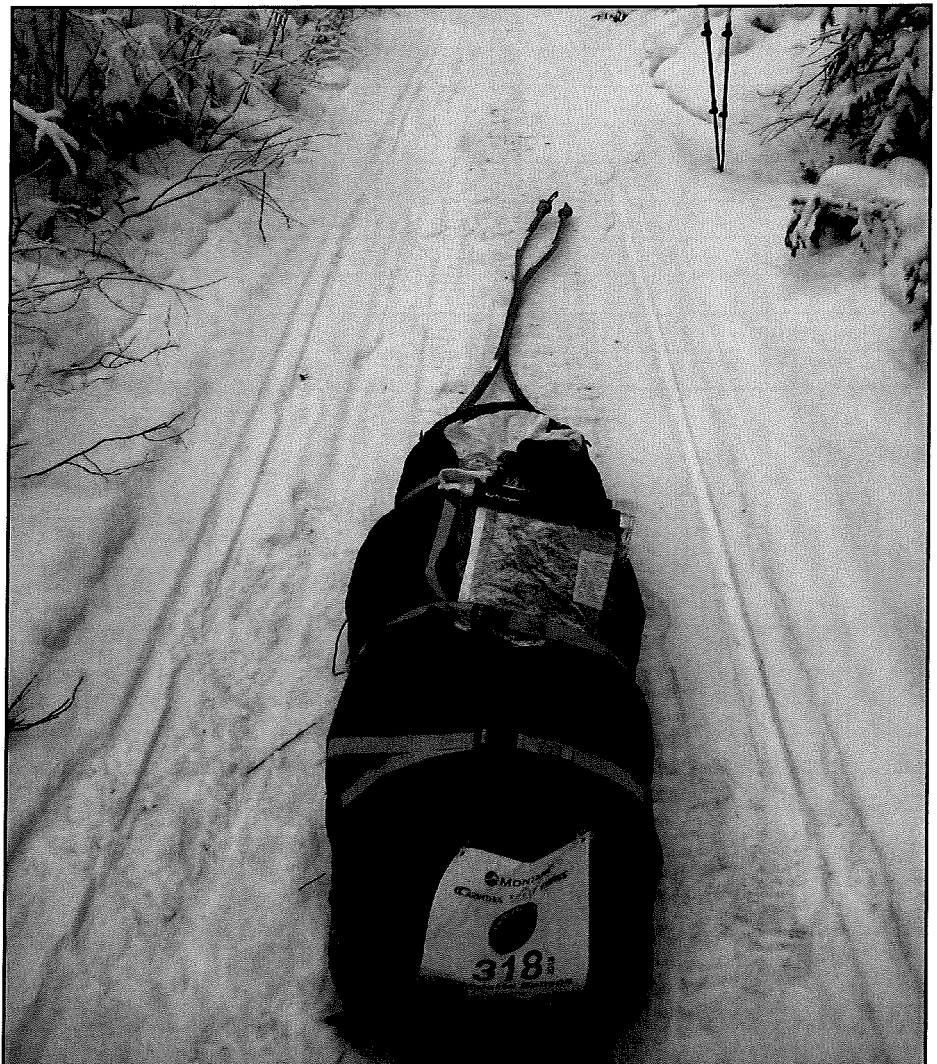
hauling it. (There are only three drop bags over 500km). Since there are 9 calories for every gram of fat (only 4 for carbs and protein), it's the best choice for conserving weight on the pulk. The work intensity is low enough that it's easy to digest fat too, unlike in most ultras. Food also has to freeze and thaw well. I had everything cut into small pieces and put in bags of 200-300 calories. But I'm not a fan of sugary biscuits and junk food generally, so within a day I had a mouthful of very painful canker sores and general food repulsion. It was a matter of trying to turn off my mind each time I had to choke down another sugary chocolate something-or-other. My favourite (least repulsive?) foods were oatmeal, dried mango slices and pressed fruit bars. Aid stations every 50-70km provided a hot meal. I ate regularly and always whenever I felt a chill. Food was rotated from the pulk to pockets in my jacket, where it would thaw on my body.

Sunny Blende, a nutritionist from the USA defined ultra marathon as "an eating and drinking contest with a little exercise and scenery thrown in." When I finished

MYAU, I had a feeling that it was a dressing competition with a lot of sleep deprivation and scenery thrown in. Oh, yes, there was certainly exercise too, but clothing management – heat and cold

management – is critical to this kind of event. Sweat is a dangerous thing in cold temperatures. Hat on, hat off, jacket zipped, half zipped, unzipped, jacket draped like a cape over body, base layer zip up, base zip down, Cold Avenger mask on, mask off, liner gloves, over gloves, chemical hand warmers..... There were endless adjustments to be made. But if you're vigilant in doing that, it makes all the difference to success.

So there you have it - some of the essentials about MYAU and what it takes to prepare and have a good go of it. How do I convince you it's worth it? Nightly northern lights, stunning silence, vast landscapes, 10km long frozen lakes, wolves howling, animal tracks, snow, history, salt-of-the-earth people, camaraderie, wilderness, solitude. How could you not?





Race Results

Caboolture Dusk to Dawn 12h, Caboolture, QLD

February 13, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
1	1		131.197	Muller	Kevin
2	2		129.534	Waugh	David
3	3		109.532	Moloney	Nic
4		1	96.486	Brun	Marina
5	4		94.497	Bennett	Peter
6	5		91.972	Sewell	Andrew
7	6		91.511	Tolins	Geoff
8		2	90.480	Anderson-Glover	Lori
9		3	88.101	Symons	Cheryl

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
10	7		84.556	Webber	Bruce
11		4	75.212	Chan	Karen Woon Cheung
12	8		73.493	Lewis	Stephen
13	9		56.000	Canty	Mike
14		5	51.000	Hepworth	Annabel
15	10		50.000	Venn	Blair
16	11		47.000	Foster	Wendell
17	12		42.000	White	Todd
18		6	42.000	White	Jacqui
Bold SURNAME indicates AURA member.					

Caboolture Dusk to Dawn 6h, Caboolture, QLD

February 13, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
1	1		74.919	Loveday	Barry
2	2		67.598	Ponych	Greg
3	3		61.738	Jewell	Brad
4	4		61.699	Foote	Matthew
5	5		61.127	Galvin	Grant
6	6		57.503	Sullivan	Keith
7	7		56.568	Acton	Jason
8		1	55.001	Pieterse	Sharon
9	8		53.564	Coetzee	Lourens
10	9		53.286	O'Brien	David
11	10		52.371	Coman	Alex
12	11		52.049	Jackson	Gavin

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
13		2	51.522	Bell	Tamyka
14	12		49.051	Johnson	Simon
15	13		47.000	Standring	Brett
16		3	46.216	Maclean	Lisa
17		4	45.616	Sullivan	Carol
18	14		44.000	Eckford	Matthew
19		5	43.514	Harvey-Jamieson	Susannah
20		6	43.500	Canfell	Melanie
21	15		42.500	Dower	Andrew
22	16		41.617	Gilbey	Matthew
23	17		41.000	Knowles	Chris
Bold SURNAME indicates AURA member.					

Lark Hill 100km, Port Kennedy, WA

March 5, 2016

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		09:27:27	Duff	Peter
2	2		09:37:11	Fawkes	Nathan
3	3		12:37:13	Williams	Mark

Rank	Cat Place	Cat Place	Time	Last Name	First Name
4	4		13:04:46	Adams	Rob
5		1	12:37:13	Tatterton	Cheryl
Bold SURNAME indicates AURA member.					

Lark Hill 50km, Port Kennedy, WA

March 5, 2016

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		04:08:46	Lark	Chris
2	2		04:10:56	Treasure	Ben
3	3		04:34:38	MacKinnon	Stuart
4	4		04:36:47	Gould	Richard
5	5		04:38:32	Burman	Bryant
6	6		04:51:20	Kaesler	Shaun
7	7		04:53:40	Hamilton	Tim
8		1	04:53:48	Fieberg	Barb
9	8		04:58:45	Clark	Jackson
10	9		05:05:42	Hewitson	Matt
11	10		05:13:54	O'Neil	Nick
12		2	05:17:28	Cripps	Elyse
13		3	05:19:03	Irving	Tara

Rank	Cat Place	Cat Place	Time	Last Name	First Name
14	11		05:21:05	Hoy-Poy	Chris
15	12		05:41:24	Eva	Tim
16		4	05:46:58	Byrne	Amy
17		5	05:54:36	Kober	Jutta
18	13		05:55:43	Caldwell	Mark
19	14		06:06:24	Smith	Brendon
20		6	06:30:25	Strydom	Hulda
21	15		06:30:26	Steel	Martin
22	16		06:30:51	Hinchliffe	Trevor
23		7	07:00:45	Chinnery	Katie
24	17		07:25:34	Maxfield	Ken
25	18		07:25:39	Seal	Nathan
Bold SURNAME indicates AURA member.					

Coburg 6 Hour Track Championships, Coburg, VIC

March 6, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
1	1		85.265	Ciancio	Francesco
2	2		80.681	Muller	Kevin
3		1	70.945	Griffith	Amelia
4	3		69.461	Hughes	Stuart
5	4		67.742	Farooq	Omar
6	5		65.984	Lawtey	Shane
7	6		64.892	Jakus	Gabor
8	7		64.405	Black	Peter
9	8		64.261	Jennings	David
10	9		64.256	Gamble	Mal
11		2	62.598	Maughan	Lynne
12	10		62.192	Austin	Simon
13		3	60.684	Scholz	Sharon
14	11		60.681	Winterburn	John
15	12		60.027	Marsh	Trevor
16	13		58.913	Green	Tim
17		4	55.782	Thompson	Michelle

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
18	14		53.600	Meade	Xavier
19	15		51.227	Jack	Clarrie
20	16		49.793	Sharma	Rohit
21	17		47.338	Kilmartin	John
22	18		44.816	Hess	Albin
23	19		43.313	Richardson	Saul
24		5	42.021	Howorth	Sandra
25		6	39.160	Wrigley	Liz
26	20		39.155	Turner	Gary
27	21		37.015	Commings	Louis
28	22		36.642	Hoad	Ian
29		7	35.035	Nanscawen	Emmy
30	23		30.400	Wilson	David
31		8	25.600	Bell	Cherise
32	24		23.463	Carter	Ken
33	25		18.400	Aspey	Jonathon
Bold SURNAME indicates AURA member.					

Canberra 48h Race, 48h, Canberra, ACT

March 18-20, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
1	1		413.059	Thwaites	Mick
2		1	343.044	Wynd	Nikki
3	2		322.740	Allen	Trevor
4		2	305.124	Fonn	Torill
5	3		280.012	McBride	Barry
6	4		265.131	Mihalakellis	George
7		3	253.058	Chan	Karen
8	5		250.400	Eckford	Matthew
9		4	232.000	Hamaty	Sabina
10		5	229.250	Crim	Jade
11		6	219.496	Christison	Linda
12		7	219.496	Christison	Heather
13		8	216.463	Bentley	Karen
14	6		212.022	Mahoney	Paul

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
15	7		208.799	Thompson	Michael
16		9	205.980	Hepworth	Annabel
17		10	201.620	Smith	Cassie
18	8		200.965	Heldenbrand	Bill
19	9		197.669	Butterworth	Simon
20	10		183.708	Wright	Warren
21		11	182.432	Walden	Joy
22	11		168.503	Finlay	Greg
23	12		162.000	Wilms	Tony
24	13		116.109	Kilmartin	John
25	14		78.800	Sullivan	Keith
26	15		42.400	James	Ray
Bold SURNAME indicates AURA member.					

Canberra 48h Race, 24h, Canberra, ACT

March 18-20, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
1	1		257.953	Loveday	Barry
2		1	230.395	Baker	Jess
3	2		215.494	Gillies	Cameron
4	3		205.772	Courtney	Anthony
5	4		191.797	Fitzgerald	Matthew
6		2	183.924	Symons	Cheryl
7	5		183.418	Emr	Mark
8	6		174.175	Mcglinn	Ron
9	7		173.459	Easton	Brett
10	8		169.217	Mulley	Luke
11	9		167.192	Toyne	Chris
12	10		166.522	Marsh	Ken

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
13	11		165.563	Batbayar	Bayarkhuu
14	12		149.631	Kiley	Stephen
15	13		136.530	Ward	Sean
16	14		125.240	Scholz	Justin
17	15		121.548	Mason	Brendan
18	16		116.448	Martin	Brendon
19	17		110.958	Blackmore	Kieron
20	18		106.578	Campbell	Anthony
21	19		103.675	Rooke	Kieran
22	20		100.358	Armstrong	Neil
23		3	72.158	Fien	Sarah
Bold SURNAME indicates AURA member.					

Canberra 48h Race, 12h, Canberra, ACT

March 18-20, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
1	1		124.841	Ciancio	Francesco
2		1	108.735	Austin	Kathryn
3	2		103.280	Roberts	Simon
4	3		103.200	Finocchiario	Dion
5		2	101.600	Fraser	Natasha
6		3	96.725	Lovegrove	Kristy
7	4		92.228	Prior	Bradley
8	5		87.150	Blinco	Trent
9		4	84.202	Sullivan	Carol

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
10	6		81.027	Elliot	Tim
11	7		76.800	Symonds	Dan
12		5	76.632	MacKinnon	Kathryn
13	8		73.429	Pluss	Martin
14	9		64.555	Richardson	Saul
15		6	58.785	Smith	Lib
16	10		50.800	Overend	David
17	11		43.600	Sylvester	James
Bold SURNAME indicates AURA member.					

Canberra 48h Race, 6h, Canberra, ACT

March 18-20, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
1	1		63.119	Pearson	John
2	2		62.502	Appleby	Steve
3	3		56.668	Lockwood	Glenn
4		1	56.059	Bremner	Kerrie
5	4		52.408	Boyle	Brad
6	5		51.127	Erickson	Tim

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
7	6		49.029	Oba	Eddy
8		2	40.792	Marshall	Melanie
9	7		39.610	Brelsford	David
10	8		34.224	Essam	Phil
11		3	32.162	Essam	Belinda
Bold SURNAME indicates AURA member.					

Razorback Run 64km, Harrietville, VIC

March 19, 2016

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		07:57:18	Nunan	Daniel
2	2		08:05:38	Keyte	Michael
3	3		08:06:43	Bittner	Frank
4	4		08:15:32	Clark	Ben
5	5		08:18:07	Johnston	Mark
6	6		08:39:04	Roberts	Christopher
7	7		08:40:59	Beard	Dan
8		1	09:05:18	Fowler	Gill
9	8		09:08:45	Bettanin	Mick
10	9		09:17:41	Banks	Thomas
11	10		09:24:32	Hanley	Steven
12	11		09:27:53	Hendrickx	Robbie
13	12		09:29:06	Wilder	Chris
14		2	09:31:18	Keith	Susan
15		3	09:31:54	Jones	Maggie
16	13		09:34:28	Ramsey	Alex
17	14		09:45:16	Day	Paul
18	15		09:51:00	Harrison	Scott
19		4	10:03:02	Hansen	Jacqui
20	16		10:05:06	Volz	Marcus
21	17		10:22:47	Metcalfe	Anthony
22		5	10:33:09	Ross	Isobel
23	18		10:34:54	Wyithe	Stuart

Rank	Cat Place	Cat Place	Time	Last Name	First Name
24	19		10:37:34	Jakus	Gabor
25		6	10:41:23	Bittner	Melissa
26	20		10:41:37	Heiland	Tarek
27	21		10:44:19	McMahon	Terry
28	22		10:59:53	Mohottige	Charitha
29	23		11:05:56	Russell	George
30		7	11:27:55	Doherty	Keira
31	24		11:33:44	Hartmann	Klaas
32	25		11:36:11	Hotchkis	Mike
33		8	11:55:36	Taylor	Karina
34	26		11:55:36	Taylor	Glen
35	27		12:15:09	Hewat	Andrew
36	28		12:31:00	Vaughan	Jim
37	29		12:45:09	Munns	Peter
38	30		13:15:10	Maclean	Chris
39	31		13:29:30	Judd	Brendan
40	32		13:30:58	Rumball	David
41	33		13:59:21	Box	Roger
42	34		13:59:21	Jefferies	Graham
43	35		14:01:17	Moloney	David
44		9	14:50:44	MacDonald	Helen
45		10	14:50:59	Szolos	Rozsa
Bold SURNAME indicates AURA member.					

Wild Horse Criterium 50mi, Beerwah, QLD

March 27, 2016

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		07:08:15	Gerhardy	Ben
2	2		07:26:50	Muller	Kevin
3	3		07:32:11	Lavery	Pete
4	4		07:43:16	Moloney	Nic
5	5		08:36:35	Churchman	Andy

Rank	Cat Place	Cat Place	Time	Last Name	First Name
6		1	08:55:48	Bendall	Raelene
7	6		09:02:45	Milne	Jamie
8	7		09:21:16	Grills	Stuart
Bold SURNAME indicates AURA member.					

Wild Horse Criterium 55km, Beerwah, QLD

March 27, 2016

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		05:02:02	Coles	Tim
2		1	05:05:55	Hitchcock	Carol
3	2		05:12:44	Hilton	Tom
4	3		05:17:09	Townsend	Jake
5		2	05:29:31	Oborne	Jodie
6	4		05:39:31	Mccann	Kevin
7	5		06:08:32	Speakman	Andy
8	6		06:11:33	Robertson	Mark
9		3	06:14:06	Rice	Hayley
10		4	06:41:36	Crozier	Leigh

Rank	Cat Place	Cat Place	Time	Last Name	First Name
11	7		06:42:24	Houldsworth	Steven
12	8		06:43:18	Wallace	Rob
13		5	06:47:13	Elliott	Koda
14	9		06:57:30	Young	Tim
15		6	07:01:02	Rodgers	Melissa
16		7	07:05:41	Coles	Laura
17	10		07:14:30	Goodwin	Hayden
18	11		07:44:44	Gilbey	Matthew
Bold SURNAME indicates AURA member.					

Duncan's Run 100km, Tarra Bulga, Gippsland VIC

April 2, 2016

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		11:57:21	Claxton	Joel
2		1	12:06:11	Kruk	Joanna
3	2		12:40:55	Welburn	Regan
4		2	13:55:36	Macmillan	Katherine
5	3		14:50:20	Ferreira	Aldonio

Rank	Cat Place	Cat Place	Time	Last Name	First Name
6	4		15:08:58	Twite	Ian
7	5		15:28:05	O'Brien	Paul
8	6		16:03:51	Cake	Bryan
9	7		17:06:08	McGrath	Michael
Bold SURNAME indicates AURA member.					

Duncan's Run 50km, Tarra Bulga, Gippsland VIC

April 2, 2016

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		05:26:28	Wheeler	Shane
2	2		05:43:56	Dierickx	Robert
3	3		05:53:38	Mitchell	Jarrod
4		1	05:57:09	Worland	Gemma
5	4		05:58:15	Veenstra	Matt
6	5		06:02:58	Brown	Troy
7		2	06:24:23	Harris	Michelle
8		3	06:24:24	Crestani	Danielle
9	6		06:26:36	Jennings	David

Rank	Cat Place	Cat Place	Time	Last Name	First Name
10	7		06:26:36	Macqueen	Stuart
11	8		07:49:18	Sharma	Rohit
12	9		08:02:38	Styles	David
13		4	08:02:38	Symons	Cheryl
14		5	08:14:51	Evers	Liz
15		6	08:48:32	Majeski	Katherine
16		7	09:26:03	O'Brien	Candice
Bold SURNAME indicates AURA member.					

Convicts and Wenches 50km, Narawntapu National Park, TAS

April 3, 2016

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		04:05:00	Bailey	David
2	2		04:28:29	Sherriff	Damon
3	3		04:30:25	Cannell	John
4	4		04:33:32	Brazendale	Tony
5	5		04:36:51	Mckenzie	Cameron

Rank	Cat Place	Cat Place	Time	Last Name	First Name
6	1	1	04:38:14	Hodgins	Kay
7	6		04:47:30	Van Der Vlist	Dan
8	7		04:49:23	Sloan	Tim
9		2	04:53:26	Mccarthy	Tina
10	8		04:59:37	Nischler	Matt

Rank	Cat Place	Cat Place	Time	Last Name	First Name
11	9		05:00:51	Pinkiewicz	Tom
12	10		05:00:56	Hay	Nicholas
13	11		05:06:45	Barrington	Giles
14	12		05:20:13	Diprose	Adam
15		3	05:22:25	Van Duiven	Emma
16	13		05:34:28	Smith	Sean
17		4	05:35:02	Guy	Jacqui
18	14		05:35:21	Burgess	Mark
19	15		05:37:59	Seaman	Charles
20	16		05:40:58	Andrews	Vaughan
21	17		05:43:19	Rees	David
22	18		05:44:00	Beeston	Phil
23	19		05:44:00	van Ryn	Phil

Rank	Cat Place	Cat Place	Time	Last Name	First Name
24		5	05:45:20	Seaman	Teresa
25	20		06:02:19	Chamberlain	Matt
26	21		06:07:04	Beament	Lance
27		6	06:14:33	Farrar	Carolyn
28	22		06:23:24	Schaap	David
29		7	06:32:00	O'brien	Sue
30	23		06:32:00	O'brien	Andrew
31		8	06:45:26	Miller	Shelley
32	24		06:59:22	Denwer	Kim
33		9	07:05:26	Hilder	Fiona
34		10	07:06:52	Hammond	Rochelle
35		11	07:06:52	Dunnings	Tania
Bold SURNAME indicates AURA member.					

Canberra Running Festival 50km, Canberra, ACT April 10, 2016

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		03:03:20	Keem	Barry
2	2		03:08:19	Dent	Martin
3	3		03:08:42	Benson	Darren
4	4		03:11:22	Purcell	Darren
5	5		03:16:15	Mccredie	Craig
6	6		03:25:50	Spies	Wayne
7	7		03:40:17	Vuong	Thien
8	8		03:48:53	Easton	Brett
9	9		03:50:02	Barnes	Geoffrey
10	10		03:56:13	Westman	Mark
11		1	03:57:28	Rickard	Heidi
12	11		03:57:49	Odgers-Jewell	Brett
13		2	03:58:05	Sabbadin	Dianne
14	12		03:59:02	Colquhoun	Ashley
15	13		04:02:33	Smith	Alexander
16	14		04:04:12	Redfern	Stephen
17		3	04:06:19	Litchfield	Solveig
18	15		04:09:08	Muller	Sean
19		4	04:11:30	Martines	Alessandra
20	16		04:13:06	Tebb	Duncan
21		5	04:13:15	Kanizay	Jane
22	17		04:13:44	Donohue	Craig
23	18		04:13:54	Rufila	Jeffrey
24	19		04:14:34	Stone	Tim
25	20		04:15:11	Auzout	Philippe
26	21		04:17:00	Tamhane	Rohit
27		6	04:17:47	Mauch	Bianca
28	22		04:18:10	Mullen	Christopher
29	23		04:19:38	Hidvegi	Frank
30		7	04:21:30	Karaman	Alia
31	24		04:21:43	Rosen	Ricky
32	25		04:22:10	Frearson	Shane
33	26		04:22:56	Lee	Preston

Rank	Cat Place	Cat Place	Time	Last Name	First Name
34	27		04:24:10	Wilkey	Dominic
35		8	04:24:18	Fletcher	Jo
36	28		04:25:09	Jones	Angus
37	29		04:25:12	Malone	Brad
38	30		04:25:24	Trenaman	Gary
39	31		04:25:31	Courtney	Anth
40	32		04:25:49	Correa	Victor
41		9	04:26:24	Booy	Katherine
42	33		04:26:30	Green	Bradley
43	34		04:27:06	Winterburn	John
44		10	04:27:41	Keegan	Helen
45	35		04:28:36	Newley	Matt
46	36		04:28:40	Oliver	Chris
47	37		04:28:52	Pisko	James
48	38		04:29:21	Wang	Steven
49	39		04:30:48	Haynes	Alex
50	40		04:32:53	Bruning	Paul
51	41		04:32:59	Crouse	Jaco
52	42		04:35:07	Strahorn	Josh
53	43		04:36:29	Seddon	Brad
54		11	04:37:34	Guerin	Sue
55	44		04:38:27	Lebanie	Alexander
56	45		04:38:33	Duclos	Jerome
57	46		04:38:36	Lambert	Martin
58	47		04:40:06	Gooding	Ian
59	48		04:40:38	Marks	Jared
60		12	04:40:49	Ichiki	Tamami
61		13	04:41:25	Muston	Pam
62	49		04:42:11	Chai	Kim
63	50		04:42:13	Woodman	Matthew
64	51		04:42:50	Puz	John
65	52		04:43:29	Clarke	Peter
66		14	04:43:32	Warren	Jane

Rank	Cat Place	Cat Place	Time	Last Name	First Name
67	53		04:43:56	Adams	Steve
68	54		04:44:46	Birnie	Steve
69	55		04:45:21	Komidar	Peter
70	56		04:46:20	Musiker	Arnon
71	57		04:46:37	Woods	Grant
72	58		04:48:08	Jackson	Phil
73	59		04:48:08	Lisle	Peter
74	60		04:49:37	Mcgregor	Ian
75	61		04:49:48	Mcgann	John
76	62		04:50:03	Consunji	Aaron
77	63		04:51:03	Peters	Richard
78	64		04:51:04	Caveney	Stuart
79	65		04:52:50	King	Ross
80	66		04:54:24	Farrell	John
81	67		04:56:16	Reynolds	Leigh
82	68		04:58:09	Doyle	Mark
83		15	04:58:20	Hill	Leighsa
84		16	04:58:26	Lovegrove	Kristy
85	69		05:00:05	Kotlar	Andrew
86	70		05:00:09	Clarke	David
87	71		05:00:30	Hobson	Steven
88	72		05:00:31	Le Roux	Gavin
89	73		05:00:35	De Kock	Jan
90	74		05:03:55	Day	William
91	75		05:04:49	Biddle	Nick
92	76		05:05:48	Saxby	Allan
93	77		05:05:49	Saxby	Matthew
94	78		05:06:39	White	Stu
95	79		05:06:39	Allegrini	Alessandro
96		17	05:07:50	Stuart	Veronica
97	80		05:08:22	Zhang	Hao
98		18	05:10:28	Giblin	Christine
99		19	05:11:15	Rahme	Meryl
100		20	05:11:31	O'Reilly	Sheila
101	81		05:12:12	Paxton	Robert
102		21	05:12:55	Ganhewa	Thusitha
103		22	05:14:07	Ceah	Carolynn
104	82		05:14:33	Bennett	Chris
105		23	05:14:49	Grimes	Sally
106		24	05:15:35	Mccormack	Amanda
107		25	05:16:11	Cahill	Tania
108	83		05:16:49	Knox	Hamish
109	84		05:16:52	Daly	Darron
110	85		05:17:07	Golkowski	Andrew
111	86		05:17:18	Edwards	Adam
112		26	05:17:46	Russell	Carolyn
113		27	05:18:02	Andrews	Jayne
114	87		05:18:55	Seychell	Mark
115	88		05:19:32	Dent	David
116		28	05:20:41	Barrett	Jessica
117		29	05:21:17	Parker	Janet
118		30	05:21:18	Stone	Jennifer
119	89		05:23:07	Mathiessen	Ralph
120		31	05:23:41	Gibbs	Claire

Rank	Cat Place	Cat Place	Time	Last Name	First Name
121	90		05:24:08	Pilz	Gavin
122	91		05:25:10	Mihalakellis	George
123	92		05:25:29	Piotrowski	Thomas
124	93		05:26:23	White	Ryan
125	94		05:30:47	Gnoinski	Jurgen
126		32	05:31:01	Leahy	Melanie
127		33	05:31:11	Mackenzie	Beverley
128		34	05:32:09	Thurgar	Courtney
129	95		05:34:28	Hapin	Romeo
130	96		05:35:06	Olberg	Lars
131		35	05:35:18	Wakefield	Bonny
132	97		05:35:28	Wu	Hon
133	98		05:40:51	Lapus	Jaime
134	99		05:41:00	Kowalkiewicz	Marek
135	100		05:41:53	Mcgrath	Wayne
136		36	05:42:40	Tan	Diana
137	101		05:43:36	Spoljaric	Nevin
138	102		05:43:51	Hyder	Ed
139	103		05:44:41	Levin	Alan
140	104		05:44:41	Segal	Gary
141	105		05:45:37	Norris	Bernie
142		37	05:45:40	Dickson	Kayt
143		38	05:45:56	Fraser	Rowena
144	106		05:46:03	Burke	Brad
145		39	05:52:00	Wills	Tina
146	107		05:53:09	Kunigiskis	Anthony
147	108		05:53:09	Cole	Matthew
148	109		05:53:11	Fillinger	Marcus
149		40	05:55:31	Turner	Tracy
150		41	05:56:35	Young	Vicci
151	110		05:59:01	Kime	Darren
152		42	05:59:17	Reyes	Elaine
153		43	06:05:12	Walker	Sonia
154	111		06:15:27	Ade	Noel
155	112		06:16:55	Trussler	Dom
156		44	06:17:29	Plummer	Lauryn
157	113		06:18:53	Waddington	Gordon
158		45	06:22:47	Mill	Danielle
159	114		06:23:11	Lazuta	Luciano
160	115		06:24:07	Arthur	William
161	116		06:27:10	Dennis	Stewart
162	117		06:27:26	Walker	Dean
163		46	06:27:48	Moodie	Louise
164	118		06:28:18	Bohnke	Michael
165	119		06:41:52	Pearce	Geoff
166		47	06:50:31	Christall	Lianne
167		48	06:50:31	Owen	Ann
168		49	06:59:09	Murniati	Kurnia
169	120		06:59:27	Awad	Rafic
170		50	07:01:35	Quirk	Munuela
171		51	07:01:35	James	Jacqueline
172	121		07:04:57	Thacker	John
Bold SURNAME indicates AURA member.					

Cogburg 24h Run, Coburg, VIC April 16-17, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
1	1		242.240	Muller	Kevin
2	2		233.320	Cooke	Rick
3	3		214.247	Courtney	Anth
4		1	192.217	Scholz	Sharon
5	4		191.994	Black	Peter
6	5		191.282	Day	Rohan
7	6		185.565	Mihalakellis	George
8	7		181.299	Botha	Wayne
9	8		172.194	Austin	Simon
10	9		171.200	Balnave	Philip
11	10		165.084	Roberts	Simon
12	11		162.000	Dernee	Phill
13	12		162.000	Lim	Jon
14	13		157.452	Jakus	Gabor
15	14		152.439	Beauchamp	Bill
16	15		151.807	Munns	Peter

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
17		2	141.600	Barnes	Nadine
18	16		137.681	Burke	Warren
19	17		130.356	Wilms	Tony
20	18		128.000	Gamble	Mal
21		3	127.636	Tichon	Larissa
22	19		126.671	Atkinson	Dylan
23		4	124.400	Bremner	Kerrie
24	20		122.012	Deering	Bill
25	21		121.227	Metcalf	Dean
26	22		120.568	Sharma	Rohit
27	23		118.800	Ciancio	Francesco
28	24		107.200	Knowles	Chris
29	25		106.771	Portelli	Angelo
30	26		68.087	Gray	Peter
31	27		36.400	Aspey	Jono
Bold SURNAME indicates AURA member.					

Cogburg 24h Walk, Coburg, VIC April 16-17, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
1		1	173.200	Thompson	Michelle
2	1		163.462	Robertson	Rob
3		2	161.349	De Graaff	Sandra
4	2		160.934	Van Ginkel	Albertus
5	3		134.003	Commings	Louis
6		3	133.251	Parris	Dawn
7	4		126.953	Timms	John
8	5		123.316	Hess	Albin
9		4	118.696	Chesterton	Val

Rank	Cat Place	Cat Place	Distance (km)	Last Name	First Name
10	6		108.891	Young	Brendan
11	7		103.086	Essam	Phil
12	8		102.017	Whyte	Robin
13	9		98.858	Kilmartin	John
14	10		82.940	Richardson	Saul
15		5	57.408	Howorth	Sandra
16	11		12.856	Jack	Clarrie
17	12		11.395	Carter	Ken
Bold SURNAME indicates AURA member.					

Mt Buller Skyrun 45km, Mt Buller, VIC April 17, 2016

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		04:46:10	Stedman	Sam
2	2		04:54:44	Blumstein-Jones	Etienne
3	3		04:56:55	Roberts	Christopher
4	4		05:04:35	Cokley	Dale
5	5		05:27:29	Harrison	Scott
6	6		05:29:09	Lucas	Patrick
7	7		05:33:13	Day	Paul

Rank	Cat Place	Cat Place	Time	Last Name	First Name
8		1	05:33:14	McCarthy	Tina
9		2	05:34:43	Paton	Nicole
10	8		05:50:09	Taylor	Jacob
11		3	05:52:59	Bittner	Melissa
12	9		05:54:31	Ferguson	Stuart
13	10		06:20:17	Waites	Adam
14		4	06:21:13	Clifton	Louise
15	11		06:26:55	Phillips	Ben

Rank	Cat Place	Cat Place	Time	Last Name	First Name
16	12		06:28:04	Bartholomew	Ash
17	13		06:48:02	Costa	Ricardo
18	14		07:06:27	Whyte	Ned
19	15		07:10:15	Byrne	Patrick
20		5	07:19:52	Murphy	Rebecca
21		6	07:19:52	Smith	Rebecca

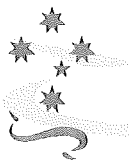
Rank	Cat Place	Cat Place	Time	Last Name	First Name
22		7	07:35:03	Noesgaard	Jo
23	16		07:49:01	Gisborne	Matthew
24	17		07:51:28	Toyer	Daniel
25	18		07:58:37	Hobbs	David
26		8	08:14:29	Szoloszi	Rozsa
Bold SURNAME indicates AURA member.					

Great Ocean Run 45km, Coffs Harbor, NSW

April 17, 2016

Rank	Cat Place	Cat Place	Time	Last Name	First Name
1	1		03:35:01	Woolford	Tony
2	2		03:44:16	Green	Tony
3	3		03:46:58	Clarke	Rob
4	4		03:47:50	Lawrie	John
5	5		03:52:28	Koopmans	Rodney
6	6		03:52:55	Nolan	Peter
7	7		03:55:59	Brazier	Ed
8		1	04:05:50	Kyneur	Amanda
9		2	04:06:46	Bulloch	Melissa
10	8		04:08:17	Tincknell	Neil
11	9		04:15:29	Hoeft	Clifford
12	10		04:17:09	Churchward	Craig
13	11		04:23:19	Packer	Rodney
14	12		04:25:58	Robinson	Keith
15		3	04:25:59	Ralph	Alex
16		4	04:26:18	Wingreen	Carol
17	13		04:27:54	Cutting	Dean
18	14		04:28:59	Schodde	Carl
19	15		04:29:58	Grant	Jessy
20	16		04:32:13	Fairbanks	Steve
21	17		04:32:43	Dunn	Simon
22		5	04:47:31	Thompson	Tina
23	18		04:57:20	Anson	Malcolm
24		6	05:02:36	Dry	Sahara
25	19		05:03:09	Arrowsmith	Martin
26	20		05:06:57	Hitchen	John
27	21		05:08:39	Sampson	Tim
28	22		05:12:14	Sedman	Antony
29	23		05:16:23	Marks	Scott

Rank	Cat Place	Cat Place	Time	Last Name	First Name
30	24		05:16:27	Bailey	Callan
31	25		05:16:42	Sutherland	Tim
31	26		05:16:42	Mitchell	Peter
33		7	05:16:54	Coonerty	Trisha
34	27		05:18:05	Turner	Steve
35		8	05:18:07	Neil	Amanda
36	28		05:22:10	McKenzie	Peter
37		9	05:23:23	Bennett	Amy
37	29		05:23:23	Murphy	Josh
39		10	05:27:31	Grattan	Angie
40	30		05:30:33	Beer	Bob
41		11	05:34:17	Stewart	Rebecca
42	31		05:34:32	Evans	Christopher
43	32		05:35:19	Byron	Peter
44		12	05:43:36	Holt	Diane
45	33		05:55:14	Mollica	Joe
46	34		05:56:31	Morrall	Derek
47		13	06:05:07	King	Kylie
48	35		06:22:30	Worley	Steve
49		14	06:24:08	Bennett	Jasmine
49		15	06:24:08	White	Sierra
51	36		06:32:13	Williams	Mathew
52	37		06:32:18	Smith	Andrew
53	38		06:44:36	Cohen	Chris
53	39		06:44:36	Smith	Russ
55	40		06:55:46	Roder	Grant
56		16	07:12:32	McKenzie	Diana
57		17	08:08:50	Williams	Jenni
Bold SURNAME indicates AURA member.					



Guest Interview

Martin Fryer

FlyerUltra Race Timing

By Elizabeth Bennett, Editor, Ultramag

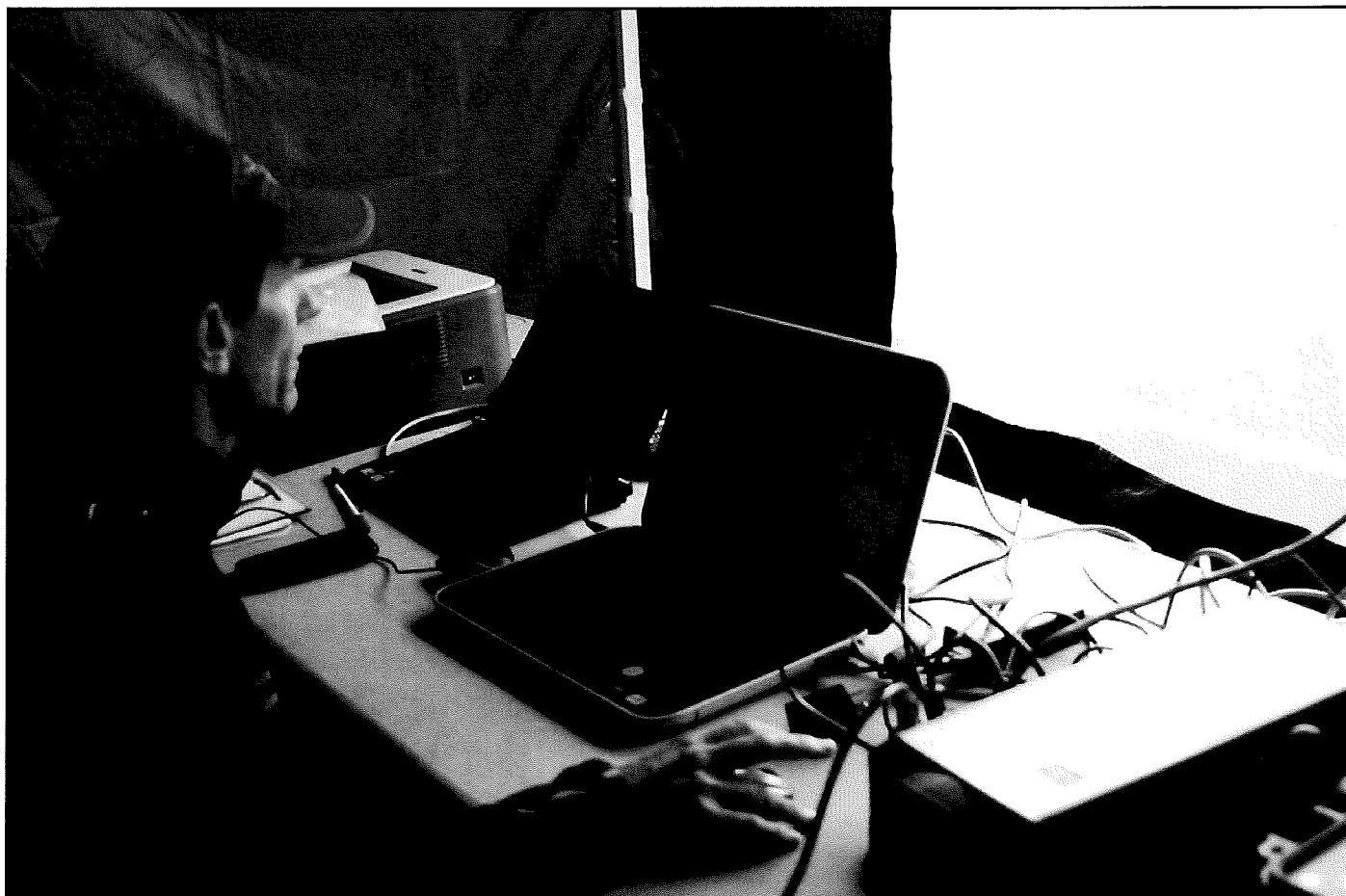
EB: Thanks for your time Marty. You've been an ultra runner for a long time now and you've been coaching ultra runners for a while as well. Recently you moved into race timing. What motivated you to get into the race timing business?

MF: Now that I look back on it, the move into race timing was a natural progression for me as I had spent so many years being involved in long duration, lap-based races both here in Australia as well as overseas. Mixed in with that was the fact that I had seen these races from many different perspectives: as a competitor, a crewperson, a course setter, a volunteer, a manual lap timer and as a race director.

I soon came to realise that I had unknowingly gained a lot of insight into what should constitute "best-practice" for timing these types of events as I had personally felt some of the frustrations associated with the race timing services that had been provided.

Competitors and crews need live, reliable and relevant data delivered trackside every lap. Crews, family and friends need live, up to date results about their runner from the Web, delivered via either their computer or smartphone. Race directors want someone who understood the unique quirks and needs of the timing and presentation of results for these types of races, as well as someone who has the

stamina and concentration to get things right over a demanding length of time. I could see that I could deliver these services with the right system. On top of this, I had quite extensive experience in using manual lap scoring systems that were paper-based (e.g., Sri Chinmoy 24 Hour races 2012) or computer-based (e.g., Stromlo 12 Hour races 2012 and 2013, Flyer's Midnite Marathon 2012, Sydney 24 Hour Races 2013 and 2014), and while this was a good grounding in getting auditing practices right, it required a huge effort in terms of the number of people involved and the time and energy expended. There had to be another way. 'FlyerUltra' was my existing ultra marathon coaching



business so once I had purchased my own electronic race timing system I added race timing to the services that I provide.

EB: What was the first event that you did the race timing for and what race timing system did you use?

MF: The first official event that I timed was the Sydney Sri Chinmoy 6/12/24 Hour Track Race held in Campbelltown in June 2015. The timing system that I used was the Race Result 4000 System from Germany consisting of a decoder box (decodes the signals picked up by the timing mat from the chips), two 2m long passive chip timing mats set up in series, and a set of non-disposable, shoelace mounted passive timing chips. The decoder was connected to a few networked laptops that could upload live data to the Web as well as display lap results to a trackside screen for runners. I had bought the system in February and had spent almost every weekend of the next 3 months running dummy events and various race scenarios in my backyard and at the local oval, often using myself, my wife (Lynn), or my dog (Zimmi), as test participants running over the mats ☺.

EB: Since then, what, if any,

changes have you made to how you approach race timing and the system you use?

MF: It was clear to me from the beginning that the main driver of success was meticulous preparation and organisation prior to an event. This sounds obvious but most of the race timing disasters I have witnessed could have been avoided by better planning and organisation. Despite such planning, I quickly realised after a few events that all of my good work could be quickly undone if the race director and I hadn't really communicated effectively, leading to less than optimal results on race day. For example, one race that I timed had many untrained helpers at a very busy registration desk and the race director had ignored some of my suggestions about registration and bib allocation procedures. This led to an overall poor registration process where wrong bibs were given out or wrong events assigned to participants and so on, and I had to do some clean up and detective work with the results after the event. So now it is my top priority to establish a very good working relationship with the race director, and to also let them know that I can help with advice about course design, start/finish layouts, runner registration/bib allocation, results

layout and other aspects of race event management.

Since that very first event last year I have made systematic improvements to everything involved - e.g., written out Standard Operating Procedures (SOPs) and "cheat sheets" for race time helpers, and developed logs of issues and improvements to be made based on feedback from all stakeholders. I have slowly added infrastructure such as laptops, video back-up systems, barriers, cones, and tents, and plan to add more on as business progresses to include extra decoders and mats, finish arches, double-sided clocks and so on.

I have also challenged myself to know everything possible about the Race Result (RR) hardware, software system and its possibilities. I really enjoyed a two day workshop last year in Melbourne where race timers of all sorts of events (running, MTB, downhill skiing, dinghy racing and others) came together to learn more from the RR developers, and from each other, about what is possible with this technology. I have now used both passive chips (bibs and shoe) as well as the active chips (with battery in them) with my system and have become comfortable taking on increasingly sophisticated and complex race formats and numbers of participants.

EB: What types of events have you done the race timing for - i.e., distances, durations, locations etc?

MF: Duration - I have timed a number of 6, 12, 24 and 48 hour track races.

Distances - I've done fun runs on road ranging from 0.7km kids' races to 14km, half and full marathons. I've also done trail races of 10km, 30km and 50km at Stromlo (involving almost 700



runners in total).

Locations – So far I've done race timing in Sydney, Canberra, and Auckland (New Zealand) but I'm likely to get more interstate and overseas work in the future.

EB: Have any of those events presented different or unique challenges for you and/or your timing system?

MF: Timing the Sri Chinmoy 6/12/24 Hour races in Auckland last year raised logistical challenges as I had to ship my decoder box over there before the race (it couldn't be taken as normal luggage) and I ran into some interesting New Zealand Customs quirks and requirements that needed to be overcome. It was also going to be too expensive to ship my heavy passive timing chip mat over there and back so this forced me to try out the "active" loop chip system offered by Race Result, which could be rented for the weekend, carried in my on-board luggage and hooked up to my decoder box for this race. The timing mat in this case is just a loop of wire connected to a specialised active loop box that plugs into the decoder. The active timing chips are the gold standard of race timing but cost nearly \$80 each and have a shelf life of about 5 years, making them not practical or affordable for me to own as inventory at the moment. I was blown away by how reliable and accurate the performance of this system was under the demanding rainy and windy conditions in Auckland, and on that basis used it again for the recent, highly successful CBR48H events (Canberra) where over 27,000 laps were accurately captured over 4 different events across two days with runners in lanes ranging from 1 to 5 on the track.

I should mention that my most challenging moment in race timing

EVER was on the morning of the start of the recent CBR48 hour event in Canberra where a wild wind (>100km/hr gusts) and a rain storm tore through the AIS stadium between about 8am and 10am while we were setting up the race timing and crew tents at the facility. Most of the marquees were destroyed and I was madly scrambling to protect all of the electronic gear from damage as about six people hung onto the sides of the timing tent. With only two hours to go to the start my decoder box decided to go completely belly-up (I later found it had got water inside it despite my best efforts) and I was faced with the prospect of no electronic timing. Thankfully, I was double booked for timing that weekend and had hired a spare decoder from Canberra Off-Road Cyclists to use at a road race event on the Sunday morning. I raced home to collect that box and it worked fine for the whole of CBR48 hour. In the meantime I took apart my decoder box and carefully dried out the circuitry over the Saturday and it was back working fine in time for the Sunday morning fun run events. This was a very stressful couple of days and I didn't get much sleep!

EB: Can you tell us a bit about the race timing system you currently use – i.e., does it have any special features and/or is it superior to other race timing systems in any particular way(s)?

MF: The timing system that I ended up buying to start my business was the Race Result (RR) 4000 System consisting of a decoder box and a 4m long passive timing mat. I had spent the best part of a year researching the various options and price points of the systems in the market, and had even considered various DIY options which can be done fairly cheaply but which leave you with lots of other issues which eventually eradicate the short-term cost savings. This RR off-the-shelf

system ticked all of the boxes for me - great German engineering and excellent hardware/software design, affordable entry point (\$6-7K versus \$20K + for some other systems), flexible, scalable, seamless Web integration of live results, no large annual software use fees, and fantastic after sales technical advice and support from the Australian distributor (Aaron Clarke from RR Australia) as well as directly from the software/hardware developers from Race Result in Germany. I would say that all of these features contribute to the superiority of this system and this is evident by its rapid uptake by many sports timers across Australia and the rest of the world (see list of events timed with RR systems at my.raceresult.com).

EB: As an ultra runner yourself, you'd know that ultra runners are primarily interested in accurate start, finish and split times. What else, if anything, do you think ultra runners want out of a race timing system?

I think you are right about the reliability and accuracy of results and splits but now there are also modern expectations about the timeliness and availability of the results and the ability of friends and family to also access live results (where possible) and to interact by leaving messages. I really like the Results 2.0 feature of Race Result because friends and family all around the world can encourage their runners by leaving messages of support on the live web results page in real time. This can be read on tablets, smartphones and computers so access is wide and fast.

EB: What's involved in testing your race timing system?

MF: Briefly, this involves making sure that both the hardware and software and accessory components (networking etc) are fit for purpose

for the conditions and structure of the proposed race event(s). Prior to this testing phase I have prepared the software event file: setting up start times, distances, durations, chip files, bib and event allocations, importing participant data for online registration files, optimising various lap and finish result formulas and output reports, setting up web reporting and integration. For testing the whole system I normally set it up in my backyard with everything set up as close as possible to the way it would be at the race. For every race I do at least one dummy run a week or more before the event but often do one more quick one the day before the event to keep the fine details upmost and recent in my thoughts. So a dummy run involves starting the various races (if there are several) and running different chips over the mat (myself, my wife or the dog or all of us) from different events. I check that all aspects of finish and lap results make sense and that live results and display screen results are all working properly. A key part of testing is carefully noting any changes made to software/hardware settings and upgrading any Standard Operating Procedures accordingly. I try to see how the system responds to various unexpected scenarios (e.g. a runner walking over the mat before or after the official race start or finish) and how to be recover from problems that can occur (lost connections to Web etc), and how to audit and edit results appropriately as needed.

EB: And what about setting it up prior to or on race day – i.e., about how long does that take and what's involved in the on-site testing?

The great thing about doing the dummy testing at home prior to the event is that set up on the day is a pretty quick and automatic procedure. Nevertheless I like to set up at least one hour before most

simple events and perhaps 1.5 – 2 hours prior to complex events with special needs. The actual time needed is much less but you always need extra time for any unanticipated local site difficulties with power, Web access, timing tent set up etc. Setting up the mat and decoder and timing table stuff is fairly fast and can be done quickly but it is all the accessory stuff that is slower- setting up laptop networks, setting up video systems, fencing off the timing area and protecting electrical gear from the elements and so on. I will test the read ranges of the chips and what height they are being read at and run some runners over the mats to reassure both them and myself that the system is all working right. Despite all of this testing I still get nervous when I hit the start button and wait to see that the first chip reads of the race are okay. That's when I'd rather be the runner ☺.

EB: Do you have a fall back option if there's a power cut or some other system failure and your race timing system falls over mid event?

MF: Power back up systems include using an Uninterruptible Power Supply plus having a petrol generator available (for remote races) and also DC chargers for the decoder that can go into a car cigarette lighter. Spare laptops are available for any computer issues. Backups for catastrophic failure of the decoder or chip read problems include having another decoder box available, using two timing mats, having extra chips available, taking a video of the whole race with race clock in view, and also even some hardcopy manual timing sheets ready to go plus programs available on the laptops for manual timing if needed.

EB: Finally, do you see yourself expanding your race timing business and becoming a

specialist in this area and timing lots of Australian and/or international events?

MF: Yes and yes. I have already expanded from timing four events last year to possibly 12 events this year, solely based on word-of-mouth recommendations (website under development!) and my deep connections throughout the running community. I also have potential opportunities in NZ, Asia and the US but I am not quitting my day job just yet. I am particularly interested in getting a wide range of experience in a range of challenging formats and settings.

EB: Do you have any other insights/comments about race timing?

MF: Race Timing can be very stressful and demanding but it is also highly rewarding when you have done a good job. However, don't do it if you are seeking recognition as you are considered the engine room of the race and people pretty much take you for granted if things are going smoothly - but if something goes wrong you will hear about it pretty quickly!

My timing business, FlyerUltra, aims to provide outstanding, flexible, and affordable race timing services to the running community, but beyond that I bring specific expertise and insight into ultra marathon and lap-based events where my wealth of real life direct experience makes me more than just a race timer. If anyone is interested in using my services please don't hesitate to contact me at flyerultra@gmail.com or call me on 0404 382 824.

EB: Thanks again for your time Martin (no pun intended!). All the best with your own running, coaching and race timing.

MF: Thanks Liz.



Book Review:

How Bad Do You Want It? By Matt Fitzgerald

Reviewed by Iosbel Ross

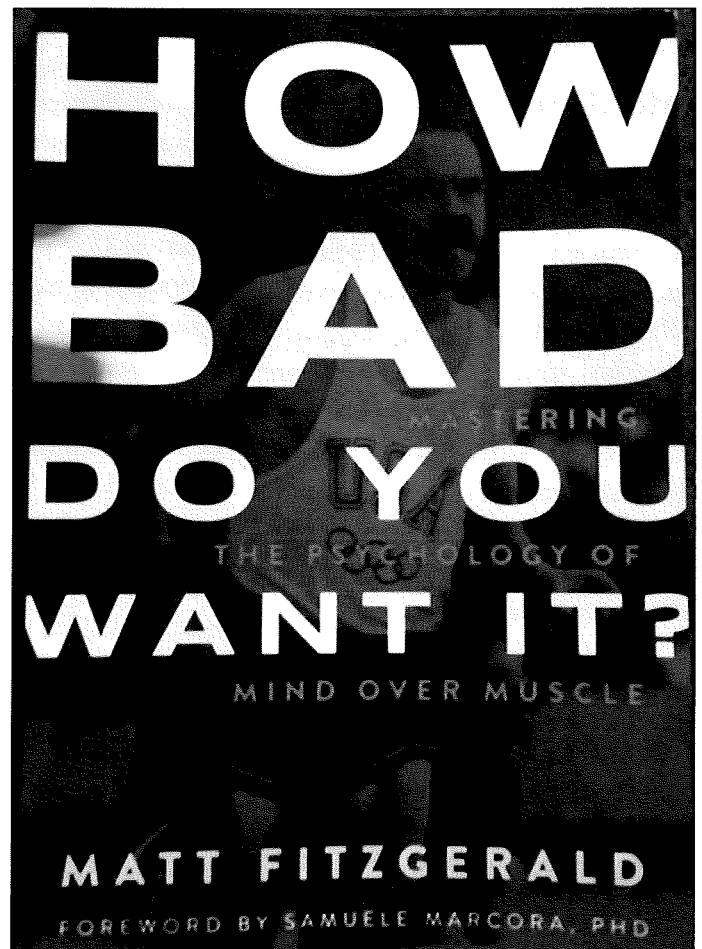
I have to admit to being a bit of a fan of Matt Fitzgerald. I have a lot of his books. In fact, I think I have most of them. I first heard about this book on, you guessed it, a podcast. It sounded really interesting so I bought it. I'm a sucker for running books!

The reason I am a fan of Matt Fitzgerald is his easy writing style. He gives you great, well-researched information, without making it so technical and laborious that you give up. That being said, I did have to look up a couple of words here and there, but I am a stickler for understanding every word that I read.

This book advertises itself as helping you to “master the psychology of mind over muscle”. It aims to impart different coping strategies to the athlete reader. Fitzgerald says in the introduction, *“in a race, the job of the muscles is to perform. The job of the mind is to cope. But here's the hitch: The muscles can only perform to the degree that the mind is able to cope. Endurance sports are therefore a game of mind over muscle”*. I suppose it may help some people to learn these coping skills. However, I found the book to be more of a collection of interesting and inspiring stories.

There are 12 chapters and each chapter goes through a style of mental strength using an athlete as an example to tell the story. They are the stories of mainly elite athletes such as Sammy Wanjiru, Tour De France riders such as Lemond and Cadel Evans, and triathletes such as Siri Lindley and Paula Newby-Fraser. They are all amazing athletes in their chosen field and all have overcome hardships, bad training, injury and/or other obstacles. The chapters outline how they did this, and the assumption is that the reader can then apply these skills to his or her own sporting life. As Fitzgerald says, *“Elite athletes do not have a monopoly on these coping skills and traits. They are accessible to all.they are intended to serve as a kind of path that any athlete can follow to develop these same abilities.”* This may be true but I can't say I have really done anything about the skills I read about.

I used to race mountain bikes around the same time as Cadel Evans was a junior and knew him relatively



well at the time. I really enjoyed reading about his journey to winning the Tour. I had followed his progress closely through this time and it was a real eye-opener to read the background story.

The other chapters are equally thought-provoking and exciting. Clearly a lot of research went into finding out all of the details Fitzgerald has revealed in this book. As Fitzgerald also says, however, *“optimal mental fitness is an individual thing”* and *“some athletes get closer to their personal limits than others do”*. I can't say that reading this book has helped me master my mental skills and toughness when running and racing. It has, however, given me an insight into how others do, and that is something to reflect on.

I recommend this book, not necessarily to help ultra runners develop greater mental strength, but more for the engaging writing style and fascinating real life stories.



Ultramag Health Report

Visual Impairment in Ultra Runners

By Elizabeth Bennett
Editor, Ultramag

Introduction

Anecdotal evidence suggests that it is common for some ultra runners to experience visual disturbances during ultra marathon events. While there has not been extensive research into this phenomenon there has been some, and at least one recent questionnaire based study showed that vision problems developed in 2.1% of finishers and 3.6% of non-finishers in 161km ultra marathons.

The Study

The questionnaire based study was made available via a range of ultra running websites to ultra runners in the USA and Europe. The inclusion criterion was “anyone who confirmed having experienced ‘significant visual difficulties’ not including hallucinations during an ultra marathon”.

The survey collected basic demographic and background information as well as information about the number of ultra marathons completed, and the number and type of episodes of visual impairment experienced during an ultra marathon. There were also questions about participants’ medical and ophthalmological history.

Study Results

The survey was completed by 173 ultra marathon runners (61.3% men, 38.7% women) with a mean age of 46.2yrs. Most were experienced ultra runners who had

a low prevalence of diabetes, high blood pressure and heart disease compared to the control group.

The 173 survey respondents reported a total of 779 lifetime episodes of visual impairment associated with running an ultra marathon event. Detailed descriptions of 218 episodes were provided.

Respondents with a history of refractive surgery experienced more episodes of visual impairment associated with running an ultra marathon event compared to those without a history of refractive surgery (i.e., a median of 3.5 episodes compared 2 episodes).

The mean distance at which visual impairment commenced was 72.7km (+/- 40.1km). The most common race distance at which survey respondents reported visual impairment was 161km (46.8% of episodes). An additional 46.3% of episodes occurred in races between 42.2km – 160km. The remaining incidents occurred in timed events (2.8%), distances >161km (2.3%) and distances <42.2km (1.8%).

In 32.4% of the episodes, symptoms began after the runner had been at an altitude $\geq 2000\text{m}$ and 27.7% of runners reported “significant wind” being present just prior to the onset of their symptoms. However, neither high nor low temperature was associated with the onset of visual impairment with the temperature range extending from -21degC to 49degC (mean 12.9degC).

Symptoms

The visual impairment symptoms included:

- Cloudy or foggy vision (69.1%)
- Blurry vision (61.3%)
- Eye dryness (23.5%)
- Halos (21.2%)
- Eye pain (6%)
- Tunnel vision (1.8%)

Normal vision was reported to return by the end of the ultra marathon event in 13.5% of cases. In the remaining 86.5% of cases, resolution of symptoms was reported to have occurred within 1.5 – 12 hours. Within 24 hours 95.5% of cases had resolved and all had resolved within 48 hours.

Of the 218 episodes that were detailed, 29% of runners said that nothing helped to alleviate the symptoms. However, partial improvement was reported with hydrating eye drops or washing eyes with water (16.8%), oral hydration (9.2%), resting or stopping (8.1%), use of protective eyewear (2.3%), and the morning sun or warmer temperatures (2.3%).

Some Diagnoses

Of the 173 survey participants, 10 reported being examined by a medical professional while experiencing their visual impairment. Eight reported corneal oedema as the cause. Two without corneal oedema had damage

consistent with corneal damage from contact lenses. No other diagnoses were reported from the examinations that were undertaken.

Conclusions

Visual impairment associated with running an ultra marathon event occurs most often during races of 161km distance and frequently appears to be as a result of corneal oedema (although there may be other contributing factors

depending on the runner's ocular history).

Refractive surgery may predispose ultra runners to corneal oedema during ultra marathon events because of the relative thinness of the corneas post surgery.

Mostly, visual impairment associated with running an ultra marathon is self limiting with all study participants reporting a resolution of the condition within 24-48 hours post event.

Further Research

The contribution of environmental irritants, hydration and levels of exertion to the development of visual impairment need to be further investigated.

References:

Hoffman M, Fogard K. Factors related to successful completion of a 161km ultramarathon. *Int J Sports Physiol Perform.* 2011; 6:25-37.



Special Reports

Tarawera – A Ticket to the Western States?

By An Anonymous AURA Member*

What is the world's most prestigious ultra marathon? If you'd asked me that two years ago I'd have said the Two Bays 56 or the Maroondah Dam 50 or one of the other great Victorian ultras. That was until one lazy day I read Brendan Davies' article on "The allure of the Western States Endurance Run" that was published in the October 2014 issue of *Ultramag*.

I'd vaguely heard of the Western States but as an elite race with a small field it was not the sort of event a hack like me could ever do (it was hard enough getting a Two Bays qualifier) but Davies's article made me go off and read more about the race. Although his article encouraged people to enter and mentioned a lottery, I don't think that particular point registered with me. It wasn't until I read around the Western States website (<http://www.wser.org>), that I had a big old epiphany that went something along the lines of, "hang on, you mean all I have to do is run a qualifier in Rotorua each year, keep entering the Western States

lottery, and my chances DOUBLE each successive year I enter? And if I just keep belligerently doing that for 8 or 9 years (maybe less!) I'll eventually be able to line up in the world's oldest and most prestigious ultra marathon without actually having to get really good at ultra running? That would be a hoot!". I was sold and put myself on the wait list for the Tarawera 100km that evening.

I have now done Tarawera twice and am looking forward to having a second crack at the Western States lottery later this year. This time with two tickets, next year with four, then eight, 16, 32, 64 and so on... I'll also be buying a handful of tickets in the charity raffle they run twice each year for a few places.

Now some readers already know about this. I know you do as I've seen your names. They publish the names of the lottery entrants. Everything is transparent and, I reckon, very fair. There were 89 Australian based entrants in the last

lottery. Six were successful. But I think a whole lot more Australian and New Zealand ultra runners should be making Tarawera an annual thing and throwing their hat in the Western States ring. Get amongst it! Even if you don't feel ready for a 100 miler overseas, it is a way of increasing your chances for when you are ready. There is a low risk of actually getting in for the first few years, but if it comes sooner than expected, so be it.

I know that some of you are thinking, isn't Ultra Trail Australia in the Blue Mountains a qualifier too? Yes it is, so go for it as well. It is my backup qualifier if something goes wrong at Tarawera, but I'm a New Zealander, so I'm biased. Running from Rotorua to Kauwerau is awesome, so the process is worth doing for its own sake, even if I never get in to Western States. That is my secret plan.

***Editor's Note: The AURA member who wrote this article requested anonymity. *Ultramag* has respected that request.**



Volunteering Could Make You A Better Ultra Runner

By Elizabeth Bennett, Editor, Ultramag

I've been asked to write a column on the dire need AURA currently has for more members to assist with some volunteer tasks. Rather than writing a plea aimed at guilting people into taking on roles they really don't want to do, I'm taking a different approach to this issue – i.e., I'm going to tell you how volunteering could make you a better ultra runner – seriously.

Firstly, let's knock off the most common reason cited for not taking on volunteer roles – i.e., "I'm too busy". Isn't that also the most commonly cited reason people have for not undertaking any form of physical activity at all and which we ultra runners often scoff at?

Seriously, who isn't busy? And therefore isn't lack of time just a convenient default position? Really, show me someone who isn't busy. Or show me someone whose busy-ness is more important or valid than someone else's.

Secondly, rather than look at the negatives or inconveniences of volunteering, let's look at the benefits of volunteering.

A study just released by Volunteering Australia (April 2016) found that the main benefits of volunteering to volunteers included substantial personal improvements in:

- Patience
- Resilience
- Confidence

- Problem solving skills
- Resourcefulness
- Attention to detail
- Time management
- Independence
- Team work

Finally, have a look at the dot point list above and think about them in terms of ultra running. Couldn't everyone's ultra running be improved by improvements in patience, resilience, confidence, problem solving skills, resourcefulness, attention to detail, time management, independence and/or team work? I rest my case ☺.

So, let's turn the question around, why not volunteer for a role within AURA? Surely assisting the organisation and your own ultra running at the same time has the potential to have a win-win outcome.

For more information about the committee roles and specific tasks that AURA is currently seeking volunteers for, please contact the president, Rob Boyce – email: president@aura.asn.au

References:

<http://www.volunteeringaustralia.org/wp-content/uploads/State-of-Volunteering-in-Australia-full-report.pdf>



AURA Committee Reports

President's Report

By Robert Boyce

The AURA AGM was held on Friday 15 April 2016 at the Coburg Harriers Club.

The AURA Annual Report is now up on the AURA website: http://aura.asn.au/data/AnnualReportsAndPolicies/Annual_Report_2015.pdf

I encourage all members to read the annual report and to be actively involved in AURA.

Vice President's Report

By John Pearson

After two years in the role of AURA Vice President it is time for me to hand the reins over to someone else. I have thoroughly enjoyed my time in this role and now have much more in depth knowledge of what makes AURA tick than I did beforehand.

Organisations like AURA rely heavily on members volunteering their time to help with various roles. By the time this goes to print the AGM will have come and gone and hopefully the committee will be replenished with new volunteers who will bring with them fresh views and enthusiasm. If anyone has a little time to offer then please

get in touch with the President as there are many roles that don't require any specific skills and AURA needs more people to do a little bit each.

Now on to the running side of AURA. The first quarter of 2016 has flown by!

Unfortunately Mother Nature again took one of our long standing events from the calendar with the cancellation of the Cradle Mountain Ultra. This was done for safety reasons. Hopefully this great run will be back on the calendar in early 2017.

We have also just had the very

successful CBR48HR events in Canberra. The passion and attentiveness of race director, Billy Pearce, and his team made this a world class event on debut, and one which I am sure many will want to put on their to do list in the future.

Well that brings to an end my last report wearing the VP hat. This role was never really something I aspired to do. However after taking on the role, it has been an enjoyable and rewarding experience. Thank you to all AURA members for your ongoing support of the association and best of luck to the new incoming VP.



State and Territory Reports

ACT Report

By Elizabeth Bennett

Several articles in this issue of Ultramag have covered the successful running of the inaugural CBR 6/12/24/48 (and 100km) in Canberra on the weekend of 18-20 March. While much of the emphasis of those reports has been on the 48 Hour event, there were also some stand-out performances in the other events as well and so I encourage readers to take the time to look at all the results.

Following the CBR 6/12/24/48 in March, the ACT hosted the 50km Road Championships as part of the Canberra Running Festival in April. As an IAU bronze label event, this 50km ultra is a selection race for the IAU 50km championships.

The next AURA ultra on the ACT ultra running calendar is the Sri Chinmoy 103km trail ultra which will be held on 25 September 2016. For information about this event and/or to enter visit:

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

Queensland Report

By Susannah Harvey-Jamieson

It has been another fantastic couple of months of running up in beautiful sunny Queensland. Run Queensland recently had their Wildhorse Criterion with as many different distance choices as there were Easter eggs as there were finisher's trophies! Congratulations to all those who ran and to Run Queensland for continuing their reputation for seamless event management. Keep an eye out

for their events later in the year. TRAQ are also on their game with their trail events providing runners with great opportunities to run in the most picturesque regions of Queensland.

Our sport has been attracting a lot of attention recently with ABC local radio doing a feature on ultra marathons. This is being followed up with an article to be published in the Courier Mail featuring Jodie Osborne. It is so good to see our sport being recognised in mainstream media – more publicity means more participation!

Finally, I would like to congratulate my state representative partner, Mallani Moloney, and her husband, Nic, on the birth of their baby boy on 17 April - 3.55kg of running potential!

South Australia Report

By Paul Rogers

Congratulations to all the runners in the recent 48 Hour and 24 Hour National Championships with a special mention of South

Australia's own Barry McBride on finishing 3rd in Canberra - a great result on the back of receiving the Cliff Young Award for best distance result for an over 60 year old at the annual AURA awards.

As the South Australia race season starts to wind up in May we see the inaugural Yumigo Hubert 80 and 55km event in the Flinders Ranges on 1 May. This will be followed by the Yumigo 24 hour running festival on 9-10 July.



AURA 48 Hour National Championships Report

By John Pearson

This year's 48 Hour National Championships were held at the AIS facility in Canberra. What is believed to be the largest 48 Hour field ever in Australia assembled on the start line in pouring rain, ready to test themselves against the clock and the elements.

The quality of the field was evident from the start, with numerous runners heading out at a pace that would set the foundation for some world class performances.

Fortunately the heavy rain and winds that plagued the early part of the race gradually subsided and by evening on the first day runners were left with ideal running conditions.

As night fell on night one, Sabina Hamaty had a narrow lead over Nikki Wynd with Karen Chan, Annabel Hepworth and Jade Crim also moving smoothly. In the men's race a frantic pace was being set out front by Matt Eckford and Mick Thwaites who had pulled clear of Barry McBride. Trevor Allan was also moving nicely at this stage as was Keith Sullivan and George Mihalekellis.

As the sun greeted the runners on Saturday morning (18hrs) the lead positions were still virtually the same. The only noticeable difference was that both Sabina and Nikki, and Matt and Mick had stretched the gap on their respective chasing packs.

The venue proved to be a real winner for runners and crews with everything on hand for top class performances. As the sun shone down on the Saturday afternoon, the trackside ice machines got a good work out and the icy poles supplied by the race organisers brought a smile to the faces of the competitors.

By sunset on Saturday (31hrs) Mick had hit the lead as Matt succumbed to injury problems. Barry McBride had moved into second spot running a controlled race, whilst Trevor Allen was pacing things out nicely as he slipped into third spot. Nikki also paced things superbly during the first day and was poised to take over the lead from Sabina, with Jade and Karen still vying for the third place.

The night time temperatures dropped to around 5 deg C, with less 48 hour runners on the track on the second night as some took strategic naps while others battled niggles that had presented after 36 hours of running.

It was becoming evident that there would be some world class totals in both the men's and women's races which kept the level of anticipation and excitement high. This, along with the unfolding of the other events - i.e., the 12 and 24 hour races - meant there was plenty of entertainment for the crews and spectators.

The sign of the sun rising on Sunday morning meant there was only five hours to go. Nikki was still relentlessly charging towards victory in what would turn out to be an Australian women's record. Karen had caught up to Sabina who had to pull out overnight. Mick was dominating the men's event, still moving strongly and closing in on 400km. A patient run by Trevor Allen saw him move up into second place while an injured Barry McBride was still bravely out on the track racking up a few more laps as he looked to hold on to third place.

The energy of the runners in the last ten minutes always amazes as the final rush of adrenaline produces a last big push for a few more metres.

The final hooter brought the event to a close. The relief was obvious and emotions flowed as so many runners reflected on what they had just achieved.

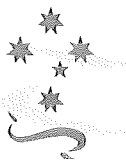
Nikki set a new Australian 48 hour record, surpassing the old mark by 10km.

Mick became only the fourth man in Australia to pass the mammoth 400km mark.

These and many other PB performances were a great reward for race director, Billy Pearce, who provided a world class event from start to finish. This maiden Canberra track race was indeed a winner.

AURA 48 Hour National Championships Final Placings

48HR – MENS			48HR – WOMENS		
1.	Mick Thwaites	413.059	1.	Nikki Wynd	343.044
2.	Trevor Allen	322.740	2.	Karen Chan	253.058
3.	Barry McBride	280.012	3.	Sabina Hamaty	232.000
*Torill Fonn (SWE) was 2nd outright with 305.124 but is not an AUS citizen					



International News:

By Nadeem Khan

IAU Director of Communications

2015 was a noteworthy year not only for the current Australian ultra running team, inclusive of managers, athletes and support staff, but also for all those who have worked long and hard over the last decades to build the foundation for such a strong organisation. Patience and hard work does pay off and this was quite evident all through the season.

From the first event of the international calendar, the 24 Hour World Championships in Turin, it was evident that the Australians were there to compete toe to toe and shoulder to shoulder with the rest of the ultra running giants in the world. When the dust settled after the last event on the calendar in Doha, Australia had catapulted to being a perennial competitive ultra running team.

The Australian Ultra Running Association (AURA) is a remarkable example of what can be done with forward planning and having solid goals in place for where one wants to be in a set number of years. Robert Boyce and his group of dedicated members have brought together the talent across the nation into one team of committed and dedicated individuals set towards progressing and elevating the sport. In the process AURA has built a strong

competitive team working to bring the ever elusive championship medals back to the nation. It was unmistakable that last year was a spotlight year for the Australian ultra running team.

The IAU has now set the calendar for the 2016 world championships. The IAU Trail World Championships in Geres, Portugal kicks off the season on 29 October followed by the IAU 50km World Championships in Doha, Qatar on 11 Nov, and the IAU 100km World Championships in Los Alcazares, Spain. (At the time of writing this article the date for the 100km was still to be confirmed.) There is also the IAU 24 Hour European Championships the week prior to the Trail Championships in Albi, France (22-23 Oct).

As an outsider, it has been a true pleasure to witness the growth and development of ultra running in Australia over the last decade. The success of any program is intricately tied to four major components: (a) strong leadership in the national ultra running organisation, (b) grass roots development, (c) training programs through support and camaraderie, and (d) vision to look beyond.

AURA has been instrumental in providing strong leadership to the



ultra running community. AURA has instituted a system that can be used as a model for developing the sport in different countries. An ultra running forum to allow athletes and coaches to exchange ideas while advancing the sport is the ideal way to enhance performances.

The Australian running community has always been at the forefront of grass roots development. It was something that was initiated prior to the Sydney Olympics and has been a cornerstone in the sporting community ever since. Getting IAU labels for ultra races places

athletes in the international ranking system and it is an excellent way of developing up and coming talent while keeping the veterans elite as well.

When elite athletes take time to train other athletes and encourage them to strive for national team selection, it leads to success and camaraderie among team members. The Australian national team has runners who actually run and train together, and this does

bring a family atmosphere to the national team.

Last but not least is to not be content with the current success but to aim higher. I know that "Team Australia" will be looking at the next big challenge around the corner and training hard to overcome it with outstanding success.

The Australian ultra running community has captured all of these components wonderfully into

a package and the development over the last few years is clear evidence of that growth.

The 2015 season is now in the history books and the 2016 season is upon us. The calendar is set and preparations have begun. Now it is time to get that training planned and goals sorted. If the last few years are any indication I will not be surprised to see "Team Australia" on the podium a few times this year.

AURA EVENTS CALENDAR

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

JULY 2016

Saturday 2 July 2016

Feral Pig Ultra

50km & 50miler

Perth, Western Australia

Contact: Shaun Kaesler 0412 054 427

Email: shaun@ultraseriewa.com.au

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

Friday 8 July - Sunday 10 July 2016

Three Marathons in Three Days

3 stage race totalling 126.6km

Kuranda, QLD

Contact: Lorraine & Larry Lawson 0417 798 444

Email: info@3marathonsin3days.com

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

Saturday 9 July - Sunday 10 July 2016

Adelaide 6/12/24 hour

6-12-24 hour (measured road loop)

Adelaide, SA

Contact: Ben Hockings

Email: ben@yumigo.com.au

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

Sunday 31 July 2016

River Run 100

100km / 50km

Brisbane, QLD

Contact: Denny Neave 0407 615 490

Email: denny@riverrun100.com.au

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

AUGUST 2016

Saturday 13 August 2016

Berry Long Run

70km

Bacchus Marsh, Vic

Contact: Joe Lewis 0432 753 551

Email: joelewis76@gmail.com

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

Saturday 13 August 2016

Track Ultra WA

3, 6, 12 and 24hr

Bunbury, WA

Contact: Ron McGlinn 0439 496 765

Email: ronin99@hotmail.com

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

Sunday 14 August 2016

Kuranda to Port Douglas Ultra

64km trail (& shorter options)

Kuranda, QLD

Contact: David Elms & Larry Lawson 0417 798 444

Email: info@dynamicrunning.com.au

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

SEPTEMBER 2016

Saturday 3 September 2016

Surfcoast Century

100km trail

Anglesea, NSW

Contact: John Jacoby 0408 035 261

Email: john@rapidascent.com.au

David Elms & Larry Lawson 0417 798 444

Email: info@dynamicrunning.com.au

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

Saturday 10 September 2016

Great North Walk

100mile, 100km trail

Sydney, NSW

Contact: Dave Byrnes 0428 880 784

Email: dave@davebyrnes.com.au

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

Saturday 24 to Sunday 25 September 2016

Waterous Trail on Foot

100mile, 50mile trail

Dwellingup, WA

Contact: Dave Kennedy 0433 333 206

Email: davidk1998@hotmail.com

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

Sunday 25 September 2016

Sri Chinmoy Canberra 103km

103km trail

Canberra, ACT

Contact: Prachar Stegemann 0404 071 327

Email: prachar@srichinmoyraces.org

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

Sunday 25 September 2016

Yurrebilla Trail

56km trail

Adelaide, SA

Contact: SAARC Office (08) 8363 7377

Email: office@sarrc.asn.au

Website: <http://www.y56k.com.au/>



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:

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