

# ULTRA MAG

ULTRA RUNNERS

## Inside this issue

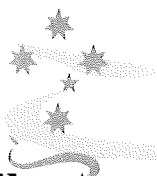
- ▶ **Feature Article:**  
**Do Ultra Runners Get More Injured Than Other Runners?**
- ▶ **Ultra Health Report** ▶ **Book review** ▶ **Race reports**
- ▶ **Upcoming events and more**



## **Maroondah Dam Trail Run**







# Ultramag

## The Australian Ultra Runners' Association Quarterly Magazine September 2016

### CONTENTS

|   |       |
|---|-------|
| <b>AURA Contacts</b> .....  | 2     |
| <b>Editor's Introduction</b> .....  | 3     |
| <b>Feature Article: Do Ultra Runners Get More Injured Than Other Runners?</b> ..... | 4-5   |
| <b>Race Reports</b>   |       |
| Maroondah Dam 50km .....  | 6-7   |
| Ultra Trail Australia 100km .....   | 7-8   |
| Wilsons Prom 100km.....   | 9-10  |
| Goldcoast 100km .....   | 10-12 |
| Sri Chinmoy 24 Hour.....  | 12-13 |
| Sri Chinmoy 12 Hour.....  | 14    |
| Princes Park 12 Hour .....  | 15    |
| Adelaide 24 Hour.....   | 16-17 |
| <b>International Race Report</b>  |       |
| Comrades .....  | 18-19 |
| <b>Race Results</b> .....   | 20-33 |
| <b>Special Guest Q&amp;A</b> .....  | 34-36 |
| <b>Guest Interview</b> .....  | 37-38 |
| <b>Book Review</b> .....  | 39    |
| <b>Ultra Health Report</b> .....  | 40-41 |
| <b>Special Reports</b>  |       |
| Guinness Book of Records - 12 Hour Treadmill Run.....                               | 42-43 |
| <b>AURA Reports</b>   |       |
| AURA Committee Reports .....  | 44    |
| AURA State/Territory Reports .....  | 45-46 |
| <b>IAU Report</b> .....   | 47    |
| <b>AURA Calendar of Events</b> .....  | 48-50 |

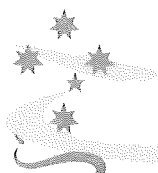
### *Cover Photos*

*Front: Brendan Davies – Comrades*

*Inside Front: Mark Sawa - Maroondah Dam Trail Run 2016*

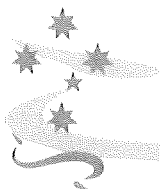
*Outside Back: You Yangs (top)*

*Princes Park Presentation (bottom)*



# AURA Contacts

| POSITION  | PERSON                   | EMAIL                        | PHONE        |
|---|--------------------------|------------------------------|--------------|
| <b>Officers of the Committee</b>                      |                          |                              |              |
| President   | Robert Boyce             | president@aura.asn.au        | 0417 557 902 |
| Vice President  | Rob Donkersloot          | vp@aura.asn.au               | 0413 499 469 |
| Treasurer   | Cheryl Symons            | treasurer@aura.asn.au        | 0408 700 584 |
| Secretary   | Brendan Davies           | secretary@aura.asn.au        | 0422 233 463 |
| <b>Ordinary Members of the Committee (State Reps)</b> |                          |                              |              |
| <b>ACT</b>  |                          |                              |              |
| ACT State Rep   | Elizabeth Bennett        | actstaterep1@aura.asn.au     | 0419 635 921 |
| ACT State Rep   | Martin Fryer             | actstaterep2@aura.asn.au     | 0404 382 824 |
| <b>NSW</b>  |                          |                              |              |
| NSW State Rep   | Andrew Heyden            | nswstaterep2@aura.asn.au     | 0402 727 419 |
| <b>QLD</b>  |                          |                              |              |
| QLD State Rep   | Susannah Harvey-Jamieson | qldstaterep1@aura.asn.au     | 0409 891 949 |
| QLD State Rep   | Mallani Moloney          | qldstaterep2@aura.asn.au     | 0415 524 399 |
| <b>SA</b>   |                          |                              |              |
| SA State Rep  | Paul Rogers              | sastaterep1@aura.asn.au      | 0421 042 201 |
| <b>VIC</b>  |                          |                              |              |
| State Rep   | Jon Lim                  | vicstaterep2@aura.asn.au     | 0432 687 745 |
| <b>WA</b>   |                          |                              |              |
| WA State Rep  | Fee Salmons              | wastaterep1@aura.asn.au      | 0457 770 333 |
| WA State Rep  | Dave Kennedy             | wastaterep2@aura.asn.au      | 0433 333 206 |
| <b>Sub Committee Members</b>                          |                          |                              |              |
| Race Results  | Billy Pearce             | results@aura.asn.au          | 0401 475 942 |
| UltraMag Coordinator (including advertising)          | Elizabeth Bennett        | ultramag@aura.asn.au         | 0419 635 921 |
| UltraMag Results coordinator                          | Alexis Oosterhoff        | magresults@aura.asn.au       | 0477 381 010 |
| Webmaster   | Jeff Gray                | webmaster@aura.asn.au        | 0419 968 797 |
| Facebook & email news                                 | Rob Donkersloot          | Facebook@aura.asn.au         | 0457 149 169 |
| Apparel   | Matthew Bell             | apparel@aura.asn.au          | 0409 112 810 |
| Media Relations                                       | Elizabeth Bennett        | media@aura.asn.au            | 0419 635 921 |
| Event Compliance (incl. IAU/Insurance)                | Kerrie Bremner           | compliance@aura.asn.au       | 0419 021 265 |
| Event Advertising (internet-based)                    | Isobel Ross              | eventadvertising@aura.asn.au | 0402 744 967 |
| Billings  | Robert Boyce             | billings@aura.asn.au         | 0417 557 902 |
| Records, Rankings, & Points Competition               | Jodie Osborne            | records@aura.asn.au          | 0431 368 632 |
| Chairman of National Team Selection                   | Robert Boyce             | president@aura.asn.au        | 0417 557 902 |
| Memberships   | Michael Bedward          | memberships@aura.asn.au      | 0419 296 177 |
| History   | Joe Lewis                | history@aura.asn.au          | 0417 980 424 |



# Editor's Introduction

September 2016

By Elizabeth Bennett

Editor, Ultramag

Welcome to the September issue of Ultramag. This issue includes several unique articles as well as our regular features.

As most ultra runners would be aware, the Sri Chinmoy Marathon Team organises some of the best ultra running events in Australia, and the guest interview in this issue of Ultramag is with Prachar Stegemann, race director of the Sri Chinmoy Marathon Team. I think readers will find this interview fascinating, calming and uplifting.

As an entré into the guest interview with Prachar I have included a Q & A with Sri Chinmoy himself prior to his death in 2007. The questions are all about running and were put to Sri Chinmoy by a range of elite athletes over several years. I think readers will find this article intriguing and will be struck with the enduring relevance of both the questions and the answers.

Combined, the Q & A with Sri Chinmoy and the guest interview with Prachar tell us much about the running ethos of Sri Chinmoy.

The feature article in this issue of Ultramag is about whether or not ultra runners get more injured than other runners, and the health report is about whether or not compression garments really do improve performance and/or recovery.

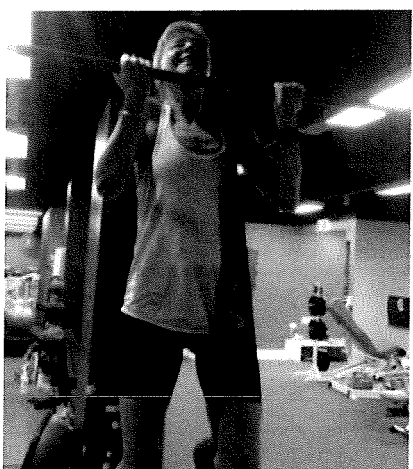
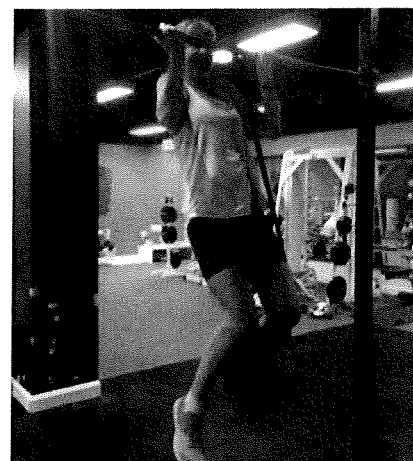
While some trends are indicated by the research that has been done into these questions to date, there is clearly great scope for more study and for individual ultra runners to do their own trial and error "research".

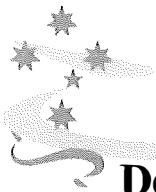
Finally, the special report in this issue of Ultramag is about Bernadette Benson's recent Guinness Book of Records 12-hour treadmill run and the international race report is about Brendan Davies' recent impressive run at Comrades.

All in all, I think readers will find that there is much of interest in this issue of Ultramag.

Lastly, an explanation of my editor's pics. I have done virtually no running since July when I fractured my fibula right through and annihilated all the ligaments in my ankle when running down a mountain (as you do – or as I do ☹). I had surgery post injury and had four bolts and multiple kevlar bands permanently implanted in my ankle and the fractured fibula stabilised. Since then, all my training has been upper body and core training. I have only just started aggressive physio and gait re-training as a prelude to power walking and hopefully a return to running by the summer time.

As all ultra runners would appreciate, being injured is a grief stricken experience. However, I've tried to make the most of it by retaining my aerobic fitness via other means and by building on my strength. Setting myself goals like conquering chin-ups has certainly helped ☺.





# Feature Article

## Do Ultra Runners Get More Injured Than Other Runners?

By Elizabeth Bennett

Editor, Ultramag

One may think that ultra runners are more likely to get more injured than other runners because they run greater distances both in training and racing. On the other hand, however, one may think that ultra runners may get less injured than other runners because they are often “seasoned” runners and often do less speed training than other runners. So, which of these is actually the case? A recent literature review investigated this question.

### The Study

The study involved a literature search of relevant studies up to and including February 2014. The inclusion criteria for the studies were:

- The studies were prospective cohort studies, retrospective cohort studies, cross-sectional cohort studies or randomised controlled trials.

- The subjects were injured runners.
- Injury proportions were reported – i.e. proportion or prevalence.
- The subjects belonged to one or more homogeneous population(s) of runners and injury proportions were presented for the different populations of runners separately.
- Running was the main sport/activity of the subjects – i.e. they were not triathletes or military recruits or similar.

A total of 3320 study titles and abstracts were examined. From that, 217 potentially relevant articles were evaluated and 143 excluded, leaving 74 studies. An additional 12 studies were later added to the review, culminating in 86 studies being included.

### Study Characteristics

| Number of Studies | Runner Injury Population                               |
|-------------------|--|
| 14                | Multiple runner populations                            |
| 11                | Track runners  |
| 9                 | Middle distance runners                                |
| 6                 | Long distance track runners                            |
| 21                | Cross country runners                                  |
| 14                | Long distance runners                                  |
| Number of Studies | Runner Injury Population – Marathon/Ultra Marathon     |
| 23                | Marathon runners                                       |
| 7                 | Ultra marathon runners                                 |
| Number of Studies | Type of Study  |
| 51                | Prospective cohort studies (including 7 retrospective) |
| 24                | Retrospective cohort studies                           |
| 5                 | Cross sectional studies (including 2 retrospective)    |
| 6                 | Randomised controlled trials                           |

## Results

The pooled results of 22 studies showed that:

- The proportion of medical attention injuries during an event was highest in ultra marathon runners (65.6%) and lowest in road runners (10.9%).
- The proportion of medical attention encounters reported during marathons was 7.8%.
- The injury proportions of elite track runners varied from 15.6% in long distance track runners to 12.8% in middle distance runners to 7.2% in sprinters.

The pooled results of five studies showed that:

- The proportion of runners in short road races who reported a time loss injury mid event was 28.4% compared to 20.6% of marathon runners.
- The proportion of long distance road runners and marathoners who reported a time loss injury mid any event was identical at 13%.

The pooled results of 15 studies during a short follow up/recall period showed that the injury proportion was highest among marathon runners (64.7%) and lowest in cross country runners (9.7%).

The pooled results of 19 studies during a one year follow up/recall period showed that the injury proportion was highest in middle distance track runners (63.9%) and sprinters (63.8%) and lowest in cross country runners (3.2%). No data was available on long distance track runners.

One study reported that the time loss injury proportion of novice runners after one year was 27.3%.

Another study reported that the time loss injury proportion of recreational runners after one year was 55%.

The pooled results of other studies after one year reported that the injury proportion of long distance road

runners was 31.7% and marathon runners was 52%.

One study of ultra marathon runners reported a one-year time loss injury proportion of 64.6%.

The number of injuries sustained in the hip/pelvis region was similar for all populations of runners with proportions ranging from 5.7% in cross country runners to 10.8% in sprinters.

Injuries to the upper leg were small for most runners (5.5-9%) except for sprinters (32.9%). Conversely, sprinters had the lowest proportion of injuries to the knee (1.3%) compared to other runners – cross country runners (22.5%), marathon runners (29.9%), novice runners (30.6%).

Ankle injuries were not reported in sprinters but ranged from 7.8% - 16.2% in other runners. The highest proportion of ankle injuries (16.2%) was reported in cross country runners. Foot injuries more generally however, were proportionately reported as 8.1% in cross country runners and 13.1% in marathon runners.

## Conclusion

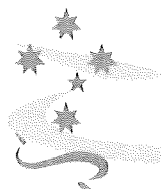
The general conclusion from this literature review is that running distance and injury risk follows a U shape pattern in which short distance track runners and ultra marathon runners have the highest risk of injury. However, one limitation of the review was that most of the studies only reported injury proportions over a certain period of time. A better way to evaluate injury risk would be to relate injury risk to time spent running – for example, to express the number of injuries as a density per 1000 hours of running.

## What This Means for Ultra Runners

This literature review highlights that ultra runners may be more prone to injury than other runners. It also suggests that the majority of those injuries may be in the knee, foot and lower leg generally, as is the case for marathon runners. Knowing this highlights the importance of injury prevention strategies with a particular focus on these areas – e.g., strength and conditioning exercises in those areas as well as appropriate rest, recovery and remedial treatment.

### Reference

*Kluitenberg B, van Middelkoop M, Diercks R, van der Warp H, What are the Differences in Injury Proportions Between Different Populations of Runners? A Systematic Review and Meta-Analysis. Sports Med (2015) 45: 1143-1161.*



# Race Reports

## Maroondah Dam 50km

24 April 2016

By Mark Sawa

The 2016 edition of the Maroondah Dam trail run saw this event come of age and turn 21. Like most 21 year olds who want to make changes to their lives, Maroondah Darn was no different. The main changes were the timing of the event, the course and the distances on offer.

This event is traditionally held in mid-March, but it was pushed back six weeks. The bonus of this was that it fell on the day before ANZAC Day, which meant that most runners had a day off to recover before hobbling back into work.

The course change was the most significant difference. Instead of catching the shuttle bus to the start line for the point-to-point course as in previous years, the new out-and-back course started

and finished at Henderson's picnic ground. This made it a lot easier logistically for the event organisers, runners and supporters. However, those in the know thought this was a tougher course as it included an additional 350m of elevation for the 50km runners and a 20km loop in the middle which was quite technical.

This event traditionally has 50km and 30km options. This year there was also a 10km fun run, and both a half and full marathon as well.

Changes aside, this event still had that iconic Trailsplus vibe – great atmosphere, unparalleled support from the awesome team of volunteers led by race director, Brett Saxon, and scenic views. Despite fears that the timing of the event would bring

some of Melbourne's inclement weather, runners were greeted with a perfect autumn day for running.

The 50km and 42km events started at 8am, with 36 runners tackling the ultra distance and 13 runners in the marathon.

From the start it was up and across the dam wall. The sun was shining across it already and the view, as always, was stunning. A single track section just 1km into the race helped to spread the field out pretty quickly. Those who were proficient at technical trail running skipped on ahead, while the rest of the field settled into a steady pace that they could sustain for the next few hours.

Popping back out onto the main trail after 2km of single track,





the trail led onto Donnelly's Weir Road, through a creek crossing, and then on to undulating fire trail. This 7.5km section had an elevation gain of 500m before runners stepped off the road and onto the biggest climb. This climb saw runners gaining 400m in just 2km until they reached the peak of Mt St Leonard. The 15km aid station was a welcome sight with a smorgasbord of sugary and salty goodness.

The mid-week rain had made the next 20km section (the new "top" section) a bit damp and soft underfoot, but runners were still able to get a sure footing with decent trail shoes. I soaked up the sights and sounds of the forest, and the trail seemed to fly by under my feet.

The Tanglefoot car park aid station was the turnaround point, and it was great to cross paths with quite a few runners on the

way back. Words of encouragement were exchanged and everyone looked like they were having a ball!

The Tanglefoot single track loop was quite technical but fun. Unfortunately, a few runners misread the signs for the 3km loop, which meant that they only completed 47km. This highlighted the importance of studying course maps, listening to pre-race briefings, and taking extra time to read the signs. It's all part and parcel of trail running, and you learn these lessons early on in your trail running days.

Once the top section was completed, it was time to bomb back down off the peak (rocky and slippery but so much fun!) and then head all the way back down. Hearing the sounds from the finish line, I found an extra gear for the last 500m back

across the dam wall and down the steps.

I crossed the finish line to cheers from all the runners who had finished, their supporters and the volunteers. I joined in the atmosphere for a couple of hours, cheering in each runner and sharing tales of the trails.

Congrats to all runners who achieved their goals, and well done to all the place getters. An extra shout out to Kelvin Marshall from Queensland who has run the 50km event all 21 times at Maroondah Dam!

For me personally, I was happy to finish my 3rd Trailsplus Maroondah Dam 50km in 5:39:16, a 16-minute improvement on last year's time. It was my first ever trail event in 2014 and I will keep coming back every year.

## **Ultra Trail Australia 100km**

### **14-15 May 2016**

### **By Ben Duffus**

Wanting to improve on my previous 5th place, I made sure to tuck myself into the top 10 during the 4km "road warm-up" that kicks off Ultra Trail Australia (UTA). On the following descent of Furber steps I let them pull away though, as I never mind giving up a minute or two going down the stairs as it leaves me much fresher legs for later.

I came into the 11km checkpoint in 10th place although Yun YanQiao came flying past just as I was leaving the checkpoint. For most of the relatively flat stretch along Narrow Neck, I slowly reeled in runners in front

of me. By the time I reached the Dunphy's Camp checkpoint (31km), I could see three runners close in front of me.

The Ironpot Ridge section is always a highlight of this course. The distinct sound of didgeridoos permeates through the bush, creating a uniquely Australian atmosphere. Not long after this comes checkpoint 3 (44.6km), which is another (of many) highlights of this race. For about a kilometre before the checkpoint I could hear the excitement of the gathered crowds, however I wouldn't stay at the checkpoint for long, speeding through the mandatory

gear check and briefly swapping gear with my crew (thanks Dad!).

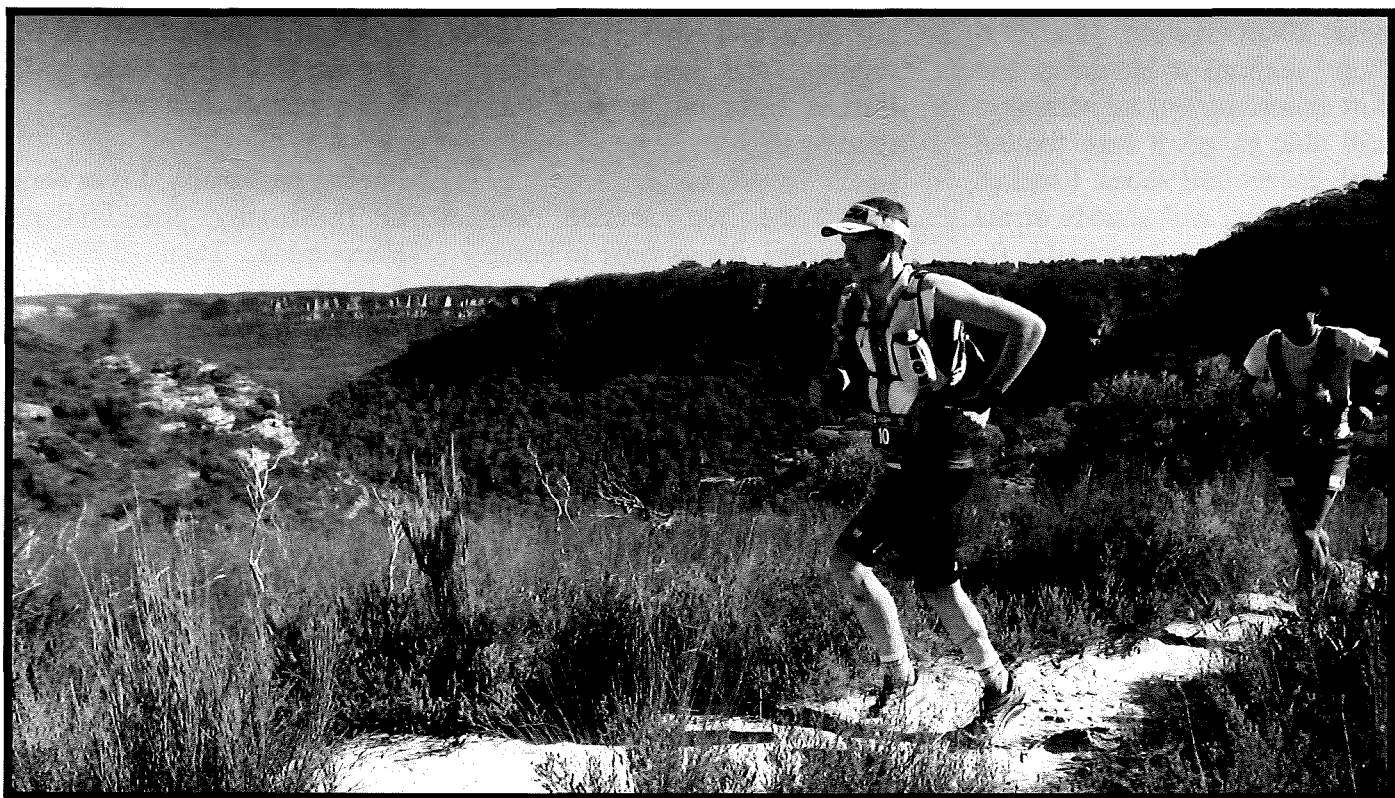
Somehow Nellies Glen always manages to serve as a pick-me-up after the flatter running along the valley floor and I gained a few more places here. Overtaking Andrius Ramonas through the Aquatic Centre checkpoint (55km), I set my sights on chasing Yun, who I could now see just up ahead. With Andrius hot on my heels, we set off in pursuit through Katoomba and along the Cliff Top Walk, where I would catch both Yun and Scotty Hawker. However, both Scotty and Yun

caught up with me while I took my time descending the Giant Stairway.

As soon as we hit the bottom, I picked up the pace through Leura forest, but once back up onto the Cliff Top Walk, Yun caught me and the struggle started to set in. This was exactly the sort of moment I'd been mentally preparing myself for. With 65km down and 35km to go, Yun and I were both hurting,

Relief spread through me when I finally reached Jamison Creek and could begin the climb to the finish, having been passed again by Yun on the way down Kedumba Pass. There was no point conserving myself. I would be giving everything I had left for the next 13km. By the time I reached the 91km water stop I was getting reports that Yun was already 5 minutes ahead of me. The extremely helpful aid station volunteers

to pass. From then on there was no relenting. I assume the atmosphere along the finish chute was amazing (as it always is), but I was unaware as I was solely focused on each stride being as fast as I could make it. I collapsed across the finish line in a series of all over spasms and cramps, nearly 20 minutes after Pau (who had an amazing run all day). Two and half minutes later Yun finished, also completely spent.



both pushing, neither wanting to be the first to slow. Alas, after several (stair filled) kilometres of this, I could feel that I was on the wrong side my "red line" and let Yun pull away.

On the run into the Queen Victoria Hospital (78km) I passed many UTA 50km runners, who were all cheering and giving updates on Yun and Pau Capell (who was now in the lead). The atmosphere at the checkpoint was so amazing that I was completely unaware of overtaking Yun as I ran through!

refilled my bottles in a flash, and I set off on the final uphill slog.

After the Sewage Works (95km) cramps started to pierce both my calves, yet at the base of the Furber steps I received reports Yun was only 75 seconds ahead! Any sort of sprint finish was out of the question as I could no longer run properly (due to cramps), so I had nothing to lose by throwing everything at these final thousand stairs.

I was lucky to catch Yun and move into second place at a point on the stairs wide enough

This was the fourth time I'd run this event and it certainly won't be my last. It's not just the beauty of the course that keeps bringing me back, but also the incredible people. From the volunteers and race organisers, to the spectators, to the other competitors, to the crews giving up their days to support friends, family or even strangers, each and every person adds their little bit to the incredible atmosphere that always makes UTA a day to remember.



# Wilsons Prom 100km

## 4 June 2016

### By David Overend

After breaking the 80km record in this race in 2015 I prepared to have a shot at the 60km record, but with heavy rain and storms forecast I suspected times would be slower and so I upgraded to the headline 100km event instead.

After a full day of work and a late night drive to Wilson's Prom I had an overnight sleep in my car as the heavy rain, blustery winds and dropping branches woke me multiple times.

Dressing quickly and preparing my feet for ~1 hrs immersed in water, I jogged over to the pre-race gear check tent where we all huddled together to avoid the rain for as long as possible.

In the darkness amidst the wind and rain we started, forming a single file of headlamps weaving through the bush track, initially jumping puddles before inevitably resigning ourselves to getting very wet.

With my headlamp malfunctioning I was thankful to strike up a conversation with Dan Nunan who had the trail lit up well enough that I could follow his path along the track to Mt Bishop. Following the descent, I took off in the lead briefly seeing fellow 100km participants on the out and back to Pillar Point, returning back to Tidal River inside 2hrs (20kms) and switching bladders before taking off on the long incline to Mt Oberon.

The section out to Sealer's Cove is beautiful and a lot of fun on the muddy single tracks, and I made good progress interspersed with short conversations with the competitors in the shorter events.

Once I hit the path towards Refuge Cove, Dan Nunan caught me and we ran together continuing our conversation from earlier, switching the lead up and down the spectacular coastline tracks, beach sections and inlet crossings.

By Waterloo Bay Dan had taken the lead and I focused on trying to run within myself, loading up on nutrition and hydration until the race truly began at 60km. Along the boardwalk sections and into the commando manned checkpoint at Telegraph Track Junction at ~50km I was hurting more than I should have but was given the boost I needed with Andy 'Snakeman' Turner handing me a few jelly snakes.

On the incline heading south, and after a brief exchange of encouragement with last year's 100km winner, Rob Zwierlein, the skies opened up and the temperature dropped. This signified the start of a tough run through many kilometres of puddles, passing through Roaring Meg, and then the technical out and back section (~7kms total) to South Point.

I pushed hard here, knowing that it was the last opportunity to see other 100km competitors until the finish. Amazingly I hit South Point and hadn't come across

Dan. He came running towards me halfway back to Roaring Meg with Chris Roberts and Dan Beard saying that he'd unfortunately taken a wrong turn.

I love the section to the lighthouse and lengthened my stride, enjoying the stormy conditions and solitude as I used the last of my hydration and prepared for the refill at the southernmost water tap on the Australian mainland. I touched the lighthouse door and said hello to a friendly wombat eating grass before starting the run north along a very muddy single track.

Initially running carefully on the uneven surface, I reached the peak of Boulder Range (~75kms) and knew I had to go, dropping the hammer as another storm front hit making rivers of the tracks and step sections treacherous as I bounced along the prominent rocks.

Batting away rain laden branches covering the track I almost jumped into George Mihalakellis rounding a corner in the opposite direction and, after a short hello, I made it down to the long beach section at Waterloo Bay.

Back along the boardwalk to Telegraph Track Junction I tried to push a solid pace and prepared for the checkpoint with a salted caramel gel knowing that I would have less than 15km to the finish from there. At the checkpoint I was greeted by a group huddling under a tarp, one

lovely lady generously offering crisps, lollies and water (thank you!).

Pushing on to Oberon Bay I kept myself focused by monitoring my pace on my watch, estimating my likely finish time and singing songs (internally) with heavy guitar riffs. Crossing

the beach sections and scrambling up and down the cliff sections I really enjoyed the last hour of running, feeling strong and satisfied with the way I had battled through the elements throughout the day.

As the last of the daylight faded I ran along the Norman Bay

beach and through the car park, crossing the finish line to the cheers of very dedicated volunteers in the pouring rain in just over 11hrs. This is one spectacular run in an amazing part of Australia and should be on everyone's to do list.

## **Goldcoast 100km 11 June 2016 By Marita Eisler**



June 11 marked the end of an era for Australia's oldest measured 100km road race. This year's race was promoted as the "last one on the beach" as it was to be the last time the race was run along the spectacular Gold Coast waterfront. From next year the race will be at the Runaway Bay Sports Centre where it was held from 2003-2006. Race founder, Ian Cornelius, has said that the Runaway Bay Course is about 10 minutes faster than the current one so we can look forward to some great times next year.

*The Start of the Gold Coast 100  
(Photo courtesy of SOK Images)*

The Gold Coast 100 was established as a host race for the AURA and Athletics Australia 100km National Titles and I think there has only been one year since 2003 when it hasn't hosted the championships. This year's 100km race was won by Francesco Ciancio in a new race record of 7.30.20. It was also the sixth time I had run the 100km here and I won the women's race for the 5th consecutive year in a time of 8.10.17.

My first experience of the Gold Coast 100 races was the 50km race back in 2010 which got me so hooked that I've come back each year since. This seems to be a common occurrence with this race. There are many runners who return every year and it is always good to catch up and share the familiar journey. One such runner is Kelvin Marshall who ran the inaugural 2003 race and most of them since then.

Kelvin presented the finishers' medals for this year's race at the traditional presentation



breakfast at Burleigh Heads Surf Club the morning after the event.

It is testament to the great work race directors, Ian Cornelius, Sahara Dry and Shelly Ostrouhoff, have put in over the years to grow the race and to ensure it is an enjoyable experience for all involved. The volunteers are also incredibly friendly and some of the aid station attendants have been there every year I can remember.

I am looking forward to having a go at the original (and faster) course next year but there are certainly a few things I will miss about the Burleigh Heads to Kirra and back (x4) course:

- Starting on the beach at sunrise
- Running over the Tullebudgera and

Currumbin Creek bridges

- The hard section through Jefferson Lane with the slight incline that makes you feel really slow (I will not really miss this but it deserves a mention☺)
- Seeing all the runners on the out and back – giving and receiving encouragement and watching all the different ways people experience 100km.

The Gold Coast 100 is a qualifying race for the Australian 100km and 50km national teams and over the years many runners have qualified here. I have been fortunate enough to do so four times since 2011 and have improved my 100km time by about an hour over those 5 years.

I owe a lot of that improvement to having a consistent, accurate, quality race - i.e. the Gold Coast 100 - to train for each year and also AURA's willingness to give me a go with a C qualifier time of 9.10 back in 2011. The opportunity to represent Australian ultra running and compete with the world's best is a great motivator for improvement. If anyone is thinking of trying to qualify I would highly recommend having at the Gold Coast 100.

A few people have asked me what sort of training is involved in running a 100km team qualifying time. Everyone is different (as everyone knows) but for those who are interested here is a brief outline of the sort of training that has worked for me over the years.



*Some of the 50 mile and 100km podium finishers. Back row: Shannon-Leigh Litt, Francesco Ciancio, Marita Eisler, Kevin Muller, Barbara Fieberg, John Winterburn. Front row: Sheryl Symons, Cassie Smith, Mark Barrett (Photo courtesy of SOK Images)*

I've always been a low mileage runner, mainly due to time constraints, so I rarely run more than 150km a week. Over the years I have built up my training to where a typical week during race build up might look something like this:

- 4-5 hr long run – hilly trails or flat and fast
- 25- 35km medium-long run below race pace
- 10km fast either tempo or intervals
- 2-3 x 15-20km general runs.

I don't run like this all year round and I've slowly added each of these components in

over the years. For example, it's only been in the last two years that I've included tempo runs and intervals, and only in the last 3 years that I've included the quicker medium-long runs. Before that most of my runs were done at a slower pace while I worked on building the strength and endurance needed to run ultra distances.

Prior to the 2013 Gold Coast 100 I was working as a bar tender and running about 150km over six days each week. I lost my job two days before that race and ran a time of 8.49. I decided I'd had enough of bar tending and found a job as a water meter reader. This involves walking up to 8

hours each day and a lot of squatting and bending. It's quite tiring at times and for the first couple of months I wondered if I'd ever manage to train more than 50km/week while working. I did manage that and ran 8.09 the following year. I now run 120-140km over 5 days each week and seem to do okay. Walking all day for work gives me confidence in my strength and endurance and has taught me to concentrate when I'm tired. It's probably not the ideal way to train but I think many things are possible if we think outside the box and work whatever we have to our advantage.

## **Sri Chinmoy 24 Hour 18 June 2016 By Donna Urquhart**

I had previously heard of people tackling 24 hour running events around a 400 metre athletics track. I remember thinking, "You have to be nuts". But fast forward a few years and somehow I was standing on the start line of my first 24 hour event. It was almost 10am on Saturday 18 June and the Sri Chinmoy 24 hour race in Campbelltown Stadium Sydney was about to begin. How did I get there? I am still not 100 percent sure. I think it was intrigue that lured me – i.e., "What is it like to run/walk for 24 hours?", "What does it take?", "Can I do it?"

At 10am the horn sounded and I joined 33 other eager but nervous runners on the track. I soaked up the atmosphere in the early stages, talking to my good mate, John, enjoying cheers and jeers from my husband, Rhys, unexpectedly seeing an old

friend, and sharing running stories with fellow runners I met on the track.

Once the excitement settled, I found myself happy to run solo, ticking along at my own speed, focussing on my nutrition and pace, and trying to conserve energy where I could.

As in previous events, somewhere between 50 and 60 kilometres I started to have a few issues and this time it was the onset of gluteal/hip pain. Over the course of the next 30km it increased and by the 90km mark it was no longer an ache that I could ignore. It had become painful and was affecting my gait. I began bargaining with myself, "If you finish off the





100km you can see the physio and get your hip sorted.” Finally, I crossed the mat and the monitor showed 100km. I hobbled into the physio tent and was ushered to one of the tables. As I lay down I wondered whether I would return to the track again. I had never attempted to run more than 100km and in the handful of events that I had tackled, I was physically and mentally exhausted by the end and couldn’t imagine taking another step. Today was no exception.

After some intense physio treatment of manipulation and deep tissue massage, I rolled off the table to discover that my hip pain had significantly reduced. I was stoked. But as I made my way out of the tent I learnt that stopping had repercussions. I had stiffened up and had great difficulty moving. I hobbled onto the track and told myself to just put one foot in front of the other. As I attempted to move around the track my legs started to free up. I was gradually able to stretch out a bit and increase my pace. A few laps after, I was lapped by two of the other females who were running. It stirred something inside me and I pushed myself to start jogging. I managed to run a lap and then another. I looked at my watch and was surprised to see I was running 6min/km pace. I again made a deal with myself, “run to 110km then a short break to grab food and a cup of tea”.

The cycle continued – i.e., walk at the start of a 10km stretch, consume food and fluid, then run the remaining kilometres. I finished 120km then 130km. But then it started to fall apart. I was in no man’s land. The milestone of 160km felt so far away. As I made my way around the track, I

saw Rhys walking towards me. He had been patiently supporting me all day and now in the early hours of the morning, even though I suggested he have a sleep, he was still awake and checking on me. He handed me my phone and asked if I need anything. I didn’t need to say anything. He knew I was suffering. He knew this was a bad patch. On the next lap he had a cup of tea waiting. In the subsequent laps I found some messages on my phone from a few friends (which left me teary). But these small but thoughtful gestures were enough. I started to feel a shift and a sense of motivation again.

The remaining kilometres and hours became a bit of a blur but at some stage I realised that the sun was rising and for me 190km was within reach. Then before I knew it the race director was giving instructions on how the race would finish and what we needed to do. I realised that this thing was almost over. I blinked back a few tears and took a deep breath. The horn sounded marking the end of the event and then I realised there was cheering coming from the other end of my phone. It was my mum and dad, and my little man,

Maxi, celebrating back in Melbourne.

In time I will forget the small details of this event but I want to remember some of the big stuff. I want to remember how wrong I was about my physical and mental limits, and how I underestimated my ability to keep going. It makes me wonder how much more we have to give in all areas of our lives. I want to remember the huge support that was provided by my family and friends, not to mention people who I didn’t even know me before the event started. They were such a fundamental part of my experience and helped to make it the best it could be. And finally I want to not let go of what a fantastic experience it was to run a 24 hour event on a 400 metre track – to be involved in such a well-organised event by such a great organisation, to be provided with fantastic facilities including a well maintained, flood-lit track, to be served delicious food for 24 hours, including cheese toasties, pasta, and soup, and to share the track with like-minded individuals who were also testing their own physical and mental limits.



# Sri Chinmoy 12 Hour

## 18 June 2016

### By Gemma Worland

I drove up from Canberra to Campbelltown in the rain on Saturday afternoon and was certain the weather was not going to be pleasant but as it turned out the rain stayed away until the very end of the Sri Chinmoy 12 hour event.

I arrived early and set up my table ready for the long night ahead. At 10pm we kicked off joining the 24 hour runners on track. I felt very fresh running laps around the track, a bit too fresh it seems. Lesson learnt: never discard your pacing plan! I kept telling myself to slow down, but I wasn't able to, I knew I would soon pay the price for going too fast.

After about 15km I started to feel really sick and to my surprise, I was actually dehydrated. It never occurred to me that you could get dehydrated during the middle of the night in winter. This slowed me down significantly, but if it wasn't for the medical support on track, I think I would have thrown in the towel.

After this setback I found it really tough to keep ticking off laps, the kilometres seemed to go by so slowly and it was

mentally challenging to break up the time. I kept moving, and occasionally allowed myself to sit down and have a rest. I felt sick for the duration of the 12 hours so I found it difficult to get my nutrition right. The food being served up on track really helped though. I enjoyed the soup and my favourite was the mashed sweet potato.

Running on a track really smashed my legs and I found it a struggle to reach 50km. It took me around 6 hours 10 minutes to run 50km. I kept telling myself I could have a rest at this point, but once I got there I didn't rest

for long. I spent a lot of this race in my happy place, listening to music and hopefully not singing too loudly!

I was uncertain how many kilometres I would achieve after messing up my pacing but I just kept putting one foot in front of the other and got on with the job. 12 hours and 86.781km later I was happy to be done. I made many mistakes this time and learnt a lot, but can't wait to do it all again. I really enjoyed the event. Everyone was so supportive and friendly, and I will happily return again next year.



# Princes Park 12 Hour

## 18 June 2016

### By Grace Bailey

On 18 June I ran my first timed event at the Trails Plus Princes Park 12 hour race. I have long wanted to see what I am capable of over a flat, fast course. However, these very same attributes were also the biggest challenge of the race for me – i.e., a flat, monotonous 2.5km looped course.

My strategy was a 2.3km run/200m walk for each loop with a goal of getting to 75km in 8.5 hours and then hanging on for my ultimate goal of 100km within the 12 hours.



*Grace Bailey (left) running the Princes Park 12 Hour & Nikki Wynd (right) running the Princes Park 6 Hour*

We 12 hour runners were among the 6 hour runners and the amazing 24 hour runners. I loved being passed by the speedsters and each time I was lapped I was amazed at their speed and tenacity. I enjoyed seeing Mark Swinkels use the 6 hour event as what is probably the longest fartlek session ever run as he sprinted, jogged and walked around the course. And then there were Sue and Andrew O'Brien in the 6 hour race who ran the Gold Coast 100km just

one week before and who returned on the Sunday for the marathon. We were truly an eclectic mix of runners.

After six hours we changed direction from clockwise to anti-clockwise. I much preferred this direction as it allowed me to run on the inside of the course. On tired legs hugging the fence line felt easier.

I think perhaps the main reason I was able to withstand the mental torture of 12 hours on a repetitive course was my ability to stay in the present. I was intending to find a new distraction for each lap but I found that I didn't need that. I also had earphones and podcasts lined up. Again, I never felt the need to use them. I mostly ran alone and found that my own company was perfectly good enough. I also decided I must be really air headed because I never had any deep thoughts or desires

during the race. I think this superficiality was also a strength.

My nutrition plan was fairly simple. I have spent the last 5 months becoming "fat adapted" and working with the Optimised Fat Metabolism group. I had come prepared to eat a lot but expecting to eat very little. As it turns out, my box full of food came home with me virtually untouched. At a very rough guess I would have to say I

ingested about 800 calories over the 12 hours.

After reaching my goal of 75km in 8.5 hours I knew I had to keep running and could not afford too many walk breaks if I wanted to get to 100km. I was really pleased to find that I could keep running reasonably well and I hit my goal of 100km in 11.38 (my previous PB was during Hardcore in 14.22).

The challenge of such an "easy" course is that unlike trails, the terrain does not dictate your walk/run breaks. Therefore, it takes exceptional mental strength to keep running when you really want to walk. Until now, I would not have believed I had this strength.

With 22 minutes remaining, I was handed my beanbag for the final lap, put on a jacket and headed back out. I started out walking this lap but knew deep within myself that I would be disappointed if I didn't finish the 12 hours running. Strangely, in this lap my running was suddenly reduced to a serious shuffle whereas before I hit 100km I was still able to run quite solidly. I made myself walk 2 minutes/run 3 minutes. I finished a 3 minute run section right on 12 hours which coincidentally was just as I turned the corner about 50m before the timing gantry. Brett shouted at me to stop. I dropped my beanbag and gave myself some very big internal fist pumps. My final official distance was 102.451km.



# Adelaide 24 Hour

## 9-10 July 2016

### By Nicole Barker

Running a 24 hour event is an individual race however I think a good result relies on having a team that works well together. My crew at Adelaide was my partner, Greg, and he had a lot to do with my success, and so I thought it might be interesting to provide a race report that gave both sides of the event – i.e. runner and crew.

#### PRE-RACE

**Nicole:** We set our gazebo and tent up at the track on Friday afternoon. Greg picked a spot a little away from the main area as he planned on doing some study while I was running.

**Greg:** I spent a day and a half packing the car and getting everything ready for the 7 hour drive to Adelaide.

#### RACE DAY

**Nicole:** We arrived at the track at about 9.30am for a 10am start. We must have looked pretty disorganised as Greg was double parked and throwing tubs, bags, chairs, doonas etc. onto the kerb and I was dodging the runners on the track while carrying it all to our gazebo, but Greg had plenty of time to get it organised while I was running and I don't like standing around for too long before a race using up a lot of nervous energy so we were both happy.

**Greg:** The great thing about this event is it starts at 10am so you can sleep in. I cooked a feed in our cabin and then headed to the track. The nearest park was

about a kilometre away. Maybe we should have got there earlier.

#### RACE PLAN

**Nicole:** The Adelaide course is a 2.2km loop so my plan was simple – i.e. run 2kms every lap to my crew and then power walk 200m. Repeat for 24 hours!

**Greg:** Other than feeding and fuelling Nicole according to her nutrition plan I had to study for an exam on Tuesday.

#### NUTRITION

**Nicole:** I struggle to eat solids during races so I exist primarily on gels and fluids. For this race I had 45 Shotz gels, 10 litres of Shotz electrolytes/water, 600mls of Coke, 500mls of ginger beer, 2 cups of soup and 1 lolly snake.

**Greg:** I had a steak sandwich, chips, lollies, pasta, soup, salad roll, more chips, more lollies, water, red wine, beer, coke and a little more red wine. I think I may have put on an extra couple of kilos by the end of it all.

#### WEATHER

**Nicole:** The weather was reasonable for the first 8 hours. I think the 6 and 12 hour runners managed to get through their events dry. However, from late afternoon Saturday through to the end of the race Sunday the weather was cold, wet and windy. It was pretty miserable for competitors and crews. I sometimes think it's worse for the crews because at least the runners can keep warm by

moving whereas the crews just sit there in the elements.

**Greg:** It started off perfect but it was just a matter of time before the weather turned to crap. In the early evening I had to rug up with thermals, wet weather gear, gloves, beanie and waterproof boots. Basically for me it was cold, wet, windy and miserable but I'm sure the runners loved it – not!

#### COMPETITORS

**Nicole:** 24 hours is a long time to be on a track with the same people so I passed the time by seeing if I could remember the names of the other runners when I came up behind them. There were two ladies in blue running skirts (Trish and Merle), the scuba diver who always gave me a cheer when I passed him (Robbie), 2 young guys doing their first 24 hour (Chris and Shaun), the long beard and beanie (Cameron), crazy leggings man (Ian) and so on...

**Greg:** There were a few familiar faces but my favourites were Chris and Shaun who had their aid station set up next to ours. They ran together the whole time, always smiling and just added a good, fun, positive vibe to the event. And to think their previous longest run was 56kms!

#### THOUGHTS

**Nicole:** I focused a lot on trying to keep positive thoughts in my head during the race. My coach, Martin Fryer, had given me some great advice during our many conversations and so I

tried to keep his words of wisdom in my head if I started to feel down. I also used my good friend and amazing ultra runner, Nikki Wynd, as a source of motivation. Music is a great distraction for me too.

### SLEEP

**Nicole:** I think one of my strengths in 24 hour running is that I don't get sleepy during the night. Other than two changes of wet clothing and some toilet stops I didn't leave the track.

**Greg:** Thankfully Nicole is a very low maintenance ultra runner so I was able to sneak in a few hours' sleep between 2-6am.

### LAST HOUR

**Nicole:** The last few hours are always a mental and physical battle. I felt like I was running so slowly but the clock kept saying each lap was pretty consistent. Greg joined me for the final lap which seemed to go on forever. And then it was all over. You've been longing for it to all stop and then all of a sudden it does and you don't have to run anymore.

**Greg:** When I wasn't chatting to Rob Boyce, Kerrie Bremner and Chilli, I was feeding Nicole full of caffeine to help push her

home. I ran the last lap with her and gave her a big sweaty, teary hug at the end. I was so proud of her. She was absolutely awesome all day and night.

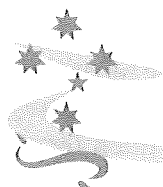
### POST RACE

**Nicole:** I was lucky to have Kerrie Bremner whisk me off to her apartment for a shower

immediately after the race which I so appreciated. Then it was straight back to the track for the presentations.

**Greg:** Nicole went and had a shower at Kerrie's apartment while I packed up our stuff with the help of Chilli (thanks heaps mate). Then it was off for a long 7 hour trip home.





# International Race Report

## Comrades 29 May 2016 By Brendan Davies

In my short ultra running career, I've had many wonderful opportunities to take part in some of the most iconic ultra marathons around the world. Combined, across road and trail, I've represented Australia seven times and taken part in the biggest trail events in the USA, Asia and Europe. However, there's always been one race that has been on my bucket list, constantly nagging away at me, for years and years – Comrades. It was only after a long year of trail running in 2015, which included five races over 100km, that I made the decision that in order to stay motivated and to continue to enjoy my running I

needed to make a change. It was then that I set my first goal for 2016 as Comrades. It wasn't an easy decision as it meant I would have to forgo UTA100, an event very close to my heart (and home), but it was a decision that left me excited and renewed with eagerness.

For those not aware, Comrades is the biggest ultra marathon on the planet. It's a rite of passage for any self-respecting African runner and it is seemingly in the blood and DNA of all South Africans to run not just run one Comrades but to run multiple. Indeed, Comrades finishes are so highly regarded that many

include their times and number of finishes in their CVs!

This year Comrades was a "down" year with 89km and 1800m of descent and just over 1000m of ascent. It was also to be televised on national TV, with the progress of the first to the very last runner being followed all day.

Once I made my decision to run Comrades, I established a new training regime that I'd never attempted before. It got me (mostly) off the trails and on the black top, and my running focus was on speed and strength. I followed a Lydiard flavoured





program, but also took advice from previous Australian Comrades runner, Don Wallace. His training document was simple in its makeup – i.e., loads of miles and loads of hills with a splash of speed work. I conditioned myself for the hills by hitting the trails at least once a fortnight for either a hard uphill or downhill session. If I was to survive Comrades my body would need to withstand the punishment of 89km of tough road running. I toughened up my quads two weeks prior to the race by running the big up/down Pace22 at UTA.

On race morning I found myself on the Comrades start line with many other runners. It felt like the start of City2Surf but with the surreal feeling that all were not there for a fun run but to run 89km. Prior to this I think the previous biggest race of this distance that I'd been a part of had 1000 runners. This was indeed a very unusual event.

The faces of the blue bibbed runners (i.e., the rookies) looked nervous and apprehensive whereas the green bibbed runners (i.e., 10 years or more of Comrades) were self-assured. Then the singing started. First there was the South African national anthem, then Shosholozza and finally the music from the Chariots of Fire. The rooster crowed, the canon blasted and we were off. All 18,000 of us started our endeavour to get from Pietermaritzburg to Durban in

under 12 hours. Most would make it but some would not make the 5 cut-offs en route, and a few would be cruelly denied in the last kilometre or even in the finishing straight. This race gives no favours and medals are truly earned.

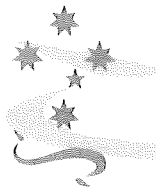
I could tell you about my race and how I performed, but you can all look up the results. I'd rather focus on the external. This race lived up to all my expectations. Someone told me before the race that it would feel like I was running in the Tour de France. At the time I thought that had to be a romanticised embellishment, but now I can say that it was exactly true. From the race expo to the end of the race in Kingsmead, there was a feeling that you were part of something special.

It's hard to describe the race itself. When running in the zone, and at near threshold under 4min/km, it's hard to take a lot in. But I do remember the spectators lining the streets in every town the race ran through, even before the sun had risen. There were locals firing up their 'braes', drinking a few cold ones and offering hearty encouragement all along the route. Schools and running clubs manned the drink stops, families brought their children out to wave and high five their heroes, and there were some really special moments as well, such as the one at Ethembeni Home. The children of Ethembeni Home were all either on crutches or in

wheelchairs. The noise was enormous and the excitement tangible as we passed through their celebration. I found great mental strength at this point.

I received two great tips before the race from a Comrades veteran about clothing. The first one was to wear an Aussie singlet during the race. I wore an old representative singlet and boy did it pay off. All day spectators yelled "Aussie, Aussie, Aussie", "Where's ya pet kangaroo?" and just about every other Australian cliché under the sun! While it became quite predictable after a while, the support helped tremendously. The other tip was to wear Comrades branded clothing around town after the race. This I did in Durban, Capetown and Kruger National Park where we visited in the week after the race. I felt like a rock star! People came up and chatted and retold their stories of their many races and how much Comrades meant to them. Talk of Comrades is the ultimate ice breaker but it was this trend that also galvanised for me how much this race means to the people of South Africa.

The spirit of the Comrades Marathon is said to be embodied in the attributes of camaraderie, selflessness, dedication, perseverance and "ubuntu" (Zulu for "human kindness"). I witnessed all of these and more. The Comrades slogan is, "It will humble you". It certainly did for me.



# Race Results

## Anzac Day Challenge 100km - Manly Dam, NSW

April 23, 2016

| Rank | Cat Place | Cat Place | Time     | Last name       | First name  |
|------|-----------|-----------|----------|-----------------|-------------|
| 1    | 1         |           | 11:20:06 | Oliver          | Timothy     |
| 2    | 2         |           | 11:55:43 | Sheehan         | Alex doza   |
| 3    | 3         |           | 12:36:56 | Brown           | Matthew     |
| 4    | 4         |           | 12:47:37 | Wood            | Alister     |
| 5    | 5         |           | 13:41:59 | Pryor           | Tim         |
| 6    | 6         |           | 13:46:09 | Hannan          | Andrew      |
| 7    | 7         |           | 14:09:10 | Thomson         | Greg        |
| 8    | 8         |           | 14:51:13 | Hayman          | David       |
| 9    | 9         |           | 14:52:51 | Haselroither    | Helmut      |
| 10   | 10        |           | 15:08:58 | <b>McDonald</b> | Steven      |
| 11   |           | 1         | 15:46:13 | Doke            | Marie       |
| 12   | 11        |           | 15:47:00 | Wood            | John        |
| 13   | 12        |           | 15:56:55 | Mencinsky       | Taras       |
| 15   | 14        |           | 16:57:45 | Blinco          | Trent       |
| 16   |           | 2         | 16:57:47 | Dobson          | Danielle    |
| 17   | 15        |           | 17:45:41 | English         | Christopher |
| 18   |           | 3         | 17:47:06 | levrier         | Sasha       |
| 19   | 16        |           | 17:55:08 | Rossendell      | Michael     |
| 20   | 17        |           | 18:05:47 | Baez            | Alejandro   |
| 21   | 18        |           | 18:18:02 | McQueen         | Ben         |
| 22   | 19        |           | 18:22:34 | Butcher         | Stuart      |
| 23   | 20        |           | 18:33:00 | ISHIDA          | GAKU        |

| Rank | Cat Place | Cat Place | Time     | Last name | First name |
|------|-----------|-----------|----------|-----------|------------|
| 24   | 21        |           | 18:36:23 | Doubell   | Ivan       |
| 25   | 22        |           | 18:53:35 | muscat    | josh       |
| 26   | 23        |           | 18:53:35 | Taylor    | Corey      |
| 27   | 24        |           | 19:15:20 | Farrands  | Dan        |
| 28   | 25        |           | 19:31:17 | Mogi      | Naoto      |
| 29   | 26        |           | 19:43:15 | Turner    | Michael    |
| 30   | 27        |           | 20:35:20 | Moke      | Lucas      |
| 31   | 28        |           | 20:41:01 | Howarth   | James      |
| 32   | 29        |           | 20:41:02 | Wickham   | Mike       |
| 33   | 30        |           | 21:16:23 | Daly      | Karl       |
| 34   | 31        |           | 21:42:42 | Killman   | Tor        |
| 35   |           | 4         | 21:42:42 | Killman   | Fiona      |
| 36   |           | 5         | 22:31:08 | James     | Helen      |
| 37   |           | 6         | 22:31:08 | Crockford | Belinda    |
| 38   |           | 7         | 22:31:08 | Griffiths | Alison     |
| 39   | 32        |           | 22:56:25 | Churchin  | Jason      |
| 40   | 33        |           | 22:56:25 | Hasiuk    | Frank      |
| 41   | 34        |           | 23:12:11 | Loader    | Robert     |
| 42   | 35        |           | 23:12:11 | McHugh    | John       |
| 43   | 36        |           | 23:14:27 | Fletcher  | Neil       |
| 44   |           | 8         | 23:14:27 | Andrews   | Jayne      |

Bold SURNAME indicates AURA member.

## Anzac Day Challenge 65km - Manly Dam, NSW

April 23, 2016

| Rank | Cat Place | Cat Place | Time    | Last name | First name    |
|------|-----------|-----------|---------|-----------|---------------|
| 1    | 1         |           | 5:59:34 | Weslan    | Adam          |
| 2    |           | 1         | 7:12:19 | Andeson   | Katy          |
| 3    |           | 2         | 7:21:11 | Kerr      | Ashleigh      |
| 4    |           | 3         | 7:33:33 | Camensol  | Sarah         |
| 5    | 2         |           | 7:33:34 | Lim       | Errol         |
| 6    | 3         |           | 7:48:41 | Mezups    | Tim           |
| 7    | 4         |           | 7:48:41 | Bennie    | David         |
| 8    | 5         |           | 7:56:30 | Toal      | Aedan         |
| 9    | 6         |           | 7:59:11 | Bowe      | Matthew David |
| 10   | 7         |           | 8:03:28 | Wachira   | Charles       |
| 11   | 8         |           | 8:11:58 | Williams  | Andrew        |
| 12   | 9         |           | 8:16:10 | Lee       | Hans          |
| 13   | 10        |           | 8:18:29 | Caveney   | Stuart        |
| 14   |           | 4         | 8:28:32 | Le Compte | Eloise        |
| 15   | 11        |           | 8:29:54 | Fan       | John          |
| 16   |           | 5         | 8:30:03 | Colpani   | Karin         |

| Rank | Cat Place | Cat Place | Time     | Last name  | First name |
|------|-----------|-----------|----------|------------|------------|
| 17   |           | 6         | 8:48:15  | Topland    | Hanne      |
| 18   |           | 7         | 9:14:20  | Hawkes     | Leigh      |
| 19   | 12        |           | 9:30:21  | Murray     | Jason      |
| 20   | 13        |           | 9:30:21  | Wilson     | Guy        |
| 21   | 14        |           | 9:43:32  | Goeldner   | Paul       |
| 22   | 15        |           | 9:44:29  | Moffatt    | Ben        |
| 23   |           | 8         | 10:00:33 | Kruse      | Nicole     |
| 24   |           | 9         | 10:00:34 | Sutherland | Lee        |
| 25   | 16        |           | 10:25:13 | Mumme      | James      |
| 26   | 17        |           | 10:25:15 | Cherry     | Martin     |
| 27   |           | 10        | 11:55:41 | Jarvis     | Tammy      |
| 28   |           | 11        | 11:55:52 | Walden     | Joy        |
| 29   |           | 12        | 13:30:23 | Hartley    | Leanne     |
| 30   |           | 13        | 15:42:57 | Rolfe      | Kathleen   |
| 31   | 18        |           | 15:42:57 | Rolfe      | Warren     |

Bold SURNAME indicates AURA member.

## Numinbah to Pollys 50km - Numinbah Valley, QLD April 24, 2016

| Rank | Cat Place | Cat Place | Time     | Last name       | First name  |
|------|-----------|-----------|----------|-----------------|-------------|
| 1    | 1         |           | 11:20:06 | Oliver          | Timothy     |
| 2    | 2         |           | 11:55:43 | Sheehan         | Alex Doza   |
| 3    | 3         |           | 12:36:56 | Brown           | Matthew     |
| 4    | 4         |           | 12:47:37 | Wood            | Alistair    |
| 5    | 5         |           | 13:41:59 | Pryor           | Tim         |
| 6    | 6         |           | 13:46:09 | Hannan          | Andrew      |
| 7    | 7         |           | 14:09:10 | Thomson         | Greg        |
| 8    | 8         |           | 14:51:13 | Hayman          | David       |
| 9    | 9         |           | 14:52:51 | Haselroither    | Helmut      |
| 10   | 10        |           | 15:08:58 | <b>McDonald</b> | Steven      |
| 11   |           | 1         | 15:46:13 | Doke            | Marie       |
| 12   | 11        |           | 15:47:00 | Wood            | John        |
| 13   | 12        |           | 15:56:55 | Mencinsky       | Taras       |
| 14   | 13        |           | 16:05:43 | Gustard         | Craig       |
| 15   | 14        |           | 16:57:45 | Blinco          | Trent       |
| 16   |           | 2         | 16:57:47 | Dobson          | Danielle    |
| 17   | 15        |           | 17:45:41 | English         | Christopher |
| 18   |           | 3         | 17:47:06 | Levrier         | Sasha       |
| 19   | 16        |           | 17:55:08 | Rossendell      | Michael     |
| 20   | 17        |           | 18:05:47 | Baez            | Alejandro   |
| 21   | 18        |           | 18:18:02 | McQueen         | Ben         |
| 22   | 19        |           | 18:22:34 | Butcher         | Stuart      |

| Rank                                | Cat Place | Cat Place | Time     | Last name | First name |
|-------------------------------------|-----------|-----------|----------|-----------|------------|
| 23                                  | 20        |           | 18:33:00 | Ishida    | Gaku       |
| 24                                  | 21        |           | 18:36:23 | Doubell   | Ivan       |
| 25                                  | 22        |           | 18:53:35 | Muscat    | Josh       |
| 26                                  | 23        |           | 18:53:35 | Taylor    | Corey      |
| 27                                  | 24        |           | 19:15:20 | Farrands  | Dan        |
| 28                                  | 25        |           | 19:31:17 | Mogi      | Naoto      |
| 29                                  | 26        |           | 19:43:15 | Turner    | Michael    |
| 30                                  | 27        |           | 20:35:20 | Moke      | Lucas      |
| 31                                  | 28        |           | 20:41:01 | Howarth   | James      |
| 32                                  | 29        |           | 20:41:02 | Wickham   | Mike       |
| 33                                  | 30        |           | 21:16:23 | Daly      | Karl       |
| 34                                  | 31        |           | 21:42:42 | Killman   | Tor        |
| 35                                  |           | 4         | 21:42:42 | Killman   | Fiona      |
| 36                                  |           | 5         | 22:31:08 | James     | Helen      |
| 37                                  |           | 6         | 22:31:08 | Crockford | Belinda    |
| 38                                  |           | 7         | 22:31:08 | Griffiths | Alison     |
| 39                                  | 32        |           | 22:56:25 | Churchin  | Jason      |
| 40                                  | 33        |           | 22:56:25 | Hasiuk    | Frank      |
| 41                                  | 34        |           | 23:12:11 | Loader    | Robert     |
| 42                                  | 35        |           | 23:12:11 | McHugh    | John       |
| 43                                  | 36        |           | 23:14:27 | Fletcher  | Neil       |
| 44                                  |           | 8         | 23:14:27 | Andrews   | Jayne      |
| Bold SURNAME indicates AURA member. |           |           |          |           |            |

## Maroondah Dam Trail Run 50km - Maroondah Dam, VIC April 24, 2016

| Rank | Cat Place | Cat Place | Time    | Last name        | First name |
|------|-----------|-----------|---------|------------------|------------|
| 1    | 1         |           | 4:39:07 | Wilson           | Douglas    |
| 2    | 2         |           | 4:56:58 | Michael          | Rathjen    |
| 3    | 3         |           | 5:10:29 | Wood             | Dexter     |
| 4    | 4         |           | 5:32:09 | Kohlar           | Jarad      |
| 5    | 5         |           | 5:32:16 | <b>Hughes</b>    | Stuart     |
| 6    | 6         |           | 5:39:16 | <b>Sawa</b>      | Mak        |
| 7    | 7         |           | 5:41:46 | Bryant           | Nick       |
| 8    | 8         |           | 5:48:49 | Brown            | Troy       |
| 9    |           | 1         | 6:01:47 | <b>Macmillan</b> | Katherine  |
| 10   | 9         |           | 6:12:37 | Fox              | Nigel      |
| 11   |           | 2         | 6:51:50 | Yates            | Trish      |
| 12   | 10        |           | 6:53:27 | Narayanan        | Manish     |
| 13   | 11        |           | 6:53:27 | Clarke           | Patrick    |

| Rank                                | Cat Place | Cat Place | Time    | Last name       | First name |
|-------------------------------------|-----------|-----------|---------|-----------------|------------|
| 14                                  | 12        |           | 6:56:51 | <b>Falls</b>    | Mark       |
| 15                                  | 13        |           | 6:56:58 | Alexandropoulos | George     |
| 16                                  | 14        |           | 6:57:05 | Elms            | Corey      |
| 17                                  | 15        |           | 6:58:17 | Sleep           | Nathan     |
| 18                                  | 16        |           | 7:07:47 | <b>Marshall</b> | Kelvin     |
| 19                                  | 17        |           | 7:28:13 | Byrne           | Patrick    |
| 20                                  | 18        |           | 7:33:59 | Piplios         | Chris      |
| 21                                  |           | 3         | 7:53:59 | <b>Shannon</b>  | Michelle   |
| 22                                  | 19        |           | 7:59:27 | Demuth          | Edgar      |
| 23                                  | 20        |           | 8:42:47 | McIntosh        | Nigel      |
| 24                                  | 21        |           | 9:26:55 | <b>Hewat</b>    | Andy       |
| Bold SURNAME indicates AURA member. |           |           |         |                 |            |



# Ultra-Trail Australia 100km - Katoomba, NSW

## May 14, 2016

| Rank | Cat Place | Cat Place | Time     | Last name        | First name |
|------|-----------|-----------|----------|------------------|------------|
| 1    | 1         |           | 9:20:14  | Capell Gil       | Pau        |
| 2    | 2         |           | 9:39:25  | <b>Duffus</b>    | Benjamin   |
| 3    | 3         |           | 9:42:09  | Yun              | Yan-Qiao   |
| 4    | 4         |           | 9:48:24  | Sandes           | Ryan       |
| 5    | 5         |           | 9:49:14  | Ramonas          | Andrius    |
| 6    | 6         |           | 10:01:13 | Hawker           | Scott      |
| 7    | 7         |           | 10:16:34 | O'Loughlin       | Jonathan   |
| 8    | 8         |           | 10:17:56 | Gibson           | Rhett      |
| 9    | 9         |           | 10:42:13 | Gamito Baus      | Jordi      |
| 10   | 10        |           | 10:54:06 | Betkowski        | Piotr      |
| 11   | 11        |           | 10:56:03 | Graham           | David      |
| 12   | 12        |           | 10:57:23 | MacDonald        | Hamish     |
| 13   | 13        |           | 11:00:37 | Lee              | Andrew     |
| 14   | 14        |           | 11:01:19 | Stedman          | Sam        |
| 15   | 15        |           | 11:04:25 | Thevenin         | Freddy     |
| 16   | 16        |           | 11:07:10 | Lindqvist        | Morgan     |
| 17   |           | 1         | 11:16:14 | Cardelli         | Beth       |
| 18   | 17        |           | 11:21:07 | Richmond         | Scott      |
| 19   | 18        |           | 11:23:07 | Matsunaga        | Hiroaki    |
| 20   | 19        |           | 11:23:08 | Porter           | Gregg      |
| 21   | 20        |           | 11:29:25 | <b>Horsburgh</b> | Ewan       |
| 22   | 21        |           | 11:29:48 | Thrower          | Shane      |
| 23   | 22        |           | 11:33:12 | Hancy            | Anthony    |
| 24   |           | 2         | 11:33:13 | Hayvice          | Fiona      |
| 25   | 23        |           | 11:36:01 | Williams         | Glenn      |
| 26   | 24        |           | 11:37:25 | Pace             | Jarrod     |
| 27   | 25        |           | 11:37:37 | <b>Keyte</b>     | Michael    |
| 28   | 26        |           | 11:46:10 | Duffy            | James      |
| 29   | 28        |           | 11:47:11 | Ritcey           | Jeremy     |
| 29   | 27        |           | 11:47:11 | Fleming-Gale     | Jacob      |
| 31   | 29        |           | 11:51:20 | Moore            | Doug       |
| 32   | 30        |           | 11:52:05 | Rennick          | Stephen    |
| 33   | 31        |           | 11:52:21 | McPhee           | Ross       |
| 34   | 32        |           | 11:52:54 | Robinson         | Bernard    |
| 35   | 33        |           | 11:53:21 | Woolley          | Robert     |
| 35   | 34        |           | 11:53:21 | Gerhardy         | Benjamin   |
| 37   |           | 3         | 11:53:30 | <b>Emmerson</b>  | Kellie     |
| 38   | 35        |           | 11:56:26 | Judd             | Matthew    |
| 39   | 36        |           | 11:57:06 | Warren           | Christian  |
| 40   |           | 4         | 12:00:14 | <b>Lamprecht</b> | Amy        |
| 41   | 37        |           | 12:00:35 | Lethlean         | Troy       |
| 42   | 38        |           | 12:03:53 | <b>Morrison</b>  | Johnathon  |
| 43   | 39        |           | 12:05:46 | Calvert          | Wayne      |
| 44   | 40        |           | 12:06:38 | <b>Clark</b>     | Ben        |
| 45   | 41        |           | 12:07:51 | Arnold           | Ricky      |
| 46   | 42        |           | 12:09:26 | Lehkonen         | Henri      |
| 47   | 43        |           | 12:10:20 | <b>Norton</b>    | Howard     |
| 48   | 44        |           | 12:10:30 | Lennon           | Andrew     |
| 49   |           | 5         | 12:18:00 | Farrelly         | Chantelle  |
| 50   | 45        |           | 12:18:51 | Lyons            | Benjamin   |
| 51   | 46        |           | 12:18:52 | Lavery           | Peter      |
| 52   | 47        |           | 12:20:29 | Holland          | Matthew    |
| 53   | 48        |           | 12:20:55 | Redfern          | Stephen    |
| 54   | 49        |           | 12:24:28 | Newcombe         | Martin     |
| 55   | 50        |           | 12:26:32 | Grimshaw         | Ben        |

| Rank | Cat Place | Cat Place | Time     | Last name         | First name |
|------|-----------|-----------|----------|-------------------|------------|
| 56   | 51        |           | 12:27:19 | Person            | Marc       |
| 57   | 52        |           | 12:29:51 | Hanley            | Steven     |
| 58   | 53        |           | 12:31:37 | West              | Henry      |
| 59   | 54        |           | 12:33:48 | Sime              | Martin     |
| 60   | 55        |           | 12:38:56 | Wilson            | Douglas    |
| 61   | 56        |           | 12:40:53 | Prentice          | Derek      |
| 62   |           | 6         | 12:42:42 | McNaughton        | Marie      |
| 63   | 57        |           | 12:44:47 | Layson            | Andrew     |
| 64   | 58        |           | 12:45:03 | Wall-Smith        | Mat        |
| 65   | 59        |           | 12:45:21 | <b>Angel</b>      | Tegyn      |
| 66   | 60        |           | 12:45:49 | Shin              | Soonchul   |
| 67   | 61        |           | 12:48:17 | Longo             | David      |
| 68   | 62        |           | 12:48:23 | Roskovics         | Nyikolaj   |
| 69   |           | 7         | 12:48:59 | Sinclair          | Joanna     |
| 70   | 63        |           | 12:49:56 | Ruzicka           | Ondrej     |
| 71   | 64        |           | 12:51:05 | Heatley           | Dave       |
| 72   | 65        |           | 12:53:19 | Sutton            | Gavin      |
| 73   | 66        |           | 12:53:47 | Reeve             | Tom        |
| 74   |           | 8         | 12:55:11 | Burton            | Daniela    |
| 75   | 67        |           | 12:55:21 | <b>von Senden</b> | David      |
| 76   | 68        |           | 12:58:36 | Hurst             | Blair      |
| 77   | 69        |           | 12:59:24 | Dreyer            | Frik       |
| 78   | 70        |           | 12:59:58 | Sewell            | Greg       |
| 79   | 71        |           | 13:00:52 | Moquiuti          | Anderson   |
| 80   | 72        |           | 13:01:37 | Beaumont          | Michael    |
| 81   |           | 9         | 13:02:18 | Wermescher        | Ildiko     |
| 82   |           | 10        | 13:04:07 | Lootz             | Marlene    |
| 83   | 73        |           | 13:04:23 | Black             | Andrew     |
| 84   | 74        |           | 13:04:35 | Whitehead         | Jody       |
| 85   | 75        |           | 13:04:56 | <b>Duggan</b>     | Michael    |
| 86   | 76        |           | 13:09:05 | Meredith          | James      |
| 87   | 77        |           | 13:10:21 | <b>Mason</b>      | Robert     |
| 88   | 78        |           | 13:13:39 | Burton            | Alan       |
| 89   | 79        |           | 13:15:29 | Madirazza         | Peter      |
| 90   | 80        |           | 13:18:04 | Dowling           | Ian        |
| 91   | 81        |           | 13:18:11 | Chapple           | Baden      |
| 92   | 82        |           | 13:19:00 | Armand            | Fabrice    |
| 93   | 83        |           | 13:19:40 | Wheatley          | Ian        |
| 94   | 84        |           | 13:20:54 | Kelly             | Glenn      |
| 95   | 85        |           | 13:22:16 | Foulner           | Calum      |
| 96   | 86        |           | 13:22:24 | Murphy            | Philip     |
| 97   | 87        |           | 13:22:33 | Hess              | Jochen     |
| 98   | 88        |           | 13:22:47 | Hadfield          | Paul       |
| 99   | 89        |           | 13:23:12 | de Graaf          | Jeroen     |
| 100  | 90        |           | 13:23:24 | Hahlos            | Alex       |
| 108  | 97        |           | 13:27:10 | <b>Sawa</b>       | Mak        |
| 109  |           | 12        | 13:28:07 | <b>MacMillan</b>  | Katherine  |
| 142  | 127       |           | 13:46:53 | <b>Turner</b>     | Andy       |
| 161  | 146       |           | 13:59:07 | <b>Gamble</b>     | Malcolm    |
| 173  |           | 19        | 14:08:12 | <b>Quinlan</b>    | Meredith   |
| 176  |           | 21        | 14:13:42 | <b>Mickle</b>     | Karen      |
| 188  |           | 26        | 14:20:57 | <b>Barrett</b>    | Karen      |
| 194  | 167       |           | 14:24:29 | <b>Dernee</b>     | Phill      |
| 196  | 169       |           | 14:25:50 | <b>Emr</b>        | Mark       |
| 198  | 171       |           | 14:26:42 | <b>Oosterhoff</b> | Alexis     |

# Ultra-Trail Australia 100km - Katoomba, NSW

May 14, 2016

(Continued...)

| Rank | Cat Place | Cat Place | Time     | Last name | First name |
|------|-----------|-----------|----------|-----------|------------|
| 213  | 181       |           | 14:36:53 | Jamieson  | Dej        |
| 228  | 192       |           | 14:46:03 | Lyndon    | Timothy    |
| 251  | 210       |           | 15:03:03 | Carman    | David      |
| 254  | 212       |           | 15:03:54 | Lewis     | Joe        |
| 264  | 220       |           | 15:15:12 | Piper     | Mathew     |
| 280  | 232       |           | 15:23:39 | Hughes    | Stuart     |
| 283  | 234       |           | 15:24:45 | McMurtrie | Wayne      |
| 319  | 263       |           | 15:47:48 | Buckley   | Matthew    |
| 332  |           | 60        | 15:54:30 | Nield     | Martine    |
| 369  |           | 70        | 16:22:43 | Cumming   | Alice      |
| 395  | 320       |           | 16:34:13 | Turner    | Andrew     |
| 426  | 343       |           | 16:49:22 | Perraton  | Luke       |
| 448  | 355       |           | 16:59:00 | Rumball   | David      |
| 488  | 390       |           | 17:22:40 | Turnbull  | Simon      |
| 595  | 482       |           | 18:20:11 | Stone     | Tim        |
| 601  |           | 116       | 18:22:28 | Luke      | Jane       |

| Rank   | Cat Place | Cat Place | Time     | Last name | First name  |
|--|-----------|-----------|----------|-----------|-------------|
| 652  |           | 127       | 18:48:23 | Worland   | Gemma       |
| 693  |           | 135       | 19:11:57 | Sekulic   | Natasha     |
| 702  | 564       |           | 19:17:18 | Reynolds  | Leigh       |
| 737  |           | 148       | 19:36:05 | Kober     | Jutta       |
| 753  |           | 155       | 19:48:33 | Jaques    | Sara        |
| 754  |           | 156       | 19:49:25 | Kerr      | Maegan      |
| 757  | 600       |           | 19:51:24 | Johnston  | Brett       |
| 758  | 601       |           | 19:53:00 | Kaldor    | Peter       |
| 852  |           | 194       | 22:23:50 | Bentley   | Karen-Lynda |
| 862  | 665       |           | 22:49:10 | Matol     | Calvin      |
| 918  |           | 209       | 1:51:35  | Lawson    | Lorraine    |
| Bold SURNAME indicates AURA member.  |           |           |          |           |             |
| Top 100 finishers and AURA members shown only. For full results, visit <a href="http://www.ultratrailaustralia.com.au/">http://www.ultratrailaustralia.com.au/</a> |           |           |          |           |             |

# Ultra-Trail Australia 50km - Katoomba, NSW

May 14, 2016

| Rank | Cat Place | Cat Place | Time    | Last name  | First name |
|------|-----------|-----------|---------|------------|------------|
| 1    | 1         |           | 4:24:30 | Green      | Mark       |
| 2    | 2         |           | 4:47:42 | Carroll    | Matt       |
| 3    | 3         |           | 4:49:32 | Watson     | James      |
| 4    | 4         |           | 4:50:37 | Blackshaw  | Benjamin   |
| 5    | 5         |           | 4:55:48 | Bakowski   | Thomas     |
| 6    | 6         |           | 5:01:16 | Burridge   | Sam        |
| 7    | 7         |           | 5:04:32 | Higuchi    | Jasen      |
| 8    | 8         |           | 5:07:30 | Bresnehan  | Jake       |
| 9    |           | 1         | 5:08:15 | Allston    | Hanny      |
| 10   | 9         |           | 5:10:48 | Wilson     | Peter      |
| 11   | 10        |           | 5:16:31 | Hetharia   | Brad       |
| 12   | 11        |           | 5:16:54 | Fowler     | Jeremy     |
| 13   | 12        |           | 5:17:39 | Clarke     | Adam       |
| 14   | 13        |           | 5:18:12 | Shatrov    | Vladimir   |
| 15   | 14        |           | 5:19:36 | Bettles    | Richard    |
| 16   | 15        |           | 5:21:40 | Funk       | Kieren     |
| 17   | 16        |           | 5:23:29 | Mullins    | Gary       |
| 18   | 17        |           | 5:23:37 | Isles      | Steve      |
| 19   |           | 2         | 5:25:54 | Brown      | Sophie     |
| 20   | 18        |           | 5:26:07 | Borquez    | Daniel     |
| 21   | 19        |           | 5:26:58 | Mumberson  | Todd       |
| 22   | 20        |           | 5:27:20 | Dean       | Craig      |
| 23   | 21        |           | 5:27:25 | Pestalozzi | Nicolas    |
| 24   | 22        |           | 5:30:14 | Austin     | Chris      |
| 25   | 23        |           | 5:30:43 | Wichgers   | Joost      |
| 26   | 24        |           | 5:31:41 | Denmeade   | Grant      |
| 27   | 25        |           | 5:32:51 | Weise      | Kyle       |

| Rank | Cat Place | Cat Place | Time    | Last name  | First name |
|------|-----------|-----------|---------|------------|------------|
| 28   |           | 3         | 5:36:42 | Newton     | Mel        |
| 29   | 26        |           | 5:37:20 | Loebel     | Trent      |
| 30   | 27        |           | 5:37:58 | Prince     | Michael    |
| 31   | 28        |           | 5:38:20 | Brisbin    | Grant      |
| 31   | 29        |           | 5:38:20 | Stafford   | Jason      |
| 33   | 30        |           | 5:41:13 | Brand      | Jack       |
| 34   | 31        |           | 5:43:24 | Stevenson  | Jarrad     |
| 35   | 32        |           | 5:43:33 | Hancock    | Colin      |
| 36   | 33        |           | 5:43:50 | Hennessey  | Kane       |
| 37   | 34        |           | 5:44:49 | Andres     | Dani       |
| 38   |           | 4         | 5:45:04 | Woods      | Kylee      |
| 39   | 35        |           | 5:45:33 | Dundon     | Paul       |
| 40   | 36        |           | 5:46:48 | McNamara   | Patrick    |
| 41   | 37        |           | 5:47:38 | Mohsen     | Zaid       |
| 42   |           | 5         | 5:47:43 | Hitchcock  | Carol      |
| 43   |           | 6         | 5:48:08 | Bruins     | Robyn      |
| 44   | 38        |           | 5:48:37 | Brooks     | William    |
| 45   | 39        |           | 5:50:30 | Johnson    | Darryl     |
| 45   | 40        |           | 5:50:30 | Miller     | Justin     |
| 47   | 41        |           | 5:50:40 | Hough      | Nick       |
| 48   | 42        |           | 5:51:20 | Isbister   | Andy       |
| 49   | 43        |           | 5:54:01 | Douglas    | Nathan     |
| 50   | 44        |           | 5:54:36 | Miller     | Joel       |
| 51   | 45        |           | 5:54:58 | Whatman    | Matthew    |
| 52   | 46        |           | 5:56:16 | Bainbridge | Andrew     |
| 53   | 47        |           | 5:57:21 | Simpson    | Craig      |
| 54   | 48        |           | 5:57:23 | Stuart     | Nathan     |

# Ultra-Trail Australia 50km - Katoomba, NSW

## May 14, 2016

(Continued...)

| Rank | Cat Place | Cat Place | Time    | Last name       | First name |
|------|-----------|-----------|---------|-----------------|------------|
| 55   | 49        |           | 5:57:35 | Rossington      | Sam        |
| 56   | 50        |           | 5:57:46 | Mayr            | Elijah     |
| 57   | 51        |           | 5:59:17 | Smith           | Brian      |
| 58   | 52        |           | 5:59:37 | Francis         | Steven     |
| 59   | 53        |           | 5:59:54 | O'Leary         | Cam        |
| 60   | 54        |           | 6:00:19 | Raymond         | Justin     |
| 61   |           | 7         | 6:00:26 | <b>Jones</b>    | Maggie     |
| 62   | 55        |           | 6:00:32 | Shlager         | Daniel     |
| 63   | 56        |           | 6:00:57 | Williams        | Tony       |
| 64   | 57        |           | 6:02:07 | Walsh           | Justin     |
| 65   |           | 8         | 6:02:12 | Wisniewska      | Martyna    |
| 66   | 58        |           | 6:03:11 | Johnstone       | Blair      |
| 67   | 59        |           | 6:03:37 | Johanson        | Fredrik    |
| 68   | 60        |           | 6:04:44 | Shaw            | Martin     |
| 69   | 61        |           | 6:05:07 | Robinson        | John       |
| 70   | 62        |           | 6:05:50 | Gibson          | Wes        |
| 71   | 63        |           | 6:05:52 | Forde           | Peter      |
| 72   | 64        |           | 6:06:38 | Lockley         | Scott      |
| 73   |           | 9         | 6:07:08 | Bertrand        | Caroline   |
| 74   | 65        |           | 6:10:17 | Craddock        | Eugene     |
| 74   |           | 10        | 6:10:17 | Speight         | Kellyanne  |
| 76   | 66        |           | 6:10:53 | Adams           | Matthew    |
| 77   | 67        |           | 6:10:55 | Blumenthal      | James      |
| 78   | 68        |           | 6:11:42 | Henderson       | Chris      |
| 79   | 69        |           | 6:11:43 | Garnett         | Adrian     |
| 80   | 70        |           | 6:12:39 | Napper          | Adam       |
| 81   | 71        |           | 6:13:05 | <b>Day</b>      | Rohan      |
| 82   | 72        |           | 6:13:14 | Golden          | Sean       |
| 83   | 73        |           | 6:14:38 | Merlevede       | Kenny      |
| 84   | 74        |           | 6:14:53 | Fuller          | Andrew     |
| 85   | 75        |           | 6:14:56 | Havranek        | John       |
| 86   | 76        |           | 6:15:06 | <b>Claridge</b> | John       |

| Rank   | Cat Place | Cat Place | Time     | Last name           | First name |
|--|-----------|-----------|----------|---------------------|------------|
| 87   | 77        |           | 6:16:57  | Glick               | Michael    |
| 88   | 78        |           | 6:17:31  | Meiklejohn          | Stuart     |
| 89   |           | 11        | 6:17:33  | Nance               | Phoebe     |
| 90   | 79        |           | 6:17:56  | Czarnota-Bojarski   | Krys       |
| 91   |           | 12        | 6:20:26  | Catanzariti         | Ann-Maree  |
| 92   | 80        |           | 6:20:47  | <b>Oliver</b>       | Chris      |
| 93   | 81        |           | 6:22:46  | Tan                 | Lexus      |
| 94   | 82        |           | 6:23:06  | Lamarque            | Thierry    |
| 95   | 83        |           | 6:23:15  | Watson              | Brian      |
| 96   | 84        |           | 6:23:24  | Millar              | Geoff      |
| 97   | 85        |           | 6:23:41  | Manning             | Paul       |
| 98   | 86        |           | 6:24:15  | Maxwell             | David      |
| 99   | 87        |           | 6:24:23  | Simic               | Robert     |
| 100  | 88        |           | 6:24:54  | Nunes-Zlotkowski    | Slawomir   |
| 240  |           | 51        | 7:07:23  | <b>Bremner</b>      | Kerrie     |
| 271  | 211       |           | 7:16:10  | <b>Mihalakellis</b> | George     |
| 378  | 276       |           | 7:44:02  | <b>Brown</b>        | Mark       |
| 556  |           | 177       | 8:18:44  | <b>West</b>         | Sue        |
| 702  | 453       |           | 8:45:44  | <b>Mullins</b>      | Peter      |
| 799  | 491       |           | 9:09:57  | <b>Boyle</b>        | Brad       |
| 818  | 504       |           | 9:15:25  | <b>Goddard</b>      | Nick       |
| 862  |           | 337       | 9:26:54  | <b>Post</b>         | Samantha   |
| 1062   | 598       |           | 10:29:55 | <b>Sammut</b>       | Brett      |
| 1073   |           | 472       | 10:36:09 | <b>Blair</b>        | Sharon     |
| 1111   | 615       |           | 10:53:06 | <b>Jones</b>        | David      |
| Bold <b>SURNAME</b> indicates AURA member.   |           |           |          |                     |            |
| Top 100 finishers and AURA members shown only. For full results, visit <a href="http://www.ultratrailaustralia.com.au/">http://www.ultratrailaustralia.com.au/</a> |           |           |          |                     |            |



# Great Ocean Road Marathon 60km - Lorne, VIC

## May 15, 2016

| Rank | Cat Place | Cat Place | Time     | Last name        | First name |
|------|-----------|-----------|----------|------------------|------------|
| 1    | 1         |           | 04:05:00 | <b>Ciancio</b>   | Francesco  |
| 2    | 2         |           | 04:30:40 | Harington        | Andrew     |
| 3    |           | 1         | 04:32:59 | <b>Fraser</b>    | Natasha    |
| 4    | 3         |           | 04:51:21 | Hewitt           | Adam       |
| 5    | 4         |           | 04:56:34 | Manders          | Mike       |
| 6    | 5         |           | 04:57:33 | Ham              | Michael    |
| 7    | 6         |           | 04:58:01 | Daye             | Jason      |
| 8    |           | 2         | 05:00:55 | Paton            | Nicole     |
| 9    | 7         |           | 05:00:44 | Macleod          | Peter      |
| 10   | 8         |           | 05:02:46 | Quinn            | Conor      |
| 11   | 9         |           | 05:03:07 | Thompson         | Matthew    |
| 12   | 10        |           | 05:05:05 | Wright           | Tim        |
| 13   | 11        |           | 05:16:18 | Gordon           | Jeff       |
| 14   | 12        |           | 05:19:18 | <b>Fraser</b>    | David      |
| 15   | 13        |           | 05:19:54 | Greer            | Jason      |
| 16   | 14        |           | 05:20:58 | Robertson-Ball   | Nathan     |
| 17   | 15        |           | 05:26:55 | Jamieson         | Chris      |
| 18   | 16        |           | 05:28:50 | <b>Gallagher</b> | Dion       |
| 19   | 17        |           | 05:29:15 | Carvalho         | Andre      |
| 20   | 18        |           | 05:31:26 | Roewer           | Alex       |
| 21   |           | 3         | 05:31:27 | Rogan            | Danni      |
| 22   | 19        |           | 05:32:36 | Barker           | Simon      |
| 23   | 20        |           | 05:34:42 | Omahony          | Ronan      |
| 24   | 21        |           | 05:35:19 | Man Hong         | Su         |
| 25   | 22        |           | 05:37:09 | Pamensky         | Ian        |
| 26   | 23        |           | 05:38:30 | Mcdonald         | Rohan      |
| 27   |           | 4         | 05:40:40 | Booy             | Katherine  |
| 28   | 24        |           | 05:42:08 | Atkinson         | Glynn      |
| 29   | 25        |           | 05:42:21 | Newton           | Kaden      |
| 30   | 26        |           | 05:42:21 | Flind            | Jonathan   |
| 31   | 27        |           | 05:43:34 | Govan            | Julian     |
| 32   | 28        |           | 05:45:34 | Ljubicic         | George     |
| 33   | 29        |           | 05:48:46 | Zheng            | Michael    |

| Rank                                | Cat Place | Cat Place | Time     | Last name       | First name |
|-------------------------------------|-----------|-----------|----------|-----------------|------------|
| 34                                  |           | 5         | 05:49:11 | Caldow          | Kirily     |
| 35                                  |           | 6         | 05:50:10 | Brady           | Jody       |
| 36                                  |           | 7         | 05:50:58 | Oudman          | Yvette     |
| 37                                  |           | 8         | 05:50:54 | Glezos          | Alison     |
| 38                                  |           | 9         | 05:53:01 | Mcgrady         | Emma       |
| 39                                  |           | 10        | 05:52:50 | Cole            | Laura      |
| 40                                  |           | 11        | 05:52:50 | Kennedy         | Elli       |
| 41                                  | 30        |           | 05:54:23 | Simmons         | Mark       |
| 42                                  |           | 12        | 05:55:21 | <b>Suckling</b> | Sandy      |
| 43                                  | 31        |           | 05:56:30 | <b>Palermo</b>  | Frank      |
| 44                                  | 32        |           | 05:57:45 | Wills           | Ross       |
| 45                                  |           | 13        | 05:59:31 | Chan            | Hilary     |
| 46                                  |           | 14        | 05:59:38 | Golkarnarenji   | Gelayol    |
| 47                                  | 33        |           | 05:59:52 | Pleasance       | Mark       |
| 48                                  |           | 15        | 06:03:27 | Gibson          | Julie      |
| 49                                  | 34        |           | 06:03:27 | Abdo            | Michael    |
| 50                                  | 35        |           | 06:04:16 | Duffy           | Nathan     |
| 51                                  | 36        |           | 06:07:28 | Morrow          | Gordon     |
| 52                                  | 37        |           | 06:09:07 | Pamensky        | Elan       |
| 53                                  |           | 16        | 06:10:10 | Creswell        | Joanna     |
| 54                                  | 38        |           | 06:10:43 | Nathan          | Kash       |
| 55                                  |           | 17        | 06:11:53 | Taylor          | Janelle    |
| 56                                  |           | 18        | 06:13:18 | Fife            | Amanda     |
| 57                                  | 39        |           | 06:13:43 | Schielzeth      | Marc       |
| 58                                  | 40        |           | 06:15:32 | <b>Day</b>      | Paul       |
| 59                                  | 41        |           | 06:15:52 | Jennings        | Peter      |
| 60                                  | 42        |           | 06:17:41 | Carson          | Daryl      |
| 61                                  | 43        |           | 06:18:03 | Mcgowan         | Thomas     |
| 62                                  | 44        |           | 06:19:36 | <b>Millett</b>  | Roger      |
| 63                                  | 45        |           | 06:20:19 | Herft           | Patrick    |
| 64                                  | 46        |           | 06:21:54 | Williams        | Jim        |
| 65                                  | 47        |           | 06:28:25 | Hwang           | Seongil    |
| Bold SURNAME indicates AURA member. |           |           |          |                 |            |

# Great Ocean Road Marathon 44km - Lorne, VIC

## May 15, 2016

| Rank | Cat Place | Cat Place | Time     | Last name    | First name  |
|------|-----------|-----------|----------|--------------|-------------|
| 1    | 1         |           | 02:32:59 | Spence       | Julian      |
| 2    | 2         |           | 02:42:25 | Watson       | Ash         |
| 3    | 3         |           | 02:45:39 | Moyle        | Darren      |
| 4    | 4         |           | 02:48:30 | Dalton       | Jason       |
| 5    | 5         |           | 02:50:18 | Dalton       | James       |
| 6    | 6         |           | 02:53:03 | Mcdonald     | Alistair    |
| 7    | 7         |           | 02:57:56 | Mcmahon      | Joshua      |
| 8    | 8         |           | 03:01:14 | Fuller       | Bradley     |
| 9    | 9         |           | 03:04:50 | Brettig      | Tim         |
| 10   | 10        |           | 03:06:19 | Jeffreys     | Darren      |
| 11   |           | 1         | 03:06:36 | Bull         | Kirstin     |
| 12   | 11        |           | 03:08:35 | Hall         | Cameron     |
| 13   | 12        |           | 03:11:42 | Westerweller | Bayden      |
| 14   | 13        |           | 03:13:08 | Follett      | Rob         |
| 15   | 14        |           | 03:13:29 | Mullavey     | Jarrold     |
| 16   |           | 2         | 03:13:32 | Douglas      | Tracy       |
| 17   | 15        |           | 03:14:01 | Loughnan     | Daniel      |
| 18   | 16        |           | 03:15:33 | Molloy       | Mark        |
| 19   | 17        |           | 03:17:10 | Bruce        | Glenn       |
| 20   | 18        |           | 03:17:45 | Hall         | Daniel      |
| 21   | 19        |           | 03:18:33 | Costa        | Raffael     |
| 22   | 20        |           | 03:21:12 | Yates        | Brad        |
| 23   | 21        |           | 03:22:42 | Browne       | Samuel      |
| 24   | 22        |           | 03:24:04 | Farrugia     | Marc        |
| 25   | 23        |           | 03:24:28 | Camilleri    | Eddie       |
| 26   | 24        |           | 03:24:03 | Borovac      | Christian   |
| 27   | 25        |           | 03:24:34 | Welsh        | Thomas      |
| 28   | 26        |           | 03:25:03 | Lipman       | David       |
| 29   | 27        |           | 03:25:32 | Berry        | Mark        |
| 30   | 28        |           | 03:26:20 | Sillekens    | Paul        |
| 31   | 29        |           | 03:26:36 | Sheehan      | Andrew      |
| 32   | 30        |           | 03:27:46 | Wright       | Aaron       |
| 33   | 31        |           | 03:28:10 | Davidson     | Travis      |
| 34   | 32        |           | 03:28:53 | Muscroft     | Nigel       |
| 35   | 33        |           | 03:28:57 | Gunther      | Matt        |
| 36   | 34        |           | 03:28:57 | Armour       | Ben         |
| 37   | 35        |           | 03:28:56 | Lutfi        | Massi       |
| 38   | 36        |           | 03:30:50 | Erickson     | Christopher |
| 39   | 37        |           | 03:30:54 | Mccristal    | Tim         |

| Rank | Cat Place | Cat Place | Time     | Last name   | First name |
|------|-----------|-----------|----------|-------------|------------|
| 40   |           | 3         | 03:31:15 | Carolan     | Ann Marie  |
| 41   | 38        |           | 03:32:34 | Wigney      | Chris      |
| 42   | 39        |           | 03:32:32 | Bailey      | Peter      |
| 43   | 40        |           | 03:32:55 | Williamson  | Bradley    |
| 44   | 41        |           | 03:33:01 | Abbott      | Keith      |
| 45   | 42        |           | 03:33:13 | Pascoe      | John       |
| 46   | 43        |           | 03:33:46 | Hannah      | Adam       |
| 47   | 44        |           | 03:33:46 | Dixon       | Brett      |
| 48   | 45        |           | 03:34:19 | Rew         | Quentin    |
| 49   | 46        |           | 03:34:33 | Robertson   | Paul       |
| 50   | 47        |           | 03:35:01 | Tocchini    | Nicola     |
| 51   | 48        |           | 03:34:53 | Johnstone   | Nathan     |
| 52   | 49        |           | 03:35:33 | Murphy      | Adam       |
| 53   |           | 4         | 03:35:49 | Brennan     | Martina    |
| 54   | 50        |           | 03:36:21 | Livic       | Ivan       |
| 55   |           | 5         | 03:36:44 | Larsen      | Junia      |
| 56   | 51        |           | 03:36:53 | Sorgiovanni | Tony       |
| 57   |           | 6         | 03:36:49 | Pedersen    | Sharon     |
| 58   | 52        |           | 03:37:21 | Kemp        | Tez        |
| 59   | 53        |           | 03:37:35 | Rossjohn    | Jamie      |
| 60   | 54        |           | 03:37:33 | Grillo      | Alfonso    |
| 61   | 55        |           | 03:37:48 | Phipps      | Leighton   |
| 62   | 56        |           | 03:38:12 | Marshall    | Adam       |
| 63   |           | 7         | 03:38:14 | Feigin      | Anita      |
| 64   | 57        |           | 03:38:26 | Kelly       | Luke       |
| 65   | 58        |           | 03:39:02 | Besser      | Joseph     |
| 66   | 59        |           | 03:39:28 | O'Connor    | Scott      |
| 67   |           | 8         | 03:39:24 | Kirkwood    | Amy        |
| 68   | 60        |           | 03:39:31 | Salter      | Richard    |
| 69   | 61        |           | 03:40:26 | Murphy      | Aaron      |
| 70   | 62        |           | 03:40:36 | Hoare       | Shannon    |
| 71   | 63        |           | 03:41:36 | Dierickx    | Robbie     |
| 72   | 64        |           | 03:41:46 | Casas       | Jamie      |
| 73   | 65        |           | 03:42:11 | Maunder     | Mark       |
| 74   | 66        |           | 03:42:20 | Mccaffrey   | Nick       |
| 75   | 67        |           | 03:42:27 | Cook        | David      |
| 76   | 68        |           | 03:42:16 | Davis       | Sam        |
| 77   | 69        |           | 03:42:17 | Podrascanin | Lazo       |
| 78   | 70        |           | 03:42:34 | Hobson      | Alex       |

# Great Ocean Road Marathon 44km - Lorne, VIC

## May 15, 2016

(Continued...)

| Rank | Cat Place | Cat Place | Time     | Last name   | First name |
|------|-----------|-----------|----------|-------------|------------|
| 79   | 71        |           | 03:42:47 | Thomas      | Terry      |
| 80   | 72        |           | 03:42:44 | Cleverly    | Ryan       |
| 81   | 73        |           | 03:43:09 | Dutoit      | Neels      |
| 82   | 74        |           | 03:43:29 | Van Agtmaal | Andrew     |
| 83   | 75        |           | 03:43:39 | Wilson      | Jackson    |
| 84   | 76        |           | 03:43:47 | Haakma      | Daniel     |
| 85   | 77        |           | 03:43:54 | Janson      | Ian        |
| 86   | 78        |           | 03:43:53 | Sillekens   | Michael    |
| 87   | 79        |           | 03:44:10 | Mandile     | Greg       |
| 88   | 80        |           | 03:44:24 | Kwok        | Kevin Ky   |
| 89   | 81        |           | 03:43:26 | Ryan        | Eugene     |
| 90   |           | 9         | 03:44:34 | Pauna       | Deborah    |
| 91   | 82        |           | 03:44:32 | Blyth       | Nicholas   |
| 92   | 83        |           | 03:45:18 | Zylstra     | Justin     |
| 93   |           | 10        | 03:45:22 | Phillips    | Claire     |
| 94   | 84        |           | 03:45:33 | Burton      | Timothy    |
| 95   | 85        |           | 03:45:52 | Watkins     | Rick       |
| 96   | 86        |           | 03:45:16 | Watts       | Daniel     |
| 97   |           | 11        | 03:46:30 | Susan       | Susan      |

| Rank   | Cat Place | Cat Place | Time     | Last name       | First name |
|--|-----------|-----------|----------|-----------------|------------|
| 98   | 87        |           | 03:46:29 | Atkinson        | Michael    |
| 99   |           | 12        | 03:46:34 | Stringer        | Katie      |
| 100  | 88        |           | 03:46:02 | Swann           | Shane      |
| 129  | 113       |           | 03:50:47 | <b>Twite</b>    | Ian        |
| 193  | 160       |           | 04:01:12 | <b>Wright</b>   | Paul       |
| 203  | 166       |           | 04:01:45 | <b>Williams</b> | Mark       |
| 236  | 189       |           | 04:07:55 | <b>Black</b>    | Peter      |
| 255  |           | 53        | 04:09:40 | <b>Bennett</b>  | Elizabeth  |
| 484  | 357       |           | 04:34:56 | <b>O'Brien</b>  | Andrew     |
| 485  |           | 128       | 04:34:56 | <b>O'Brien</b>  | Sue        |
| 511  | 370       |           | 04:37:33 | <b>Mestdagh</b> | Oliver     |
| 583  | 403       |           | 04:48:48 | <b>Smith</b>    | John       |
| 647  |           | 204       | 04:57:41 | <b>Rowe</b>     | Elise      |
| 680  | 461       |           | 05:02:17 | <b>Thompson</b> | Simon      |
| 833  |           | 286       | 05:30:37 | <b>Myors</b>    | Beck       |
| Bold SURNAME indicates AURA member.  |           |           |          |                 |            |
| Top 100 finishers and AURA members shown only. For full results, visit <a href="http://www.greatoceanroadmarathon.com.au/">http://www.greatoceanroadmarathon.com.au/</a> |           |           |          |                 |            |

# Macedon Trail Run 50km - Mt Macedon, VIC

## May 29, 2016

| Rank | Cat Place | Cat Place | Time    | Last name        | First name  |
|------|-----------|-----------|---------|------------------|-------------|
| 1    | 1         |           | 4:55:09 | <b>Ciancio</b>   | Francesco   |
| 2    | 2         |           | 4:59:15 | Dore             | Mathieu     |
| 3    | 3         |           | 5:18:03 | Davies           | Oowan       |
| 4    | 4         |           | 5:21:23 | Wilson           | Douglas     |
| 5    | 5         |           | 5:27:07 | <b>Claxton</b>   | Joel        |
| 6    | 6         |           | 5:34:24 | Rathjen          | Michael     |
| 7    | 7         |           | 5:35:15 | Teney            | Damien      |
| 8    | 8         |           | 6:02:31 | Yoon             | John        |
| 9    | 9         |           | 6:07:39 | <b>Sawa</b>      | Mak         |
| 10   | 10        |           | 6:08:47 | <b>Roberts</b>   | Christopher |
| 11   |           | 1         | 6:21:23 | Paton            | Nicole      |
| 12   | 11        |           | 6:24:49 | Alexandropoulos  | George      |
| 13   | 12        |           | 6:26:18 | Pain             | Marcus      |
| 14   | 13        |           | 6:29:55 | Haakma           | Daniel      |
| 15   | 14        |           | 6:31:23 | Hill             | Eddy        |
| 16   | 15        |           | 6:31:23 | Cullum           | Tom         |
| 17   | 16        |           | 6:33:10 | <b>Hughes</b>    | Stuart      |
| 18   |           | 2         | 6:43:02 | <b>Macmillan</b> | Katherine   |
| 19   | 17        |           | 6:50:09 | <b>Neale</b>     | Simon       |
| 20   | 18        |           | 6:52:44 | Marwood          | Garry       |

| Rank                                | Cat Place | Cat Place | Time    | Last name      | First name  |
|-------------------------------------|-----------|-----------|---------|----------------|-------------|
| 21                                  | 19        |           | 6:55:59 | Brown          | Troy        |
| 22                                  | 20        |           | 7:00:51 | Chircop        | Dale        |
| 23                                  | 21        |           | 7:05:59 | Fraser         | Lachlan     |
| 24                                  |           | 3         | 7:07:20 | Mungcal        | Georgie     |
| 25                                  | 22        |           | 7:12:43 | Cook           | David       |
| 26                                  | 23        |           | 7:13:26 | Byrne          | Patrick     |
| 27                                  |           | 4         | 7:16:00 | Taylor         | Karina      |
| 28                                  |           | 5         | 7:17:30 | Dubelaar       | Diana Helen |
| 29                                  |           | 6         | 7:29:01 | <b>Ross</b>    | Isobel      |
| 30                                  |           | 7         | 7:33:45 | McTaggart      | Kerryn      |
| 31                                  | 24        |           | 7:53:01 | Bartholomew    | Ash         |
| 32                                  |           | 8         | 7:53:15 | Thorn          | Julia       |
| 33                                  | 25        |           | 8:04:47 | Mitchell       | Kieran      |
| 34                                  | 26        |           | 8:06:54 | Maynard        | Warren      |
| 35                                  |           | 9         | 8:13:12 | Noesgaard      | Jo          |
| 36                                  | 27        |           | 8:23:03 | Liu            | Sam         |
| 37                                  |           | 10        | 8:36:26 | <b>Shannon</b> | Michelle    |
| 38                                  |           | 11        | 9:20:21 | <b>Rowe</b>    | Elise       |
| 39                                  | 28        |           | 9:22:38 | <b>Hewat</b>   | Andy        |
| Bold SURNAME indicates AURA member. |           |           |         |                |             |



## Wilsons Prom 100km - Wilsons Promontory National Park, VIC June 4, 2016

| Rank | Cat Place | Cat Place | Time     | Last name      | First name  |
|------|-----------|-----------|----------|----------------|-------------|
| 1    | 1         |           | 11:01:54 | <b>Overend</b> | David       |
| 2    | 2         |           | 11:38:40 | <b>Roberts</b> | Christopher |
| 3    | 3         |           | 11:50:19 | <b>Beard</b>   | Dan         |
| 4    | 4         |           | 12:29:21 | Wheeler        | Shane       |
| 5    | 5         |           | 12:37:30 | Welburn        | Regan       |
| 6    | 6         |           | 13:06:15 | Dwyer          | Dylan       |
| 7    | 7         |           | 13:32:19 | Jacobson       | Chris       |
| 8    | 8         |           | 13:41:00 | Hughes         | Joseph      |
| 9    | 9         |           | 14:11:15 | McKinnon       | Toby        |
| 10   | 10        |           | 14:19:05 | Stiberc        | Jono        |
| 11   | 11        |           | 14:19:05 | Veenstra       | Matt        |
| 12   | 12        |           | 14:31:54 | <b>Heiland</b> | Tarek       |
| 13   |           | 1         | 14:39:13 | Keith          | Susan       |
| 14   | 13        |           | 14:39:47 | Fox            | Nigel       |

| Rank                                | Cat Place | Cat Place | Time     | Last name      | First name |
|-------------------------------------|-----------|-----------|----------|----------------|------------|
| 15                                  | 14        |           | 14:40:22 | Lucas          | Patrick    |
| 16                                  | 15        |           | 14:58:53 | Spencer        | Jeremy     |
| 17                                  | 16        |           | 15:08:02 | Boardman       | Stuart     |
| 18                                  | 17        |           | 15:08:02 | <b>Roberts</b> | Simon      |
| 19                                  | 18        |           | 15:31:02 | Todd           | Paul       |
| 20                                  | 19        |           | 16:10:35 | <b>Black</b>   | Scott      |
| 21                                  | 20        |           | 16:29:55 | Metcalfe       | Anthony    |
| 22                                  |           | 2         | 16:49:50 | Roberts        | Cathy      |
| 23                                  | 21        |           | 17:10:47 | Harrison       | Scott      |
| 24                                  | 22        |           | 17:10:47 | Narayanan      | Manish     |
| 25                                  | 23        |           | 17:19:06 | Baff           | Nick       |
| 26                                  | 24        |           | 17:32:36 | <b>Hewat</b>   | Andrew     |
| Bold SURNAME indicates AURA member. |           |           |          |                |            |

## Wilsons Prom 80km - Wilsons Promontory National Park, VIC June 4, 2016

| Rank                                | Cat Place | Cat Place | Time     | Last name       | First name |
|-------------------------------------|-----------|-----------|----------|-----------------|------------|
| 1                                   |           | 1         | 9:45:17  | Paton           | Nicole     |
| 2                                   | 1         |           | 10:27:03 | Wyithe          | Stuart     |
| 3                                   | 2         |           | 12:37:53 | <b>Mestdagh</b> | Oliver     |
| Bold SURNAME indicates AURA member. |           |           |          |                 |            |

# Wilsons Prom 60km - Wilsons Promontory National Park, VIC

## June 4, 2016

| Rank | Cat Place | Cat Place | Time    | Last name     | First name |
|------|-----------|-----------|---------|---------------|------------|
| 1    | 1         |           | 6:19:50 | Angus         | Simon      |
| 2    | 2         |           | 6:27:03 | Rennick       | Stephen    |
| 3    | 3         |           | 6:48:55 | Perera        | Dylan      |
| 4    | 4         |           | 7:00:54 | Lau           | Kym        |
| 5    | 5         |           | 7:18:19 | Zwierlein     | Buttercup  |
| 6    | 6         |           | 7:31:30 | Cumming       | Shaun      |
| 7    | 7         |           | 7:33:45 | White         | Glen       |
| 8    | 8         |           | 7:42:35 | Jones         | Brian      |
| 9    | 9         |           | 7:42:35 | <b>Gamble</b> | Mal        |
| 10   | 10        |           | 7:45:49 | Murray        | Trevor     |
| 11   | 11        |           | 7:53:33 | Winzar        | Shane      |
| 12   |           | 1         | 8:09:35 | Hansen        | Jacqui     |
| 13   | 12        |           | 8:13:54 | McMahon       | Terry      |
| 14   | 13        |           | 8:18:09 | Murawski      | Carsten    |
| 15   | 14        |           | 8:26:49 | Mitchell      | Peter      |
| 16   |           | 2         | 8:27:18 | Gash          | Cassandra  |
| 17   |           | 3         | 8:37:54 | Donald        | Ingrid     |
| 18   |           | 4         | 8:43:38 | Laurent       | Cecile     |
| 19   | 15        |           | 8:43:38 | <b>Smith</b>  | Chris      |
| 20   | 16        |           | 8:45:36 | Sutherland    | David      |
| 21   | 17        |           | 8:47:12 | Riedel        | Paul       |
| 22   | 18        |           | 8:47:24 | Goss          | Peter      |
| 23   | 19        |           | 8:53:01 | Sleep         | Nathan     |
| 24   | 20        |           | 8:53:50 | Smith         | Andrew     |
| 25   | 21        |           | 8:55:11 | <b>Kofman</b> | Paul       |
| 26   | 22        |           | 8:56:05 | Zachariassen  | Thomas     |

| Rank                                | Cat Place | Cat Place | Time     | Last name           | First name |
|-------------------------------------|-----------|-----------|----------|---------------------|------------|
| 27                                  |           | 5         | 8:56:54  | Noesgaard           | Jo         |
| 28                                  |           | 6         | 9:01:17  | Cowling             | Gayle      |
| 29                                  | 23        |           | 9:03:46  | Piplos              | Chris      |
| 30                                  | 24        |           | 9:07:31  | Steenbergen         | Ed         |
| 31                                  | 25        |           | 9:12:24  | Judd                | Brenden    |
| 32                                  | 26        |           | 9:20:47  | <b>Mullins</b>      | Peter      |
| 33                                  | 27        |           | 9:28:40  | Michelson           | Ian        |
| 34                                  | 28        |           | 9:32:19  | Whyte               | Ned        |
| 35                                  | 29        |           | 9:37:15  | Cardinali           | Marco      |
| 36                                  | 30        |           | 9:37:45  | Foti                | Daniele    |
| 37                                  | 31        |           | 9:40:45  | Cardiff             | Mike       |
| 38                                  |           | 7         | 9:48:38  | Hannah              | Natalie    |
| 39                                  | 32        |           | 9:48:48  | Hannah              | Jeffrey    |
| 40                                  | 33        |           | 10:07:37 | Pfeiffer            | Tomie      |
| 41                                  |           | 8         | 10:07:39 | Muir                | Lesa       |
| 42                                  | 34        |           | 10:09:07 | Venables            | Bruce      |
| 43                                  |           | 9         | 10:16:18 | Szolos              | Rozsa      |
| 44                                  | 35        |           | 10:19:15 | Martin              | Thomas     |
| 45                                  |           | 10        | 10:45:12 | Bayley              | Coral      |
| 46                                  |           | 11        | 10:45:18 | Bolton              | Vanessa    |
| 47                                  | 36        |           | 14:03:00 | Kinder              | Neil       |
| 48                                  |           | 12        | 18:34:55 | Blackney            | Olivia     |
| 49                                  | 37        |           | 18:34:55 | <b>Mihalakellis</b> | George     |
| 50                                  | 38        |           | 18:34:55 | Swinkels            | Mark       |
| Bold SURNAME indicates AURA member. |           |           |          |                     |            |

# Gold Coast 100km - Gold Coast, QLD

## June 11, 2016

| Rank | Cat Place | Cat Place | Time     | Last name      | First name    |
|------|-----------|-----------|----------|----------------|---------------|
| 1    | 1         |           | 7:30:20  | <b>Ciancio</b> | Francesco     |
| 2    | 2         |           | 8:07:01  | <b>Muller</b>  | Kevin         |
| 3    |           | 1         | 8:10:18  | <b>Eisler</b>  | Marita        |
| 4    |           | 2         | 8:47:52  | Litt           | Shannon-Leigh |
| 5    |           | 3         | 8:56:08  | <b>Fieberg</b> | Barbara       |
| 6    | 3         |           | 9:20:32  | Weir           | Sam           |
| 7    | 4         |           | 9:22:19  | <b>Hughes</b>  | Stuart        |
| 8    |           | 4         | 9:28:38  | <b>Mullin</b>  | Any           |
| 9    |           | 5         | 9:40:27  | Bendall        | Raelene       |
| 10   |           | 6         | 9:54:44  | <b>Black</b>   | Corrina       |
| 11   |           | 7         | 10:15:28 | <b>Austin</b>  | Kathryn       |
| 12   | 5         |           | 10:32:25 | <b>Canty</b>   | Mike          |
| 13   | 6         |           | 10:40:48 | Douglass       | Kieron        |

| Rank                                | Cat Place | Cat Place | Time     | Last name      | First name  |
|-------------------------------------|-----------|-----------|----------|----------------|-------------|
| 14                                  | 7         |           | 11:35:29 | Goodwin        | Dermot      |
| 15                                  | 8         |           | 11:44:19 | Luxton         | Thomas      |
| 16                                  | 9         |           | 11:53:25 | <b>Marsh</b>   | Ken         |
| 17                                  | 10        |           | 12:44:00 | <b>O'brien</b> | Andrew      |
| 18                                  |           | 8         | 12:44:00 | <b>O'brien</b> | Sue         |
| 19                                  | 11        |           | 13:03:42 | Lund           | Keith       |
| 20                                  | 11        |           | 13:03:44 | Evans          | Christopher |
| 21                                  |           | 9         | 13:48:26 | Speldewinde    | Armi        |
| 22                                  |           | 10        | 16:19:09 | Collins        | Eileen      |
| 23                                  |           | 10        | 16:19:09 | Smit           | Sally       |
| Bold SURNAME indicates AURA member. |           |           |          |                |             |

## Sri Chinmoy 24h - Campbelltown, NSW

June 18, 2016

| Rank | Cat Place | Cat Place | Distance | Last name        | First name |
|------|-----------|-----------|----------|------------------|------------|
| 1    | 1         |           | 222.656  | <b>Gamble</b>    | Malcolm    |
| 2    |           | 1         | 201.931  | <b>Scholz</b>    | Sharon     |
| 3    | 2         |           | 196.575  | Redfern          | Stephen    |
| 4    |           | 2         | 192.530  | <b>Urquhart</b>  | Donna      |
| 5    | 3         |           | 185.916  | Yoon             | John       |
| 6    |           | 3         | 175.327  | <b>Lovegrove</b> | Kristy     |
| 7    | 4         |           | 166.720  | Melham           | Anyce      |
| 8    | 5         |           | 163.603  | Smith            | Sean       |
| 9    | 6         |           | 161.600  | <b>Scholz</b>    | Justin     |
| 10   | 7         |           | 157.555  | <b>Blackmore</b> | Kieron     |
| 11   | 8         |           | 134.493  | <b>Mahoney</b>   | Paul       |
| 12   | 9         |           | 133.087  | Connor           | Adam       |
| 13   | 10        |           | 130.000  | Attrill          | David      |
| 14   | 11        |           | 129.518  | Menegazzo        | Matt       |
| 15   | 12        |           | 129.077  | Vengadasalam     | Ganesh     |
| 16   | 13        |           | 128.321  | Thompson         | Michael    |
| 17   | 14        |           | 126.800  | <b>Pearson</b>   | John       |

| Rank | Cat Place | Cat Place | Distance | Last name       | First name |
|------|-----------|-----------|----------|-----------------|------------|
| 18   | 15        |           | 126.222  | Gustard         | Craig      |
| 19   | 16        |           | 122.251  | Bridle          | Billy      |
| 20   | 17        |           | 118.400  | McCorkindale    | Bryan      |
| 21   |           | 4         | 118.400  | <b>Jaques</b>   | Sara       |
| 22   | 18        |           | 116.800  | <b>Davies</b>   | Brendan    |
| 23   | 19        |           | 113.088  | Topper          | Kurt       |
| 24   | 20        |           | 111.664  | Roberts         | Martin     |
| 25   | 21        |           | 110.400  | Timms           | John       |
| 26   | 22        |           | 105.200  | Mencinsky       | Taras      |
| 27   | 23        |           | 100.400  | <b>Turnbull</b> | David      |
| 28   | 24        |           | 100.400  | Osborne         | Robert     |
| 29   | 25        |           | 100.000  | Meagher         | Andrew     |
| 30   | 26        |           | 100.000  | Tooth           | Jeffrey    |
| 31   | 27        |           | 95.200   | <b>Oliver</b>   | Chris      |
| 32   | 28        |           | 80.800   | Luxton          | Tom        |
| 33   | 29        |           | 62.400   | Domonkos        | Steve      |
| 34   | 30        |           | 42.400   | <b>Commings</b> | Louis      |

Bold SURNAME indicates AURA member.

## Sri Chinmoy 12h - Campbelltown, NSW

June 18, 2016

| Rank | Cat Place | Cat Place | Distance | Last name      | First name |
|------|-----------|-----------|----------|----------------|------------|
| 1    | 1         |           | 116.000  | <b>Symonds</b> | Dan        |
| 2    | 2         |           | 100.400  | Stowers        | Steve      |
| 3    | 3         |           | 96.743   | Sargeant       | Arthur     |
| 4    |           | 1         | 86.781   | <b>Worland</b> | Gemma      |
| 5    |           | 2         | 72.000   | Smith          | Lib        |
| 6    | 4         |           | 60.000   | Knox           | Hamish     |
| 7    | 5         |           | 54.800   | <b>Cooke</b>   | Rick       |

Bold SURNAME indicates AURA member.

## Sri Chinmoy 6h - Campbelltown, NSW

June 18, 2016

| Rank | Cat Place | Cat Place | Distance | Last name      | First name |
|------|-----------|-----------|----------|----------------|------------|
| 1    | 1         |           | 69.821   | Gooding        | Ryan       |
| 2    | 2         |           | 68.812   | <b>Gillies</b> | Cameron    |
| 3    | 3         |           | 67.125   | McCann         | Joseph     |
| 4    | 4         |           | 66.709   | Oliver         | Tim        |
| 5    |           | 1         | 63.029   | Green          | Sonia      |
| 6    | 5         |           | 60.571   | Whalan         | Jeffrey    |
| 7    | 6         |           | 53.617   | Tunstall       | Gavin      |
| 8    | 7         |           | 53.165   | Oba            | Eddy       |
| 9    |           | 2         | 52.282   | Krempff        | Margaret   |

| Rank | Cat Place | Cat Place | Distance | Last name         | First name |
|------|-----------|-----------|----------|-------------------|------------|
| 10   | 8         |           | 52.026   | <b>Manfield</b>   | Michael    |
| 11   | 9         |           | 50.493   | Chong             | David      |
| 12   |           | 3         | 46.961   | Willett           | Jodi       |
| 13   | 10        |           | 43.200   | Barnes            | Geoff      |
| 14   |           | 4         | 42.205   | Walden            | Joy        |
| 15   | 11        |           | 40.529   | <b>Schwebel</b>   | Ron        |
| 16   |           | 5         | 35.626   | <b>Chesterton</b> | Val        |
| 17   |           | 6         | 28.893   | Austin            | Carmen     |

Bold SURNAME indicates AURA member.

## Princes Park Urban Trail Run 24h - Parkville, VIC June 18-19, 2016

| Rank | Cat Place | Cat Place | Distance | Last name      | First name |
|------|-----------|-----------|----------|----------------|------------|
| 1    | 1         |           | 200.033  | O'Loughlin     | Daragh     |
| 2    | 2         |           | 185.880  | <b>Roberts</b> | Simon      |
| 3    |           | 1         | 181.193  | <b>Muston</b>  | Pam        |
| 4    |           | 2         | 175.880  | Parkinson      | Lisa       |
| 5    | 3         |           | 175.031  | <b>Sawa</b>    | Mak        |
| 6    |           | 3         | 173.968  | <b>Symons</b>  | Cheryl     |
| 7    |           | 4         | 100.000  | <b>West</b>    | Sue        |
| 7    | 4         |           | 100.000  | Johnson        | Kevin      |
| 9    | 5         |           | 65.000   | Meyer          | Bernd      |
| 10   |           | 5         | 60.000   | Yap            | Lindy      |

Bold SURNAME indicates AURA member.

## Princes Park Urban Trail Run 12h - Parkville, VIC June 18-19, 2016

| Rank | Cat Place | Cat Place | Distance | Last name           | First name |
|------|-----------|-----------|----------|---------------------|------------|
| 1    | 1         |           | 105.001  | Elms                | Corey      |
| 2    |           | 1         | 102.451  | <b>Bailey</b>       | Grace      |
| 3    | 2         |           | 102.278  | <b>Sutton</b>       | Rob        |
| 4    | 3         |           | 92.500   | <b>Mihalakellis</b> | George     |
| 5    | 4         |           | 85.000   | Hillier             | Brett      |
| 6    |           | 2         | 85.000   | <b>Shannon</b>      | Michelle   |
| 7    | 5         |           | 80.000   | van Wijngaarden     | Peter      |
| 8    | 6         |           | 50.000   | Blackney            | Andrew     |

Bold SURNAME indicates AURA member.

## Princes Park Urban Trail Run 6h - Parkville, VIC June 18-19, 2016

| Rank | Cat Place | Cat Place | Distance | Last name       | First name |
|------|-----------|-----------|----------|-----------------|------------|
| 1    | 1         |           | 73.970   | Hill            | Stuart     |
| 2    |           | 1         | 70.107   | Paton           | Nicole     |
| 3    | 2         |           | 67.312   | Metcalf         | Ben        |
| 4    |           | 2         | 64.571   | <b>Wynd</b>     | Nikki      |
| 5    | 3         |           | 60.791   | Burgess         | Danny      |
| 6    | 4         |           | 60.118   | <b>Jakus</b>    | Gabor      |
| 7    | 5         |           | 57.521   | Cheel           | Simon      |
| 8    | 6         |           | 54.925   | Deering         | Bill       |
| 9    | 7         |           | 52.541   | <b>Mestdagh</b> | Oliver     |
| 10   | 8         |           | 51.014   | Swinkels        | Mark       |
| 11   | 9         |           | 50.962   | Smythe          | David      |
| 12   | 10        |           | 50.791   | <b>Thompson</b> | Simon      |
| 13   | 11        |           | 50.390   | Lu              | Norm       |

| Rank | Cat Place | Cat Place | Distance | Last name        | First name |
|------|-----------|-----------|----------|------------------|------------|
| 14   | 12        |           | 50.000   | <b>O'Brien</b>   | Andrew     |
| 15   |           | 3         | 50.000   | <b>O'Brien</b>   | Sue        |
| 16   | 13        |           | 48.212   | <b>Woodhouse</b> | Mathew     |
| 17   |           | 4         | 40.639   | Flentjar         | Melissa    |
| 18   |           | 5         | 36.128   | <b>Nanscawen</b> | Emmy       |
| 19   | 14        |           | 35.000   | <b>Clark</b>     | Ben        |
| 20   |           | 6         | 31.357   | Swinkels         | Kathy      |
| 21   | 15        |           | 27.907   | Neely            | Ian        |
| 22   |           | 7         | 27.541   | Fletcher         | Chelsea    |
| 23   |           | 8         | 22.907   | Neely            | Kate       |
| 24   |           | 9         | 22.907   | Poel             | Kathleen   |
| 25   |           | 10        | 19.614   | Meiliasari       | Meiliasari |

Bold SURNAME indicates AURA member.



## Princes Park Urban Trail Run 100km - Parkville, VIC June 19, 2016

| Rank                                | Cat Place | Cat Place | Time     | Last name        | First name |
|-------------------------------------|-----------|-----------|----------|------------------|------------|
| 1                                   | 1         |           | 9:13:53  | Hughs            | Stuart     |
| 2                                   |           | 1         | 9:17:41  | <b>Macmillan</b> | Katherine  |
| 3                                   | 2         |           | 10:50:07 | <b>Black</b>     | Peter      |
| 4                                   | 3         |           | 12:08:27 | Byrne            | Patrick    |
| Bold SURNAME indicates AURA member. |           |           |          |                  |            |

## Princes Park Urban Trail Run 50km - Parkville, VIC June 19, 2016

| Rank                                | Cat Place | Cat Place | Time    | Last name        | First name |
|-------------------------------------|-----------|-----------|---------|------------------|------------|
| 1                                   |           | 1         | 4:35:24 | <b>Griffith</b>  | Amelia     |
| 2                                   | 1         |           | 4:53:14 | Clarke           | Peter      |
| 3                                   |           | 2         | 4:55:36 | Marasco          | Heather    |
| 4                                   | 2         |           | 4:58:23 | <b>Munns</b>     | Peter      |
| 5                                   | 3         |           | 5:02:03 | <b>McCormick</b> | Richard    |
| 6                                   | 4         |           | 6:38:15 | Teoh             | Eugene     |
| Bold SURNAME indicates AURA member. |           |           |         |                  |            |

## Big Red Run 250km\* - Birdsville, QLD June 25-30, 2016

| Rank | Cat Place | Cat Place | Time     | Last name  | First name |
|------|-----------|-----------|----------|------------|------------|
| 1    |           | 1         | 19:47:39 | Barnes     | Elisabet   |
| 2    | 1         |           | 20:50:34 | Hildage    | Jamie      |
| 3    | 2         |           | 21:25:02 | DuBois     | Andy       |
| 4    | 3         |           | 22:29:18 | Johnson    | Braddan    |
| 5    | 4         |           | 23:27:12 | Raymond    | Leon       |
| 6    |           | 2         | 23:35:04 | Durand     | Helen      |
| 7    | 5         |           | 0:53:28  | Kohler     | James      |
| 8    | 6         |           | 1:10:56  | Prout      | Simon      |
| 9    | 7         |           | 1:43:01  | Tansley    | Shawn      |
| 10   |           | 3         | 1:54:10  | Bennett    | Anne       |
| 11   |           | 4         | 2:14:07  | Robinson   | Lucy       |
| 12   | 8         |           | 2:46:47  | Cutting    | Craig      |
| 13   | 9         |           | 2:47:48  | Neville    | Andrew     |
| 14   | 10        |           | 2:57:13  | Tracey     | Peter      |
| 15   | 11        |           | 3:09:49  | Newley     | Matt       |
| 16   | 12        |           | 4:08:10  | Calder     | Ivan       |
| 17   |           | 5         | 4:09:25  | Johnston   | Karla      |
| 17   | 13        |           | 4:08:10  | Keffel     | David      |
| 19   |           | 6         | 4:11:51  | Sage       | Jennifer   |
| 20   | 13        |           | 4:35:45  | Zhang      | Hao        |
| 21   | 15        |           | 4:51:44  | Delaruelle | Olivier    |
| 22   | 16        |           | 4:53:10  | Watson     | David      |
| 22   | 16        |           | 4:51:44  | Low        | Angus      |
| 24   | 18        |           | 4:56:16  | Anderson   | Cory       |
| 25   | 19        |           | 4:58:39  | Jobson     | Ben        |

| Rank | Cat Place | Cat Place | Time     | Last name      | First name |
|------|-----------|-----------|----------|----------------|------------|
| 26   | 20        |           | 5:01:32  | Stewart        | Jason      |
| 27   |           | 7         | 5:15:00  | Fraser         | Rowena     |
| 28   |           | 8         | 5:15:25  | Shedden        | Amon       |
| 29   |           | 9         | 5:30:46  | Turner         | Vicki      |
| 30   |           | 10        | 5:36:07  | Pursey         | Lisa       |
| 31   | 21        |           | 6:47:19  | Allan          | Derek      |
| 32   |           | 11        | 7:32:04  | Walling        | Erin       |
| 32   | 22        |           | 6:47:19  | Cherry         | Martin     |
| 32   | 22        |           | 6:47:19  | Mumme          | James      |
| 35   | 22        |           | 7:43:09  | Collard        | Mathew     |
| 36   | 25        |           | 8:05:19  | Mackenzie      | Ross       |
| 37   |           | 12        | 8:26:01  | Tunbridge      | Melinda    |
| 38   | 26        |           | 8:28:33  | Talbot         | Shane      |
| 39   |           | 13        | 8:38:10  | Cahill         | Tania      |
| 40   | 27        |           | 8:39:04  | Barry          | Peter      |
| 41   |           | 14        | 8:57:12  | <b>Caravia</b> | Lucia      |
| 42   |           | 15        | 8:58:36  | Lewis          | Bronia     |
| 43   |           | 16        | 9:07:24  | Ryan           | Ven-nice   |
| 44   | 28        |           | 9:15:28  | Wheeler        | Aaron      |
| 45   | 29        |           | 9:28:50  | Brooks         | Glen       |
| 46   |           | 17        | 9:33:18  | <b>Carter</b>  | Merle      |
| 47   |           | 18        | 10:02:46 | Andrews        | Jayne      |
| 48   | 30        |           | 10:49:40 | <b>Lacey</b>   | Clive      |
| 49   |           | 19        | 11:03:11 | Mouat          | Brianna    |

## Big Red Run 250km\* - Birdsville, QLD

### June 25-30, 2016

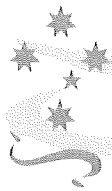
| Rank | Cat Place | Cat Place | Time     | Last name  | First name |
|------|-----------|-----------|----------|------------|------------|
| 50   |           | 20        | 11:17:25 | Wichmann   | Alison     |
| 51   |           | 21        | 11:17:35 | Van Erp    | Heather    |
| 52   |           | 22        | 11:19:39 | Mathers    | Dawn       |
| 53   |           | 23        | 12:08:17 | Antulov    | Sandra     |
| 54   |           | 24        | 12:13:01 | Knox       | Sally      |
| 55   |           | 25        | 12:27:12 | Tansley    | Carlie     |
| 56   |           | 26        | 12:33:23 | Paxton     | Sabrina    |
| 57   |           | 27        | 12:37:15 | Lillywhite | Trish      |
| 58   | 31        |           | 12:53:50 | Sedl       | Peter      |
| 59   |           | 28        | 12:56:55 | Tansley    | Jade       |
| 60   |           | 29        | 13:01:29 | Hooper     | Janelle    |
| 61   | 32        |           | 13:30:05 | Bond       | Charles    |

| Rank                                | Cat Place | Cat Place | Time     | Last name  | First name |
|-------------------------------------|-----------|-----------|----------|------------|------------|
| 62                                  |           | 30        | 13:31:19 | McMahon    | Jessica    |
| 63                                  |           | 31        | 13:31:31 | McMahon    | Rebecca    |
| 64                                  |           | 32        | 13:55:14 | Maplestone | Kirsten    |
| 65                                  | 33        |           | 15:00:36 | Carpenter  | Brad       |
| 66                                  |           | 33        | 15:43:42 | Brook      | Jenna      |
| 67                                  | 34        |           | 16:43:45 | Timbs      | David      |
| 68                                  | 35        |           | 17:14:05 | Hussey     | David      |
| 69                                  |           | 34        | 17:22:51 | Gawlik     | Dorothy    |
| 70                                  |           | 35        | 18:45:30 | McGinnis   | Sandra     |
| 71                                  |           | 36        | 19:06:00 | Musik      | Rebecca    |
| Bold SURNAME indicates AURA member. |           |           |          |            |            |

## Big Red Run 150km - Birdsville, QLD

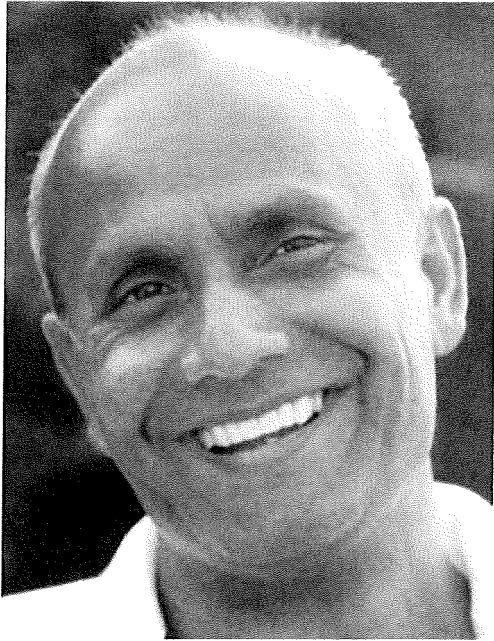
### June 25-30, 2016

| Rank                                | Cat Place | Cat Place | Time     | Last name | First name |
|-------------------------------------|-----------|-----------|----------|-----------|------------|
| 1                                   |           | 1         | 16:21:29 | Carmont   | Niandi     |
| 2                                   | 1         |           | 19:02:09 | Nicol     | Alasdair   |
| 3                                   |           | 2         | 20:44:01 | Evans     | Amy        |
| 4                                   | 2         |           | 22:33:50 | Petering  | Tahnee     |
| Bold SURNAME indicates AURA member. |           |           |          |           |            |



# Special Guest Q&A with Sri Chinmoy

By Elizabeth Bennett, Editor, Ultramag



Our guest interview in this issue of Ultramag is with current Australian Sri Chinmoy race director, Prachar Stegemann. As an entré into this interview I thought readers may be interested in the following (edited) Q&A session between a range of international elite athletes and Sri Chinmoy himself prior to Sri Chinmoy's death in 2007. The questions about all things running were put to Sri Chinmoy over a period of years, and while some of them date back a long way, they are still relevant today – i.e. if Sri Chinmoy was still alive I'm sure many ultra runners would ask a lot of the same questions about the relationship between running and the Sri Chinmoy faith.

**Question from Craig Virgin** – American 10,000 m champion, twice World Cross-Country champion, 2:10 marathoner.

**Question:** *How do I cope with the pressure of winning or, on the other hand, the disappointment of losing, in a sports competition?*

**Sri Chinmoy:** You can cope with the pressure of winning if, a few days before the race or even just before the start, you can imagine the pleasure of rejoicing in your victory. Imagination is not wishful thinking; it is not a baseless reality. Imagination is reality itself in another world. We bring it down to this world the way we bring down fruits from a tree.

To cope with the disappointment of losing, you have to ask yourself whether the mind is disappointed or the heart is disappointed. You will realise that it is your mind that is disappointed and not your heart. The mind creates division; the mind is division itself, and division is another name for pain, devastating pain. The heart, on the other hand, creates oneness; in fact, the heart is oneness itself,

and oneness is another name for joy, spontaneous joy. When you live in your heart, even if your worst rival wins the race, you will not feel miserable. To your wide surprise, you will find that his joy quite unconsciously and unexpectedly will enter into you and widen your heart. Then you will feel almost the same joy that the winner feels.

**Question from Eammon Coghlan** – Irish Olympic Finalist in 1500 m (1976 and 1980, 4th place x 2), world-record holder for the indoor mile.

**Question:** *Given an Olympic final, ten competitors are lined up in the race. All are 100% physically fit and prepared. What does it take for one runner to win over the others?*

**Sri Chinmoy:** It is not just a matter of luck as to who wins, for there are two ways to become a winner: one way is to concentrate on each runner and, like a magnet, draw into oneself the will power that each one has and almost empty them of their will power or life energy. This is called sheer

determination-power. The determination-lion devours the weaker animals.

The other way is to identify oneself with the sources of the fastest speed and endurance. Here one consciously becomes one with the higher realities that are invisible, yet infinitely faster and stronger than the outer realities or the outer capacities.

If a runner is a conscious truth-seeker and God-lover, then he will adopt the inner way and not the outer way. The outer way is the way of the lion: roaring and devouring the rivals.

**Question from Dick Beardsley** – Winner of London Marathon 1981 (2:11), 2nd place in Boston Marathon 1982 (2:08:53).

**Question:** *I ran a 2:08:53 marathon with primarily a road-racing background. Would it improve my chances of making the 1984 Olympic marathon team if I partake in training and racing the 10,000 meters on the track?*

**Sri Chinmoy:** Definitely you will improve your marathon time if you run 10,000 meters on the track. Running is a physical subject, a mental subject, a philosophical subject and a subject of the beyond.

In the physical aspect, nobody will be able to tell you more than you already know.

In the mental aspect, if you become used to running shorter distances, it can really help you. When you are running a marathon, mentally try to feel that you are running only thirteen miles rather than twenty-six miles. If you can convince the mind of this, and if the mind can convince the body that it is running only thirteen miles, then it will be a great advantage for you. This is not mental hallucination. A new discovery has dawned in the mind and the mind is passing it along to the body. Both the mind and the body will have to act together in order to reach the ultimate goal.

In the philosophical aspect, you have to feel that your problems are as insignificant as ants and pay no attention to them. You have had problems with cows, dogs, puddles and road hazards of all kinds. You should take these problems philosophically. Although these things are extremely unfortunate

and discouraging for a great runner like you, you have to feel that they are almost part and parcel of a runner's life. If you can see them in this way, then when discouragement and temporary lack of enthusiasm attack you, at that time you can also overcome these obstacles.

Finally, if you can think that through your running you are doing something that has a direct connection with the ever-transcending beyond which is far beyond the domain of the earth-bound physical mind, then you will get tremendous inspiration. This inspiration embodies added strength, added joy and an added sense of satisfaction.

**Question from Mary Slaney-Decker** – 1500m and 3000m world record holder and twice gold medallist in the 1983 world championships.

**Question:** *How fair is it to know that other female athletes, because of drugs, have a chemical advantage over their competitors, and how can a natural athlete such as myself justify the use of world rankings knowing that other athletes using chemicals are consistently ranked higher than so-called natural athletes?*

**Sri Chinmoy:** Sometimes it is good and necessary to know what others are doing. If one is a runner, this can encourage one's competitive spirit. Again, sometimes it is a great hindrance when we know what others are doing. It puzzles us and, at the same time, we have no inclination to adopt their methods. In cases like this it is always good to have confidence in our own natural abilities.

Nature embodies the cosmic energy. This cosmic energy is infinitely stronger than any man-made chemicals. This energy comes from the ultimate source and it leads us to the ultimate source while fulfilling and satisfying us along the way. Chemicals and other artificial things will ultimately fail, for they are unnatural. Anything that is unnatural is like a balloon. For a while it will dazzle us and puzzle our human mind, but eventually it will burst.

**Question from Greg Meyer** – Winner of the 1983 Boston marathon (2:09); US record holder for 15km and 20km.



**Question:** *Why do I get more satisfaction from training than from running?*

**Sri Chinmoy:** You get more satisfaction from your training than from your racing because when you train, you have more oneness with your inner life, which embodies infinite satisfaction. When you race, you are competing with the others because you want to defeat them. The challenging spirit that comes in competition quite often suffers from anxiety, worry, doubt, hesitation and despair. When you are just practising, however, you are performing before the most intimate "members" of your family: body, vital, mind, heart, and soul. In fact, these intimate members of your own being are practising with you. It is totally a family entertainment. While practising, you are consciously working to transcend your capacities. At that time, you are listening to the message of the ever-transcending beyond, and the message itself is complete satisfaction. But when you compete against others, you are more concerned with victory than self-transcendence so naturally hesitation, anxiety and doubt have free access to your heart and mind, and you do not and cannot have satisfaction.

**Question from Rod Dixon** – 1983 New York marathon winner, 1976 Olympic Games – fourth place in 5000m, 1972 Olympic Games – bronze medal in 1500m.

**Question:** *Am I being unreasonable to expect my family to understand my physical urge to pursue my running life? I want to please my family, yet I also want to please my running career.*

**Sri Chinmoy:** You are a great runner. Already you have achieved astonishing glories in your running career. In order to achieve such sublime heights in the running world, you have made tremendous sacrifices, and the members of your family also have made tremendous sacrifices. This kind of

mutual sacrifice is in no way an indication of your negligence toward your family. In the course of thinking of the ultimate or meditating on the ultimate, along the way you make apparent sacrifices. You have to know that ultimately these sacrifices themselves become a source of illuminating satisfaction or they pale into insignificance when you are repeatedly crowned with Himalayan success.

With their human hearts, the members of your immediate family want to possess you and have you all the time around them. Your affection and love for them and their affection and love for you mean everything to them. Perhaps your running laurels are secondary to them.

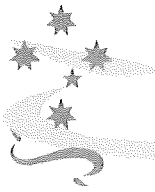
But again, these same members of your family each have a divine heart. Unlike the human heart, which wants to possess and be possessed, the divine heart wants only to give of itself, widen itself, receive the vast world and be received by the vast world. These are the messages that the divine heart receives from the higher worlds and offers to the outer world at large.

Those who live in the divine heart are meant for the whole world. The messages that this heart gives them they do not keep secretly or sacredly inside their immediate family. No, they offer these messages to all humanity.

So if any want to possess you or want to claim you as their own, very own, they should try to live in the divine heart, just as you are doing. If you and also the members of your immediate family can all live in the divine heart, then your commitment to your dear ones and their full understanding of what you were, what you are and what you are going to become will eventually and unmistakably bring boundless joy and boundless satisfaction to you and also to them.

### ***Acknowledgement***

*Ultramag gratefully acknowledges the Sri Chinmoy organisation as the source of this information. ([http://www.srichinmoy.org/resources/library/sports/questions\\_from\\_top\\_athletes](http://www.srichinmoy.org/resources/library/sports/questions_from_top_athletes))*

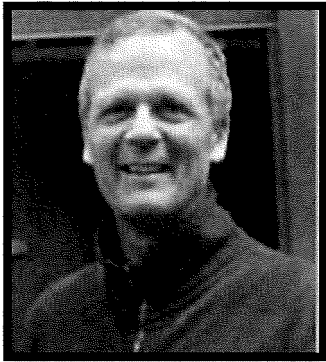


# Guest Interview

**Prachar Stegemann**  
**Events Coordinator**

**Sri Chinmoy Marathon Team**

**By Elizabeth Bennett, Editor, Ultramag**



*Photo courtesy of  
Sri Chinmoy Canberra*

**EB:** Thanks for agreeing to be interviewed by Ultramag, Prachar. I've been reading a bit about the history of the Sri Chinmoy Marathon Team, which I understand was established in 1977 "as a service to the running community and to help promote spiritual growth through sports". When did the Sri Chinmoy Marathon Team (SCMT) start organising running events in Australia?

**PS:** In 1979.

**EB:** Which Sri Chinmoy events were the earliest events in Australia and are those particular events still going and/or have they been overtaken by other Sri Chinmoy events?

**PS:** The earliest events were actually triathlons. SCMT staged the first known triathlon in Australia in 1979 on the Gold Coast, followed soon after by one in South Australia. The first ultra race was the 24 hour which was staged in Adelaide from 1981 for many years. It has since moved first to Brisbane, then Sydney and now Campbelltown where it has found a wonderful home.

**EB:** How many Sri Chinmoy Marathon Team events are currently conducted in Australia and are there plans to add more (or disband any)? If so, which ones?

**PS:** There are about 40 events – mostly running, with a few swimming and multi-sport events – on the Australian calendar at present, with the team active in

Brisbane, Sydney, Canberra and Melbourne. The program of events changes a little each year.

**EB:** The Sri Chinmoy Marathon Team "slogan" is "Run and Become" which derives from Sri Chinmoy's poem: "Run and become, become and run. Run to succeed in the outer world, become to proceed in the inner world". For followers of Sri Chinmoy that is an all embracing, logical and harmonious concept. However, to those who don't know much about the teachings of Sri Chinmoy and who are not followers how would you best explain the relationship between running and the beliefs/ethos of Sri Chinmoy?

**PS:** Sri Chinmoy promotes the ideal of personal fulfillment through self-transcendence. Whenever we go beyond – transcend – our previous achievements in any field, we grow in happiness, confidence and capacity. Self-transcendence can be applied in any field of life, including running.

**EB:** Is it important to the Sri Chinmoy Marathon Team that participants in their events understand the beliefs/ethos of Sri Chinmoy or does it not matter - i.e., is it that what is most important is that the Sri Chinmoy Marathon Team is providing the opportunity to "run and become, become and run"?

**PS:** The Sri Chinmoy Marathon Team exists to serve the running community. Running is a worthwhile end in itself; it is good for individuals and good for the world, so we seek to encourage participation and to appreciate the efforts of all runners.

**EB:** Sri Chinmoy emphasised the importance of meditation and prayer as well as physical challenge. Ideally, would the Sri Chinmoy Marathon Team like to see participants in their events embrace the meditation and prayer aspect as well or does it not matter. My reason for asking this is that at some Sri Chinmoy events I have noticed that there is a minute of reflective silence prior to the start of the event. Is there a reason for that happening and if so, is it related to the prayer and meditation aspect of the Sri Chinmoy faith?

**PS:** Everything starts from silence. Inner silence – not just absence of sound, but a silent mind – is the source of our greatest power and potential. The moment of silence before a race recognises this simple truth. It is an opportunity for participants to collect their inner resources, to focus themselves – body, mind, emotions and inner will – on the task at hand, and if they believe in such a thing, to invoke a higher power, be that their own soul, cosmic energy or God in whatever form they like. To us it is something very significant. It sets the stage for the race and acknowledges that running is ultimately a sacred activity. It is absolutely up to each individual to use this moment of silence in the way he or she wishes. Regardless of faith, creed, culture or belief, silence is something we can all share. In silence we are one.

**EB:** As you know doubt know, the majority of participants in Sri Chinmoy events relish many aspects of the Sri Chinmoy events including the opportunity to run in beautiful places and the fact that the Sri Chinmoy events are so well organised. However, the low cost of Sri Chinmoy events and the yummy vegetarian food are two other aspects often raved about. Presumably, Sri Chinmoy aims primarily to cover costs and not be out of pocket, hence the modest entry fee prices. Also presumably, it is part of the Sri Chinmoy faith/ethos to be vegetarian. However, I'm wondering if you (or the Sri Chinmoy Marathon Team more broadly) are ever asked about how compatible post event vegetarian food is with some nutritional sports science research which suggests that animal based protein is superior for post long endurance event recovery? If so, do you have a response to that - i.e. "so what? the Sri Chinmoy teachings are of over-riding importance" or?

**PS:** We will never say: "Ours is the only way." We serve what we have found in our own experience to be good and effective food. If some athletes want to go home afterwards and eat something else, they should do so to their hearts' content ☺.

**EB:** Moving on to some more local and personal questions now. Why have you personally chosen to be so involved in the Sri Chinmoy Marathon Team in Canberra/Australia - i.e. do you have a particular affinity/relationship with long distance running and/or endurance events or?

**PS:** I love it.

**EB:** Are you a runner? If so, have you personally found that running as a physical endeavour fulfils the physically challenging aspect of your Sri Chinmoy faith? And what about the

**meditative/prayer aspect - i.e. does running contribute to it as well?**

**PS:** Yes I am a runner. My "best" years may now be in the past, yet I will always run. Absolutely the practices of running and meditation go hand in hand: the one helps with the other in innumerable immeasurable and indescribable ways. Each gives focus, discipline and fulfillment. Each clarifies the mind and keeps our emotions on an even keel. Each reminds us that we are eternal travelers striving for a distant goal.

**EB:** What are the best and worst aspects of being a race organiser when many/some participants are not connected to the Sri Chinmoy belief system and see the Sri Chinmoy events as "just another running event(s)" which they have paid to participate in - i.e. just a business service transaction?

**PS:** Of course the world is full of all types of people and you will encounter all sorts wherever you go. Yet on the whole, runners are an exceptionally positive, happy, understanding, fascinating, outgoing, tolerant, broad-minded, kind, humble, sympathetic, honest, sincere, noble, practical and sensible selection of humanity, and it is a privilege to work with them and for them.

**EB:** Do you think that the Sri Chinmoy Marathon Team and the events it hosts in Australia are likely to increase in number and breadth - i.e. to other parts of Australia?

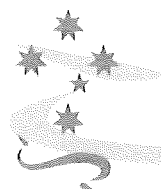
**PS:** Yes it is inevitable.

**EB:** Does it matter to the Sri Chinmoy Marathon Team that the Sri Chinmoy ultra running events are AURA (Australian Ultra Runners' Association) labelled events or is that of little or inconsequential importance?

**PS:** AURA is dedicated to serving ultra running and ultra runners, which of course we are also, so if we can each serve those interests better by working together, it is for everyone's benefit.

**EB:** Is there anything that AURA can do to further assist the Sri Chinmoy Marathon Team in Australia in conducting their existing events and/or in adding/growing new Sri Chinmoy ultra running events?

**PS:** AURA's very existence is its best service. Keep up the good work! Many thanks for your time and efforts Elizabeth, much appreciated.



## Book Review

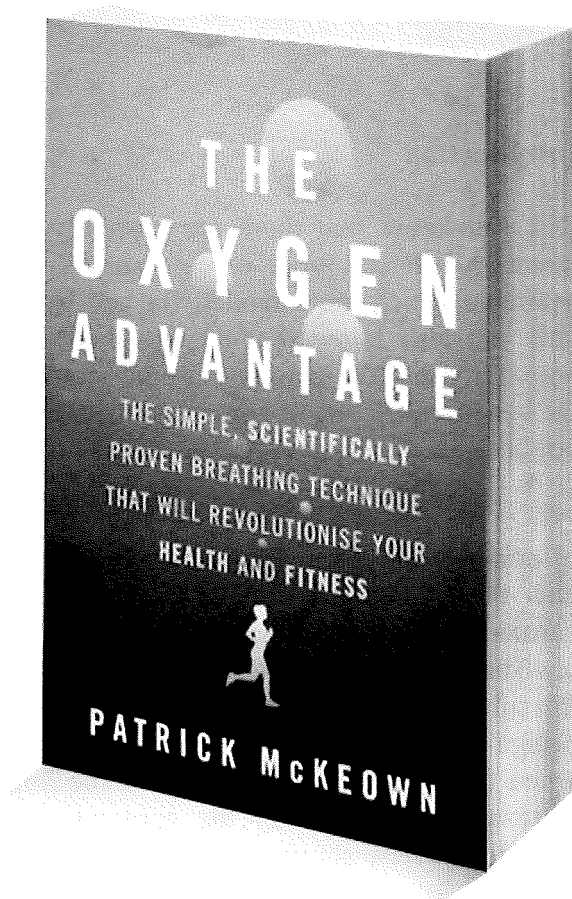
### The Oxygen Advantage – By Patrick McKeown

Reviewed by Isobel Ross

When I first started running I found breathing really difficult. I know that may seem strange, but I really felt like I was huffing and puffing all the time, and I struggled with my running. I made myself focus on my breathing and count my breaths. This made a big difference and I was able to get into the flow of running better. Thus, I already had an awareness of how important breathing is to running prior to reading McKeown's book. I had also come from a mountain biking background where people were using devices to open their nasal passages for better breathing so I was conscious of breathing both through my mouth and my nose when racing. However, The Oxygen Advantage, advocates nose breathing only while exercising. This intrigued me and led me to purchase and read this book.

The author, Patrick McKeown, asserts that most people, athletes and couch potatoes alike, over breathe - not with big huffing breaths, but more usually with shallow breaths. He says a common sign that this is occurring is when people sigh. He believes that the way to correct this is to breathe through one's nose and to focus on using the diaphragm. I remember sometimes watching the Tour de France and seeing the cyclists' "belly breathing" and it really is noticeable. It makes their stomachs look huge! It obviously works and so that is something to think about.

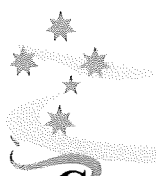
McKeown claims that using the nasal breathing exercises he describes will have the same effect on an athlete as high altitude training. This is a big claim! His breathing exercises involve a lot of breath holding after exhalation. They are designed to increase your "BOLT score", which is a measure of breathing volume. My BOLT score was pretty average. I have since tried some of his exercises but it has not really improved that much. (Mind you, I have been a bit slack with the exercises! I find it hard to remember to do my breathing exercises in the evening after a hard day at work. Also, McKeown believes you should do the exercises a number of times a day, and frankly, I don't have the time or just forget. I do however, normally do some breath holding as part of my warm-up for my run).



Running while only nose breathing is quite difficult. Just try it! Even McKeown acknowledges this and recommends introducing nose breathing gradually - i.e., small bouts - and probably in an athlete's base training period when not doing speed work. The aim is then to increase these nose breathing periods for extended amounts of time, and then to move on to breath holding while running - not something I have been game to try yet!

I found this book really interesting. The science behind the claims appears accurate and McKeown is quite convincing. However, if you are as time poor as I am with trying to fit in running, mobility work, strength work, yoga as well as work (so I can afford my running adventures), you too will probably find his breathing exercises a challenge. Having said that, I honestly believe that if someone took the time and dedicated themselves to making the effort required, they may indeed find it makes a big difference.





# Ultramag Health Reports

## Compression Garments – Do They Really Make A Difference?

By Elizabeth Bennett

Editor, Ultramag

### Introduction

Did you know that there are currently over one hundred different types of compression garments available which are intended for use by athletes? Did you also know that despite their increasing popularity and the claims of some manufacturers, the beneficial effects of compression garments have not been scientifically or conclusively proven?

One of the difficulties in assessing the effectiveness of compression garments is the wide variation in how the studies which have been done on these garments have been conducted. For instance, there have been marked variations in the training status of the subjects, the type of exercise(s) performed, the design of the compression garments, the timing of when the garments are worn, and the amount of compression applied by the garments. A recent literature review sought to sift through the various studies to provide some evidence based conclusions.

### The Literature Review

The two questions the literature review sought to explore were: (a) what, if any, beneficial effects of compression have been demonstrated and under what conditions, and (b) is there is any relationship between the amount of compression and the reported effects.

The literature review looked at research articles over a thirty year period up to and including May 2014. The literature review inclusion criteria included:

- Only prospective studies
- Clearly defined study protocols regarding type and duration of exercise, and timing of the wearing of compression garments
- Subjects were athletes (of any level)

- Compression garments were applied to the lower body
- Compression garments were described in detail – i.e., by trademark, model and size.

One hundred and fifty-five original articles were identified. Of these, only 24 fulfilled the inclusion criteria. However, of that 24, six reported several protocols performed on the same subjects but with different compression levels and yielding very different results, hence the literature reviewers analysed each of these protocols separately.

The evaluation criteria in the studies were divided into two categories: (a) variables that measured performance with and without compression – e.g., maximal oxygen consumption, energy cost, speed or power, heart rate, cardiac output, muscular strength, tissue oxygenation, perceived level of exertion etc., and (b) variables that reported the quality of recovery with or without compression – e.g., dosage of blood lactate concentration, blood pH, blood creatine kinase concentration, muscle blood flow and delayed onset muscle soreness (DOMS).

### Results

In 20 studies an endurance protocol was used – i.e., running or cycling at submaximal or maximal power for 15-45min. In two protocols a resistance trial was used – i.e., maximal plantar flexion. Wearing compression garments did not significantly affect heart rate in 12 of these studies or plasma levels of lactate or creatine kinase in five of these studies during exercise compared to not wearing compression garments.

Performance was found to be unchanged regardless of level of compression in nine protocols. However, one study showed that performance was significantly improved by compression garments applied at 24mmHg at the ankle (Kemmler et al, 2009).

Performance recovery was found to be unaffected by compression garments in five protocols but improved in two. A resistance protocol was used in two of the five protocols with negative results – i.e., no improvement - and an endurance trial was performed in the other three protocols which had negative results. However, the two protocols which had positive results were also endurance protocols.

In five studies DOMS was unchanged by compression garments applied between 15-32mmHg at the ankle but DOMs was reduced (i.e., a positive result) in one protocol in which the pressure applied was 25.4mmHg. All six of these studies involved an endurance protocol of running 40mins or 10km.

In four other studies DOMS was found to be decreased by compression garments applying 9.3-19.2mmHg at calf level. However, in two further studies DOMS was unchanged when compression was applied between 9.3-20.5mmHg at calf level. All six of these studies used similar endurance trials.

In studies where compression was worn only during exercise (i.e., not post exercise), an improvement in recovery was reported in two studies but five studies reported no improvement. The pressure ranges in all of these studies overlapped suggesting that the results were independent of the pressure applied to the ankle and calf.

In studies where compression was worn only during recovery (i.e., not during exercise), an improvement in recovery was reported in six studies. The pressure

profile was digressive in four of these studies – i.e., ankle pressure was higher than calf pressure – but progressive in two studies – i.e., ankle pressure was lower than calf pressure.

## Conclusions

- Wearing compression garments on the lower limbs only during exercise seems to have little positive effect on immediate performance, performance recovery or DOMS regardless of type of exercise performed – i.e., endurance or resistance.
- There is a trend towards compression worn during recovery having a beneficial effect – i.e., improved performance recovery and a reduction in DOMS.
- No clear relationship was shown between the beneficial effect of compression worn during recovery and the amount of compression.
- No clear correlation could be established between wear time and effect of compression in that both positive and negative results were demonstrated with both short and long wear times.
- A limitation of all the studies evaluated by the literature review was the small sample sizes. The number of subjects investigated in each study was between six and 22, and mostly less than 15.

## What This Means For Ultra Runners

This literature review essentially demonstrates that there is some evidence to suggest that compression garments may improve recovery for ultra runners but to what extent is unclear. There has not been enough research into the impact of variables such degree of compression, pressure gradient, thickness of fabric and wear time to draw clear conclusions or make evidence based recommendations. Like many other aspects of ultra running, the use (or not) of compression garments for post run recovery remains in the trial and error category.





# Special Report

## Guinness Book of Records - 12 Hour Treadmill Run

By Bernadette Benson

In mid-February I was a week out from having completed the Montane Yukon Arctic Ultra, a 500km sub-Arctic race in which I pulled a 30kg pulk for 5½ days enroute to a new course record. The massive sleep deprivation from that event had left me in some alternate time zone. I still had the mental planning and decision-making sharpness of a goldfish!

I was lying face down on the table belonging to my Canadian running mate/massage therapist, Dave Proctor, when he posed it. They had a team of 27 people preparing to break seven Guinness World Records for treadmill running – i.e., greatest distance by a relay team of 12 men for 24 hours, greatest distance for the same with a team of women, greatest distance by a solo man in 12 hours and 24 hours, fastest 50km and 100km by a woman, and greatest distance by a solo woman in 12 hours. They were known collectively as Team Mito, raising awareness and funds for mitochondrial disease. Their 12hr female had pulled out with injury. Obviously sensing my weakened mental state, Dave pounced. “Hey, here’s an idea. Why don’t you replace her? You could run in Australia at the same time as us...” Suddenly, the empty space after “recovery” in my running calendar was filled.

I returned to Perth and put the wheels in motion, without telling a soul (not even my partner) I was contemplating it. The event was slated for May 27-28. Guinness said they could take 12 weeks to approve an application and that was about how long it was until race day. I got in touch with the Australian mito foundation (AMDF) to have a chat, although I told them I was still a “maybe.” I needed to do a 2 hour treadmill test. I’d been on a treadmill three times in my life, for a max of 40 minutes. Treadmills bear no relationship to trail running – other than the “running” part, I guess - and they make me feel dizzy and uncoordinated. So, why then? Why on earth choose a 12 hour treadmill event?

The first reason for me was the cause. I knew a bit about the set of diseases collectively called “mito”

and raising awareness was something I thought I could contribute to through running. Secondly, the challenge frankly started to appeal to me. Could I master the dizziness? Could I overcome my fear of tripping or cramping, falling off and/or getting injured? It also intrigued me to learn about the Guinness World Record rules and to work through the logistics of setting up the event. They required a “calibrated” treadmill, a public venue and official witness-timekeepers (two at a time, changing at least every 4 hours). They needed a continuous video recording, a logbook, witness statements and photos.

One of the challenges was to find witnesses who were not “affiliated” with me – i.e., not mates, work colleagues, family or in my running group. They had to pretty much be strangers, preferably with professional standing in the community and timekeeping experience, who were willing to watch a hamster on a mill for 4 hours on a precious Saturday. Another challenge was finding the right venue. I needed a public place with amenities that would make running over 120km achievable. I needed climate control, exclusive use of a nearby toilet, and preferably basic kitchen facilities for my things and those of my crew and witnesses.

The lead up to the event could simply be described as disastrously hilarious. Once I finished my recovery month, I started ramping up the kilometres, but broke the tip of my second toe in mid-March. What passed for training for the next month was a bored me on a stationary bike or a terrified me on a mountain bike. My quads were developing much faster than my optimism. Then I went to Nepal to cram in some fantastic trail running in late April, only to contract giardia. It was 10 days before I gave in to antibiotics so I could absorb food again - three weeks before event day.

I could safely say the mental training had been done! “Race” day started at 6am Saturday, concurrent with the 4pm Friday start of the Canadian contingent. We had them streaming live on one of the TVs in the gym. Things ticked along smoothly. I dropped a

bottle once on the mill but did not fall off. Given my pre-race training and fitness, I calculated a 126km race plan, but pushed out 128.62km in the end by keeping the toilet stops brief and holding the pace all right at the end.

People came and went throughout the day. Though



I'm a quiet, focused racer, I was well aware of everyone who dropped by and all those who ran or walked a 15 minute segment on the adjacent "Mito community" treadmill.

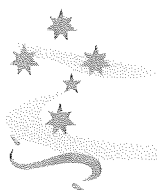
I can't say I was ever bored - a bit grumpy at times when it felt hard, but never bored. Though I'm sure

the treadmill supported Bluetooth and digital TV, I just focused on the flow of my body and on particular words on the main screen. I could make a meditation by taking one word (e.g., "Enter" or "Go") and contemplating it. During lows, I reminded myself that my suffering was voluntary, that I could end it anytime by pressing "Stop", and that no matter what, it would end at 6pm. For people with mito or with many other physical or mental illness, they have no idea when they may get off "the mill."

A month later I was back at the gym with the trainer, ready to start working again. I headed for the bike, as usual, and started warming up. Then I saw my trusty treadmill and thought, "why not?" I'm not afraid of or bored by treadmills anymore. I stepped on, smiled at the memory of event day's achievements, and dialled up the pace. It felt terrible - clunky and awkward. It was boring and I was dizzy. I couldn't look around without grabbing for the rail. Five minutes couldn't come fast

enough, so I told myself I could make it four, counting the head-start on the bike I'd had. That sure nailed home the power of the mind. I haven't been on a treadmill again since. I hate them. They're boring and make me dizzy. Or at least that's the reality I've created about them - for now.





# AURA Committee Reports

## President's Report

By Robert Boyce

I am very honoured again to be elected as the president of AURA. I am also extremely excited about the new committee. Rob, Cheryl and Brendan all bring great knowledge of ultra running to the committee and I thank them for their commitment to AURA.

Recently, Australian ultra running lost one of its true champions with the passing of Shirley Young. Shirley was AURA's most recent inductee into our hall of fame. She had a long list of world champion

records and had achieved many other outstanding feats. Our condolences go to her family.

Looking forward, in October and November we have three World Championships and one Asian Championship. Australia has a number of strong athletes and teams competing and links to the events will be posted on the AURA website and Facebook page closer to the time so that all who are interested can follow them as they compete.

## Vice President's Report

By Rob Donkersloot

A few months ago I was chatting to Robert Boyce about a number of things and he mentioned a vacancy had become available on the AURA Committee following the last AGM. So, given the opportunity was there, and the position really had to be filled, I offered my assistance.

In my previous life (pre ultra running) I was heavily involved in ice hockey in Western Australia. I was the president of one of the clubs, on the committee of the state association, and the manager of an Australian team(s) travelling internationally. This gave me some insight into what is involved in successfully managing a sport. When my association with ice hockey ended, and my involvement with running started, I swore I would only ever be a participant, leaving the management

to others. Now, ten years later, and after many years of race directing the Kep Ultra, here I go again.

I truly feel there is an incredible opportunity for the sport of ultra running in Australia, both at an elite level and at the grass roots level for runners like myself who will never ever be elite, but just love the amazing experiences and mateship this sport brings to our lives. Hopefully my contribution to AURA along with my fellow committee members will help realise some of that potential.

Just to finish I would like to sincerely thank the immediate past committee members - John Pearson, Billy Pearce and Rick Cooke for their contribution to AURA and ultra running in Australia.

## Secretary's Report

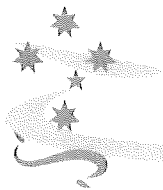
By Brendan Davies

As a long time AURA member and current ultra runner, I'm honoured to have been elected to the AURA Committee in the role of secretary. My aim is to support the current executive and be part of the decision making process to bring about positive outcomes for Australian ultra runners and to raise the profile of the sport within the wider running and general community.

I bring to AURA a voice that is very much connected to the current era of ultra running in Australia. I am presently a competitive ultra runner

on road, trail and mountain tracks both within Australia and overseas. I've been fortunate to have represented AURA at four World Championships and two Commonwealth Championships in the 50km and 100km road and trail events. This year I have been selected again to represent Australia on the trail and as the 100km team captain.

I look forward to working with the current AURA committee to strengthen the role that AURA has in ultra running in Australia.



# State and Territory Reports

## ACT Report By Martin Fryer

The fourth running of the Sri Chinmoy Canberra Trail Ultra will be held on 25 September. Originally designed as a 100km trail race to commemorate the Centenary of Canberra in 2013, an extra kilometre has been added to the course each year to keep in step with Canberra's birthday. Consequently, this year the event is 103km.

Canberra has some of the best trails of any city in the world and this run celebrates Canberra's birthday each year by showing locals and visitors alike how runners can enjoy an adventure, a scenic tour and an epic endurance challenge all within less than a 15km radius of Lake Burley Griffin and the

city centre. The journey wends through the hills, nature parks and open spaces of central, south and north Canberra, starting and finishing at Rond Terrace at the foot of Anzac Parade on Lake Burley Griffin.

Runners can challenge themselves to run the entire 103km solo or join with running friends to cover the distance in a relay team of 2-4 members (i.e., four legs of approximately 25km each). AURA members receive a \$10 discount on entry prices. For more information and to enter visit: <http://au.srichinmoyraces.org/canberratrailultra>

## Queensland Report By Susannah Harvey-Jamieson

These last couple of months have been relatively quiet for ultra running in Queensland.

In June Marita Eisler won the 100km road championships on the Gold Coast for the fifth year. It was an incredible performance and Marita has earned herself a well-deserved place on the upcoming 100km World Championships team. Jodie Osborne, Dion Finocchiono and Francesco Ciancio are the

other Queenslanders who will be representing Australia in Dohar this December.

Now that the winter months are drawing to an end, more ultra running events are coming up on the calendar. The Kuranda to Port Douglas 64km trail ultra in far North Queensland is coming up, followed by a couple of 100km and 100 mile options towards the end of the year.

## South Australia Report By Paul Rogers

In South Australia we are just recovering from an amazing Yumigo 24 hour festival. With ever increasing numbers this event is going from strength to strength. This year also saw the inclusion of perpetual trophies named after the great man himself, Yiannis Kouros. The weather certainly didn't help the competitors this year. Right from the start the rain poured and the wind blew. However, that didn't stop the leaders clocking up some great totals with the overall winner and female winner, Nicole Baker, breaking the female course record

with 217.26km. Barry McBride won the male category with a PB of 206.80km closely followed by Shaun Kaesler (190.30km) and Brett Easton (184.69km).

In the 12 hour race, the male winner and overall champion was Wayne Calvert (124.46km) with Rebecca Taipari (104.21km) winning the women's race closely followed by Tia Jones who stopped after completing 100km and qualifying for the

Australian National 100km team. Tia Jones also won the 6 hour race with a course record as part of her 12 hour race. She was followed in the 6 hour race by Jane Luke. In the men's race the winner was Paul Roberts with 74.27km.

Our attention now turns to trail ultras for the next few months with the very popular Yurrebilla 56km being held on 25 September. It will be the 10th anniversary of this event and for the first time

\$1,000 first place prize money and \$500 for the first placed South Australian runner will be awarded in both the men's and women's events. Please visit [www.sarrc.asn.au](http://www.sarrc.asn.au) for more details.

The Heysen 105/57/37km is on the 22-23 October. It is now a qualifying race for the UTMB. For more information and to enter please visit [www.yumigo.com.au](http://www.yumigo.com.au).

## **Western Australia State Report**

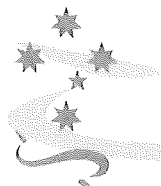
### **By Dave Kennedy**

Another bureaucratic nightmare for ultra running in Western Australia recently saw the cancellation of the inaugural Feral Pig Ultra. The Water Corp wasn't happy to give the run the go ahead through a water catchment area. Despite this, a good turnout of runners enjoyed running the course fat-ass style instead. Next year a different course will be designed for the Feral Pig race.

In Aussie team news, former WA runner and now

resident of Hong Kong, Vlad Ixel, has been chosen for the AURA World Championships Trail Team. Congratulations and Good Luck to Vlad!

Coming up in WA we have the WA Track Ultra in mid August and the Waterous Trail on Foot (WTF) 50/100 mile race in late September. Entries are looking great for both events. It's exciting to see so many runners stepping up to the longer distances.



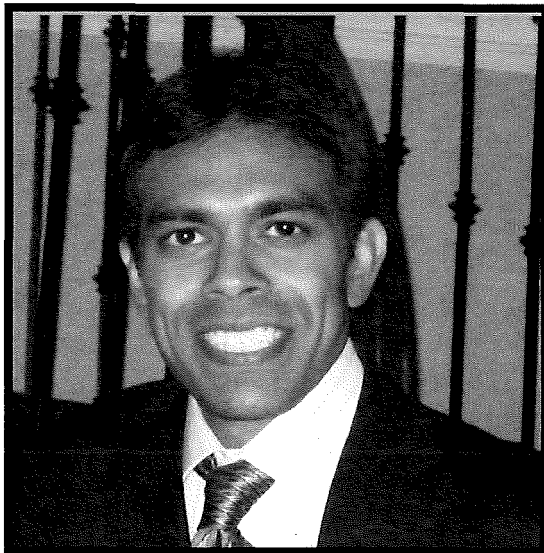
## International News

By Nadeem Khan

### IAU Director of Communications

I hope my friends in Australia have had some good winter training in preparation for a very busy IAU racing season.

The five weeks from the start of the first major IAU championship will take in all of our world and continental championships for this calendar year. We would have liked to have had these spread out over the year but due to venue availability and preferred dates (for historical or marketing reasons) they are all lined up in a block towards the end of the year.



The season kicks off with the 24 Hour European Championships in Albi, France on 22-23 October. The following weekend on 29 October is the World Trail Championships in Geres, Portugal. The second edition of the 50km World Championships in Doha, Qatar follows on 11 November and the 24 Hour Asian and Oceania Championships take place in Kaohsiung, Taiwan on 19-20 November. Lastly, on 27 November the 100km World Championships are in Los Alcazares, Spain and that will conclude the IAU championships. It will truly be an ultra celebration for five weeks where we will see top athletes over varying distances and terrain running in championships across the globe.

I have been a student of the sport of running since the early 1980s. I have seen athletics grow over the decades and I have closely followed ultra running since the turn of the century. It is a sport that is ever growing in popularity. The stakes are a lot higher in races, the performances are improving with each passing year and the number of participants is exponentially increasing with every additional year. In addition, we are also seeing an increase in technology, accessories and products at each ultra event around the world.

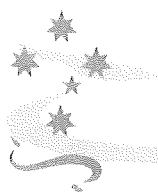
As I was scanning through my social media recently, I saw pictures of athletes setting out their

gear prior to a race and posting these pictures online. When I was running competitively, such pictures would have comprised a pair of shorts, a singlet with a race bib pinned on it, shoes and a maybe a hat. Now the customary pre-race pictures consist of shorts, singlet with bib pinned, compression socks or compression calf sleeves, compression elbow sleeves, fluid belts, HRM/GPS watch and perhaps a music device. We have come a long way

from yesteryear.

In my early running days a number of races used chip timing and it was considered state of the art technology. Above the ankle braces or chips on shoe laces were the norm. Now chips behind bibs have taken over. They are more runner and vendor friendly, and disposable. Similarly, there have been many advances with drink bottles and fuel belts. All of these new products centre on runner comfort as well as improving performance.

With the passing of time comes more research, more funding and more discussion about how we can get the most out of our gear and accessories, and improve our ultra running performances. Such gear and accessories combined with improvements in training, the inclusion of more cross training, and innovative diets, have all led to enhanced performances in the ultra running world. I am certain that as I embark on another year of international world and continental championships I will once again be amazed and educated on what new gear has found its way into our sport. But I can also be certain that alongside this new technology the inherent foundation of training – i.e., long runs, hills, speed workouts and interval training - have remained the same, thus innovation and tradition are continuing to be combined as we move into the ultra running future.



# AURA CALENDAR OF EVENTS

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>

## SEPTEMBER 2016

### Saturday 3 September 2016

Surfcoast Century

100km trail

Anglesea, NSW

Contact: John Jacoby 0408 035 261

Email: [john@rapidascent.com.au](mailto:john@rapidascent.com.au)

David Elms & Larry Lawson 0417 798 444

Email: [info@dynamicrunning.com.au](mailto: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](mailto:dave@davebyrnes.com.au)

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

### Sunday 11 September 2016

Walhalla Wound Up

50km trail

Walhalla, VIC

Contact: Bruce Salisbury 0411588339

Email: [bruised@bigpond.com](mailto:bruised@bigpond.com)

Website: <http://www.traralgonharriers.org.au/major-events/walhalla-wound/>

### Saturday 24 September 2016

Surf Coast Hell Run

63km trail

Lorne, VIC

Contact: Brett Saxon 0418 557 052

Email: [brett@trailsplus.com.au](mailto:brett@trailsplus.com.au)

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

### 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](mailto: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@srchinmoyraces.org](mailto:prachar@srchinmoyraces.org)

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

**Sunday 25 September 2016**

Yurrebilla Trail

56km trail

Adelaide, SA

Contact: SAARC Office (08) 8363 7377

Email: [office@sararc.asn.au](mailto:office@sararc.asn.au)

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

**OCTOBER 2016****Saturday 1 to Sunday 2 October 2016**

Nerang State Forest

100 miles trail

Gold Coast, QLD

Contact: Shelly Ostrouhoff 0458 338 804

Email: [shelly@goldcoastultras.com](mailto:shelly@goldcoastultras.com)

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

**Saturday 8 October 2016**

Great Ocean Walk 100km

100km and 50km / 50km relay

Apollo Bay, VIC

Contact: Andy Hewat 0421 040 700

Email: [andy@trailrunningcompany.com](mailto:andy@trailrunningcompany.com)

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

**Saturday 15 October 2016**

Hume & Hovell Ultra

100 mile / 100km / 100km relay / 50km

Tumbarumba, NSW

Contact: Peter Fitzpatrick 0428 423 633

Email: [peterfitz47@bigpond.com](mailto:peterfitz47@bigpond.com)

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

**Sunday 16 October 2016**

Washpool 50km

50km trail

Washpool NP, Northern NSW

Contact: Steel Beveridge 0458 355 554

Email: [info@runtrails.org](mailto:info@runtrails.org)

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

**Saturday 22 November 2016**

Blackall 100  
100km / 50km trail  
Sunshine Coast Hinterland, QLD  
Contact: Alun Davies  
0450 206 474  
Email: [alun@runqueensland.com](mailto:alun@runqueensland.com)  
Website: <http://www.blackall100.com/>

**Saturday 22 to Sunday 23 October 2016**

Heysen 105  
105km trail  
Newland Hill, SA  
Contact: Ben Hockings  
0447 550 010  
Email: [ben@yumigo.com.au](mailto:ben@yumigo.com.au)  
Website: <http://www.yumigo.com.au/heysen/>

**Sunday 23 October 2016**

Ned Kelly Chase  
50km / 100km road  
Marysville, VIC  
Contact: Sharon Scholz  
0407 081 070  
Email: [sharon@sharonscholz.com.au](mailto:sharon@sharonscholz.com.au)  
Website: <http://www.nedkellychase.com.au/>

**NOVEMBER 2016****Sunday 6 November 2016**

Marysville Marathon Festival  
50km  
Marysville, VIC  
Contact: Brett Saxon 0418 557 052  
Email: [info@marysvillemarathon.com.au](mailto:info@marysvillemarathon.com.au)  
Website: <http://marysvillemarathon.com.au/>

**Saturday 12 November 2016**

Lighthorse Ultra  
3 hour / 6 hour / 12 hour  
Perth, WA  
Contact: Shaun Kaesler 0412 054 427  
Email: [shaun@ultraserieswa.com.au](mailto:shaun@ultraserieswa.com.au)  
Website: <http://lighthorseultra.com.au/>

**Saturday 26 to Monday 28 November 2016**

Alpine Challenge  
100 mile / 100km / 60km solo / team  
Victorian Alps, VIC  
Contact: Paul Ashton 0418 136 070  
Email: [paul@runningwild.net.au](mailto:paul@runningwild.net.au)  
Website: <http://www.runningwild.net.au/alpine-runs/alpine-challenge.html>

## **DECEMBER 2016**

### **Friday 9 December – Sunday 11 December 2016**

Coast to Kosciusko

~240km

Eden to Kosciusko, NSW

Contact: Paul Every

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

### **Sunday 11 December 2016**

Gold Coast 50km

50km road

Gold Coast, QLD

Contact: Shelly Ostrouhoff 0458 338 804

Email: [shelly@goldcoastultras.com](mailto:shelly@goldcoastultras.com)

Website: <http://www.goldcoast50.com/>

### **Sunday 18 December 2016**

6 inch trail marathon

46km trail

North Dandalup, WA

Contact: Dave Kennedy 0433 333 206

Email: [davidk1998@hotmail.com](mailto:davidk1998@hotmail.com)

Website: <http://www.6inchtrailmarathon.com/>



# 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.

### *Contributor Guidelines*

---

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

### *Enquiries:*

**Elizabeth Bennett**

*Editor - Ultramag*

[ultramag@aura.asn.au](mailto:ultramag@aura.asn.au).





