

# ULTRA MAG

**ULTRA RUNNERS**

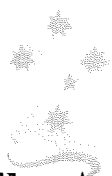
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**A Collection of Short Ultra Marathon Research Stories**
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# Ultramag

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

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### ***Cover Photos***

*Front: Martin Fryer - Spartathlon 2016. Photo courtesy of Sparta Photography Club*

*Inside Front: Rachel Glasson - Centennial Park 50km*

*Back: Spartathlon 2016. Photo courtesy of Sparta Photography Club*



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# Editor's Introduction

December 2016

By Elizabeth Bennett

Editor, Ultramag

Welcome to the December 2016 edition of Ultramag. This is the last issue for the 2016 calendar year and it marks the end of two years of my editorship. Like my own ultra marathon running, editing Ultramag has had its ups and downs, its challenges and its achievements. Ultimately, however, it has been a great run. Don't we all say that when we've reached a milestone or completed a year of solid running? ☺. Thank you to all of you who have provided me with such positive feedback since I took on the role of editor, and thank you to all of you who have graciously contributed articles. Also like my ultra marathon running, editing Ultramag must be addictive as I have recently renewed my commitment to AURA to stick with it for awhile yet ☺.

Now to this issue of Ultramag. The feature article is a synopsis of six conference abstracts from the Third Annual Medicine and Science in Ultra Endurance Sports Conference which was held in France in August 2016. The abstracts cover new research areas as diverse as right heart ventricle adaptation in ultra marathon runners post event, to cognitive strength, exercise addiction and depression in ultra marathon runners, to the performance effects of starting an ultra marathon at midnight.

This feature article is essentially a fascinating collection of short research stories.

The research and medical technology theme is explored further in this issue of Ultramag in the health report, which looks at platelet rich plasma injections for the treatment of soft tissue injuries and osteoarthritis in ultra marathon runners, and the guest interview with Dr Donald Kuah of the Sydney Sports Medicine Centre who specialises in this treatment.

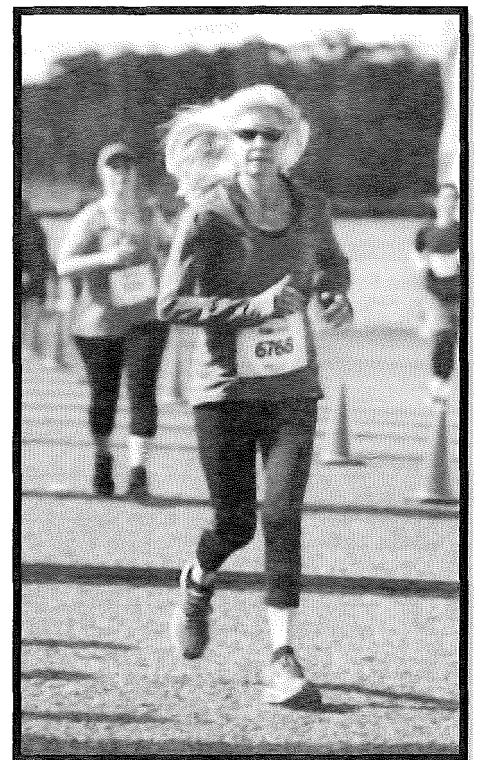
Also in this issue is a review of bionic running as a new(ish) and increasingly popular form of rehabilitation and cross training for ultra marathon runners.

In terms of race coverage there is a special article about an iconic event – i.e., Spartathlon. This is complemented by the international race report which is about UTMB. And of course there's the myriad of regular features which readers tell me they still like to have included in Ultramag – i.e., AURA race reports and results, a book review, calendar of upcoming events etc. All in all, it's a bumper issue.

I would like to finish this editor's introduction and the 2016 year of Ultramag by thanking Gemma Hamilton and Alexis Oosterhoff

for the help they have given me. Gemma uploads all of my finished content to the printer's portal and Alexis compiles all of the race results. Without their help I simply could not put Ultramag together. Those tasks would break this camel's back if I had to do them on top of all the other editorial tasks. So, to Gemma and Alexis, thank you. You guys are the best ☺.

As 2016 draws to a close and 2017 dawns, I hope you all enjoy some peaceful running and quiet reflection on the trails.





# Feature Article

## A Collection of Short Ultra Marathon Research Stories

By Elizabeth Bennett

Editor, Ultramag

The third annual Medicine and Science in Ultra Endurance Sports Conference was held in France in August 2016. At that conference a wide range of research papers of relevance to ultra marathon running were presented. Here is a synopsis of six of those papers.

### **1. Right Ventricle Adaptation After an Endurance Race**

Right ventricle dysfunction and changes in pulmonary pressure have previously been observed and documented in athletes participating in endurance events. This study undertook to evaluate the changes in the right heart (ventricle) response to endurance exercise across running events of different durations/distances.

Fifty-five healthy runners underwent an ECG prior to running in trail races of 14km (n=17), 35km (n=21) and 56km (n=17) respectively. No right ventricle changes were observed in the 14km runners but right ventricle systolic deformation decreased significantly in both the 35km and 56km runners. However, a high level of inter-individual variability was observed among these runners and was not correlated with prior training, indicating that their differences in right ventricle adaptation patterns were due to other individual factors.

### **2. The Impact of Hydration Protocol “At Thirst” on Serum Sodium of Runners in the 2015 UTMB**

Hyper-hydration has been shown to be the main cause of exercise associated hyponatremia. The purpose of this study was to assess if the “drinking to thirst” strategy was effective in preventing exercise associated hyponatremia in the 2015 UTMB.

One hundred and ninety-six runners were divided into two groups – i.e., the “drinking to thirst” group and the “any other hydration strategy” group. The results showed that the “drinking to thirst” protocol was not better than the “any other hydration strategy” in that there was no significant difference in the serum sodium, race results or side effects between the two groups of runners. However, it should be noted that the incidence of exercise associated hyponatremia in this event was very low – i.e., only 1.5%. This may be explained by the environmental conditions on the day, the altitude profile of the race, and the risk reduction strategies the runners were already using. The researchers recommended that the “drinking to thirst” protocol still be adopted in ultra marathons where desert conditions, exceptional heat and/or high humidity prevail.

### **3. Trauma, Exposure Injuries and Illness during the 2015 SainteLyon (70km) and 2015 UTMB**

The primary diagnoses from data collected at the medical stations of both these races were analysed. Out of 6020 runners in the SainteLyon ultra and 2563 runners in UTMB 35.7% and 61% of runners respectively sought medical attention. During UTMB osteoarticular issues were the main reason for seeking medical assistance (40%) followed by cutaneous problems (33%) and digestive issues (10%). Similarly, during the SainteLyon ultra osteoarticular issues were the main reason for seeking medical assistance (50%) followed by discomfort/exhaustion (27%) and digestive issues (12%). Learnings from this study may aid ultra marathon runners and race medical staff in their preparation for future events.

#### **4. Comparison of Two Different Running Training Intensities on Body Composition and the Consumption of Oxygen in Ultra Runners**

Twenty healthy runners were divided into two 12-week training groups – (a) a moderate intensity and high volume training group, and (b) a high intensity and moderate volume training group. Body composition and maximum oxygen consumption were measured pre and post study. The results showed that:

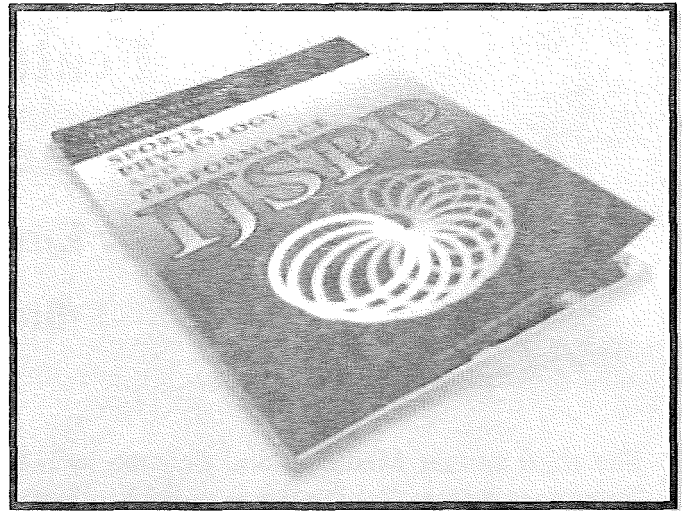
- Fat mass decreased in group (a)
- Muscle mass increased in both groups
- Body weight did not differ between the two groups
- Maximum oxygen consumption increased in group (b)

The researchers concluded that combining training of different intensities could produce improvements in the structural and functional profile of ultra marathon runners.

#### **5. Pain Management, Cognitive Strength and Exercise Addiction in Ultra Marathon Runners**

A survey of 200 runners who participated in the 50km, 50 mile and 100km Bear Chase Trail Races in Colorado was conducted in August 2015. The survey included the Exercise Addiction Inventory tool and the PHQ-2 depression screening tool. There was a 98% response rate to the survey.

The majority of respondents (88%) reported experiencing pain during the event(s) and 54% listed cognitive strength as the main factor in dealing with it. Perhaps unexpectedly, the study also showed that 20% of survey respondents screened positive for exercise addiction and depression. The researchers concluded that further investigation into exercise addiction and depression in ultra marathon runners is warranted.



#### **6. Starting a 119km Ultra Marathon at Midnight and Running Performance**

In order to avoid high temperatures, the 2016 running of the 119km Penyalgosa Trail race was started at midnight instead of 6am as it had been in 2015. This study compared the performances of eight runners who competed in both the 2015 and 2016 events. These runners wore a triaxial accelerometer from nine hours before the start of the 2015 and 2016 events through until the finish of each race. Effort distribution in terms of physical activity intensity was measured throughout, along with running performance and finish times. Significant differences were observed in the activity and rest levels of the runners prior to the 6am start in 2015 and the midnight start in 2016. However, no significant differences were observed in either effort distribution or runner performance throughout the two 119km races. The researchers concluded that runner performance may be more affected by environmental conditions etc than the quality of rest time just prior to an event start and/or the time of the race start.

This snapshot of six pieces of current ultra marathon running research clearly shows that ultra running is growing both as a sport and as a niche area of ultra sport research.

#### **Reference**

*Abstracts from the Third Annual Medicine and Science in Ultra Endurance Sports Conference, August 2016, Chamonix, France. International Journal of Sports Physiology and Performance, 2016, 11, S1.1-S1.6.*





# Technology Review: The Bionic Runner

By Elizabeth Bennett

Editor, Ultramag

There are many interesting things about the Run4.com Bionic Runner and one of the first ones potential buyers will encounter is the pricing structure. Essentially, it works like this:

\$1890 – standard price

\$1690 - i.e., a \$200 discount if you complete two product reviews

\$1290 – i.e., \$600 discount if you do a written review, a web-cam review and offer test rides to potential buyers (up to 12).

I'm not sure how Run4.com enforces this pricing system given that you make your selection online and pay, and then they deliver. Whether or not you deliver on your commitment seems to essentially be a matter of trust. I chose the third option because I was happy with the conditions of purchase (\$1290) and it seemed like a very good deal. The fact that the service and information provided by Run4.com was so great made me even more motivated to uphold my end of the bargain post sale.

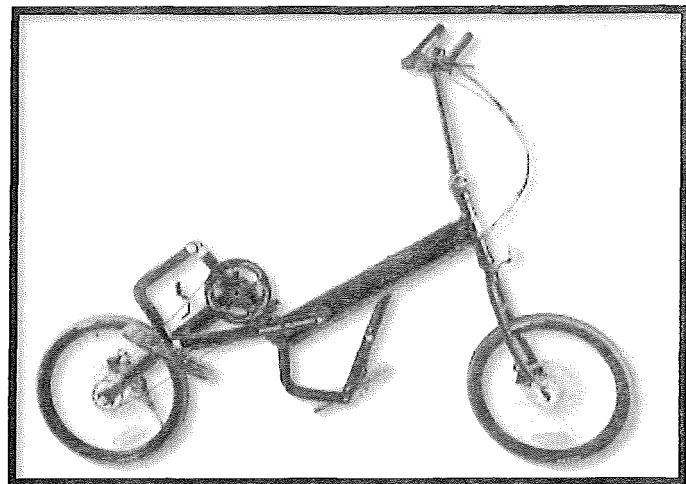
I thought the easiest way to do my review was to answer all the questions that people have asked me about my experience of my Bionic Runner. So, here goes.

## How much did it cost?

Well, I've answered that above. It depends on which option you want to choose.

## Why did you buy it?

I bought it for two reasons. In early June I fractured my fibula right through and annihilated all the ligaments between my ankle joints when running down a mountain (as you do – or as I do ☹). Post injury I had surgery which involved having four bolts and several Kevlar bands permanently implanted in my ankle and the



fracture stabilised. I then had 7+ weeks in a moon boot and on crutches

followed by an agonisingly slow return to strength and conditioning training and elliptical running, along with aggressive physio and gait re-training as the injury and surgery had left me with enduring pain, numbness and a limp. After 10.5 weeks in the gym (from the date of injury) I was over it and that was the driving force behind me buying the Bionic Runner when I did. I felt desperate to get outside in the fresh air.

A secondary reason was that this was my 8<sup>th</sup> fracture and so clearly being fit and healthy, and having bone density levels well within the normal range, is not protective enough for my running body. While I had already been complementing my run training by doing elliptical sessions I thought that I could add the Bionic Runner to my repertoire of training options.

## What it hard to put together?

It wasn't hard for me to put it together because I didn't ☺. As per Run4.com's advice, I got an experienced bicycle mechanic to assemble and adjust it for me. That left me knowing that it had been put together properly. A secondary benefit was that the bicycle mechanic gave me a tutorial in folding it etc. which I very much appreciated.

### **What were your first impressions?**

I like new toys and I was totally excited when I first saw it after it had been put together. It's a slick, albeit slightly crazy looking machine ☺.

My first run/ride on it was short and surprising. It was late in the day (read: getting dark) but I was impatient to have a go and so I went for a short ride up the road in my (girly!) work shoes. I certainly wouldn't recommend such footwear but hey, I didn't fall off ☺. It was surprising in that I found the movement to be quite intuitive even though it's not one thing or the other – i.e., it's not biking or running or elliptical training.

### **So, is it like running?**

The short answer is “no”. I've been a runner for 30+ years and know every part of what it feels like to be a runner and this is not it. However, it is closer to running than any of the alternatives including stand up bike riding and elliptical training. I've lived most of my life in gyms working as a clinical exercise physiologist, and strength and conditioning coach. I've also spent the equivalent of years in gyms doing my own training and playing on a vast array of different types of cross trainers, stationary bikes, elliptical trainers etc. So, based on my experience, the most accurate way for me to describe what the Bionic Runner is like to run/ride on is to say that it is like a short stride elliptical runner but that you bear more weight through your arms and so you get a better workout while enjoying the freedom of being outdoors and the scenery changing. I'd really like to emphasise the short stride aspect of this assessment as elliptical trainers can really vary in stride length (and adjustability) and the Bionic Runner is like a short stride one in that the leg lift is quite low.



### **Can you get a good workout from it?**

Absolutely! The fact that you can't sit down means that you run/ride more consistently than you would on a bike, and the stabilising and control work that your upper body has to do also adds to the physical demand. Having said that, like a bike, and unlike running, there is the potential to stand and cruise while going downhill, and so how good a workout you get from it will have a lot to do with your approach to Bionic Running – i.e., training Vs a recreational activity. Personally, I've already put it into the training category and make sure that I approach each session that way – i.e., no cruising. However, if you wanted to use it in place of a recreational bike ride you could and it would be very enjoyable.

### **What about the gearing?**

The gearing is different to modern day bike gearing but very like “old school” bike gearing if you were a child of the '70s and rode dragsters etc – i.e., you need to temporarily pause running/riding to change down the gears. I found this quite a nostalgic and intuitive aspect of the Bionic Runner – i.e., “if you've ever learnt to ride a ('70s) bike, you never forget”. Another interesting thing about the gearing though is that I found a big difference in the amount of resistance between single gear shifts – e.g., the difference between 4 and 5 is big, and the difference between 4 and 6 is very big. That is neither a positive or negative thing. It's just part of getting to know your own Bionic Runner and running with it.

### **Did people give you funny looks or laugh at you?**

Some people, yes, but I expected that and ignored it. I still am. Mostly however, people are interested, particularly other runners and serious or adventurous cyclists. Mostly, people look curious and if I stop for long enough, come and ask me about it.

### **Would you recommend the Bionic Runner?**

I would recommend it to injured runners and runners who want to incorporate it into routine training and who are committed to using it regularly so as to get both the training benefit and a reasonable return on investment \$\$.





# Ultramag Health Report

## Platelet Rich Plasma Injections

By Elizabeth Bennett

Editor, Ultramag

### Background

Blood contains plasma, red blood cells, white blood cells and platelets. Inside the platelets are granules which contain clotting and growth factors. During the healing process the platelets are activated and they release the granules which stimulate an inflammatory response and progress the healing.

Platelet rich plasma (PRP) contains a greater concentration of platelets than “normal” blood or what our blood typically contains – i.e., blood typically contains 6% platelets whereas PRP can contain up to four times that depending on the method of extraction and the equipment used.

PRP injections were first used in 1987 in open heart surgery. Since then, PRP injections have been used in many fields of medicine including sports medicine, orthopaedics, fasciomaxillary, urology and cosmetics. Within the field of sports medicine PRP is used to treat musculoskeletal injuries including tendon and joint injuries. It does this by reducing inflammation and pain, and accelerating the healing process.

### The Procedure

#### Assessment

At the first appointment at which PRP injections are being considered for the treatment of a running related tendon or joint injury, a sports medicine doctor will typically take a detailed clinical history of the runner’s health and injury status, and conduct a physical examination, which may or may not involve an ultrasound to confirm the diagnosis and to pinpoint the injury site for a PRP injection.

An important piece of information for the sports medicine doctor at this time will be whether or not the runner has been using non steroidal anti-inflammatory medications (NSAIDs) such as nurofen, ibuprofen, voltaren and mobic as these interfere with platelet production and need to be stopped 7-10 days prior to a PRP injection being administered.

#### Blood Collection

The PRP blood collection process is pretty simple – i.e., it’s the same as when you have any other blood test done. However, it does involve the collection of a reasonable sized sample – i.e., up to 20ml.

#### PRP Preparation

Once collected the runner’s own blood is spun in a centrifuge to separate the platelets from the other components. This takes approximately 15 minutes. The platelets are then harvested and prepared for injection. The amount of blood withdrawn and the amount of PRP extracted for injection will depend on the type and extent of the injury. Generally however, between 2-8ml of PRP will be extracted from the blood and injected.

#### PRP Injection

The PRP will be injected into the injury site with or without the guidance of ultrasound. Ultrasound is often used with tendon injuries but not so commonly used with joint injuries. This is because with tendon injuries the precise point of injury and the best point for PRP injection may not be easy to determine without ultrasound. Joints however, are more compact and the most logical point of injection is easier to determine without ultrasound.

**Frequency**

Typically, 2-3 injections are required, 2-4 weeks apart for the effect of PRP to be optimised.

**Effectiveness**

So, how effective are PRP injections? Research results have been variable but there is a reasonable body of evidence to suggest that when combined with an appropriate rest and rehabilitation protocol, PRP injections can be quite effective in accelerating the healing of tendons. However, the effectiveness of PRP in joint conditions –

particularly osteoarthritis – has been more variable, primarily because PRP is not likely to regenerate cartilage and also because there is less blood flow around the joints in which the platelets can do their thing. Having said that, there has been some promising recent research demonstrating that osteoarthritic inflammation and pain in knee joints can be decreased with the use of PRP injections, albeit temporarily – i.e., ~6-9 months generally.

For more information about PRP injections visit:  
[www.http://prpinjection.com.au/prp-musculoskeletal-medicine-injuries.html](http://prpinjection.com.au/prp-musculoskeletal-medicine-injuries.html)

**Reference:**

*Platelet Rich Plasma Injections. The information resource website for PRP in Australia.*  
<http://www.prpinjection.com.au/prp-musculoskeletal-medicine-injuries.html>





## Guest Interview

**Dr Donald Kuah**  
**Sports and Exercise Physician**  
**Sydney Sports Medicine Centre**  
**By Elizabeth Bennett, Editor, Ultramag**



**EB:** Thanks Donald for agreeing to be interviewed by Ultramag. Can I start by asking you if you treat many ultra marathon runners? If so, have you observed any particular trends in the type, incidence and/or frequency of the injuries they present with?

**DK:** Thanks for contacting me Elizabeth. I'm glad of the opportunity to be interviewed by Ultramag. Yes, I see quite a lot of ultra marathon runners and yes, there is a noticeable trend in their injuries. The ultra marathon runners I see either have chronic overuse injuries, recurring injuries like stress fractures, and/or degenerative conditions such as osteoarthritis which impact on their running and/or are precursors or confounders to other injuries. Those are the three big ones and often ultra runners present with a mix of them.

**EB:** Many ultra marathon runners suffer from overuse injuries and many ultra runners are older runners, and so I'm particularly interested in talking to you about PRP and its use in conditions such as tendonitis and also osteoarthritic conditions. For what injuries/conditions and under what conditions would you recommend PRP?

**DK:** The short answer is for bone, joint and tendon conditions as PRP has been shown to accelerate healing and reduce inflammation in those conditions.

**EB:** What kind of injuries is it most effective with (i.e., tendonitis, plantar fasciitis, osteoarthritis)? I ask this because as I understand it PRP can expedite the healing process with some conditions but with others it can only give symptomatic relief.

**DK:** That's true. In conditions or injury sites where there is good blood flow – e.g. tendon injuries - studies have shown that PRP injections can accelerate healing and provide symptomatic relief. However, for joint injuries where by definition there is less blood flow, the PRP studies which have shown positive effects (and there have been varying results) have shown symptomatic relief only. For example, PRP has been shown to reduce the symptoms of knee arthritis but not to stimulate healing in the form of cartilage regeneration.

**EB:** In those cases where PRP is likely to only provide symptomatic relief – e.g., knee osteoarthritis in ultra runners – how many PRP treatments would you recommend?

**DK:** It's an individual thing in that it depends on the nature and extent of the condition. However, generally, I would recommend three PRP injections 2-3 weeks apart.

**EB:** And in those cases where PRP is likely to only provide symptomatic relief – e.g., knee osteoarthritis in ultra runners – is there the potential for such symptomatic relief to lead to a runner doing more damage by running on a symptom reduced condition?

**DK:** That depends. If there is already a mal-alignment of the joint then absolutely it would be damaging to run excessively on a damaged joint

that has reduced symptoms because of PRP injections. In these cases the point of PRP injections should be to reduce the pain and inflammation so that non damaging – i.e., non impact - exercise can be undertaken and joint replacement can be deferred for as long as possible. If mal-alignment hasn't set in then PRP injections in conjunction with a prudent rehabilitation and physiotherapy program may increase running longevity but I would caution against excessive impact exercise. In other words, I'd caution against running lots of kilometres routinely. To do that would accelerate the impact of osteoarthritis and in many ways defeat the purpose of PRP injections.

**EB: Are PRP injections normally administered in conjunction with other treatments or medication or on their own?**

**DK:** Different practitioners take different approaches but I take an holistic approach to PRP injections and ultra marathon runners. I look at shoes, supplements, physiotherapy and mental health. These are all factors in managing injury or chronic conditions.

**EB: Are there any ultra marathon runners who you think are too chronically injured to help and who you advise to cease running?**

**DK:** Yes. There are some ultra marathon runners who are damaged beyond physical repair for more running. With these ultra marathon runners I discuss alternative physical activity options and long term quality of life issues. For instance, I discuss with them cycling, swimming, elliptical type training options in preference to premature joint replacement and/or permanent degrees of immobility. Even those ultra marathon runners without chronic conditions or recurring injuries are unlikely to run forever and so all of them need to think about what life may look like without running ultra marathons. Essentially, there comes a time when everyone has to listen to their body.

**EB: Thank you for your time and insight Donald. Much appreciated.**

**DK:** Thank you Elizabeth.





# Special Race Report

## Spartathlon 2016 By Martin Fryer

The Spartathlon is a 246 km road race, held annually in Greece since 1983, which involves running from Athens to Sparta, replicating the historic footsteps of Pheidippides, an Athenian messenger who did this journey somewhere around 490 BC when he was sent to seek military help from the Spartans to fight against the invading Persians in the Battle of Marathon. This event is widely considered one of the great road ultra marathon races in the world but has had relatively little attention from Aussie runners over the years for reasons I don't fully understand. I'm sure this will change in the future. For myself, I was inspired by a race report I read years ago by Paul Every, and also more recently by Jo Blake, as well as being told endlessly at any European races that this was "THE" race to do in Europe and was the experience of a lifetime. So, this race has been on a very long "bucket list" of must do races for me, but every year for the last decade or so I have let other events get in the way. With my 55th birthday coming up this year in September, and the realisation that the years are going by all so fast, I bit the bullet and put in my entry, only to find myself 41st on the waiting list after initial entries closed. With literally a day or two to go to the close of the entry confirmation round I found myself frustratingly stuck at number 6 on the waiting list

and had resigned myself to not getting in, and started looking at other races in Europe around the same time. A day later I got a call from Kerrie Bremner telling me I was off the waiting list and soon after received my email invitation to enter - I was in!

With all of my extensive commitments at work as well as with my coaching and race timing extras, my training program was somewhat less than desirable but I still managed a fairly good four months or so of reasonable base building plus I did the Centennial Park 100 (3rd place in 8hrs 50min) about six weeks out from Spartathlon as a solid training run. Leading up to the race I reflected on the fact that at this stage of my running career major races are primarily exercises in philosophy, faith and self-investigation rather than strongly driven missions. Yes, I still have to do the physical training but the kilometres in the legs and the years of experience have afforded me the luxury of spending more time studying thoughts, attitude and psyche as the key contributors to success rather than being caught up in basics such as nutrition, hydration, pacing, foot care and logistics. This doesn't mean that the latter are not important; it is just a different emphasis. So, my philosophical goal for Spartathlon was to immerse myself in this epic as mindfully as possible, letting everything

be just as it is, having no detailed pace plan, keeping logistics (including nutrition/hydration) very simple, and most importantly, celebrating the direct experience and vividness of the race while paying particular attention to not letting my mind slip into any negative "stories" that might be unhelpful to my successful completion of the event. My practical goal was simply to finish, in good spirits and with a big smile on my face, with a guess at a potential finish time ranging from maybe 28 hours if things went well through to the cut-off of 36 hours if it all went pear-shaped. While this may not sound like a strong goal, it needs to be considered in the context that the typical finish rate in Spartathlon is between 33 and 55% - in other words, only one out of every two people who start actually finish this race on average. The three main reasons for the high DNF rate are weather (30 to 35 degrees during the daytime and near 0 degrees at night), relatively tight cut-off times early on (e.g. 9hrs 30min for 80km), and running on very hard surfaces for 240km+ with considerable ascent/descent placed in the last 80km of the race.

This year a record number of six Aussies started the race including myself, Jess Baker, Kerrie Bremner, Grant Maughan, Meredith Quinlan and Shane James. No Aussie female had ever completed

Spartathlon so this was going to be a special year for Australian ultra running.

After a fairly sleepless night due to a mixture of anticipation and Grant's coughing and spluttering during the night (he was sick from over-racing the last 3 months), I got up at 4:45 am, quickly changed into my race gear and finalised packing my overnight bag for Sparta plus my main luggage to be kept in storage at Hotel Fenix in Athens. Breakfast was a little scrambled egg, a little fruit and a black coffee and before I knew it we were boarding the bus to take us to the race start at the Acropolis.

The atmosphere at the start in the pre-dawn light was electric with 390 runners nervously anticipating the huge epic that lay ahead. I set myself three rows or so back from the front next to Grant and got jostled a lot by runners moving around trying to get pre-race photos taken. The sense of the moment was excitement yet I felt extremely calm and with a minute to go closed my eyes, put my hands on my heart and thought of how grateful I was to my friends and family and others who had helped me make it to the start line. All of a sudden I opened my eyes, the final 10 second countdown was starting, the hairs stood up on my arms and I was instantly part of this wave of human aspiration surging down the marble cobblestones from the Acropolis.

There was a lot of downhill early in the race as we made our way through the streets of Athens and eventually out into semi-industrial areas and segments of quite busy main

roads, but generally the traffic control was pretty good and there were only a few times where cars drifted a little close for my liking.

The first few two or three aid stations didn't appear to have any numbers or distances on them so I was glad to see CP4 at 19.5km that had the first timing mat (split about 1hr 48min, 89th place).

I had decided on a simple drop bag plan of one every 6 CPs (there are 74 CPs on the course in total!) with the exception of a major bag with warm clothes at the base of Mt Parthenio (CP47) at the 159.5km mark, and also an Aussie flag at the last aid station (CP74) before the finish. I was assuming that I could still do my 6 times table in the midst of pain and fatigue later in the race! Most of my drops only had 2 to 4 Shotz gels and a Shotz bar with an occasional salty chickpea snack or some maltodextrin/BCAA powder to add to water. Drops for the hot part of the day had extra 250-500 mL Salomon soft flasks with multi-hour Shotz electrolyte tablets already in them. In addition, I wore a Salomon race vest that had served me well in the Tour de France last year which had a 450 mL plastic bottle on one side plus stuff like loo paper, lube, sunscreen/lip cream, bandanna, some basic meds, and blister repair/Engo patches in the side pockets.

There were more downhills and I was really conscious of staying relaxed so as not to waste gravity, preferring to throw in a 30sec to a minute walk here and there on the occasional uphill segment to change muscle groups a bit and

to take in water or food. On the fly I had decided that my rough aim was to stay somewhere near to 10km/hr pace for at least the first third of the race as long as it was comfortable and I was taking enough walk breaks. The marathon point (CP11) came up quite quickly at 3hr 57min elapsed (106th place) and the coolness of the morning had pretty much dissipated, revealing an increasingly hot, dry, day ahead.

After a right turn onto a freeway and a longish climb I was approaching CP12 where my 2nd drop was when I met up with Bob Hearn from the US team (finished in 29hr last year) and soon after we were also joined by a British guy whose name I can't recall. We enjoyed several kilometres chatting while we skirted close to the cliffs above the azure blue clear water with amazing views to our left. I really enjoyed this part - it was what I had imagined all along and combined with the good company, the time passed quickly and effortlessly. I pushed on ahead of these two for a while but they soon caught me again as we entered some fairly non-descript suburbs prior to entering a heavy industrial oil refinery area that was hot, dry, dusty and stinky. People around me were now doing a lot more walking as we took a long climb away from the refinery and up towards Corinth. I looked at my watch and estimated I could do a fair bit more walking too, so I backed off here as it was really starting to get pretty hot and I appeared to be ahead of a good pace. We crossed the canal at Corinth and after turning left off the main road we were at the timing mat and major aid

station at CP22, approximately a third of the race done and 8hr 03min elapsed (97th place) for me at 81km, so still tracking about 10km/hr. I took the opportunity to down some Greek yoghurt and honey, and have a good sponge down and put ice in my bandanna. It was an utter bunfight leaving this CP as I dodged a chaotic traffic jam of crew cars all jostling for parking positions nearby and I was pleased to escape all this and get my own space back, only seeing, and passing, an occasional runner here and there at this point. It was quite hot (35 degrees), dusty and exposed in this section and I briefly paused under a tree to apply more sunscreen and lip balm as a good excuse to rest the legs. I wound my way through several small towns and soon enough hit the 93km point (CP26) at Ancient Corinth Main square where I saw Kerrie's dad (Eric) who told me that the girls were through the 81km Corinth CP when he left there. I passed 100km (CP28) at 10hr 23 min (75th place) elapsed and noticeably slowed on my way through to CP30 where my head torch and some of my night gear was waiting.

While the sun was getting lower I still had a fair bit of daylight left and was appreciating the more frequent occurrence of long shadows in which to temporarily escape from the oppressive heat. I ran/walked some long climbs and came out onto some isolated dirt roads through open olive grove landscape as dusk was falling. I finally put my light on at about 7.30pm and felt like I was running really well for a 45-60 min period there, passing quite a few runners to arrive at the buzzing

major CP35 at approximately the halfway point of Ancient Nemea (124km, 13hr10min elapsed, 64th place). There were some good hot food smells here but I chose to just have some more yoghurt and honey, and to escape quickly back into the dark to maintain some momentum. Forward progress was slow but steady from CP35 to CP42 (125km-146km) and I didn't feel tired but it was much colder at an earlier point than I had thought and I was now wishing that I had put my thermal gear in an earlier drop bag, knowing that it was sitting at the Mountain Base many hours away. A certain degree of mind fog was apparent and at CP43 at the town of Lyrkia I was disappointed to see Kerrie, who had dropped earlier in the race due to gut issues. Not long after this I got the chills quite badly and at CP44 (151km) asked if I could get a garbage bag to give a layer of warmth. As the aid station staff puffed around trying to help me someone pointed out that I actually had a fluoro vest shell in my vest pocket which I had completely forgotten about. Just as I was putting this on I heard a familiar voice yell out "286!" and briefly turned to see Jess powering her way up the hill like a woman on a mission. There was simply no comparison between her strength and pace and mine at that point and I imagined that she would finish many hours before me, and hoped that she would work her way to the podium with her typical smart pacing. There was not even a trace of a thought in my head of chasing her as I was having my own private battle at this point and wondered now if I had maybe pushed a bit too hard in

the daytime heat and was paying my penance.

From my memory of the elevation chart I knew we were now due for some serious climbing to the base station at Mt Parthenio, and that the bulk of the climb was actually done prior to the final rocky scramble from base camp (where my warm clothes were waiting) to the summit. Indeed, there appeared to be an endless climb from here on and while I initially ran/walked the first part I was soon reduced to just a power walk for what seemed like many hours. The steep climb to CP46 (157.4km) really drained me and I noticed a whiteboard there with a whole stack of race numbers written on it which showed me that I was a long way back in the field. My mind wanted to make a depressing story about this "fact" but I just witnessed the thought and went back to concentrating on the task at hand and my own race. On the upside, I had not been passed by anyone for quite a while. However, one guy passed me running strongly on the long climb up to CP47, who happened to be my mate from Brittany, David Le Broch, who I had raced the Tour de France with last year, and who had recently won the 2016 Trans Gaule race only 6 weeks earlier. I kept him in sight and we passed under a large freeway and took a very steep pinch up to the timing mat and a hive of activity at Mountain Base at CP47 (159.5km). It was comforting to get some warm clothes and some hot rice soup and know that I had almost completed the second third of the race at 18hr 26min elapsed (55th place). If I could get some strength back I speculated that

maybe a 27-28hr finish was on the cards and worst case maybe low 30s. I was told that it was about 6 degrees C on the mountain so I put on my poor man's white Tyvek shell, which is the top half cut from a chemical biohazard suit. Just as I did this I heard some ridiculous screaming commotion as the crazy Japanese lady (CJL; who I had seen at the start wearing a full white bodysuit with a comic strip print on it) crossed the timing mat, laughing and giggling and screaming uncontrollably with delight. This was such a bizarre contrast to the rest of the runners there who were quietly taking stock of their race and regrouping themselves both physically and psychologically for the tough 50 miles left of the race. She hardly stopped at the CP and I actually departed just after her into the darkness and straight into the very steep, technical climb up slippery loose rocks to the summit of Mt Parthenio.

This section was apparently where the Greek messenger Pheidippides saw the Greek God, Pan, and had a moment of enlightenment but for me it was a more mundane experience of power walking in my Saucony FastTwitch 7 racing flats which were not giving me enough traction, so I was slipping a lot. I thought about Pheidippides and his awesome feat without all of the technical help we have these days and imagined myself sitting down and having a beer with him at the Spartathlon finish with the Slim Dusty song playing in the background (apologies to the late Slim):

*"I love to have a beer with  
Pheidippides  
I love to have a beer with Dip*

*We drink in moderation  
And we never, ever, ever get  
tipsy-tipped  
We drink at the Sparty finish  
Where the atmosphere is great  
I love to have a beer with  
Pheidippides  
Because Pheidippides is my  
mate!"*

I soon caught up with CJL who was emitting more groans, cries and shrieks as she struggled to make any upwards progress. I passed her and was faced with a long series of switchbacks with lots of safety barrier tape adjacent to precipitous cliff drops off to each side. The climb was well marked and there were many members of the local climbing club manning key corners, armed with lights and walkie talkies. I felt like I was moving very slowly but was only passed by one walker in this section and was surprised to see how short the climb really was - more like a big hill than a true mountain but certainly rocky, steep and technical. We were soon at the summit aid station (161.8km) and I wasted no time getting out of there and straight into a pretty steep, rocky, slippery and very long zig-zag dirt road descent. With the poor traction I almost lost it several times and one of my less optimal foot plant choices provided that familiar feeling for experienced long ultra runners of a blast of warm fluid oozing out of my sock and into the top of my shoes as a huge fluid-filled blister burst on my right 4th toe (which tends to be problematic as it is unusually long). OUCH! But there was no time to think about pain as maximum focus and concentration was required in order to avoid a catastrophic fall or twisted ankle, or even falling over the edge.

Soon I ran into a German runner who was keen to stick with me and chat and tell me how this was his second Sparty and how last year he had finished in 31h but was on track this year for a 29hr finish. We exchanged a bit of banter but it wasn't long before I realized that he was a bit intense and OCD for me (how unusual for an ultra runner!) and was soon telling me what to do, assuming I was just some lucky ultra marathon debutante. I had actually been enjoying my own peace and stillness for a lot of the night so far and this was not what I needed right now. I walked a few times when he wanted to run and I thought this might do the trick to drop him but he had a head-torch battery issue and then stuck to me like glue because he was out of lights! So I sort of switched off listening for a while and noticed that it was getting really cold again and I had been careless in not including gloves or beanie in my kit, but had a few buffs for my head and I stuck my cold hands within my jacket sleeves in an attempt to keep my hands warm, and tried to run as much of this downhill as possible with a few walk breaks here and there to ease the screaming hips and quads.

The next big CP was 52 at Nestani (172km; 20hr 20min elapsed; 52nd place) and the German guy negotiated a torch while I took in some hot soup and stripped off a layer, mistakenly thinking that we would now be out of the cold. How wrong I was and a few hundred metres out of the CP I was surprised to run into Jess who was rugged up like a mummy, complaining of the cold, and she told me she had just had a long break at the last



CP. It was even colder than before and I had to stop for a few minutes to get my jacket back out and under my vest, by which time Jess had disappeared into the distance. This was a long, cold, very quiet, and pretty flat section and along here I joined up with a guy from Argentina who seemed keen to work with me and we drove each other slowly forward in a mutual shuffle/walk alternation sequence, with much more walking than shuffling. I was counting down the hours to daybreak and looking forward to at least some warmth again, though I knew from the forecast that it was going to be even hotter in the middle of the second day, so they were actually mixed feelings. I was definitely in a big biorhythm low here and I had to stay mindful and focused so as not to drift too far off task or get too overwhelmed by the combined mental/physical fatigue.

We ground our way passed another runner to eventually arrive at the CP60 at Ancient Tegea square (195.3km; 23hr 54 min elapsed; 51st position). I was feeling a bit spinny, so I had some more hot soup, dropped my head torch off, and regrouped for the second day ahead. Mr Argy's girlfriend was fawning all over him at this CP and I have to admit that I could have done with a little TLC and support at that moment.

I slowly walked off from the CP knowing that I still had a lot of hours to go and the prospect of a hot day ahead, but at least we were out of the dark. I forced myself to shuffle slowly along a long gentle downhill towards the turnoff onto the main highway that leads to Sparta

and then spotted a few people up ahead who were progressing even more slowly than I was. I caught up with a British guy, Barry, while power walking up one of the long uphill after the petrol station and found out that this was also his first Sparty and that he was quite an accomplished trail ultra runner who was giving this road race a go. After a good chat and catching up to Mr Argy it became apparent to me that none of these guys could run the few downhill stretches that were infrequent at this point. I knew that at least the last 20km or so into Sparta was mostly downhill and even though we still had roughly 48km to go at this point I was hoping to get through in about 6hrs at an average of 8km/hr rather than 7hrs or 8hrs at a slower rate. I was now projecting a finish somewhere between 30.5hrs and 32.5hrs, depending on what lay ahead and also on my ability to transcend the increasing pain, fatigue, heat, and my extensor digitorum longus muscle starting to lock up above my right ankle, and my quads feeling pretty fried.

My first strategy to getting back running the flats and downs was to play around with my gait and right foot plant to minimize the locking out, and the second was to remember some advice from the Western Buddhist scholar, Joseph Goldstein, to dissolve my identification with pain by re-framing the thought "I am in pain" to a more generalized thought that "There is pain". Both of these together were enough to get me back into a somewhat ugly shuffle that nonetheless afforded steady, but very slow, progress. Despite flavour fatigue I kept downing my gels and bars regularly and

noticed that it was already starting to get uncomfortably warm again and it was not even 9am yet.

At CP63 (206.4km) with about 40km to go I knew that roughly 5hrs at 8km/hr was possible if I kept running the downs but I was getting frustrated by an unanticipated series of long, grinding, hills on the side of a freeway that was generating more and more radiant heat in a very exposed landscape of gorges without any wind to give relief. This was sapping any marginal returns from any big increase in effort so I turned my pilot light down, ran systematic stretches of shuffle (on the downhills) and power walked the rest as best I could, with a pure focus on each interval and nothing else.

Time was passing extremely slowly but I kept to the task at hand, knowing that this epic was now in the bag and also reminded myself of how lucky I was to have this opportunity and also of my stated goal to immerse myself completely in the vividness of the direct experience of the process, no matter what was arising, good or bad.

I crossed the last official timing mat before the finish at CP69 (227km; 28hr 29m elapsed; 47th place) and liberally sponged myself down, soaked my bandanna and heard someone say that I had 25km to go, which still seemed daunting in the oppressive heat. It was another 5km mostly downhill to the next CP and I took a few No Doz hoping that this would push me along a bit towards the finish. It seemed to work as I started running longer stretches and with my utterly ridiculous,

but superior, micro-shuffle I managed to pass a few nano-shuffling runners who were ahead of me.

We were now slowly descending towards Sparta and the sense of excitement gave me access to a new source of energy, allowing longer continuous running periods with much less walking. Before I knew it I was at my last gel drop bag at CP72 (236.6km) with about 10km to go and was shocked to see a few completely frozen up runners there and I wondered if they were going to DNF or rise from the dead and walk it in with 7hrs to go to the 36hr cut-off. I recalculated my finish time and was now looking at somewhere between 30hr 45min and 31hr 15min depending on how much I could gut out the last 10km. I didn't see a soul for the next 4km. I was starting to gather some good momentum and some improved downhill form, passing another runner easily before coming across Jess, who was walking downhill really slowly and clearly in major pain and distress. I stopped to ask if there was something I could do to help but she was biting down hard on her bandanna and grunted back to me to just let her be. As I left I said "C'mon, we have this in the bag, there is only 5km to go" but these didn't appear to be particularly helpful words.

Maybe only 3 or 4 minutes later I passed another runner and then up ahead of me on one of the last downhill switchbacks was my mate Phil McCarthy from the US 24 Hour team (and fellow Sri Chinmoy 6 Day Race winner). He was looking pretty tired relative to me. I briefly said hello and then passed him,

moving quickly through CP73 (241.3km) and onto the last, flat stretch into Sparta along the main road.

All of a sudden I couldn't see any marker arrows on the road (they had been very prominent throughout the whole race) and I had a brief moment of panic thinking that I may have missed a key turn right at the end of the race! Two kids on bikes joined me and I asked if I was on the right road but they didn't appear to speak English so I assumed that we were still on the correct road and that all was good. It was mighty hot at this time of the day (over 35 degrees again at approx. 1.30pm) and I was hanging out to get to CP74 where I picked up my Aussie flag with 2.4km to go. There was no stopping me now as I ran up the main street dodging the occasional car and bike and hearing people cheering me from cars, shops, cafes and tavernas. I even ran up a few small hills in the town, something I had not been able to do for the past 5 to 6 hours. We turned right and climbed another small hill where I passed a Romanian guy who was walking. I was anxious to see some sign of the finish. After another 500m or so we took one last right turn and then it was clear to me that this was it, so I finally let out some of that emotion I had kept carefully bottled up for so many hours. I could see a flag-lined avenue of cheering people with their hands out for high fives on each side. I could just make out the King Leonidas monument off in the distance and there was a mighty roar of Spartan warrior music blaring. I unfurled my Aussie flag and just hammered my way up the last 300m, opening my

emotions to an hysterical mixture of simultaneous laughing, smiling and crying, and allowed myself to deeply savour this most amazing of all finishes. I ran up the steps to the statue of King Leonidas, a scene I had visualized so many times in my head, and deliriously planted a big kiss on his feet as is the official finish protocol at this historic event (30hr 49min 41sec; 41st place out of 234 finishers).

The inscription on King Leonidas' statue is "Molon Labe" which means "Come and take them", a reference to when the Persians asked him and his men to lay down their weapons and he defiantly refused to surrender. While this saying has been misappropriated by the US Gun Lobby, in the context of Spartathlon it is really meant to remind you to never surrender in pursuit of your goal.

I had an olive wreath placed on my head and was given the traditional cup of water from the Evrotas River, which I actually forgot to drink as I was being handed a trophy, certificate and being lined up for photos with the traditionally dressed women and the race officials. I was then quickly escorted by two medical staff who took me down to the recovery area where they quickly gave me rehydration fluids, took my shoes and socks off, and efficiently treated the blisters that I had on my two 4th toes. Phil finished only 3 minutes later and was seated next to me in recovery and we both had the hugest grins on our faces and a wonderful sense of shared victory and mutual respect. Soon after this I heard them announce Jess's finish, the first Spartathlon finish ever by

an Australian woman, which just added to this potent atmosphere. The whole finish plaza was completely abuzz with a party-like euphoria, blaring dramatic Spartan warrior music and local town people swarming around, asking for pictures with us and autographs. Chilli, Kerrie and Meredith were now here for Jess. I gave Jess a big, tearful hug and then she sat next to Phil and me with the look of sheer relief and joy but also complete emotional and physical exhaustion.

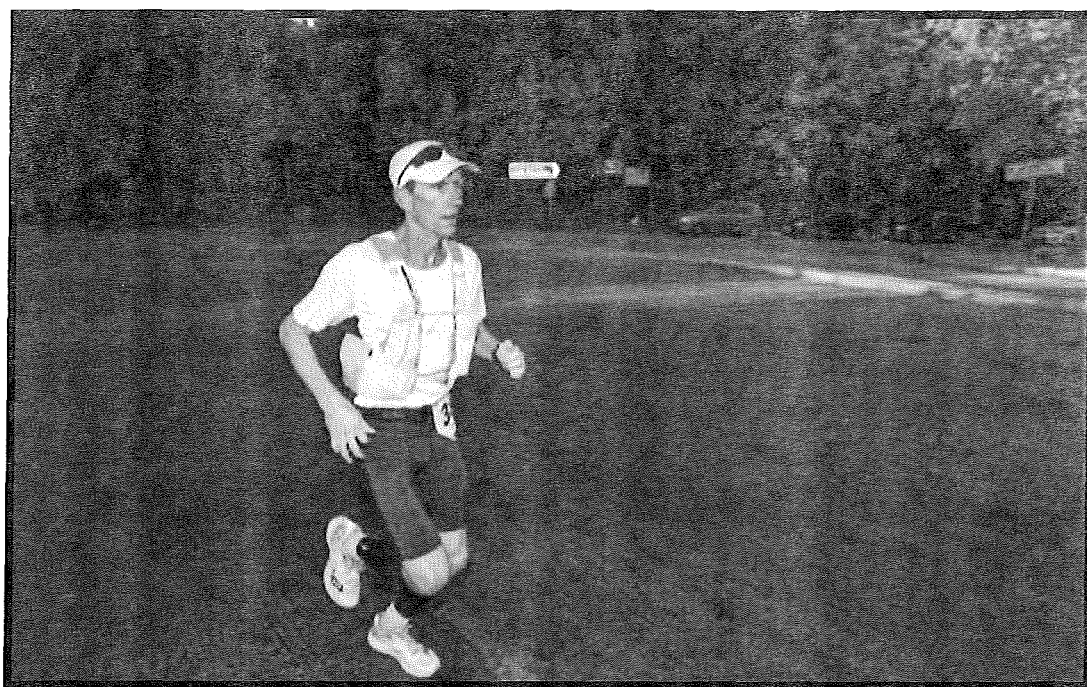
A most touching moment for me was when a smiling dad who had been staring at me came up to ask me if it would be okay if his 7 year old daughter, Anastasia, could give

me a hug as she loved Australia, and also if she could have a photo taken with me and to autograph her cap. This was just too sweet - a moment in time to freeze forever - the profound love and warmth of the local people was so joyful and uplifting. The journey was done. The Sri Chinmoy poem that I had carried with me from Athens had served its purpose:

“God wants me to run  
With my heart’s  
Lightning-purity-speed  
And I am doing it.”

Special thanks and deepest gratitude to my wife, Lynn, and my son, Luke, for their unconditional love and allowing me this indulgence, to the Aussie Spartathlon contingent

(Chilli, Kerrie, MQ, Grant, Jess, Shane and Eric) for their friendship, help and great sense of humour, to Darryl Griffiths from Shotz nutrition for continued sponsorship and support, to the Sri Chinmoy Marathon Team for their love and guidance, to all of the runners from around the world (including many old friends) who made this a truly international epic, to the race organizers and countless volunteers who were always so helpful, to the ultra training squad that I coach for the inspiration that they bring to me, and last, but not least to my physio and coach, John Winsbury, for fixing up this old body and inspiring this old dog with new tricks ☺.



*Photo courtesy of Sparta Photography Club*

### Statistics

390 starters, 234 finishers (=60%); median finish time 34hr11min

Name	Time	Place
Martin Fryer	30:49:41	41 <sup>st</sup>
Jess Baker	31:00:06	46 <sup>th</sup>
Grant Maughan	34:25:31	127 <sup>th</sup>
Shane James	DNF (150K)	
Meredith Quinlan	DNF (93K)	
Kerrie Bremner	DNF (81K)	



# International Race Report

## Ultra Trail du Mont Blanc (UTMB)

26 August 2016

By Simon Turnbull

I had been planning for some time to successfully enter Ultra Trail du Mont Blanc (UTMB). I managed to gather enough points to qualify in 2015 but was unsuccessful in the lottery. In 2015 I ran some fun ultras including the Cradle Mountain ultra in Tasmania, the Red Rock Run in Coffs Harbour, the Northface 100 in the Blue Mountains, the Glow Worm Tunnel in the Blue Mountains, the Great North Walk on the Central Coast and the Hounslow Classic in Blue Mountains. I continued through 2016 with a series of other ultras including the Bogong to Hotham, the Buffalo Stampede ultra and UTA 100. I applied again for entry to the UTMB and this time was successful in the lottery, with the assistance of the double points. Unfortunately, I sustained a stress fracture in my foot, eight weeks out from UTMB. With hope, I engaged in an expedient recovery plan which included a boot for four weeks, another two weeks of gentle walks (no running), followed by a week of some short runs on the Alter G treadmill. I left for overseas having not run in seven weeks and feeling reasonably uncertain of attempting my first 100 miler.

The week before UTMB I walked around Venice, did a walk/jog on the highest peak of the Lake Garda Mountain Race course and ran 5km around some single trail in Chamonix.

Despite eight weeks of not completing any decent running, I was holding onto the hope that the last two to three years of competing in ultras would get me through. I had left the writing of a race plan to the last minute as I really wasn't sure what I was going to be able to do. In the end my race and nutrition plan was designed to literally make the cut off times.

I was very fortunate and proud to have my wife, Jenna, as my support crew, and my mother in law assisting with my three year old child, Poppy. We must breed our runners tough on the Mid North Coast as three of the 30 Australians in UTMB were from Port Macquarie and I was very appreciative to have two other Port Macquarie runners, Craig Robinson and Michael Sheridan, there with me.

Craig, Michael and I started at the UTMB (Chamonix) start line together. The obligatory UTMB theme song "Conquest of Paradise" got the senses going and then we were off and..... we were walking. The race started out very slow for a couple of kilometres as we weaved through the tight Chamonix streets lined with cheering people. As we left Chamonix the trail widened and we ran past more crowds through some single trail. I had never experienced such support from a huge crowd; support to the extent that one keen runner accepted a beer on offer from

the crowd - a keener man than me!

I was feeling okay and was taking it very gently on my foot. We ran about 8km through to Les Houches, a spectacular little town just out of Chamonix. Les Houches was where we were staying and I was greeted by Jenna, Poppy and Nena. I had a quick family hug and headed off to the first of many climbs.

I had met a guy in the park the day before who had DNF'd the 100km CCC course because of the heat. The first day of UTMB was proving to be similarly hot. Even with the late 6pm start there were runners going down on the first climb. I took it very easy and hiked the first 750m ascent up to Delvent. I took this as an opportunity to absorb the scenery looking back across the valley to Chamonix. Spectacular views were to be the staple meal of the run. I rolled down the single trail hill descent into St Gervais whilst still protecting my foot. I let the pace go a little and it held out okay. It was fun to be back on the single trail and the darkness gifted itself upon me about half way down so I put my torch on and happily continued the downhill cruise into St Gervais.

The run from St Gervais to Les Contamines was a gradual climb and this was the second check point at which Jenna met me. I felt pretty shattered



already from the long slow climb. I indulged in some noodles, cake and banana, and drank some soda water and coffee. I said goodbye to Jenna and headed off into the Alpine night.

I ran past a raving dance floor, and took the opportunity to dance a bit - this must have been the coffee kicking in! I then headed to a campfire checkpoint before embarking upon the highest of the UTMB climbs. I have a UTMB picture of a long trail going up a huge climb - this was it. I settled into a reasonable hiking pace and knuckled into the 1400 metre ascent from Notre Darn Gorge to Refuge de la Croix du Bonhomme at 2500M. I had purposely tackled the Bogong to Hotham rooftop run in 2016, as the only run in Australia with a decent 1500 metre climb, to try and simulate this section. I was holding onto the memory of barely surviving Bogong with fresh legs as I climbed steadily. Feeling very tired already, I stumbled into La Balmo which was a bit shy of half way up. It was time for food again so I indulged in some cake, cheese, noodle soup, soda water and coke. My stomach hadn't been playing friendly at this stage, so energy gels were out and real food was in.

I continued my hike up the mountain. This climb was long. I looked up to see a steady trail of lights leading into the sky, just like the photo. I would hike to the point which I thought was the top, but it was just a crest blocking the view of more lights leading up into the sky. I eventually decided to let go of trying to get anywhere and just focused on continuing to move

my legs. Somehow, after many false summits, I reached the top and scrambled happily through the single trail until it started to descend. I decided to roll through the descent a little faster and felt reasonably comfortable all the way down to Les Chapieux.

I left Les Chapieux, and as I was still having a few stomach issues and struggling to consume food, I bargained myself some hiking time and decided to hike and slow jog the gradual ascent to la Ville des Glaciers. The climb through to Col De La Seigne was extraordinarily slow as I dragged my sleepy body up the 700-800 metre climb. A friend of mine, Jamie Voge, does quite a lot of 24 hour mountain bike riding and he had given me the very sage advice of pushing as the sun came up at first light as it is at this point that everyone is feeling sleepy. Try as I might, I was one of the slow sleepy ones! I scrambled over the mountain surviving my first all night run. It was here that we crossed some ice (which was a new experience for me) and I was thankful that I had taken my Z Poles. I stopped and took some photos as now the sunrise shone on the extraordinary landscape expanding over the mountain and down the other side.

The unexpectedly rocky "I'm not sure that this can be called a trail" descent from Lac Combal would normally suit my fearless nature, but, I was trying to be sensible and made my way through the rocky ride to the bottom at an unusually slow rate. I stumbled warily into Lac Combal. The steady food diet of banana, watery noodles, soda water and coffee was consumed

again. I sat and rested whilst eating before walking off in another sleepy stupor. I tried to run. It wasn't really working for me though. I resigned myself to the run-hike action around the lake, then back to hike-climbing to make the "smaller" 500 metre ascent to Arete du Mont Favre. I took a worried phone call from Jenna half way up the mountain. Apparently my timing chip had failed to register at the last checkpoint and she was encouraging me to get there before the cut off. I assured her that I had left Lac Combal about an hour before and was now hiking up some small hill.

Up towards the top of the climb a helicopter was sweeping past and getting footage. I had seen this on the many UTMB YouTube videos and it all felt a little surreal. I climbed over the mountain and took up the hunt for Courmayeur. Courmayeur was at 77Km. In my mind it was the half-way mark, and by this stage I considered it to be a sensible place to pull out of the race. I was tired and could not possibly consider running another night without sleep. I threw caution to the wind and had a decent run down the mountain. It was sweeping single trail and incorporated some technical dusty sections. I was joined by a Japanese competitor who managed to keep up with my maddened speed as we swept past lots of other runners who were being far more sensible. My foot hurt and at this stage I was happy to just contemplate sleep.

I arrived at Courmayeur with plenty of time before the cut off. I am not sure who designed the check point but it felt a little nuts. My wife and family had to

stay downstairs whilst I went upstairs to access the food and toilet. There was only one toilet for all the runners. Lucky there was only a couple of thousand competitors! Sleep deprivation set in at this point. I was a little grumpy and getting held up in the amenities for a long time didn't help. Courmayeur is now officially my longest check point in race history. This was the first, but not the last, point in the race where I thought that the race director had added in something silly just to make the race harder. Challenge accepted! At this moment I chose to forgo the possibility of pulling out. I ran out of Courmayeur.

It felt like I ran out of the check point straight into the middle of the sun. It was now extremely hot. I gently ran with another Aussie, stopping at every waterwell to try and cool down by wetting my clothes, hat and buff, only to be searing hot again within a few minutes. As we continued up towards the start of the climb there was a steady line of runners heading back to Courmayeur. My instant thought was that I didn't recall there being an "out and back" part to the course. However, it turned out to be a steady stream of people pulling out due to the extreme heat.

I have participated in some extraordinarily hot runs in the past - some 35 degree runs at Cradle Mountain, Great North Walk and Bogong to Hotham. My keen running buddy from Port Macquarie, Philip Robinson, had tried to kill me once on a 50km run in 40 degree plus heat. It was at this stage I was thankful for Phil and the many other "heated" running experiences I'd had.

My ridiculous run with Phil had taught me that I was better moving fast through the sun and moving slower through the shade to cool down most effectively. I used this strategy whilst moving through the pack of runners that was now falling apart around me. It hurt me though. I too was dehydrated and disorientated by the time I got to Refuge Bonatti where I collapsed in the shade. After a couple of minutes rest and rehydrating however, I ran off into the mountains.

This section is a bit blurry. I seem to recall moving across the mountain through lots of single trail. I lost my map and times, and started to push the run through some sections where I was concerned about losing too much time in the heat. I really didn't want to miss a cut off. After another dashing descent I finally arrived in Arnouvaz. I was met again by Jenna, Nena and Poppy who I was very happy to see. Tired, fatigued and disorientated I ate, drank and headed back off into another climb.

The climb didn't look so bad. Just another 700 metre dance to Grand Col Ferret. I pushed a bit on the climb and didn't feel too bad. I went past somebody's house that had a phenomenal view of glaciers across the imposing mountain valley. It was all very James Bond like. I kept pushing up the climb convincing myself that 700 metres wasn't all that hard. As I reached the top of Grand Col Ferret the clouds swept in. I moved over the peak in the cloudy mist. It was now very peaceful and calm. As I headed down the flowing mountain single trail I heard cow bells ringing out. I was enthused to

think that spectators had made their way onto the mountain to support us crazy runners. I soon discovered that, no, it was indeed, just cows. Cows with cow bells. I was still enthused nonetheless.

I ran down to La Peule adding a bit of speed to get out of the way of the cloud cover that had now become an all-out fearsome thunderstorm. I was pretty sure that running on mountain tops with poles with steel tips wasn't a great idea. I continued through to La Fouly. The storm raged on whilst I wrestled with other problems. Jenna rang. She couldn't make the next checkpoint after being mucked around by the buses. That was not a major problem though as there were more immediate issues to deal with.

I had run into La Fouly with the Petzl Nao2 torch battery from the night before. It is an awesome torch. I switched the batteries only to discover that my back up battery had gone flat. I tried my back up power supply to charge the Nao battery, but as these things go, the back-up power supply was flat too. Jenna also had a back-up power supply and another spare battery, and also my spare Garmin Fenix 3 Watch, but I wasn't going to get my hands on any of those helpful items. I asked a volunteer if there were any places I could charge my battery. She said, "are you saying you don't have a torch?" My emphatic answer was that I had two back up torches but given that I was about to run off into a major thunderstorm on top of ludicrous mountains I really thought a decent torch was a good idea.

Given that I had planned for a slow run I had unusually packed two back up torches. One Petzl Tikka and one Petzl E-lite. I would usually only pack one torch for weight minimisation. Regardless I'm pretty sure the directions for both do not proclaim their usefulness on technical single trails at night, on mountains, in the middle of storms. I had never run with either light through a whole night. My first all night run was the night before so I had no idea how long the batteries would last. So I decided to leave La Fouly wearing my elite torch and Tikka. I suited up in my wet weather gear and ran into the storm getting hustled out by volunteers as I had now consumed all of my spare cut off time.

In the second night without sleep there were now runners dropping off the trail for naps. I felt like I had to keep pushing to make up some buffer time against the cut offs. The storm raged, thundered and then disappeared. Wet weather gear off, I continued my hunt for fast runners I could find to run behind who actually had torch light. My right forefoot had become nastily sore and I stopped to take my shoe off and band-aided the largest blister I have ever had. It was right on my landing position. I tried to ignore it and ran to make up time. When I hit tar I couldn't run because of my stress fractured foot. I'm pretty sure it was in some little town here that a lady and her family were handing out coffees. I was eternally grateful. I walked a bit and passed the bunny ears wearing young couple who I had been trailing since the start of the race. They were curled

up together in the dimly lit rock walled alley way of a picturesque European town. It looked like a rather romantic way to finish their race.

I moved very slowly to the start of a climb. I had a friendly conversation with a guy who told me he had been making cut offs by 5 minutes. He was a very nice guy but I decided I should get at least an hour in front of him. The climb to Champex Lac looked moderate and smooth on the map. The real life version was entirely different. I buried my sleepy head and climbed the rocky single train into Champex Lac which was a large check point. I ate some food and drank more coffee and soda water. On the advice of another runner I visited the medic tent for some recommendations on my blister. Should I pop it or leave it? The language barrier proved fairly hard, but I clearly understood the answer, "we don't know, run to the next check point and ask them there".

I left Champex Lac and strolled out, only to turn straight back around as I had forgotten to fill up any water. Leaving Champex Lac for the second time, I was now truly "back of the packing". I met up with another friendly guy from San Francisco. We chatted for quite a while. My watch went flat so I decided to pick up the pace a bit to get to Plan De Au. There was some confusion on whether this was a timing point or not. Not that I knew what the time was and the guy manning the post didn't seem to know either. I continued the climb up to Bovine. With blisters now open, I hopelessly tried to avoid getting my feet wet in streams.

I tried to tail the trains of people on the climb but drifted off into some surreal sleep walking dream. I suffered multiple soul destroying mirages of checkpoints and people, pushing to get to the check point only to find trees and rocks. With another injury playing up I crab walked in a dream towards the Bovine peak. I managed to settle behind two guys who moved across the peak of Bovine at a reasonable pace. We came across a lady being carried off the mountain by the medics. They would have had a hell of a descent to Trient.

I descended to the bottom where I was greeted by Jenna. By now I was a ruined mess of a former runner. Jenna gave me rice cream and coffee and I perked right up. I left Trient with somebody saying, "have a go at the next climb and then it's pretty much home".

I have a run near home, Syndicate Track, from the Promised Lands to Dorrigio. It is one of my favourite places. The climb up Calogne was about the same 900 metre ascent. I decided it was time to have a real push. I speed hiked the mountain, catching up to some groups of people who had left my delirious soul behind on the Bovine climb. Two nights without sleep, and I felt oddly fresh. I continued the charge to the top. When I reached Calogne I slowed down a little for the descent. It started to dawn on me that I could actually finish the race and I really hoped my stress fracture would continue to hold out.

I eased into Vallorcine with the feeling that I had a very real chance of a race completion and

was met by Jenna, who was also enthusiastic about the likelihood of a finish. I strolled out of Vallorcine with various other runners all with a sense of renewed confidence.

I slow ran-hiked to the start of what was to be the last climb from Col Des Montets to Tete Aux Vents. It's another 700 metre climb which looked deceptively easy. I hit the climb at a confident pace keen to see if I could replicate the Calogne feeling. It wasn't the same. The mountain was very open and the heat was now searing again. There was no shade and my head, body and soul began to slide. I eased back which gave a slight improvement but any push and the surrealist feeling returned. By the time I had reached the place at which I thought the check point was my mind was completely glazed over. The check point wasn't there and I scrambled through technical trail drifting off to some calm surreal dream. I

thought I had died or had a stroke. Maybe I was passed out on the side of the mountain. I hoped that somebody was looking after me. My body seemed to keep moving through the path. I had mirages of mountain goats. I saw an Australian friend come up and say hello. He was on top of Mt Blanc with his wife having a picnic. Surely this was all a dream. I floated over the sprawling spiked rock to a mirage water point that had barely any water. The terrain seemed so ridiculous that it was purposefully designed to make you fail after all this way.

I was going to finish this race. I had no map. My watch was flat. I had no idea of the time. I had no idea if I would make the cut off. All I could do was run as fast as I could. I have no idea how my body was negotiating the terrain but I ran all the way to La Flegere.

Once out of La Flegere there was a steep descent on road and then beautiful single trail. I hit the single trail with now no care for my stress fracture. I bolted and let my legs and body enjoy the drop down. I dropped one of my Z poles over the edge and had to scramble over the ledge to get it. Back on my feet I pushed again. This was a fun way to finish. It was basically an 800 metre descent of craziness.

I rang Jenna and let her know I was close to the finish. She met me with Poppy and Nena a couple of hundred metres from the finish. I picked up Poppy but promptly realised that my legs were not as capable as I thought and gave her back to Jenna until the last 100 metres. Up the finish chute I went with crowds celebrating. I crossed the line with Jenna, Poppy and Nena. I finished in 45 hours and 32 minutes. It wasn't fast, it wasn't pretty but it was certainly a finish!





# Race Reports

## You Yangs 50km

17 July 2016

By Michael Rathjen

There is something pretty special about the You Yangs, my "home trails". Rising like camel humps from dead-flat surrounds, they are the only significant mountains between Macedon and the Otways.

This year was the 8th year that TrailsPlus have staged the You Yangs Trail Running Festival. A variety of events were on offer from Saturday's Hardcore Hundreds (100 miler and 100km), to the 50km ultra, 30km, 15km and the nippy 5km on the Sunday.

Approaching the "Youies" at sunrise, thick fog covered the surrounding farmland with the mountains crystal clear.

Entering the park after a minor encounter with a passing kangaroo, I glimpsed a couple of 100 mile runners. From the warmth of my car, it was considerably easier to beep encouragement than run through the freezing night.

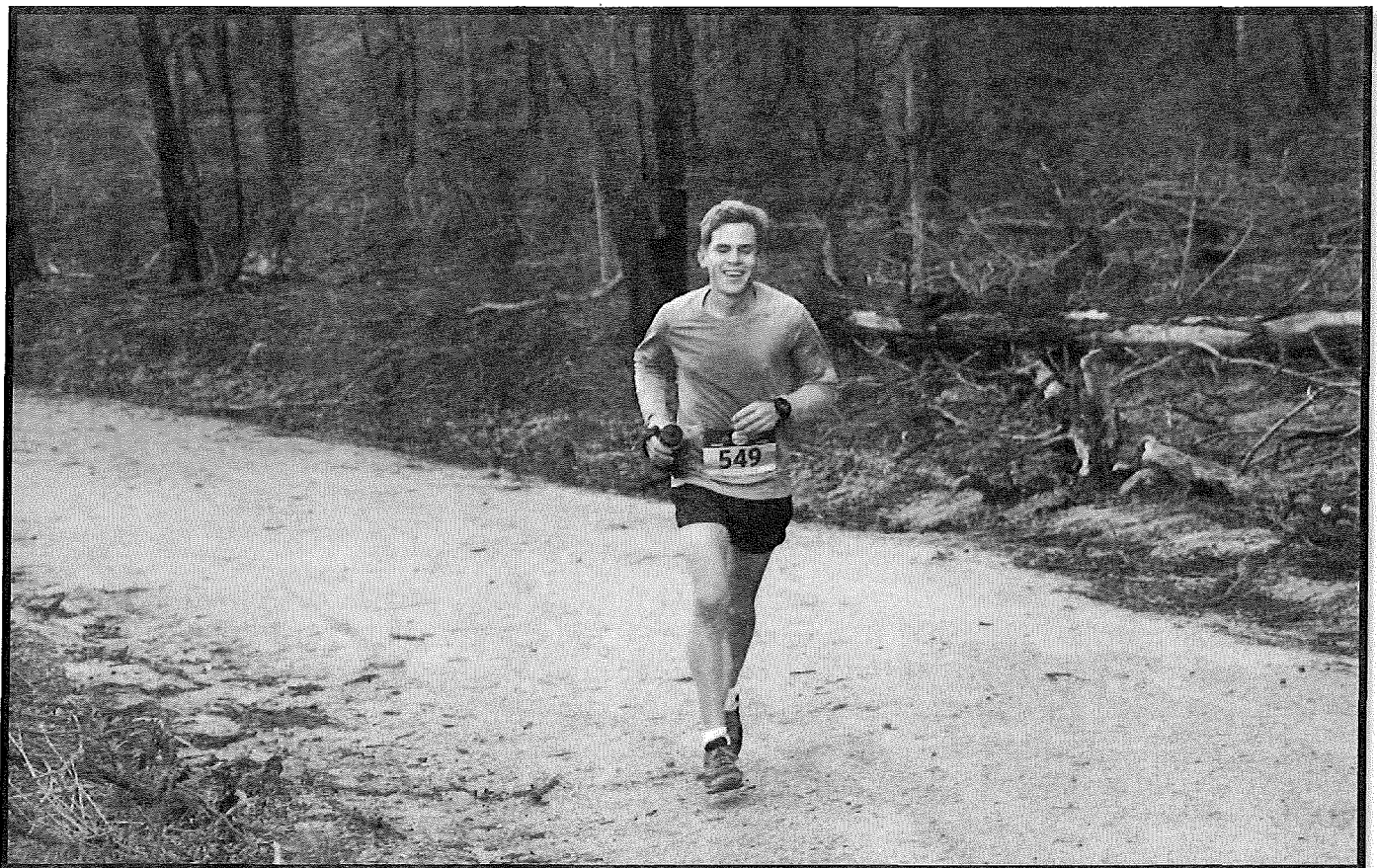
As normal I was running late, jogging from the car to the Turntable Picnic Area, which doubles as the event hub. Pinning on my number there was a buzz in the air, typical of all TrailsPlus events, with energetic and endlessly helpful volunteers assisting the chatting runners.

Brett Saxon gave the race briefing before the 50km ultra kicked off right on 8am. The

course is split into three loops beginning and ending in the Turntable, with a separate 20km loop for the longer Saturday events.

The first loop took runners out the undulating but well maintained Rockwell Road with a short out-and-back towards Big Rock to make up distance. This section was run a few times throughout the course, and initially served as a warm-up for the climb from the Rockwell Junction aid station up to the saddle.

The Northern Range track took runners along 4km of single trail heaven, from the saddle through the northern valley of the park.



It is my favourite section of the whole 50km, both fast and technical. Through here I stepped on the gas, establishing a small gap over the chasing group.

The track spits into some fire trails, which follow the park perimeter for a similar distance. They are flat, straight and allow some fast running. Moving on to Branding Yard Track, I quickly arrived at the bottom of the first significant and surprisingly draining climb for the day, Saddleback Track.

Returning on Rockwell Road, past the amazing Rockwell Junction aid station, the 30km runners approached in the opposite direction cheering encouragement. Through the finish and the 15km course and the first loop was complete.

Swapping bottles at the Turntable, next up was the first 3km attack of Flinders Peak on the winding, stair-staggered path. Building lactic acid going up and smashing the quads going down, it was challenging for all. Here I was running alone, having forged an approximate four minute lead.

Finally I reached the bottom and it was back out along

Rockwell Road and down past Big Rock to the “Youies” park office. The course then headed into Kurrajong Plantation, a group of sandy mountain bike tracks dominating the western section of the park. Although this area is fairly flat and easy running, it can be a real mental battle, with the monotonous surroundings making the distance pass slowly. The first pass of the plantation took runners in a direct northerly direction for 5km past the Kurrajong aid station, then east up the fun switchbacks. Back to the Turntable and the 30km course was done leaving one remaining loop for the 50km ultra.

Up Flinders Peak for the second time, heavier legs made for a harder summit. However, my gap to the second runner had increased to over ten minutes, giving me some confidence. The elusive four hour mark was also within reach.

Steeply dropping to Branding Yard Track, I tackled the Saddleback climb for the second time, and ran down to Rockwell Road for the last time, entering the Kurrajong Plantation from the opposite direction. This section amongst the uniform trees felt harder

than the first, and the extra distance required to make up the 20km loop meant zigzagging around enough to become disorientated. My GPS watch also struggled here and I was running out of fuel, so the distance felt very long.

Hitting the clearing of the Kurrajong aid station, the final 7km was back into the plantation on familiar tracks, past the park office and up the walking path to Big Rock. Not too significant by numbers, the elevation gain up this track is long on tired legs.

On familiar ground for the final 1km, a short bump led to a fast downhill run through the finish chute to a rousing reception from my crew and spectators alike.

This was the most complete race I have run. The top step is a foreign place to me, but running 3.56.49 for a reasonably tough 50km was beyond expectations, as was a 48 minute PB on last year. The TrailsPlus Mountain Series has three spectacular runs and, after completing them twice, I couldn't recommend them more highly.

## **River Run 100km**

### **31 July 2016**

### **By Matt Eckford**

The River Run 100km follows the Brisbane River along predominantly flat bike paths utilising a 10km loop and a 5km course around the Southbank and Kangaroo Point cliff areas. I would say nearly every runner in Brisbane knows this route

and has enjoyed running it at some point in time. You could run as an individual or in teams of any number between 2-10 people. The aim was for individuals/teams to complete the course by 3pm. Each individual/team was able to

plan and strategise as to when they wished to start the event with the aim of crossing the finish line as close to 3pm as possible. The organisers therefore coordinated any start time you required based on your ability and estimation.

I entered this race as it slotted in perfectly at week 5 of my 10 week training block for my 24hr treadmill record attempt. I'd also crashed and burned at the Gold Coast 100km two months earlier so I was keen to give another one a good crack.

I knew my good friend, Barry Loveday, was running as well so our plan was to start together at 6am, keep the pace under 5min/km, and aim for an approximate sub 8 hour 2pm finish. It felt a little weird but very relaxed heading off without any other runners at the same time and just stepping over the mat to start our chips. Some individuals and teams had started before us and several looked like they were starting after us. It almost felt like we were heading off on a training run at our own pace, in our own time and however we saw fit to run 100km.

We'd decided beforehand to run the 5km course, which was a 2.5km out and back, as it would fit best with our self crewed nutrition and hydration stop at the start/finish line. It meant we'd get a drink and gel every 25 minutes approximately and wouldn't have to carry anything.

We set off at 4.26min/km and ran together for the first 30km before a toilet stop put me back about 250m. Funnily I thought I'd give this Percutane Cream I'd been given earlier in the year a tryout at last, but soon realised that when I stopped running, the intensity of the burn was out of this world. That was the first and last toilet stop I'd have for the 100km and I continued to run in fear that anything slower than 5min/km might bring it back on!



*Matt Eckford (L) and Barry Loveday (R)*

I passed the 50km half way point in 3hr 45min and was running smoothly at around 4.30min/km pace. I was set in my routine of walking for 200m at the start/finish line each 5km to take in my gel and Shotz water, nodding to Barry as we crossed over soon after each 2.5km turnaround point, and dodging the swarms of Pokémon Go players along the Southbank stretch who were walking behind their outstretched phones facing in all directions.

At 75km my legs were becoming more tired and from there on 4.40min/km – 4.50min/km felt like the right pace to hold. Barry had lengthened his lead a little further, but from what I could tell, unless someone had started well before us, we should be sitting comfortably in 1st and 2nd place.

I finished the last out and back, crossed over the start/finish mat

for the 20th time and ticked off the 100km for a PB 7.40.51.

Barry was there waiting for a hug having finished in 7.36.14. We each sat down, had a bottle of coke and received a fantastic complimentary massage. It felt great to get the Percutane Cream rubbed off me!

Congratulations to the organisers for a unique race/timing structure that I think works really well. As we Brisbane runners know that section of the river is very nice running. The 5km course made it perfect for refuelling and with the amount of people out and about to keep your mind stimulated the day seems to fly by. Also, considering three individual runners finished their 100km with times under 8 hours, I think the River Run 100 really has something to offer and I imagine it will develop into a special race for Brisbane in the coming years.

# Centennial Park 50km

7 August 2016

By Rachel Glasson

The Centennial Park Ultra is a relatively new addition to the running calendar and comprises a 50km and 100km with team options in both events. It takes place in the heart of Sydney's Eastern Suburbs, and although you'd think a trail event would be difficult to find in that part of suburbia, I'd definitely put the CP Ultra in the "trail" category.

Not one for those who don't like running in circles, the course consists of either 14 or 28 laps around the inner track that circles the ponds and playing fields at the centre of the park. I've run many hundreds of miles in Centennial Park but had never run on that particular part of the park before race day on 7 August.

I'm first, and foremost a marathon runner, and in the six years that have passed since my first 42.2km race, I can honestly say that I only once or twice thought about running an ultra. My gait is great for endurance – a high cadence, low-to-the-ground shuffle that is super-efficient – but horrible for the trails. Even on the road, tripping over is one of my strengths, so obstacles of any kind (read: trails) are generally not my friend.

My preparation for the event was fairly unconventional. Encouraged by a great result in the Gold Coast marathon in July (2.49.13, a personal best for that course and only 1.16 off my all-time PB from 2014) I somehow just assumed I'd be fine to run a 50km ("it's only 8km further,

right?"), and wasn't even worried by a total absence of long runs in the 4 weeks I had between races. Thus, uncharacteristically under-prepared, I found myself at the CP start line.

A very wet winter had left the course in fairly dodgy shape, with large puddles of water and stretches of mud posing even more of a challenge than the rocks, tree roots and uneven ground would normally present. One look and I knew it was going to be an interesting day.

Without much fanfare the race started and everyone was off on their first of many laps. Almost immediately I knew my goal pace was too ambitious, but I'm stubborn and dug in to see just how long I could make it last anyway. Dodging puddles, mud, rocks and – from the second lap – other runners meant a lot of excess energy being expended and I could feel that my effort level was way higher than it should have been at this point.

Five laps down I was still holding it together – with enthusiastic support from my pit crew – but starting to feel a bit annoyed, until I saw my running friend, Tony, pop up from under the fence. Hooray! He was on his morning long run and had kindly come to run with me for a while. Having company was fantastic. It banished the negative thoughts that were starting to creep into my brain and the next 3 laps passed in a comfortable,

companionable blur. But all good things must come to an end. Eventually Tony peeled off and I was running alone again.

The inevitable slide began almost immediately. I felt like I was putting in the same effort but my legs just wouldn't cooperate and I slowed down a lot.

I wasn't able to rest at all in the preceding two days and I probably didn't fuel properly before this event. The combination of those factors with lack of training meant I literally felt like I'd run out of petrol. Just like that.

I stopped checking my watch and was on the point of getting really annoyed with myself when my friend, Nigel, jumped in to run the final few laps with me. Once again, although my legs were really not responding to my commands to go faster, I had enough breath to chat and enjoy the final few laps of the race with him.

For my first ultra I was delighted to have finished but was also humbled by the distance. No taking a casual approach to 50km in the future. That said, the Centennial Park Ultra is a great event and very accessible for anyone who wants to try their hand at the longer distances. I would definitely recommend it as an introduction to ultra running.

*Finish time: 3.42.04.*

*Placement: 1st female,  
3rd overall.*



# Kuranda to Port Douglas 64km

14 August 2016

By David Von Senden

Hosted by Dynamic Running of Cairns the Kuranda to Port Douglas (K2PD) 64km is a point to point race starting just off the Kennedy Highway in Kuranda. The course runs through native rainforest, open eucalypt forest, pine plantations and across picturesque creeks. It is a scenic course incorporating the Mowbray National Park in the wet tropics world heritage area. It is a relatively flat course with more descent than ascent making it an ideal step up into the world of ultra marathons. Competitors are made up of a mix of solo and team entries.

It was 5.30am and dark as we lined up at the registration desk, blinding each other with headlamps in the excitement of the event. I received my bib which was number 1 as I had won the event last year with what was the slowest winning time for the event. However, at age 59, any win is a bonus and taken with both hands. Having reviewed the competitors list I knew that my previous time would not be in the ball park this year and had decided that if I could improve on last year I may have a chance of making it into the top five.

The race is a staggered start with the slower runners starting an hour earlier than the main group. As I am good at not stretching I eased into the first few kilometres not knowing how many runners were in front of me due to the dark start. At around the 7km mark I found that I was keeping a

comfortable pace with two others, both of whom I had recently met at the 3 Marathons in 3 Days event so I decided to run with them. The three of us made it to the 26km checkpoint in 2.10 which I was quite pleased with as I that was ahead of my time last year. We left the checkpoint and headed to the Twin Bridges track staying together for about 8km at which time I decided to increase the pace and push on. The last few kilometres through Twin Bridges had some ascent which took a toll and I slowed more than I'd have liked to get through it. However, I made it to the 48km checkpoint in 4.05 so I was still making good time.

Not looking forward to the steep descent of the "Bump Track" I topped up with Tailwind and prepared myself for the final leg of the race. Although the lead up to "the bump" is undulating and free flowing I have often cramped through here. Luckily this year I only suffered a few worrying twinges. My body was becoming fatigued and every step became painful on the way down. It was the slowest section of the race for me. However, I got to the bottom with 10km to go in 4.40 and thought that if I could just hold it together I would beat my time from last year and come in 4th or 5th place.

The 6km run to the beach has always been hard and this year was no exception. Running along the paths to the beach I approached a drink stop

manned by Leith, one of the many volunteers who I know well. She told me I was actually in 3rd place. I couldn't believe it. It was a great feeling but I felt more pressured as I pushed on. Another kilometre or so and I caught sight of the runner in 2nd place but I couldn't close the gap. Then he suddenly lost pace and began stretching. The poor bugger had cramped up. It was a bitter sweet moment as I made sure he was okay and pressed on. I have been passed in the same area a few times in the past for the same reason. However my empathy soon turned to elation as it hit me that I had moved into 2nd position with only the beach run to go.

I made it to the beach in 5.14 but I knew it would be hard work and I was painfully aware that my newly acquired 2nd place could evaporate in a flash. I looked down the long sloping arc of the beach but could only see a haze where I knew the finish line was hiding. It was at this stage I thought I couldn't keep it up and slowed to a walk, and had visions of being passed by any number of runners along the beach. The one saving grace this year was a gusty tailwind blowing up the beach. At this point I gave myself an upper cut and said that if I was ever going to run this beach, today was the day and so with a deep resolve I pushed on making it to the finish line in 2nd place in a time of 5.38, which was 26 minutes quicker than last year. I was one relieved and euphoric runner.

# The Tan 100km

14 August 2016

By Ben Hirst

I entered this year's Tan 100km to see what my 100km time would look like on a relatively flat course. Being very new to ultra running I had previously only attempted trail events such as the UTA 100 and You Yangs 100 mile and so my results had been quite varied.

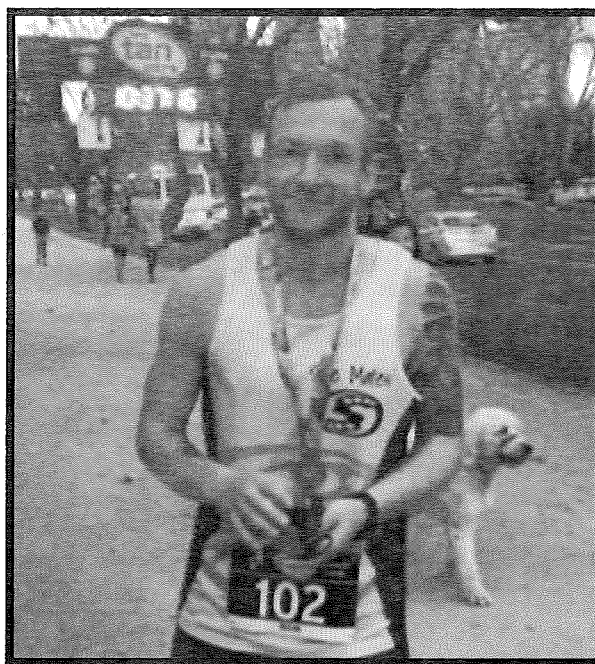
The Tan Ultra is run on "the Tan" track which goes around the Botanical Gardens in Melbourne. The event is organised by Trails+ and offers a variety of distances from 4km to 100km.

The 100km course involves running approximately 26 laps of the 3.87km loop circuit, predominantly on a compacted sand base with small sections of asphalt. All events run in a clockwise direction starting at the Pillars of Wisdom.

I arrived at the start at 6.30am, tired from a sleepless night due to a restless 3-month old baby. I put down my heavy bag and grabbed my race bib. I really had no plan and no real expectations going into this event. I had hoped to try and finish under 10 hours but because I'd run a 100mile trail event about a month prior I knew this would be a hard task for me.

Roughly 10 runners started. I decided that I would try and remain with the front pack for as long as I could. This was short lived as the pace remained quicker than I was used to and so I decided to drop back.

Each lap is reasonably flat except for a significant incline heading up Anderson St. I had decided I would try and run the entire thing for the whole race. I must have been mad! Not respecting the hill(s) resulted in a painful later stage of the race.



The hardest thing for me mentally was knowing how many laps I had to go. I really let it get to me towards the middle stage of the race. With 10 laps to go I started to regain my focus and think about the finish.

I managed to shuffle over the line in 10.36.55. I was a little disappointed not to finish under 10 hours, but given that I was on crutches almost a month prior after finishing the You Yang's 100 mile trail run, I was happy for it to be over.

So what is it like to run 26 loops? It can really affect you mentally if you let it. However,

on a positive note not all laps were the same because the course is a public track and filled with people walking and running so there's frequently something new to see.

If you are thinking about entering the Tan Ultra in 2017 I'll leave you with a few points to think about which ultimately affected my performance.

**Be organised:** Let your crew know clearly what you want and on what lap you want it. If you are doing it without a crew, make sure you have everything easily accessible and labelled.

**Respect the hill(s):** This goes without saying and was one of my major downfalls in this event. Walk the hill(s) when you can to conserve your legs.

A solid power walk will take the pressure off your legs and will still be reasonably fast. Your legs will thank you for it in the later stages of the run.

**Run your own race:** We hear this phrase often and I really think it applies to this race. In past ultras I have tried to follow the front pack early when I should have focussed on running at a pace that would have set me up for a better finish in the last half of the run. Rather than focusing on other runners and what position you may be in try and maintain a pace that you are comfortable with.

# Surf Coast Century 100km

3 September 2016

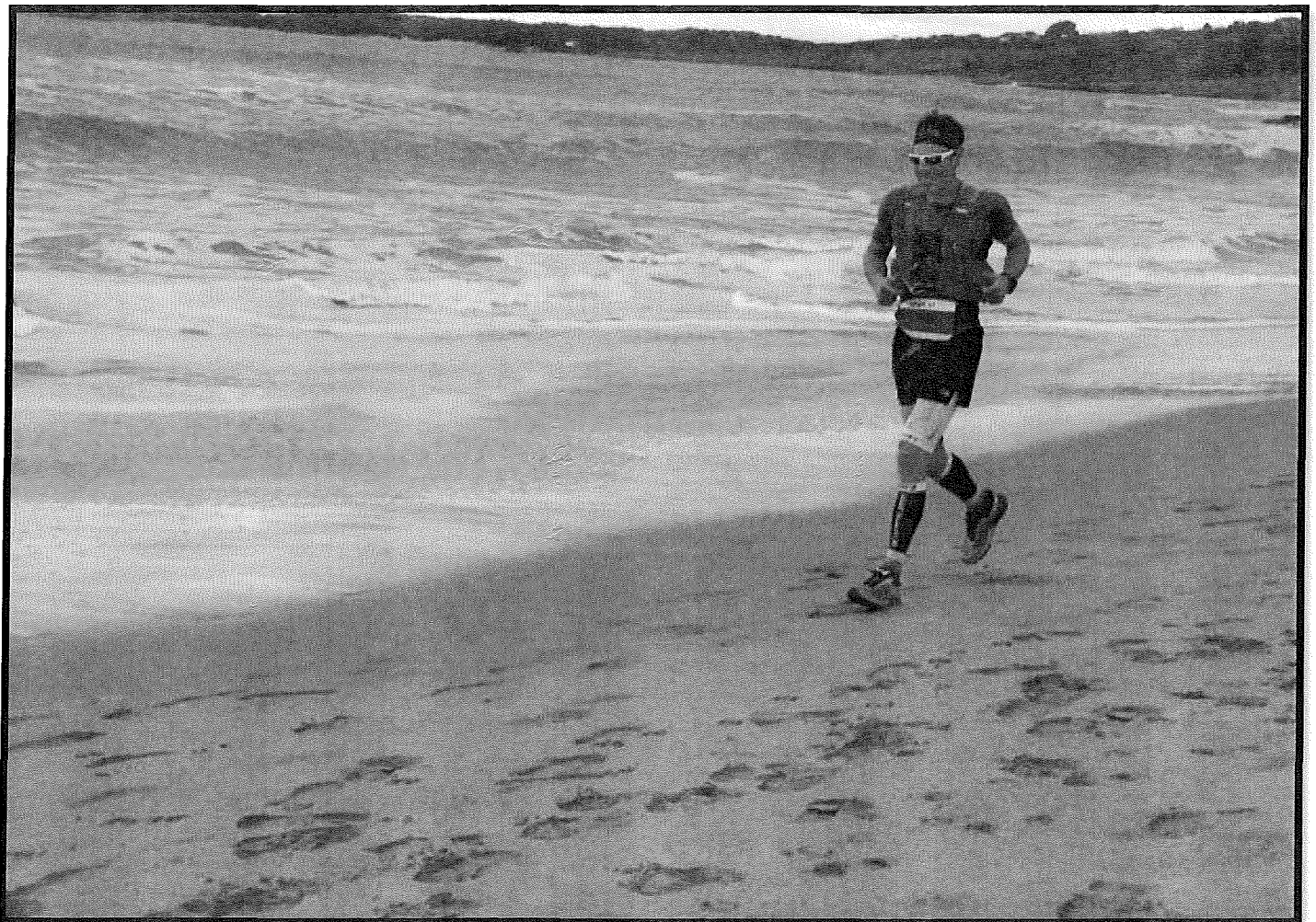
By Ross Hopkins

"Why do you do it?" This is a question I often get asked by family and friends trying to understand what the driving force is for wanting to run 100km. For those removed from ultra running, the question is logical. Why would anyone want to put themselves through hours upon hours of solitary training through the cold months, sacrifice their work, family and time for self-centred reasons, endure physical and emotional suffering on race day, and risk tipping an obsession into unhealthy territory? I recently watched a documentary about the Barkley 100; an insane 160km course that sees substantially more DNFs than it

does finishers. The quirky and peculiar race organiser, Lazarus Lake, spoke about the idea that we only ever find out our limits when failure is probable. As modern life in many ways becomes more comfortable and far more convenient, I think there is a part of our human nature that finds the outcome of such ease in life unsettling. Exploring our physical and emotional limits counters this, as well as providing real purpose and meaning. Training for and running 100km satisfies our intuitive curiosity about who we are and what we can actually do. So, it was without question, that I signed up to compete in my 3rd

Surf Coast Century to do something hard (again) and see what I was capable of.

The Surf Coast Century is an awesome event that captures much of what we all love about trail running. It is a good "in between" course in that some mountain runners feel disconcerted on the flat sections and some flat trackers gasp for air through the steady hills. The scenery is stunning and the variety of trails makes for enjoyable running. It is also a brilliant spectator event as the figure eight course allows for plenty of viewing spots with easy access.



My training leading in to this year's event was solid, if slightly less than last year, but course knowledge was on my side and cannot be underestimated. One of the challenges when training for the Surfcoast Century is that the bulk of it is done through the winter months. I spent many lonely hours in the dark with my head torch on and dressed in warm layers pounding the bush terrain around where I live at a boarding school at the base of Mt Buller. Like most who choose to take on such a challenge, training had to fit in around work commitments. For me, it was also balanced out with my wife, Christine, who was also training for the Surfcoast Century and parenting our two children, aged four and seven, who upon reflection dropped down on our time commitment list and were quite neglected for a few months leading up to the event. This naturally leads to questions about when is a passion/addiction healthy. We decided it was.

Over 800 runners made their way to Anglesea on the Great Ocean Road for the fifth edition of this run. This event, more so than many other ultras, really opens up the possibility for runners of differing abilities and experience to participate and find an appropriate level of challenge. Featuring a 100km solo, 50km solo and 100km relay, Rapid Ascent, the event organisers, are leading the way in getting more people out there and running on trails. As hundreds of people scrambled down to the beach in the dark for the 5.30am start, I was momentarily distracted by all the head torches and I drew inspiration from seeing so many people willing to take on such a challenge and explore their limits.

For me, the run went mostly to plan. It is interesting that such an event is called a race. My experience, which I am sure is similar to that of others, is that I simply go out there and give my

absolute best. At no point am I adjusting my speed to "race" others. It is a personal challenge of body and mind to see what is possible. Although failure is always a prospect, and you need everything to go to plan, I didn't feel that is was necessarily probable in this instance but that did not stop me from suffering, wanting to stop, experiencing significant discomfort and engaging in internal debates about the why and how. Thus I was stripped raw and my limits were explored once again which is a truly satisfying and life enriching experience.

If the build-up and actual event are hyper invigorating and engage all of your being, then the opposite is also true in the aftermath. Almost instantly, something is missing in your life and the lack of focus or pursuit of something hard can be unsettling. What to do? Sign up for another! I'll be at the Surfcoast Century again in 2017.

## **Great North Walk**

### **10 September 2016**

### **By George Mihalakellis**

The plan was to fly in, run 175km and then fly out, with no crew or pacer. I was coming into the race with an abdominal strain and just wanted to finish.

After a quick race briefing and a few photos we were off. The drizzle was getting stronger but I decided to hold off on the waterproof jacket as there was some climbing up ahead and I didn't want to overheat. I was planning on running with Blue Dog and Hailey Maxwell but I also wanted to ensure I stayed

ahead of (or stuck with) Andy Hewat because that would almost ensure I would finish.

The early kilometres passed and the drizzle stopped. It then started becoming quite humid but overall conditions were pretty good. I ran most of the first section with Simon Roberts. I also got the pleasure of running with Gordi who almost broke my nose with a strong man hug.

I wanted to take the jungle section easy but got dragged along in convoy

with Adam, Gordi, Simon, and Pete. We definitely took our time here making sure we were on track but moved through this section faster than I wanted. This is where Gordi mentioned if we got to 105 in 16hrs we could go sub 30. I almost spat out my drink thinking about pushing that hard. The plan was just to finish and finish strong.

Coming into Checkpoint 1 faster than I did last year, I headed straight to my drop bag. The volunteers were awesome with filling up my water and helping us get out in a timely manner. Simon left the checkpoint a few minutes before me, and I wanted to keep up with him as long as I could.

Getting to Congewai in good shape was my next challenge – i.e., not wanting to smash myself on the downhills while still keeping up a good pace on the climbs, Sharing some kilometres with Peter Munns and Andy Hewat made the time pass. Into the school and it was awesome to see and get helped by Sarah, Sally and even a surprise hug and interview with Roger “HOKA” Hanney. The next section was going to be difficult, with a climb out of the valley and then a descent into the Basin. I just wanted the sun to go down because I enjoy the night but also I wanted to be at the Basin checkpoint before it got dark. I had to motor and I did. Climbing up through the valley I passed a few runners, had a quick chat to Kurt and then I looked at my watch. I still had 2-3 hours of daylight and could still make the Basin before dark.

I ran with physio Pete for a while and felt better after his on course assessment. A little further along, and just after a big climb, I managed to catch Andy and Gordi again. I was still climbing strong and getting more confident about not only finishing but beating my time from last year. At that point Andy mentioned that we were



*Photo courtesy of the Great North Walk*

on sub 31 pace.

I didn't manage to get to the Basin in daylight but I was about 2 hours ahead of where I wanted to be and caught back up to Simon at the checkpoint. I stopped for the toilet, warm clothing, noodles and coke. My next goal was to get to Yarramalong in under 19 hours and not get lost. I enjoyed some time on my own and was looking forward to the 10km road section into Yaramalong. Every year there is a themed scarecrow contest in the town and as I passed and took some photos this section breezed by. I got into checkpoint 4 and was surprised to see I made it in under 18 hours. I spent 35 minutes getting sorted and was ready to power through the night. I felt good and was growing more and more confident.

Coming into Sommersby I still felt like I had more run in me.

There was still a chance of a sub 30 hour finish. All I had to do was a 6.30 marathon on a tough technical section after 135km in my legs. I really wanted some fruit toast here but settled for Shayne making me a noodle sandwich. The noodles and coke seemed to work as Simon and I were moving at a good pace. Then, with about 35km to go, I felt a burst of energy and started to pick up the pace. I was now running everything. All I wanted to do was get to Mooney Mooney as soon as possible. I had been speaking to my

super crew on the phone and was told that I was moving through the field. I continued to pass runners. Singing along to my mix of ABBA, Britney Spears and Chicago made the kilometres tick by.

Into Mooney Mooney and a swarm of vollies attended to me. I consumed a tube of condensed milk, a few cups of coke and then shot out of there in 10 minutes while singing along to Whitney Houston. Determined not to get lost, I checked the map a few times. The last 15km were hard and I really had to dig deep. I got to the last downhill and felt great. Running onto the beach in under 30 hours was more than I could have hoped for. I sprinted to catch another runner but then cruised in with him for equal 24th place. I believe it was my best ever race result - 29 hours and 36 minutes, and almost a four hour improvement on last year.



# Great North Walk

## 10 September 2016

### By Bill Thompson

After five DNFs in a row, the Great North Walk (GNW) was probably trying to send me a message. I had reached Yarramalong on the last four attempts and even managed to get up Bumble Hill twice. Race director, Dave Byrnes, suggested I drop back to the 100km to get a finish recorded in the over 70s category but that wasn't really an option.

There was always a good reason for why I had to stop in the past including too much coffee, socks too thick, failing to take electrolytes etc so I figured that if I eliminated those then it should be a doddle. Besides, I had promised my KT26s a finish.

This year I had the perfect preparation - two weeks on the Larapinta with no grog and then four 8-10 hour sessions on trails, two of these on the GNW near Cowan, and three days of complete rest.

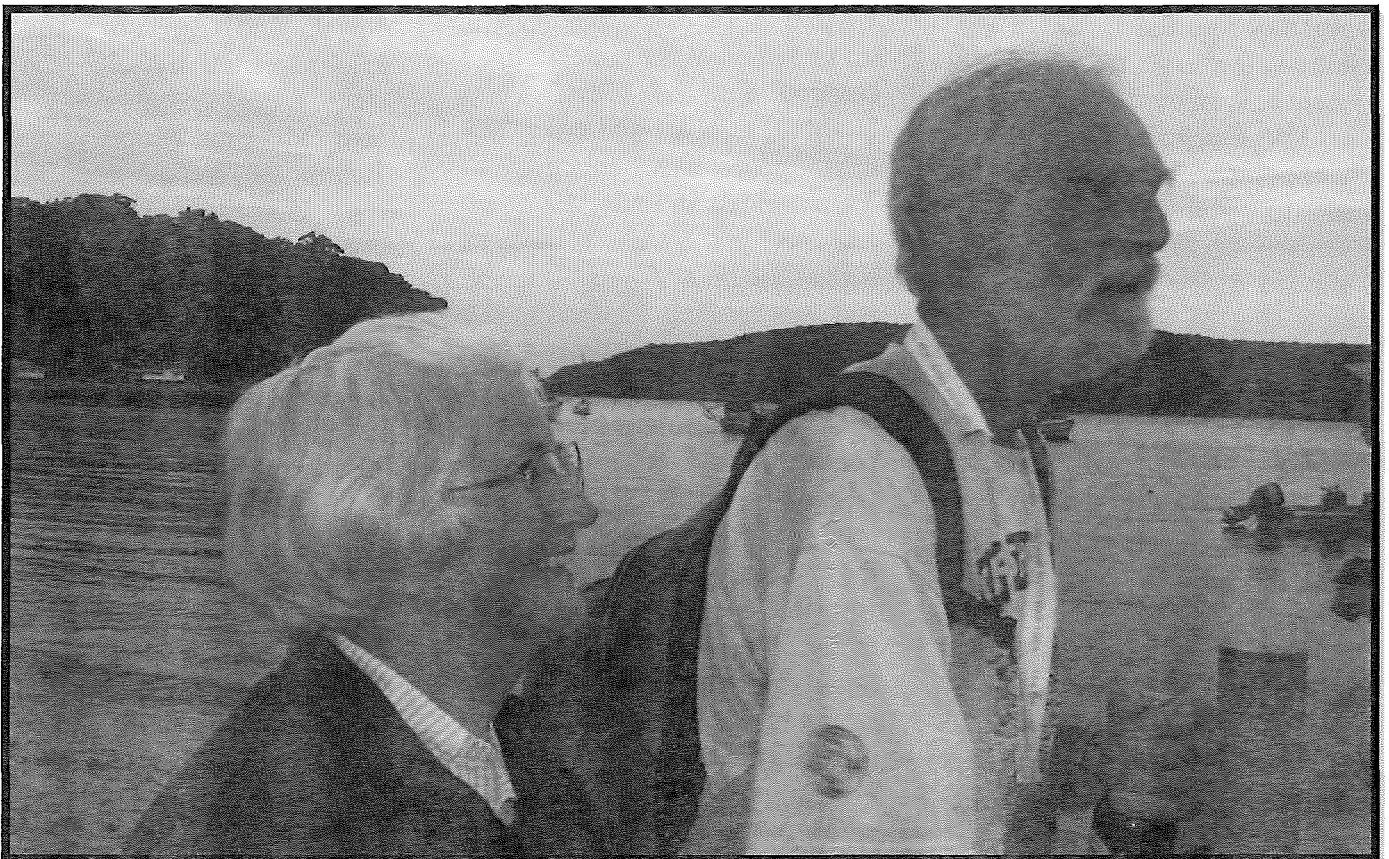
At 6am we started in light drizzle. As usual I teamed up with Andy Hewat until his heart got up to speed at the top of the first hill. This first section should never be underestimated as one tends to forget the number of hills. Many DNFs are triggered here.

I caught up with a group soon after Heaton's Gap, and by the amount of lively chatter, I was right in guessing that Marina

was entertaining the troops.

Over the years I have scheduled an increasing amount of time to get to Checkpoint 1 so I was really pleased to get there 18 minutes ahead of my new schedule. Jane, my wife, was crewing so a coffee was waiting, followed by a couple of sausages with chilli. At this point Jane decided to get to each checkpoint although our initial idea was for her to miss the Basin and to concentrate on getting me out of Yarramalong no matter what.

The rain had stopped with conditions being perfect for the trip to Barraba camp site where I had a thermos of tea. While there quite a few people passed



*Bill Thompson finishing GNW with his crew (wife), Jane.*

without my knowledge as they had taken the old road rather than GNW via the camp site. This is probably the nicest camp site on the whole GNW so it's a pity to miss it.

An uneventful trip to Congewai saw me nicely ahead of schedule. I passed a limping Blue Dog just before the checkpoint. He had blown a knee. I dispensed with the long climb to the tower with no problems and managed to reach Watagans just before dark where I stopped for some soup.

After the steep rough climb out of Watagans it was nice to accompany Allison Lilley for a while and we reminisced about doing the same thing at this point over a decade ago. I spent the next couple of hours cruising with Leonid towards the Basin. I overstayed my welcome a bit at the Basin enjoying a stout and a couple of fried eggs. I then spent most of the next section alone. I got my little iPod going for the trudge up the bitumen to Yarramalong. I don't like gadgets but I made an exception here where there was so much time to think of reasons to stop. A mixture of Verdi, Chopin, Liszt, Schubert

and finally Guns 'n' Roses got me into Yarramalong in high spirits. Again, I spent a bit too long at this checkpoint but I was still well on schedule.

I caught up with Lynn Williams who was having temporary light problems near the top of Bumble Hill and we cruised along for a while together. Lynn was worried that I was filling my water bottle from the creek but I have never had problems with drinking water on the GNW.

My right ankle was giving me a bit of pain, bearable but annoying. Rock hopping across the creek at Stringybark Point I fell in the drink and released some suitable oaths that no doubt the local Lyrebirds are still repeating. I soon realised that all the pain had gone so celebrated with a couple of cups of tea.

I was semi-dreading the climbs on the way to Somersby but these all went well. Still feeling good I walked the entire next section alone.

The condition of parts of the trail is a disgrace as is the climb out of Watagans. I suppose one

positive is that it is now too rough even for the trail bikers who created most of the problem in the first place.

I never thought I would like the sound of a freeway but this heralded the approach to checkpoint 6 where I received an enthusiastic welcome. A volunteer assured me that I had plenty of time to meet the 3pm cutoff, but from previous years I knew I only had a 15 minute buffer so I didn't hang around too long.

After a while I joined forces with Peter and Kurt plus a sweeper and the rainbow skirt pacer. I got a little nervous that we were going too slowly so I picked up the pace a bit. The section after the rubbish dump seemed to go on forever but I reached the Patonga road just after 5pm so I knew that a finish was in the bag.

It was certainly a great feeling going up the beach again after so many years and getting a PB by one minute. Now I have a big decision to make on whether to call it quits, at least until I turn 80.

# Walhalla Round Up 50km

11 September 2016

By Katherine Macmillan

You always remember your first ultra marathon. I crossed over to the dark side on Sunday 12 September, 2010. The venue was Walhalla and the race was the 50km "Wound-Up", run by Bruce Salisbury and the Traralgon Harriers. I enjoyed the experience so much that I have since returned to run it every year bar one. So, on Sunday 11 September this year I set my alarm for ridiculous o'clock and headed to Walhalla once more.

The bridge across the Thomson River may as well be a time portal. Walhalla remains a remnant from the gold rush era, an historic town set deep in the Gippsland forest. Like the town itself, this race is a good old-fashioned ultra. The entry fees are minimal, there are no finishers' medals and runners

are not weighed down by bibs. Race numbers are written on the backs of hands, although this seems pointless as you are known by name. This year 17 people took up the challenge of the 50km.

This year I was using Walhalla as a comeback race. Two months previously I had DNF-ed in a 100 miler due to injury and I needed to test my legs prior to the GOW100km in October. I briefly spoke to Joel Claxton before the start and found out he had also been having a few injury issues and was aiming for GOW too. At 8am Bruce said "go" and we sprinted away. Well Joel did at least. He was quickly out of sight and would not be caught, finishing the race a clear winner in 4.13. (He also went on to podium at the GOW100 a

month later). The rest of us headed off at a more moderate pace.

The first testing part of the run is a short but steep climb up to the long tunnel extended gold mine. It hurt the lungs and the legs but pride prevented any of us from walking so early on. At the top, we arranged ourselves into single file and hit the Australian Alps Walking Track (AAWT), a 670km trail that starts in Walhalla and runs all the way to Canberra. We followed the trail as it wound its way downhill for nearly 10km until we reached the Poverty Point Bridge and crossed the Thomson River, leaving the AAWT behind at this point.

Crossing the main road, the next section was a gradual climb along the wattle-lined



Goldfields Rail Trail with some really nice views down to the river on our left. The runners had grouped together by this stage and we ran as a pack down to Coopers Creek and the pub.

The first major climb of the race split the field and I soon found myself running on my own chasing Marcus Volz who was looking strong. At the top the course levelled out. I managed to keep sight of

Marcus in the distance until the aid station at 32km where I stopped to down some coke and chat to the volunteer.

A quad-busting 4km descent took us back down to the Thomson River at Bruntons Bridge. Legend has it that in the early years of the race there was no bridge and runners were ferried across the river in a 4WD. That would have been an interesting experience this year as the river was running

particularly high. Beyond the bridge a long, gradual climb of almost 10km awaited. This year I was able to run all the way to the top. I also started to pass some of the runners from the early start group. The reward for reaching the top was a fast, flowing 4km of single track, full of muddy puddles, down to the finish line. I was happy to finish in 4.40 and 3rd place.

## **Waterous Trail on Foot 100 Miles**

**24 September 2016**

**By Simon Bonnick**

Held on the Munda-Biddi mountain bike track in WA's southwest, the Waterous Trail on Foot (WTF) 100 miler, is a challenging race, with a history of either very wet or quite warm conditions. I have attempted to run it each year for the past three years but only ever finished it in the first year. Poor preparation, injury and going out too fast, has seen me ending up as a spectator the last two years.

Suffering hip and groin problems since last year, I had resigned myself to either crewing or helping this year. But, after working all night one day in July, I headed out from home on my local trail, the Yaberoo Budjara Heritage Trail, in Neerabup National park, for a run. Just as I entered the trail I caught up

unexpectedly with my friend, Mick Hearn, who was well into his WTF training. It only took 15 minutes of chatting before I promptly announced I would run it as well!

On race day, I would have liked to say I woke at 4.45am but I hadn't slept at all. Well, this could be interesting I thought. Unfortunately Mick had injured himself three weeks out from the race, and didn't run. He did end up crewing for me at most of the aid stations though, which helped me save quite a bit of time.

The race started just after 6am and I settled into a comfortable pace. I walked all the hills from the start, which felt a little awkward but would later prove to be the answer to finishing strong. I chatted to other

runners who I hadn't seen since last year's race and who were all positive and determined that this was going to be "the year" for us. I caught up with Glen Smetherham at 22 km. Glen had finished under 24hrs last year, and was very good at pacing, running by heart rate/effort. I was pleased to be in his company. I asked him how he was travelling, and he said slightly ahead of last year's pace. That was good news.

The dreaded "Goldmine hill" out and back was next. I think this had hastened my failure to finish last year. This year it was not too hot, and I didn't run down the steepest parts of the hill to save my quads for later.



At around 120km I was worried my average pace was dropping. I had to keep the pace faster than 9min/km to finish under 24hrs, and earn a WTF belt buckle, so I decide to put in a bit of a surge, with just a marathon to go. In hindsight I probably went a bit too fast, because after feeling comfortable all day I then started to feel my legs tiring.

We had all been watching the forecast, and a storm front was expected around midnight. There were three heavy showers but the jacket I bought for crewing my friend Rob Donkersloot at C2K last year was a ripper! I was dry, even though it pretty much rained all night.

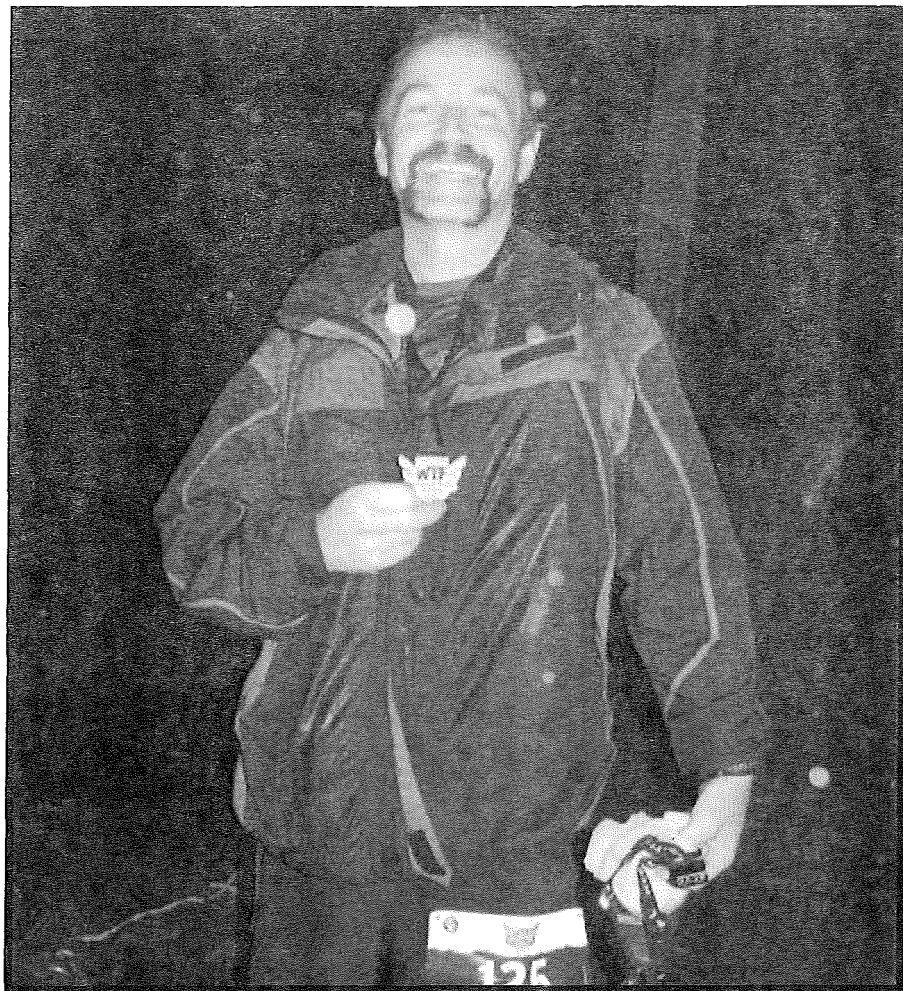
I knew the next section of the course like the back of my hand but I still thought I had missed a turn as there were no markers for a long section of it. Luckily I saw one of the reflective

markers in the distance, illuminated by my headlamp.

I ran the last section as fast as I could and crossed the line in 22 hours and 47 minutes.

Race director, Dave Kennedy, presented 11 runners with belt buckles for finishing under 24

hours. Despite the rain, it was a great year for finally getting that buckle! I would like to thank Dave for a fabulous race, and also all the volunteers, for making this the highlight of my year. Organising races in Western Australia is not easy. My hat goes off to all the race directors past and present.





# Sri Chinmoy 103km

## 25 September 2016

### By Chris Oliver

Just before 6am on a brisk Canberra morning, 34 runners assembled at the Rond Terrace on the edge of Lake Burley Griffin, prepared to run 103 kilometres through the city's best trails and most scenic peaks. As with all Sri Chinmoy events there was little fanfare and a short moment of reflection before we set off on our way around the lake. The field of runners immediately began to string out as we crossed the Kings Avenue Bridge and made our way around Parliament House. The city was still and quiet as we climbed up out of the suburbs and into the Red Hill nature reserve. On arriving at the summit we were greeted with expansive views to the north. The morning sun had lit up the colours in the sky and ground below. Like any long race, the first few hours of running seem to pass briefly, the legs feel strong and powerful, and the kilometres roll away easily. Red Hill and Isaacs Ridge seem to blend into one. However the highlight of the first leg of the race was running crouched through the stormwater drain that runs below Hindmarsh Drive.

Climbing over Mount Taylor and descending into the first checkpoint I was feeling good about the leg I had just completed, and looked forward to the rest that was to come. From CP1 the course entered the Cooleman Ridge area. It was here the trails widened out and became more exposed to the elements. With less tree cover it was evident that it was warming up to be a hot dry day. The relay runners, who had departed half an hour after the solo runners,

were now beginning to catch up and pass through the solo field. We began the slow grind up to the summit of Mount Stromlo. Once past the observatory on the summit it was all downhill again, skirting around the brand new suburbs of Wright and Coombs, crossing over the Molonglo River and entering the National Arboretum.

The National Arboretum checkpoint was over halfway through the course, and the rolling hills that marked the first half were now behind me. However, from the high elevation of the arboretum I could still see ahead of me the three remaining climbs to come: Black Mountain, Mount Majura and Mount Ainslie. It was an intimidating sight, but I was still in good shape.

With nearly 60km done and the sun beating down unrelentingly the push up to Black Mountain was a slow affair with the track seemingly to go straight up the mountainside. Once we had made it to the top and run under the shadow of the Telstra Tower it was an undulating 10km descent through the Bruce and O'Connor Ridge Reserves to make it back into the suburbs of Canberra. The course then cut straight through the northern suburbs of Canberra via its network of cycle paths. These were dead flat and I struggled to maintain any sort of pace through this section. I adopted a shuffle/walk strategy to get through to the third checkpoint in Dickson. Those 4 kilometres seemed to be the slowest I had ever run, and it was

a great relief to finally make it into the checkpoint.

After a quick break and moment to fill up on the aid station snacks and drinks I was back out on the course determined to finish the race. Shortly after the leaving the checkpoint the course headed back onto the trails and we were heading north to make our way around the back side of Mount Majura. At an elevation of 888m, Majura was the highest point of the race. With so much of the race behind me I knew I just had to grit my teeth and grind up the mountain. By now the sun was beginning to set over the Brindabellas in the west. A few low rain clouds were rolling across the city, taking the edge off the heat. On climbing up to the top of Mount Ainslie we were greeted with a spectacular view down Anzac Parade, and in the fading light of the early evening, we could make out so much of where we had run earlier that day. With that final climb now complete I decided to let it all out on the last descent down the mountain all the way to the shores of Lake Burley Griffin.

The Sri Chinmoy Canberra Trail Ultra was a perfectly organised event. The course was well marked, leaving no chance for errors. A big thank you is well deserved for all of the volunteers who helped out at the aid stations and as course marshals along the way. Thank you also to the other runners and their teams who provided much encouragement throughout the day. Finally, a big thank you to my partner, Laura, who spent the day driving around the city to cheer me on.

# Nerang 100 Miler

## 1-2 October 2016

### By Ian Cornelius

The inaugural Nerang 100 Miler took place on 1-2 October 2016. This race grew out of the Tamborine Trek and Nerang State Forest races which have been conducted since 1992. With more and more runners tackling ultra marathons, it seemed appropriate to add a 100 mile, 100km and 50 mile to the existing 50km and 25km events.

The course is a 25km loop with 970 metres of elevation gain, so the 100 miler is 6 x 25km loops plus 5.5km at the end of the 3rd and 6th loops to make up the full 100 miles. The total elevation gain is just on 6,000 metres. This is not far behind the tough Alpine Challenge 100 mile course in Victoria of 7,600 metres and is more testing than the more conservative Glasshouse Mountains course of 2,350 metres.

The race is only 45 minutes from the Gold Coast international airport and there is ample accommodation available in the vicinity of the course which is effectively trails in suburbia.

The looped course makes it easy to top up fluids and energy replacement at the 25km turn point and for affecting any necessary repairs or clothing changes. The organisers allowed pacers or companion runners, the only stipulation being that the pacers were not to carry water or other supplies for runners or to tow them up hills etc. This proved a great success

because the runners felt less isolated and it helped to assure runners who were new to the course that they were going the right way.

There were nine starters in the 100 miler (all males) and the attrition rate was quite high with only three runners finishing. The race started in fine, cloudless conditions at 7am on the Saturday with temperatures climbing to 27 degrees. Some of the runners became dehydrated. However, on the Saturday night the temperature fell to a relatively chilly 9 degrees. This extreme variation in temperature took its toll on those who failed to adequately rehydrate during the day and/or failed to add clothing to compensate when the temperature dropped at nightfall.

#### Placings

1. Kevin Muller 25:24:41
2. Shaun Mulholland 26:38:29
3. Chris Evans 32:17:43

In the 100km event there were 11 starters, 8 male and 3 female. The attrition rate was not so high with 7 finishers.

#### Placings

##### *Male*

1. Paul Shard 13:06:07
2. Thomas Beedles 14:13:28
3. Brad Aird 14:49:09

##### *Female*

1. Katheryn Jones 15:34:22
2. Debbie Gilchrist 20:32:57

In the 50 mile event there were 4 starters with just the one finisher.

1. Brad Glover 9:47:01

#### 50 km Placings

(21 starters, 20 finishers)

##### *Male*

1. Simon Foster 5:05:00
2. Kyle Weise 5:14:26
3. Enda Cotter 5:17:10

##### *Female*

1. Lucy Shewell 5:25:52
2. Marita Eisler 5:43:03
3. Erin Appleton 6:26:12

The club competition was won by Run Goat Run with Brisbane Trail Runners in 2nd place and Team Schmick in 3rd. The races represented the final of 7 races to determine the Gold Coast Trail Running championship. The winning male in the championships was Andrew Arkinstall with 7 wins from 7 races with Emma Skirving winning the women's championship. For full results visit: [www.nerang100miler.com](http://www.nerang100miler.com)

The race next year will be held from 30 September – 1 October, 2017.

# Nerang 100 Miler

## 1-2 October 2016

### By Shaun Mulholland

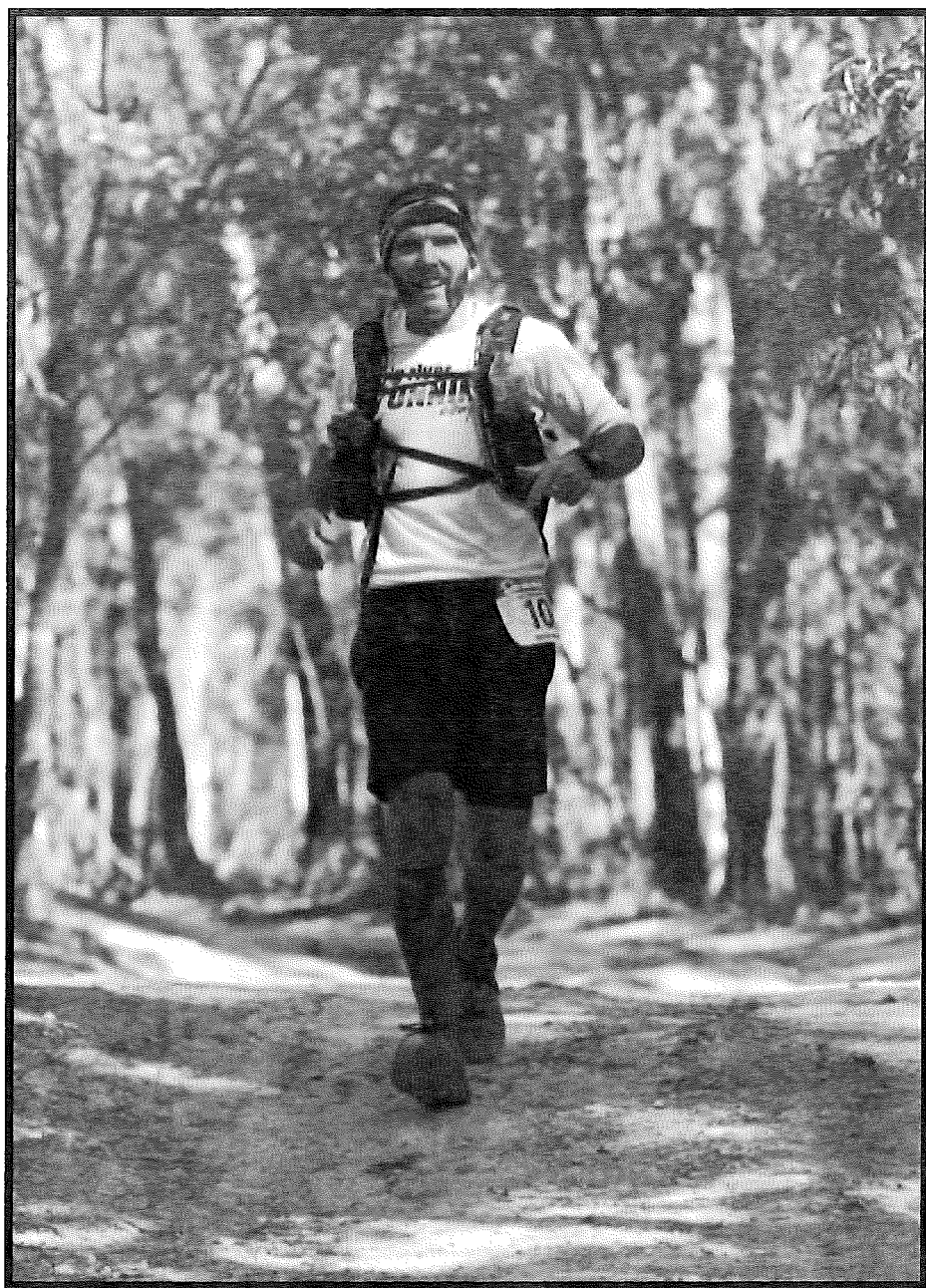
The Nerang 100 Miler was the brainchild of prolific race director and Australian ultra stalwart, Ian Cornelius. Ian had listened to the masses who had asked for a Miler in addition to the other races that had made up the race that had previously been known as the Nerang State Forest 50. Putting on a race of this magnitude takes a lot of commitment to the sport, volunteer support and faith in your local running community. Ian had all of the key ingredients and agreed to host the race.

The Nerang 100 Miler was one of five races held over the weekend which included 100km, 50mile, 50km and 25km. The course itself lies in Nerang which is about 10 minutes west of the Gold Coast. It's an ideal location and super convenient to get to by car or train, and the Gold Coast airport is not far away, making this race ideal for interstate runners who'd like to combine a nice miler with a holiday on the Goldy. What more could you ask for? The course starts at the Nerang Velodrome, a well appointed sports venue with good facilities like showers etc and continues out immediately into the Nerang State Forest and the Nerang National Park. The park itself is tiny and is pretty much circumnavigated by the trail that makes up much of the course. There is plenty of beautiful Australian bush with views to both the west and to the coast. It's a tribute to some people with incredible foresight that this little bit of bush was

spared from the dense urban development that surrounds it.

I had done a recce on the course a few weeks earlier which confirmed about 1000m of gain on each lap. I ended up logging just over 7,000m gain for the whole race which was just a bit more than I'd found at GNW last year. This is a challenging course. It is pretty up and down, and there is not a whole lot that

is runnable for any length of time. There are some pretty tricky hills to climb and the downhills are thick with small boulders, necessitating some fancy-footing, especially after dark. There is a nice 1.5k downhill right at the end of the loop which gave runners a bit of momentum coming back into the main checkpoint at the velodrome. In addition to this checkpoint, which had super



friendly volunteers and the usual food, water, sports drink and first aid, there were two other points out on the course that were stocked with water.

I'd planned to run this race without crew or a pacer and it is ideal for that approach. There is regular water and the 25km loop is pretty ideal for carrying what you need. Having said that, this would also be a perfect race if you want crew, and there are access points along the course where crew can meet runners. The race also permits pacers (but not muling) and I liked the fact that pacers were registered and looked after like the runners, getting numbers and acknowledgement in the results. Pacers were allowed to run as much or as little as they wanted and Ian even shouted them a bbq after the first lap. One thing this race does really well is making everyone feel welcome and included.

The Gold Coast trail scene is a pretty tight group, however everyone involved in this race, including the runners and pacers I met were very welcoming. Ben Malby's Goats

prevailed in the team competition on the day, with BTR second and Team Shmick with just four runners coming in third. I thought that the team points event was another element to this event that was a bit different to the norm and encouraged a real community feeling about the race.

The fact that nine guys started this race and only three finished goes some way to describing how challenging the race was. The lumpy, rocky course combined with temps in the high twenties on the day took a pretty severe toll on the field. The winning time from ultra legend, Kevin Muller, of 25h24min is also testament to the toughness of the event.

#### **Pros:**

- Tough course, hilly and rocky.
- Easy access locally or from interstate.
- Well organised with super friendly volunteers.
- Can be run without crew, but is also suited to crews.

#### **Opportunities:**

- I felt there could have been more information for runners

beforehand on the website about the course and facilities.

- The course is unmanned and relies entirely on the honesty of runners to complete all sections. This may need to be reviewed as the race grows. I hope it doesn't as I like the honesty principle. It's just that it is easily abused which could be a real spoiler for the race.
- GPS trackers did not work so well due to battery issues. While they seem like a good idea, I don't think the race would lose anything by dropping them.

Overall, I very much enjoyed being part of the inaugural running of this race. The race director is very generous with everyone getting a good quality singlet, medal and mug, and the trophies for the race were enormous. My kids were well impressed. I would love to see this race grow and prosper, and would recommend it to anyone wanting to have a crack at a miler, especially if you'd like to combine it with a holiday on the Gold Coast.

# Great Ocean Walk 100km

## 8 October 2016

### By Natasha Sekulic

I arrived at the Apollo Bay Hotel at 6am ready to check in and drop off my finish line bag. I was reluctant to say goodbye to my bag with my warm clothes. There was a definite chill in the air and leaving my bag behind meant it would be a long time before I could access those creature comforts again.

The sun not yet in the sky, we congregated around the giant anchor which marks the start of the Great Ocean Walk. At 6.30am on the dot, we were off. I was relieved to note that my legs were moving okay. Taper always leaves me with a sense of dread and disbelief that my legs will actually work come race day. I was happy to take a place toward the back letting all those eager beavers take the lead. It was going to be a long day and my first goal was to get to checkpoint one, at 22km, fresh and happy.

The weather had been quite wild leading up to GOW 2016 and I was expecting a lot of mud in the first section but it wasn't too bad. I emerged from the forest relatively clean and on target. I had a laugh and a joke with the wonderful volunteers before heading out of the checkpoint and on toward the lighthouse.

The next section was quite exposed in terms of the sun and there wasn't much of a breeze. The cold of the morning was officially behind me as I embraced the warmth of the day



ahead. The lighthouse appeared much sooner than I expected. This is where I DNF'ed during GOW 2015. I let out a squeal of excitement and hugged Ian, who volunteers at this point of the course every year, and continued on. The rest of the course was a mystery and I was excited to uncover its beauty. I was not disappointed. A few kilometres past the lighthouse I saw a koala hanging out on the trail.

Then the real glory of the course came into view. It was a feast for the eyes: endless coast line, glorious cliffs and rugged head lands. The three kilometres prior to checkpoint 3 were beach kilometres and included a water crossing. The sand was soft and it was hard going but glorious. I looked out to the ocean and thought, "how lucky am I?"

A not so quick sock change at checkpoint three and I was out and ready to face what I had been told was the toughest part of the course. Most of the

climbing occurs here between 55km and 75km. My strategy here was distraction – I made friends with everyone, which wasn't difficult as GOW seems to attract the loveliest of competitors and volunteers. Whilst it's not mountainous, the course is continually undulating and it does take its toll. However, I came into checkpoint 4 with six new friends. That more than made up for my sore quads and glutes.

As I left the last checkpoint, the sun was starting to set so I put my head torch on and a warm change of clothes before heading out along the final 20km stretch. Ordinarily the last 20km of a 100km event are all about survival for me - run, shuffle, crawl – i.e., whatever it takes to get to the finish. This course however is magic and the last 20km filled me with vitality. It was incredibly runnable and easy on the joints.

I passed a number of lookout points as I headed into the finish and wondered how it must feel to be a fast runner and to come into this race finish to see the 12 Apostles in day light. It wasn't a thought I dwelled on though. I felt so lucky to have spent an entire day out in one of the most beautiful places in the world. I wasn't out to compare my experience with anyone else's. Mine was just fine. It was better than fine – it was an absolutely amazing day.



# Washpool 50km

## 16 October 2016

### By Steel Beveridge

Tom Ennever and Delina Rahmate had comfortable wins in this year's 50km trail run organised by TRAQ (Trail Running Association of Queensland) which links the Washpool and Gibraltar Range National Parks.

Ennever finished over 14 minutes ahead of what was a close race for second spot between Peter Loveridge and Gregory Truloff, all three completing the journey under 5 hours but well shy of David Waugh's run record of 4.12 set last year.

Rahmate was just under eight minutes clear of Claire Bradshaw, 5.14.45 to 5.22.25. Rahmate was only seven minutes adrift of the women's best time set by Jodie Osborne. Third lady, Rachel Lawrence, made her final sprint count big time as she dipped under 6 hours in 5.59.59.

With a 7am daylight saving time start the faster runners had the best of the conditions as temperature climbed quite a bit into the afternoon. However, all the feedback from the runners was positive with the challenges

presented by the loop course, especially the section along the creek in Washpool, being met and mastered.

While most commented that the course markings were quite clear, it was left to early leader and eventual winner, Tom Ennever, to prove that no sign is big enough if you are intent on building a winning margin. Ennever ran past what was the biggest directional sign on the course early in the run before being called back by Delina Rahmate. No harm, no foul.



*The first three females in the Washpool 50km*



# Race Results

## Three Marathons in 3d – Kuranda, QLD July 8-10, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		10:50:10	Beacom-Halliday	Om
2	2		12:05:14	Sandrey	Greg
3	3		12:17:36	Tindall	Jonathan
4	4		12:25:43	Ralph	Anthony
5	5		12:57:37	Packer	Andrew
6	6		13:18:17	<b>Von Senden</b>	David
7	7		13:36:22	Fox	Adam
8	8		14:03:30	Burgis	Dave
9	9		14:09:15	Coate	James
10	10		14:17:07	<b>Kilkelly</b>	John
11	11		14:21:43	Mcdonagh	Derek
12	12		14:32:13	Brading	Tom
13		1	14:41:35	Scurrah	Alena
14	13		14:48:38	Norris	Bernie
15	14		14:59:21	Xu	Qiang (Michael)
16	15		14:59:42	Ainley	Rich
17		2	15:35:27	Baker	Donna
18	16		15:57:52	Smith	Steve
19	17		16:05:14	<b>English</b>	Stephen
20	18		16:16:42	<b>Lawson</b>	Larry
21		3	16:23:12	Ainley	Lisa
22		4	16:49:35	Greenslade	Jaimi
23	19		16:51:01	Beattie	Andrew

Rank	Cat Place	Cat Place	Time	Last name	First name
24		5	16:51:15	Samadi	Nengsih
25	20		16:55:49	Dale	Michael
26		6	16:59:28	Lubbers	Laurette
27	21		17:38:33	Muddock	Shaun
28	22		18:10:30	Dowel	Mark
29	23		18:25:19	Ferris	Jason
30		7	18:51:53	<b>Symons</b>	Cheryl
31	24		19:11:56	Jones	Nik
32	25		19:39:59	<b>Thompson</b>	Simon
33	26		19:50:28	Watson	Peter
34		8	19:56:46	Tappouras	Karin
35	27		19:56:47	Kopcikas	Koppo
36	28		20:02:39	Siwu	Danny
37		9	20:20:49	McAllister	Helen
38	29		21:08:54	Fedoruk	Andrew
39		10	22:02:35	<b>Lawson</b>	Lorraine
40		11	22:02:36	Waller	Sharon
41		12	22:26:46	Kelly	Deborah
42	30		22:50:12	Angkawibawa	Eddy
43		13	23:07:47	Cross	Debbie
44	31		23:16:23	Gray	Malcolm
45	32		24:11:44	Elms	David
46		14	28:34:56	Sitompul	Fayola
Bold SURNAME indicates AURA member.					

# Adelaide 6/12/24h, 24h – Adelaide, SA

## July 9, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
1		1	217.266	<b>Barker</b>	Nicole
2	1		206.802	McBride	Barry
3	2		190.300	<b>Kaesler</b>	Shaun
4	3		184.698	Easton	Brett
5	4		182.486	<b>Billett</b>	David
6	5		170.592	Morfey	Shaun
7	6		170.592	Mills	Chris
8	7		165.500	Cheel	Simon
9	8		165.059	MacNeil	William
10		2	161.823	Beard	Marcy
11	9		160.600	<b>Gillies</b>	Cameron
12		3	157.110	<b>Tichon</b>	Larissa
13	10		143.370	Ayris	Tony
14	11		141.381	Kent	Stephan
15		4	141.293	Sheldon	Tania
16		5	134.945	Barnett	Sarah
17		6	132.790	<b>Worland</b>	Gemma
18		7	132.292	Mere	Katie
19		8	130.600	Hockley	Rula
20	12		127.924	<b>Clarke</b>	Alan

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
21		9	126.131	Cummins	Bernie
22		10	124.888	<b>Bentley</b>	Karen
23	13		123.162	Manickam	Vijay
24	14		121.576	<b>Brooks</b>	Colin
25		11	111.624	Keany	Trish
26	15		111.100	Smith	Michael
27	16		110.737	<b>Van Der Werf</b>	Quinten
28	17		110.000	Hill	Ian
29		12	108.971	Hughes	Laura
30	18		101.200	Wickham	Robbie
31		13	100.080	<b>Carter</b>	Merle
32	19		99.616	Lilburn	Ian
33	20		81.400	Furmage	Marc
34	21		66.000	<b>Courtney</b>	Anthony
35	22		61.600	Saxon	Brett
36	23		61.600	Fitzpatrick	Alan
37	24		55.696	MacNeil	Gwyn
38		14	41.800	<b>Smith</b>	Cassie
Bold SURNAME indicates AURA member.					

# Adelaide 6/12/24h, 12h – Adelaide, SA

## July 9, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
1	1		124.466	Calvert	Wayne
2	2		117.620	Teney	Damien
3	3		117.246	Hughes	Toby
4		1	104.211	Taipari	Rebecca
5		2	101.200	<b>Jones</b>	Tia
6	4		100.307	Heijboer	Govert
7		3	99.498	Tamzer	Emma
8		4	98.131	Hilder	Kathryn
9	5		95.300	Meyers	Luke
10	6		93.512	Cryan	Ciaran
11	7		92.451	<b>Mihalakellis</b>	George

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
12		5	91.312	Mitchell	Lynda
13		6	90.722	Mallen	Anna
14	8		87.870	Angus	Matt
15	9		83.340	Harrihill	David
16		7	81.550	McGill	Sheena
17		8	81.400	<b>Bremner</b>	Kerrie
18	10		80.969	<b>Mitchell</b>	Scott
19	11		71.373	Webber	Tristan
20		9	66.100	Lowley	Briana
21	12		50.600	<b>Hoad</b>	Ian
Bold SURNAME indicates AURA member.					

# Adelaide 6/12/24h, 6h – Adelaide, SA

## July 9, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		74.274	Roberts	Paul
2	2		71.962	Blenkiron	David
3	3		69.944	Cavin	Ben
4	4		69.525	Maycock	Nigel
5	5		64.443	Toolan	Ryan
6		1	62.199	<b>Luke</b>	Jane
7	6		60.910	O'Brien	Tim
8	7		59.257	Kuerfgen	Uli
9	8		58.490	Botha	Johan
10	9		58.217	McInerney	Mark
11		2	58.155	Jeffery	Samantha
12		3	57.668	Parobec	Sarah
13		4	57.053	Barns	Kelly
14	10		56.118	Centofanti	Tyler
15	11		55.895	Ambrosino	John
16	12		55.637	<b>Carson</b>	Max
17	13		55.372	<b>Tottey</b>	Graham
18		5	54.379	Wild	Lauri
19		6	53.200	Akker	Kylie
20	14		52.915	Warne	Geoff
21		7	51.988	Thorpe	Lauren
22		8	51.967	Salkeld	Felicity
23	15		51.826	Saxon	Tom
24	16		51.576	Parise	Justin
25	17		50.899	Treloar	Brenton
26	18		50.600	Horton	Timothy
27		9	49.784	Meseldzija	Jennifer
28		10	49.066	Brown	Bridget
29		11	48.802	McAllistair	Debbie

Rank	Cat Place	Cat Place	Time	Last name	First name
30		12	48.800	McMahon	Lisa
31		13	48.636	Allen	Debbie
32		14	48.636	Beck-Treloar	Karen
33		15	47.973	Hobbs	Mariel
34		16	47.108	McInerney	Melanie
35		17	46.899	Lloyd	Chantel
36		18	46.200	Sieber	Kate
37	19		45.107	Meseldzija	Dimitri
38		19	44.712	Kemplay-Hill	Janet
39		20	44.584	Goulter	Kadi
40		21	44.423	Walling	Erin
41	20		44.402	Willians	Kym
42		22	43.976	Stevens	Rebekah
43		23	43.379	Kaneko	Chris
44		24	43.379	Hanlin	Michelle
45	21		42.907	Kemplay-Hill	Mark
46		25	42.334	Hastie	Carolyn
47		26	41.222	Welcome	Kim
48		27	41.210	Margetts	Kristy
49		28	38.907	Mace	Wilma
50		29	38.210	Graham	Sandy
51		30	37.139	McMurtrie	Naomi
52		31	37.139	Dalgairns	Janine
53	22		35.687	Bentley	Daryl
54		32	35.679	Dighton	Sue
55		33	31.018	Hanlin	Emma
56		34	30.436	Crute	Shannon
57	23		26.400	Beard	John
58	24		19.800	<b>Bailey</b>	David

Bold SURNAME indicates AURA member.

# You Yangs 100mi – You Yangs, VIC

## July 16, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		19:03:31	Kacprzak	Tim
2	2		20:21:41	<b>Day</b>	Rohan
3	3		20:30:27	<b>Sawa</b>	Mak
4	4		21:50:29	Linney	Darren
5	5		22:14:43	Smit	Rocco
6	6		22:17:39	<b>Mitchell</b>	Scott
7	7		23:06:56	Metcalfe	Anthony
8	8		23:07:04	<b>Mihalakellis</b>	George
9	9		23:18:19	<b>Hirst</b>	Ben
10	10		23:25:11	<b>Black</b>	Scott
11	11		23:52:36	Macdonald	Hamish
12	12		1:49:01	Everett	John
13	13		2:27:10	Clarke	Pete
14		1	3:06:50	<b>O'Brien</b>	Sue

Rank	Cat Place	Cat Place	Time	Last name	First name
15	14		3:06:50	<b>O'Brien</b>	Andrew
16	15		3:44:49	<b>Duggan</b>	Michael
17	16		3:55:44	<b>Hanson</b>	Shane
18	17		4:19:28	Butler	Bret
19		2	4:19:31	Lafferty	Kate
20	18		4:39:44	Matsunaga	Yoji
21	19		5:03:26	Booker IV	Abraham
22	20		5:10:14	Alexandropoulos	George
23	21		5:33:19	Santamaria	Gerard
24	22		5:39:22	Ackland	Phil

Bold SURNAME indicates AURA member

## You Yangs 100k – You Yangs, VIC

July 16, 201

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		9:35:26	Rennick	Stephen
2	2		10:10:01	<b>Mannix</b>	Kevin
3	3		12:51:04	Elms	Corey
4	4		13:08:37	Spencer	David
5	5		13:26:03	O'Brien	Paul
6	6		13:41:03	Baker	Adam
7	7		14:53:55	Ljubicic	George

Rank	Cat Place	Cat Place	Time	Last name	First name
8	8		15:06:54	<b>Mccormick</b>	Richard
9		1	15:58:04	<b>Shannon</b>	Michelle
10		2	17:33:22	Thompson	Lisa
11	9		22:17:42	Reynolds	Stephen
12	10		4:38:57	King	Tomas
Bold SURNAME indicates AURA member.					

## You Yangs 50km – You Yangs, VIC

July 16, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		3:56:49	Rathjen	Michael
2	2		4:20:47	Wilson	Douglas
3	3		4:29:02	Oulton	Dave
4	4		4:35:26	<b>Clark</b>	Ben
5		1	4:38:14	<b>Woods</b>	Kylee
6	5		4:39:32	Bowring	Patrick
7	6		4:44:47	Prentice	Derek
8	7		4:53:45	Martin	Dwayne
9	8		4:56:52	<b>Lewis</b>	Joe
10	9		4:59:19	Haakma	Daniel
11	10		4:59:23	Turner	Levi
12		2	5:04:27	Holmes	Ruth
13	11		5:05:43	<b>Neale</b>	Simon
14	12		5:10:35	Yildirim	Mehmet
15	13		5:14:40	Wolstencroft	Ben
16		3	5:16:59	Tucker	Rachael
17		4	5:28:01	Mctaggart	Kerryn
18	14		5:33:00	Brown	Troy
19	15		5:35:37	Clarke	Patrick
20	16		5:35:37	Cassidy	Craig
21	17		5:36:26	Wong	Aaron
22	18		5:39:03	Parkinson	Jonathan
23	19		5:41:36	Harrison	Scott
24	20		5:49:05	Cook	David
25		5	5:50:03	<b>Mickle</b>	Karen
26		6	5:51:17	Dubelaar	Diana Helen

Rank	Cat Place	Cat Place	Time	Last name	First name
27	21		5:58:22	Deering	Bill
28		7	6:03:41	Creswell	Jo
29		8	6:07:32	<b>Lines</b>	Wendy
30	22		6:08:05	Trigt	Adrian
31	23		6:13:22	Mitchell	Kieran
32		9	6:14:09	Matkovich	Joanna
33		10	6:15:58	Dawson	Jenine
34		11	6:26:56	Robinson	Karen
35		12	6:28:51	Pelacchi	Anita
36	24		6:34:59	Taylor	Ross
37		13	6:39:21	Graham	Kerryn
38		14	6:50:41	Palise	Zara
39		15	6:52:21	Warn	Conny
40		16	7:14:47	Harwood	Ngan
41		17	7:14:47	Gosling	Penny
42		18	7:19:19	Nichols	Anita
43		19	7:19:19	Nicholson	Belinda
44		20	7:40:24	<b>Rowe</b>	Elise
45		21	7:40:25	Macfarlane	Melanie
46	25		7:40:44	McArdle	Stuart
47	26		7:40:44	Lester	Byron
48		22	7:44:36	Dickinson	Kim
49	27		7:51:34	Kani	Mark
50	28		7:55:49	Meyer	Bernd
51	29		7:55:52	McCleish	Guy
Bold SURNAME indicates AURA member.					



## River Run 100km – Brisbane, QLD

### July 31, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1		1	4:19:53	Willis	Jessica
2	1		4:23:04	Bamford	Tim
3		2	4:31:23	Stephenson	Shona
4	2		4:32:42	Pemberton	Steve
5	3		4:35:44	Rogers	Garry
6	4		4:47:57	Tibbits	Wayne
7	5		4:56:37	Dalby	Brad
8	6		4:57:54	Kirkpatrick	Graeme
9		3	4:58:56	<b>Marshall</b>	Sarah-Jane
10		4	5:03:03	Russell	Kristen
11	7		5:08:05	Little	Jason
12		5	5:14:56	Bull	Peta
13	8		5:17:45	Bugeja	John
14		6	5:20:25	Robson	Sharon

Rank	Cat Place	Cat Place	Time	Last name	First name
13	8		5:17:45	Bugeja	John
14		6	5:20:25	Robson	Sharon
15		7	5:23:46	Cooper	Kirstin
16	9		5:28:37	Lampard	Sean
17		8	5:29:10	Saunders	Julie
18		9	5:37:00	O'Malley	Letitia
19		10	5:50:07	Speldewinde	Armi
20	10		5:54:10	White	Joshua
21	11		5:55:46	Ramsay	Gordon
22		11	6:01:22	Turner	Tracy
23	12		6:13:13	Lanham	Darren
24		12	6:22:47	Patterson	Maureen
25		13	6:26:15	Hind	Tracey
Bold SURNAME indicates AURA member					

## River Run 50km – Brisbane, QLD

### July 31, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		7:36:14	Loveday	Barry
2	2		7:40:51	Eckford	Matthew
3	3		7:55:50	Kalinowski	David
4	4		8:39:38	<b>Muller</b>	Kevin
5	5		10:28:32	Hodges	Paul
6	6		10:38:39	Stephenson	Kieran
7		1	10:51:02	<b>Smith</b>	Cassie
8	7		10:51:53	<b>Ponych</b>	Gregory
9		2	11:07:18	Ryan	Kristy
10	8		11:29:54	Rabellino	Andrea
11	9		11:45:41	Burgis	Dave
12	10		12:05:11	Andrikis	Dan
13	11		12:08:59	Longmuir	Aaron
14		3	12:34:09	Farry	Hayley

Rank	Cat Place	Cat Place	Time	Last name	First name
15		4	13:00:14	Desbrosses	Sue
16		5	13:02:30	Anderson-Glover	Lori
17		6	13:08:59	Faddy	Sandi
18		7	13:29:59	Morris	Raewyn
19	12		13:36:18	Campbell	Roy
20	13		13:51:49	Sedman	Antony
21	14		13:51:52	Evans	Christopher
22	15		13:53:51	Maroschek	Christopher
23	16		14:49:01	Eastman	David
Bold SURNAME indicates AURA member					

## Centennial Park Ultra 100km – Sydney, NSW

### August 7, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		7:55:24	Turrini	Luca
2	2		8:39:56	Redfern	Stephen
3	3		8:50:51	<b>Fryer</b>	Martin
4	4		9:08:50	Hazeltown	Todd
5	5		9:24:58	Holland	Matthew
6	6		9:29:46	Colquhoun	Ashley

Rank	Cat Place	Cat Place	Time	Last name	First name
7	7		10:25:13	Keighran	Adam
8		1	10:40:09	Morris	Jenny
9	8		11:03:57	Wallace	Greg
10	9		11:18:53	Ranson	Brent
11	10		11:53:45	Stone	David
Bold SURNAME indicates AURA member					

## Centennial Park Ultra 50km – Sydney, NSW

### August 7, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		3:07:05	<b>Finocchiario</b>	Dion
2	2		3:33:04	<b>Cockshutt</b>	Marcus
3		1	3:42:03	Glasson	Rachel
4	3		3:51:11	<b>Lyndon</b>	Timothy
5		2	3:52:24	Farrelly	Chantelle
6	4		3:55:33	Kotzen	Adrian
7	5		3:57:36	Goodwin	Tim
8		3	3:59:24	Bruins	Robyn
9	6		3:59:49	Potier	Jean-Baptiste
10	7		4:11:13	Strahorn	Stu
11	8		4:16:34	McInerney	Garth
12	9		4:24:25	McCann	Joseph
13	10		4:25:50	Darwin	Adam
14	11		4:25:51	Hedges	Joseph
15	12		4:28:36	Kavanagh	Adam
16	13		4:28:44	Premanan	Chetsada
17	14		4:34:55	Jacobsohn	Walter
18	15		4:37:01	Rensford	Michael
19		4	4:37:34	Bamber	Georgia
20		5	4:38:46	Brock	Renae
21		6	4:40:00	Mullen	Jody
22	16		4:41:08	Sanderson	Bruce
23	17		4:43:51	Ferguson	Stuart
24		7	4:46:19	<b>Hamaty</b>	Sabina
25	18		4:46:21	Burgess	Cameron

Rank	Cat Place	Cat Place	Time	Last name	First name
26	19		4:47:59	Careless	Ben
27		8	4:57:08	Brown	Andrea
28	20		4:59:18	Dunne	Colin
29		9	4:59:57	Kite	Jessica
30		10	4:59:58	Kinch	Justine
31	21		5:03:36	Butler	Andrew
32	22		5:04:29	Stevens	Daniel
33	23		5:07:15	Touchard	Vincent
34	24		5:15:55	Liu	Xingzhong
35	25		5:18:15	McFarlane	Ian
36		11	5:23:23	Akashi	Akiko
37		12	5:26:38	Matkovich	Joanna
38	26		5:28:13	Ziegler	Victor
39	27		5:31:26	Beattie	Troy
40		13	5:53:08	Whelan	Nikki
41	28		5:53:21	Page	Mark
42	29		5:56:24	Leahy	Ric
43		14	6:01:38	Robertson	Gillian
44	30		6:05:20	Correa	Victor
45		15	6:05:22	Wang	Xiaodan
46	31		6:08:00	Koustoubardis	Alex
47	32		6:11:24	Pratley	Andrew
48	33		6:13:21	Finlay	Greg
49		16	6:14:06	Nolan	Lisa
50	34		6:48:38	Lam	John
Bold SURNAME indicates AURA member.					

## Caboolture 48hr – Caboolture, QLD

### August 12, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
1		1	262.881	Bendall	Raelene
2	1		243.527	Wright	Warren
3	2		227.137	Bennett	Peter

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
4		2	212.795	<b>Smith</b>	Cassie
5		3	150.500	<b>Bell</b>	Tamyka
Bold SURNAME indicates AURA member					

## Caboolture 24hr – Caboolture, QLD

### August 12, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
1	1		205.097	<b>Muller</b>	Kevin
2	2		194.329	Rowe	Ian
3	3		186.002	<b>Mulholland</b>	Shaun
4	4		131.463	Roberts	Martin
5	5		119.000	Dash	Dingo
6	6		115.982	Tindall	Billy

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
7	7		102.782	<b>Houldsworth</b>	Steven
8	8		100.000	Metcalfe	Dean
9	9		99.500	Jacobson	Chris
10	10		83.000	Bridle	Billy
11	11		42.500	<b>Canty</b>	Mike
Bold SURNAME indicates AURA member					

## Caboolture 12hr – Caboolture, QLD

### August 12, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
1	1		137.183	<b>Symonds</b>	Dan
2	2		113.267	Dennien	Ben
3		1	105.155	<b>Hamaty</b>	Sabina

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
4	3		87.267	<b>Dalby</b>	Peter
5	4		50.000	<b>Ponych</b>	Gregory
Bold SURNAME indicates AURA member					

## Caboolture 6hr – Caboolture, QLD

### August 12, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
1	1		78.093	<b>Eckford</b>	Matthew
2	2		71.497	<b>Pearson</b>	John
3		1	60.994	Canfell	Melanie
4		2	53.502	Gabriel-Fenton	Deborah
5		3	43.285	Fit	Misty
Bold SURNAME indicates AURA member					

## Berry Long Run 70km – Bacchus Marsh, VIC

### August 13, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		7:04:19	Perera	Dylan
2	2		7:08:03	Spencer	Jeremy
3	3		7:13:03	Gould	Richard
4	4		7:19:24	<b>Day</b>	Paul
5	5		7:54:45	Scott	Michael
6	6		7:54:45	Foulner	Calum
7	7		8:30:55	Harrison	Scott
8	8		8:39:47	<b>Neale</b>	Simon
9	9		8:41:50	Alexandropoulos	George
10	10		8:52:11	Browne	Stephen
11	11		8:52:11	Wilson	Cooper
12	12		8:52:11	Lawtey	Shane

Rank	Cat Place	Cat Place	Time	Last name	First name
13	13		9:03:46	Byrne	Paul
14	14		9:11:36	Wong	Christoph
15	15		9:25:06	Romijn	Jorgen
16		1	9:26:06	Booy	Katherine
17	16		9:26:41	Connolly	Simon
18	17		9:28:14	Baff	Nick
19	18		9:41:58	Miller	Jonathan
20	19		10:20:0	Trigt	Adrian
21	20		10:27:3	<b>Mahoney</b>	Paul
22	21		10:35:3	Pickavanc	Michael
23		2	10:44:36	Alirezace	Tayebeh
Bold SURNAME indicates AURA member					

## Track Ultra WA 24hr – Bunbury, WA

### August 12, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
1	1		240.431	Avery	Richard
2	2		194.546	Schiemann	Karsten
3	3		184.412	Williams	Mark
4		1	170.970	Tatterton	Cheryl
5		2	162.524	Luscombe	Emma
6	4		162.000	Treasure	Ben
7	5		154.429	van Poecke	Reindert
8	6		154.136	Archuletta	Israel
9	7		140.474	Dougan	Ian
10	8		137.702	Meadowcroft	Nathan
11	9		132.621	Lacey	Clive

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
12		3	131.481	Evans	Rachel
13	10		128.328	Kozak	Nyk
14	11		124.003	Tompson	Matthew
15	12		122.400	Overend	David
16	13		113.420	Tams	David
17		4	106.252	Bowler	Mandy
18		5	104.678	Bennett	Renee
19	14		104.000	Smith	Brendon
20	15		100.400	Fawkes	Nathan
21	16		92.000	Matol	Carl
22	17		80.800	Trent	Tim

Bold SURNAME indicates AURA member.

## Track Ultra WA 12hr – Bunbury, WA

### August 12, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
1	1		125.977	Christie	James
2		1	115.175	Russell	Dale-Lyn
3	2		105.326	Millett	Roger
4		2	101.659	Robinson	Kelly
5	3		101.491	Caldwell	Mark
6		3	95.768	Brown	Susan
7		4	93.286	Waite	Harmony

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
8	4		91.269	Hamilton	Timothy
9		5	84.054	Fleming	Kelly-Lynn
10		6	80.993	Turner	Pam
11		7	76.982	Clark	Jaqueline
12	5		75.093	Whelan	Cameron
13		8	54.740	Whitfield	Kellie

Bold SURNAME indicates AURA member.

## Track Ultra WA 6hr – Bunbury, WA

### August 12, 2016

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
1	1		64.777	Smetherh	Glen
2	2		61.696	Wasilew	Chris
3	3		61.037	Peacock	Stephen
4		1	58.290	Harper	Triska
5	4		52.703	Snowball	Sam
6		2	51.604	Kennedy	Belle
7		3	51.318	Sherwin	Kat
8		4	50.499	Strachan	Nadia
9	5		50.386	Coffey	James
10		5	49.883	Laidley	Emily
11	6		49.422	Rijurkis	Ziedonis
12		6	49.113	Myors	Beck

Rank	Cat Place	Cat Place	Distance (km)	Last name	First name
13		7	48.996	Churcher	Tania
14		8	47.475	McGlinn	Desiree
15		9	46.983	Robbins	Carley
16		10	44.723	McCaskie	Pamela
17		11	43.142	Koutsouk	Leeanne
18		12	43.140	Bell	Candice
19		13	42.893	Shields	Ashleigh
20		14	42.038	Allen	Chrissie
21		15	41.874	Cornwall	Amanda
22		16	41.759	Whittingto	Sandy
23		17	40.560	Dent	Raelene

Bold SURNAME indicates AURA member

## Kuranda to Port Douglas 64km – Kuranda, QLD

### August 14, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		5:31:23	O'Mahony	Bryan
2	2		5:38:00	<b>von Senden</b>	David
3	3		5:42:00	Ralph	Anthony
4	4		5:54:00	Sandrey	Greg
5	5		6:08:32	Tindall	Jonathan
6	6		6:21:49	Drysdale	John
7	7		6:34:37	Cooke	Tim
8	8		6:34:39	Hendrickx	Robbie
9	9		6:45:15	Watson	Robert
10		1	6:55:52	Scurrah	Alena
11	10		6:58:14	Coate	James
12	11		7:58:43	Batten	James
13	12		8:01:32	Daniels	Ashley
14	13		8:04:43	<b>Blanchard</b>	Jamie
15		2	8:09:54	Levrier	Sasha

Rank	Cat Place	Cat Place	Time	Last name	First name
16	14		8:27:28	McDonagh	Derek
17	15		8:27:28	Mitchell	Matthew
18	16		8:35:04	<b>Lawson</b>	Larry
19		3	8:42:51	Vawter	Chelsie
20	17		8:50:56	Wiese	Des
21		4	8:50:56	Wiese	Sarah
22	18		8:57:18	Pyke	Kerry
23		5	9:14:51	Warman	Chrissy
24		6	9:22:52	Reece	Erin
25		7	9:22:52	Lees-Barton	Sarah
26		8	9:41:56	van Gorp	Joanne
27		9	10:00:30	<b>Lawson</b>	Lorraine
28		10	10:00:30	Waller	Sharon
29	19		11:22:00	Comport	Steve

Bold SURNAME indicates AURA member.

## Truth or Consequences 50km – Serpentine NP, WA

### August 14, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		4:08:27	Garrett	Josh
2	2		4:56:56	<b>Newell</b>	Ian
3	3		5:06:00	Pace	Jarrold
4	4		5:11:26	Scheidegger	Lukas
5	5		5:28:20	Adams	Robbie
6		1	5:28:41	Kolonic	Sanja
7	6		5:30:48	Wisniewski	Matt
8	7		5:31:04	Taylor	Michael
9	8		5:35:39	O'halloran	Steven
10	9		5:42:12	<b>Badger</b>	Rob
11	10		5:46:17	Vickers	Logan
12	11		5:48:31	Stabler	Alan
13	12		5:50:19	Buitendag	David
14		2	5:56:32	<b>Nield</b>	Martine
15	13		5:56:53	Nash	Tim
16	14		5:58:55	Goessmann	Florian
17	15		6:01:24	<b>McLeod</b>	Hamish
18	16		6:08:11	Hicks	Jason
19	17		6:08:12	Raymer	Andrew

Rank	Cat Place	Cat Place	Time	Last name	First name
20		3	6:08:55	Morin	Marilyn
21	18		6:09:45	<b>Swallow</b>	Nicholas
22	19		6:13:45	<b>Buckley</b>	Matthew
23	20		6:15:13	Head	Michael
24	21		6:16:38	Williams	Steven
25	22		6:18:11	Watson	Matty
26		4	6:19:28	Savin	Cherie
27	23		6:20:07	Fabris	Nino
28	24		6:26:33	Obrien	Darron
29		5	6:28:26	<b>Cripps</b>	Elyse
30	25		6:44:21	Izzard	Christopher
31	26		6:56:10	Miles	Alan
32	27		7:05:03	Lethbridge	Jarrad
33	28		7:05:03	Martin	Haden
34	29		7:22:40	Hansen	Jeffrey
35	30		7:38:51	Dumas	Jean-Charles
36	31		7:49:14	Legge	Stuart

Bold SURNAME indicates AURA member

## The Tan Ultra 100km – Melbourne, VIC

### August 14, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		8:50:28	<b>Gamble</b>	Malcolm
2	2		8:58:51	<b>Sawa</b>	Mak
3	3		9:20:17	<b>Hughes</b>	Stuart
4	4		9:43:48	O'Loughlin	Daragh

Rank	Cat Place	Cat Place	Time	Last name	First name
5	5		10:19:45	<b>Winterburn</b>	John
6	6		10:36:55	<b>Hirst</b>	Ben
7	7		11:46:01	<b>Black</b>	Peter

Bold SURNAME indicates AURA member



## The Tan Ultra 50km – Melbourne, VIC

### August 14, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		3:25:48	Ciancio	Francesco
2	2		3:49:01	Martin	Dwayne
3	3		3:50:41	Daye	Jason
4		1	4:07:09	Griffith	Amelia
5	4		4:17:17	Elms	Corey
6	5		4:23:30	Wheeler	Shane
7	6		4:31:42	Wenn	Mark
8	7		4:43:39	Sutton	Rob
9	8		4:53:25	Dannatt	Simon
10	9		4:55:33	Alexandro poulos	George
11		2	4:56:46	Mickle	Karen
12	10		5:04:29	Falls	Mark
13	11		5:04:41	Munns	Peter
14	12		5:08:26	Brassington	Matthew

Rank	Cat Place	Cat Place	Time	Last name	First name
15	13		5:16:12	Freestone	Todd
16	14		5:17:12	Keipert	Ben
17	15		5:17:12	Greenhalf	Paul
18	16		5:27:21	Woods	Darren
19		3	5:43:05	Laurenson	Kara
20		4	5:43:10	MacFarlane	Melanie
21	17		5:44:14	Meyer	Bernd
22	18		5:50:41	Deering	Bill
23		5	5:53:45	Shannon	Michelle
24	19		5:55:09	Boulter	Benjamin
25		6	6:02:53	Palise	Zara
26	20		6:23:10	Waters	Robert
27		7	7:03:39	Anderson	Jane
Bold SURNAME indicates AURA member					

## Surf Coast Century 100km – Anglesea, NSW

### September 3, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		8:26:44	Ciancio	Francesco
2	2		8:47:07	Rathjen	Michael
3	3		8:50:06	Hopkins	Ross
4		1	9:03:24	Emmerson	Kellie
5	4		9:20:03	Wells	Nathan
6	5		9:21:21	Turnbull	David
7		2	9:35:00	Woods	Kylee
8	6		9:46:53	Clark	Ben
9	7		9:52:03	Mumberson	Todd
10	8		9:59:04	Von Senden	David
11	9		10:05:08	Jeffrey	Craig
12	10		10:07:59	Norton	Howard
13	11		10:08:24	Sawa	Mak
14	12		10:09:17	Edwards	Paul
15	13		10:12:02	Chancellor	Scott
16	14		10:14:13	Gordon	Jeff
17	15		10:14:52	Keyte	Michael
18		3	10:18:17	Hopkins	Christine
19	16		10:19:54	Bainbridge	Andrew
20	17		10:20:22	Wheeler	Shane
21	18		10:25:19	Sharpe	Rob
22	19		10:25:43	Zwierlein	Rob
23	20		10:29:32	Whyte	Edward
24	21		10:32:48	Douglas	Rob
25	22		10:35:44	Hopkins	Craig
26	23		10:43:16	Hughes	Stuart
27	24		10:50:27	White	Angus
28		4	10:59:29	Hornan	Tilly
29	25		11:01:30	Liersch	Nathan
30	26		11:02:31	Guz	Nicholas

Rank	Cat Place	Cat Place	Time	Last name	First name
31	27		11:03:17	Lewinski	Chris
32	28		11:05:52	Welburn	Regan
33	29		11:07:45	Martin	Dwayne
34	30		11:08:57	Wu	Siqi
35	31		11:10:16	Macleod	Peter
36	32		11:11:01	Grant	David
37	33		11:15:50	Haakma	Daniel
38	34		11:17:38	Jones	Mark
39	35		11:20:06	Mcinerney	Dean
40	36		11:20:50	Mitchell	Scott
41	37		11:21:45	Maass	Oliver
42	38		11:24:03	Elms	Corey
43	39		11:25:46	Wyithe	Stuart
44	40		11:27:22	Savage	Robbie
45	41		11:28:27	Simmons	Mark
46		5	11:32:06	Smith	Silvia
47	42		11:33:35	Pelvin	Jeremy
48	43		11:34:20	Sutherland	David
49	44		11:34:35	Fox	Nigel
50	45		11:36:16	Hegarty	Matt
51	46		11:38:50	Mcbride	Barry
52	47		11:39:15	Willis	Alan
53	48		11:39:26	Halkett	Jadan
54	49		11:40:35	White	Jason
55		6	11:44:29	Lukassen	Lisa
56	50		11:45:33	O'Connell	Tony
57	51		11:47:29	Westerfur	Lars
58	52		11:48:10	Chircop	Dale
59	53		11:48:36	Winzar	Shane
60	54		11:49:30	Thornton	Travis

# Surf Coast Century 100km – Anglesea, NSW

## September 3, 2016

*(Continued...)*

Rank	Cat Place	Cat Place	Time	Last name	First name
61	55		11:50:06	Curran	Shannon
62	56		11:50:27	Castanelli	Damian
63	57		11:51:27	Hill	Eddy
64	58		11:51:28	Neave	Daniel
65	59		11:51:50	Oneill	Matthew
66	60		11:59:39	Henderson	Paul
67	61		12:00:10	Agnew	Warwick
68		7	12:10:48	Meggison	Amanda
69	62		12:11:22	<b>Duffus</b>	Benjamin
70	63		12:11:58	Clarke	Patrick
71	64		12:13:58	Thomas	Terry
72	65		12:15:13	Turner	Levi
73		8	12:16:07	Catton	Rosemary
74	66		12:18:07	Price	Oliver
75	67		12:20:44	Chapman	Michael
76		9	12:21:23	Prior	Nicolette
77	68		12:22:21	Johnstone	Chris
78		10	12:23:12	Savage	Julie
79	69		12:27:45	Mentz	Simon
80		11	12:32:40	Harris	Michelle
81		12	12:32:42	Tuddenham	Emma
82		13	12:39:49	Dowdell	Emma
83	70		12:44:25	Wrobel	Marc
84	71		12:44:35	Taylor	Matt

Rank	Cat Place	Cat Place	Time	Last name	First name
85		14	12:45:39	Kelly	Kristen
86	72		12:49:59	Grant	Mark
87		15	12:52:40	Jones	Janet
88		16	12:53:43	Creswell	Joanna
89	73		12:58:11	Allen	Scott
90	74		12:59:46	Considine	Christopher
91	75		13:02:58	Rolfe	Matt
92	76		13:03:11	Jones	Jason
93	77		13:09:21	Antrobus	Shane
94	78		13:12:53	Kontrobarsky	Yuri
95		17	13:16:33	<b>Lines</b>	Wendy
96		18	13:19:06	Pemberton	Katherine
97	79		13:19:24	King	Stewart
98	80		13:21:26	Horrocks	Johnny
99	81		13:22:37	Caveney	Stuart
100	82		13:23:25	<b>Hagymas</b>	Attila
131	105		14:24:54	<b>Mestdagh</b>	Oliver
154	119		15:19:33	<b>Duffus</b>	Andrew
173	133		16:48:41	<b>Green</b>	Barry
195	142		18:51:01	<b>Thompson</b>	Simon
Bold SURNAME indicates AURA member					
Top 100 finishers and AURA members shown only. For full results, visit <a href="http://rapidascent.com.au">http://rapidascent.com.au</a>					

# Surf Coast Century 50km – Anglesea, NSW

## September 3, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1		1	3:50:29	Auston	Stephanie
2	1		3:52:13	Ralph	James
3	2		3:53:31	Borquez	Daniel
4	3		4:01:46	Oulton	Dave
5	4		4:14:13	Arnold	Julian
6	5		4:17:07	Mooney	Shaun
7	6		4:17:16	Wood	Dexter
8		2	4:18:50	Lootz	Marlene
9		3	4:22:55	Butler	Cecily
10		4	4:24:15	Rands	Naomi
11	7		4:24:53	Watson	Chip
12	8		4:25:10	Milne	Lachlan
13	9		4:26:24	<b>Gallagher</b>	Dion
14		5	4:29:14	Butler	Meags
15	10		4:34:49	Erjavec	David
16	11		4:35:02	Moulday	Geoff
17	12		4:35:48	<b>Whish-Wilson</b>	Damon
18	13		4:35:48	Maxwell	Paul

Rank	Cat Place	Cat Place	Time	Last name	First name
19	14		4:36:16	White	Glen
20		6	4:37:34	Martin	Cheryl
21	15		4:38:08	Daye	Jason
22	16		4:40:24	Cobb	Lachlan
23	17		4:40:31	Sostheim	Andrew
24		7	4:40:33	French	Lauren
25	18		4:40:52	Stone	Daniel
26	19		4:42:49	Brazzale	Jackson
27		8	4:43:17	<b>Barrett</b>	Karen
28	20		4:44:15	Carr	Lachlan
29		9	4:45:14	Hodgson	Kodey
30	21		4:46:19	Mitchell	Chris
31	22		4:47:31	Dodson	Ryan
32	23		4:48:00	Duckinson	Carl
33	24		4:48:08	Hyndman	Scott
34		10	4:49:15	Miller	Kelly
35	25		4:49:20	Grech	David
36	26		4:53:12	Young	Phil

# Surf Coast Century 50km – Anglesea, NSW

## September 3, 2016

*(Continued...)*

Rank	Cat Place	Cat Place	Time	Last name	First name
37	27		4:55:04	Ranger	Michael
38	28		4:57:27	Pressnell	Brett
39		11	4:58:42	Douglas	Liz
40	29		4:58:48	Quinn	Nick
41		12	5:03:13	Halls	Stevie
42	30		5:03:29	Bennett	James
43	31		5:03:46	O'Dwyer	Matt
44	32		5:05:16	Jennings	David
45	33		5:06:39	Jennings	Richard
46	34		5:10:04	Misteli	Jean-Guillaume
47	35		5:11:18	Maher	Jacob
48	36		5:12:30	York	Daniel
49		13	5:13:32	Rushbrooke	Jessie
50	37		5:14:23	Reid	Jackson
51	38		5:14:28	Hanscamp	Nigel
52	39		5:18:33	Wilson	Paul
53		14	5:19:19	Curry	Lisa
54	40		5:20:52	<b>Eadie</b>	David
55		15	5:20:53	<b>Wynd</b>	Nikki
56		16	5:22:17	Morrison	Nina
57	41		5:22:41	Mchugh	Chris
58	42		5:23:08	Marquardt	Tim
59	43		5:23:36	Potts	Jason
60	44		5:23:38	Turner	Regan
61	45		5:23:53	Timms	Geoff
62	46		5:24:14	Adams	Matt
63		17	5:24:22	Jones	Kirrily
64		18	5:25:25	Mungcal	Georgette
65		19	5:26:18	Barsby	Kate
66		20	5:27:05	Gregory	Julia
67	47		5:27:18	Dixon	Jon
68		21	5:27:53	Pfeffer	Sylvia
69		22	5:29:23	<b>Meredith</b>	Skye
70	48		5:31:06	Breckenridge	Wylie

Rank	Cat Place	Cat Place	Time	Last name	First name
71	49		5:33:36	Wiffen	Geoff
72	50		5:35:19	Markham	David
73		23	5:35:28	Cann	Lara
74	51		5:35:47	French	Scott
75		24	5:36:04	Carmichael	Kylie
76	52		5:36:05	Stirling	Jason
77	53		5:39:13	Mander	Seth
78		25	5:39:26	Cutler	Heidi
79	54		5:39:26	Cutler	Justin
80	55		5:40:56	Mccredden	Martin
81		26	5:41:01	Mackevicius	Liz
82	56		5:41:24	Biskri	Salim
83		27	5:41:42	Schroeder	Connie
84	57		5:41:44	Payne	Ben
85		28	5:43:54	Gracia	Toni
86	58		5:45:34	Fenton	Nathan
87		29	5:46:09	Ossberg	Anu
88	59		5:46:09	Ilva	Markus
89	60		5:47:15	Watts	David
90	61		5:47:52	Tilley	Brett
91		30	5:48:04	<b>Worland</b>	Gemma
92		31	5:51:12	Dominguez	Lisa
93	62		5:52:37	Williamson	Anthony
94	63		5:52:42	Davey	Shane
95	64		5:52:47	Fan	Winston
96	65		5:54:01	Shilo	Gregory
97	66		5:55:21	Herft	Patrick
98	67		5:55:25	Papps	David
99	68		5:56:03	Ide	Jon
100	69		5:56:27	Taylor	Ross
110		36	6:15:27	<b>Dixon</b>	Geraldine
Bold <b>SURNAME</b> indicates AURA member					
Top 100 finishers and AURA members shown only. For full results, visit <a href="http://rapidascent.com.au">http://rapidascent.com.au</a>					

## Great North Walk 100mi – Sydney, NSW

### September 10, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		21:26:00	Locke	Tim
2	2		23:09:00	Smith	Damian
3		1	23:49:00	Bruins	Robyn
4	3		0:25:00	Ward	Joe
5		2	0:40:00	Carty	Kath
6	4		0:50:00	Byrne	Simon
7	5		1:09:00	Gulliver	Simon
8	6		1:27:00	Lyndon	Timothy
9		3	1:29:00	Martin	Brook
10	7		1:37:00	Murdock	Adrian
11		4	1:49:00	Farrelly	Chantelle
12		5	3:01:00	Keith	Susan
13	8		3:06:00	Spencer	Jeremy
14	9		3:15:00	Lauer	Simon
15	10		3:24:00	Hope	Mark
16	11		3:37:00	Martin	Levi
17	12		3:51:00	Murphy	Philip
18	13		4:23:00	Darwin	Adam
18	14		4:23:00	Hedges	Joe
20	15		4:51:00	Schweitzer	Guy
21	16		4:56:00	Heaton	Kevin
22	17		5:09:00	Lewis	Joe
23	18		5:22:00	Enfield	Scott

Rank	Cat Place	Cat Place	Time	Last name	First name
24	19		5:36:00	Mihalakellis	George
25	20		5:36:00	Wye	Graham
27	22		7:17:00	Blackman	Paul
28	23		7:21:00	Kavanagh	Adam
29	24		7:44:00	Kranz	Adam
30	25		7:48:00	Roberts	Simon
31		6	8:06:00	Siegle	Jess
32		7	8:28:00	Burke	Nicole
33		8	10:05:00	Austin	Kathryn
33	26		10:05:00	Tompkin	Terry
35	27		10:30:00	Hewat	Andrew
36	28		10:45:00	Ward	Sean
37		9	10:48:00	Maxwell	Hailey
38	29		10:51:00	Mcgregor	Ian
39	30		10:53:00	Connor	Adam
40	31		10:59:00	Byrne	Patrick
41	32		11:06:00	Zhang	Nero
42	33		11:40:00	Brooks	Richard
42	34		11:40:00	Dean	Mathew
44	35		11:44:00	Thompson	Bill
45	36		11:45:00	Munns	Peter
46	37		11:48:00	Topper	Kurt
Bold SURNAME indicates AURA member.					

## Great North Walk 100km – Sydney, NSW

### September 10, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		11:41:00	Perry	Dominic
2	2		11:51:13	Baker	Scott
3	3		12:44:00	Nikolaev	Nikolay
4	4		12:44:12	Brisbin	Grant
5	5		13:04:10	Calvert	Wayne
6	6		13:18:00	Pertot	Russell
-			13:50:00	Markey	Gavin
7	7		13:50:00	Stuart	Nathan
8	8		14:10:00	Pobre	Erik
9	9		14:17:42	Best	Steven
10	10		14:25:00	Everest	Michael
11	11		14:32:00	Shaw	Derren
12	12		15:08:00	Thomson	Greg
13	13		15:09:45	Arnold	Geoff
14		1	15:30:00	Norris	Kyley
15	14		15:33:00	Conley	Scott
16	15		15:34:00	Edgecliffe-Johnson	Robin
16	15		15:34:00	Weller	Ben
18	17		15:48:00	Turner	David
19	18		16:07:20	Bristow	David

Rank	Cat Place	Cat Place	Time	Last name	First name
-			16:08:00	Stabler	Nick
20		2	16:20:00	Murray	Gioia
21		3	16:30:00	Lyle	Karen
22	19		16:36:00	Whitbourn	Jarrold
23	20		16:42:55	Brock	Troy
-			16:57:00	Sharpe	Rob
24		4	16:58:20	Carroll	Tanya
25	21		17:00:00	Domonkos	Steve
26		5	17:02:00	Chu	Margaret
-			17:02:00	Devlin	Jules
27		6	17:08:00	Hernandez Rios	Damara
27	22		17:08:00	Ryan	Brad
29	23		17:12:49	Avery	Gary
-			17:20:00	Doley	Weston
30	24		17:22:00	Stroemer	Gavin
31		7	17:36:00	Dear	Kirily
32	25		17:39:00	Rivelli	Dean
32	25		17:39:00	Tucker	Mark
34		8	17:41:00	Maclean	Geordi
-			17:43:00	Kirkbank-Ellis	Gordi

# Great North Walk 100km – Sydney, NSW

## September 10, 2016

(Continued...)

Rank	Cat Place	Cat Place	Time	Last name	First name
35	27		17:55:00	Fletcher	Paul
-			17:55:00	Redding	Mark
-			18:00:00	Wilkinson	Ben
36	28		18:01:00	Whittle	Wes
-			18:30:35	Burgess	Eric
37	29		18:35:00	Ghanem	Alex
38		9	18:49:00	Lariso	Veronika
39		10	18:52:00	Whiteman	Cathy
40	30		18:54:00	Jardine	Kevin
-	11		19:22:00	Gili	Roberto
41			19:22:00	Katen	Kirrilly
-			19:27:00	Lawrence	Rachel
42	31		19:33:00	Kazama	Yoichi
-			19:33:00	Mcgrath	Michael
-			19:44:00	Williams	Lynn
-			20:03:00	Colagiuri	Pete
43	32		20:11:00	Grindlay	Symon
44	33		20:12:00	Sandison	Gordon

Rank	Cat Place	Cat Place	Time	Last name	First name
45	34		20:23:00	Warmerdam	Sebastian
46	35		20:25:00	Horsburgh	Tim
47	36		20:25:50	Bernard	Paul
-			20:30:00	Kyrpychenko	Leonid
-			20:37:00	Wang	Zhaohua
-			20:37:00	Zhang	Hao
-			20:40:00	Lilley	Allison
-			20:40:20	Barlow	Nicholas
48	37		20:56:00	Mchugh	John
-			21:07:25	Brun	Marina
49	38		21:14:00	Nourse	Marc
50	12		21:38:00	Jephcott	Grant
50		39	21:38:00	Leahy	Wilma
50	39		21:38:00	Staniforth	Scott
53	41		21:40:00	Yap	Keng
54		13	21:48:58	Caslick	Melissa
-			21:49:00	Vernon	Grahame
Bold SURNAME indicates AURA member					
Top 100 finishers and AURA members shown only. For full results, visit <a href="http://rapidascent.com.au">http://rapidascent.com.au</a>					

# Walhalla Round up 50km – Walhalla, VIC

## September 11, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		4:13:37	Claxton	Joel
2	2		4:36:47	Volz	Marcus
3		1	4:40:31	MacMillan	Katherine
4	3		4:48:19	Taylor	Glenn
5	4		4:53:35	Twite	Ian
6	5		5:00:14	Challice	Graham
7	6		5:02:26	Miller	Brendan
8	7		5:05:50	Sonnichsen	Thor
9		2	5:13:38	Taylor	Karina

Rank	Cat Place	Cat Place	Time	Last name	First name
10	8		5:15:13	Timms	Geoff
11	9		5:18:36	Mahoney	Paul
12		3	5:46:48	Thorn	Julia
13	10		5:48:02	Styles	David
14	11		5:49:15	McKinnon	Toby
15	12		5:55:45	Rodda	Langdon
16	13		7:10:33	Glover	Brian
Bold SURNAME indicates AURA member.					



## Surf Coast Hell Run 63km – Lorne, VIC September 24, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		5:12:22	<b>Ciancio</b>	Francesco
2	2		5:52:23	Bowring	Patrick
3	3		5:59:51	<b>Sawa</b>	Mak
4		1	6:43:36	Paton	Nicole
5	4		7:11:10	Lucas	Patrick
6		2	7:20:27	McTaggart	Kerryn
7	5		7:50:28	Lucas	Steve
8	6		8:01:18	<b>Sutton</b>	Rob
9	7		8:40:46	Lopez	Hernan
10		3	8:41:27	<b>Rowe</b>	Elise

Rank	Cat Place	Cat Place	Time	Last name	First name
11	8		8:51:07	<b>Falls</b>	Mark
12	9		9:03:37	Hester	Matthew
13		4	9:20:55	Ahale	Anja
14		5	9:20:55	Jones	Michelle
15	10		9:20:55	<b>O'Brien</b>	Andrew
16		6	9:20:55	Maguire	Cathy
17		7	9:20:55	<b>O'Brien</b>	Sue
18	11		10:30:40	Deering	Bill
Bold SURNAME indicates AURA member					

## Waterous Trail on Foot 100mi – Dwellingup, WA September 24, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		20:10:40	Gould	Richard
2	2		20:45:08	Freitag	Rob
3	3		20:59:26	<b>Harris</b>	Ben
4	4		21:47:06	<b>Kaesler</b>	Shaun
5	5		22:25:26	Tait	Henry
6		1	22:38:02	Laidley	Emily
7	6		22:47:50	<b>Bonnick</b>	Simon
8	7		23:09:39	<b>Millett</b>	Roger

Rank	Cat Place	Cat Place	Time	Last name	First name
9	8		23:46:19	<b>Smetherham</b>	Glen
10	9		23:46:32	<b>Treasure</b>	Ben
11	10		0:26:54	<b>Lewis</b>	Grant
12	11		0:51:23	Head	Michael
13		2	4:30:00	Clarke	Jaqui
14	12		5:21:57	<b>Matol</b>	Carl
Bold SURNAME indicates AURA member					

## Waterous Trail on Foot 50mi – Dwellingup, WA September 24, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		8:17:02	Scheidegger	Lukas
2	2		8:24:07	<b>Badger</b>	Rob
3	3		8:45:44	Burman	Bryant
4		1	9:04:29	<b>Nield</b>	Martine
5	4		9:13:35	<b>Swallow</b>	Nicholas
6		2	9:15:30	<b>Hefferon</b>	Beck
7	5		9:23:14	Reeves	Nathan
8	6		9:34:15	Bunny	Scott
9	7		9:40:08	North	Ian
10	8		9:52:12	Stabler	Alan
11		3	9:57:50	Robinson	Kelly
12	9		10:11:29	McCready	Sam
13	10		10:16:19	Casey	Chris

Rank	Cat Place	Cat Place	Time	Last name	First name
14	11		10:17:08	Giles	David
15	12		10:27:11	Satherley	Chris
16	13		10:31:25	<b>Hagymas</b>	Attila
17	14		10:36:39	<b>Panietz</b>	Todd
18	15		10:36:39	Lichtenstein	Drew
19	16		10:47:25	Olde	Duncan
20		4	11:35:08	Lane	Michelle
21	17		11:38:39	Wilmot	Paul
22	18		12:31:37	<b>Caldwell</b>	Mark
23	19		12:44:16	Gear	Matt
24		5	12:49:57	Sims	Colette
25		6	13:33:50	<b>Kennedy</b>	Belle
26		7	13:46:59	Levine	Tarnia
Bold SURNAME indicates AURA member					

# Sri Chinmoy Canberra 103km – Canberra, ACT

## September 25, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		11:49:59	Isbister	Andy
2	2		12:33:12	Shakespeare	Tim
3	3		12:35:03	<b>Oliver</b>	Christopher
4	4		12:45:52	McLellan	Darren
5		1	12:53:02	<b>Muston</b>	Pam
6	5		13:29:22	Gielissen	Glen
7	6		13:38:17	Komidar	Peter
8	7		13:43:08	Easton	Brett
9	8		13:52:07	Flower	Aaron
10	9		14:04:59	Lang	Alastair
11		2	14:13:42	Renshaw	Fiona

Rank	Cat Place	Cat Place	Time	Last name	First name
12	10		14:22:11	Murray	Robert
13	11		14:24:41	Barnes	Geoff
14	12		14:43:06	<b>Manfield</b>	Michael
15	13		14:49:56	Stewart	Damien
16		3	15:15:08	Leuthie	Jackie
17	14		15:48:52	Kiley	Stephen
18		4	16:03:09	<b>Symons</b>	Cheryl
19	15		16:04:18	Dyball	Jamie
20	16		17:36:09	Edward	Adam
21	17		17:36:11	Bowling	Aaron
22	18		17:36:12	Tsoi	Tony

Bold SURNAME indicates AURA member

# Yurrebilla Trail 56km – Adelaide, SA

## September 25, 2016

Rank	Cat Place	Cat Place	Time	Last name	First name
1	1		5:01:59	Fazzalari	Angelo
2		1	5:04:27	<b>Piantadosi</b>	Lee
3	2		5:10:00	Banks	Richard
4	3		5:12:53	Ward	Rohan
5	4		5:16:17	Redfern	Stephen
6	5		5:24:21	Hough	Andrew
7		2	5:26:57	Davis	Alysha
8	6		5:31:30	Teney	Damien
9	7		5:31:37	Tchigique	Eddie
10	8		5:32:51	Nitschke	Luke
11	9		5:32:59	<b>Clark</b>	Ben
12	10		5:37:22	Rohrken	Golo
13		3	5:39:02	Young	Bronwyn
14	11		5:41:47	Dwyer	Mick
15	12		5:42:54	Linney	Darren
16		4	5:44:54	<b>Bartholomew</b>	Lucy
17	13		5:46:30	<b>Jamieson</b>	Dej
18	14		5:46:38	Farrington	Drew
19	15		5:46:57	Porter	Luke
20		5	5:47:11	<b>Macmillan</b>	Katherine
21	16		5:48:38	Darcy	Fraser
22		6	5:50:53	Jansen	Sonja
23	17		5:51:46	Wright	Benjamin
24	18		5:51:55	Millard	Mark
25	19		5:52:43	<b>Norton</b>	Howard
26		1	5:53:13	Gillis	Lauren
27	20		5:53:29	Weatherill	Douglas
28	21		5:55:51	Greenwood	Paul
29	22		5:57:29	Smith	Josh
30	23		5:58:46	Maycock	Nigel
31	24		5:59:34	Bourner	Tim
32	25		6:00:07	Stephens	David

Rank	Cat Place	Cat Place	Time	Last name	First name
33	26		6:00:25	Scrimgeour	Neil
34	27		6:00:40	Symes	Dominic Alexander
35	28		6:00:58	<b>Hughes</b>	Stuart
36	29		6:02:18	Murray	ChÃ©
37	30		6:04:55	Hatzimihail	Jason
38	31		6:07:43	Kleinig	Tavis
39	32		6:08:14	Pattison	Clint
40	33		6:08:19	Goddard	Tom
41	34		6:08:59	Mills	Chris
42	35		6:09:00	Morfeý	Shaun Cabrera
43	36		6:09:15	Farrugia	Daniel
44	37		6:11:04	Symon	Rurik
45	38		6:11:44	Whitehead	Daniel
46	39		6:14:47	Taylor	Chris
47	40		6:14:55	Macneil	William
48	41		6:15:30	Cameron	Scott
49	42		6:19:47	Bollmeyer	Shaun Gregory
50	43		6:20:44	Rodenburg	Mike
51	44		6:23:24	Longbottom	Bill
52	45		6:23:30	Varela	Cristian
53	46		6:23:38	Baker	Adam
54	47		6:25:16	Gascoigne	Joshua Wayne Harley
55	48		6:25:32	Smith	Alex
56	49		6:25:53	Anderson-habel	Jed
57	50		6:25:58	Pecoul	Olivier
58	51		6:26:23	Hughes	Toby
59	52		6:26:58	Duffy	James

# Yurrebilla Trail 56km – Adelaide, SA

## September 25, 2016

*(Continued...)*

Rank	Cat Place	Cat Place	Time	Last name	First name
60		7	6:26:58	Duffy	Zoe
61	53		6:27:34	Coull	Morgan
62	54		6:27:51	Sykes	Cliff
63	55		6:28:04	McClean	Gary
64	56		6:28:07	Bras	Riley Paul
65	57		6:28:11	Stevens	Elliot
66	58		6:28:51	Dhundup	Tashi
67	59		6:30:39	Warner	Matt
68		8	6:31:13	Harvey	Sarah
69	60		6:32:33	Woodman	Matthew
70		2	6:32:40	Shepherd	Jana
71		9	6:33:13	Parobec	Sarah
72	61		6:34:27	Stone	Daniel
73	62		6:37:13	Worley	Brett
74	63		6:38:06	Lai	Keith Jason
75	64		6:38:07	Cavin	Ben
76	65		6:38:13	<b>Mihalakellis</b>	George
77	66		6:38:24	Boyce	Gary
78	67		6:38:31	Raymond	Leon James
79	68		6:38:53	Lagrou	Bram
80	69		6:39:25	Harten	Nathan
81	70		6:39:44	<b>Ponyeh</b>	Gregory
82	71		6:40:01	Wright	Andrew
83	72		6:40:16	Edwards	Mark
84	73		6:41:12	Mckenzie	Travis Iain
85	74		6:41:32	Stone	Adam
86		10	6:42:04	Murphy	Sarah
87		11	6:43:40	Banh	Hoa

Rank	Cat Place	Cat Place	Time	Last name	First name
88	75		6:44:44	Bang	Ryan Joseph
89		12	6:45:06	Nilsson	Tina
90	76		6:45:58	Story	Simon
91	77		6:46:50	Slattery	Damian
92	78		6:47:41	Maher	Cameron
93	79		6:48:54	Martin	Andrew
94	80		6:48:55	Arthur	Troy
95	81		6:49:26	Eyers	Kym
96	82		6:49:30	<b>Jakus</b>	Gabor
97	83		6:50:06	Seaman	Ryan
98	84		6:51:02	Smith	Reginald Thomas
99	85		6:51:40	Toolan	Ryan
100	86		6:51:42	Wojcik	Matthew
111	94		6:55:42	<b>Tilley</b>	Bradley
116	99		6:57:51	<b>Rumball</b>	David
145		6	7:19:00	<b>Luke</b>	Jane
158		21	7:25:18	<b>Lines</b>	Wendy
178	144		7:36:03	<b>Williams</b>	Mark
205	162		7:50:55	<b>Billett</b>	David
268	204		8:23:36	<b>Tottey</b>	Graham
291		60	8:36:51	<b>Bentley</b>	Karen-lynda
356		30	9:24:50	<b>Carter</b>	Merle
Bold SURNAME indicates AURA member.					
Top 100 finishers and AURA members shown only. For full results, visit <a href="http://www.y56k.com.au">http://www.y56k.com.au</a>					



## Book Review

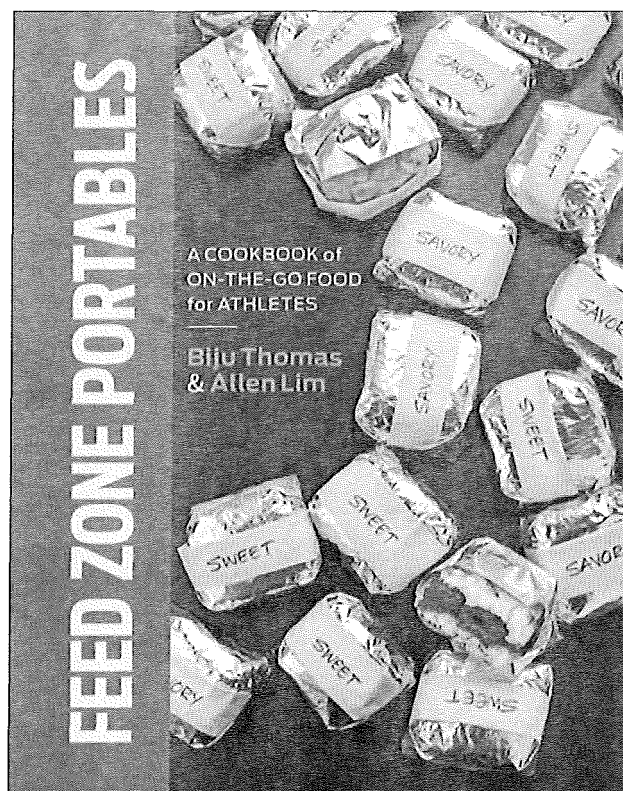
### Feed Zone Portables – By Biju Thomas And Allen Lim

Reviewed by Isobel Ross

I have always been interested in healthy eating and it bothers me (and I think many other runners) how much junk I eat when training and racing. Sure, muesli bars, gels and chocolate bars are easy to transport and are full of calories, but they are also full of preservatives, colourings, additives and sugar. When you normally eat pretty “clean”, to fill your body with that stuff come race day, you are asking for trouble - gastric distress, flavour fatigue, bonking, etc. There has to be an alternative to that processed rubbish. Well, now there is. The caveat is that you have to spend quite a bit of time making it for yourself.

Feed Zone Portables is a beautifully presented hard-cover book that covers the science of what we eat with delicious recipes. I have made some of the recipes and the results closely resembled the photographs and seem to have been diligently researched. The problem is some of the ingredients require a bit of foraging to find – for example, Masa harina, grits, aminos and idli mix. In general, however, most of the ingredients can be sourced in Australia. There was also quite a bit of preparatory work involved with the recipes. Making dough or batches of sticky rice really add to preparation time, and while I love the sound of these recipes, I generally just don't have the time to make them. I also felt that this book was mainly aimed at cyclists. The reason I say that is because some of the sticky rice recipes fell apart in my pack with all the bouncing around while running. This is not such an issue with cycling where the upper body is mainly still (even when mountain biking). They were still yummy, just a bit messy to try and eat.

Once you have the ingredients purchased and everything prepared, the food is easy to make. It also tastes much better than any of the sweet, sugary, over-flavoured bars and gels that are commercially available. My stomach responds well to real food, and these recipes provided me with some real food

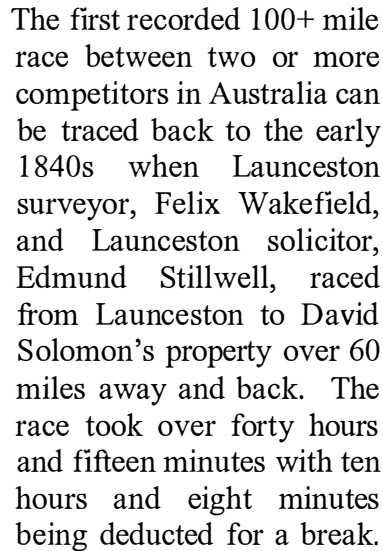


alternatives to try. However, I don't think I would want to rely solely on the Feed Zone Portable snacks simply because they take up more space than pre-packaged commercially available snacks. Also, with the commercially available snacks you know exactly how many calories you are getting. With the home prepared Feed Zone Portable snacks you have to guessimate that. I think the best solution may be to have a combination of both. That could keep flavour fatigue at bay and prevent a sugar overload from causing gastric distress.

In spite of some of the practical difficulties with these recipes, I do recommend this book. It makes you realise there are other options available. You don't have to rely on pre-packaged food. Also, I do just love cookbooks, and this is a beautiful one.



By Phil Essam

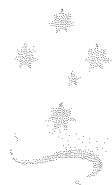


It is not known how much money exchanged hands for this event, but it is believed that another race was held a week later as Stillwell was not happy with the result. However, the same result occurred with Wakefield winning in a very similar time and Stillwell withdrawing before the end. 100 pounds was exchanged over the result of this event. Betting and gambling went on to become a familiar theme in Australian pedestrian history.

So, what became of Wakefield and Stillwell? Wakefield left Tasmania a few years later in disgrace and returned to England before having his passage paid to New Zealand. Stillwell became a pastoralist in Tasmania and passed away about two decades later. Even though the walking rate was comparatively slow even for England and America, these two men are credited for staging the Australian soil.

Launceston, 15m. before 8, in excellent style and fine condition, having performed the journey in 40 hours and 15 minutes, deducting from which 10 hours 8 minutes for stoppages, gives the average of four miles and a quarter per hour.





# AURA Committee Reports

## President's Report

By Robert Boyce

2016 has been a big year. We have again increased the number of races on the AURA calendar and the number of competitors has also continued to rise.

Elizabeth Bennett has been our Ultramag editor for two years now and has lifted the quality of the magazine to new heights with an extensive range of interesting articles relating ultra running. Thanks to Elizabeth and to all our volunteers who have contributed to the success of AURA this year.

Without their tireless work for the association we would not exist. I am very proud to be the president of an organisation that continues to grow and which has such passionate members who love our sport and dedicate themselves to AURA business.

I would like to wish everyone a Merry Christmas and a Happy New Year. And to those of you who are competing in the Narrabeen All Nighter on New Year's Eve, I commend your dedication to ultra running right up to the last day of the year ☺.

## Vice President's Report

By Rob Donkersloot

A few days ago, I was contacted by a runner looking at trying to break a Fastest Known Time (FKT) record on one of Australia's longer trails next year, and seeking AURA's involvement. AURA doesn't get involved with the jurisdiction or scrutiny of such records, and I advised the runner of this, and provided him with a link to the well-known FKT Internet Forum: <http://fastestknowntime.proboards.com/>.

My own view is that AURA's current position on not being involved with these types of runs is quite correct given the difficulty in ratifying these runs. Modern technology with multiple GPS devices often being used by runners to record such runs is making scrutiny easier than those runs in the pre GPS era, however, we still see runners such as Brit Rob Young being accused of cheating during his recent Transamerica record attempt. Rob was accused of sitting in his campervan while it drove at running pace while his GPS recorded his supposed run. I know that on the Australian Coolrunning forum there have been similar discussions over the years of alleged wrongdoings of runners purporting to be trying to break the around Australia fastest known time.

My recent conversation though made me think about some of the amazing ultra running accomplishments achieved by AURA members, that are not necessarily AURA event related. I think we need to be very aware that less than ten percent of our members will ever make an AURA Australian team or be in line to break an Australian record. Yet among the other 90% there are people achieving incredible things that go widely unrecognised by our Association. For example, Greg Brown's 5500km run from South East Cape in Tasmania to Cape York in Far North Queensland earlier this year was an outstanding feat of endurance running by anyone's standard.

Many of you will know that as well as holding the Vice President position in AURA, I also moderate the AURA group on Facebook. The guidelines for posting on the group are quite strict, and only allow subjects covering official AURA events, overseas championship teams and the like, as its purpose is not to cover generic ultra running information that is adequately discussed elsewhere on the Internet. From now on however, I would be very keen to hear from AURA members through our Facebook group of any FKT or endurance run attempt they are undertaking. They more than deserve support and recognition from their fellow AURA members.



# State and Territory Reports

## ACT Report

By Elizabeth Bennett

September saw the running of what has become one of the most popular events on the ACT AURA calendar – i.e., the Sri Chinmoy Canberra Trail Ultra. This year the distance was increased to 103km as each year a kilometre is added so that the distance stays in step with Canberra's birthday. Chris Oliver has kindly written a great report about this event which you can read in this edition of Ultramag. For full results of the event please visit: <http://au.srichinmoyraces.org/canberratrailultra/previous-results/2016#node-9721>

The next event on the ACT AURA calendar is the CBR48 Hour which includes a 6hr, 12hr, 24hr, 48hr and a 100km event. Held at the first class Australian Institute of Sport for the second year, this event will be held over the weekend of 17-19 March 2017 and will include the 48 hour national championships. For event details and to enter visit: <http://cbr.48hr.ktkc.com.au/>

Following that, Canberra will host the 50km national road championships on 9 April 2017. For event details and to enter visit: <http://runningfestival.com.au/>

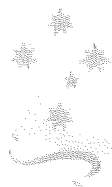
## Western Australia State Report

By Dave Kennedy

Attention turned to the longer events in WA over the last few months. First up was the WA Track Ultra which saw a stunning 24 hour run from long time WA resident but kiwi national, Richard Avery, who passed 240km with 2-3 minutes spare. Richard has come along in leaps and bounds since returning to ultras in 2015 after being involved in the tragic Kimberley bushfire event a few years ago. Dale-Lyn Russell also had a great run in the 12 hour event. This event has been chosen as the Australian 24 Hour Championships next year and WA looks forward to welcoming a big interstate contingent.

WTF kicked off for its 4th edition in late September and there were almost double the number of 100 mile runners than previous years with 23 toeing the start line. In ideal running weather 10 runners made it home under 24 hours to receive the coveted belt buckle. Richard Gould surprised a few with a win on debut after taking the lead on Goldmine Hill around 50km. In the women's event Emily Laidley became the first person to win both the 50 mile and 100 mile.

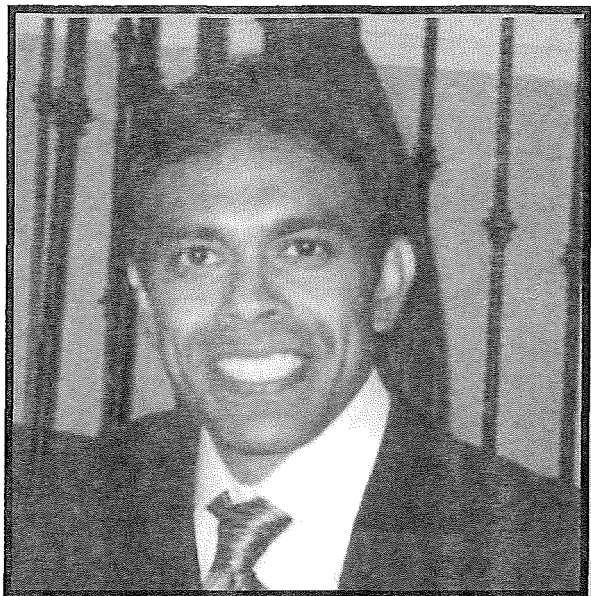
At the time of writing, WA ultra runners are looking forward to the Lighthouse 6 and 12-hour event and the 6 Inch Trail Marathon in December.



# IAU Report

## By Nadeem Khan

### IAU Director of Communications

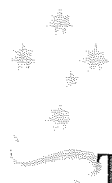


At the time of writing this article I am sitting a weekend away from the start of a busy IAU championship season. We are about to commence four championships in five weeks. By the time December rolls around we will have completed the 24 Hour European Championships, the Trail World Championships, the 50km World Championships and the 100km World Championships (incorporating the World Master Championships). These championships will include numbers of runners we have not seen before - for example, there will be over three hundred athletes at the Trail World Championships and more than two hundred and fifty athletes at the European edition of the 24 Hour Championships. What we are seeing is an increased participation of athletes in

all ultra events. This is apparent in local, national and international events.

I am often asked about why there has been a surge in the participation levels of athletes in ultra events. The answer to that question is not as simple as one might think. I think that ultra running is no longer a sport which is unhidden from the public eye. It has started getting its due media coverage and this has brought with it familiarity factor. The effect of this at an international level can be traced to local events where participation at a grassroots level is having an upwards ripple effect to the national and international level. In addition to increased media coverage, I give a lot of credit to our national ultra running organisations and individual ultra runners who are promoting our sport so effectively to the masses. Word of mouth is the greatest advertisement. When a runner goes back to work, to their social circles, to their running clubs and talks about the ultra race they just ran in, word gets around and more people get interested in this previously unfathomable sport.

Runners are doing their first 50km or their first 6 hour and tipping their toes in the ultra water. They are experiencing the personal challenge of such events and their capacity to complete them. They are also experiencing the camaraderie of the others who partake and the shared feelings of accomplishment. Newer athletes are realising that with proper training and a strong will to finish, ultra marathon events are accessible and achievable. The word is out ..... running ultra marathons is the place to be.



# Ultramag

## The Quarterly Magazine of the Australian Ultra Runners' Association (AURA)

### Contribution Guidelines

These guidelines are based on AURA's Constitution and AURA's Media and Promotion Policy.

- AURA will only promote and/or advertise AURA sanctioned events within Australia. Accordingly, Ultramag will only report on Australian ultra events which are AURA sanctioned.
- Because Ultramag is an AURA publication for AURA members Ultramag will only publish race reports about AURA sanctioned events which are written by AURA members.
- To preserve the newsworthiness of Ultramag, Ultramag will only publish reports of AURA sanctioned events by AURA members which have not been previously published elsewhere including other magazines, blogs, Facebook etc.
- AURA may or may not promote some international ultra running activities/events conducted under the auspices of the International Association of Ultrarunners (IAU), of which AURA is a member. Accordingly, Ultramag may or may not report on international IAU events.
- AURA will not promote or advertise non AURA sanctioned events within Australia or the achievements of non-AURA members. This includes events and/or individual ultra running endeavours undertaken for charity or fundraising purposes. Accordingly, Ultramag will not report on non-AURA sanctioned events or events and/or individual ultra running endeavours undertaken for charity or fundraising purposes even if undertaken by an AURA member(s).
- Ultramag will not report on products and/or services (ultra running related or not) unless they comply with AURA's Constitution and AURA's Media and Promotion Policy, and they are paid for in accordance with the schedule of fees detailed in AURA's Ultramag Media and Promotion Pack.
- Ultramag will not publish articles by individuals or organisations that are self-promoting or self-serving.
- All contributions to Ultramag should be received but the contribution due date. Contributions received after the contribution due date are unlikely to be published.
- All contributions to Ultramag should be emailed to the editor in Word doc format and should be no more than 800 words. In exceptional circumstances, and in consultation with the editor, special articles longer than 800 words may be considered for publication.
- All contributions to Ultramag should be proof read and spell checked prior to submission.
- All photos/artwork provided to Ultramag should be high resolution and should be accompanied by any requisite captions and/or photographer/artist acknowledgements at the time of submission.
- Any contributions to Ultramag which do not comply with these contribution guidelines, but which are unique in nature and of intrinsic interest to the broad membership of AURA, may be considered for publication at the editor's discretion.
- Ultramag reserves the right to refuse to publish any contribution to Ultramag for reasons such as, but not necessarily limited to, lack of appropriateness, conflict of interest, space limitations, currency of information, repetitiveness (i.e., too similar to articles previously published), and/or relevance to the broad membership of AURA.

#### Contributions and enquiries:

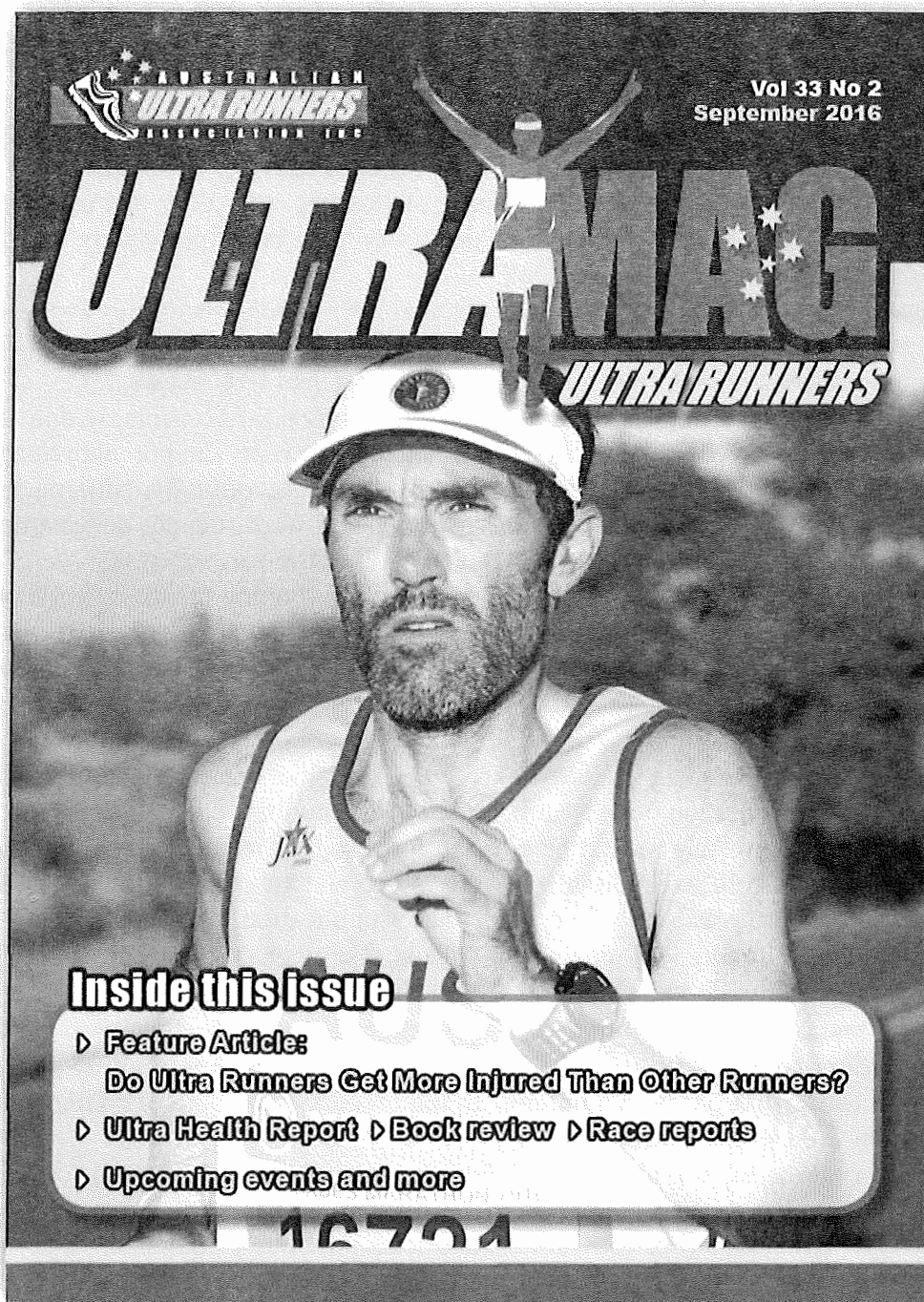
Elizabeth Bennett  
Editor, Ultramag  
ultramag@aura.asn.au



# Ultramag

The Quarterly Magazine of the Australian Ultra Runners'  
Association (AURA)

2017 Advertising Pack



## Enquiries and Advertising Bookings:

Elizabeth Bennett

Editor, Ultramag

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





# 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://aura.asn.au/2016-events-calendar/> & <http://aura.asn.au/2017-events-calendar/>

## DECEMBER 2016

### 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/>

### Saturday 31 December 2016 – Sunday 01 January 2017

Narrabeen All Nighter

12 hour

Narrabeen, NSW

Contact: Ron Schwebel 0415 669464

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

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

## JANUARY 2017

### Sunday 8 January 2017

Bogong to Hotham

64km trail

Victorian Alps, VIC

Contact: Brett Saxon

Email: [info@bogong2hotham.com.au](mailto:info@bogong2hotham.com.au)

Website: [bogong2hotham.com.au](http://bogong2hotham.com.au)

### Sunday 15 January 2017

Two Bays Trail Run

56km trail

Mornington Peninsula, VIC

Contact: Rohan Day 0420 380 955

Email: [info@twobaystrailrun.com](mailto:info@twobaystrailrun.com)

Website: [www.twobaystrailrun.com](http://www.twobaystrailrun.com)

### **Saturday 21 January 2017**

Australia Day Ultra

100km / 50km

Australind, WA

Contact: Ron McGlinn 0439 496 765

Email: ronin99@hotmail.com

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

### **FEBRUARY 2017**

#### **TBA February 2017**

Brimbank Park 50km

50km road

Keilor, VIC

Contact: Brett Saxon 0418 557 052

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

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

### **MARCH 2017**

#### **Sunday 5 March 2017**

Convicts & Wenches

50km trail

Northern Tasmania

Contact: Shelly Ostrouhoff 0458 338 804

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

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

#### **Sunday 5 March 2017**

Coburg 6 hour

6hr track

Coburg, VIC

Contact: Tim Erickson 0412 257 496

Email: [terick@melbpc.org.au](mailto:terick@melbpc.org.au)

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

#### **Friday 17 March to Sunday 19 March 2017**

Canberra 48hr race

48hr / 24hr / 12hr / 6hr

Canberra, ACT

Contact: Billy Pearce 0401 475 942

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

Website: <http://cbr.48hr.ktkc.com.au/>

#### **Saturday 18 March 2017**

Razorback Run

68km trail

Victorian Alps, VIC

Contact: Paul Ashton 0418 136 070

Email: [paul.ashton56@bigpond.com](mailto:paul.ashton56@bigpond.com)

Website: <http://www.runningwild.net.au/>

# Ultramag Contributions



Australian  
Ultra Runners'  
Association Inc

## 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.

### *Enquiries and Contributions:*

**Elizabeth Bennett**

*Editor - Ultramag*

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





# SPARTATHLON

