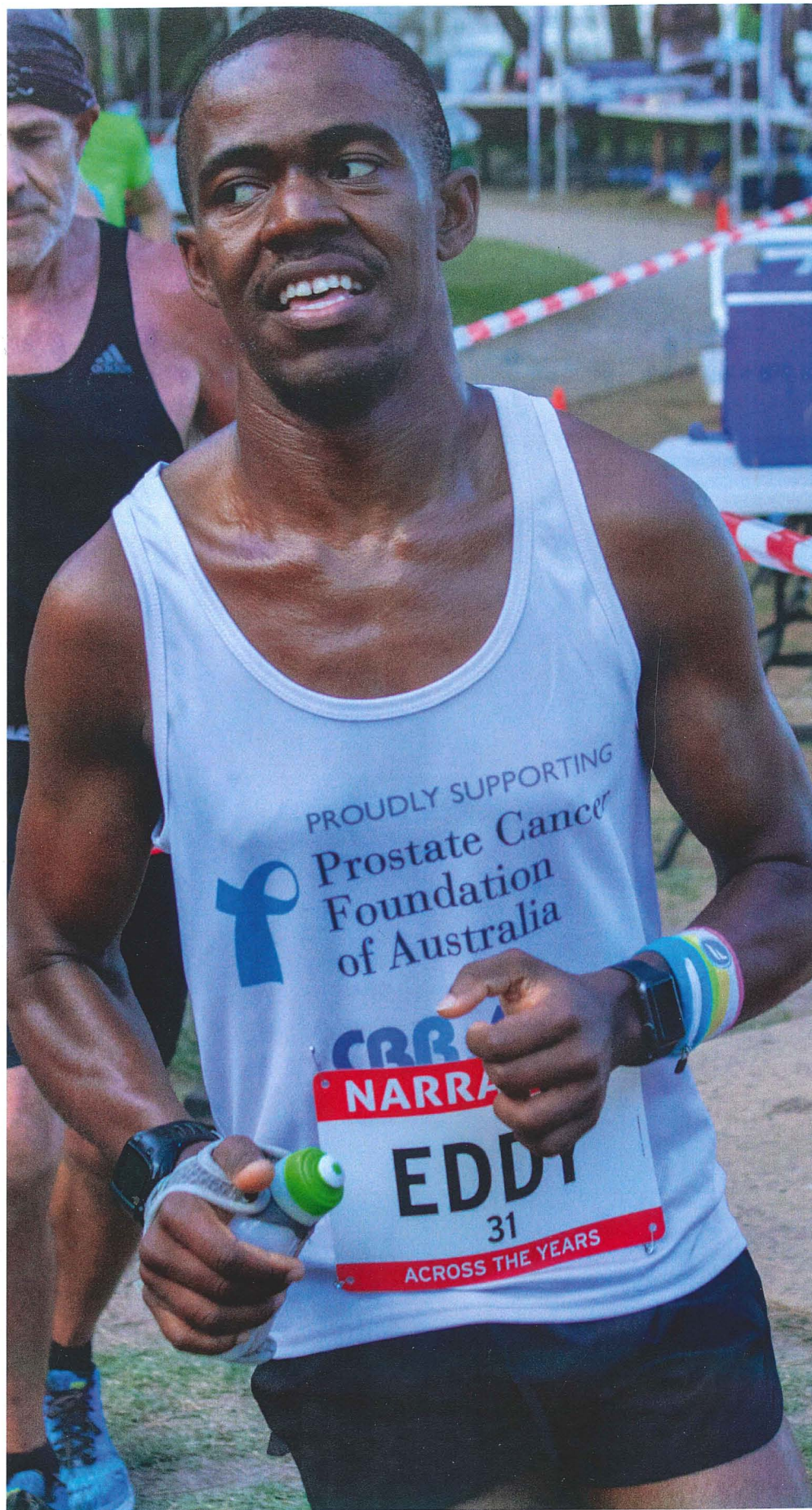


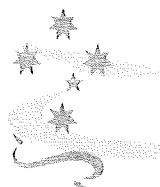
ULTRA MAG

ULTRA RUNNERS

Inside this issue

- ▷ **Feature Article:**
Are You Clinically Addicted to Running?
- ▷ **Ultra Health Report** ▷ **Book review** ▷ **Race reports**
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Ultramag

The Australian Ultra Runners' Association Quarterly Magazine March 2017

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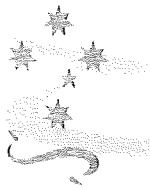
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Cover Photos

Front: Kirstin Bull, World 100km Champion. Photo courtesy of Simon Dugina

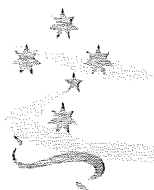
Inside Front: Eddy Oba - Narabeen All Nighter

Back: Mick Thwaites and Dan Lawson, joint winners of the Mt Gaoligong Ultra, China



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Editor's Introduction

March 2017

By Elizabeth Bennett

Editor, Ultramag

Welcome to the March 2017 edition of Ultramag – i.e., the first issue for 2017.

A lot has happened in the AURA world since the December 2016 edition of Ultramag. Aside from the many AURA labelled ultra running events that have taken place, there have also been some major organisational changes. The first of these was the adoption of a new AURA constitution in January and the second was the resignation of Robert Boyce as the president of AURA. These two changes are the most significant changes AURA has experienced for many years.

As most would know, Rob Donkersloot is currently acting president of AURA until the AGM in April. At the AGM a new committee will be elected and that will mark the beginning of a new chapter for AURA. I encourage everyone to take an active interest in both the AGM and the future of AURA from this point onwards.

Now to this issue of Ultramag. If there's a trend running

through this issue of Ultramag it has to do with "how much running is too much?" The feature article is about the clinical definition of exercise addiction and provides readers with an explanation of the two main psychological tools which are used to clinically diagnose exercise addiction along with a summary of the negative health impacts of exercise addiction. The health report is about the negative, and sometimes life threatening, impact of excessive exercise on the heart. However, it is important for readers to note that while exercise addiction may be correlated with negative health impacts on the heart, not being clinically addicted to running may also be correlated with negative heart health, hence the messages in these two articles

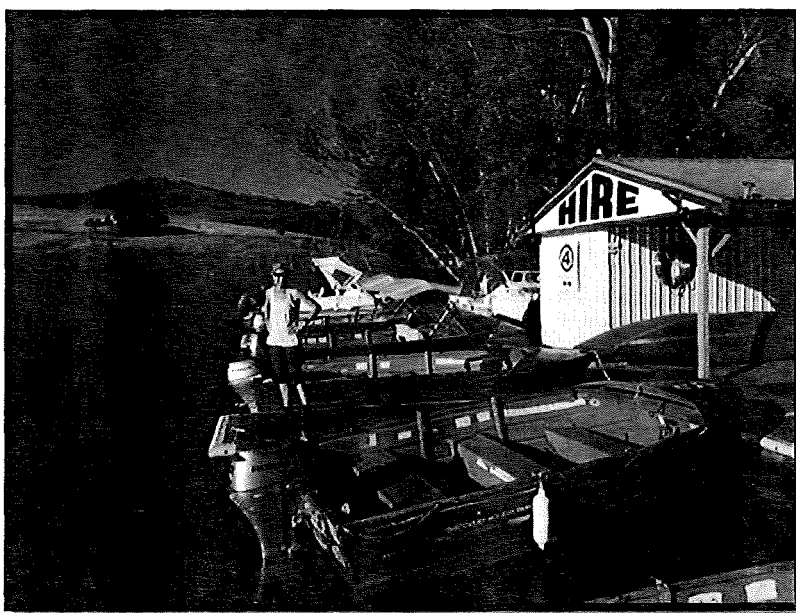
should be considered both separately as well as together.

Instead of a technology review, I've included a special interest report in this edition of Ultramag. It's about some recent research that has been done into the activity levels and sleep patterns of mice which have relevance to the disturbed sleep patterns that many long distance runners report having. It's fascinating ☺.

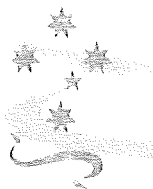
In terms of race coverage, there's an international race report by Mick Thwaites about his run in the Mt Gaoligong ultra marathon in China plus a bonus international report by Andy Turner about his experience running the amazing Amazon Jungle Marathon.

Finally, there's a guest interview with AURA's and Australia's World 100km Champion, Kirstin Bull, and various other regular features.

I hope you enjoy this March 2017 edition of Ultramag.



Sparkling morning running at Jindabyne post crewing at C2K



Feature Article

Are You Clinically Addicted To Running?

By Elizabeth Bennett

Editor, Ultramag

I think it's fair to say that many runners, particularly ultra runners, are often accused of being "addicted" to running just because they run frequently or long distances or both. However, there's a difference between doing something a lot and actually being addicted to it in the true sense of the word. So, what does it mean to be truly clinically addicted to running? And are you addicted or at risk of being addicted?

Studies have shown that some habitual exercisers rely on exercise (and at times more and more exercise) as a form of escape or as a means of coping with adversity. This has been shown to increase the risk of exercise becoming compulsive or obsessive (Allegre, Souville, Therme and Griffiths, 2006), and in turn, this has been shown to increase the risk of physical injury, irreversible health effects and mortality (Cumella, 2005).

Different terms have been used to describe unhealthy or ill patterned exercise habits such as exercise addiction, exercise dependence and exercise compulsion. Nowadays exercise dependence is reported to be the preferred term as it incorporates both dependence and compulsion, but some studies and literature still use these terms interchangeably.

To date, studies of exercise addiction prevalence have been done primarily on samples of regular exercisers rather than population samples.

In five studies of regular exercising university students it was reported that between 3.4% and 13.4% were at high risk of exercise addiction (Hausenblas and Downs, 2002). In another study of regularly exercising sports science and psychology students 3% were identified as being at risk of being addicted (Griffiths et al, 2005).

Studies of regular exercisers who are professionally associated with sport have been shown to have higher prevalence rates – e.g., Blaydon and Lindner (2002) found that 30.4% of triathletes could be diagnosed as exercise addicted, and Slay et al (1998) found that 26% of male runners (n=240) and 25% of female runners (n=84) were "obligatory exercisers". Interestingly however, one study of ultra marathoners (n=95) found that only 3.2% were at risk of being exercise addicted (Allegre et al, 2007).

Clearly, one problem with exercise addiction prevalence studies to date has been the differences in sample selection and sampling methods used. This has highlighted the need to standardise the definition of exercise addiction in line with the definition of other addictions.

Goodman's (1990) commonly accepted definition of addiction describes it as "*a behavioural process that can provide either pleasure or relief from internal discomfort (e.g., stress, anxiety) and is characterised by repeated failure to control the behaviour and maintenance of the behaviour despite major negative consequences*" (Goodman, 1990). Based on this definition, Griffiths (2005) developed a model for addictions which aligns exercise addiction with other addictions and which includes six core symptoms: (1) salience, (2) mood modification, (3) tolerance, (4) withdrawal, (5) conflict, and (6) relapse. These six components were then used as the theoretical foundation for the development of the Exercise Addiction Inventory (EAI) (Terry et al, 2004), which is one of two tools commonly used to assess exercise addiction.

The EAI consists of six statements (each related to one of the six components of addiction) that respondents rate on a 5 point Likert scale ranging from 1 (strongly agree) to 5 (strongly disagree).

The Exercise Addiction Inventory (EAI) Questionnaire

| | 1 strongly agree | 2 agree | 3 Neither agree or disagree | 4 disagree | 5 strongly disagree |
|---|------------------------|------------|-----------------------------------|---------------|------------------------|
| Exercise is the most important thing in my life. | | | | | |
| Conflicts have arisen between me and my family and/or my partner about the amount of exercise I do. | | | | | |
| I use exercise as a way of changing my mood. | | | | | |
| Over time I have increased the amount of exercise I do in a day. | | | | | |
| If I have to miss an exercise session I feel moody and irritable. | | | | | |
| If I cut down the amount of exercise I do, and then start again, I always end up exercising as often as I did before. | | | | | |

The other tool commonly used to assess exercise addiction is the Exercise Dependence Scale (EDS) which was developed by Hausenblas and Downs in 2002. It was based on the Diagnostic and Statistical Manual or Mental Disorder-IV criteria

for substance dependence (DSM IV – American Psychiatric Association, 2000). On the EDS, 21 items are rated on a six point frequency scale ranging from 1 (never) to 6 (always).

The Exercise Dependence Scale (EDS)

Using the scale provided below, please complete the following questions as honestly as possible. The questions refer to current exercise beliefs and behaviours that have occurred in the past 3 months. Please place your answer in the blank space provided after each statement.

Rating Scale

| | | | | | |
|-----------|---|---|---|---|---|
| 1 (never) | 2 | 3 | 4 | 5 | 6 |
|-----------|---|---|---|---|---|

Rating

| | | |
|-----|---|--|
| 1. | I exercise to avoid feeling irritable. | |
| 2. | I exercise despite recurring physical problems. | |
| 3. | I continually increase my exercise intensity to achieve the desired effects/benefits. | |
| 4. | I am unable to reduce how long I exercise. | |
| 5. | I would rather exercise than spend time with family/friends. | |
| 6. | I spend a lot of time exercising. | |
| 7. | I exercise longer than I intend. | |
| 8. | I exercise to avoid feeling anxious. | |
| 9. | I exercise when injured. | |
| 10. | I continually increase my exercise frequency to achieve the desired effects/benefits. | |
| 11. | I am unable to reduce how often I exercise. | |
| 12. | I think about exercise when I should be concentrating on school/work. | |
| 13. | I spend most of my free time exercising | |
| 14. | I exercise longer than I expect | |
| 15. | I exercise to avoid feeling tense | |
| 16. | I exercise despite persistent physical problems | |
| 17. | I continually increase my exercise duration to achieve the desired effects/benefits. | |
| 18. | I am unable to reduce how intense I exercise | |
| 19. | I choose to exercise so that I can get out of spending time with family/friends. | |
| 20. | A great deal of my time is spent exercising | |
| 21. | I exercise longer than I plan | |

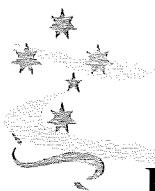
Monok et al (2012) recently evaluated the validity and reliability of both the EAI and EDS tools as means of assessing exercise addiction and found both tools to be adequate for assessing exercise addiction. Further, the study found that a score >24 on the EAI is indicative of being clinically at risk of exercise addiction, and the higher the score on the EDS the higher the risk of being clinically addicted to exercise.

So, are ultra runners generally, and/or you in particular, either addicted to running or at risk of being addicted? You may like to self administer these tools to get an indication of where you sit on the diagnostic scales.

For more information about the EAI and EDS, and/or for assistance in dealing with an exercise or running addiction contact the Australian Psychological Society for the contact details of a sports psychologist near you:
<https://www.psychology.org.au/FaP/>

Reference:

Reference: Monok K et al. Psychometric properties and concurrent validity of two exercise addiction measures: A population wide study. *Psychology of Sport and Exercise* 13 (2012)



Ultramag Health Report

Excessive Exercise Contributes To Poor Heart Health

By Elizabeth Bennett

Editor, Ultramag

It's well known that regular exercise is good for heart health. It is key to the prevention and treatment of conditions such as hypertension, coronary artery disease and diabetes. But how much exercise is too much? When does exercise start to have a negative, and sometimes life threatening, impact on heart health? Recent research has found that chronic endurance training can result in negative heart health effects such as myocardial fibrosis, atrial fibrillation, ventricular arrhythmias and coronary atherosclerosis.

There's plenty of research to show that there is an optimum amount of exercise in terms of reaping the most health benefits and reduced mortality, but that beyond a certain amount of exercise those benefits start to diminish. For example, Wen et al (2011) found that more than 100 minutes per day of moderate activity, or 50-60 minutes per day of vigorous activity, conferred no additional benefits than lower volume activity. The Copenhagen City Heart Study (2013) similarly showed that jogging for 1-2.4 hours per week was associated with the lowest mortality, and that the optimum amount of jogging was 2-3 times per week at a slow or average pace. The Aerobics Center Longitudinal Study (2014) substantiated this further again by showing that the mortality benefit of running started to decline with >176 minutes of running per week.

At an individual level it is unclear at precisely what point the health benefits of more exercise start to diminish. Further, it is also unclear at what point this diminishment may morph into disadvantageous health or negative health impacts. However, there is a growing body of data which suggests that functional impairment of the right ventricle (RV), RV arrhythmias, left atrial dilation, atrial fibrillation (AF) and atrial flutter, and coronary artery calcification have all been seen in long term endurance athletes.

Myocardial Fibrosis

Extreme exercise has been associated with acute myocardial damage and possibly small areas of myocardial fibrosis secondary to episodic volume and pressure overload in the right ventricle (La Gerche et al, 2012). La Gerche et al (2012) observed 40 asymptomatic athletes who participated in a marathon, endurance triathlon, alpine cycling event or ultra triathlon and found that all had detectable cardiac troponin elevations post race which correlated with depressed RV function. While these measures later returned to baseline, the long term effect of such endurance exercise, and/or the effect of repeat bouts of endurance exercise, remain unclear but of concern.

Ventricular Arrhythmias

Studies have shown that long term high level exercise may also be associated with an increased risk of cardiac arrhythmias. Heidbuchel et al (2003) studied 46 endurance athletes with ventricular arrhythmias. Eighteen developed a major arrhythmic event and sudden death occurred in nine of these cases. All except one of these deaths occurred during light or moderate physical activity sessions. This study demonstrated that endurance exercise may be related to the development of arrhythmias and that this development may progress to negatively affect heart health and/or become life limiting.

Arrhythmogenic Right Ventricular **Cardiomyopathy**

Ector et al (2007) compared endurance athletes and non-athletes without ventricular arrhythmias to 22 endurance athletes with RV arrhythmias to determine if these arrhythmias were associated with RV abnormalities. The athletes with ventricular arrhythmias had significantly lower right ventricle ejection fraction (RVEF) compared to the control groups suggesting that their ventricular arrhythmias probably originated from a mildly dysfunctional RV. These findings, along with La Gerche et al's (2012) show that some endurance athletes either have some form of underlying arrhythmogenic right ventricular cardiomyopathy (ARVC), which is revealed by right ventricular loading conditions during intense endurance exercise, or they develop RV abnormalities from the endurance exercise itself. A study of 82 ARVC patients (Sawant et al, 2014) showed that 43 of those patients had gene-elusive – i.e., non familial ARVC - suggesting that the latter may be more likely than the former.

Atrial Fibrillation

Studies have shown that there is a high prevalence of atrial fibrillation in long term endurance athletes (Fragakis et al, 2014) and most of these have no identifiable cause (Elosua et al, 2006). The mechanisms for the development of AF in endurance athletes appear to be multifactorial. Volume overload, stretching of the thin-walled atria, and myocardial damage may all contribute to atrial remodelling and the development of fibrosis

over time (Wilhelm, 2013; Guasch et al, 2013). Other contributing factors may include increased atrial ectopic beats, shifts in electrolytes, increased vagal tone and bradycardia, and inflammatory changes (Fragakis et al, 2013; Gausch et al, 2013).

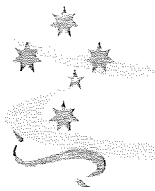
Atherosclerosis

Some studies have shown endurance athletes to have similar levels of coronary artery calcification to control subjects. In a study by Mohlenkamp et al (2008) 36% of male marathon runners had coronary artery calcium scores of 100 or higher. A study by Schwarz et al (2014) found similarly. One explanation for this may be that running causes metabolic and mechanical stress which contributes to coronary artery atherosclerosis (Schwartz, 2014). Another factor may be the age of endurance athletes and any pre-existing arterial calcification they may have (Mohlenkamp et al, 2008), and/or the belief that some endurance athletes have that their high level of exercise negates the effects of a poor diet (Schwartz et al, 2014; Mohlenkamp et al, 2008).

While the point at which over exercising may start to have negative heart health impacts remains unclear, as do some of the mechanisms for why that is the case, there is increasing evidence that long term endurance exercise is associated with a range of negative heart health effects, and that some of these may be serious and potentially life limiting. Consequently, it is highly recommended that endurance athletes continue to have their heart health monitored by a cardiologist.

Reference:

Lee A, Morrison B, Isserow S, Heilbron B and Krahn A. *The impact of excessive endurance exercise on the heart. BC Medical Journal (BCMj), Vol. 58, No.4, May 2016.*



Special Interest Report

Why Running Could Keep You Awake At Night

By Elizabeth Bennett

Editor, Ultramag

Editor's Note: This article originally appeared in *The Conversation* (November 2016). *Ultramag gratefully acknowledges The Conversation and Chief Researcher, Associate Professor of Neuroscience, Vladyslav Vyazovskiy (University of Oxford), in the re-printing of this article.*

*Elizabeth Bennett
Editor, Ultramag*

You've probably heard people say they enjoy running because it lets them switch off. Perhaps you feel that way yourself. Well recent research in mice suggests there may actually be a scientific basis for this, because brain activity really does decrease when you're performing a simple, repetitive action. What's more, while running may tire your body out, such exercise might actually reduce your brain's need for sleep.

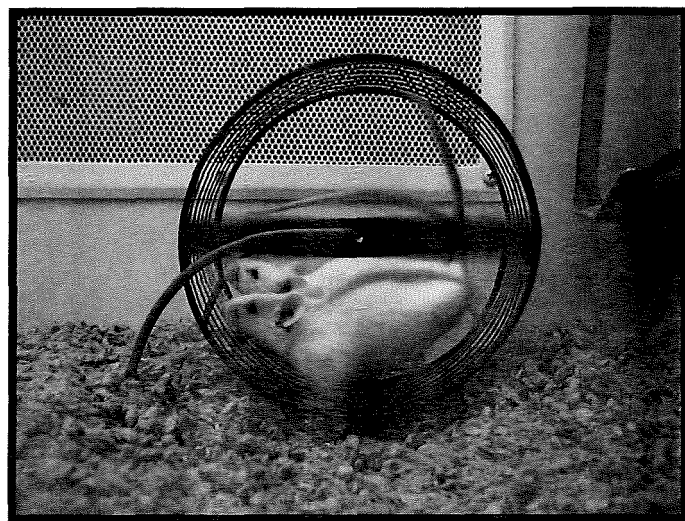
Being awake and being asleep aren't two mutually exclusive, uniform states. At times you can be more deeply asleep or more wide awake than others, and the boundary between the two can be blurred. Your normal behaviour, such as the ability to react quickly to unexpected events, deteriorates as you stay awake beyond your regular bedtime. We don't know exactly why this is but it may be that parts of your brain go to sleep even when you're technically awake. But with the right motivation, we can also force ourselves to stay awake and even restore our performance temporarily.

How long we need to sleep or can stay awake for depends to some extent on our genes, but evidence suggests they are also affected by what activities we do while we're awake. Surprisingly, we still don't know what is it about being awake that puts pressure on our bodies to sleep, but scientists often refer to it as "Process S". Like an hourglass, the levels of Process S indicate how long we've been awake or asleep and how likely we are to fall asleep or wake up at any given moment.

Recent evidence suggests that sleep is initiated not by the brain as a whole but by local networks of neurons that were used more while awake. My colleagues and I wondered if parts of the brain responsible for certain behaviours had more of an

effect on our ability to stay awake than others. To test this theory, we made use of a well-known tendency for mice to run spontaneously on a wheel, sometimes covering many kilometres every night. When mice run like this, they spend considerably more time awake, as if their need to sleep were accumulating at a slower rate, or if something were overriding it. To shed light on this mysterious process, we investigated exactly what happens in the brain of spontaneously running mice.

In our study, we recorded the electrical activity of individual nerve cells in each mouse's neocortex – the outer layer of the brain – as they ran on a wheel. Typically, when a mouse (or a human) is awake and active, neurons fire at a high rate. This is because the brain has to monitor the surroundings, coordinate movements, and take decisions instantaneously. This constant brain activity requires a lot of energy – an estimated 20% of all energy used by the body.



Surprisingly, we found that when the mice ran at high speed, some of their neurons stopped firing altogether. And the overall brain activity in the motor and sensory areas of the neocortex decreased on average by at least 30%. Paradoxically, this suggests that, overall, active physical behaviour and intense movement do not necessarily require a more active brain.

We also noticed that when the animals engaged in lots of different behaviour, their neurons would spike in a variety of different ways, from slow to fast discharge. But during the monotonous process of running, the neural spikes became much more consistent. This suggests that running is associated not only with less activity overall but also with an emergence of a more stable, uniform brain state.

Our next question was whether this would make a difference to overall brain activity during the course of extended waking periods. Previous studies suggested that the longer you stay awake, the more excitable your brain becomes (the more likely your neurons are to fire). We found that our mice's neurons on average produced more spikes before they went to sleep than in the period soon after waking up, a few hours earlier. But if the mice spent a lot of time running, this increase in spiking didn't happen. This suggests that if the neurons are not used then they don't become more excitable.

Based on these observations, we concluded that if a mouse's day was dominated by tasks requiring repetitive or rhythmic movements (such as running), its brain would be in a fundamentally different state to normal. This state may even allow the brain to rest without entering deep sleep and provide some of the same benefits. Recent

evidence consistently suggests that short periods of exercise may be beneficial for cognitive functions in a similar way to sleep.

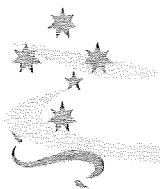
Other examples from nature support this idea. For example, birds sleep far less when they're flying non-stop for many days or migrating. There is even some evidence of a similar effect in humans, such as a link between meditation and a reduced need for sleep. We don't know for sure why this happens but it may be that meditation is associated with a brain state where time effectively runs slower. And it could be the same for the mice on the wheel.

There are still many questions to be answered about why we need to sleep and how it affects our brains. But what is becoming increasingly clear is that we cannot understand the mystery of sleep without understanding what happens when we're awake.

Reference:

<http://www.nature.com/articles/ncomms13138>

<https://theconversation.com/why-running-could-keep-you-awake-at-night-69320>



Guest Interview

Kirstin Bull

By Elizabeth Bennett, Editor, Ultramag



Photo courtesy of Peter Kotaridis

EB: Firstly, Kirstin, thank you for being interviewed by Ultramag and congratulations on your World Championship 100km win in Spain, running 7.34.25 to beat your own Australian record by five minutes. AURA members have access to the interview Brendan Davies did with you just after your win via the AURA Facebook Group, and so I'm going to concentrate on how things have been for you since Spain, and your future running plans, rather than go over your World 100km race again. So, has it sunk in yet that you have a World Championship title? And what thoughts and/or feelings do you have about that?

KB: Hi Elizabeth and Ultramag readers. Thank you very much for the congratulations and the opportunity to chat to you. You ask, "has the title of 100km world champion sunk in?" I would say, some days yes, some days no. It is becoming more of a reality over time as friends (who I may not have seen since the race) congratulate me and ask me about the race, which is lovely. However, most days it still feels surreal as it was so unexpected. I say this as I never went to Spain thinking I had a chance to realistically make the podium. I knew I was fit going into the race, but I also knew that many other runners from around the world were going in just as fit or even fitter.

You ask about my thoughts and feelings about my world championship title. Well firstly I'm so proud to have had an amazing race and bring back the gold medal for Australia. I feel a sense of Aussie pride to share that moment with my teammates, my

coach, close friends and everyone back home. I also feel a sense of achievement that all my hard training and commitment to the sport paid off. It is one thing to be passionate, yet another to throw myself wholeheartedly into the training to ultimately see I could achieve.

EB: How have you recovered from the 100km World Championships and what kind of down time or training have you been doing since then?

KB: I have recovered really well from the championships and I've enjoyed the down time with friends and family. Looking back now, the days following the race were pretty funny. In typical post race style, I walked around like an old woman, unable to walk downhill or down stairs properly due to my quads not being willing to play the game. This was no doubt amusing for travellers and my friend, Ben, as we flew to Portugal the day after the race and explored the very hilly city of Lisbon. Wearing shoes was also difficult as my toenails had copped a real rough card during the race. I had blisters under at least five toenails, which later all fell off. Some toenails still haven't grown back! Luckily I have a good supply of nail polish.

Not surprisingly, on my return to Melbourne and work, I got sick. It was a typical post race cold and I was knocked off my feet for a week. As much as anyone hates being sick, I was very grateful it was post race, as it could have happened many times during my training and lead into the race.

Interestingly, once I was well again, I still didn't really feel like running much at all. So I didn't. I'm happy that over the years I've gotten much better at recognising the signs of fatigue and the importance of recovery. Not wanting to run is how I know my body still needs some down time.

I have since been back in the gym for strength work, a few yoga classes and now back to some lighter running.

EB: What is your next goal race and when does your training schedule for that kick in?

KB: I'm yet to plan my next goal race. Spending time enjoying running without the pressure of an upcoming race is important for my mind and body. It's nice to run "just because". In saying that, the Victorian cross country season is fast approaching. I plan to work on my speed, mental strength and racing tactics this year. I'm a firm believer that regular racing shorter distances on varied terrain has made me physically and mentally strong for my ultra running to date.

EB: How do you go about deciding which races you want to do – i.e., do you have favourites and/or a bucket list or are national and international representation opportunities now the driving force behind that decision making?

KB: Planning my racing year is always a tough one as there are so many amazing races to choose from. In years gone by I'd choose races based on location, course type, bucket list, my favourites and club events. However, thanks to previous injuries and more importantly great advice from my coach, Tim, I have learnt that it's important for me not to race too many long events if I want to get 100% out of myself. I'm happy with this as I actually love the training more than the racing.

In regards to national and international representation, I guess this is something that doesn't come about often. The decision in 2015 to step up to the 100km distance was really a choice I made to see where my endurance was in relation to other women around Australia. Taking on this challenge was one of the best decisions Tim and I made. Sometimes you surprise yourself and don't really know your own limitations until you put yourself out there.

EB: Where do you want to go with your running in the future?

KB: This is something I've been asked a lot since returning home. I was lucky enough to be invited to run at Comrades this year, the day after my win in Spain. Entries were closing that week so I took a rain check. I'm sure to find myself on the start line in South Africa in the near future. For now, I really want to spend time working on my speed and shorter distances in preparation to run a faster marathon before I get too old. I also see myself aiming for another 100km World Championship. I

believe I still have the potential to run faster and break 7:30:00. Such a typical runner, always chasing a PB!

EB: While I'm sure your training changes depending on where you are at in a race preparation or post race recovery cycle, are there particular key sessions which form a part of your training most of the time? My friend and great Australian ultra runner, Jackie Fairweather, used to refer to such sessions as "bread and butter" sessions – i.e., they were absolute mainstays.

KB: There are three key sessions that never change for me, whether I'm training for a marathon or a 100km race. The first key session is the quality session. These sessions are the "vomit, I can't breathe, my legs are dead" type sessions that make me physically and mentally stronger and faster. The next key session is the long run, which is obvious to most. I align the distances according to the race in which I'm training for, always ensuring the pace is relaxed and easy. The third "bread and butter" session for me is the mid week long run. I purposely schedule this run very early after a quality session the night before. This way I have less than twelve hours recovery and run on fatigued legs and less than usual sleep. I find the combination of all three of these sessions works perfectly for me and I recommend them for all ultra runners.

EB: Apart from running, what other kinds of training and/or self care sessions do you do – e.g., core sessions, swimming, yoga etc?

KB: When not out running, I'm in the gym. I was fortunate to find myself a very experienced strength and conditioning coach, Leigh, close to home. We train together once a week and then I undertake my own sessions two or three other times a week. Whilst in the gym, I mix it up according to how I'm feeling. It can be anything from a strength session to plyometrics or a stretching session.

In terms of self care, I try to get a massage weekly, especially when I'm running big kilometres. I find this extremely important in staying injury free and to be able to run consecutive days. Living close to the beach I also make sure I have a post long run or quality session leg soak or a cold bath at home (both of these were so fun in winter!). It's amazing how beneficial the cold water is for my legs.

EB: While Ultramag is about ultra marathon running and most readers are primarily interested in the running lives of the elite ultra runners I interview, readers are also interested in what else balances out an elite ultra runner's life. So, what or who else do you have in your life which provides that equilibrium – e.g., pets, hobbies, family, work, volunteering etc?

KB: Life when not running is extremely important to me and so are the people and fluffy pets in it. I'm extremely lucky to have a beautiful fiancé, a loving and supportive family, amazing friends, a top running coach and my fantastic running family, the Crosbie Crew, who all keep me in check.

On a professional level, I am a nurse, currently working as a cardiac educator in a Melbourne hospital. My role is to teach and support the nursing staff on the heart ward. This role keeps me very busy, engaged and in touch with reality. I love to mentor and support the nurses in their learning, whilst still having contact with patients. My prior ten years of nursing were spent in a busy Emergency Department, where I saw the best and worst of people. I believe my experiences within this role have influenced me in my outlook on life. In particular, I have had to deal with the unfairness of death, supporting families and caring for dying people. This has made me really appreciate life and the little things that we can often otherwise take for granted.

EB: I read with interest that you are a “counter” – i.e., that you often count while running. I was actually delighted to hear that as I've always been a counter too and yet so many other runners think that it's unusual and would rather listen to music etc. What do you count – i.e., just numbers sequentially or do you count blocks of kilometres up or down or? And do you count from the start of an event or is it a strategy for dealing with fatigue or flat/tough patches etc?

KB: I love that you are a counter too! There aren't many of us :). Counting is something that I have defaulted to without even realising it. I find myself counting numbers sequentially up to 100 and then repeating; always keeping track of how many 100s I've counted. This technique is something that just came about, was never planned and only occurs late in races. I revert to this technique when I am fatigued and my mind is trying very hard to

convince me to stop/slow down/pull out of a race. In some races I have already started counting before I am consciously aware of it. I know this sounds strange, but the mind is a wonderful thing. I do recall in the World Champs last year, high fiving myself in my head around the 70km mark as I realised I hadn't started to count yet. Ten kilometres later it was a different story!

EB: And now some trivia, what's your favourite post race food?

KB: For a 100km race it's hot, salty chips. For a marathon it's a bowl of the best muesli with berries, yoghurt and nuts. Such a contrast! Sadly there were no hot chips at the finish line in Spain! I'll never forget how happy I was to see Brendan with a massive tray of hot chips for all of our team in Holland in 2015.

EB: Are you a devotee or follower of other sport(s) – e.g., AFL, NFL etc?

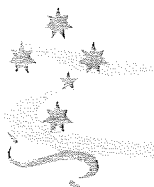
KB: AFL all the way! Although my fiancé is a Queenslander, so she is trying to educate me about NRL and rugby. I follow the Sydney Swans, thanks to my mum who followed South Melbourne as a child. Ironically, as an adult I now run for the South Melbourne Athletics club and we wear the red and white.

EB: And can you tell Ultramag something about yourself that may surprise readers?

KB: Hmmmm, running wise, I started as a recreational runner, only ever wanting to run one marathon! Fun fact wise....I wake up between 2-3am most mornings hungry and find that I can't go back to sleep until I eat. Weetbix is my food of choice. And yes, I eat immediately before bed, so I shouldn't be hungry!

EB: Thanks again Kirstin and all the best for your ultra marathon running during 2017.

KB: Thanks very much Elizabeth. It's been a pleasure. I love reading this magazine and I hope others are inspired to take up the 100km challenge. You never know what you can do until you throw yourself in the deep end.



International Race Report

Mt. Gaoligong Ultra, Tengchong, China,

18 November 2016

By Mick Thwaites

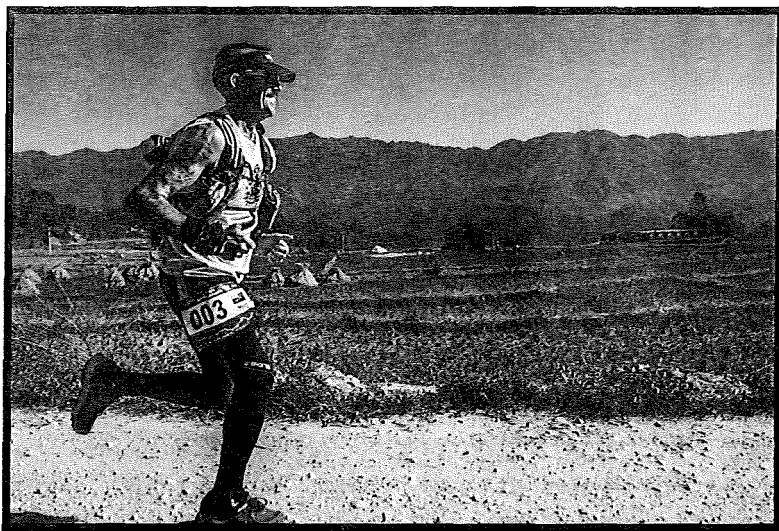
Having never been to China before, when the opportunity arose to travel and take part in this inaugural ultra, I grabbed it with both hands.

The Mt Gaoligong Ultra was held in the Yunnan Province of China. It started in Tengchong, which is not only a gateway to the Gaoligong Mountains (bordering on Myanmar (Burma)), but a place also steeped in history. It is a key location for the jade industry and held a very important place on the Silk Road connecting China through Asia and into Europe. It also has World War II historical significance as it was in Tengchong that the US helped stave off attacks from the Japanese and save the area.

I first heard about the Mt. Gaoligong Ultra when attending the race check in at Badwater last year. The Chinese sporting company responsible for the event had a representative at Badwater observing how it was being organised. He'd also been to Hardrock 100 for the same reason. The company had also commandeered the services of Chris Kostman to further assist in the launching and managing of the Mt Gaoling Ultra. Chris is the

man behind the growth of the Badwater brand and events that are known to many around the world. So, when I received my first of many emails from the race committee I knew that this would be a very well organised and special event.

After a couple of flights and 18 hours of travel I arrived at Tengchong Airport with a posse of international runners. We were greeted with a traditional



welcome and travelled by bus to the hotel. The hospitality and organisation was already top notch and I thought it would be hard to maintain. After a buffet dinner, where I got to meet some new characters and get re-acquainted with a few of the "Badwater family" who had also made the trip, it was time to get some much needed sleep.

Due to the late official announcement of the race, and the remoteness from China's major

cities, the race had a starting list of 53 runners. I would say that half of them were international runners with pedigrees. One of the American ladies, Andrea, had just completed the famous Grand Slam of 100 milers in the US. Hats off!!

The big talk around the tables was how long did we think it would take and who was favourite. I had no preconception. It was a big unknown. All I could do was try and compare it in some way to a UTMB time. The course had close to 8800m of vertical elevation and the same in descent. It was also a tad longer than 100 miles – i.e., 168km/104miles. My thoughts were that around 24 hours would be a great race time and I was going to aim for just under that. The rest would just take care of itself.

The start line was like a movie set combined with a gladiator presentation. I didn't know it at the time but the next 21 hours 16 minutes were going to be one of the most fulfilling journeys of my life.

As we took off through the streets of Tengchong behind a police escort and the sound of drones buzzing above, I could not stop smiling and lapping up the

experience heading through the streets and into the mountains.

There were 14 checkpoints for the race which were quite evenly spaced. With close to 600 volunteers and staff supporting the race, it was no surprise that we achieved great attention at each aid station. Even with a distinct language barrier, we were given the highest service you could imagine. The aid stations were a sight to behold, each one having its own theme and story to tell. Sometimes it was hard not to get caught up in the emotion of it all and stay for a while to sit and chat with the locals.

Out on the course, the locals were out in force as we ran through villages, farms and along windy tracks. Throughout the night there were little pockets of supporters who had fires going by the side of the course, sometimes in the most obscure locations.

The course had everything a race could throw at you: gravel and cobblestoned roads, open meadows, technical climbs and descents on single track slippery with mud and tree roots, stream crossings, rocky stair climbs, wooden swing bridges, paved road and endless running in beautiful forest canopies. Some of the climbs and descents were relentless. There was hardly a switchback on the course and so it was either straight up or straight down! While I was running along in the night with Dan Lawson from England towards the end of the race, we looked up at one of the climbs in confusion. Looking towards the sky we couldn't work out if it was the stars we were seeing or one of the 15,000

reflective markers that had been put out to mark the course. Ten minutes later as we sat slumped on a rock trying to catch our breath we found out that it was a reflective marker!

After battling through the night and having an absolute blast on the course (I could not keep the smile off my face), we hit the ancient town of Heshun. It was here with about 2km to go that Dan and I spoke first about crossing the line together. With so much mutual respect and the fact that we had been pushing each other for the previous three hours, we agreed that we would finish together. As was the case at Badwater, we were on a journey and that was what mattered most. We had smashed our predicted times by a massive margin and were blessed to have been able to run a good time on this course. We were also pushed the whole way by another great guy from England, Nathan Montague, who is a very talented multi day runner and who probably has the biggest calf muscles in the world!

The finish line was the icing on the cake. As we neared the finish line we could see the bright lights on the bridge where the gate was. We could hear the race announcer calling out to the crowd that the runners were coming. I had chills running down my spine. About 200 metres from the line a race staff member handed Dan and I the flags of our countries. Such attention to detail! We ran over the bridge and underneath the gateway to a finish that you could only dream about.

The fanfare and celebration was not only reserved for the first few

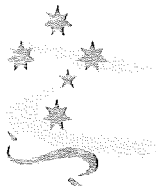
that crossed the line, but for every single runner. Each runner was given their nation's flag for the finish chute. The biggest cheer of the day was when the American, Bob Becker, crossed the finish line. At 71 years young and such an inspiration in American ultra running, Bob had a unique story that aligned with this race. His father, 73 years ago, was part of the American bombers called the "Flying Tigers". They were based just an hour's flight away in Kunming. Bob's father survived numerous combat missions flying deep over the Gaoligong Mountains, disrupting the Japanese supply route. The whole town and race embraced his story and rode with Bob on his journey. It was magnificent to be a small part of it.

The motto of the race was "Be Your Own Champion" and the race aim was: *"Not to win or compete with others. The special 100-mile cross-country trip around Mt Gaoligong provides an opportunity to challenge and find yourself. Through feeling the nature, discovering the history, exploring what's inside of you here, you will find new possibilities and be your own champion"*

There was a quote after the race from a great guy who probably had the coolest name in the race, Jimmy Dean Freeman. He said not long after finishing, *"You either have a great race or a great story, rarely do you have both"*. How correct that is. I am eternally thankful to have had both at this event. It will stay in my happy thoughts forever.

Note:

To ensure transparency, I disclose that I was invited by the race organiser to run in this event with travel and entry provided. This in no way reflects my experience of the event or the content of this report.



Special Race Report

Amazon Jungle Ultra 17 November 2017 By Andy Turner

The Amazon Jungle Ultra has been on my bucket list for some years now. It's generally accepted as one of the toughest races of its kind in the world. I was supposed to race it in 2015 but wasn't able to achieve the necessary medical clearances so 2016 it was.

I was always going to be behind the eight ball with this race. Things like the 72.5 hour transit to the start line (5 flights, 2 cars and a boat), the swimming components and the brutal climate were all against me. But I also had a number of positive things in my favour. I had put in a lot of solid backpack training (12.5kg starting weight) and was lucky enough to spend a week running in the harsh conditions of the Indian desert in the lead up. The adventure racing I had done over the past few years had also helped me to become resourceful in almost any situation and my foot care methods were spot on. I went into the race completely fearless of the "everything is out to kill you in the Amazon" theory. In fact, I was actively looking for danger - totally out of character I know.

Day 1 - 22.77km - a short sharp shock to the system. This stage gave me a taste of everything the jungle can throw at you - i.e., water crossings, swamps, elevation and jungle trails. I led for most of the morning, crossed the finish line second, two

minutes behind Joalso, a local Brazilian running machine.

Day 2 -23.98km - this stage started with a deep river crossing. I led for most of the morning (bar being last out of the water), crossed the finish second again, with the lead runner managing another 2 minutes ahead of me.

Day 3 -37.87km - this stage started with another deep water crossing, then some killer climbs. I kept up with the front runner for most of the morning but was totally cooked entering the final check point. I decided to stay there for 15 minutes. Once I cooled off I put some music on and dug deep to catch the lead runner and cross the finish line in equal first position.

Day 4 - 42km - this must be the toughest marathon on the planet. There are deep jungle climbs and descents, a 1km river descent followed by 1km in the swamps. I ran with the front runners before making a break and winning 26 minutes ahead, giving me a 22 minute outright lead.

Day 5 - 108.22km - I started this stage knowing that all I needed to do was not let anyone pass me. I was stung by at least 20 wasps before checkpoint 3 which meant that I was in agony for hours, and my mouth went numb and lips puffed up. I ran with the lead runner to checkpoint five (57km) where he stayed and I pushed on

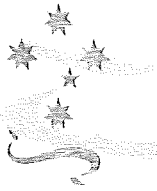
solo for 15km to get to checkpoint six (72km) where I knew there was water to cool off in. I waited there for Joalso to catch up and we finished the day together. There was no point pushing to extend the lead at the risk of getting lost in the dark swamps.

Day 6 - 24.5km - this stage was sand, sand, more sand and plenty of sun. I had the race in the bag at this point but I rolled up to the start prepared for a battle. We all started off strong but Joalso slowed and so I decided to push on as the sun and beach running was getting to me. I extended the lead by another 10 minutes to win the 2016 Amazon Jungle Ultra (259.54km) unsupported.

I absolutely redlined for the first four days to keep up with the front runners. Every day I finished I worried about how I was going to muster the energy to put my pack on the next morning.

I am very proud to be the first Australian in the history of the race to take home the winner's trophy. As the winner I have also been offered a spot in the 2017 event but the wounds (physical and mental) are still too fresh for me to think about that prospect right now.

I would like to thank all those involved. If it wasn't for all of you this race wouldn't be the formidable beast it is.



Race Reports

Blackall 100

22 November 2016

By David Von Senden

From a body management and mental perspective, the Blackall 100 was the hardest run I completed in 2016. It was my second attempt at the course after a DNF at 60km in 2015 because of injury.

The 2016 course was different to 2015 because of fires in the area. The Gheerulla Falls loop was removed and an additional Kureelpa Falls loop was included.

It was a mild morning and I was feeling good at the start and thought that a top ten finish should be achievable. Then we were off towards Kondalilla Falls, a 22km loop with some great views and scenery to start the day. However, things started to go wrong for me about 5km into the race when stomach cramps set in and I was wondering where the first amenities were. The beer and pepperoni pizza dinner the previous night with my Cairns counterparts didn't seem like such a great idea anymore. A brief stop at the Kondalilla car park was very welcome.

The Kondalilla Falls is a terrific area with a mix of terrain and plenty of ascent and descent, and of course the troll guarding the single lane suspension bridge. I completed the 1st leg in 2.18 so I felt I was running okay at this stage.

At approximately 35km things started to fall apart. I felt exhausted and my legs didn't

want to play. This continued for a few kilometres and I was reduced to jogging and walking. I even messaged my woes and weaknesses to a friend, something I have never previously done. Maybe I was looking for support - at least it provided some distraction. At approximately 47km I decided to try and pick up the pace again and chose a small decline to start. Things had improved but it was still tough going. A little bit further on I reached for my water bottle and my heart sank. In my poor state I had neglected to tighten the carrier toggle and my only bottle had bounced out of the rear pocket. It was my only nutrition/hydration and with more than 6km to the next checkpoint I had to retrieve it. So, I started to backtrack, asking other competitors if they had seen it. To my delight one woman said she had about 300m down the track. I was so relieved until she turned and added, "I'm not good with distances", and she was right. However, I found my bottle approximately 750m later - just what I needed, an extra 1.5km. I entered checkpoint 5 weary and dejected, and was seriously considering withdrawing. Thank God for volunteers! A quick cheery chat, a tailwind top up and I reluctantly continued. With only 54km down, I still had a long way to go.

Things didn't improve on the way to the next checkpoint and

I felt exhausted on arrival. I spent 15 minutes trying to get myself together, the longest I have ever stayed at a checkpoint. However I pressed on. But by the time I had made the small distance to the downhill section, my body was complaining again. This time it was an abdomen pain I had never experienced before and it was severe - each over-stride or mis-step on the decline resulted in an involuntary grunt of pain. I longed for some uphill that I hoped would provide some relief and decided that if the pain persisted I would withdraw at the next checkpoint. However, with some uphill in the remaining few kilometres to the next checkpoint the pain subsided and I felt marginally better. So after a brief stop at the checkpoint I headed out for the second and final lap of Cooloolabin Dam.

Unfortunately, after only a short distance my body objected again. This time it was leg cramps and I was soon hobbling about trying to work them out. Approximately 20 minutes later I was able to press on at a steadier pace. My thoughts now were with my decision to place my headlamp and safety vest drop bag at checkpoint 4. I had hoped to finish the race in daylight but now I was in danger of being withdrawn if I couldn't make it back to checkpoint 4 before dark - not a comforting thought.

With dusk pending, I made it back to checkpoint 4 with minimal time to spare and, with headlamp and vest donned, I headed off on the final leg of the race - a very pleasing thought indeed.

By the time I reached the single trail of the national parks it was dark and raining slightly. I was

moving slowly and cautiously to avoid mishap. However I decided, somewhat foolishly, to pick up the pace and *bang* I was flat on my face vaguely looking at the glare of someone's light a metre or so away. Then I realised it was mine. I decided plan A was the best option and after what seemed like an eternity, I eventually emerged

from the single trail and was on the footpath for the final few kilometres to the finish.

It had been a hard day at the office with the day's struggle not truly reflected in the surprising result of 107km (according to my Garmin) in 13:04:59 and 15th position.

Heysen 105

22 October 2016

By Jane Luke

Following a delayed start, roughly half of the 105km runners and all of the 57km runners set off around 7.15am.

At the start I saw Bronwyn who finished 3rd ahead of me last year, Kazu who finished 2nd at Yurrebilla last year, and Hoa, who is in awesome form. I had had thoughts of maybe going one better than last year and getting a podium finish, but after seeing those three I quickly put it out of my mind!

It was raining but that wasn't so bad once we got moving. Very early on there was an absolutely stunning full rainbow against a grey sky. I was so tempted to take a photo but I didn't want to waste a nice downhill runnable section. The presence of the rainbow was very appropriate though, given that the Pride March was taking place on the same day.

Early on I ran with Marc and an interstate runner, George, who I'd heard plenty about but had never met. Marc told me his reason for running was to try to better his UTA100 time from this year. I

didn't quite get a "why?" answer out of George but I think it was along the lines of "*because it's there*".

The first section was a relatively easy one and I reached CP1 pretty much on target. It was a quick stop and then came probably the hardest section elevation wise.

George had a lot to say and I really enjoyed chatting with him. He, like me, was having his buddy runner, Beck, meet him at CP3. George hadn't met Beck before. I hadn't exactly met her either but I'd heard her speak at a Trail Running SA social night about her experiences doing ultras around the world including iconic events like Western States 100 and Ultra-Trail Mont Blanc. I told George he'd be in excellent hands.

After a road climb, there was a challenging trail section including a lot of stairs before reaching CP2. This was also the finish of the 35km event. I refilled my Gatorade, raided my drop bag for snacks, had a Coke and replaced my sunscreen. The next section was 22km and took a good few

hours. It was quite overgrown in places.

Just after the 40km mark we had to go over or under a fence that appeared to be just a rope. I opted to go over and in the process discovered that it was an electric fence! George didn't want to take my word for it; he had to touch it himself!

The next lot of sandy sections were made much easier by the recent wet and wild weather as wet sand is much easier to negotiate than dry. There was a lot of mud and water throughout the 105km and once my feet were wet and muddy I didn't really care about trying to avoid it. There was also a lot of debris on the course which may have contributed to me being a bit slower than last year as I was extra cautious to avoid falling like I had last year in the same section.

I had taken my caffeine supplement at CP2 and at around the 49km mark it kicked in and I took off from George. Partly I think I just needed a short burst of "alone time" knowing that I was going to be meeting Gary at the next checkpoint and would be

with him for the rest of the race. Also, I was conscious that I was behind my time so wanted to try to make up a bit of time.

At CP3 I took my shoes off to get rid of some little rocks and refuelled. I also went for a quick wardrobe change, a fresh singlet and arm warmers.

The Heysen involves climbing over a lot of stiles to go through cow paddocks. One such stile, early on in this section, happened to be over another electric fence. I found this out the hard way, giving myself another electric shock. It was quite a powerful zap compared to the first one.

Between CP3 and CP4 was a longer section than last year – about 18km-19km. It meant it was a bit of a hard slog to get to CP4, but it also meant that after CP4 we would be only 8km from CP5 and 26km from the finish. We had been warned that there was a river crossing in this section. I'm talking, calf deep water. No getting around it. We held hands going through it because the current was quite strong and we didn't want to get swept down the Finnis River.

At CP4 we were told that the previous female, Rebecca, had only gone through 8 minutes ago. We were catching up! I grabbed my hi-viz vest and head torch, topped up my bottles and snacks, sprayed myself with insect repellent and got my energy drink. Still drinking it, we headed off.

The next 8km section went quite quickly and before we reached CP5 we caught up with, and eventually passed, Rebecca. This meant that it looked like I was in 3rd place. With no idea how far behind me the 4th female was, we had to keep going for it. (I knew 2nd was out of reach so 3rd was all I had to shoot for.)

Before we knew it, after another river crossing, we were at CP5 where we donned our hi-viz vests, got our head torches out and had a quick snack before starting the final stage. I didn't need to top up any of my drinks or food as I hadn't consumed much in the short last section. The volunteers at CP5 confirmed that I was indeed in 3rd place.

We left CP5 in broad daylight, 11 hours in. Last year I left CP5 with 11:35 on the clock so we were 35 minutes ahead. After being 30 minutes behind at CP3, I'd really made up some ground thanks to Gary's constant encouragement, pushing me to run when I may otherwise have walked, and of course, the added bonus of not getting lost! We were now aiming for a 13.5 finish.

The last section was beautiful – much of it through forest, without another human in sight. Gary was constantly calculating how fast we needed to be going. He had set 8 minute kilometres as the goal from here to the finish. Many kilometres were faster. It didn't really matter what I said, Gary was determined to get me in under 13.5 hours.

Complicating matters was the fact that this part of the course was the muddiest and wettest of all. It meant we had to be more cautious in sections where we otherwise might have been able to fang it (as much as 'fanging' is possible after 90km!). We were glad to be doing most of this section in daylight. One of the hardest bits was right near the end when it had just got dark and we struggled to find a path through the mud. We made it to about 96km before we put the headlights on.

Probably around the 100km mark, with 13.5 hours looking good, Gary (who had all along been looking behind to see if any potential rivals were gaining on us) informed me that there were 2 people rapidly approaching. I told him I had no capacity to increase the pace. As devastating as it would be to be passed so close to the finish, if someone passed me at this point, there was no way I was going to be able to chase them down. Whoever it was, was flying! It was George and his buddy, Beck! They were both looking so strong for this late in the race.

Eventually Gary announced that we were nearly at the finish. What a rush it was - crossing that finish line in 13:26:46 – almost 40 minutes better than last year. Ben put my finisher's medal around my neck and handed me the prized 3rd place trophy.

Ned Kelly Chase 100km

23 October 2016

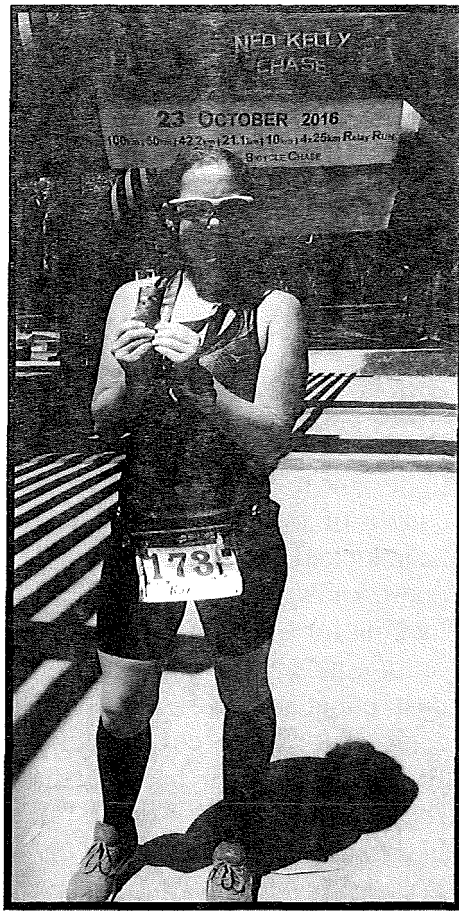
By Karen Mickle

After completing the UTA/Northface 100, I was looking for my next running challenge. Then the question arose, "I wonder how fast I could run 100km?" Looking at the race calendar, the Ned Kelly Chase was perfect timing and not too far away from my home in Melbourne. But with hills being one of my strengths, a flat (<400m ascent), out and back course, was certainly going to be a challenge for me.

The Ned Kelly Chase is a unique event. Unlike normal races, runners get to choose their own start time, with the aim of finishing near 12pm. It is always hard to estimate finish times over 100km and being my first road 100km, I wasn't too sure of what finish time to expect. I'd had a good 12 week block of solid training leading into the event, building my long run up to 60km and peaking my weekly mileage at 151km. I thought 9hr 30min would be tough but I wanted to give myself an ambitious goal. That meant setting off at 2:30am which meant setting the alarm for 12:30am, a time when many of my friends would still be up on a Saturday night!

I forced down my usual pre-long run breakfast, not hungry at all, but knowing I would not be eating for at least 12 hours and I had a mere 100km to cover in the meantime. My hotel was literally a 3 minute walk from the start line so I arrived just before I needed to start. It was actually

quite a cool morning, only 6 degrees at the start. I was setting off with Mak Sawa, a fellow Melbournean, who I'd met at a few other races throughout the year. We set off under the light of our head torches, and as this was Mak's 4th Ned Kelly Chase, it was nice to get his navigation and company for the early kilometres.



There was an incredible serenity about running alone in the dark and I felt really comfortable and relaxed. I reached the 25km turnaround in 2.17.40, spot on the 5.30 pace I was aiming for. I felt great on the returning 25km, despite the dropping temperature. Running into the sunrise it finally became light at around the 40km

mark. I perfected my pacing with my second 25km being only 1 second slower than my 1st!

Because of heavy rain and flooding in the weeks prior to the event, there was a late course change and the second 50km was a repeat of the first. Given that most of the first 50km had been run in the dark, this wasn't really a problem.

At around the 48km mark of the second loop I starting getting a stitch. I didn't think too much of it. I can normally get rid of them pretty quickly, and I knew I'd be having a quick break at the half-way point to drop off clothing and pick up nutrition. But after another couple of kilometres I was feeling uncomfortable again. Fortunately though I had gone through 50km in 4.35 and so I knew I had some time up my sleeve for my 9.30 goal.

But by 61km the pain was beyond belief and I was doubled over. From that point on, it was a run-walk strategy. I wanted to give up but encouragement from other runners kept me going. It took every ounce of willpower but I battled it out to the end, finishing in 10.18.

Unlike most 100km races where most people finish late in the night, this event is special with so many runners and crew at the daylight finish line. While my time wasn't quite what I wanted, I took almost 4 hours off my previous 100km race time, and was the 3rd placed female.

Light Horse 12hr

12 November 2016

By Richard Avery

The Light Horse Ultra provides runners with plenty of time to celebrate Remembrance Day in their own way.

For me, the Light Horse 12hr was to be my final “long run” in the lead up to my final “A” race for the year, the Alpine Challenge. I was really looking forward to the Alpine Challenge. I had improved my diet, focused my training and had an aggressive plan. There was just one problem. After going to see the doctor two days earlier about a cough I couldn’t get rid of, I was diagnosed with pneumonia. So there I was, two weeks out from my “A” race and looking at running 12 hours from midnight to midday, with a bout of pneumonia to add to the complexities. Obviously, nobody would suggest that what I was about to attempt was a good idea.

Arriving at the race around 10pm, I enjoyed a bit of banter with my mates before kicking my shoes off and lying in my swag to make me feel like I’d been to bed for the night.

Following the midnight start I enjoyed the first few laps of the

2.5km loop running with a group. We chatted about everything from the recent Trump election victory to what races we were looking forward to doing. However, after a couple of laps, I found myself alone and enjoying the night. My cough had settled down and I was thinking I might be able to see the event out.

Changing direction at 3am was a nice treat but made me realise that the tarmac path along the back of the loop had a bit more of a hill in it then I thought. It was also around this time that I realised I was in 3rd place.

As the first light started to appear on the horizon, I felt my chest getting scratchy. As the light got brighter I noticed a couple of dusty areas that had been kicked up by the runners. I don’t know if it was my head looking for a reason to back off, or my lungs not enjoying the dust, but at around 5.30am I had a nice 5+ minute coughing fit. By the time I got back to the start/finish area (57.5km) I felt like I had an elephant sitting on my chest and I started to get cold. I put on another layer and

got ready to head out to walk a lap.

I walked a lap to bring up my 60km but I had already decided to pull the pin. “I have bigger fish to fry in two weeks” I told myself.

Fluffing around rolling out my swag trackside, I missed the dawn service that all the 6 hour runners, vollies and spectators attended.

I spent the next couple of hours lying in my swag, drinking coffee, and cheering runners on as they came past.

Unfortunately for me (but probably as expected), the pneumonia got worse over the following week and I was forced to pull out of the Alpine Challenge.

In hindsight should I have given the Light Horse a miss? Not a chance! The race directors and vollies do a great job of nurturing the environment that our ultra running community exists in, and I thoroughly look forward to these events, regardless of my physical health.

Alpine Challenge 100 miles

26-27 November 2016

By Isobel Ross

This was to be my second hundred miler, my first being the Alpine Challenge in 2014. I was really hoping to improve on my first 100 time, based on the fact that I thought I had my feet organised so I wouldn't be faced with the terrible blister problem I had had previously.

The race was to start at 4.30am, so I set my alarm for 3.15am so I would have time to have a good breakfast and to Rocktape my legs and not be rushed. Or so was the plan.... After tossing and turning all night worrying about my alarm not going off (which has never happened!), I turned to look at my phone because it felt like it had been such a long night, and it was 4am! I couldn't believe it! I leapt out of bed in a frenzy and ran down the corridor to wake my crew. Then I quickly got dressed and ran downstairs to tape my legs. Luckily my pack was completely ready. I had about a quarter of a cup of coffee but had no time for breakfast. We ran out the door and headed to the start line, which was thankfully very close. I got there at 4.25am - phew!

The new start to this race was fantastic - a good 6km down Packhorse Trail, which is all single-track, and then along Junction Spur Track heading up Spion Kopje. This was hard work as there were so many trees down across the track. Finally, I reached Warby Corner where I met my crew who had food and drink supplies for me. I then headed

out onto the Bogong Loop. This went down Duane Spur to Big River and then up to the top of Mt Bogong. This was tough but I found Quartz Ridge tougher, simply because the trail can be hard to find so I really had to concentrate. The adrenalin from my late start had worn off by this stage and I was feeling tired already. The climb up from Timms Spur was also hard work and seemed to go on forever. It was quite exposed to the sun and I hadn't put sunscreen on!

Soon I was back at Warby corner and it was time to head towards Langford's Gap. I met up with my crew there where I changed shoes and dressed a blister which had been incredibly painful and bleeding. For the first time ever (and yes, I know not to try new things in a race!!), I had some ginger beer. It was great! I also had some ginger lollies to suck on throughout the race. This was the first time in a race I didn't get such bad gastric distress that I couldn't eat.

After Langford's Gap it was on towards Mt. Hotham, which meant ascending Swindlers Spur, not my favourite climb. I got to Hotham in the dark. It had cooled down a bit and I had some noodles while my crew got me layered up in some warmer clothes. I really didn't want to head out again but one of my crew coaxed me out. At least I wasn't going to be on my own as he was pacing me to Pretty Valley Pondage.

We headed off into the dark and cold but at Bon Accord Spur I had to take some layers off as it had really warmed up again. It was hard to keep motivated by this stage as I was getting tired and my feet were sore. We got to Harrietville, filled up with more food and then headed up Bungalow Spur. This was a hard time for me as I was getting so tired I felt like I was cross-eyed and I couldn't see where I was going. I had to lay down on the side of the trail a couple of times, just for 5 minutes to re-set. Then after about an hour I would go all wonky again. The last time, I napped for 10 minutes and that did the trick.

It was up to Mt. Feathertop then and back down towards Diamantina Spur. The final ascent to the West Kiewa logging road was extremely difficult. The overgrowth had been cut but left on the trail. This made it very slippery and I fell quite a few times.

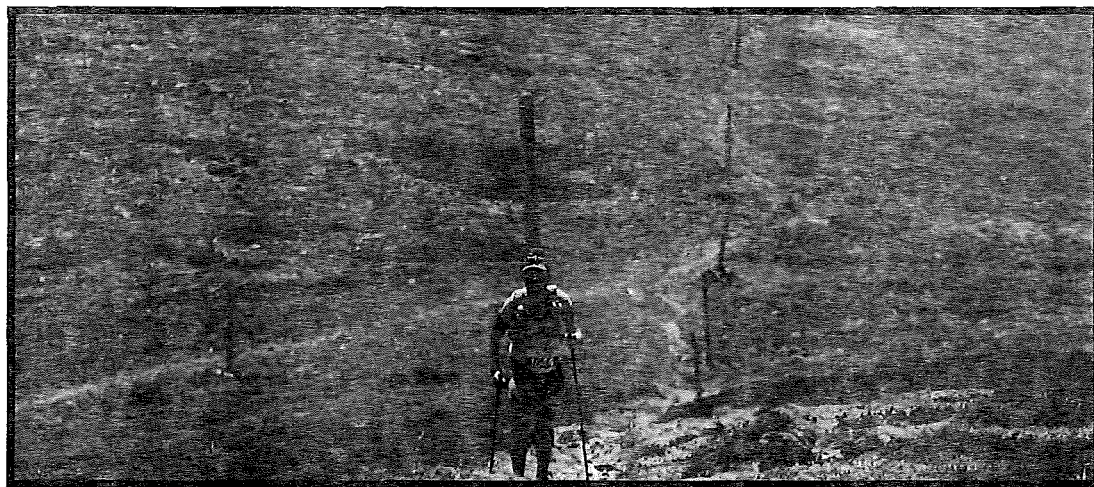
Eventually we reached Pole 333 and then we went out towards Pretty Valley Pondage. It was along this section that we saw a brumby which lifted my spirits. The course from this section was pretty ordinary as it was all fire trails. My feet were absolutely killing me by this stage, so a hike was all I could manage, with little spurts of running here and there.

My pacer had to leave me at the Pondage and I had to slog out the final 10km on my own. I was so happy when I finally

made it - faster than 2014, but only by an hour, which I was disappointed about. I know I

have the endurance to do it, and the leg strength, but my feet got so sore I couldn't run. This is

clearly something I need to work on for next time.



Coast to Kosciusko (C2K) ~240km 9-11 December 2016 By Shaun Kaesler

Editor's Note: This is an abbreviated and edited version of Shaun Kaesler's C2K race report. The full and much more "colourful" report can be read at:
<https://www.facebook.com/shaun.kaesler/posts/1211090745638524>

*Elizabeth Bennett
Editor, Ultramag*

C2K is the pinnacle of Australian ultra marathons. It's the longest ultra on the Australian calendar - ~240km of grit, determination, cursing, massive highs and massive lows.

I first stumbled across C2K in 2009 when searching for long ultras in Australia. I hadn't even run 20km back then. I set myself the goal that one day I was going to achieve this. Fast forward to 2014 and my great mate, Mick Thwaites of Team Shmick fame, gave me the amazing opportunity to crew for him at C2K. Mick had a great run (3rd that year) and it was an incredible eye opener and experience for me. Come

2015 and Team Shmick was represented again at C2K with Shaun Mulholland and Rob Donkersloot running, and there I was on the bandwagon again crewing. Shauno didn't have the race he wanted to have, succumbing to hypothermia, but he got so close, dug so bloody deep and showed me that C2K has so many sides to it. Somehow this stirred my emotions even more and I felt compelled to attempt to make 2016 my year as I knew Shauno would be back in 2016 and I wanted to be there too.

After a frustrating first half of 2016 with back issues, July saw me come good and pump out the

required qualifiers and I got in! I honestly can't put into words the emotions I felt the day I found out. I was so excited and humbled to be part of the hell of a ride that I knew was coming.

I think I had my crew sorted within 30 minutes of getting the C2K acceptance email as we had all tentatively made plans earlier in the year in the hope that I/we would get there. My crew choice was a no brainer. Great mate and fellow Team Shmick member, Rob Donkersloot, is the world's best crew chief - so efficient, painfully well organised, a C2K runner (x2), C2K crew (x3) and Badwater Crew (x2). He had also

crewed for me at the Australia Day 100 and WTF 100 Miler. I just had to share C2K with him. Liz Bennett, Team Shmick member (Shmickette), C2K crew for an astonishing and selfless 6 times and super organised, was also a crew certainty. She's just like Rob Donkersloot. Tim Eva is a true gentleman, a great mate and nearly as good looking as me. Tim and I first talked about C2K whilst running a Kep Ultra about 4 years ago and we made an agreement that if one of us was to run it, then the other would crew. And last but not least, my old man, Frank Kaesler. Nothing can express how much I love this fella and the fantastic journeys we have had over so many years.

Leading into C2K Rob kept asking me to estimate my goal finish time. Eventually I caved and settled on an approximate time of 38hrs or a window of 36-38hrs and a fantasy time of 34-36hrs. He also had two pieces of advice for me. Firstly, to go out slow and steady. Secondly, to organise all my stuff like work, family and anything else that was going to take mental space well before the event. This was the plan, but sadly the last few weeks before the race were a bloody rollercoaster in all respects and I had a few miserable weeks. But heeding his advice and after talking to my great mate and coach, Scotty Hawker, we hatched a plan to spend most of the week before the race chillaxing in the Blue Mountains with a few gentle but mesmerising runs.

From the Blue Mountains I travelled to Canberra with my dad who had flown into Sydney. In Canberra we met up with the rest of the crew, stocked up on supplies and headed to Eden,

bumping into various other C2K runners and crews along the way.

Once settled into our cabin in Eden I was promptly booted out so the crew could have their "secret crew business" meeting. I am still unaware of what was discussed. This was followed by the compulsory race briefing at the Fisherman's Club which further built the excitement and anticipation.

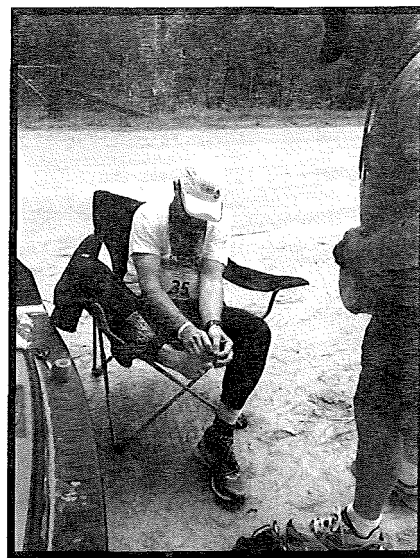
I had a fantastic sleep in the cabin and the buzzer of the alarm was met with pure exhilaration. This was it. This is what it all led up to.

Countdown to the start and all I could hear in my head was Rob saying "don't go out too hard, walk the hills, and don't you f***ing dare be in the top 10 at Towamba (the 24km mark)". For Rob to swear, it means he was pretty serious!

5, 4, 3, 2, 1.....Go! We left the beach and I was at the back soaking it all in. This was special already. We turned off the road and hit the fire trails - similar to home but a little greener. There were some nice up and downs here and I held a steady pace. After about 5km I had caught up with Pam Muston. We were joined by Tim Lyndon and Chantelle Farrelly. These three were so full of life. Tim and Chantelle were great mates already from the same running club and almost instantly we were all great mates like we had known each other for years (so typical of the ultra scene).

I caught up with the crew for the first time at Towamba. Lots of smiles and on I went. I enjoyed the next 10km through the rolling valley and dairy farms and then the common niggles I get in longer

runs with my curled second toe (yes it's weird) started on my right foot with a sharp pain. Left and right were both taped before the start but I couldn't get the right one happy. I stopped at the next crew stop and tried to tape it again but it was still no good. I stopped again a further 3km down the track to try again. I still couldn't get my right toe happy and there was now a tremendous headwind, the road was hilly and the flies were hideous. I was starting to get frustrated and a little worried that I was in this mental state so early in the race.



I came into Rocky Hall and I caught up with my crew again. I think they knew I was not happy and were probably thinking that it was going to be one long race.

I continued on to the base of Big Jack where again I stopped to re-tape. Here I also swapped from my Asics to my HOKAs as it was worth trying to see if they made any difference. I was still feeling shitty but looking forward to the 6.5km climb ahead that I got to share with Liz. I made it to the top of Big Jack and grabbed some grub including a Peanut Butter sandwich. It was heaven! And it was at this mark that my race changed. This was the last time I felt down at all for the entire race.

This was the last of my niggles. This was where the race became such an enjoyable epic adventure.

This was where my great mate George Mihalakellis also caught up with me. We ran the next 4km or so on the gravel down to the bitumen road that would eventually lead us to Cathcart – i.e., checkpoint 2 and a crew swap. George spelled it out to me, *“We have taken it easy for the first third, we cruise into Cathcart, hit the gravel the other side, cruise to the dead tree, hit the Snowy Mountain Highway, hit night fall and then we SMASH EM! We pass all those people that have gone out too hard and fly through the night. We own the night! The night is OURS”*. I soaked up every word he said as he ran an incredible time of 35.5 hours in 2015 and I loved his plan as it gave us some goals to push towards.

As soon as we hit the bitumen towards Cathcart, the headwind was immense. *“We walk this”* George said. *“No point in bustin’ arse here as it will only lead to pain later.”* Boy was he right. Arriving at Cathcart (70km) I was in super high spirits and found out George and I were sitting in about 26th and 27th place with about 14 runners no more than approximately half an hour in front of us.

Turning onto the gravel a couple of clicks out of Cathcart, we hoped the wind would die down as we headed more North-West than West. Sure enough it did and not long after we caught up with Kevin Heaton and shared several kilometres with him. Big Kev was running his 10th C2K!

We unknowingly start picking up the pace here with Kev and before I knew it, we are running 5.15min/km pace. We also caught up to and passed Sean Munro who looked to be in an awful amount of pain. He continued through to complete the race though. Respect. The pace was waaaay too quick for me at this stage and I told Kev I was backing off. He was happy to back off too and we continued on our merry way.

Hitting the “dead tree” at 100km is a symbolic moment for every runner. Kev had stopped for a bite a few kilometres back and so it was me and George lapping it up – 100km down, 140k to go and the Snowy Mountain Highway only 6km up the road.

In really high spirits coming up to the bitumen, George told my crew as they passed to get his crew to have his hi-vis ready at the checkpoint (106km) as he wasn’t stopping. We hit the checkpoint and I continued on assuming George was just faffing around and would catch up soon. Little did I know his plans had changed to take in a meal there and we would not cross paths again for

another 13 hours!

Within 500m of hitting the bitumen I caught up with Dan Lollback whom I met the night before and we ran the next 11 odd kilometres together. We caught up with Barry McBride who was also in a world of hurt running with an adjusted gait to compensate for a niggle. Sadly he had to withdraw at about 148km (Dalgety). We ran with Adrian Nicholson, Brett Easton and another runner toward the halfway mark of the windmills.

Not long after that, just on sunset, Tim joined me as a pacer and what a crackin’ next 65 odd clicks we shared. This was it, nightfall, time to put George’s plans into practise. We leapfrogged with Dan, Adrian, Chantelle and Tim for the next 6km or so and I found myself shuffling a little bit and getting distracted in general conversation. I apologised to the other runners, explained I was putting my head down for a bit and plugged the headphones in - METALLICA!!!! What a perfect start. 136km (4:42 pace) and 137km (4:37 pace) were my fastest kilometres in the race.



It was a happy time running with Tim and we set a tremendous pace. We caught up with John Song (who later went on to finish 4th) coming into Dalgety (148km) and our spirits were very high. At the mandatory weigh in here I’d lost less than a kilo. On we went.

I had moved up to 12th position (where I would finish), catching up 15 places in the previous 8 odd hours.

Hitting the bottom of Beloka Range (a pig of a steep hill), John caught back up and ate up Beloka like it was an ant hill. We shared the last 1.5km of the climb before he took off never to be seen again.

The undulating run from Beloka to Jindabyne can seem to take forever but I really love this area. The Kiwi runner caught up with us through Jindabyne and after running through the caravan park, we swapped crews with Frank and Liz again (186km). It turned out that Tim and I had averaged close to 6min/km pace together for 65km including Beloka!!

From Jindabyne to Charlotte's Pass was Liz's turn to run/pace with me. What a wise ol' chook she is - full of stories and just a fantastic outlook on life. She's a true genuine sheila that I call a great mate.

Hitting Thredbo River (193km) signalled the start of the dreaded 13km climb (yes 13 long unforgiving, consistent, relentless kilometres). I had seen George's crew intermittently since Dalgety and so thought he must be catching up. Then, about 3km into the climb, just up ahead was George! He had snuck past me while I was having a loo break! We decided to stay together as long as we could and try to summit together. It was a romantic gesture. We pushed and pulled each other up that bloody climb.

I did some calculations with George and worked out that if we moved at 10min/km pace from that point on we could still come in under 35 hours! A determined look came over George's face again and we both put our heads down. We made it to the top of the 13km climb and scurried down the nice long downhill on

the other side. George was faster on the downhill and I would catch up on the uphill and we continued that trend into Perisher. Liz reminded me to listen to my body and take the downhills easy if I needed to. The hills through Smiggins and Perisher were so much bloody bigger than I ever remembered from crewing. Bloody relentless!

You get a sneak peek of Charlotte's Pass around a few corners as you wind up to the trailhead and the end of the road. There were heaps of cars there. I knew I would get that summit trail done and so I had always had in my mind that reaching Charlotte's on the way up was the big achievement and this was the one and only time I lost it with my emotions. Tears were streaming down my face as I ran the last 500m to Charlotte's before we hit the trail. I was so proud of myself to get this far and a massive highlight in the race.

I was greeted by the first aiders at Charlotte's Pass (222km) for the weigh in and had lost only one more kilogram. Paul (the RD) greeted me with the warmest of smiles, gave me a big hug (he has an awesome beard too), and shared the next 400 odd metres with me, reminding me to really soak up the next 18km and look at where I'd come from over the last 30 odd hours.

I was sprinting! - so much so that I left Rob, Tim and Liz behind. I decided to keep pushing on but then a further kilometre down the track I stopped and sat down on a rock. I wasn't going to come this far and not have my crew join me at the summit. But when Rob caught up the language!! *"F*****k waiting for me, F*****k slowing down, don't worry about the other f**ing crew. I saw the*

summit last year and the year before so get your arse up to the summit!!!" So off I went with Tim in tow. I loved every minute of that climb. It was spectacularly beautiful and there was a reasonable amount of snow around.

As we hit the snow drift we saw another runner up ahead. It was Shauno! I called out to him. He looked buggered. I was bloody ecstatic to catch up with him no more than 800m from the summit and it lifted both our spirits. We all walked to the top together from there. It was such a special moment. Hitting the top, we paused for several minutes and soaked it up. This was it, the top of Australia.

We had our photos together and then it was time for me to put my skates on (Rob in tow and Frank and Tim staying back for a bit). Shauno took a few more minutes and was going to ease back down the hill. George was only 500m from the top when we crossed paths and fined me a pint for not waiting for him at the summit.

We walked/ran down the hill. Grinder Trev passed me with about 4km to go and I kept hoping George was not far behind so we could toe the line together. With 500m to go, there was George, running at a magnificent pace. He told me to get my arse moving as we were going to cross that line together. And so we did. What a monumental time of my running life it was - crossing the finish line in 32:33:30. Absolutely smashing all of my expectations and so much quicker than I thought capable. This was epic!

It's hard for me to really emphasise just what a unique, special and infectious race and week the Coast to Kosci is. You really have to witness it to appreciate it and I highly recommend crewing first so you can really grasp the challenge that it is. One cannot take this race lightly. We were blessed with the best weather in the history of the race and things can turn very quickly, but this race has taught me so many things about my running. I found something in myself that I didn't know

existed and found a hunger and drive that has given me the confidence to tackle running a little more head on.

I was asked after finishing whether I would do it again and I said never. The next day I said possibly and that night I said definitely. It probably won't be 2017 but I will be on that beach again one Friday morning in December.



Goldcoast 50km

11 December 2016

By Corrina Black

This year marked the 20th anniversary of the Gold Coast 50. This iconic 50km road race starts and finishes in Broadbeach, Queensland and heads south along the footpaths and roads adjacent to the Gold Coast beachfront to the 25km halfway turnaround at Duranbah.

Racing on my home turf brings a unity to all my training runs and to all the local runners I see on my daily runs. Gold Coast runners seem to have an almost unspoken brotherhood, whereas road and trail runners unanimously and openly encourage and support one another. This race certainly brought this unification to the forefront.

With aid stations every 2.5km and the opportunity to have drop bags at 10k/40k and 25k,

there was ample opportunity to rehydrate and refuel along this mostly flat course. There was also an abundance of motivating spectators along the route, which was a great distraction from the heat, and all the volunteers deserve a standing ovation.

The only downside of running the 50km was that I missed the chance to run with Steve Moneghetti, who was pacing in the 30km event. That would have been an honour and a load of fun.

I was unnecessarily retying my shoelaces when the starting gun was fired, but I quickly settled into run mode. I was happily engulfed in the sea of runners moving past the huge crowd of

cheering spectators and running club marquees as we headed south.

Just over 5km into the event I had settled into my comfortable long run pace and hit cruise control. I embraced this feeling as it let me zone out and take in the familiar surrounds and majestic views of the beach. It also let me do a quick recount on how I felt my posture, pace, cadence and stride length were all going and whether I needed to do any slight alterations so I could tick along somewhat comfortably for another 45km. With this all in check, coupled with being amongst fellow road running worshippers, I was in my element.

Thankfully I didn't succumb to any big toe niggles and managed to escape any not unusual mid run stacks. My legs

happily shuffled along until the last 5-10km when I found myself being overtaken by another female runner and then I subsequently overtook a different female runner.

Although I achieved a slight PB, I did not finish in the time I'd hoped for. But I was the 4th female finisher and the 1st female in my age group. However, the best part about

the finish was running through the cheers and whistles of my unwavering running support group.



Goldcoast 50km

11 December 2016

By Ian Cornelius

The 2016 Goldcoast 50km was a great success with over 200 runners taking part.

There were several meritorious performances.

The first 3 men all broke Gary Mullen's race record. Jonathan Peters, the winner, by 8 minutes and Darryl Hill (2nd) and Francesco Ciancio (3rd) by 5 minutes. Given that Gary is no slouch, having represented Australia at the recent world

100km championships, these performances were impressive.

Jonathan Peter's performance would almost have got him into the top 10 at the world championships in Doha last November. This is particularly impressive as the Goldcoast 50km course is at least 5 minutes slower because of hills, road crossings etc.

The winner of the women's section, Elkie Belcher, took 15 minutes off the race record and

established a new W20 Australian record, breaking Natasha Fraser's previous record by 6 minutes. Her performance of 3:35 would have got her into the top 8 at Doha last November.

John Shaw (M60) ran 3:40, taking 12 minutes off Ron Schwebel's M60 record. John is aiming to run sub 2:40 in the 2017 Goldcoast Marathon. Not bad for someone who is 60+ years old! :)

6 Inch Trail Marathon

18 December 2016

By Pamela McCaskie

There's nothing quite like tucking yourself into bed, full of carbs, obscenely hydrated (as evidenced by the recurrent toilet trips to follow), and in complete anticipation of getting no sleep before a 1.45am alarm. Ahh.....the bliss that is the night before a big event.

December 18, 2016 marked the 12th anniversary of the 6 Inch Trail Marathon, a 48km long trail run along the Munda Biddi mountain bike track between North Dandalup and Dwellingup, south-east of Perth. Race director, David Kennedy, likes to publicise the race as 46km. It's not. In fairness it's not quite 48km either. It's more like 47.5km, but if you expect the end to come at 46km, the

last ~1.5km will be the longest of your life.

The Munda Biddi is a stunning part of WA, and the 925m of elevation gain, while obvious, is manageable over the distance, making this race an excellent introduction for many to both trail and ultra running. Because of this, it is attracting more and more very handy local marathon runners, as well as some interstate and international competitors. The race has definitely evolved since its inception in 2005.

This was only my second 6 Inch but I've spent a bit of time training on the same trails over the last couple of years so I know the course well. The

4.30am start was pleasantly cool this year, and the excitement at the start line was infectious. The ultra and trail running community in Perth is like no other social group I've ever been a part of. The talent is immensely varied, ranging from novice to elite, but you would never know it because standing at the start line was a group of friends, some who have known each other for years, others who met that morning, all equal in enthusiasm and camaraderie.

The beginning of the race saw 276 starters climb approximately 200m of elevation over 2.5km up the infamous Goldmine Hill. What a way to warm up! By the summit everyone had forgotten



Runners in the 6 Inch Trail Marathon including Beck Hefferon

about the cool start, the field had spread significantly and day was just breaking, bringing out spectators - both human and macropod. From here the course settled into a combination of single track and wider fire trail, and by 5-6km it was clear that equalling or bettering my previous time of 4.33 was going to be a tall order. After a year fraught by injury, busy home life and lost enthusiasm, I decided at that point to try not to think about time or pace and to just run. For the most part that's just what I did, chatting to fellow runners, pushing up the hills where I could, making up some time on the downs, recovering on the flats and not hating every step. It was refreshing.

After a couple of leg-stretching climbs, the course crossed the conveyor belt of the local bauxite mine. The hum of the belt haunts you up a shallow but seemingly endless incline for several kilometres before you finally cross, and enjoy some

well-deserved decline leading into the most feared out-and-back of the course.

At around 35km, after the only deviation off the Munda Biddi, was a rutted, vertical section of hell. Among local runners it's known as "The Escalator". A local mountain bike event refers to it as "Hell's Gate" and my mountain biker husband knows it as "Scab Hill". You get the picture. It was difficult to pick a line and stay on your feet on this part of the course. At the summit was the second aid station complete with icy-poles and watermelon. At least I think that was the case. I didn't taste an icy-pole, so it could have been a mirage, but others assure me they were handed colourful, life-breathing sticks of euphoria at the top of that hill, so perhaps they did exist.

Coming down "The Escalator" was downright scary. If you happened to get a run up, you needed to be able to follow through because unintentional

stopping with that kind of momentum was not likely to be pretty. There was definitely some skin left out there, fortunately none of it was mine.

The 5km out-and-back to "The Escalator" was the only time on the course to see who was ahead of you. Seeing the competition come flying back as I was on my way out led me to believe I was somewhere between 8th and 10th female. While this did reignite my competitive flame, a PB wasn't possible for me from this point. My only goal was to get through the last 10km, and the nasty climb at 40km, without too much walking. Gritting my teeth and getting the job finished, I tagged onto a few other runners who were hurting just as much as I was for the last few kilometres. I pushed on to cross the line in 4.45 and 9th female. I was content.

Narabeen All Nighter

31 December 2016 – 1 January 2017

By Edy Oba

The Narrabeen All Nighter is an annual 12 hour ultra running event which has been running for many years. This year was unique in that it was organised to include a race "Across the Years" - i.e., the last marathon of 2016 and the first marathon of 2017.

After crewing for Kieron Blackmore last year, the friendly atmosphere made me want to participate in this event.

As a newbie in the ultra running world I wasn't sure what to expect of running for 12 hours. I arrived early and felt a bit nervous but as fellow runners and crews arrived I felt more at ease. It was reassuring to see familiar and friendly faces.

6pm arrived and we were off. The beautiful sunset around the lake added to the already awesome trail. Running with the 2016 last marathon folks

meant that things became competitive quite quickly. I had to restrain myself to 6min/km bearing in mind I would be running for 12 hours. Consistent pacing would be key if I was to do well. I stuck with experienced folks (Kieron Blackmore and Victor Correa) for as long as I could. We earned the nickname the Three Amigos from fellow runners as they passed by.

The hot and humid conditions made me drink more than planned and this meant I had to stop and refill frequently. Nightfall came upon us and thankfully conditions cooled. We put on our headlamps, and at first it was a bit strange for me, not being used to running in the dark. I had to watch every step I took. Unfortunately, I lost focus briefly and tripped over, grazing my hands and knees (but I wasn't the only one to fall!). The hours went by with the three of us still running together. We got to 50km in around 5.5 hours.

As we got to midnight the camaraderie of this wonderful event was on display again. Crews and volunteers raised glasses of bubbles to usher in the New Year and we runners looked on enviously. However, there were lots of hugs and cheers from fellow runners instead! There were also some fresh legs starting in the first marathon of 2017, which gave us 12 hour runners a much needed boost. Most of the last marathon of 2016 folks had

finished and left to see the fireworks.

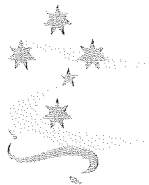
In the wee hours my knee started troubling me and I slowed but I was still able to walk/run. My previous longest run was 53km and I was feeling it. At 65km I stopped and had my knee strapped. I was a bit disheartened as I was aiming to get as close to 100km as I could. However, thanks to those at the timing area who encouraged me, I got out again and kept moving but at a slower pace.

After 10 hours, we were all digging deeper. Emotions were laid bare. The eerie sounds of the owls and night creatures frightened me a bit. Stories came to mind about close encounters with dingoes and drop bears and being in a country where every animal wants to bite you, but I had chosen to do this voluntarily. Getting to see fellow runners passing the other way every few minutes kept me going and gave me the kick to continue.

With an hour to go I was hanging in with determination. Dawn broke and we were greeted with cheers from passers-by out for early morning walks. On my last 2.5km return, Stephen Redfern told me I could make it back in time and this gave me the impetus to speed up and beat the 12 hour clock. I arrived back with the clock showing 11 hours and 55 minutes.

I was thrilled to finish with 95km. It was a very emotional experience for me, meeting and running with great and inspiring people. The question is would I put my body through this torment again? Well, we'll just have to see. My friends questioned my sanity even before doing this but I'd say it was worth it! The big smile on my face, knowing what I'd just achieved, felt like it would remain forever.





Race Results

Nerang 100 miler, 100mi

Nerang, QLD

October 1-2, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|-------------------------------------|-----------|-----------|---------|-------------------|-------------|
| 1 | 1 | | 1:24:41 | Muller | Kevin |
| 2 | 2 | | 2:38:29 | Mulholland | Shaun |
| 3 | 3 | | 8:17:44 | Evans | Christopher |
| Bold SURNAME indicates AURA member. | | | | | |

Nerang 100 miler, 100km

Nerang, QLD

October 1-2, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|-------------------------------------|-----------|-----------|----------|-----------|------------|
| 1 | 1 | | 13:06:07 | Shard | Paul |
| 2 | 2 | | 14:13:29 | Beedles | Thomas |
| 3 | 3 | | 14:49:09 | Aird | Brad |
| 4 | | 1 | 15:34:23 | Jones | Katheryn |
| 5 | 4 | | 15:59:42 | Stone | Mark |
| 6 | 5 | | 17:02:07 | David | Cedric |
| 7 | | 2 | 20:32:57 | Gilchrist | Debbie |
| Bold SURNAME indicates AURA member. | | | | | |

Nerang 100 miler, 50mi

Nerang, QLD

October 1-2, 2016

| Rank | Cat lace | Cat Place | Time | Last name | First name |
|-------------------------------------|----------|-----------|---------|-----------|------------|
| 1 | 1 | | 9:47:01 | Glover | Brad |
| Bold SURNAME indicates AURA member. | | | | | |

Nerang 100 miler, 100km

Nerang, QLD

October 1-2, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|-----------------|------------|
| 1 | 1 | | 5:05:00 | Foster | Simon |
| 2 | 2 | | 5:14:27 | Weise | Kyle |
| 3 | 3 | | 5:17:11 | Cotter | Enda |
| 4 | | 1 | 5:25:52 | Shewell | Lucy |
| 5 | | 2 | 5:43:04 | Eisler | Marita |
| 6 | 4 | | 6:12:57 | Rogers | Garry |
| 7 | 5 | | 6:20:40 | Marshall | Kelvin |
| 8 | | 3 | 6:26:13 | Appleton | Erin |
| 9 | 6 | | 6:26:18 | Kryzanowski | Kody |
| 10 | | 4 | 6:30:40 | Canfell | Melanie |
| 11 | | 5 | 6:30:40 | Chatterton | Suzanne |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|--|-----------|-----------|---------|-----------|------------|
| 12 | 7 | | 6:45:49 | Cockbain | Paul |
| 13 | | 6 | 6:56:08 | Leota | Erica |
| 14 | 8 | | 6:56:43 | Lucas | Steve |
| 15 | 9 | | 7:03:15 | Da Rosa | Emerson |
| 16 | | 7 | 7:08:04 | Besgrove | Anne |
| 17 | 10 | | 8:22:25 | Russ | Justin |
| 18 | | 8 | 8:22:25 | Alexander | Mel |
| 19 | 11 | | 8:34:41 | Gillett | Blake |
| 20 | | 9 | 9:28:19 | Davies | Lynn |
| Bold SURNAME indicates AURA member. | | | | | |

Great Ocean Walk, 100km

Apollo Bay, VIC

October 8, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|------------------|-------------|
| 1 | 1 | | 10:21:24 | Suter | Kerry |
| 2 | 2 | | 10:25:59 | Smith | Damian |
| 3 | 3 | | 10:52:22 | Claxton | Joel |
| 4 | 4 | | 11:12:57 | Beard | Dan |
| 5 | | 1 | 11:32:03 | Lori | Erika |
| 6 | 5 | | 11:35:33 | Sawicki | Simon |
| 7 | 6 | | 11:36:35 | Pavlu | Ondrej |
| 8 | 7 | | 11:39:17 | McKenzie | Cameron |
| 9 | 8 | | 11:43:19 | Manson | Scott |
| 10 | 9 | | 11:51:14 | Forster | Mark |
| 11 | 10 | | 11:52:37 | McComb | Jonathan |
| 12 | 11 | | 11:53:11 | Cannell | John |
| 13 | | 2 | 11:56:04 | Macmillan | Katherine |
| 14 | 12 | | 12:01:25 | Bryant | Nick |
| 15 | | 3 | 12:36:06 | Nicholl | Deb |
| 16 | 13 | | 12:39:25 | Volz | Marcus |
| 17 | | 4 | 12:44:15 | Coffey | Meghann |
| 18 | 14 | | 12:47:46 | Lang | Joshua |
| 19 | 15 | | 12:48:40 | Andrews | Vaughan |
| 20 | 16 | | 12:55:05 | Gippel | Christopher |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|--------------------|------------|
| 21 | 17 | | 12:56:32 | Jakus | Gabor |
| 22 | | 5 | 13:04:21 | Pfeffer | Sylvia |
| 23 | 18 | | 13:04:46 | Meckenstock | Matt |
| 24 | 19 | | 13:23:56 | Cunningham | Steve |
| 25 | 20 | | 13:33:17 | Edwards | Michael |
| 26 | 21 | | 13:34:26 | Zatorsky | Michael |
| 27 | 22 | | 13:36:59 | Tolstrup | Simon |
| 28 | 23 | | 13:39:47 | Horsley | Daniel |
| 29 | 24 | | 13:39:47 | Goodfellow | Luke |
| 30 | 25 | | 13:43:46 | Wenn | Mark |
| 31 | 26 | | 13:53:23 | Burke | Ashley |
| 32 | 27 | | 14:19:12 | Perraton | Luke |
| 33 | | 6 | 14:21:34 | Meredith | Skye |
| 34 | 28 | | 14:28:40 | King | James |
| 35 | 29 | | 14:34:18 | Taylor | Glen |
| 36 | | 7 | 14:34:20 | Taylor | Karina |
| 37 | | 8 | 14:45:30 | Costello | Katherine |
| 38 | 30 | | 14:51:22 | Gonzalez Rodriguez | Fernando |
| 39 | 31 | | 14:58:27 | Middleton | Andrew |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|----------------|------------|
| 40 | | 9 | 15:00:57 | Davey | Meg |
| 41 | 32 | | 15:01:38 | Goss | Pete |
| 42 | 33 | | 15:03:22 | Kaldor | Peter |
| 43 | 34 | | 15:06:06 | Kirkbank-Ellis | Gordi |
| 44 | | 10 | 15:13:56 | Poh | Seivland |
| 45 | | 11 | 15:21:43 | Thomas | Anne |
| 46 | 35 | | 15:27:28 | Sutton | Rob |
| 47 | | 12 | 15:28:40 | Tsui | Stella |
| 48 | | 13 | 15:32:23 | McAuliffe | Kate |
| 49 | 36 | | 15:32:24 | Smithers | Brad |
| 50 | 37 | | 15:44:08 | Falls | Mark |
| 51 | | 14 | 15:51:34 | Brann | Erika |
| 52 | 38 | | 15:51:36 | Vexler | Ronen |
| 53 | | 15 | 15:55:50 | Richards | Jaci |
| 54 | 39 | | 16:02:19 | Harper | Michael |
| 55 | 40 | | 16:02:19 | Woerner | Justin |
| 56 | | 16 | 16:06:48 | Ernens | Fridja |
| 57 | 41 | | 16:06:48 | Wright | James |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|-------------------------------------|-----------|-----------|----------|----------------|------------|
| 58 | 42 | | 16:13:36 | Montfort | Jason |
| 59 | 43 | | 16:14:49 | Kofman | Paul |
| 60 | | 17 | 16:36:27 | Sekulic | Natasha |
| 61 | | 18 | 16:39:18 | Jones | Michelle |
| 62 | | 19 | 16:39:18 | Maguire | Cathy |
| 63 | 44 | | 16:39:18 | O'Brien | Andrew |
| 64 | | 20 | 16:39:18 | O'Brien | Sue |
| 65 | | 21 | 17:05:50 | Campbell | Alix |
| 66 | | 22 | 17:06:11 | Robinson | Karen |
| 67 | | 23 | 17:19:09 | McGinnis | Rosy |
| 68 | 45 | | 17:43:53 | Nicol | Matt |
| 69 | 46 | | 17:43:53 | Vazquez-Recio | Luis |
| 70 | | 24 | 17:49:33 | Braybon | Ellen |
| 71 | 47 | | 18:06:24 | Meyer | Bernd |
| 72 | 48 | | 18:16:57 | Sammut | Brett |
| 73 | 49 | | 18:18:14 | Mitchell | Matthew |
| 74 | 50 | | 18:18:14 | Grubisa | Janko |
| Bold SURNAME indicates AURA member. | | | | | |

Hume & Hovell, 100mi Tumbarumba, NSW October 15, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|-------------------|------------|
| 1 | 1 | | 21:48:48 | Solari | Mark |
| 2 | 2 | | 22:58:55 | Redfern | Stephen |
| 3 | 3 | | 3:32:38 | Bowers | Stephen |
| 4 | 4 | | 5:53:14 | Winterburn | John |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|-------------------------------------|-----------|-----------|---------|-----------|------------|
| 5 | 5 | | 6:44:43 | Hillam | Brett |
| 6 | 6 | | 7:58:02 | Metcalf | Anthony |
| 7 | | 7 | 7:58:02 | Stanley | Roylene |
| Bold SURNAME indicates AURA member. | | | | | |

Hume & Hovel, 100km

Tumbarumba, NSW

October 15, 2016

| Rank | Cat lace | Cat Place | Time | Last name | First name |
|------|-------------|--------------|----------|--------------------|---------------|
| 1 | 1 | | 11:04:22 | Williams | Glenn |
| 2 | 2 | | 12:47:03 | Cochrane | Tim |
| 3 | 3 | | 13:25:51 | Lock | Mat |
| 4 | 4 | | 15:05:43 | Barnes | Geoff |
| 5 | | 1 | 15:31:14 | Bennett | Anne |
| 6 | | 2 | 16:12:09 | Formaz- Preston | Ann |

| Rank | Cat lace | Cat Place | Time | Last name | First name |
|-------------------------------------|-------------|--------------|----------|--------------|---------------|
| 7 | | 3 | 16:12:09 | Farrelly | Chantelle |
| 8 | 5 | | 17:53:40 | French | Sam |
| 9 | 6 | | 18:16:51 | Smith | Marcus |
| 10 | 7 | | 18:16:51 | Lourey | Peter |
| 11 | | 4 | 19:41:19 | Cahill | Tania |
| 12 | 8 | | 19:41:20 | Mcgann | John |
| Bold SURNAME indicates AURA member. | | | | | |

Hume & Hovel, 0km

Tumbarumba, NSW

October 15, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|--------------|--------------|---------|----------------|---------------|
| 1 | 1 | | 4:58:18 | Burridge | Sam |
| 2 | 1 | | 4:58:18 | Hetharia | Brad |
| 3 | 3 | | 6:07:14 | Spreitzer | Neil |
| 4 | 4 | | 6:21:16 | Austin | Nick |
| 5 | 5 | | 6:33:10 | Mccormack | Ashley |
| 6 | 6 | | 6:48:51 | Wall-Smith | Mathew |
| 7 | 7 | | 6:51:14 | Burke | Patrick |
| 8 | | 1 | 7:11:34 | Brown | Fiona |
| 9 | | 2 | 7:21:39 | Worland | Gemma |
| 10 | 8 | | 7:44:40 | Condello | Michael |
| 11 | | 3 | 7:46:23 | Thorn | Julia |
| 12 | 9 | | 7:53:36 | Bedzinski | Edward |
| 13 | | 4 | 8:04:31 | Hartge | Ness |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|-------------------------------------|--------------|--------------|----------|--------------|---------------|
| 14 | 10 | | 8:08:53 | Mccredde | John |
| 15 | 11 | | 8:15:14 | Williams | Dean |
| 16 | | 5 | 8:26:55 | Amos | Natallie |
| 17 | | 6 | 8:41:10 | Berry | Renee |
| 18 | 12 | | 8:41:10 | Jurkiw | Jaroslav |
| 19 | 13 | | 8:43:12 | Wadwell | Richard |
| 20 | | 7 | 8:57:01 | Robinson | Meg |
| 21 | 14 | | 9:34:05 | Rainey | Rod |
| 22 | | 8 | 9:42:24 | Murray | Kellie |
| 23 | | 9 | 9:42:24 | Funnell | Tori |
| 24 | 15 | | 10:24:02 | Macintyre | Don |
| 25 | 16 | | 10:24:08 | Priest | Steven |
| Bold SURNAME indicates AURA member. | | | | | |

Washpool 50km

Washpool NP, NSW

October 16, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|-----------|------------|
| 1 | 1 | | 4:42:10 | Ennever | Tom |
| 2 | 2 | | 4:56:37 | Loveridge | Peter |
| 3 | 3 | | 4:57:24 | Truloff | Gregory |
| 4 | 4 | | 5:10:38 | Madirazza | Peter |
| 5 | | 1 | 5:14:45 | Rahmate | Delina |
| 6 | | 2 | 5:22:25 | Bradshaw | Claire |
| 7 | 5 | | 5:35:53 | Doley | Weston |
| 8 | 6 | | 5:38:39 | Rogers | Garry |
| 9 | 7 | | 5:38:41 | Goulding | Ash |
| 10 | | 3 | 5:59:59 | Lawrence | Rachel |
| 11 | 8 | | 5:59:59 | Beedles | Thomas |
| 12 | 9 | | 6:03:09 | Vickers | Aaron |
| 13 | | 4 | 6:04:46 | Rogan | Melinda |
| 14 | 10 | | 6:05:38 | Hutchins | Bruin |
| 15 | 11 | | 6:08:58 | Cockshutt | Todd |
| 16 | 12 | | 6:18:43 | Lucas | Steve |
| 17 | | 5 | 6:27:40 | Churchill | Kim |
| 18 | 13 | | 6:27:40 | Keca | Renato |
| 19 | 14 | | 6:29:05 | Glover | Graham |
| 20 | | 6 | 6:36:47 | Sage | Lauren |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|--|-----------|-----------|---------|----------------|------------|
| 21 | 15 | | 6:36:47 | Moore | David |
| 22 | 16 | | 6:40:10 | Walker | Brady |
| 23 | 17 | | 6:42:21 | Squires | Richard |
| 24 | 18 | | 6:45:40 | Rayward | Gavin |
| 25 | 19 | | 6:49:24 | Liebenberg | Paul |
| 26 | 20 | | 6:51:19 | Scott | Matt |
| 27 | | 7 | 6:54:30 | Mulhern | Maria |
| 28 | 21 | | 6:54:30 | Mulhern | Pete |
| 29 | 22 | | 7:09:08 | English | Stephen |
| 30 | | 8 | 7:18:28 | Hanney | Kylie |
| 31 | 23 | | 7:18:28 | Garcia | Ruben |
| 32 | 24 | | 7:27:44 | Druve | Ashley |
| 33 | | 9 | 7:40:26 | Hamilton | Amanda |
| 34 | 25 | | 8:02:53 | Bailey | Joanne |
| 35 | 26 | | 8:09:32 | Billings | Paul |
| 36 | 27 | | 8:09:32 | Henderson | Michael |
| 37 | 28 | | 8:09:32 | McMillan | Aaron |
| 38 | 29 | | 9:42:40 | Lewis | Stephen |
| Bold SURNAME indicates AURA member. | | | | | |

Blackall 100, 100km

Sunshine Coast Hinterland, QLD

October 22, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|-------------------|------------|
| 1 | 1 | | 9:47:37 | Boyle | Charlie |
| 2 | 2 | | 10:51:27 | Gerhardy | Ben |
| 3 | 3 | | 11:43:42 | Hopwood | Paul |
| 4 | | 1 | 11:52:20 | Stephenson | Shona |
| 5 | | 2 | 11:57:21 | Betts | Lou |
| 6 | 4 | | 11:58:14 | Pemberton | Steve |
| 7 | | 3 | 12:03:40 | Schluter | Jessica |
| 8 | | 4 | 12:10:34 | Redwood | Chrissy |
| 9 | 5 | | 12:18:13 | Jacobson | Chris |
| 10 | | 5 | 12:23:53 | Barrett | Karen |
| 11 | 6 | | 12:28:04 | Longmuir | Aaron |
| 12 | 7 | | 12:29:57 | Boyd | Antony |
| 13 | 8 | | 12:39:02 | James | Tom |
| 14 | 9 | | 12:58:17 | Crilly | Ray |
| 15 | 10 | | 13:04:59 | Von Senden | David |
| 16 | 11 | | 13:32:23 | Bell | Travis |
| 17 | 12 | | 13:36:37 | Blacker | Craig |
| 18 | 13 | | 13:44:07 | Young | Richard |
| 19 | | 6 | 13:45:13 | Ceballos | Maydelene |
| 20 | 14 | | 13:45:22 | Speakman | Andy |
| 21 | 15 | | 13:47:33 | Craig | Lewis |
| 22 | 16 | | 13:52:15 | Nicholls | Mathew |
| 23 | | 7 | 13:57:56 | Sims | Meagan |
| 24 | 17 | | 13:58:00 | Warwick | Lindsay |
| 25 | 18 | | 14:00:44 | Peart | Mark |
| 26 | 19 | | 14:00:52 | Hilton | Thomas |
| 27 | | 8 | 14:18:41 | Cross | Alida |
| 28 | 20 | | 14:21:28 | Wilson | Lee |
| 29 | | 9 | 14:22:29 | Burgess | Emma |
| 30 | 21 | | 14:26:02 | Thiele | Bruce |
| 31 | | 10 | 14:27:49 | Bensted | Melissa |
| 32 | 22 | | 14:28:04 | Discombe | Jonathan |
| 33 | 23 | | 14:30:32 | Hardwick | Greg |
| 34 | 24 | | 14:30:33 | Schweitzer | Guy |
| 35 | 25 | | 14:31:26 | Bishop | Chad |
| 36 | | 11 | 14:32:19 | Baxter | Lisa |
| 37 | 26 | | 14:33:56 | McLoughlin | Ryan |
| 38 | 27 | | 15:07:10 | Beattie | Andrew |

| Rank | Cat lace | Cat Place | Time | Last name | First name |
|------|----------|-----------|----------|---------------|------------|
| 39 | 28 | | 15:31:11 | Moore | Liam |
| 40 | 29 | | 15:44:51 | De Lange | Peter |
| 41 | 30 | | 15:46:21 | Grills | Stuart |
| 42 | 31 | | 16:11:21 | Cathcart | Anthony |
| 43 | 32 | | 16:18:32 | Neden | Chris |
| 44 | 33 | | 16:18:34 | Warden-Hutton | Steve |
| 45 | 34 | | 16:20:28 | Aloia | Togs |
| 46 | | 12 | 16:21:22 | Waldburger | Jude |
| 47 | | 13 | 16:27:52 | Levrier | Sasha |
| 48 | 35 | | 16:28:45 | Cross | Aaron |
| 49 | 36 | | 16:40:27 | Stratford | Darryl |
| 50 | | 14 | 16:41:31 | Johnston | Karla |
| 51 | 37 | | 16:49:43 | Evans | Antony |
| 52 | 38 | | 16:49:44 | Webb | Craig |
| 53 | 39 | | 16:50:21 | Thew | Johnny |
| 54 | 40 | | 16:54:14 | Geltch | Troy |
| 55 | | 15 | 17:22:44 | Hurring | Lisa |
| 56 | | 16 | 17:23:09 | Rodgers | Melissa |
| 57 | 41 | | 17:23:25 | Mccullough | Kris |
| 58 | 42 | | 17:36:15 | Sanders | David |
| 59 | 43 | | 17:36:17 | Luck | Allan |
| 60 | 44 | | 17:47:23 | Brown | Sammy |
| 61 | | 17 | 17:59:59 | Ringrose | Kate |
| 62 | | 18 | 18:06:56 | Bell-Fuller | Rebecca |
| 63 | | 19 | 18:06:56 | Ostrouhoff | Shelly |
| 64 | 45 | | 18:26:32 | Punter | Matt |
| 65 | | 20 | 18:26:32 | Punter | Nerida |
| 66 | | 21 | 18:30:42 | Robbie | Tina |
| 67 | | 22 | 18:47:20 | Fletcher | Tracey |
| 68 | | 23 | 18:47:20 | Reeves | Angie |
| 69 | 46 | | 18:47:25 | Macneil | Neil |
| 70 | | 24 | 18:48:29 | Howlett | Sam |
| 71 | | 25 | 18:48:29 | Renwick | Adele |
| 72 | 47 | | 18:52:10 | Butler | Aaron |
| 73 | 48 | | 19:14:36 | Genn | Jim |
| 74 | | 26 | 19:37:54 | Sutherland | Toni |
| 75 | | 27 | 19:41:02 | Fraser | Michelle |
| 76 | | 28 | 19:43:51 | Rees | Dawn |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|-------------------|------------|
| 77 | | 29 | 19:55:43 | Brun-Smits | Marina |
| 78 | 49 | | 20:01:11 | Stuckey | Damon |
| 79 | 50 | | 20:02:27 | Mccrohon | Andrew |
| 80 | 51 | | 20:27:51 | Call | Tony |
| 81 | | 30 | 20:27:51 | Case | Tegan |
| 82 | | 31 | 20:30:57 | Brooks | Lee |
| 83 | | 32 | 20:30:57 | Dawson | Lauren |
| 84 | 52 | | 20:37:25 | Briggs | Colin |
| 85 | 53 | | 20:47:28 | Dammann | Chris |
| 86 | | 33 | 20:47:28 | Dammann | Maren |
| 87 | | 34 | 21:25:53 | Dickson | Jeannine |
| 88 | | 35 | 21:25:53 | Gardener | Cath |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|-------------------------------------|-----------|-----------|----------|------------|------------|
| 89 | | 36 | 21:33:10 | Cartwright | Jennie |
| 90 | | 37 | 21:33:14 | Wilson | Suzanne |
| 91 | 54 | | 21:48:41 | Hogg | Peter |
| 92 | 55 | | 21:48:42 | Collie | Neil |
| 93 | | 38 | 22:11:39 | Case | Narelle |
| 94 | 56 | | 22:29:08 | Call | Jason |
| 95 | | 39 | 22:29:08 | Melancon | Abby |
| 96 | 57 | | 22:42:46 | Elms | David |
| 97 | | 40 | 23:12:53 | Van Gorp | Jo |
| 98 | 58 | | 23:12:54 | Tanda | Baljinder |
| Bold SURNAME indicates AURA member. | | | | | |

Blackall 100, 50km Sunshine Coast Hinterland, QLD October 22, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|---------------|------------|
| 1 | 1 | | 4:27:40 | Coombs | Henri |
| 2 | 2 | | 4:29:29 | Dodds | Hunter |
| 3 | 3 | | 4:36:54 | Kelly | James |
| 4 | 4 | | 4:39:34 | Bartsch | Brad |
| 5 | 5 | | 4:42:50 | Cole-Jones | Dylan |
| 6 | 6 | | 4:49:58 | Scroope | David |
| 7 | 7 | | 4:50:54 | Wallace | David |
| 8 | 8 | | 4:57:59 | Jones | Paul |
| 9 | 9 | | 5:01:08 | Storrier | Richard |
| 10 | 10 | | 5:01:44 | Mccann | Howard |
| 11 | 11 | | 5:04:31 | Tabuteau | Rob |
| 12 | 12 | | 5:05:58 | Lampard | Trevor |
| 13 | 13 | | 5:06:11 | Pendlebury | Craig |
| 14 | 14 | | 5:06:20 | Kyneur | Amanda |
| 15 | | 1 | 5:09:13 | Smith | Janet |
| 16 | | 2 | 5:12:04 | Dalziell | Heidi |
| 17 | | 3 | 5:12:05 | Pryor | Luke |
| 18 | 15 | | 5:22:32 | Marton | Steve |
| 19 | 16 | | 5:25:53 | Turner | Andy |
| 20 | 17 | | 5:27:25 | Martinez | Michelle |
| 21 | | 4 | 5:28:30 | Emr | Mark |
| 22 | 18 | | 5:31:44 | Clarkson | Scott |
| 23 | 19 | | 5:32:26 | Jackson | Paul |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|-----------------|------------|
| 24 | 20 | | 5:34:06 | Bootle | Clayton |
| 25 | 21 | | 5:35:14 | Sutherland | Paul |
| 26 | 22 | | 5:35:15 | Luke | Jason |
| 27 | 23 | | 5:37:50 | Bergan | Ben |
| 28 | 24 | | 5:38:36 | Mitchell | Naomi |
| 29 | | 5 | 5:41:01 | Lafon | Chloe |
| 30 | | 6 | 5:42:26 | Moffatt | Darryl |
| 31 | 25 | | 5:43:15 | Brownlee | Jack |
| 32 | 26 | | 5:45:36 | Grandison | Stephen |
| 33 | 27 | | 5:45:36 | Kilkelly | John |
| 34 | 28 | | 5:46:44 | Kirkpatrick | Graeme |
| 35 | 29 | | 5:46:57 | Cheesman | Warren |
| 36 | 30 | | 5:48:23 | Bendall | Raelene |
| 37 | | 7 | 5:50:23 | Ribu | Dan |
| 38 | 31 | | 5:50:46 | Taylor | Andreas |
| 39 | 32 | | 5:51:35 | Kerwick | Brett |
| 40 | 33 | | 5:53:43 | Stirling | Martin |
| 41 | 34 | | 5:56:23 | Purcell | Patrick |
| 42 | 35 | | 5:57:09 | Cargill | Michael |
| 43 | 36 | | 6:00:30 | Ellis | Jill |
| 44 | | 8 | 6:02:43 | West | Geoffrey |
| 45 | 37 | | 6:07:09 | Siem | Bjornar |
| 46 | 38 | | 6:10:06 | James | Anthony |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|------------|------------|
| 47 | 39 | | 6:10:47 | Overend | Craig |
| 48 | 40 | | 6:11:02 | Krause | Wolfgang |
| 49 | 41 | | 6:11:56 | Maney | Beverly |
| 50 | | 9 | 6:14:22 | Simpson | Shay |
| 51 | | 10 | 6:17:13 | Smith | Silvia |
| 52 | | 11 | 6:17:17 | Compagnoni | Bill |
| 53 | 42 | | 6:17:18 | Edwards | Jim |
| 54 | 43 | | 6:17:18 | Alderton | Anna |
| 55 | | 12 | 6:17:37 | Thorley | Debbie |
| 56 | | 13 | 6:19:35 | Mcdougall | David |
| 57 | 44 | | 6:21:37 | Carmody | Connor |
| 58 | 45 | | 6:22:41 | Carmody | David |
| 59 | 46 | | 6:22:41 | York | Steve |
| 60 | 47 | | 6:25:22 | Sawtell | Grant |
| 61 | 48 | | 6:25:27 | Cowper | Merran |
| 62 | | 14 | 6:26:41 | Oliver | Donna |
| 63 | | 15 | 6:27:12 | Groves | Murdoch |
| 64 | 49 | | 6:28:58 | John | Nicholas |
| 65 | 50 | | 6:30:03 | Hauck | Andrew |
| 66 | 51 | | 6:30:04 | Vincent | Chelsea |
| 67 | | 16 | 6:31:10 | Erns | Fridja |
| 68 | | 17 | 6:34:56 | Still | Floss |
| 69 | | 18 | 6:35:20 | Konnors | Nat |
| 70 | | 19 | 6:35:21 | Pengelly | Andrew |
| 71 | 52 | | 6:35:22 | Paull | Andrew |
| 72 | 53 | | 6:35:23 | Lanagan | Cheryl |
| 73 | | 20 | 6:38:09 | Clarson | Mara |
| 74 | | 21 | 6:42:36 | Attard | De-Anne |
| 75 | | 22 | 6:43:32 | Rossel | Chris |
| 76 | 54 | | 6:43:56 | Martin | Rob |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|--|-----------|-----------|---------|-----------------|---------------|
| 77 | 55 | | 6:44:35 | Murray | David |
| 78 | 56 | | 6:45:03 | Bell | Christopher |
| 79 | 57 | | 6:45:30 | Smith | Kieron |
| 80 | 58 | | 6:48:27 | Thomson | Michael |
| 81 | 59 | | 6:49:08 | Kidby | Johanna-Lucia |
| 82 | | 23 | 6:49:43 | Ryan | Jessica |
| 83 | | 24 | 6:49:53 | Waldie | Scherelle |
| 84 | | 25 | 6:51:59 | Kinzett | Grant |
| 85 | 60 | | 6:53:11 | Ancey | Carine |
| 86 | | 26 | 6:53:48 | Vintour | Christophe |
| 87 | 61 | | 6:53:49 | Fitzpatrick | Wendy |
| 88 | | 27 | 6:54:26 | Jones | Rachel |
| 89 | | 28 | 6:54:42 | Whiteley | Andy |
| 90 | 62 | | 6:55:08 | Woolford | Rachelle |
| 91 | | 29 | 6:55:41 | Turner | Mark |
| 92 | 63 | | 6:55:42 | Cowling | Rod |
| 93 | 64 | | 6:57:03 | Munce | Teresa |
| 94 | | 30 | 6:57:13 | Swanepoel | Kevin |
| 95 | 65 | | 7:01:39 | Newman | Brendan |
| 96 | 66 | | 7:02:09 | Tansley | Shawn |
| 97 | 67 | | 7:02:10 | Lewis | Matthew |
| 98 | 68 | | 7:03:48 | Craven | Tim |
| 99 | 69 | | 7:05:05 | Sullivan | Craig |
| 100 | 70 | | 7:05:12 | Vidulich | Michael |
| 132 | | 49 | 7:56:50 | Marshall | Sarah-Jane |
| 175 | | 80 | 9:58:42 | Black | Corrina |
| <p>Bold SURNAME indicates AURA member.</p> <p>Top 100 finishers and AURA members shown only. For full results, visit www.blackall100.com</p> | | | | | |

Heysen 105, 105km

Newland Hill, SA

October 22, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|---------------------|------------|
| 1 | 1 | | 10:46:58 | Norton | Howard |
| 2 | 2 | | 11:04:46 | Turnbull | David |
| 3 | 3 | | 11:14:50 | Tchigique | Eddie |
| 4 | 4 | | 11:32:47 | Smith | Josh |
| 5 | 5 | | 11:36:25 | Teney | Damien |
| 6 | 6 | | 11:50:39 | Smith | Alex |
| 7 | 7 | | 11:55:24 | Gamble | Malcolm |
| 8 | | 1 | 11:57:05 | Young | Bronwyn |
| 9 | 8 | | 12:07:14 | Stone | Daniel |
| 10 | 9 | | 12:18:23 | Morfe | Shaun |
| 11 | 10 | | 12:18:28 | Mills | Chris |
| 12 | 11 | | 12:33:01 | Murray | Che |
| 13 | 12 | | 12:36:13 | Vasey | Brenton |
| 14 | | 2 | 12:38:43 | Kuwata | Kazu |
| 15 | 13 | | 12:46:46 | Furmage | Marc |
| 16 | 14 | | 13:17:06 | Loader | Sean |
| 17 | 15 | | 13:22:34 | Mihalakellis | George |
| 18 | 16 | | 13:22:34 | Harrison | Barry |
| 19 | | 3 | 13:26:46 | Luke | Jane |
| 20 | 17 | | 13:39:57 | Raymond | Leon |
| 21 | 18 | | 13:40:38 | Slattery | Damian |
| 22 | 19 | | 13:43:01 | Bang | Ryan |
| 23 | 20 | | 13:47:33 | Angus | Matt |
| 24 | 21 | | 13:53:01 | Rumball | David |
| 25 | 22 | | 14:35:06 | Hooper | Justin |
| 26 | 23 | | 14:45:25 | Toolan | Ryan |
| 27 | 24 | | 14:46:56 | Ackland | Phil |
| 28 | | 4 | 14:50:31 | Taipari | Rebecca |
| 29 | 25 | | 15:05:19 | Parise | Justin |
| 30 | 26 | | 15:06:12 | Tilley | Bradley |
| 31 | 27 | | 15:18:15 | Kennedy | Craig |
| 32 | 28 | | 15:19:41 | Jamieson | Dej |
| 33 | 29 | | 15:42:15 | Schmidt | Daniel |
| 34 | 30 | | 15:47:47 | Hartup | Russell |
| 35 | 31 | | 15:59:44 | McInerney | Mark |
| 36 | 32 | | 16:06:10 | Bang | Jordan |
| 37 | 33 | | 16:19:28 | Boyce | Gary |
| 38 | 34 | | 16:19:28 | Craig | Brenton |
| 39 | 35 | | 16:24:20 | Kuerfgen | Ulrich |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|-------------------------------------|-----------|-----------|----------|---------------------|------------|
| 40 | | 5 | 16:31:33 | Hughes | Diane |
| 41 | 36 | | 16:43:15 | O'Neill | Tim |
| 42 | | 6 | 16:54:50 | Robertson | Kate |
| 43 | 37 | | 16:54:50 | Cooper | James |
| 44 | 38 | | 16:58:10 | Cryan | Ciaran |
| 45 | | 7 | 17:05:12 | Lato | Izabela |
| 46 | 39 | | 17:19:20 | Kent | Stephan |
| 47 | 40 | | 17:42:03 | Brooks | Glen |
| 48 | | 8 | 17:42:03 | Mallen | Anna |
| 49 | | 9 | 17:42:59 | Zammit | Kylie |
| 50 | | 10 | 17:46:00 | Wichmann | Alison |
| 51 | | 11 | 17:46:00 | Van Erp | Heather |
| 52 | | 12 | 18:15:33 | Ahale | Anja |
| 53 | 41 | | 18:15:33 | Hughes | Toby |
| 54 | | 13 | 18:15:33 | Brown | Bridget |
| 55 | | 14 | 18:28:18 | Weeks | Lara |
| 56 | | 15 | 18:28:18 | Logos | Andrea |
| 57 | | 16 | 18:51:32 | Hobbs | Mariel |
| 58 | 42 | | 18:55:05 | Porteous | Shane |
| 59 | | 17 | 19:21:07 | Jarvis | Tammy |
| 60 | 43 | | 19:23:31 | Hutchinson | James |
| 61 | 44 | | 19:23:31 | Clarke | Alan |
| 62 | 45 | | 19:23:31 | Van Der Werf | Quinten |
| 63 | 46 | | 19:26:33 | Gregory | Benjamin |
| 64 | | 18 | 20:14:08 | Vuong | Lisa |
| 65 | 47 | | 20:21:27 | Dawson | Jason |
| 66 | 48 | | 20:44:18 | Greeneklee | Stirling |
| 67 | | 19 | 21:08:56 | Rounding | Vicky |
| 68 | 49 | | 21:08:56 | Treloar | Brenton |
| 69 | | 20 | 21:08:56 | Allen | Debbie |
| 70 | | 21 | 21:08:56 | McCallum | Cathy |
| 71 | | 22 | 21:39:17 | Greeneklee | Jen |
| 72 | | 23 | 22:24:18 | Hanlin | Michelle |
| 73 | | 24 | 22:24:18 | McGill | Sheena |
| 74 | | 25 | 22:24:18 | Newman | Tracey |
| 75 | 50 | | 22:24:18 | Williams | Kym |
| 76 | 51 | | 22:55:47 | Junblat | Ziad |
| 77 | 52 | | 23:33:25 | Carroll | Dave |
| Bold SURNAME indicates AURA member. | | | | | |

Heysen 105, 50km

Newland Hill, SA

October 22, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|---------------|------------|
| 1 | 1 | | 05:51:01 | Centofanti | Tyler |
| 2 | 2 | | 06:14:05 | Massey | Thomas |
| 3 | 3 | | 06:35:09 | Secombe | Matt |
| 4 | | 1 | 06:44:13 | Benny | Angela |
| 5 | | 2 | 06:58:32 | Banh | Hoa |
| 6 | | 3 | 07:00:02 | Nickson | Louise |
| 7 | | 4 | 07:06:12 | Zuill | Zorica |
| 8 | 4 | | 07:17:53 | Roberts | Adam |
| 9 | | 5 | 07:26:14 | Barns | Kelly |
| 10 | | 6 | 07:35:35 | Hansen-Al | Riesje |
| 11 | 5 | | 07:37:08 | Ribackzkow | Trent |
| 12 | 6 | | 07:40:04 | Vears | Scott |
| 13 | 7 | | 07:51:37 | Hiowell | Trevor |
| 14 | 8 | | 07:59:23 | Nevares | Luis |
| 15 | 9 | | 08:06:28 | Tottey | Graham |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|-------------------------------------|-----------|-----------|----------|-----------|------------|
| 16 | 10 | | 08:14:00 | Dewey | Ryan |
| 17 | 11 | | 08:14:05 | Baxter | Daniel |
| 18 | 12 | | 08:26:47 | Waters | Murray |
| 19 | | 7 | 08:29:46 | Shaw | Vicki |
| 20 | | 8 | 08:39:19 | Thurlings | Kathy |
| 21 | | 9 | 09:22:14 | Wild | Lauri |
| 22 | | 10 | 09:22:17 | Kaneko | Chris |
| 23 | | 11 | 09:22:21 | Cornish | Corrine |
| 24 | | 12 | 09:35:29 | Craig | Samantha |
| 25 | 13 | | 09:40:16 | Mccardle | Stuart |
| 26 | | 13 | 09:41:45 | Hockley | Rula |
| 27 | | 14 | 10:02:27 | Walling | Erin |
| 28 | | 15 | 10:05:28 | Hulst | Samantha |
| Bold SURNAME indicates AURA member. | | | | | |

Ned Kelly Chase, 100km

Wangaratta, VIC

October 23, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|-----------------|------------|
| 1 | 1 | | 08:33:36 | Overend | David |
| 2 | 2 | | 08:45:28 | Muller | Kevin |
| 3 | 3 | | 08:50:39 | Sawa | Mak |
| 4 | | 1 | 09:05:37 | Tichon | Larissa |
| 5 | | 2 | 09:14:24 | Griffith | Amelia |
| 6 | | 3 | 10:18:25 | Mickle | Karen |
| 7 | 4 | | 10:21:38 | Jennings | David |
| 8 | | 4 | 10:43:10 | Wadel | Rosa |
| 9 | 5 | | 10:43:11 | Knight-Sadler | Bryce |
| 10 | 6 | | 10:50:37 | Lewis | Joe |
| 11 | | 5 | 11:02:00 | Muston | Pam |
| 12 | 7 | | 11:02:03 | Thaus | Peter |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|-------------------------------------|-----------|-----------|----------|------------------|------------|
| 13 | | 6 | 12:09:56 | Bell | Cherise |
| 14 | 8 | | 12:44:13 | Beverly | Craig |
| 15 | 9 | | 12:49:19 | McCormick | Richard |
| 16 | | 7 | 13:06:19 | Symons | Cheryl |
| 17 | 10 | | 14:22:35 | Clapham | Kerry |
| 18 | 11 | | 14:23:55 | Carboon | James |
| 19 | 12 | | 14:36:46 | Palermo | Frank |
| 20 | | 8 | 15:11:21 | Hind | Tracey |
| 21 | | 9 | 15:11:22 | Turner | Tracy |
| 22 | | 10 | 16:12:15 | Worland | Gemma |
| 23 | | 11 | 16:12:15 | Falco | Kim |
| 24 | 13 | | 17:22:29 | Wilms | Tony |
| Bold SURNAME indicates AURA member. | | | | | |

Ned Kelly Chase, 50km
Wangaratta, VIC
October 23, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|-----------|------------|
| 1 | | 1 | 03:35:58 | Glasson | Rachel |
| 2 | 1 | | 03:56:51 | Fraser | David |
| 3 | 2 | | 04:00:35 | Creek | Nick |
| 4 | 3 | | 04:17:52 | McCann | Joseph |
| 5 | | 2 | 04:28:05 | Miura | Kyoko |
| 6 | 4 | | 04:36:36 | Timms | Geoff |
| 7 | 5 | | 04:40:27 | Guest | Daniel |
| 8 | | 3 | 05:10:39 | Pursey | Lisa |
| 9 | 6 | | 05:17:35 | Srour | Bass |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|-------------------------------------|-----------|-----------|----------|---------------|------------|
| 10 | 7 | | 05:19:24 | Carson | Max |
| 11 | | 4 | 05:20:40 | Lucas | Joni |
| 12 | 8 | | 05:35:15 | Thompson | Simon |
| 13 | | 5 | 05:42:43 | Kremerskothen | Sondra |
| 14 | 9 | | 05:42:59 | Lee | Peter |
| 15 | 10 | | 06:15:11 | Erickson | Tim |
| 16 | | 6 | 06:15:12 | Thompson | Michelle |
| 17 | | 7 | 09:21:15 | Meakin | Donna |
| 18 | | 8 | 09:21:15 | Gurney | Holly |
| Bold SURNAME indicates AURA member. | | | | | |

Marysville Mara Festival, 50km
Marysville, VIC
November 6, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|------------|------------|
| 1 | 1 | | 4:04:54 | Ciancio | Francesco |
| 2 | 2 | | 4:11:53 | Hopkins | Ross |
| 3 | 3 | | 4:18:04 | Watson | Chipp |
| 4 | 4 | | 4:23:03 | Beard | Dan |
| 5 | 5 | | 4:24:34 | Bennett | Ashley |
| 6 | 6 | | 4:39:46 | Fitzgerald | Joel |
| 7 | 7 | | 4:42:50 | Downie | Andrew |
| 8 | 8 | | 4:45:01 | Eddison | Lee |
| 9 | 9 | | 4:51:45 | Muller | Kevin |
| 10 | 10 | | 4:54:57 | Edney | Sam |
| 11 | 11 | | 4:58:19 | Scholz | Justin |
| 12 | 12 | | 5:01:35 | Sawa | Mak |
| 13 | | 1 | 5:04:19 | Paton | Nicole |
| 14 | 13 | | 5:06:19 | Volz | Marcus |
| 15 | 14 | | 5:12:37 | Hughes | Stuart |
| 16 | 15 | | 5:18:58 | Jakus | Gabor |
| 17 | 16 | | 5:24:36 | Fox | Nigel |
| 18 | 17 | | 5:24:50 | Zhang | Baoping |
| 19 | 18 | | 5:26:24 | Cimdins | Nick |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|-----------------|------------|
| 20 | | 2 | 5:26:57 | Horman | Tilly |
| 21 | 19 | | 5:28:15 | West | Mark |
| 22 | 20 | | 5:29:20 | Prentice | Michael |
| 23 | 21 | | 5:33:41 | Murray | Ian |
| 24 | 22 | | 5:41:44 | Waites | Adam |
| 25 | 23 | | 5:41:51 | Samsu | Joel |
| 26 | | 3 | 5:42:42 | Gregory | Julia |
| 27 | 24 | | 5:43:15 | Elms | Corey |
| 28 | 25 | | 5:44:23 | Lewis | Paul |
| 29 | | 4 | 5:45:23 | Ross | Isobel |
| 30 | 26 | | 5:47:31 | Johnstone | Chris |
| 31 | 27 | | 5:51:23 | Sutton | Rob |
| 32 | 28 | | 5:52:31 | Alexandropoulos | George |
| 33 | 29 | | 5:53:35 | Taylor | Michael |
| 34 | 30 | | 5:57:00 | Broadhurst | Andrew |
| 35 | 31 | | 5:58:09 | Ryan | Phil |
| 36 | 32 | | 6:12:31 | Sutherland | David |
| 37 | | 5 | 6:16:47 | Thorn | Julia |
| 38 | | 6 | 6:17:32 | Kruisselbrink | Rebecca |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|-----------|------------|
| 39 | 33 | | 6:18:34 | Gullifer | John |
| 40 | | 7 | 6:18:34 | Lewis | Kay |
| 41 | 34 | | 6:19:05 | King | Andrew |
| 42 | 35 | | 6:22:47 | Piplios | Chris |
| 43 | 36 | | 6:23:20 | Peter | Munns |
| 44 | | 8 | 6:25:08 | Salahoras | Josie |
| 45 | 37 | | 6:26:15 | Corbett | Andrew |
| 46 | 38 | | 6:27:50 | Nazem | Majidreza |
| 47 | 39 | | 6:36:55 | Deering | Bill |
| 48 | 40 | | 6:41:37 | Tait | Ron |
| 49 | 41 | | 6:47:19 | Thomas | Richard |
| 50 | 42 | | 6:47:19 | Freestone | Todd |
| 51 | 43 | | 6:47:42 | Cornall | Terry |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|-------------------------------------|-----------|-----------|---------|-----------|------------|
| 52 | 44 | | 6:50:44 | Lim | Jon |
| 53 | 45 | | 6:53:54 | O'Connor | John |
| 54 | | 9 | 6:53:54 | Ahern | Correen |
| 55 | | 10 | 6:59:33 | Oudman | Yvette |
| 56 | | 11 | 7:02:31 | Lee | Vanessa |
| 57 | | 12 | 7:03:51 | Brookes | Rowan |
| 58 | | 13 | 7:03:51 | Sykes | Rachel |
| 59 | | 14 | 7:11:55 | Barber | Jodie |
| 60 | | 15 | 7:15:42 | Mawley | Melanie |
| 61 | 46 | | 7:28:28 | Byrne | Patrick |
| 62 | 47 | | 7:44:48 | Youngman | Michael |
| 63 | 48 | | 7:47:44 | Austin | Andrew |
| Bold SURNAME indicates AURA member. | | | | | |

Lighthorse Ultra, 12h Perth, WA November 12, 2016

| Rank | Cat Place | Cat Place | Distance | Last name | First name |
|------|-----------|-----------|----------|-------------------|------------|
| 1 | 1 | | 129.640 | Morrison | Johnathon |
| 2 | 2 | | 123.880 | Smith | Tony |
| 3 | | 1 | 118.990 | Hadley | Margaret |
| 4 | 3 | | 117.890 | Kennedy | David |
| 5 | 4 | | 117.548 | Hooker | Michael |
| 6 | 5 | | 117.230 | Fawkes | Nathan |
| 7 | 6 | | 111.000 | Darcy | Ben |
| 8 | 7 | | 109.490 | Smetherham | Glen |
| 9 | | 2 | 106.930 | Newman | Hayley |
| 10 | 8 | | 105.577 | Pattinson | Alex |
| 11 | | 3 | 104.450 | Waite | Harmony |
| 12 | 9 | | 103.990 | Bonnick | Simon |
| 13 | | 4 | 103.198 | Luscombe | Emma |

| Rank | Cat Place | Cat Place | Distance | Last name | First name |
|-------------------------------------|-----------|-----------|----------|-----------------|------------|
| 14 | 10 | | 100.238 | Harris | Ben |
| 15 | 11 | | 100.048 | O'Neill | Nick |
| 16 | 12 | | 95.238 | Vickers | Logan |
| 17 | 13 | | 89.490 | Hagymas | Attila |
| 18 | 14 | | 87.210 | Kozak | Nyk |
| 19 | 15 | | 80.800 | Goddard | Nick |
| 20 | | 5 | 80.800 | Goddard | Catherine |
| 21 | | 6 | 70.698 | Chinnery | Katie |
| 22 | 16 | | 60.000 | Avery | Richard |
| 23 | 17 | | 52.500 | Eva | Tim |
| 24 | | 7 | 52.500 | Shields | Ashleigh |
| 25 | 18 | | 32.500 | Daniel | Bryce |
| Bold SURNAME indicates AURA member. | | | | | |

Lighthorse Ultra, 6h

Perth, WA

November 12, 2016

| Rank | Cat Place | Cat Place | Distance | Last name | First name |
|------|-----------|-----------|----------|-----------|------------|
| 1 | 1 | | 75.091 | Turnball | David |
| 2 | | 1 | 65.850 | Pett | Shaye |
| 3 | | 2 | 63.750 | Mccaskie | Pamela |
| 4 | | 3 | 61.250 | Cripps | Elyse |
| 5 | 2 | | 58.820 | North | Ian |
| 6 | 4 | | 58.500 | Noonan | David |
| 7 | 3 | | 58.212 | Swallow | Nicholas |
| 8 | 5 | | 57.524 | Lane | Nathan |
| 9 | | 4 | 55.000 | Byrne | Amy |
| 10 | 6 | | 54.000 | Millett | Roger |
| 11 | 7 | | 53.370 | Caldwell | Mark |
| 12 | | 5 | 53.250 | Collinge | Lauren |
| 13 | | 7 | 52.743 | Cushion | Natalie |
| 14 | | 6 | 52.671 | Frendo | Rebecca |
| 15 | 8 | | 52.512 | Henderson | Matt |
| 16 | | 8 | 52.380 | Shiu | Crystal |
| 17 | | 9 | 51.250 | Clark | Jaqueline |
| 18 | | 10 | 50.500 | Hamilton | Gemma |
| 19 | 11 | | 50.249 | Collinge | Chris |
| 20 | 12 | | 50.243 | Allmark | Dave |

| Rank | Cat Place | Cat Place | Distance | Last name | First name |
|-------------------------------------|-----------|-----------|----------|-----------|-------------|
| 21 | 9 | | 50.082 | Cornish | Andy |
| 22 | | 11 | 50.057 | Kober | Jutta |
| 23 | 10 | | 50.000 | Haustead | Bruce |
| 24 | 13 | | 48.050 | Keillor | Christopher |
| 25 | | 12 | 47.500 | Wood | Clare |
| 26 | 14 | | 46.930 | Chauveau | Frank |
| 27 | 15 | | 45.586 | Hooper | Bruce |
| 28 | | 13 | 45.000 | Mcglinn | Desiree |
| 29 | | 14 | 45.000 | Fisher | Caroline |
| 30 | | 15 | 41.380 | Smoker | Erin |
| 31 | | 16 | 39.690 | Fleming | Kelly-Lynn |
| 32 | | 17 | 35.090 | Mercado | Tania |
| 33 | 16 | | 35.000 | Tucker | Brett |
| 34 | | 18 | 32.500 | San | Sarah |
| 35 | | 19 | 30.000 | Hefferon | Beck |
| 36 | | 20 | 30.000 | Rees | Jo |
| 37 | | 21 | 27.500 | Hayes | Joanne |
| 38 | | 22 | 27.500 | Robbins | Carley |
| 39 | | 23 | 27.500 | Burong | Gabrielle |
| Bold SURNAME indicates AURA member. | | | | | |

Alpine Challenge, 100mi

Victorian Alps, VIC

November 26, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|---------------------|------------|
| 1 | 1 | | 24:20:10 | Beard | Dan |
| 2 | 2 | | 25:24:55 | Cochrane | Tim |
| 3 | 3 | | 26:31:27 | Ramsey | Alex |
| 4 | 4 | | 26:35:14 | Roberts | Chris |
| 5 | 5 | | 26:46:29 | Bowring | Patrick |
| 6 | 6 | | 27:29:35 | Smythe | Luke |
| 7 | 7 | | 27:41:48 | Hack | Martin |
| 8 | 8 | | 27:41:48 | Hopwood | Paul |
| 9 | 9 | | 28:04:48 | Sheehan | Alex doza |
| 10 | 10 | | 28:38:34 | Cox | Jared |
| 11 | 11 | | 29:25:48 | Dodds | Hunter |
| 12 | 12 | | 29:27:15 | Dernee | Phill |
| 13 | 13 | | 29:33:50 | Smit | Rocco |
| 14 | | 1 | 29:47:18 | Weibel | Amber |
| 15 | 14 | | 30:25:20 | Hanley | Steven |
| 16 | 15 | | 30:58:55 | Piper | Mathew |
| 17 | 16 | | 31:05:19 | Mihalakellis | George |
| 18 | | 2 | 32:57:16 | Ross | Isobel |
| 19 | 17 | | 34:26:18 | Chandler | Brett |
| 20 | 18 | | 34:39:46 | Moschitz | Tom |
| 21 | 19 | | 35:12:29 | Bang | Ryan |
| 22 | | 3 | 35:12:29 | Whitehead | Alison |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|-------------------------------------|-----------|-----------|----------|------------------------|------------|
| 23 | 20 | | 35:12:29 | Wu | Siqi |
| 24 | 21 | | 35:12:29 | Yarlett | Matthew |
| 25 | 22 | | 35:46:40 | Clark | Ben |
| 26 | 23 | | 35:46:40 | Jakus | Gabor |
| 27 | 24 | | 35:53:37 | Salton | John |
| 28 | 25 | | 36:27:42 | Cheng | Yuanchao |
| 29 | 26 | | 37:04:35 | Fraser | Lachlan |
| 30 | 27 | | 37:04:35 | Morel | Olivier |
| 31 | 28 | | 38:09:24 | Maclean | Chris |
| 32 | 29 | | 38:55:26 | Brodie | Adam |
| 33 | 30 | | 39:02:57 | Willetts | Roy |
| 34 | 31 | | 39:31:07 | Emr | Mark |
| 35 | 32 | | 39:32:43 | Hartmann | Klaas |
| 36 | 33 | | 39:47:00 | Wijaya | Hendra |
| 37 | | 4 | 39:49:40 | Weir | Sharon |
| 38 | 34 | | 39:53:45 | Black | Scott |
| 39 | | 5 | 40:14:33 | Sagar | Julie |
| 40 | 35 | | 40:15:52 | Allen | Scott |
| 41 | 36 | | 41:00:04 | Baff | Nick |
| 42 | | 6 | 41:27:25 | Harvey-Jamieson | Susannah |
| Bold SURNAME indicates AURA member. | | | | | |

Alpine Challenge, 100km

Victorian Alps, VIC

November 26, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|--------------|------------|
| 1 | 1 | | 12:32:10 | Oehm | Daniel |
| 2 | 2 | | 13:17:57 | Hendrickx | Robbie |
| 3 | 3 | | 13:48:58 | Spencer | Jeremy |
| 4 | 4 | | 13:54:12 | Truloff | Gregory |
| 5 | 5 | | 14:04:07 | Chenoweth | Jack |
| 6 | | 1 | 14:10:48 | Jones | Maggie |
| 7 | | 2 | 14:27:28 | Paton | Nicole |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|------------|------------|
| 8 | 6 | | 14:40:15 | Dwyer | Dylan |
| 9 | 7 | | 15:11:08 | Day | Paul |
| 10 | | 3 | 15:29:22 | Prelovsek | Oja |
| 11 | | 4 | 15:46:37 | Hansen | Jacqui |
| 12 | 8 | | 15:49:25 | Wilkie | Brad |
| 13 | 9 | | 15:51:57 | Rae | Jeremy |
| 14 | 10 | | 16:16:58 | Murray | Trevor |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|------------|------------|
| 15 | 11 | | 16:21:52 | Bonney | Andrew |
| 16 | 12 | | 16:31:22 | Lamarque | Thierry |
| 17 | 13 | | 17:03:37 | Cole-Jones | Dylan |
| 18 | 14 | | 17:33:22 | Walsh | Brendan |
| 19 | 15 | | 17:39:14 | Wyithe | Stuart |
| 20 | | 5 | 17:44:40 | Brown | Emma |
| 21 | 16 | | 17:44:40 | Wilkinson | Ben |
| 22 | 17 | | 17:54:13 | Gallagher | Dominic |
| 23 | 18 | | 18:02:08 | Bendall | Gavin |
| 24 | | 6 | 19:12:19 | Murray | Gioia |
| 25 | 19 | | 19:38:18 | Hepburn | Mark |
| 26 | 20 | | 19:38:18 | Stewart | Damien |
| 27 | 21 | | 19:57:39 | Shar | Greg |
| 28 | 22 | | 19:57:39 | Suttor | Sean |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|-------------------------------------|-----------|-----------|----------|----------------|------------|
| 29 | | 7 | 20:11:32 | Rae | Raquel |
| 30 | 23 | | 20:33:40 | Carolan | Vincent |
| 31 | 24 | | 20:33:40 | Cattermole | Andrew |
| 32 | 25 | | 20:33:40 | Wagner | Pawel |
| 33 | | 8 | 21:57:15 | Newcomb | Kali |
| 34 | | 9 | 22:03:20 | Sekulic | Natasha |
| 35 | | 10 | 22:39:16 | Cole | Karen |
| 36 | | 11 | 22:39:16 | Pedley | Karen |
| 37 | | 12 | 23:25:30 | Noreiks | Lesley |
| 38 | 26 | | 23:25:30 | Noreiks | Ryan |
| 39 | 27 | | 23:31:40 | Caddy | Tim |
| 40 | | 13 | 25:01:30 | Morgan | Katie |
| 41 | | 14 | 25:08:30 | Szolos | Rozsa |
| Bold SURNAME indicates AURA member. | | | | | |

Alpine Challenge, 60km Victorian Alps, VIC November 26, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|--------------|------------|
| 1 | 1 | | 6:13:56 | Nunan | Daniel |
| 2 | 2 | | 6:38:23 | Perera | Dylan |
| 3 | 3 | | 6:41:05 | Chapple | Baden |
| 4 | 4 | | 6:51:46 | Rennick | Stephen |
| 5 | 5 | | 6:57:50 | Watson | Chipp |
| 6 | 6 | | 7:05:48 | Rogers | Alexander |
| 7 | 7 | | 7:15:36 | Craig | Campbell |
| 8 | 8 | | 7:20:04 | Prentice | Derek |
| 9 | | 1 | 7:21:05 | Laurent | Cecile |
| 10 | 9 | | 7:32:20 | Allen | Alistair |
| 11 | | 2 | 7:47:13 | Oldfield | Madeleine |
| 12 | 10 | | 7:53:45 | Garner | Jack |
| 13 | 11 | | 7:59:12 | Melchiori | Tristan |
| 14 | 12 | | 8:14:37 | Suprun | Timofey |
| 15 | 13 | | 8:17:24 | Riordan | Gerard |
| 16 | | 3 | 8:20:12 | Donald | Ingrid |
| 17 | | 4 | 8:31:45 | Brikker | Millerine |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|-------------|------------|
| 18 | 14 | | 8:32:15 | Smith | Chris |
| 19 | 15 | | 8:32:27 | Bartholomew | Ashley |
| 20 | | 5 | 8:33:18 | Cooper | Leeah |
| 21 | 16 | | 8:41:54 | Biddington | Ben |
| 22 | | 6 | 8:48:14 | Clayden | Kerri |
| 23 | 17 | | 8:57:31 | Bang | Jordan |
| 24 | 18 | | 8:57:58 | O'Malley | Nathan |
| 25 | | 7 | 8:59:05 | Hopkinson | Iola |
| 26 | 19 | | 9:08:03 | Finlay | Rory |
| 27 | 20 | | 9:08:24 | Fan | Winston |
| 28 | 21 | | 9:17:57 | McCabe | Matthew |
| 29 | 22 | | 9:29:35 | Larsova | Veronika |
| 30 | 23 | | 9:34:28 | Wang | Michael |
| 31 | | 8 | 9:39:38 | Stanway | Lynn |
| 32 | 24 | | 10:02:31 | Judd | Brendan |
| 33 | 25 | | 10:07:11 | Elliott | Greg |
| 34 | 26 | | 10:25:36 | Hanley | Paul |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|-----------|------------|
| 35 | | 9 | 10:27:31 | Hore | Jennifer |
| 36 | 27 | | 10:27:43 | Boulton | David |
| 37 | 28 | | 10:46:00 | Parish | Allan |
| 38 | 29 | | 11:16:22 | Henschke | Philip |
| 39 | 30 | | 11:25:04 | Cornall | Terry |
| 40 | | 10 | 11:26:53 | Charlton | Susan |
| 41 | | 11 | 11:26:53 | Brown | Fiona |
| 42 | | 12 | 11:28:05 | Castres | Deborah |
| 43 | 31 | | 11:28:05 | Jacquart | Gaetan |
| 44 | 32 | | 11:34:05 | Heaysman | Mark |
| 45 | | 13 | 11:34:05 | Post | Samantha |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|-------------------------------------|-----------|-----------|----------|-----------|------------|
| 46 | | 14 | 11:48:13 | Marriott | Hannah |
| 47 | | 15 | 12:09:35 | Miles | Amanda |
| 48 | 33 | | 12:09:35 | Biasizzo | Michael |
| 49 | | 16 | 13:47:50 | Sanderson | Kate |
| 50 | 34 | | 13:47:55 | Kinder | Neil |
| 51 | 35 | | 14:04:06 | Crepelca | Simisa |
| 52 | 36 | | 14:04:06 | Robinson | Tim |
| 53 | 37 | | 14:04:06 | Stephens | Mark |
| 54 | | 17 | 14:11:56 | Fenton | Kirsty |
| 55 | | 18 | 14:44:36 | Brunskill | Sarah |
| Bold SURNAME indicates AURA member. | | | | | |

Bruny Island Ultra, 64km

Bruny Island, TAS

December 3, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|-------------|------------|
| 1 | 1 | | 4:33:03 | Chugg | Joshua |
| 2 | 2 | | 5:20:35 | Fuller | Neil |
| 3 | 3 | | 5:23:42 | Lewinski | Chris |
| 4 | 4 | | 5:29:36 | Macleod | Peter |
| 5 | 5 | | 5:34:26 | Chadwick | David |
| 6 | | 1 | 5:34:31 | Boocock | Jen |
| 7 | 6 | | 5:44:33 | Johnson | Mark |
| 8 | 7 | | 5:48:43 | Venn | Russell |
| 9 | | 2 | 6:04:35 | Van Duiven | Emma |
| 10 | 8 | | 6:06:41 | Apanah | Mick |
| 11 | 9 | | 6:08:11 | Bender | Andrew |
| 12 | 10 | | 6:08:40 | Gill | Stephen |
| 13 | 11 | | 6:09:36 | Mcmahon | Daniel |
| 14 | | 3 | 6:15:44 | Stiso | Suzanne |
| 15 | 12 | | 6:19:47 | Diprose | Adam |
| 16 | | 4 | 6:23:03 | Warren | Kate |
| 17 | 13 | | 6:23:35 | Dalton | Chris |
| 18 | 14 | | 6:28:23 | Chamberlain | Matthew |
| 19 | | 5 | 6:28:45 | Heitz | Marie |
| 20 | 15 | | 6:31:24 | O'Toole | David |
| 21 | 16 | | 6:33:20 | Rees | David |
| 22 | 17 | | 6:34:52 | Beeston | Phil |
| 23 | 18 | | 6:34:52 | Van Ryn | Phill |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|-----------|------------|
| 24 | | 6 | 6:38:20 | Guy | Jacqui |
| 25 | | 7 | 6:43:50 | Farrar | Carolyn |
| 26 | 19 | | 6:49:05 | Werner | Ash |
| 27 | | 8 | 6:49:21 | Grimes | Sally |
| 28 | 20 | | 6:49:44 | Tansey | Matthew |
| 29 | 21 | | 6:51:44 | Wells | Ben |
| 30 | 22 | | 6:58:27 | Vlok | Jd |
| 31 | | 9 | 6:59:59 | Robson | Ann |
| 32 | | 10 | 7:00:38 | Akmentins | Melissa |
| 33 | 23 | | 7:01:04 | Hirst | Trent |
| 34 | 24 | | 7:08:49 | Nelsen | Scott |
| 35 | 25 | | 7:13:57 | Norton | Grant |
| 36 | 26 | | 7:15:26 | Sutton | Andrew |
| 37 | 27 | | 7:20:42 | Mannix | Grant |
| 38 | | 11 | 7:26:00 | Peck | Emily |
| 39 | | 12 | 7:29:40 | Taipari | Rebecca |
| 40 | 28 | | 7:35:23 | Loader | Paul |
| 41 | | 13 | 7:35:23 | Evans | Louise |
| 42 | 29 | | 7:37:12 | Moore | Daniel |
| 43 | 30 | | 7:37:13 | Kirkwood | Murray |
| 44 | 31 | | 7:42:09 | Hughes | Jarad |
| 45 | 32 | | 7:46:17 | Moore | Simon |
| 46 | | 14 | 7:47:43 | Harris | Kim |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|----------------|------------|
| 47 | | 15 | 7:54:10 | Walch | Caro |
| 48 | 33 | | 7:57:02 | Seaman | Charles |
| 49 | 34 | | 8:00:17 | Metcalf | Dean |
| 50 | | 16 | 8:00:33 | Hilder | Fiona |
| 51 | | 17 | 8:02:10 | Hooper | Kelli |
| 52 | 35 | | 8:05:16 | O'Brien | Andrew |
| 53 | | 18 | 8:05:16 | O'Brien | Sue |
| 54 | 36 | | 8:14:35 | Bouchart | Bobby-Jack |
| 55 | 37 | | 8:17:35 | Rutledge | Patrick |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|-------------------------------------|-----------|-----------|----------|-----------|------------|
| 56 | | 19 | 8:27:46 | Guinane | Kate |
| 57 | 38 | | 8:47:04 | Garratt | Clinton |
| 58 | | 20 | 8:49:01 | Butt | Narelle |
| 59 | 39 | | 8:53:35 | Shreeve | Mike |
| 60 | 40 | | 8:53:47 | Simms | Mike |
| 61 | 41 | | 9:02:27 | Jennings | Joff |
| 62 | 42 | | 11:23:59 | Crotty | James |
| 63 | 43 | | 12:58:17 | Tuffin | Lindsay |
| Bold SURNAME indicates AURA member. | | | | | |

Coast to Kosci, 240km Eden, NSW December 9, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|----------|---------------------|------------|
| 1 | 1 | | 3:55:05 | Muller | Kevin |
| 2 | 2 | | 4:36:46 | O'Brien | Kieran |
| 3 | 3 | | 4:54:24 | Redfern | Stephen |
| 4 | 4 | | 6:49:44 | Chen | Penbin |
| 5 | 5 | | 6:54:19 | Simpson | Shane |
| 6 | 6 | | 6:58:30 | Yoon | John |
| 7 | | 1 | 7:00:46 | Keith | Susan |
| 8 | 7 | | 8:16:26 | Day | Rohan |
| 9 | 8 | | 8:21:34 | West | Jason |
| 10 | | 2 | 8:22:30 | Muston | Pam |
| 11 | 9 | | 8:24:11 | Allen | Trevor |
| 12 | 10 | | 8:33:30 | Mihalakellis | George |
| 13 | 10 | | 8:33:30 | Kaesler | Shaun |
| 14 | 12 | | 8:57:06 | Lyndon | Timothy |
| 15 | 13 | | 9:02:38 | Mulholland | Shaun |
| 16 | | 3 | 9:15:07 | Farrelly | Chantelle |
| 17 | 14 | | 10:21:38 | Moulin | Stephane |
| 18 | 15 | | 10:43:38 | Lewis | Joe |
| 19 | 16 | | 10:47:35 | McDowall | Andrew |
| 20 | 17 | | 10:48:36 | Billett | David |
| 21 | | 4 | 11:31:46 | Urquhart | Donna |
| 22 | 18 | | 11:52:49 | Lolback | Dan |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|-------------------------------------|-----------|-----------|----------|-------------------|------------|
| 23 | 19 | | 12:24:16 | Darwin | Adam |
| 24 | | 5 | 12:27:44 | Scholz | Sharon |
| 25 | 20 | | 13:41:52 | Easton | Brett |
| 26 | | 6 | 14:02:29 | Dear | Kirrily |
| 27 | | 7 | 14:55:39 | Trumper | Jane |
| 28 | 21 | | 14:57:23 | Hanney | Roger |
| 29 | | 8 | 15:43:41 | Redl | Nicky |
| 30 | 22 | | 16:15:50 | Heaton | Kevin |
| 31 | 23 | | 16:22:46 | Fitzgerald | Matthew |
| 32 | | 9 | 16:54:10 | Lovegrove | Kristy |
| 33 | 24 | | 17:06:00 | Hassall | Roland |
| 34 | 25 | | 17:18:38 | Roberts | Damon |
| 35 | 26 | | 17:26:49 | Nicholson | Adrian |
| 36 | 27 | | 17:58:06 | Colagiuri | Pete |
| 37 | 28 | | 18:18:40 | Hedges | Joe |
| 38 | 29 | | 19:05:49 | Herrmann | Jan |
| 39 | 30 | | 19:14:46 | Wye | Graham |
| 40 | 31 | | 19:38:28 | Connor | Adam |
| 41 | 32 | | 19:42:42 | Kavanagh | Adam |
| 42 | 33 | | 19:43:40 | Roberts | Simon |
| 43 | 34 | | 21:44:10 | Ward | Sean |
| Bold SURNAME indicates AURA member. | | | | | |

Gold Coast 50km

Gold Coast, QLD

December 11, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|-------------------|------------|
| 1 | 1 | | 3:10:13 | Peters | Jonathan |
| 2 | 2 | | 3:15:02 | Hill | Darryl |
| 3 | 3 | | 3:15:50 | Ciancio | Francesco |
| 4 | 4 | | 3:34:51 | Leahy | Derrick |
| 5 | | 1 | 3:35:48 | Belcher | Elkie |
| 6 | 5 | | 3:40:43 | Shaw | John |
| 7 | 6 | | 3:46:34 | Blom | Justin |
| 8 | 7 | | 3:53:13 | Jacobson | Chris |
| 9 | 8 | | 3:53:45 | Batchelor | Brett |
| 10 | 9 | | 4:04:18 | Gardner | Ash |
| 11 | 10 | | 4:05:08 | Foster | Simon |
| 12 | 11 | | 4:06:29 | Malby | Ben |
| 13 | 12 | | 4:09:24 | Renshaw | Ian |
| 14 | 13 | | 4:10:56 | Eckert | Thorsten |
| 15 | | 2 | 4:12:02 | Ludowici | Sarah |
| 16 | 14 | | 4:15:04 | Knight-Gray | Justin |
| 17 | 15 | | 4:16:57 | Crisford-Solemdal | Torgeir |
| 18 | | 3 | 4:17:48 | Mackenzie | Katie |
| 19 | | 4 | 4:18:32 | Miura | Kyoko |
| 20 | 16 | | 4:20:07 | Birnie | Steve |
| 21 | 17 | | 4:20:44 | Costa | Gui |
| 22 | 18 | | 4:22:47 | O'neile | Scott |
| 23 | 19 | | 4:23:34 | Little | Sam |
| 24 | | 5 | 4:25:07 | Black | Corrina |
| 25 | 20 | | 4:27:51 | Hoeft | Clifford |
| 26 | 21 | | 4:28:23 | English | Mark |
| 27 | | 6 | 4:28:31 | Green | Sonia |
| 28 | 22 | | 4:31:12 | Winn | Raphael |
| 29 | 23 | | 4:34:13 | Quadrio | Rick |
| 30 | 24 | | 4:34:14 | Williams | Damien |
| 31 | 25 | | 4:34:42 | Rogers | Garry |
| 32 | 26 | | 4:35:58 | Glover | Brad |
| 33 | 27 | | 4:36:41 | Whittaker | Graham |
| 34 | 28 | | 4:37:17 | Mccann | Kevin |
| 35 | | 7 | 4:38:23 | Thomas | Leigh |
| 36 | 29 | | 4:38:24 | Murillo | Justin |
| 37 | 30 | | 4:38:57 | Ford | Michael |
| 38 | 31 | | 4:42:09 | North | Richard |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|-----------------|------------|
| 39 | | 8 | 4:42:25 | Tudman | Monique |
| 40 | 32 | | 4:43:25 | Deva | Sanjay |
| 41 | 33 | | 4:44:46 | Baxter | Andy |
| 42 | 34 | | 4:45:19 | Ballance | David |
| 43 | 35 | | 4:45:21 | Sutherland | Gordon |
| 44 | 36 | | 4:46:26 | Gamble | Steve |
| 45 | 37 | | 4:46:37 | Wright | Stephen |
| 46 | F9 | 9 | 4:47:31 | Crooks | Betina |
| 47 | 38 | | 4:47:37 | Anthony | Mark |
| 48 | 39 | | 4:47:39 | Kennedy | Damien |
| 49 | 40 | | 4:47:43 | Jones | Angus |
| 50 | | 10 | 4:47:47 | Lian Geok Fong | Brenda |
| 51 | 41 | | 4:48:25 | Jones | Rick |
| 52 | 42 | | 4:49:18 | Deen | Rob |
| 53 | 43 | | 4:50:05 | Smith | Jack |
| 54 | 44 | | 4:50:21 | Ficklen | Carter |
| 55 | 45 | | 4:50:55 | Nolan | Isaac |
| 56 | 46 | | 4:51:10 | Forcey | Karl |
| 57 | 47 | | 4:52:18 | Correa | Victor |
| 58 | 48 | | 4:53:32 | Dyson | Samuel |
| 59 | | 11 | 4:54:09 | Fairholm | Maxine |
| 60 | 49 | | 4:55:52 | Ferreira | Afonso |
| 61 | | 12 | 4:55:54 | Waldburger | Jude |
| 62 | 50 | | 4:56:24 | Warwick | Lindsay |
| 63 | | 13 | 4:56:30 | Manuel | Javana |
| 64 | 51 | | 4:56:32 | Stone | Mark |
| 65 | 52 | | 4:57:13 | Marshall | Kelvin |
| 66 | | 14 | 4:58:23 | Goodwin | Natalie |
| 67 | 53 | | 4:58:42 | Barrett | Mark |
| 68 | 54 | | 4:59:01 | Moloney | Nick |
| 69 | 55 | | 4:59:34 | Skora | Dariusz |
| 70 | | 15 | 5:00:38 | Skinner | Johanna |
| 71 | F16 | 16 | 5:03:17 | Clark | Wendy |
| 72 | 56 | | 5:03:19 | Small | Nigel |
| 73 | 57 | | 5:03:30 | Pratt | Lee |
| 74 | 58 | | 5:04:31 | Sawler | Bradley |
| 75 | | 17 | 5:04:32 | Cserpak | Erin |
| 76 | 59 | | 5:05:25 | George | Scott |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|-----------|-------------|
| 77 | 60 | | 5:06:24 | Grieves | John |
| 78 | 61 | | 5:07:39 | Hilliam | Tony |
| 79 | | 18 | 5:07:48 | Stevenson | Connie |
| 80 | | 19 | 5:08:54 | Weir | Charlin |
| 81 | 62 | | 5:09:25 | Brown | Jordan |
| 82 | 63 | | 5:10:01 | Stoneley | Gavin |
| 83 | 64 | | 5:10:07 | Smith | Rhys |
| 84 | 65 | | 5:12:24 | Evans | Christopher |
| 85 | 66 | | 5:12:59 | Reynolds | Gavan |
| 86 | 67 | | 5:15:40 | Mckenzie | Peter |
| 87 | | 20 | 5:16:44 | Dry | Sahara |
| 88 | | 21 | 5:16:45 | Shapiro | Sharon |
| 89 | 68 | | 5:17:25 | Skinner | Brad |
| 90 | | 22 | 5:17:30 | Brousseau | Caroline |
| 91 | 69 | | 5:18:22 | Horan | Stephen |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|---|-----------|-----------|---------|---------------|------------|
| 92 | | 23 | 5:18:30 | Wang | Ke |
| 93 | | 24 | 5:19:16 | Tappouras | Karin |
| 94 | | 25 | 5:19:16 | Hussey | Lisa |
| 95 | | 26 | 5:19:35 | Lambole | Cairine |
| 96 | 70 | | 5:20:42 | Sedman | Antony |
| 97 | 71 | | 5:22:04 | Russ | Justin |
| 98 | 72 | | 5:24:08 | O'brien | David |
| 99 | 73 | | 5:25:19 | Adams | Don |
| 100 | 74 | | 5:25:57 | Dalby | Peter |
| 122 | | 36 | 5:48:03 | Symons | Cheryl |
| 137 | 98 | | 6:04:03 | Davis | Harry |
| 138 | 99 | | 6:07:54 | Last | Geoffrey |
| Bold SURNAME indicates AURA member. | | | | | |
| Top 100 finishers and AURA members shown only. For full results, visit www.goldcoast50.com | | | | | |

6 Inch Trail Marathon, 46km

North Dandalup, WA

December 18, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|-----------------|------------|
| 1 | 1 | | 3:18:41 | Hawker | Scotty |
| 2 | 2 | | 3:20:37 | Roberts | James |
| 3 | 3 | | 3:27:45 | Bakowski | Thomas |
| 4 | 4 | | 3:39:36 | Kelly | Justin |
| 5 | 5 | | 3:43:32 | Johnstone | Shane |
| 6 | 6 | | 3:44:22 | Avery | Richard |
| 7 | 7 | | 3:44:53 | Matthews | Kevin |
| 8 | 8 | | 3:46:58 | Thomas | Kim |
| 9 | 9 | | 3:50:12 | Fawkes | Nathan |
| 10 | 10 | | 3:54:47 | Gore | Philip |
| 11 | 11 | | 3:56:43 | Coombes | Brett |
| 12 | 12 | | 3:56:59 | Genovese | Paul |
| 13 | 13 | | 3:57:00 | Pendse | Jon |
| 14 | 14 | | 3:57:18 | O'Sullivan | Mike |
| 15 | | 1 | 3:58:39 | Lootz | Marlene |
| 16 | 15 | | 4:00:26 | Ward | Rohan |
| 17 | 16 | | 4:01:20 | Rutherford | Simon |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|------------------|------------|
| 18 | 17 | | 4:01:48 | Duryea | Shane |
| 19 | 18 | | 4:05:13 | Reid | David |
| 20 | 19 | | 4:06:29 | Joyce | Shane |
| 21 | 20 | | 4:09:42 | Lommers | Mark |
| 22 | 21 | | 4:14:48 | McLean | Ross |
| 23 | 22 | | 4:14:50 | King | Ben |
| 24 | 23 | | 4:14:05 | Murdock | Adrian |
| 25 | | 2 | 4:14:59 | Cleland | Ingrid |
| 26 | 24 | | 4:15:52 | Lucas | Richard |
| 27 | 25 | | 4:16:27 | Harris | Ben |
| 28 | 26 | | 4:16:36 | Bartnik | Steve |
| 29 | | 3 | 4:17:04 | Peterson | Malory |
| 30 | 27 | | 4:19:13 | Martin | Adam |
| 31 | 28 | | 4:20:39 | Mackinnon | Stuart |
| 32 | 29 | | 4:20:39 | Burman | Bryant |
| 33 | 30 | | 4:24:55 | Pattinson | Alex |
| 34 | 31 | | 4:24:58 | Gray | Jeff |
| 35 | 32 | | 4:25:16 | Holt | Keith |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|-------------------|------------|
| 36 | 33 | | 4:25:46 | Titelius | Richard |
| 37 | | 4 | 4:25:49 | Smith | Rachael |
| 38 | | 5 | 4:26:05 | Hadley | Margie |
| 39 | 34 | | 4:27:24 | Munro | Luke |
| 40 | 35 | | 4:27:50 | Brierley | Matthew |
| 41 | 36 | | 4:30:57 | Duff | Peter |
| 42 | | 6 | 4:31:42 | Davis | Alysha |
| 43 | 37 | | 4:33:52 | Brooks | William |
| 44 | 38 | | 4:34:09 | Dean | Gareth |
| 45 | 39 | | 4:36:45 | Barton | Michael |
| 46 | 40 | | 4:38:24 | O'Halloran | Steven |
| 47 | 41 | | 4:39:15 | Boffey | Rees |
| 48 | 42 | | 4:39:52 | Brown | David |
| 49 | 43 | | 4:40:03 | Stabler | Alan |
| 50 | 44 | | 4:41:00 | Nash | Tim |
| 51 | 45 | | 4:41:12 | Roberts | David |
| 52 | 46 | | 4:42:19 | Niman | Craig |
| 53 | 47 | | 4:42:23 | Grose | Damian |
| 54 | 48 | | 4:43:51 | Ito | Sadahiro |
| 55 | | 7 | 4:45:15 | Fieberg | Barbara |
| 56 | | 8 | 4:45:03 | Gillgren | Annika |
| 57 | 49 | | 4:46:03 | Eaton | Luke |
| 58 | | 9 | 4:46:21 | Mccaskie | Pamela |
| 59 | 50 | | 4:46:53 | Peacock | Stephen |
| 60 | 51 | | 4:47:03 | Giles | David |
| 61 | 52 | | 4:47:43 | Fabris | Nino |
| 62 | 53 | | 4:48:27 | Pratt | Steve |
| 63 | | 10 | 4:48:21 | Thompson | Kelly |
| 64 | 54 | | 4:49:24 | Smetherham | Glen |
| 65 | 55 | | 4:49:40 | Elson | Robby |
| 66 | 56 | | 4:49:40 | Brookes | Neil |
| 67 | | 11 | 4:49:56 | Hefferon | Beck |
| 68 | 57 | | 4:51:16 | Harrison | Paul |
| 70 | 58 | | 4:55:43 | Crawley | Adam |
| 71 | 59 | | 4:55:43 | Taylor | Toby |
| 72 | 60 | | 4:56:42 | Parsons | Rob |
| 73 | | 13 | 4:56:50 | Snowden | Jane |
| 74 | 61 | | 4:57:06 | Davies | Brenton |
| 75 | 62 | | 4:57:35 | White | Alexander |
| 76 | 63 | | 4:57:56 | Flahive | Martyn |
| 77 | | 14 | 4:59:13 | Whitfield | Kellie |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|---|-----------|-----------|---------|------------------|------------|
| 78 | | 15 | 5:00:01 | Savin | Cherie |
| 79 | 64 | | 5:00:23 | Oxwell | Ben |
| 80 | 65 | | 5:01:13 | Murphy | Paul |
| 81 | | 16 | 5:03:04 | Cripps | Elyse |
| 82 | 66 | | 5:03:10 | Farr | Jim |
| 83 | 67 | | 5:03:04 | Nakahara | Sho |
| 84 | 68 | | 5:03:03 | North | Ian |
| 85 | 69 | | 5:04:15 | Johnson | Simon |
| 86 | 70 | | 5:04:40 | Joyce | Paul |
| 87 | 71 | | 5:05:36 | Penter | Graham |
| 88 | 72 | | 5:06:14 | Miorada | Robert |
| 89 | 73 | | 5:06:14 | Wheeler | Simon |
| 90 | 74 | | 5:06:39 | Slater | Andrew |
| 91 | 75 | | 5:06:48 | Thompson | Nick |
| 92 | 76 | | 5:07:45 | Wholey | Grant |
| 93 | 77 | | 5:08:01 | Keisler | John |
| 94 | 78 | | 5:08:35 | Smith | Daniel |
| 95 | 79 | | 5:10:01 | Durand | Albis |
| 96 | | 17 | 5:10:30 | Simpson | Katie |
| 97 | 80 | | 5:11:37 | Mountjoy | John |
| 98 | | 18 | 5:11:44 | Rae | Raquel |
| 99 | 81 | | 5:11:51 | Mcmurtrie | Wayne |
| 110 | 89 | | 5:19:01 | Hearn | Mick |
| 120 | | 23 | 5:26:07 | Waite | Harmony |
| 128 | | 26 | 5:33:41 | Gallo | Lee-Maree |
| 144 | 109 | | 5:45:00 | Caldwell | Mark |
| 151 | | 38 | 5:50:59 | Luscombe | Emma |
| 157 | | 42 | 5:55:02 | Newell | Amanda |
| 177 | | 53 | 6:06:22 | Simons | Eloise |
| 183 | 129 | | 6:07:59 | Bonnick | Simon |
| 189 | | 58 | 6:11:52 | Kober | Jutta |
| 191 | | 60 | 6:14:35 | Chinnery | Katie |
| 200 | | 64 | 6:20:45 | Clark | Jaqueline |
| 201 | | 65 | 6:21:54 | Tatterton | Cheryl |
| 210 | | 71 | 6:28:04 | Kennedy | Belle |
| 229 | 152 | | 6:47:06 | Chauveau | Frank |
| 239 | 157 | | 7:01:37 | Williams | Mark |
| 258 | 162 | | 7:53:41 | Wilmot | Gary |
| Bold SURNAME indicates AURA member. | | | | | |
| Top 100 finishers and AURA members shown only. For full results, visit www.6inchtrailmarathon.com | | | | | |

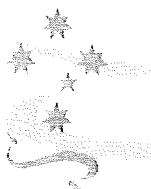
Narrabeen All Nighter, 12h

Narrabeen, NSW

December 31, 2016

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|------|-----------|-----------|---------|------------------|------------|
| 1 | 1 | | 126.585 | Redfern | Stephen |
| 2 | 2 | | 121.311 | Gamble | Malcolm |
| 3 | 3 | | 110.762 | Dernee | Phill |
| 4 | | 1 | 105.488 | Horman | Tilly |
| 5 | 4 | | 100.213 | Dinale | Josh |
| 6 | 5 | | 100.213 | Blackmore | Kieron |
| 7 | | 2 | 100.213 | Karaman | Alia |
| 8 | | 3 | 100.213 | Hamaty | Sabina |
| 9 | | 4 | 94.939 | Brien | Kate |
| 10 | 6 | | 94.939 | Oba | Eddy |
| 11 | 7 | | 89.664 | Heckmann | Scott |
| 12 | 8 | | 89.664 | Haselroither | Helmut |
| 13 | 9 | | 89.664 | Campbell | Grant |
| 14 | | 5 | 89.664 | Bennett | Kelly |
| 15 | 10 | | 79.116 | Correa | Victor |
| 16 | | 6 | 79.116 | Burke | Nicole |
| 17 | 11 | | 79.116 | Anderson | Mark |
| 18 | 12 | | 73.841 | Filippou | Filimon |

| Rank | Cat Place | Cat Place | Time | Last name | First name |
|--|-----------|-----------|--------|-----------------|------------|
| 19 | 13 | | 68.567 | Brown | Matthew |
| 20 | | 7 | 68.567 | Howard | Zoe |
| 21 | 14 | | 68.567 | Runyon | Joel |
| 22 | | 8 | 71.204 | Weeden | Leah |
| 23 | 15 | | 65.930 | Karaman | Ilyas |
| 24 | 16 | | 63.293 | Commings | Louis |
| 25 | | 9 | 63.293 | Dwyer | Heather |
| 26 | 17 | | 58.018 | Dugdale | Martin |
| 27 | | 10 | 58.018 | Roach | Kath |
| 28 | 18 | | 52.744 | Brown | Gregory |
| 29 | 19 | | 52.744 | Luxton | Tom |
| 30 | 20 | | 47.469 | Komidar | Peter |
| 31 | 21 | | 47.469 | Hodgson | Simon |
| 32 | 22 | | 42.195 | Craig | Michael |
| 33 | | 11 | 31.646 | Hepworth | Annabel |
| 34 | 23 | | 31.646 | Bridle | Billy |
| 35 | 24 | | 26.372 | Le Serve | Michael |
| Bold SURNAME indicates AURA member. | | | | | |



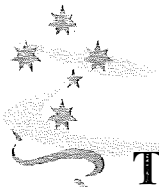
AURA Race Results

Summary of Race

Results for 2016

| | |
|---------------------------------------|--|
| NUMBER OF EVENTS/DISTANCES: | 109 |
| NUMBER OF FINISHES: | |
| Total: | 7,797 |
| AURA members: | 819 |
| HOURS RACING: | |
| Total: | 81,941 (avg speed: 6.70kph) |
| AURA members: | 10,622 (avg speed: 7.05kph) |
| KILOMETERS COVERED: | |
| Total: | 549,299 (13.72 times around the equator) |
| AURA members: | 75,128 (1.87 times around the equator) |
| MOST DISTANCE COVERED: | |
| George Mihalakellis | 1,743.449 km, 274h, 14 events |
| Cheryl Symons | 1,248.560 km, 171h, 13 events |
| MOST EVENTS COMPLETED: | |
| Kevin Muller & George Mihalakellis | 14 |
| Cheryl Symons | 13 |

Please note, this information may not be 100% accurate (there's a lot of manual work that goes into collecting and collating the race results). The data above only reflects finishers in AURA-sanctioned events, that have been published in the AURA magazine, of ultra-distance length.



Book Review

Training Essentials For Ultrarunning – By Jason Koop

Reviewed by Isobel Ross

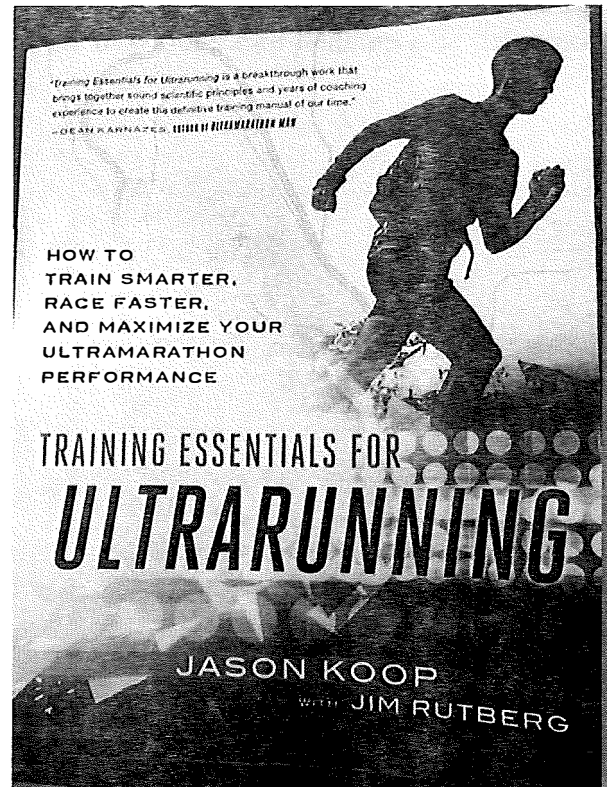
This book by Jason Koop (with Jim Rutberg) is fantastic!

I originally heard about Jason Koop when I first took up running. I read about his training principles and thought that they were sound and so I was motivated to purchase this book.

Koop is quite open about the fact that he originally only coached cyclists, triathletes and marathoners. He said that this put him in the unique position of being incredibly open-minded when it came to learning about ultra running. He said he was “ forced to look at things from an unbiased, unobstructed and unfiltered point of view”. He also observed that there was minimal information available about training for ultra events and so he sought to create what he could not find. He said he “ ...broke down ultra marathon racing into its component parts. I looked at these parts and found ways to make better ultra athletes”. Koop has since coached ultra runners such as Dylan Bowman, Kaci Lickteig and Dakota Jones. Suffice to say, I believe his approach is successful and that he knows his stuff.

Koop starts this book by detailing the mistakes most ultra runners make in their training. He then goes on to look at the characteristics of high performing ultra runners. Subsequent chapters cover running physiology and common failure points for ultra runners and how to fix them – for example, GI distress, blisters and muscular breakdown. He makes some interesting points here which are scientifically based.

Chapter 5 looks at what Koop considers to be the four disciplines of ultra running: flat running, uphill running, downhill running and power hiking. I am sure you would all agree that these are all significantly different and require different types of training, and it's great to see a coach put equal importance on all of these aspects.



Later chapters detail Koop's training principles. He favours intensity over volume and is not overly keen on cross-training as he believes strongly in specificity.

Koop's ultra running training principles are:

1. Intensity
2. Volume
3. Frequency/repetition
4. Environment (terrain, surface and amount of vert)
5. Running cadence/stride rate

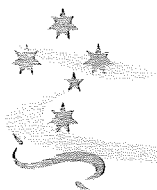
He believes that runners can change the goal of a workout by simply deciding on which training principle to focus on. Koop goes on to talk about how he structures workouts for the short and long term. He does not provide specific training programs but readers can look at programs that he has created for his athletes and adapt them.

Koop's book contains new information and his training methods are different to most coaches. That's one of the main things I liked about this book. It's not just the same old stuff re-hashed and re-badged.

At the end of the book there is a long range training plan template that you can fill in or photocopy. I don't know about you, but I do all my planning on the computer, so I emailed him and asked for an e-

version of the template. I had a reply within a day with said template attached.

Lastly, the book also includes a training guide for all the major US ultras. I thought this was an interesting inclusion. I know the US races are not so relevant for us here in Australia, but who knows what race holidays we may plan because of this guide ☺.



AURA Committee Reports

President's Report By Rob Donkersloot

I need to advise that Robert Boyce resigned from his position as AURA president on Saturday 28 January 2017. An AURA Committee meeting was held on Tuesday 31 January 2017 and I was appointed president of AURA until the next AGM in April when elections for all committee positions will be held.

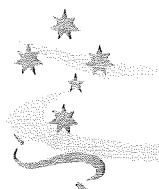
Robert has played an integral role in leading AURA as president since 2011 and I would like to thank him for his massive contribution to our sport. I have spoken to Robert at length and he is very keen to continue contributing to AURA and is working with me and the committee to ensure a smooth transition.

I never sought an office bearing role with AURA. However, out of necessity I took on the vice president role last year. Since then I have recognised the need for significant change, something which has been started with the implementation of the new AURA constitution. There is a lot more work to do, not just in terms of process and transparency, but also in addressing our future direction and strategy for the development of our amazing sport, something I am passionate about pursuing. However, this can't be done by just one person and I am going to be relying on major contributions from every member

wanting to see our sport progress and prosper. Already I have been heartened by the support and offers of help from members I have spoken to so far.

I think it is important to also let everyone know that I will commit to stand for election as president at the AGM in April. This isn't an interim role that I see myself undertaking. Rather it is a long term commitment, obviously dependent on the support of the membership at the AGM election. As I have said, I believe change is necessary, and I recognise there may be members resistant to this change. My intention is to fully outline the areas I feel need addressing before the election so members can make an educated decision when casting their vote. I would welcome others to please stand for the president's position so an alternative is available to AURA members if they feel this is preferable. I do not want a situation where I am the only candidate and am elected unopposed.

I am excited by the opportunity we have to create an even better AURA, and an even better sport. I hope many of you will join me on the journey to make that vision a reality. If you need to contact me please email: president@aura.asn.au or call 0457 149 169.



State and Territory Reports

ACT Report

By Elizabeth Bennett

By the time this issue of Ultramag is distributed the second running of the CBR48 Hour, including 6hr, 12hr, 24hr, 48hr and 100km events, will be done and dusted. For full results visit: <http://cbr.48hr.ktkc.com.au/>.

The next AURA event to be held in Canberra will be the 50km national road championships on 9 April 2017. For event details and entries visit: <http://runningfestival.com.au/>.

Queensland Report

By Susannah Harvey-Jamieson

I believe that this year's Queensland ultra running calendar will be fuller and more exciting than we've seen for quite some time. We are getting to the stage where runners may be forced to choose between two or more events in one weekend, which is brilliant.

AURA has also seen some new changes. With alterations to the constitution comes a new

structure. This means that state representatives such as Barry Loveday and I may not be necessary. If we are to stay on, it will have to be as a voted position. If you would like us to carry on as your "go to" Qld contacts, I would suggest that you get in touch with the committee. Whatever the case may be, I am very optimistic for a new, vibrant AURA that will continue to nurture the love of all things ultra running.

Western Australia State Report

By Dave Kennedy

Summer was busy on the WA ultra running calendar with new events in November and January supplementing WA's largest race, the 6 Inch Trail Marathon (actually 47.5km).

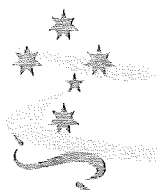
The Lighthouse Ultra, held around Remembrance Day, included a 12 and 6 hour event in its first official year. The 12 Hour kicked off at midnight and for everyone working that day it was hard yakka. Personally my third No-Doze at 6am didn't seem to work. Anyway, we made the most of the cool conditions and even the daylight hours were not overly hot. Over 100 runners and spectators enjoyed the Australian debut of a couple of Jim Wamsley inspired mid-riff shirts.

Just a few weeks later 6 Inch had its 12th anniversary and a big field toed the line. Inspired

by the 6 Foot race back when there were no trail ultras in WA, this year saw over 300 entrants. Scott Hawker was among them and about 80 runners enjoyed a relaxed Q&A session with him the night before the race.

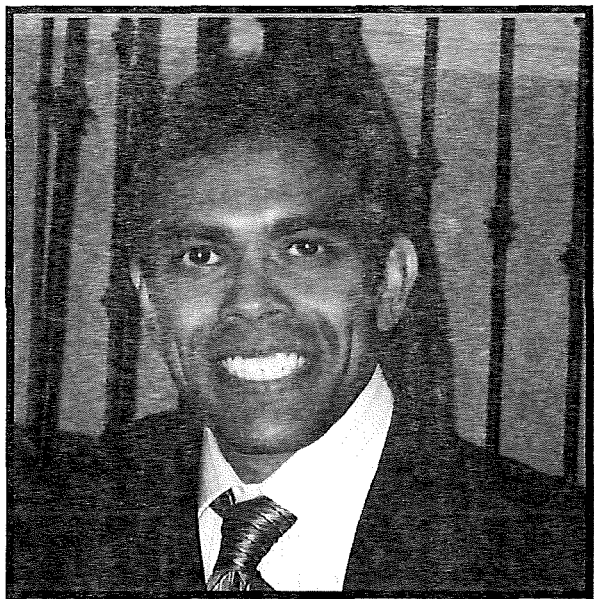
Then there was the 3rd running of the Australia Day Ultra. With 50km and 100km options there were large, strong fields in both events. Held on a flat fast course the anticipated summer heat was largely negated by another midnight start. AURA members, Richard Avery and Margie Hadley, both ran World Championship qualifiers in ideal racing conditions.

Local ultra running attention now turns to the Lark Hill Dusk to Dawn 50km and 100km on March 4.



IAU Report

By Nadeem Khan



Happy New Year! I am sure the Australian ultra marathon teams were ecstatic with their results in the 2016 championships. It was truly an outstanding season for the Australians. Kudos on your accomplishments!

The IAU had a very busy 4th quarter of 2016 with 5 championships in 7 weeks. All events went very well and there were several outstanding performances. This success was largely due to the hard work of all the athletes and their federations. So, thank you AURA and the Australian national teams for your continued support of the IAU Championships.

2016 will indeed go down in AURA history as a very significant year. The last race of the year topped off an already impressive year for AURA runners. Kirstin Bull winning the 100km World Championships in Los Alcazares, Spain, in a very deep field brought completion to a great Australian season.

I have been fortunate enough to be on the international scene as an IAU official for the last eight years. In the last six years I have witnessed exponential changes in the growth of the sport, the popularity of ultra running and the number of runners participating in races both nationally and

internationally. These changes bring certain questions and issues to the forefront. One major one is the vast discrepancy that exists between the number of athletes running in ultra races in any given country and the much smaller number of athletes who are members of their national ultra running association. The question is: why aren't more ultra runners joining their national association?

Not every federation has an ultra running association but many do and yet there memberships are often quite low. For example, in Canada there are about 600 athletes who participate in over 40 ultra races across the country. However, the Association of Canadian Ultrarunners (ACU), the main organizer of ultra races in Canada, has only 50 members. Other ultra running associations appear to share this experience. The ACU has a clause that requires all national team members to join the association. This membership maintains a uniform level of assurance about team rules and regulations, uniform policies and team meetings etc. It also means that Canadian representative ultra runners adhere to international conventions, and it facilitates the portrayal of the Canadian sportsmanship in the international arena. However, the flip side to this is that a non-national team member might see such an association and ask where do I fit or what might I get out of membership? They might think that if they are not attached to the national team then there is nothing for them in an association that is geared towards elite athletes and international competitions.

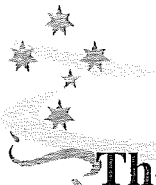
It is in this area that AURA has taken great strides by creating a national ultra running series in which all ultra runners can participate. The key is building a community ultra running feeling that opens the door to ultra runners of all calibers and interests. This will entice not only elite athletes but also other runners who might not be as fast or run as far but who represent the grit and determination of our sport.

Being visible as an association and meeting runners at races may be an effective way of promoting inclusive membership. Perhaps working

with race directors to offer a discount to members on race entry may also be an incentive for more runners to join. The tag line of national ultra running associations should be that membership is open and open to everyone. The provision of information is also important. Talking to ultra runners and explaining to them that the

association's services extend beyond the national team may bring more runners into the fold.

National ultra running associations should strive to coordinate the whole ultra running scene of a country, bringing all ultra runners together and fully representing ultra running nationally.



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

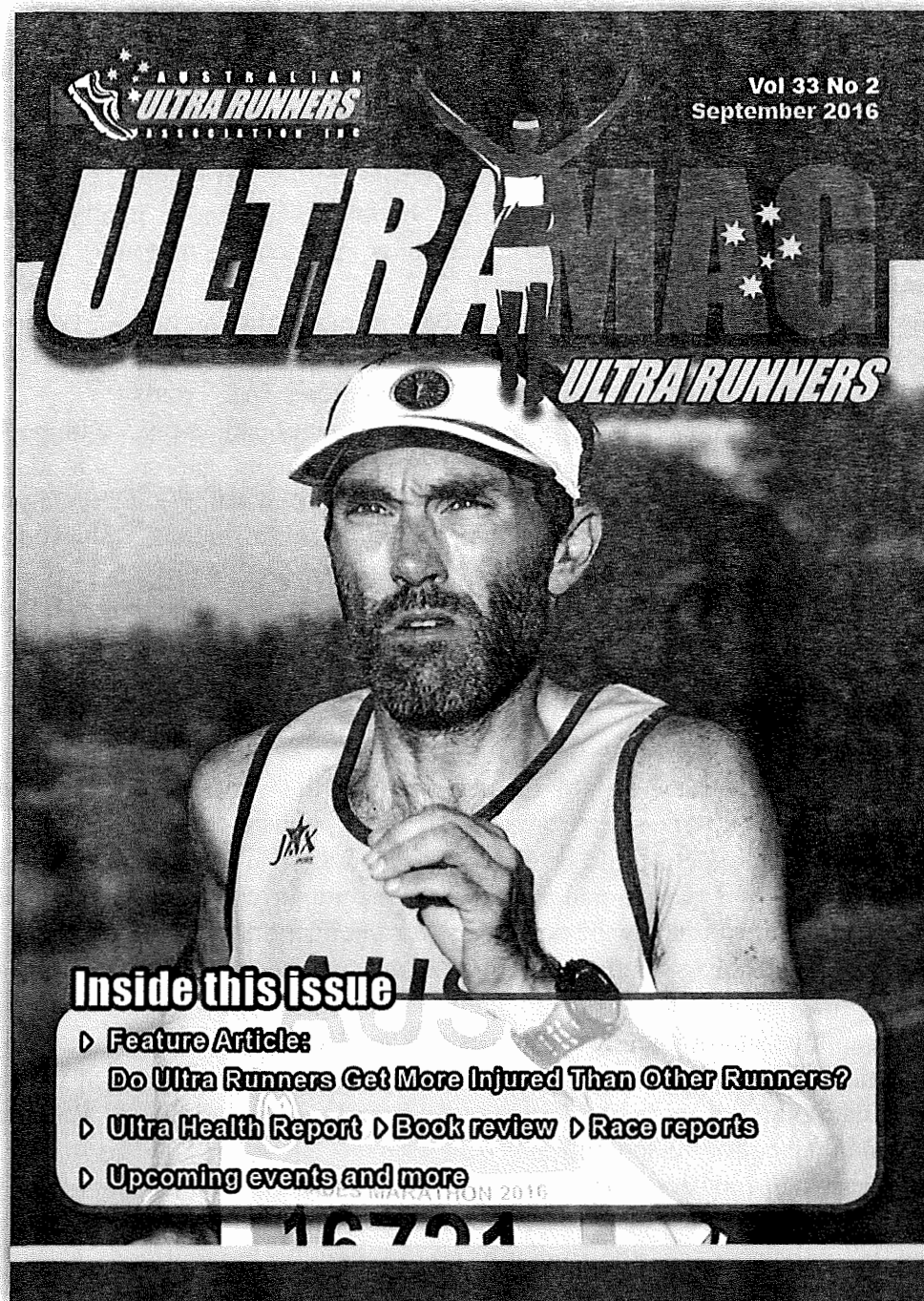
ultramag@aura.asn.au



Ultramag

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

2017 Advertising Pack

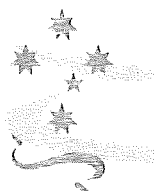


Enquiries and Advertising Bookings:

Elizabeth Bennett

Editor, Ultramag

Email: ultramag@aura.asn.au



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/2017-events-calendar/>

MARCH 2017

Saturday 4 March to Sunday 5 March 2017

Lark Hill Dusk to Dawn

50km and 100km trail (3km loop)

Port Kennedy, WA

Contact: Dave Kennedy 0433 333 206

Email: davidk1998@hotmail.com

Website: <http://wtfultra.com/lark-hill>

Sunday 5 March 2017

Convicts & Wenches

50km trail

Northern Tasmania

Contact: Shelly Ostrouhoff 0458 338 804

Email: 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

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

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

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

Sunday 19 March 2017

Great Ocean Run

45 km trail

Victorian Alps, VIC Coffs Harbour, NSW

Contact: Steel Beveridge 02 6656 2735

Email: steellyn@gmail.com

Website: <http://aura.asn.au/events/great-ocean-run/>

Sunday 19 March 2017

Water Works Ultramarathon

100km / 50km trail

Oakhampton Heights, NSW

Contact: Sally Drayton 0400 235 437

Email: draytonsally@gmail.com

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

APRIL 2017**Saturday 01 April to 02 April 2017**

Princes Park Running Festival

24 hour

Carlton, VIC

Contact: Brett Saxon 0418 557 052

Email: brett@trailsplus.com.au

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

Saturday 01 April 2017

Duncan's Run

100km trail

Gippsland, VIC

Contact: Travis McInnes 0409 025 220

Email: skootnsubie@gmail.com

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

Sunday 02 April 2017

Mt Buller Skyrun

45 km trail (& shorter options)

Victorian alpine area

Contact: Paul Ashton 0418 136 070

Email: paul.ashton56@bigpond.com

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

Friday 07 April to Sunday 09 April 2017

135 Down Under

135km trail

Bacchus Marsh, VIC

Contact: Tom Cullum 0431 704 677

Email: cullumm.thomas.t@edumail.vic.gov.au

Website: <http://www.downunder135.com/>

Sunday 09 April 2017

Canberra Ultra Marathon

50km road

Canberra, ACT

Contact: Melanie Keech 02 9282 3608

Email: melanie.keeche@fairfaxmedia.com.au

Website: runningfestival@fairfaxmedia.com.au

Sunday 16 April 2017

Wild Horse Criterium

50 miles, 55km

Wildhorse Mtn, QLD

Contact: Alun Davies 0450 206 474

Email: alun@runqueensland.com

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

Sunday 23 April 2017

Numinbah to Pollys

50 km trail

Numinbah Valley, QLD

Contact: Shelly Ostrouhoff 0458 338 804

Email: shelly@goldcoastultras.com

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

Sunday 23 April to Monday 24 April 2017

Coburg 24 hr

24 hour

Coburg (Melbourne) VIC

Contact: Tim Erickson 0412 257 496

Email: terick@melbpc.org.au

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

Sunday 30 April 2017

Maroondah Dam Trail Run

50km trail

Maroondah Dam, VIC

Contact: Brett Saxon 0418 557 052

Email: brett@trailsplus.com.au

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

MAY 2017**Saturday 06 May 2017**

Wilsons Prom 100

100km trail (& shorter options)

Wilsons Prom, VIC

Contact: Paul Ashton 0418 136 070

Email: paul.ashton56@bigpond.com

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

Friday 19 May to Sunday 21 May 2017

Wild Goose Chase Running Festival

Various Trail Distances up to 106km, with Multiday options

Contact: Shaun Kaesler 0412 054 427

Email: shaun@ultraserieswa.com.au

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

Saturday 20 May 2017

Ultra Trail Australia

100km / 50km

Katoomba, NSW

Contact: Tom Landon-Smith 0401 908 623

Email: tom@arocsport.com.au

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

Sunday 21 May 2017

Great Ocean Road Ultra

60km

Lorne, VIC

Contact: Brad King 0437 441 417

Email: enquiries@greatoceanroadmarathon.com.au

Website: <http://greatoceanroadrunfest.com.au/events/ultra-marathon/>

JUNE 2017**Saturday 03 June 2017**

Macedon Trail Run

50km trail

Mt Macedon, VIC

Contact: Brett Saxon 0418 557 052

Email: brett@trailsplus.com.au

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

Sunday 11 June 2017

Gold Coast 100

100km/50km 50 mile

Gold Coast, QLD

Contact: Shelly Ostrouhoff 0458 338 804

Email: shelly@goldcoastultras.com

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

Saturday 24 June to Thursday 29 June 2017

Big Red Run

6 day, 250km stage race

Birdsville, QLD

Contact: Greg Donovan (02) 9949 8754

Email: greg@borntorun.com.au

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

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.



CHINA ULTRA

