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  - "Swearing Can Improve Physical Performance"
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- Depending events and more



The Convicts and Wenches running landscape



### **Ultramag**

### The Australian Ultra Runners' Association Quarterly Magazine July 2017

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Inside Front: The Convicts and Wenches running landscape



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### **Editor's Farewell**

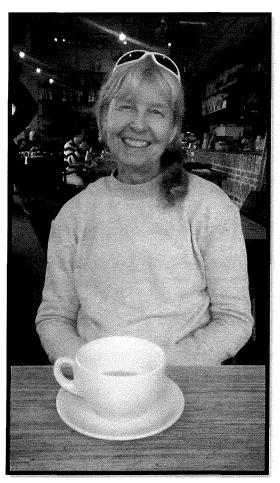
# July 2017 By Elizabeth Bennett Editor, Ultramag

Welcome to the July 2017 edition of Ultramag. Welcome also to what is my last edition of Ultramag as the volunteer editor.

After almost three years I am standing down as the volunteer editor of Ultramag. For a mix of reasons it is no longer tenable for me to continue as the volunteer editor of Ultramag. I want, and need, to spend my volunteer time and energy elsewhere.

Thank you to all of you who have complimentary encouraging during my time as the volunteer editor of Ultramag. has been your positive feedback that has kept me doing this role at all hours of the day and night, and over many, many weekends when I would actually have preferred to be running more kilometres on the trails than sitting in front of my computer writing/editing about ultra running ©.

Special thanks to Alexis Oosterhoff who has compiled the race results for me for each issue of Ultramag. And extra special thanks to Gemma Hamilton who has been a wonderful sounding



board for me and who has uploaded all of my print ready content to the publisher's portal. The help of Alexis and Gemma has been invaluable in enabling me to produce what I think has been a good enough read four times per year.

The new AURA committee. of which I am a member, will now review the future of Ultramag and will seek views of membership as to how they would like it to look and feel in the future. encourage all you to contribute to that discussion.

And now to more important things – i.e., this issue of Ultramag. This edition of Ultramag is a little different to previous issues. Firstly, it is late in being distributed. My apologies for that. Secondly, I've taken some short cuts with the contents and have reproduced more articles from other sources than I normally would. Regardless, I hope you all find something of interest in

this edition.

And so, farewell. I hope to see many of you out running on the roads and trails  $\odot$ .



### **Feature Article**

### **Swearing Can Improve Physical Performance?**

#### By Elizabeth Bennett

#### **Editor**, Ultramag

#### **Editor's Note:**

Are you one of those ultra marathon runners who has been known to swear and curse during a hard interval session or hill repeats? If so, have you wondered at the time whether or not the swearing and cursing is helping you get through the session, which you know is good training but not that enjoyable for its own sake, or have you thought that perhaps the swearing and cursing is using up vital energy that would be better spent on putting more physical exertion into the session? Well, there may well now be an answer to that question. And it may well be that swearing and cursing adds value to hard sessions. This article originally appeared in The Conversation (May 2017). Ultramag gratefully acknowledges The Conversation and researcher, Dr Richard Stephens, Senior Lecturer in Psychology, Keele University (Staffordshire UK), in the re-printing of this article.

A few years ago my good friend Mark Foulks occupied the rear seat of a tandem on a sponsored long distance cycle ride from Berkshire to Barcelona...... It wasn't easy. ... Accessing Barcelona by road from the north involves crossing the Pyrenees by cycling uphill for long stretches of time. He told me that one strategy that evolved spontaneously during these difficult moments was swearing loudly. But could it really be that shouting profanities in any way helped him get up that hill? If so, why? As a psychologist interested in understanding swearing I decided to find out.

My research has previously shown that swearing helps people to better tolerate pain, apparently because swearing triggers the body's acute stress response. Indeed, this research demonstrated that repeating a swear word during an ice water challenge produces an increase in heart rate, consistent with an aroused autonomic nervous system as seen during moments of acute stress.

This same phenomenon is sometimes talked about as the "fight or flight" response and is well known to incorporate a range of elevated bodily responses. One example is the release of endorphins, which contributes to a phenomenon known as stress-induced analgesia – potentially explaining why swearing reduces pain.

But one feature of the fight or flight response is the release of adrenaline, which can lead to increased physical performance. This raises the intriguing question as to whether swearing while performing a physical challenge might improve performance by triggering the fight or flight response in similar fashion to what happened in our swearing and pain research.

#### **Hell on Wheels**

To find out, my colleague David K Spierer and I asked volunteers to ride a stationary bicycle in what is known as the Wingate Test. After warming up, the rider is asked gradually to build up to top speed, at which moment a switch is flipped adding huge resistance so that the next 30 seconds of exertion resembles hell on wheels. It's a tough challenge to push very hard under these circumstances and vomiting is not uncommon during or shortly afterwards.

In this study participants performed the Wingate Test twice – on one occasion repeating a swear word during that 30 seconds of high intensity, and on another occasion repeating a neutral word. Interestingly, volunteers produced a 4.6% increase in peak power (power exerted during the first five seconds) and a 2.8% boost in average power when swearing.

However, there were no biological signs of the fight or flight response, which we had anticipated would underlie these performance increases. Indeed, several measures of heart rate showed no difference across the swearing and non-swearing conditions. This was a puzzle – we had an effect but no explanation for it.

Thinking that perhaps the enormous exertion required during the Wingate Test may have obscured meaningful heart-rate data, we ran a second study using the more sedate physical challenge of a hand-grip task. But this study showed the same pattern of results. Now we found an 8.2% increase in grip strength when participants swore while undertaking the task. However, once again, there were no physiological signs of the fight or flight response.

The results of both studies are to be presented on May 5 at the British Psychological Society Annual Conference, and have been submitted to Psychology of Sport and Exercise [Journal].

#### **Psychological Explanation**

We feel fairly sure that whatever is causing this effect of swearing on physical performance is not related to fight or flight mechanisms. But if the effect isn't physical, it's intriguing to try and work out what psychology may be at play.

It may be that our studies are simply detecting the effects of "letting go" – where any concerns that

overexertion may cause injury or embarrassment become more easily put aside. This would be thanks to an "I don't care" mindset brought about by swearing. If true then swearing might also be expected to improve performance of non-strength based physical tasks such as balancing, and perhaps even cognitive performance. Watch this space.

What our new studies do show, without explaining it, is that repeating a swear word enables higher degrees of physical exertion compared with repeating a non-swear word. So, at least for now, it seems that science was indeed on the side of my friend Mark during his difficult times in the Pyrenees.



Dr Richard Stephens Senior Lecturer in Psychology Keele University, Staffordshire UK



### **Ultramag Health Report**

## Psychology of Sport Injury Written by Britton Brewer and Charles Redmond Published by Human Kinetics, 2017

## Reviewed by Elizabeth Bennett Editor, Ultramag

Editor's Note: For those of us who have been injured and had to have significant time off running (who hasn't?) we know that dealing with injury is as much about dealing with the psychological effects as it is the physical. The *Psychology of Sport Injury* by Britton Brewer and Charles Redmond is dedicated to exactly this topic. I was recently invited by Exercise and Sports Science Australia (ESSA), of which I am an accredited member, to review this book. I have reprinted my review here. I highly recommend this text to anyone dealing with the psychological aspects of injury – runners, coaches, sports medicine practitioners alike.

Brewer and Redmond take an integrated approach to explaining the complexities around sport injury in their new book *Psychology of Sport Injury*. This integrated approach incorporates the biological, psychological and social factors which can positively or negatively affect the precursors to sport injury, rehabilitation and return to sport.

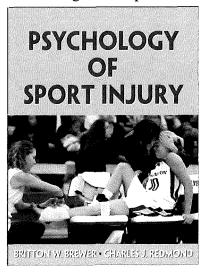
The information in *Psychology of Sport Injury* is presented sequentially, starting with the psychological and physical conditions under which injury is more likely to occur, and progressing through precipitators of injury, responses to injury, predictors of adherence to rehabilitation regimes, and the likelihood of a sustainable return to sport. For each phase of the injury cycle, Brewer and Redmond provide an overview of relevant research, as well as an explanation of current physical and psychological models, which they then expound or complement with practical examples or case studies.

Along the way, Brewer and Redmond also touch on particular phenomena which have a significant role to play throughout the injury cycle or in several different parts of it. Two of these include the influence of life stress, and perceptions and/or thresholds of pain. The research and examples presented around both these factors demonstrate how profound their influence is, and how the effectiveness of strategies aimed at injury prevention, early intervention, remedial measures

and injury free sustainability has a lot to do with how they can be minimised or managed.

Just as the *Psychology of Sport Injury* demonstrates that sport injury is multifaceted and requires an integrated approach, it also demonstrates how important it is for all those involved in a sportsperson's life to take a multidisciplinary approach to communicating with and guiding the sportsperson.

Finally, one of the most interesting aspects of the *Psychology of Sport Injury* is how many research and knowledge gaps it highlights. There is still so much more to know and understand about the contributing causes of injury, and what makes rehabilitation and return to sport sustainable long term. For both sports scientists and sports psychologists alike there are many research opportunities waiting to be explored here.



### **Special Interest Report**



#### Ultra Runners' Preferred Use of Social Media

### By Elizabeth Bennett

#### **Editor**, Ultramag

#### **Editor's Note:**

Between 1 June and 8 August 2016 runultra.co.uk surveyed 209 UK ultra runners about their use of social media for locating and sharing information about ultra running. This article is an edited report on the findings of that survey. It would be interesting to know if Australian ultra runners' use of social media follows a similar trend. Ultramag gratefully acknowledges runultra.co.uk in the reprinting of this material.

Runultra.co.uk's research showed that respondents use social media channels in different ways to both find and share runner information. They are also multiple users of different devices.

#### Runner use of Facebook

Facebook is used more than once a month by 69% of ultra runners. Many would not perhaps have regarded Facebook as a search channel and yet 29% of those surveyed used Facebook to find runner information whilst 23% also use it to share runner information.

#### **Runner use of Twitter**

Twitter was not used by 38% of those surveyed and used much less often than Facebook. 20% used it as a way of finding runner information and slightly less (18%) to share runner information.

#### Runner use of blogs

Blogs were popular with 21% of those surveyed and more popular than podcasts as a way of finding runner information, which may come as a surprise for those who thought that other channels would have been more popular.

#### Runner use of podcasts

Over half of the ultra runners surveyed (57%) do not use podcasts, but of those that do, 16% use podcasts more than once a month.

#### Runner use of Instagram

Instagram was used regularly by just over a quarter of ultra runners (26%) but used much less often than Facebook, Twitter and YouTube to find (12%) and share (11%) runner information.

#### Runner use of YouTube

YouTube was the second most used channel after Facebook, used at least once a month by 46% of those surveyed and used by 19% to find runner information, whilst Twitter came out in third place.

#### **Runner use of Pinterest**

The least used channel amongst ultra runners appears to be Pinterest, which was not used at all by 72% of those ultra runners surveyed. This could reflect the dominant male profile of the ultra runners surveyed who were 72% males with over 76% of respondents aged between 35 and 54 years.

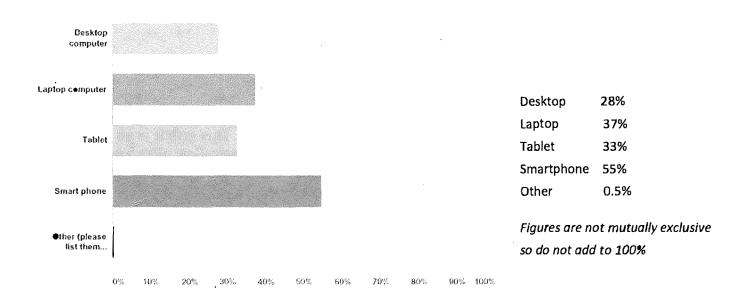
#### Runner use of Google+

Whilst many recognise that this channel is popular for optimising your website, the research showed that this is not a channel used by runners. More than half were not using it at all with only 9% using it to find and 4% using it to share runner information.

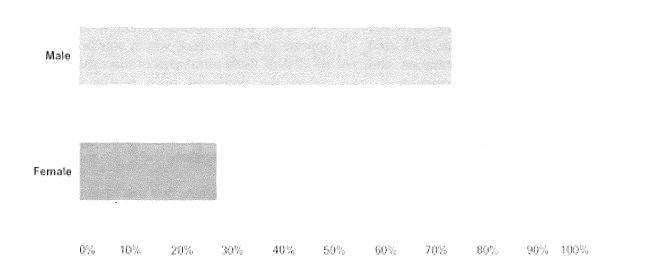
#### Ultra runners' use of different devices

Given that ultra runners are often on the move the importance of having a responsive website and responsive emails is paramount as shown in the high number of ultra runners using their Smartphone to access the RunUltra website.

## Q7 Which of the following device/s do you use most to visit Runultra.co.uk? (Please select those you use most)

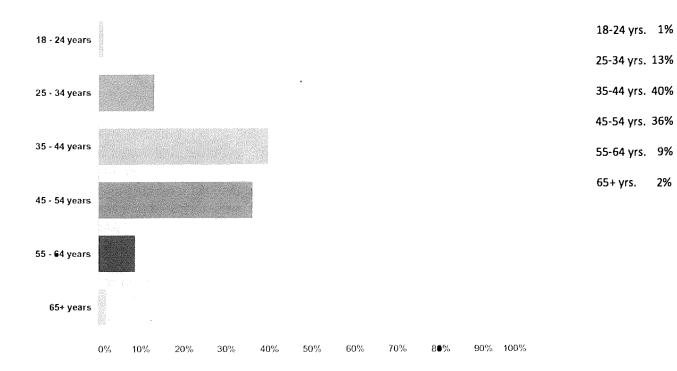


### Q13 Please tell us a bit about you.

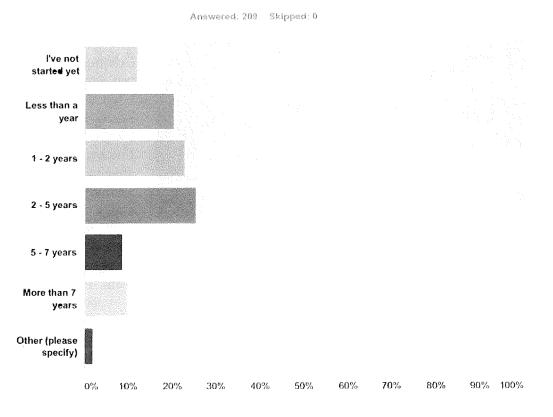


72% male, 28% female

#### Q15 What is your age?



#### Q14 How long have you been ultrarunning?



 Not started
 12%

 Less 1 yr.
 20%

 1-2 yrs.
 25%

 2-5 yrs.
 9%

 More 7 yrs.
 10%

 Other
 2%



### **International Race Report**

#### Tarawera, N.Z.

### **By Brett Sammut**

We all have our bucket list races, and being a relative newbie to the ultra trail running scene, Tarawera was high on my list.

I was pleased to learn that Tarawera was a point to point race. I didn't over analyse the course, conditions or what to expect. My plan was just to enjoy it and make the cut-off.

With a 6am start, we all arrived in the darkness to a steady stream of headlamps and upbeat music. I positioned myself in the traditional back of the pack position. There was amazing traditional Maori welcoming and then without much fanfare, we were off.

The first few kilometres were uneventful. I plodded along, talking to those around me and kept my head up to enjoy the views.

I adopted a run-walk strategy and really tried to enjoy the scenery, taking photos and having fun. It felt like I was running through a New Zealand tourism advertisement - along crystal clear rivers, postcard type scenery and stunning views.

I managed to get to the half way checkpoint in just over 8 hours. I was feeling relatively pleased with my efforts until I was told by one of the volunteers that race favourite, Jim Walmsley, had already finished. I just had to laugh at this and continued on.

The people I met after the half way point really made this event special for me. We all had one thing in mind – i.e., to make it to

death march to the finish. My guts decided enough was enough and I was only able to keep water down and so my pace dropped considerably.

There is an option in this event to have pacers for the last 20- 30km,

back out and I was locked into a

have pacers for the last 20- 30km, something which I was not able to arrange. Watching other runners come past me with their pacers leading them

seemed like a great choice and something I will consider next time.

Coming into the last few kilometres I felt a smile creep across my face and I knew I was there. I knew that I was able to tick off my second 100km ultra and my first overseas race.

Although the race had almost packed up when I got to the finish line just after 1am, I was met by my Squadrun coaches, Kerry Suter and Ali Pottinger, to be presented with the most amazing wooden hand crafted finishers medal.



the 72km aid station before the 7.50pm cut-off. I am pleased to say that everyone around me made it, including one local runner who had missed out the last two years and was back for redemption. Her tears were real and the hug we shared almost brought me to tears as well.

There was definitely a feeling of relief once I left that checkpoint knowing that the pressure was off and I could basically just enjoy the last 30km. It was getting dark and so the head torches came



### **Race Reports**

### Convicts and Wenches 50km 5 March 2017 By Steve Appleby

This event has been on the calendar for a few years now but seems to attract fewer numbers than the location of such a scenic event deserves. This year it was surrounded on the calendar by a new 100km run on the far North West coast the week before and another trail running festival a week later. Both were non AURA events.

This event started near the mouth of the Tamar River in northern Tasmania. It was 50% trail and 50% beach running. It was not overly difficult without any steep hills. My Garmin measured 618 metres of elevation.

Early on in the run I was in the company of 4 or 5 others all enjoying the single track but I soon let them go to run my own

race. A little while later I had the company of a relay runner. We chatted and discovered we had plenty of running mates in common.

After we'd run the first beach we were on an undulating track over Bakers Heads, past the drink station and on to approximately 12km of Bakers Beach to the turn around drink station near Port Sorell at the mouth of the Rubicon River. As an out and back course with the tide going out, the beach was about 150 -200 metres wide and so waving to fellow runners was a long distance affair.

The course was well marked but I still missed finding the path up to the headland at the end of Bakers Beach and added an extra 1km. It didn't matter as I was enjoying myself so much. A very happy runner I was as I crossed the finish line in 6 hours 23 minutes, and 8th overall (7th male) but almost 2 hours behind the male and female winners.

If you want a scenic running event, this is the one. I rate this in my top three non mountain running races. The beautiful blue colour of the sea, the mountains in the distance and the perfect sandy beach makes this a must do.

Next year's event has been moved to Sunday 22 April to avoid clashing with the other events I mentioned plus getting the tide right. Put it in your diary, you won't be disappointed.

### Razorback Run 64km 18 March 2017 By Steve Appleby

Two weeks before event I had run the Convicts and Wenches 50km race along the flat beaches and gentle coastal trails at sea level in northern Tasmania. The Razorback run was complete contrast. This one was ultra hilly with gnarly technical tracks all the way.



The race started in Harrietville, situated between Bright and Mt Hotham. It was an early start with head lamps on for the run up the Bungalow Spur. Looking back down at the line of lights coming up the spur was amazing. As the sun came up the head

lamps were switched off as we made our way past Federation Hut towards Mt Feathertop, Victoria's 2nd highest mountain at 1922 metres ASL. Apart from being a bit windy at the top, the view was unbelievable and so worth the effort.

We had climbed over a third of the total vertical for the day in the first 12 kilometres. Then the slowish technical trails came in to play with the steep downhill of Diamentina Spur. We refilled our drink bottles at Blair's Hut as the temperatures were rising quickly. Harrietville, which is lower in height, had 33 degrees on the day.

We made it to the famous and important Pole 333. It's in the middle of nowhere and it was so good to touch that post.

The open plains were taxing to Pole 267 and then Swindlers Spur was very demanding. It was all very slow going and very hot.

The Mt Hotham ski fields came into sight as did the last drink station. After a 10 minute stop to take on food and water it was on to the Razorback track. Someone

said this part was flat. I'm not so sure that was correct.

Past the turn off to Mt Feathertop I picked up the pace but I fell twice. No great damage except to the ego.

Thanks to my running partner, Mandy, the time slipped by and we made it to the finish line with less than a minute to spare before the 12 hour mark. My Garmin measured just under 64 kms, with 3400 metres of up hill in half a day.

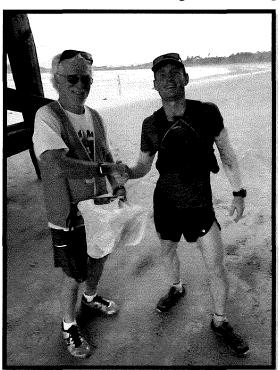
### Great Ocean Run 45km 19 March 2017 By Steel Beveridge

A first-timer and a defending champ were the winners in this

year's Great Ocean 45km Run. Craig Robinson from Port Macquarie made the trip through the rain to the Coffs Coast to take out the Great Ocean Run in his first attempt finishing in 3.59.27. Second and third placed men, James Eather and David Scroope, were also newcomers to the event.

With torrential rain on the Saturday making course marking very difficult in places, all three top placegetters, and fourth placed, Gui Costa, added extra distance to their efforts with

minor detours before picking up the markers on course again.



The creeks were running at full spate which also contributed to a

slower, more cautious approach to the run by all the participants.

A couple of minor detours did nothing to affect the win defending women's of champion, Amanda Kyneur, as she posted the excellent time of 4.23.09. Second female was Emerald Beach local, Tina Thompson, in 5.49.14 and another Gold Coaster, Ruth Tutton, came in third in 6.17.45. Fourth placed woman, and three times women's champion, Angie Grattan, notched up her 20th finish.

### Princes Park 24 Hour 1-2 April 2017 By Mak Sawa

The 2017 Trailsplus Princes Park Running Festival was held on 1-2 April, with the timed events (6 hour, 12 hour and 24 hour) on Saturday and the distance events (100km, 50km, 42.2km, 21.1km, 10km, 5km and 2.5km) on Sunday.

The course is a 2.5km loop around Princes Park stadium (where Carlton Football Club used to play) and surrounding parklands, which is located 3km from the centre of Melbourne CBD - readily accessible to all.

Half of the loop is bitumen, and the remainder is dirt path, and it is as flat as a tack.

The day dawned on a mild autumn morning. The weather forecast looked favourable - overcast and a maximum of 20 degrees with a possible shower in the late afternoon.

There were 11 runners in the 24 hour event, another 11 running the

12 hour and 13 runners in the 6 hour race.

Although this is a loop course, the scenery was ever-changing. There were plenty of other runners out for their weekend runs as well as dog walkers, families out for a walk, and cyclists heading into and out of the city. There are soccer pitches and tennis courts in the

parklands, which had a steady stream of matches on throughout the day. These were welcome distractions to keep the mind off the monotony.

At 4pm the horn was blown for the completion of the 6 hour event. For those of us still running, it meant a change of direction. Instead of constantly turning left, we were now turning right. It's the little things that can make a difference, and it felt like a completely new course!



Afternoon soon turned to dusk. I expected that it would get cold pretty quickly after the sun went down. However, with the event having moved from mid June in 2016 to 1 April this year, it ended up being a mild night, only dropping to the mid teens.

The course was reasonably well lit so I opted not to don a headlamp through the night. Once I had reached the 100km mark, I chose to walk the bitumen section every lap as it was the slightly darker section of the course and the bitumen was also a little uneven. Once I got back on to the dirt path I picked up the pace into a run again.

Another blow of the horn at 10pm signalled the finish of the 12 hour event. Changing

hour event. Changing direction once again, the 24 hour runners were left to keep plodding on through the night.

Throughout the night, there were a couple of patches of light rain, which lasted a few minutes, but nothing that had us ducking for cover and heavy rain gear, so we were lucky in that regard.

There was one truly unique feature of this event. After we reached 2.59am, our clocks ticked over to 2.00am as a result

of daylight savings ending. There were quite a few comments about it being the longest hour ever! Luckily the race clock kept ticking forward so we didn't have to run the extra hour!

A final 6 hour direction change came at 4am and we were on the home stretch. As night became day, the rising sun ignited some renewed energy in the mind and body to push on for the last few hours.

The distance events started at hourly intervals from 6am so it was great to see new faces out on the course throughout the morning. Everyone was full of encouragement for those of us

who had been running for 20+ hours.

Finally, the horn was blown for the last time to signify the end of an epic 24 hours of running. I achieved a personal milestone – a PB total distance of 198.5km, up from 175km in this same event last year, and it was good enough for the top step of the podium. I was happy to share the podium with my mate, Stephen Corner, who picked up 2nd place. The ever-consistent Cheryl Symons ran 175.5km to finish 1st female.

### Mt Buller Skyrun 45km 2 April 2017 By Gayle Cowling

Nick and I woke to a freezing cold morning down in the Delatite Valley. As we drove to the summit of Mt Buller for the race start, the temperature climbed to a warm four degrees with clear blue skies.

Although this was one of the shorter trail ultras I have undertaken, the elevation gain more than made up for distance with over 2500 metres of ascent and descent through some of Victoria's most amazing high country.

The first section was 4.6km from the Mt Buller Village to Howqua Gap where we followed the Corn Hill track through bare snow gums and frost covered tracks.

I reached the summit of Mt Stirling and the views across the valley and back to Mt Buller were stunning.

I checked in at the aid station then headed out along the tracks to Craig's Hut. As I ran through the forest management gate and the intersection of The Monument Trk/Mt Stirling and Craig's Hut, the lead runners were heading back towards me. One of the male runners gave me a high five and told me I was the 4th female.

That lifted my spirits and I pushed harder over the next section to get to the hut.

The following section was a leg burning climb out of Craig's back to Mt Stirling on dry dusty 4WD tracks. I met up with another runner to get to the Mt Stirling Summit. He was training for UTA100 and was from the Gold Coast.

At the summit of Mt Stirling, the 22km runners were on their way up for their turnaround. I had completed about 17kms of the course by now and was still feeling good. I had estimated about 4.5 hours to Mirimbah but I was ahead of schedule by about 30 minutes and so I sent Nick a quick SMS to let him know to meet me at the bottom of the valley sooner.

As I descended from Mt Stirling I made sure I cheered on all the 22km runners I approached on their slog up to the summit. It was not long before I reached the turn off to the River Spur trail and a long descent of 15km down to Mirimbah Park.

I will be the first to admit I am not great at descending on steep tracks but I was feeling good so I

found a steady rhythm and headed down the ridge. There were some tentative sections where I rolled my right ankle but nothing too damaging. I continued my way down the ridge into dense forest, natural water springs and the Delatite River. As I approached ioined that intersection Delatite Track I could see the course markers ahead of me and in that split second I hit the deck and took a hard landing on my right knee. I got up slowly. My first few steps were a hobble. I began to walk gingerly, then shuffle, then jog. Finally I began to run gently. Even with my fall I was still within reach of my target of four hours to Mirimbah. Before long I emerged across the last river crossing into Mirimbah Park where Nick was waiting for me. Four hours and 2 minutes had elapsed, and I had covered 32km.

As I ran through the timing station the volunteers told me I only had a little hill to climb before I was at the finish line. As I crossed the Mt Buller Tourist Road I began my ascent up Klingsporn Track. This was both physically and mentally demanding as the first 4km was a vertical climb with an elevation gain over 600 metres on a very narrow single trail. It was here

that I finally pulled out my iPod for some inspirational music to keep me moving up and forward. I had no idea what awaited me once I reached the top of Klingsporn track and Burnt Hut road. The course markers pointed straight up Burnt Run, each of my

steps was snail pace slow, and I still had the Mt Buller Summit Climb. I passed the timing station and began the ascent to the top.

Standing on top of the world at 1805 metres above sea level, the 360 degree views were stunning,

but all I wanted to do was complete the last 3km and get to the finish line.

It was a tough day but I was satisfied to run under the gantry to finish in 6 hours 43 minutes and 3 seconds (4th placed female).

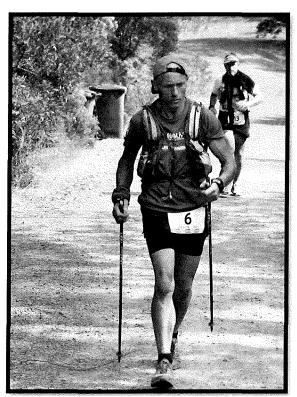
### Down Under 135 7-9 April 2017 By Kevin Muller

The inaugural Down Under 135 mile race was the brain child of four of my running buddies - Anthony Beyer, Tom Cullum, Dale Chircop and Dion Milne. They promised it would be gnarly, technical and have lots of

elevation gain and loss. It certainly lived up to expectations. 17 brave souls the start line toed Bacchus Marsh supported by 50 race volunteers as well as the runners' crews of various sizes. I had my sister, Allison, and brother, Steve, meeting me at each checkpoint to top me up and keep me going.

A crack of the whip was the signal to start the race. The pace was conservative as we began the first of nine climbs. The track was overgrown and difficult to find in places but we had the MAPSME App on our phones to get back on course if needed and GPS trackers with emergency message capability.

Tim Cochrane, Damien Smith, John Salton and I gradually pulled away from the rest of the field during the first couple of climbs. John had done a lot of training on the course and knew all the trails well. At one stage I came up to a dam and saw Tim and Damian on the left cliff face. I couldn't see the trail heading up there and while I was trying to find it John yelled out from behind that we needed to be climbing the rock face on the other side. We all



bunched up together on that climb and John said if we didn't want to get lost to stick with him. That was advice I should have followed.

We pulled away from John as we entered a river bed section that involved a lot of climbing and hopping over larger rocks. That section took two hours.

We got to the Lohs' lane checkpoint and climbed Mt Blackwood in warm conditions. We did a few more hills and

dropped into another river section with lots of fallen trees to climb over or under. I pulled away from Damian. Darkness arrived during this leg and Dave Eadie ran with me for the last two kilometres into O'Brien's Crossing.

During the next leg I missed an arrow placed on the ground and to the side of the track, and came across a four way intersection without any markings. I decided to wait for Damian and had a gel. I saw his head torch coming but he turned right before he got to me. I followed him but lost contact and

came across a small camp ground where the campers had moved the course markings. I eventually figured out where to go and got to the Blackwood caravan park at 64km in 12.5 hours. I realised then that this race was going to go well into the 2nd night.

Damian and I decided to do the next leg together. We made our way through Blackwood and then realised something was wrong when we saw the same fire station after running for twenty minutes. We had turned at a large red arrow that was not a course marking. During this leg Damian said he was going to walk into the next checkpoint and have a lay down. I decided to walk with him for a while as I wasn't keen on being out in front on my own and getting lost. We ran into Nolan's picnic ground which was in party mode. The large fire was tempting and a few runners pulled out of the race here.

I ran by myself all the way to the half way mark, which only 7 out of 17 runners made it to.

Heading back along the same trail I got to see the other runners coming in the opposite direction. John was only a few minutes behind and catching up fast. He flew past me and I latched on and tried to stick with him. After a few minutes I got a second wind and passed John. From this point positions swapped on we numerous times and were never too far apart. I arrived back at Nolan's picnic ground with a 25 minute negative split.

A couple of kilometres out from Blackwood I came across a car park at Blackwood Gardens where someone had moved the course markings and the arrow pointed across a fence into a paddock. I used the MAPSMe App to find my way and John caught and passed me just as we arrived back at the Blackwood caravan park.

Next was O'Brien's crossing, followed by a river section, where it became overcast and started to rain. Soon there was an awesome lightning show and lots of loud thunder and heavy rain. I felt reasonably safe as we were deep in a gorge. Eventually we started the climb out, scrambling up slippery muddy tracks. At the top a vehicle was waiting for us. The race was halted until the storm passed and decisions were made about altering the course. It was decided to cut the other river bed section as it would be too dangerous. I was quite happy about this as I was not looking forward to rock hopping in the dark on wet slippery rocks. John suggested for safety we should continue on and finish together. I was happy with this suggestion as it would mean I didn't have to worry about navigating the dark on the technical sections.

A second rain band arrived with lots of wind and I was starting to think about pulling out. We arrived at Lohs Lane and Allison assured me the rain was finished. She gave me a change of clothes, some pumpkin soup and directed me to the enormous fire. I soon got my mojo back and was ready to go again. John's friend, Dan, joined us for the last 20km to the finish line.

John and I had spent most of the last 20 hours together and it was great to cross the line together. A total of five runners managed to finish the race.

The Down Under 135 is a tough gnarly course that will test every entrant's resolve.

### Wilsons Prom 60km 6 May 2017 By Gayle Cowling

This was my fifth "Prom" run and I was particularly excited to be running it with my Larapinta mates, Nikki and Mat. They had just returned from hiking in Nepal and I was on my last long run before taking on Comrades

in South Africa. On registration at 5.30am, race director, Paul Ashton, took glee in scaring us all with the weather forecast for the day. We were going to be hit with everything, including 110km winds, heavy rain and

hail, and snow at 1000 metres. That's "The Prom" for you – expect anything and everything.

Paul did a very quick count down to the start as we ran out of the Tidal River camp ground heading along the road and the turn off to Telegraph Road. Awaiting us was a steep climb up to Mt Oberon car park. Once through the car park we were on single trail traversing through the dark with just the light of our headlamps. I remembered falling two years ago in this section and dislocating my ankle. I even pointed out to Mat the rock that took me down.

The boardwalk coming into Sealers Cove was slippery and wet but we moved across it quite quickly and just as we came to the end of it I went down like a sack of potatoes, arms and legs outstretched and an outburst.

We made our way to the end of Sealers Cove and were faced with a waist deep river crossing, cold but strangely refreshing at the same time. Mat ploughed in ahead of us so he could grab a

photo of Nikki and I wading through it on our tippy toes. By now we had completed about 13km and we began our climb out and around to the headlands of Horn Point. The views back to Sealers Cove were stunning with no hint of the weather turning bad. Little did we know....

The conversation with Nikki and Mat continued to flow and before we knew it we were at Refuge Cove. The next 2.3km was a long steady climb up to Kersop Peak. At this stage we saw the lead runners of the 44km event come running past us at a decent pace. Once we had reached Kersop Peak and navigated our legs

through the rocky technical track, there was a great running section descending into the magnificent North Waterloo and Little Waterloo bays.

At the end of Little Waterloo Bay there was another river crossing and again the tide was up so it was a bit deeper than expected. It meant another soaking of the feet before they got covered in white soft sand again.

We had completed close to 30km by this stage and were all still feeling good. The next section was a big steady climb up to the lighthouse, and the sign at the end of beach told us it was about 8.5km away.

The 800 metre climb to the lighthouse was steep and it was nice to have a well-deserved break at the top to stock up on water and food before tackling the next 22km.

The wind had started to pick up and the prediction of bad

weather arriving at 1pm was now starting to look real. There were now about five of us running together, all pushing ourselves up the last significant climb of Telegraph Track. It was here that my stomach became very unsettled and I began to cramp. I needed to get to a bathroom as soon as I could. We had completed 44km of the course and I knew the toughest part was now done.

At the end of Telegraph Track the course came out onto a fire track road which wound down hill for about 3km. After a quick stop at the Halfway Hut campsite I reached intersection and the one and only checkpoint where I joined the runners on the 44km course. By now the weather had blown in dark grey clouds and the rain was falling. The temperature had plummeted and the wind was very strong but I was less than 11km from the finish line.

> The next 3.5km was back out to the coast and Oberon Bay over soft sand dunes, which made running awkward heavy but I pushed on knowing I was very close to home. I had also set myself the target wanting to beat my time of last year which was 9hrs and 1 min. If I could maintain steady a consistent running pace for the rest of the way, then I would do it.

Emerging onto Oberon Bay the wind pushed me backwards with sand and rain battering my body. I forced myself to keep moving forwards. The end of Oberon Bay was the final creek crossing of Tidal River. The climb up and around to Little Oberon Bay was wet and slippery over the boulders but I pushed on taking in the breathtaking views. The descent into and climb out of Little Oberon Bay was tough as the sand was deep and soft.

I was glad to see the end of the beach and sand as I headed up along the cliff tops to Norman Point. I knew it was not far – less than four kilometres to the finish and the clock was ticking

by quickly. I descended onto the beach at Norman Bay to be faced with another lashing of strong head wind but I had a goal insight. The sand was hard and very runnable and I was determined not to be deterred by the rain and wind as I took one last look at my Garmin to see how much time remained. I had 15 minutes to break nine hours and was about 1km from the finish line. Pushing harder I looked for the Running Wild flag indicating the exit from the beach.

I navigated the last 500 metres through the camp site with the claps and cheers from some hard-core supporters weathering the wind and rain. As the clock turned over 8hr 49 min I ran up the gantry and into the finish – I had done it, 11 minutes faster than last year.



### 24 Hour Treadmill

### **Guinness World Record**

### By Luca Turrini

On Saturday 29 April I stepped on a treadmill, pressed the START button at 10.30am and I kept running until Sunday 10.30am. Over the 24 hours I covered 261.180km and set a new Guinness World Record by just 780 metres. Alongside me, a female team of 12 and a male team of 12 set off at the same time to run 24 hours, relay style, smashing the previous records reaching 346.24km and 424.63km respectively.

Why would you run on a treadmill for 24 hours someone may ask. The answer is simple: it was a good mental battle to tackle and a fundraiser for Camp Quality.

The mental challenge of maintaining a pace of 5.30min/km for 24 hours while constantly being aware that I may be just one step from falling off the

back of the treadmill or hitting the bar in front, drained me to the point of crying. Still, that doesn't go anywhere close to what the families I was fundraising for go through on a daily basis - for weeks, months and sometimes years on end. This fact helped me put things in perspective, and together with the respect for the

enormous amount of work and sacrifices my family and I made to prepare and organize the event, were the main reasons why I succeeded. The 6 months of single minded, focused training and the 24 hours of the race were a rollercoaster of emotions like I have never experienced before. I smiled, I laughed, I joked, I got angry, I swore, I cried, I went dumb. For

most of the time I focused my gaze on a red dot, high on a pole five metres away from me, and on an undefined area within myself, to answer one basic question: How bad do I want it?

When I stepped on that treadmill on 29 April I was quietly determined to only get off if I achieved a world record distance or if I face planted on the belt and fell unconscious - or both. So when I hit my checkpoints of 6 hours (70km), 100km (8hr40min), 12 hours (137km), and 200km (18hr5min) all within 500m of my predictions, I was relieved but not surprised. Even during the toughest spots I was confident and somewhat in control. I just needed to make peace with the idea of the pain that was still ahead of me and embrace it – rather than fight it. That didn't mean I didn't get caught off guard - hell no. The biggest issue, which manifested right from

the start, was the heat generated by the big lamps on the ceiling and all around us, and from the huge screen behind the treadmills. It was like running in a sauna. My heart rate was almost 20bpm higher than normal for the pace.



I went through a tube of anti-chafe

during the first 10 hours until my ingenious support team cut up a t-shirt that then looked like it belonged to the Incredible Hulk but which surely did the job. Like Mohamed Ali once said "it isn't the mountains ahead to climb that wear you out, it's the pebble in your shoe".

Toilet stops (3) were more of a psychological break than a physical necessity. Every time I got off the treadmill it felt like I was stepping into a different world. I took 3 x 4 minute rest breaks, which I had not exactly trained for. These breaks were good for the soul but total hell for the body and the mind. My calves and hamstrings immediately tightened up and my conscious mind screamed at me.

During the last dark moment, 4 hours before the finish, my crew kept telling me "The sun is out; you will get a kick soon". Sadly, you can't actually see the sun rising inside a convention centre where the light is the same 24/7! So, that second wind never really came. Instead, the build up of energy for the teams breaking their records,

people gathering around to witness our finishes, the MC going nuts on the microphone cheering me on, all carried me to the finish.

This wasn't about breaking records. This was about doing something we love and helping others. And maybe... just maybe ... in the process, achieving something incredible.

Final distances: Luca: 261.18km. Male Team: 424.63km. Female Team: 346.24km.

You can still donate at www.outruncancer.com

Male Team					Female Team			
Name	Distance	Minutes	Speed km/h	Pace	Name	Distance	Minutes	Speed km/h Pa
Andy Heyden	35.05	120	17.52	03:25	Cassie Flen	43,13	179	14.46 04
Ben St Lawrence	35.55	120	17.78	03:22	Cathy Liu	29,03	120	14.52 04:
Brendan Davies	35.91	120	17.95	03:20	Ellen Waterman	28.26	121	14.02 04
Dani Andres	33.20	115	17.32	03:27	Emily Donker	30.38	120	15.19 03
David Chniti	35.84	120	17.92	03:20	Fiona Yates	30.24	120	15.12 03:
Jason Ibrahim	32.58	120	16.29	03:40	Jacqueline ●'Connor	31.72	135	14.10 04
Jayden Schofield	34.68	124	16.74	03:34	Laura James	34.89	150	13.96 04
Jeff Hunt	35.98	115	18,77	03:11	Lauren Hamilton	28.09	1 20	14.05 04
Luke Scholield	35.15	126	16.7B	03:35	Licia Scotto di Vetta	6.00	30	12.00 05
Marty Dent	36.28	120	18.14	03:18	Rence Everett	29.85	120	14.93 04:
Matthew Cex	38.40	115	20.03	02:59	Ruth Mc Guinness	24.50	105	14.00 04
Tim Walls	36.01	125	17.28	03:28	Soshie Ryan	30,15	120	15.08 03:
Grand Total	424.63	1440	17.69	03:23	Grand Total	346.24	1440	14.43 04:

The distances/time of each runner may not be 100% accurate but you get the idea. They were flying!

Luca				
Time on	Time off	Distance	Speed km/h	Pace
10:30:00 AM	11:30:00 AM	11.92	11.92	05:02
11:30:00 AM	12:30:00 PM	23.74	11.82	05:04
12:30:00 PM	1:30:00 PM	35.53	11.79	05:05
1:30:00 PM	2:30:00 PM	47.32	11.79	05:05
2:30:00 PM	3:30:00 PM	59.12	11.8	05:05
3:30:00 PM	4:30:00 PM	70.26	11.14	05:23
4:30:00 PM	5:30:00 PM	81.62	11.36	05:16
5:30:00 PM	6:30:00 PM	92.83	11.21	05:21
6:30:00 PM	7:30:00 PM	103.19	10.36	05:47
7:30:00 PM	8:30:00 PM	114.54	11.35	05:17
8:30:00 PM	9:30:00 PM	126.03	11.49	05:13
9:30:00 PM	10:30:00 PM	137.53	11.5	05:13
10:30:00 PM	11:30:00 PM	147.85	10.32	05:48
11:30:00 PM	12:30:00 AM	157.85	10	06:00
12:30:00 AM	1:30:00 AM	168.01	10.16	05:54
1:30:00 AM	2:30:00 AM	178.15	10.14	05:55
2:30:00 AM	3:30:00 AM	188.5	10.35	05:47
3:30:00 AM	4:30:00 AM	198.6	10.1	05:56
4:30:00 AM	5:30:00 AM	208.63	10.03	05:59
5:30:00 AM	6:30:00 AM	218.6	9.97	06:01
6:30:00 AM	7:30:00 AM	228.47	9.87	06:04
7:30:00 AM	8:30:00 AM	239.54	11.07	05:25
8:30:00 AM	9:30:00 AM	250.64	11.1	05:24
9:30:00 AM	10:30:00 AM	261.18	10.54	05:41
	Total	261.18	10.88	05:30

This includes all the toilet and rest breaks



### **Special Race Report**

## Cancellation of Numinbah to Pollys

#### By Ian Cornelius

The worst nightmare that can befall a race director is to have his/her event cancelled. This is what happened with the Numinbah to Pollys race this year. Scheduled to take place on 23 April, the race was cancelled without prior notice or consultation on 6 April. Worse was to follow when it was learnt that it had been cancelled in haste, prematurely, unnecessarily and without just cause.

Numinbah to Pollys is run in the Numinbah Valley area in the Springbrook National Park. It covers part of the run course used for the well established Kokoda Challenge. There are four event options: 13km, 18km, 33km and 50km. All event options include one (or two in the case of the 50km) loops of the Waterfall Creek circuit. This is on fire trails, one of which involves crossing the meandering Waterfall Creek no fewer than eight times. When there has been no or little rain it's possible to get across the creek crossings with dry feet. However, after heavy rains in a short period, it can be a very different story.

The tail of Cyclone Debbie hit the Gold Coast on 29-30 March dropping 900mm of rain in this area in 48 hours. The catchment area is such that the height of the water in the creek crossings could have been as high as 4-5 metres and flowing at a huge rate, maybe 120-150 cumecs (cubic metres per second). There was considerable damage to roads in the area with washouts, slips etc.

After a lot of rain the creek generally returns to normal flow rates and levels within 2-3 days, most certainly within one week. The debris including trees fallen over the firetrails often remain for awhile longer. We have video footage of the area taken on 1 April. The creek crossings had dropped to knee level and there were a few fallen trees but no safety hazards whatsoever.

On 6 April we were advised by Qld Parks and Wildlife Services that they were cancelling the race. Not wanting to take further entries after receiving this notice we immediately closed the entries and advised the 117 entrants the following day of the

race cancellation, foreshadowing the possibility of obtaining a rescheduled date. We also posted this notification on our Facebook page which has something like 1200 followers and a reach of 6,000.

A huge amount of work goes into organising this event. We have to gain approvals from three authorities - SEQ Water, Council Gold Coast and National Parks administered by QPWS. Then we have to determine the run course, prepare all the necessary maps, mark the course prior to the race, prepare event management, risk management and medical plans, take out the mandatory liability insurance, order race bibs, medals, trophies and event singlets, arrange hall hire, hire the land for car parking and organise all the necessary volunteers, electronic timing, photography, videography, GPS tracking, sponsors, advertising and so on.

It is also very much a juggling act as traditionally 50% of entries come in during the last four weeks. The lead time for ordering medals from China is six weeks, singlets is four weeks and trophies two weeks. This year we had 117 entrants at the date of cancellation but earlier we had determined that we would get 200-250 entrants. Not wanting to let entrants down we ordered 250 medals and singlets. Essentially, we had done a huge amount of work and committed to spend a large amount of money.

In the days following the race cancellation we worked out that rescheduling would not be possible. This was mostly because QPWS had set aside June-August for controlled burning. In addition, many runners had other race plans, and as race organisers, we had commitments for other races beyond then. We informed entrants by email on 18 April that rescheduling was not possible.

Obviously we were going to have some unhappy entrants. Like almost all races we had a Race Participation Agreement with one of the clauses stating that there would be no refunds in the event of cancellation. This is consistent with most races. We would have refunded any surplus entry fees after deducting costs to date, but on this occasion there was a substamtial shortfall, with costs well in excess of the entry fees taken by the date of cancellation. However, to ameliorate the loss to entrants we offered entrants a free race entry in an event of similar distance at the Nerang 100 on 1 October and the medal, a "washed out" singlet and spot draw prize.

We subsequently learnt that while the run course had a few obstacles in the way of fallen trees it was certainly run-able and safe to run. In other words, the race could have gone ahead.

My advice to race directors is to thoroughly check the terms of your race permits. In our case, the terms of the permit were all one way. The onus was on us as race directors to ensure that all was in order and there was no responsibility, risk or liability for the state. The terms were also silent as to what responsibility the state had to ensure that the park would be in good condition and that other activities - e.g., the controlled burning - would not be conducted on dates which would impact on our event. Further, and most importantly, the permit contained no provision for the QPWS to cancel the event.

My advice to race directors is to seek an inclusion of a clause within a race permit which states that an event cannot be cancelled by the issuer of the permit without due notice and consultation with the race organisers. In our case, had we been consulted, we would probably have presented a case for the race to go ahead.

No experienced race director is ever going to put their runners at risk, but cancelling an event unilaterally and prematurely not only kills the race but severely impacts the reputation of the event organisers and causes substantial losses to both entrants and the organisers. In our case, QPWS never made any reference to the safety of the runners being a reason for the cancelling of the race.

Will the event continue? Not unless we reach a much better understanding and agreement with QPWS. The idea of having future events cancelled by bureaucrats unilaterally, without the power do so, and without consultation, when the risk for the conduct of the event clearly lies with us, is totally untenable.



### **Guest Interview**

### Interview with Matt Trustrum, Eventico By Elizabeth Bennett, Editor, Ultramag

<u>Editor's Note:</u> This guest interview does not constitute promotion of, or endorsement of, Eventico by either Ultramag or AURA.



EB: I understand that Eventico is a web based e-planning event management system which event organisers can use to program and track tasks pre, during and post event. Can you give me a bit more of an explanation of how it works e.g., does it link to shared web documents/spreadsheets like Googledocs and/or?

MT: Eventico is a web based tool which race organisers can use to create and plan all aspects of a race - e.g., course drawing, task scheduling, allocation of staff and volunteers, placement of aid stations etc. Attachments and important documents can be created in the system or uploaded and maintained. All information can be kept in the one place, easily accessible by everybody involved - e.g., staff, volunteers, paramedics, municipal officials etc - via the Eventico mobile app. Event organisers can work entirely with the Eventico tool or they can plan using applications such as Excel and then import them into the Eventico platform.

EB: The promotional material also suggests that it can be used as a communication tool so that those involved in an event can all communicate with each other pre and during events. Can you give me a bit more of an explanation of how that works - e.g., is it like group texting, emailing or?

MT: Each Eventico participant can communicate with others by sending notifications and free texts. This means each member can receive updates,

general information, reminders of task activities and individual messages. There are also particular one button messages which mean for example that if an accident occurred a message could be sent to the event organiser regarding the type of incident, severity, GPS location and contact person. This is an important safety feature. Many authorities are looking more closely at how event organisers manage the safety of their events.

EB: In real time during an event one of the features appears to be work flow progression. How does that work - e.g., is it like all those involved receive group text messages with updates or?

MT: All Eventico participants can be assigned tasks and these are listed in their app. Each person can then verify along the way on event day when particular tasks have been performed. The main event organiser can follow the overall work flow progression in a map overview and a colour code system shows the status of each task. Yellow = a task has become active and should be executed and verified by the person it's assigned to. Green = the assigned person has performed a task on time. Red = a task has not been verified and action is required.

EB: Many ultra running events are multi day. Can it accommodate long duration events?

**MT:** Yes. The platform is online 24/7 and there is no limitation on the duration of events.

EB: Is there a backup system in place in case of internet crashes and/or loss of GPS satellite?

MT: All information is stored on a database on Eventico servers so as long as there's an internet connection the information can be accessed. We are also building an offline version for remote areas lacking an internet connection.

EB: Do all users need to have a certain amount of IT skill to effectively use the system? Or do they need to be trained in the use of it?

MT: No particular IT skill is required. Eventico has been built to be easy to use. But we usually do a 2-4 hour on-boarding familiarisation with our clients so they can get the most benefit out of all of the features. We also provide online support and user guides in the form of short videos.

EB: Post event, the promotional material says the tool can report on how things went - ie, work flow, incidents etc. In what format do these reports come and what may they be used for?

MT: For now we can gather this information in an excel spreadsheet. These reports can be used to keep track of staff/volunteer hours worked, accidents/incidents, medical staff response time etc. This information can be used to demonstrate to local authorities that the event organisers take safety seriously and may assist event organisers with future event approval applications.

#### EB: How much does it cost?

MT: The price is mainly based on the number of users, but it also depends on whether the event organiser is using it for a single event or multiple events. Other cost factors include onsite support and/or the use of CityFlow — ie, our navigation solution for taking road closures in to consideration etc.

### EB: Is it a licensed type product that you need to buy a license to access it or?

MT: Yes. Each client has their own account to access the platform. A license can be bought for a single event or multiple events.

EB: Is it available in Australia now?

**MT:** Yes, and we have a team set up in Australia ready to help.

EB: You said that it currently doesn't do pre event race registrations and payments. Is that a possible add on in the future?

MT: Yes that's a possibility but first we want to focus on providing a really good platform for event management covering all stages of the process from planning to monitoring to follow up. This is where we see a large gap in most solutions provided today and where we can remove a big pain for event organisers and increase transparency for everyone involved in the organisation of an event.

EB: You said that it doesn't currently do race timing. Is that a possible add on in the future?

MT: It's not something we have discussed at this point.

EB: Is there anything else you'd like to tell ultra runners and the organisers of ultra running events about this system?

MT: What does it mean to me as a runner if an event uses Eventico? Organisers will get a better overview and know exactly what's going on during race day. This will lead to better organisation overall and increased safety. As a participant you will therefore get a better, safer race experience.

#### **EB: Thanks Matt**

MT: Thanks for the opportunity Liz. Much appreciated.



### **Book Review**

### Living with a SEAL – By Jesse Itzler

#### **Reviewed by Isobel Ross**

This book isn't actually about ultra running. However, I think it's a book all ultra runners will enjoy.

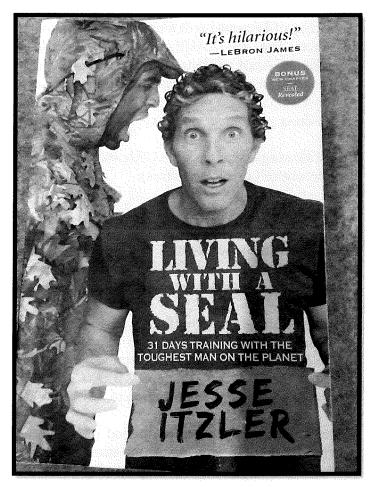
This book is written by Jesse Itzler and tells the tale of a high achieving entrepreneur, and his equally high achieving wife, who hires SEAL to change his life by changing up his fitness regime.

SEAL is one tough guy. He is also an amazing ultra runner who hates running! SEAL comes and lives with Jesse, his wife and their eighteen month old son. When SEAL arrives, he has nothing with him no luggage at all. SEAL lives a simple and Spartan life, and encourages Jesse to do the same. It's a big nod to the simple life, something we could all do with embracing when one thinks about all the latest gadgets we feel we 'need'.

One of the things Jesse has to agree to is that he must do everything SEAL says: "And that means EVERYTHING. I can wake you at any time; I can push you to any extreme. NOTHING is off limits. NOTHING". Jesse of course agrees, not quite realising what he is signing up for. It is extreme!

Reading of the training they do is amazing. Of course, SEAL doesn't expect Jesse to do anything he wouldn't do. They do a lot of running in the middle of the freezing night in minimal clothes and the number of push-ups they do is phenomenal! During the course of the book, SEAL goes off to run an ultra marathon (I believe he was trying to qualify for Badwater) and finished it by running the last 30-40 miles with broken feet. It is fascinating to read.

So while this book isn't about running per se, it is about pushing your body to the limit. It's about getting the utmost out of yourself whilst dealing



with intense pain, fatigue or both. It's about using the mind to rise above what the body is feeling. It's about mixing up your training to reach new levels. It's about training the mind to push the body. It's about something all us ultra runners can relate to human endurance and achievement.

I highly recommend this book. It is well written and both easy and fun to read. I thoroughly enjoyed it and I am sure you will too.



### **AURA Committee Reports**

### President's Report By Rob Donkersloot

This issue of Ultramag sees a new AURA committee in place. The 2017 AURA AGM was held on Tuesday 11 April and attended by 21 members. In addition, 60 proxy notices were also received. Thank you to everyone who made the time to either attend in person or participate via proxy.

The following members of AURA were elected to the committee (as sole nominees):

President: Rob Donkersloot

Vice President: Jodie Oborne

Secretary: Elizabeth Bennett

Treasurer: Alexis Oosterhoff

I would like to thank our 2016 committee members: Brendan Davies, Cheryl Symons, Rick Cooke and Robert Boyce for their contribution to AURA.

I see the next year as being a period of significant change for AURA, with the Association addressing strategic planning and reviewing existing processes. The most important of these processes being the way AURA approves events for listing in its event calendar as there is concern that the current requirements as outlined in AURA policies (primarily in regard to safety) may not be appropriate. Because of this a subcommittee comprising Andy Hewat, Greg Robinson and Kerrie Bremner was formed in February to investigate AURA's current processes recommendations for change if deemed warranted. The subcommittee delivered its report to the AURA committee in early May. It provided wide ranging recommendations for reform. The next steps are for the committee to review the recommendations in detail and look at a plan for implementation. Given finalisation that the process of of the recommendations, and then their implementation is likely to take some time, AURA members are advised in the meantime that:

Runners should note events included in the AURA events calendar are approved for listing, and as part of that process are required to abide by AURA's Event Listing Policy which states the event is "expected to be conducted to a reasonable standard, with due consideration for aid stations, safety, and the like". AURA currently has no capability to ascertain whether an event meets these requirements, and it is recommended an event participant conduct their own due diligence in regards to an event's safety provisions and risk management.

One other area the AURA committee is looking at immediately is the future of this magazine. The cost of producing Ultramag is around \$4000 per issue or ~\$10 per copy, so for a full AURA membership almost half of the annual subscription goes to pay for the delivery of the magazine. This does not consider the countless hours spent by our Ultramag editor in producing the quarterly content.

Ten or even five years ago Ultramag was more relevant than it is today as nowadays race results are available online often within hours of an event's completion, and online magazines, video, blogs and websites provide a huge amount of information on the Australian ultra running scene.

As part of a research study of our membership base conducted in May we asked you (our members) your opinion on the future of Ultramag and what format and structure you would prefer in the future. The results of this survey are not available as I write this report. However the committee will be making decisions in regard to Ultramag during July. Given that, this issue of Ultramag could be the final hard copy printed edition of the magazine. If this is to be the last printed edition of the magazine then I would like to pay special tribute to the current editor, Elizabeth Bennett, and past editors including Karen Hagan and Bernadette Benson, who have done one hell of a job creating this publication every quarter.



### **State and Territory Reports**

### ACT Report By Elizabeth Bennett

The next AURA ultra on the ACT ultra running calendar is the Sri Chinmoy 104km trail ultra which will be held on 24 September 2017. For information

about this event and/or to enter visit: <a href="http://au.srichinmoyraces.org/canberratrailultra">http://au.srichinmoyraces.org/canberratrailultra</a>

### New South Wales Report By Andrew Heyden

The ultra racing calendar always picks up when the summer heat dies down and there have been some great AURA races to get stuck into recently.

The 45km Great Ocean Run again took place in Coffs Harbour and this year's winners from the 31 finishers were Craig Robinson in 3hr 59min, and Amanda Kyneur, winning for the second year in a row, in 4hr 23 min.

A new race on the calendar this year was the Water Works Ultra Marathon which included 50km and 100km events on a scenic 3.6km looped course at Oakhampton Heights. There were three solo runners who completed the 100km and deserve a mention:

Todd Hazelgrove, Gary Brown and Grant Campbell. The solo 50km races were taken out by Brendan Davies and Kelly-Anne Varey with Andrew Heyden, Geoff Barnes, Sarah Walker and Courtney Fing completing the podiums.

Whilst not an AURA race I would also like to congratulate Luca Turrini for breaking the 24 hour treadmill Guinness World Record with an amazing effort of 261.18km in an event he arranged in Sydney on behalf of his OUTRUN Cancer charity in late April. A number of AURA members were also involved in the female and male teams of 12 who also both broke their respective team Guinness World Records.



#### **IAU Report**

#### By Nadeem Khan



The IAU has continued building, developing and promoting ultra running at the continental level.

2016 was the inaugural year of our alternating world and continental championships. The even years being the year for the 100km World Championships and the odd years being for the 24 Hour Championships. The continental championships follow in the non World Championship years. This format is still new and we are taking the time to develop the continental championships.

This alternating approach has several significant benefits. Primarily, it allows us to reach out to member federations that would normally be unable to participate in a world championship. The smaller and more intimate setting of a continental championship allows some of the newer federations to test the waters of the ultra running world in their regions. At the same time it allows us to further develop the sport in these regions and promote it amongst the running community. These continental championships can also provide local organising committees with the opportunity to show the IAU and the running community their capacity to organise world championships in the future.

The inaugural continental championships for the Americas were held in April. The race was hosted in Madison, USA and was an important step in developing ultra running in that region. We are now working on continental championships in Africa and Asia. The IAU tried hard to arrange continental championships in Europe too but unfortunately no bids were made. The continental championships are definitely a work in progress and what we are laying this year is the foundation for further growth and development of the continentals.

We are really looking forward to seeing how the continental championships go and what affect they have on both participation in the local regions and performances in the world championships.

### **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 by 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.

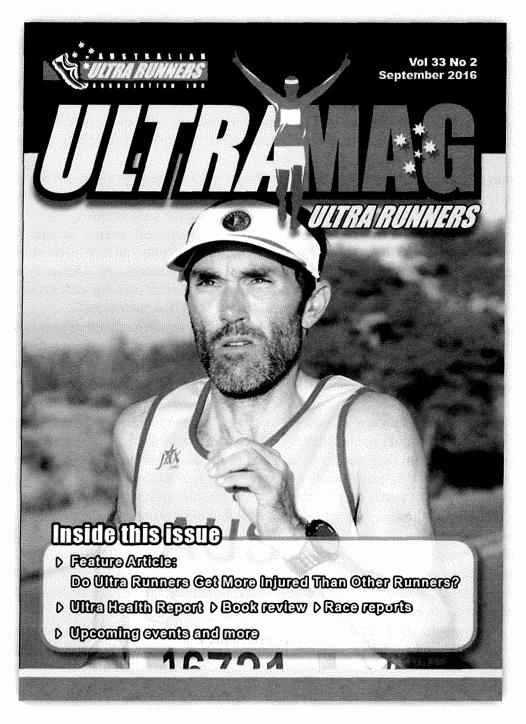
#### Contributions and enquiries:

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/

#### **JUNE 2017**

#### 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

#### **JULY 2017**

#### Saturday 8 July to Sunday 9 July 2017

Adelaide 6/12/24 Hour Measured road loop Adelaide, SA

Contact: Ben Hockings 0447 550 010

Email: ben@yumigo.com.au

Website: http://yumigo.com.au/adelaide-24-hour-festival/

#### Saturday 8 July to Sunday 9 July 2017

Sri Chimnoy 6/12/24 hour Campbelltown, NSW

Contact: Prachar Stegeman 0404 071 327 Email: canberra@srichinmoyraces.org

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

#### Sunday 9 July to Tuesday 11 July 2017

Three Marathons in Three Days 3 day, 126.6km stage race Kuruna, OLD

Contact: Lorraine Lawson 0417 798 444 Email: info@3marathonsin3days.com Website: http://3marathonsin3days.com/

#### Friday 21 July to Sunday 23 July 2017

Caboolture Village 24/48 hour Caboolture, QLD

Contact: Geoff Williams 0412 789 741

Email: geoff@geoffsruns.com Website: http://geoffsruns.com/

#### **Sunday 23 July 2017**

River Run 100 50km / 100km Brisbane, QLD

Contact: Denny Neave 0407 615 490 Email: denny@riverrun100.com.au

Website: https://www.riverrun100.com.au/

#### Sunday 23 July to Monday 24 July 2017

You Yangs

50km / 80km / 100mile

You Yangs, VIC

Contact: Brett Saxon 0418 557 052 Email: brett@trailsplus.com.au

Website: http://www.trailsplus.com.au/you-yangs/

#### **AUGUST 2017**

#### Saturday 12 August 2017

Berry Long Run

70km (and shorter options)

Bacchus Marsh, VIC

Contact: Joe Lewis 0432 753 551 Email: joelewis76@gmail.com Website: https://berrylongrun.com/

#### Saturday 12 August to Sunday 13 August 2017

Track Ultra WA 24/12/6/3 hour Bunbury, WA

Contact: Ron McGlinn 0439 496 765

Email: ronin99@hotmail.com Website: http://trackultrawa.com

#### Sunday 20 August 2017

Kurunda to Port Douglas Ultra 64km trail (and shorter options)

Kurunda, QLD

Contact: Heidi Sweeting and Lorraine Lawson 0417 798 444

Email: info@dynamicrunning.com.au

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

#### Sunday 27 August 2017

The Tan Ultra 100km/50km Melbourne, VIC

Contact: Brett Saxon 0418 557 052 Email: brett@trailsplus.com.au

Website: http://www.trailsplus.com.au/tan/



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FOR MORE INFO VISIT

# **Ultramag Contributions**



## Ultramag is your magazine!

As much as you may like reading about the experiences of other ultra runners, they may be just as interested in reading about yours, so why not contribute your event / race story to Ultramag?

The perspectives of all AURA members are welcome - novice, veteran, elite, back-of-the-pack, men, women, young, old or whatever combination of these describes you.

### **Enquiries and Contributions:**

#### Elizabeth Bennett

Editor - Ultramag ultramag@aura.asn.au.

