

# MOUNTAIN RUNNING *update*

by **Dave Osmond**

**With the World Champs fast approaching there are exciting times ahead for Aussie mountain runners!**

**T**HE Australian Mountain Running Association has recently announced two teams to represent Australia in the coming world championship events. First up, on August 10 is the World Long Distance Mountain Running Championships, to be held at Pikes Peak in Colorado. The championships are held over the full marathon distance, and this one looks set to be particularly challenging. As if running a marathon isn't hard enough to begin with, this event starts at an altitude of 1919m, almost as high as Mt Kosciuszko. By half way athletes will have climbed the equivalent of more than another entire Mt Kosciuszko to reach 4299m in altitude. Hopefully their brains won't be completely starved of oxygen by this stage, because in the second half of the race they must concentrate hard to not trip over as they turn around and run back down the rocky trail to the finish line. Australia has the reigning female world champion in this event, Emma Murray, and she's heading over to America to defend her title. Signs were all positive when she smashed her existing record in the 6 Foot Track race earlier this year. She is being joined in the Aussie team by ultra-running legend Trevor Jacobs, who at 54 years of age is having his first attempt at this event. They have been busy training in the altitude chamber at the AIS, trying to get their bodies ready to compete in the thin air that's guaranteed to greet them in this race.

One month later Emma is hoping to be back ready for the regular distance World Mountain

Running Championships. They are being held on September 10 at Mt Olympus, near Bursa, Turkey. Emma is being joined by Jessamy Hosking and Cindy King in the women's race, which features 895m of climbing in the 8.5km event. The male team looks to be one of the strongest ever fielded by Australia, headlined by Scott McTaggart and Ben du Bois, both a chance to finish in the top ten. They have to climb 1275m in the senior men's 12km distance event. Ryan Gregson ran wonderfully at the Australian Mountain Running Championships in the junior men's category, so we'll be hoping he has an equally good run in Turkey.

In other news, the Great NOSH footrace was held recently in Sydney. This classic event continues to attract large crowds despite little in the way of promotion or publicity. Runners come back year after year because it is a hard but rewarding challenge and great value too. No doubt they are also attracted by the idea of a rugged off-road run through beautiful bushland, held right in the middle of Sydney. Organised by the Bennelong Northside Orienteers, it starts at Lindfield Oval, skirts around

Ben Dubois



World Long Course Mountain Running Championships representative Trevor Jacobs

Middle Harbour and finishes at Seaforth Oval. The race is now in its 32nd year, and approximately 370 runners took to the start line. Almost right from the word go, Chris Truscott broke away from the rest of the field and ran the rest of the race alone to win in just under 59 minutes. Chris has been one of Sydney Striders' leading runners for more than a decade, and has a sub 2.30 marathon to his name from the 2002 Berlin marathon. But with two victories in this race, and a second place in last year's 6 foot track race in the Blue Mountains, it appears he is equally at home on the dirt as on the road.

His wife Greta made it a rewarding day for their household by being first female home. Elite orienteers, Grant Bluett and Anna Quayle, finished second in the male and female divisions respectively. **R4YL**

## World Long Distance Mountain Running Championships, USA August 10th, 2006

### Senior Men

Trevor Jacobs

### Senior Women

Emma Murray

## World Mountain Running Championships, Turkey September 10th, 2006

### Senior Men

Scott McTaggart, Jeremy Horne,  
Ben du Bois, Stephen Brown,  
Barry Keem, Stuart Doyle

### Reserve

David Osmond

### Senior Women

Emma Murray, Jessamy Hosking,  
Cindy King

### Junior Men

Ryan Gregson, David Mainwaring,  
Dominic Perry

## OTHER RESULTS:

### Great NOSH Footrace, 4th June 2006, 15km

#### Men

1. Chris Truscott	58.58
2. Grant Bluett	59.33
3. Lee Wallace	59.46
4. Ben Rattray	61.23
5. Alex Matthews	62.18
6. Manu Sivaraj	62.34
7. Tim Cradock	63.51
8. Richard Palmer	64.08
9. Michael Burton	64.52
10. Mark Page	65.44

#### Women

1. Greta Truscott	72.19
2. Anna Quayle	75.12
3. Shannon Jones	76.55
4. Barbara Hill	79.08
5. Anna Jandzio	79.54
6. Georgie King	80.05
7. Sarina Tomchin	80.20
8. Heather Hozack	80.29
9. Lavenia Manara	80.44
10. Rosanne Lo	81.53