

## Emma Murray retains the World Long Distance Mountain Running Title!



Emma training in New Zealand.  
Image by David Osmond

ONCE again, the Australian Mountain Running community is abuzz with the news that Canberra's Emma Murray has won the World Long-Distance Mountain Running Championships.

This time last year Emma leapt from obscurity to win the World Champs at her first attempt, and now she's made it two from two.

The Long-Distance titles are held over the full marathon distance on very mountainous courses around the world. This year the course was up and down Pikes Peak in Colorado, USA. Emma finished in a time of 4.21.09, over 4 minutes in front of local endurance athlete Danelle Ballengee.

In last year's championships, held on a rugged course in the French Pyrenees, Emma finished a staggering 18 minutes in front of the second placed female, and placed 17th overall in a field of over 600 male and female runners. This year her placing was even better, finishing 11th outright of approximately 700 runners.

However, she had a much tougher time holding off the second placed female. Although Emma was almost six minutes clear of Danelle at the half way point at the top of the mountain, when she turned around to head back down, she

thought the gap was much smaller, and was very worried about being caught in the second half.

She had good reason to worry, as Danelle is a four time winner of this event, and also placed second last year. She's also an extremely accom-

plished professional multisport athlete, and has won the "US Athlete of the Year" title six times in the disciplines of Adventure racing, duathlon, mountain running and multisport.

Danelle did manage to close the gap by over a minute in the remainder of the race, but it wasn't enough, giving Emma enough time to enjoy her victory as she ran through the streets of Manitou Springs towards the finish line.

In the men's race, local runner Matt Carpenter scored a very decisive victory in a time of 3.33.07, finishing 12 minutes clear of the second place getter, Galen Burrell.

Australia's only other competitor, Trevor Jacobs, ran a gutsy race to finish 21st. His performance was all the more remarkable given that he is 54 years of age, and not surprisingly, he won his age group.

Prior to their departure to the States, both Emma and Trevor had been utilising the altitude training tent at the AIS in Canberra to try and prepare for the thin air found at the top of Pikes Peak. The highest part of the course is an altitude of 4299m, almost twice that of Mt Kosciuszko. But several hours a week of altitude training can not compare with a lifetime of training and living at altitude, and it was always going to be a tough ask for Emma and Trevor to compete against athletes more accustomed to it.

Fortunately, Emma seemed to cope remarkably well, just as she had the previous year in the Pyrenees at 3000m. Trevor fared a bit worse, becoming dizzy up near the top of the mountain. He was disappointed to have to back off the speed and be passed by several runners, most of them well-acclimatised locals.

But Trevor has a high cadence and low impact running style that lends itself perfectly to long downhills. And so towards the end of the punishing 21km descent, at a much more comfortable altitude of around 2000m, Trevor was able to regain most of those places he'd lost earlier.

Emma doesn't have long to recover before her next big race. The World Mountain Running Championships (regular distance) will be held on the 10th of September. The women's race is 8km straight up Mt Olympus in Turkey, and Emma will be joined by City to Surf winner Anna Thompson, along with Jessamy Hosking and Cindy King.

The men's team consists of one of Australia's strongest, headlined by Ben du Bois who has been running extremely well in Europe recently. After 3 races of the mountain running Grand Prix series, Ben has two thirds and a fourth to his name, placing him second in the series rankings. Also running in the men's team is Scott McTaggart, Stephen Brown, Barry Keem and Stuart Doyle.

Watch out for a comprehensive World Mountain Running Championship report in Issue 9 of R4YL.

### RESULTS

WOMEN	ASCENT	DESCENT	OVERALL
1. Emma Murray	2.46.28	1.34.41	4.21.09
2. Danelle Ballengee	2.52.12	1.33.32	4.25.44
3. Keri Nelson	3.01.25	1.50.28	4.51.53
4. Cheryl Stephenson	3.16.51	1.41.03	4.57.54
5. Sarah Evans	3.14.14	1.44.08	4.58.22
6. Lisa Ledet	3.18.44	1.39.59	4.58.43
7. Salynda Fleury	3.17.03	1.46.11	5.03.14
8. Jennifer Leppert	3.19.39	1.43.51	5.03.30
9. Jane Tunnadine	3.19.50	1.44.25	5.04.15
10. Karen Brennan	3.19.34	1.55.03	5.14.37
MEN			
1. Matt Carpenter	2.08.27	1.24.40	3.33.07
2. Galen Burrell	2.18.15	1.27.26	3.45.41
3. Zac Freudenburg	2.29.56	1.24.05	3.54.01
4. Ulrich Steidl	2.33.26	1.23.11	3.56.37
5. Miguel Lopez	2.29.35	1.30.38	4.00.13
6. Anton Vencelj	2.35.39	1.31.20	4.06.59
7. Bernie Boettcher	2.33.03	1.35.06	4.08.09
8. Daniel Bolt	2.45.55	1.26.23	4.12.18
9. Paul Koch	2.32.51	1.41.22	4.14.13
10. Erin Hutchinson	2.41.38	1.33.13	4.14.51
21. Trevor Jacobs	3.03.19	1.46.19	4.49.38