

ULTRA-TRAIL

AUSTRALIA

UTA50 - Laima Waine

My name is Laima.

I am a mother, a grandmother and a nurse for over 40years.

I only started running just before my 50th birthday. This was purely by the motivation of my triathlete daughter Larissa ,who needed a running partner. I've been running ever since and I am now 65!

The Oxfam trailwalker was my thing for several years, I was running with my very dear friend Elizabeth Woodgate who then helped me discover the first Ultra-Trail Australia 100 (formerly TNF100) many years ago now. We've been running it ever since. I changed to 50km after 5 years when my family told me to slow down. As I approached my 9th Ultra-Trail I felt I needed to start training earlier and differently. I thought this was going to be a difficult year to train. My daughter Larissa who had completed two UTA100's in 2011/12 with me was due to have her miracle IVF baby just weeks before the race. I was going to be there for her, how was I going to concentrate?!

This was only going to happen if I trained in the mountains, so I did. From early January every 7-10 days my husband Geoff drove me up to the mountains. Running in hot humid conditions was meant to strengthen me, I felt strong confident. Race day approached so fast and I was motivated. My aim was always to finish, DNF was not in my vocab!

Our accommodation was great and close to the start. Weather was unseasonably warm for May, with most previous races were extremely cooler. On Friday I picked up my race pack early, shopped at the expo and purchased a new ultralight cool running shirt and some collapsible water bottles for my electrolytes. I felt organised and confident. I had trained well.

Race day came, I was so excited! I met my friends, chatted and cheered everyone on. It was not cold. I relaxed into my run and as I knew the course so well, I knew my times. This said, nothing would of prepared me with the heat of the day. Climbing Kedumba I started to feel dizzy but improved as I climbed further. The 100km leaders were starting to pass us. We all encouraged and cheered them on. They were amazing!

Once on Federal pass I felt on fire! Only 4km to go and I could smell the finishing line! I came to the aid of a lady suffering from leg cramps. I then urged her on we were able to run to the finishing line together. The exhilaration of finishing another UTA50 was an amazing achievement. There is so much physical and mental strength and pride that one draws out of this picturesque wonderfully awesome organised race.I highly recommend it!

Larissa gave birth to a healthy baby girl. This run was for you LILY.

Your loving grandma.