

# ULTRA-TRAIL

AUSTRALIA

UTA100 - Gregory Sewell  
Race Plan/Wish was sub 12hr  
Reality (I didn't do anywhere near enough training for that)  
A PB would be nice.  
Went out fast 4:05's  
Was having a blast!  
Thought too fast?  
Ducked under one branch  
Hit my head on the next branch  
Rattle Rattle Rattle  
Golden Staircase and hmmm maybe I should have trained properly

## CP1

Hi, Bye!  
Brrrrr it's cold all of a sudden  
Cruising at 4:30's  
Slow down fool  
Flew down the ladders  
Most fun part of the run weeeeeeeee  
SNAP ouch rolled ankle....  
I'm okay  
SLIP CRAP kicked my toe ooh ooh ooh  
Limp shuffle swear  
WEEEEEEEEEEEE  
22km, I feel tired, One eye closed

## CP2

Vroooooom  
Beth Cardelli passed me,  
She's so strong on those hills.  
Iron Pot - Loved it  
Joked with Steve about being a purist hoka hater snob hahahaha  
Struggling to maintain pace with Steve,  
"We're on 11.5hr pace" says Steve.  
Bye Steve!  
hmmm no cramps yet WOOT WOOT  
300m from CP3  
YES..... NO!.....  
BANG....Cramp in Left Adductor  
BOOM.... Right Adductor  
Pickle juice STAT!!!  
Phew  
Ooh Ooh Ooh Im in trouble

## CP3

"Hello Katie I think I've gone out too hard"  
Kiss Kiss  
Thanks for everything Katie xx  
2 bites of a vegemite sanga... Nope, I can't swallow that.  
Take it easy with these cramps  
Steady up Nelly's  
Left Adductor  
Right Adductor  
Pickle juice  
PROFANITY  
WOOHOO top of Nelly's  
Hang on a minute..... down stairs?  
NOOO!!!  
Left Adductor...OOH  
Right Adductor....OW  
Pickle juice... AHH  
#itsthenerve  
HmMMM spicy  
Shuffle on  
Not happy  
No cramps though



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## CP4

“Hello Katie I’m hurting big time”  
Kiss Kiss  
Cramps lingering but being held at bay  
Three sisters  
Feeling hot and tired  
Hello tourist  
BANG left Adductor  
Tourist “Are you OK?”  
“Just cramping I’ll be fine”  
Pickle Juice  
Off we go,  
Hello again same tourist  
BANG right adductor  
Tourist again “Geez are you sure you’re okay?”  
“I’m fine it’ll pass” ....  
Pickle juice.  
Stairs to the valley floor  
Please don’t cramp  
Hello Valley floor  
Hello CRAMP  
Pickle juice  
Upstairs  
Downstairs  
Upstairs  
Downstairs  
Slow and steady  
Run to Fairmont.... Awesome no cramp  
Run past Fairmont  
CRAP...cramp  
Left Adductor  
Right Adductor  
Pickle juice.  
Shuffle Shuffle Shuffle  
Waterfalls..... they’re nice  
Hot  
Geez I wish I sitting under that waterfall  
Hmmm.....  
Stairs you say?  
Trip hazards yes..... Stairs No  
Thank God for the views  
Back onto road  
Ahhhh running and not cramping

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## CP5

Hello Katie  
Katie "Still cramping?"  
"Yep"  
"You're not having any fun are you?"  
"Nope, this sucks"  
Red bull "glug glug glug" .... Oh YEAH!!  
Faultless crewing from Katie  
Katie "Don't worry, mums with you now"  
Kiss Kiss  
See you at the finish line  
Got Teary  
Didn't last long  
200m into Kedumba decent  
... that's right...  
BANG....Left adductor  
BOOOM... Right adductor !  
Oh the PROFANITY!!!!!! .....cover your ears  
Medic "are you ok?"  
"Just Cramps"  
Medic "are you continuing?"  
"Hasn't stopped me for the last 40km"  
Slowest decent down Kedumba EVERRRR  
"HELP ME!" yells another runner  
PUKE SPEW PUKE SPEW  
"Called for help"  
Stayed for 8 minutes  
He looks better now.  
He sent me on my way.  
"Are you sure?"  
"Yes Go"  
Easy shuffles  
10k to go  
Loved uphill  
Hated and swore at every downhill  
I'm horrified at my own potty mouth.  
Legs were screaming....  
But for once not cramping  
Loved Furber stairs  
17 minutes later  
Sprinted the finish chute to go under 13hrs by 2 seconds  
Pain and Hate all gone.  
Hello Katie I love you  
Hug..  
"I stink"

Finished pretty much the same time as in 2014.  
More Pain, but far more coherent at the finish this time.  
Pickled....not from alcohol  
I'll be back 2018.  
Put those cramp demons to rest.