

**TEAM**



**AUSTRALIA**

**2012**

## ANDREW VIZE

### VITALS

**DATE OF BIRTH:** 1/5/1981  
**HEIGHT:** 180cm  
**WEIGHT:** 72kg  
**RESIDENCE:** Sydney/NSW  
**WEB:** [www.ultra168.com](http://www.ultra168.com)  
**TWITTER:** @vizeandrew



Winning the Great North Walk 100miler 3 times in a row in 2009, 2010 and 2011 (course record in 22h22m) and clocking the fastest Australian time in the iconic Western States 100miler in the US, Andrew Vize has cemented his position as one of Australia's strongest Ultra Trail runners. The running virus caught him only a few years ago after his wife bet him that he could not finish a Marathon without training. He managed to run the distance and has since then completed - and won - some of the toughest races in the Ultra Trail scene. Andrew is known for his meticulous preparation and gear choice as well as his determination to push his body to the absolute limit. In 2012 he will focus on the North Face 100km in the Blue Mountains and defending his title in the Great North Walk 100. He will also challenge the world's best trail runners in the Ultra Trail du Mont Blanc 100miler in France and attempt to set world records on some of Australia's most iconic long distance running trails.

### RESULTS

#### **GREAT NORTH WALK 100 MILE (NSW):**

- 1<sup>st</sup>: 2009, 2010, 2011
- COURSE RECORD HOLDER

#### **WESTERN STATES 100 MILE (USA):**

- 43<sup>rd</sup> OVERALL 2011 (20h11m)
- AUSTRALIAN RECORD HOLDER

#### **THE NORTH FACE 100 (NSW):**

- WINNER, PAIRS, 2011
- COURSE RECORD HOLDER (PAIRS)

#### **WILDENDURANCE 100KM:**

- COURSE RECORD HOLDER 2010

#### **COAST TO KOSCIUSZKO 150 MILE (NSW):**

- 2<sup>nd</sup> 2010 (30h5m)
- 3<sup>rd</sup> 2011 (29h0m)

### RACE CALENDAR 2012

#### **MARCH 2012:**

- AUSTRALIAN ALPINE CHALLENGE 100 MILES, TEAM EVENT (VIC)

#### **MAY 2012:**

- THE NORTH FACE 100KM (NSW)

#### **JUNE 2012:**

- MULTI DAY RECORD ATTEMPT ON ONE OF AUSTRALIA'S TOUGHEST TRAILS (TBA)

#### **AUGUST 2012:**

- ULTRA TRAIL DU MONT BLANC (UTMB) 100MILES, (FRANCE)

#### **SEPTEMBER 2012:**

- SALOMON TRAIL RUNNING SERIES (VIC)

#### **NOVEMBER 2012:**

- GREAT NORTH WALK 100 MILES (NSW)

## TEAM SALOMON AUSTRALIA 2012



Images courtesy of Marceau Photography; Photographer: Lyndon Marceau; [www.marceauphotography.com](http://www.marceauphotography.com)

## QUESTIONS FOR ANDREW VIZE

### **Why do you trail run?**

Trail running training runs provide enormous options to explore new areas, touch trees, smell the dirt, cross rivers and generally get amongst it as though it's one big playground out there. In addition to this it is also good to have a little bit of a challenge in our easy modern day lives, trail running and especially ultra marathons allow us to test our limits.

### **What other sports do you practice in addition to trail running?**

I cycle as a recovery to running and enjoy Cross-Fit training for improved overall strength.

### **What is your best trail running memory?**

My third consecutive win at the Great North Walk 100 miles 2011 was amazing. I ran down the beach in the closing stages of the race in the lead, my friends and family, crew and pacer were all cheering me on. I was an hour and a half under the previous course record. It was a perfect race and I will never forget that feeling for the rest of my life.

### **What is the most beautiful track for you?**

In Australia it is the Basin area and Cedar Brush Creek section of the Great North Walk. It's luscious rainforest, vines, tall trees, huge rocks and technical single track. It's a total assault on all your senses when running through this pristine trail.

### **What kind of advice would you give to other trail runners?**

Surround yourself with a group of motivated training partners. It's always much more interesting training in a group. Work out where you want to improve and train as hard as you can without injuring yourself to make the changes. If you think you need to improve at uphill, downhill, technical single track or increasing speed on flatter sections then train those areas. There is a tendency to always train on terrain you are good at but that will only make you fractionally faster. The big gains come when you address the areas where you're losing the time in races.

## MICK DONGES

### VITALS

**DATE OF BIRTH:** 9/5/1983  
**HEIGHT:** 180cm  
**WEIGHT:** 69kg  
**RESIDENCE:** BLUE MOUNTAINS, NSW  
**WEB:** [mickdonges.blogspot.com.au](http://mickdonges.blogspot.com.au)  
**TWITTER:** @MickDonges



Living and training in the Blue Mountains (NSW), Mick Donges knows his way around the area hosting some of Australia's most popular Ultra Trail races. His results include a 10<sup>th</sup> place in the Six Foot Track and a strong 6<sup>th</sup> place in the 2011 North Face 100km, when he challenged a strong international field including Salomon athletes Kilian Jornet and Ryan Sandes. Mick's determination and strong focus on training earned him a nomination to represent Australia in the 2011 Commonwealth Ultra Trail Championships (Wales) which he finished 5<sup>th</sup> overall. In 2012 Mick is competing in the Tarawera Ultra 100km (NZ), The North Face 100km (NSW) and in the Ultra Trail Du Mont Blanc 100miler in France.

### RESULTS

#### SIX FOOT TRACK (BLUE MOUNTAINS, NSW)

- 10<sup>TH</sup> 2011 (3H51M)

#### THE NORTH FACE 100KM (BLUE MOUNTAINS, NSW)

- 6<sup>TH</sup> 2011 (10H31M24S)

#### KOKODA CHALLENGE 96KM (GOLD COAST, QLD)

- 1<sup>ST</sup> 2011 (10H17M)
- COURSE RECORD HOLDER

#### FLINDERS TOUR 50KM (GLASSHOUSE MTNS, QLD)

- 1<sup>ST</sup> 2011 (4H02M16S0)

#### COMMONWEALTH ULTRA TRAIL CHAMPIONSHIPS 55KM (WALES)

- 5<sup>TH</sup> 2011 (3H40M11S)

#### FFTM 42KM, SOUTHERN HIGHLAND (WALES)

- 2<sup>ND</sup> 2011 (2H48M10S)

#### TWO BAYS TRAIL RUN (MORNINGTON, VIC)

- 1<sup>ST</sup> 2012 (4H12M30S)
- COURSE RECORD HOLDER

### RACE CALENDAR 2012

#### MARCH 2012:

- TARAWERA ULTRA 100km (NEW ZEALAND)

#### APRIL 2012:

- MT. SOLITARY ULTRA (BLUE MTNS, NSW)

#### MAY 2012:

- THE NORTH FACE 100KM (BLUE MOUNTAINS, NSW)

#### AUGUST 2012:

- ULTRA TRAIL DU MONT BLANC (UTMB) 100MILES, (FRANCE)

#### SEPTEMBER 2012

- SALOMON TRAIL RUNNING SERIES (VIC)

## TEAM SALOMON AUSTRALIA 2012



Images: Courtesy of Aurora Images (Photographer: Tod Clark; [www.auroraimages.com.au](http://www.auroraimages.com.au)), [dandyrunner.com](http://dandyrunner.com) & [ultra168.com](http://ultra168.com)

## QUESTIONS FOR MICK DONGES

### Why do you trail run? :

I really just love being out experiencing the beauty of the natural surrounds. Trail running is a great way to experience and interact with the natural Landscape around you. You see beauty and breathe fresh air all whilst doing a little dance. Trail running is good for the mind, good for the body, and good for the soul.

### What other sports do you practice in addition to trail running?:

I do some road cycling, just a little bit here and there. I really enjoy hiking and bushwalking too.

### What is your best trail running memory?

TNF100 is a really good memory for me. I had withdrawn from the event and wasn't planning on racing because I wasn't training well at all and had injuries. A couple of days before the event I was offered a chance to re-enter. I took this opportunity and thought it would be a good training run and a golden chance to run alongside some top international runners. I began the race thinking that I would struggle to make 50k and was actually planning on pulling out there. In the end I felt great, ran a good race and ended up coming in 6th place against a pretty good international field. It was after this race I realized that I could probably go ok if I did some proper training and commit myself more.

### What is the most beautiful track for you?

I really love technical single tracks, love climbing and trails where you need to dance a little. A few favourite trails would be Lockley's pylon in the Blue Mountains, up & over Mt Solitary, Kanangra to Katoomba, and Mt Feathertop in Victorian Alps.

### What kind of advice would you give to other trail runners?

I think it's important to really find whatever inspiration you can. Inspiration is so important in persevering through hard training days, injuries and setbacks and times when you just want to give up. Music, books,

## **TEAM SALOMON AUSTRALIA 2012**

movies, magazines whatever rows your boat. Look to people you train with, people you look up to and even people who look up to you. Trail running to me has offered so many challenges and lessons that it sometimes makes me cry. Yet it has offered me so many rewards, realisations and priceless moments, so much so that it sometimes makes me want to cry too. Get inspired, persevere & dream as big as your little mind can. Don't forget then to celebrate. Make sure you do some stretching too so you don't injure.

## MARGARETHA “GRETTEL” FORTMANN

### VITALS

**DATE OF BIRTH :** 5/6/1984  
**HEIGHT:** 173cm  
**WEIGHT:** 63kg  
**RESIDENCE:** SYDNEY & TASMANIA  
**WEB:** [margarethafortmann.blogspot.com.au](http://margarethafortmann.blogspot.com.au)



Margaretha a.k.a “Gretel” lives and breathes the outdoors, so it is not surprising that she spends her time working as a mountain guide on the Overland Track. Guiding groups and individuals along Tasmania’s trails gives her the opportunity to share her passion for the outdoors and spend time training on some of the most rugged and beautiful trails in Australia. Within three years of entering her first Ultra Trail race in 2009, Gretel has come a long way and recorded the fastest Australian female time in the prestigious Ultra Trail du Mont Blanc, finishing 10<sup>th</sup> woman overall. In 2012 she will race the North Face 100km in the Blue Mountains and will head overseas to compete in Ultra Trail races in the Czech Republic, Germany, Italy, Switzerland and Wales.

### RESULTS

#### ULTRA TRAIL DU MONT BLANC, 100MILE, FRANCE

- 10<sup>TH</sup> FEMALE, 2011 (34h15m)
- BEST AUSTRALIAN FEMALE RESULT IN RACE HISTORY

#### BADGER MOUNTAIN 50km, WA, USA

- 5<sup>TH</sup> FEMALE, 2011 (5h40m)

#### WHITE RIVER 80km, CANADA

- 1<sup>ST</sup> IN U30 CATEGORY, 2011 (9h52m)

#### SUN MOUNTAIN 50km, WA, USA

- 4<sup>TH</sup> FEMALE, 2011

### RACE CALENDAR 2012

#### APRIL 2012:

- MT SOLITARY ULTRA 45km (NSW)

#### MAY 2012:

- THE NORTH FACE 100km (NSW)

#### JUNE 2012:

- SILVA NORTICA 100km (CZECH REPUBLIC)
- LAVAREDO ULTRA TRAIL 120km (ITALY)

#### JULY 2012:

- CHIEMGAUER 100km (GERMANY)

#### AUGUST 2012:

- SWISS IRON TRAIL

#### SEPTEMBER 2012:

- THE DRAGON’S BACK RACE (WALES)
- SALOMON TRAIL RUNNING SERIES (VIC)



Images : Courtesy of Margaretha Fortmann.

## QUESTIONS FOR MARGARETHA FORTMANN

### Why do you trail run?

I love to trail run for the physical and mental freedom related to throwing yourself down a narrow, winding, trail deep in the forest, or high in the mountains with peaks all around you. It is bliss! There is also nothing more satisfying than climbing up, and up and then finally arriving at the mountain summit with spectacular views and a huge sense of satisfaction to reward you.

### What other sports do you practice in addition to trail running?

Cycling, Swimming, Hiking, Cross-Country Skiing, Snow-shoeing, Yoga, Scuba-diving!

### What is your best trail running memory?

Finishing my first ultra trail race, the North Face 100km in the Blue Mountains; Running the last 2km of the Ultra Trail du Mont Blanc through the streets of Chamonix, with so many spectators, cheering and providing huge energy to tired runners.

### What is the most beautiful track for you?

In Australia I love the trail along the Razorback in Victoria's High Country. Internationally, I love Canada's West Coast, in particular the trails in the Garibaldi National Park through the alpine meadows and the trail up to Frosty Mountain in Manning Park National Park.

### What kind of advice would you give to other trail runners?

Take a moment to look up to enjoy the stunning views around you, and if you are training for a race, don't forget to train your downhill running!



## MATT COOPER

### VITALS

**DATE OF BIRTH:** 30/7/1980  
**HEIGHT:** 172cm  
**WEIGHT:** 71kg  
**RESIDENCE:** Pheasants Nest, NSW



Matt Cooper has established himself as a serious podium contender in the Australian ultra running scene by winning the 2011 Alpine Challenge 100 mile race and placing third (2010) and second (2011) in the Great North Walk 100 mile race. Matt focuses strongly on mental preparation and shares his ultra running experience with clients of his coaching and mentoring business. 2012 will see Matt competing in the Alpine Challenge 100, the Northface 100, the Great North Walk 100 and Coast2Kosci.

### RESULTS

#### GREAT NORTH WALK 100 MILE (NSW):

- 2<sup>nd</sup> 2011, 3<sup>rd</sup> 2010

#### ALPINE CHALLENGE ULTRA 100 MILE (VIC)

- 1<sup>st</sup> 2011

#### AUSTRALIAN 3 PEAKS ULTRA

- 2<sup>ND</sup> 2011

#### KOSCIUSKO MARATHON

- 1<sup>ST</sup> 2010

### RACE CALENDAR 2012

#### MARCH 2012:

- ALPINE CHALLENGE ULTRA 100MILES (VIC)

#### MAY 2012:

- THE NORTH FACE 100KM (BLUE MOUNTAINS, NSW)

#### JUNE 2012:

- COASTAL CLASSIC 30KM (NSW)

#### AUGUST 2012:

- 24H ROGAINING CHAMPIONSHIPS (NSW/ACT)

#### SEPTEMBER 2012:

- SALOMON TRAIL RUNNIG SERIES (VIC)

#### NOVEMBER 2012:

- GREAT NORTH WALK 100 MILES (NSW)

#### DECEMBER 2012:

- COAST TO KOSCIUSKO ULTRA (240KM)



Images: Courtesy of Matt Cooper.

## QUESTIONS FOR MATT COOPER

### **Why do you trail run?**

A pure passion for experiencing presence in the natural outdoors, connecting with myself and growing through exploring my physical and mental limits.

### **What other sports do you practice in addition to trail running?**

Mountain biking, Climbing, Canyoning, Caving,

### **What is your best trail running memory?**

Running with a mob of wild brumbies under a full moon (3am) across the Victorian high plains in 2011 Alpine ultra.

### **What is the most beautiful track for you?**

In Australia... Definitely the AAWT (Australian Alpine Walking Trail) through the Victorian Alps. And overseas... any trail leading from Chamonix, French Alps - Mountain trail running heaven!

### **What kind of advice would you give to other trail runners?**

Experience - Explore - Energise yourself in Nature... Any trail... Is a great one, just make sure you get out there. And importantly - get some good quality gear that you know works.