

Cath's running wild!

By ADAM LUITJES

WHEN Mildura's Cath Hall 'hits the wall' in this weekend's Surf Coast Century Ultra Trail Marathon, she's going to rely on the same trick that has gotten her through five Ironman Triathlons.

"If I get in a bad place I'll count," she said. "It's all mental. Once I hit 30 or 40km everything is going to hurt."

A popular fixture on the Ultra Marathon circuit, the Surf Coast Century is a 100km race that starts and finishes in Anglesea.

Winding its way along the Great Ocean Road, the race features waterfalls, beaches and ocean cliffs.

Not one to do things half-hearted, the Mildura Council Environmental Sustainability Officer wasn't taking the easy option when it came to her first Ultra.

"They do have a 50km course," she said. "But why would I drive all the way to Anglesea, to do eight kilometres longer than I can do in an Ironman."

"So I thought why not? What's the worse that could happen?"

Although there is a 24-hour limit, Cath's aiming to reach the finish line in 18 hours.

Having recorded a time of five hours and 25 minutes in the running leg of her last



• EXTREME CHALLENGE: Cath Hall will be participating in this weekend's 100km Surf Coast Century Ultra Marathon in Anglesea.

triathlon (42km), she's feeling confident.

"I'd love to do it in 16 hours," she said. "But 18 is more reasonable."

The first to admit she's not a natural runner, Cath has been training hard since May.

Getting up at 4am, Cath has been preparing herself for the conditions.

"Even though there is nothing that is going to eat me, it's still spooky running alone in the bush while it's dark," she said. "It's probably the bit I'm least experienced with, I don't know how I'm going to go."

While she's been called crazy, Cath says she enjoys

pushing herself to the extremes.

"A lot of people ask me why I want to do this," she said. "I think it's more enlightening to ask why not? And I can't think of a valid reason why I shouldn't try this."

"I think a lot of reasons people give for not chasing a challenge are really just excuses, and don't stack up. I feel you get the best out of yourself by setting challenges that are ambitious, but crazily doable."

Into its third year, the Surf Coast Century has grown in stature with more than 300 people expected next weekend.

