



MEDIA RELEASE

Australian Runner Wins International Award

Sharon Scholz of Australia, along with Michael Wardian of the USA, are the winners of the inaugural International Association of Ultrarunners (IAU) Athletes of the Year Awards, announced today.

Scholz, a 34 year old mother from Wangaratta, had an outstanding year of ultra running in 2010. She achieved a 6th place finish at the IAU World and European 24 hour Championships running a distance of 224.885km. In so doing she set several Australian records, including 12 hour, 100 miles, 200km and 24 Hour records. She also finished in first place at the Coburg 6 Hour Track event with a distance of 71.927km and she won the Australian 48 Hour Championships running 332.029km, a new Australian record.

Though the selection of finalists for the IAU awards was merit based, the winners were determined by public vote and Sharon secured the most votes for the female award. Sharon's win is testimony to her popularity among the ultra running community, and the support that the Australian Ultra Runners Association (AURA) has for its runners.

AURA President, Ian Cornelius, said, *"Sharon is thoroughly deserving of this award. It just goes to show that anyone who puts their mind to a little hard work, with sensible training, perseverance and dedication, can perform quite extraordinary feats. Long distance running is enjoying resurgence in Australia with participation up six fold in the last five years. The Australian men and women are all performing well and are looking towards a successful Commonwealth championships campaign this coming September in Wales."*

Coach and Husband, Justin Scholz, agrees that Sharon is a worthy winner, *"Shaz deserves this. She really does. Her work ethic is second to none This award won't change Shaz in anyway except I suppose make her even more determined to perform well and more determined to do some community good as a result."*

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