

# Ultra Update

## Glasshouse Mountains Trail Races

QLD 11<sup>th</sup> September

The Glasshouse Mountains are located one hour's drive north of Brisbane. They rise awkwardly but spectacularly from the surrounding landscape and provide a magnificent backdrop to the three events held each year. The September event includes the feature race over 100 miles. Ian Javes is the Race Director and the inspiration behind these events.

Ian himself is an ultra-marathon legend having completed (amongst many other ultras) the Westfield Sydney to Melbourne in 1988. The first 100-mile event was in 1996 where all five starters failed to finish. Since then forty determined participants have crossed the finish line under the permitted 30 hours. Local custard apple farmer Bill Thompson (aged 61) has finished six times.

The terrain is a mixture of wide fire-trails lined by pine plantation, and areas with steep ups and downs on guttered terrain such as the appropriately named 'Goat Track'. There are several well know areas (such as The Powerlines, Hermans hump and Javes' pool) that are either particularly tough sections or where something bad has happened to someone. You do not want a part of the course named after you! Two of the mountains are climbed; Beerburum and Wild Horse Mountain (WHM) and pacers are permitted after 85kms or

nightfall.

This year saw a record twenty-four starters including nine first timers and a further five who had started but never completed the course. David Waugh was the local favourite having won the 50-mile event in May; though was unproven at this distance. Ian Wright from Canberra placed second in 2002 and 2004; and is renowned as a strong night runner. Paul Every won the event in 1999 and 2000; and his recent exploits included a half-ironman the morning after a 150-mile ultra marathon to the Mt Kosciuszko summit.

Race morning brought a fever of activity with runners being weighed; checking equipment and drop bags. Loved ones and crews mingled around thinking to themselves "only 30 hours to go". Little fanfare was made at the 5:30am start with a few photos, the traditional 'gun' and then some brief laughter as the runners got lost exiting the school oval (it was still a little dark). The runners returned at a blistering speed; Nic Moloney leading the pack at 42mins (8km). This section includes the notorious Hamburger Hill (a dry rocky section designed to turn your feet into hamburger) and the pace was soon to drop. At checkpoint 5 (28.0km) Nic, David Waugh, Paul Every and Paul Hewitson were leading (2:55). Thirteen runners came and went over the next 15 minutes and it seemed that only Bill (who walks the entire event) was left behind. Runners then traverse the Goat Track followed by a stroll up Hennessey's Hill.

A few deep breaths at checkpoint 6 and runners headed towards the infamous Powerlines section. This section is like a longer, steeper, hotter Goat Track. The inexperienced end up using all fours (or all fives!) in some parts; or just falling. There is almost no shade and the tail-enders are on this section until the hottest part of the day. The shade temperature was 'only' mid-20s but it was a much different story on the trail. Arriving at checkpoint 8 (9.7kms later) was a relief for all; especially Ian Wright who had fallen and was covered in mud from toes to waist. There are two loops at cp8. The first is a 10.8km section



with some short sharp hills then a long climb back up to checkpoint 8. The second loop (8km) is somewhat kinder despite the appearance of the first hill from the checkpoint chair. It was during these sections that the leaders started to assert themselves. David Waugh arrived first having done the whole 'Powerlines' section in a little over an hour. Paul Every lost half an hour in the loops to David and was caught by Ian Wright. Paul Hewitson was having trouble with nausea and cramp and slowed down to rest for the remaining 96 kms. Runners come and go from checkpoint 8 over the course of several hours and it was a hive of activity. The foot bath is one of the methods used to cool down and it is always an advantage to hop in first. Steve Appelby arrived in a pair of 'speedos' much to the dismay of his wife. David passed through the half-way point in around 8hrs 20min and was forty minutes ahead of Ian Wright after returning to checkpoint 7 (85.9 km). Both Paul's were



starting to suffer here and Paul Hewitson spent some time on all fours contemplating the ground. Phil Murphy was progressing through the field and was now in third closely followed by the steady-paced Roger Guard from Toowoomba.

Paul Every had severe nausea and cramps and spent over two hours at base (113km). Despite being unable to even sit unassisted for some time; he subsequently left with a pacer. The final 48kms (Eastern section) includes a long section past Hamburger Hill to WHM (checkpoint 9); a quick jaunt up and down the mountain and a long sandy section to checkpoint 10.

Competitors then return the same way to the finish. The picture of David Waugh and Rodney Ladyman showed two very different runners. Rodney (at 118km) who has two sub-24 hour finishes was a broken man who needed assistance back to the checkpoint. David was 4km from the finish and looked like he had been for a 5km jog. The race record (Jonathon Worswick, 2001) was done on a different course and David was half an hour outside this. Ian Wright, in 2<sup>nd</sup> place, became the 3<sup>rd</sup> person ever to break 20 hours.

While Phil was storming home for third, drama was only beginning for other competitors. Brendan Mason took a wrong turn in the final 13kms. He phoned another competitor and the 'search and rescue team' was mobilized. The runner was found and it was only after Brendan called again some time later that it was confirmed that it was Rob Ware who had been assisted!

Meanwhile Paul Hewitson and Roger Guard were making it five finishers under 24 hours. Kelvin Marshall and Nick Barclay both inadvertently (and at different times) arrived back at checkpoint 9 without ever reaching checkpoint 10. Kelvin had enough in store to continue; however Nick took some convincing that he had indeed looped back to the same checkpoint and went no further. Meanwhile Paul Every had passed Andrew Hewat, Nic Moloney, Kelvin and Brendan

in an amazing display of mental and physical strength and endurance. Andrew developed ankle tendonitis in the last 40km and always the showman walked down WHM backwards (twice).

Louis Commins looked unwell prior to the start due to a viral illness but struggled through all day and night to finish. Joe Raftery never stopped smiling and sprinted with his pacer (2004 winner Martin Schot) to the finish line. Joe won. Sean Greenhill (Mr G to his followers) steadily picked up pace runners throughout the night and finished with three 'groupies'. Richard McCormick touched us all by crossing the finish line with his two sons.

John Lindsay had tried and failed to complete Glasshouse 100 twice. Throughout the race he was on track for a 30 hour finish. With only 10km to the finish he decided to have a quick nap by the side of the trail. On waking he was disoriented and headed for 10 minutes in the wrong direction before realizing his mistake. A true entertainer he strolled into the school oval with only 24 minutes to spare.

The 100km event was won by Shaun Cooper, an impromptu entrant on holidays from NZ. Carol La Plant a four-time 100 mile finisher from the US was the first placed lady. The 53km event and Glasshouse series (best over 3 events) was won by Adrian Pearce.

For those competing in the Glasshouse 100 it is the culmination of many years of preparation and training. It is difficult to describe the single-mindedness required to even arrive at the start-line of such an event. Finishers must push through all the mental and physical barriers faced throughout the day and night. To many it is their best and also their worst (running) day of their life. It is not simply a race but rather a life altering event.

The Glasshouse events for 2006 are



scheduled for April 30, July 29 and September 2-3.

For more information see <http://www.coolrunning.com.au/ultra/glasshouse/> or contact [ijaves@caloundra.net](mailto:ijaves@caloundra.net)

### Results

100 mile	
1. David Waugh	18.17.09
2. Ian Wright	19.37.52
3. Philip Murphy	21.43.45
4. Paul Hewitson	23.33.00
5. Roger Guard	23.39.03
6. Robert Ware	25.30.51
7. Paul Every	25.54.09
8. Brendan Mason	26.25.03
9. Nic Moloney	26.28.50
10. Kelvin Marshall	26.31.14
11. Andrew Hewat	26.39.42
12. Louis Commins	27.24.51
13. Joe Raftery	28.16.14
14. Sean Greenhill	28.28.01
15. Richard McCormick	28.48.40
16. John Lindsay	29.36.09.

DNF – Rodney Ladyman, Steve Appelby, Nick Barclay, Geoffrey Williams, Bill Thompson, Adam Barron, Tim Turner; Kerrie Hall (diverted to 100km course).

100km Men	
1. Shaun Cooper	9.57.21
2. Geoff Last	13.13.23
3. Simon Thompson	13.32.16
4. Lindsay Phillips	15.41.51
5. Eero Periaho	17.22.44

Women	
1. Carol La Plant	18.33.34

53km Men	
1. Adrian Pierce	4.36.52
2. Dominic Brown	4.37.39
3. Rolf Kuelsen	4.49.27
4. Arnstein Prytz	5.30.55
5. Philip Lawrence	5.43.41
6. Stephen Blake	5.43.42
7. Peter Edmiston	5.53.47
8. Peter Davies	6.11.57
9. Peter Anderson	6.16.40
10. Andy Cox	6.27.36

Women	
1. Tamsin Barnes	5.18.48
2. Maureen O'loughlin	5.55.27
3. Tamyka Bell	6.48.02
4. Jessica Savage	8.56.59