

Kurrawa to Duranbah 50k

Qld, 11 December

Written by Matt Phillips

It was with a great deal of uncertainty that I staggered out of bed at 2:30am on the morning of the 9th Annual Kurrawa to Duranbah 50km. Attending an ultra event for the first time, crewing duties for my Pat Carroll Running Group team mates awaited while reporting duties for R4YL were also in order. 'An ultra! Aren't they boring? Am I mad?' A healthy field lined up ready to take on a route of roads, footpaths, grass and potentially unfriendly Gold Coast drivers. Veteran ultra runners with fuel belts and CamelBaks mixed with enthusiastic runners teaming up for the 2 x 25km Relay.

Crewing for my team mates, David 'Langy' Lang and Mark 'Slash' Kenney, the race got off to an exciting start when Langy took a wrong turn not even thirty minutes into the race! Amidst much swearing and screeching tyres, Slash and I desperately executed a u-turn in the 4WD and headed back the way we had come to get Langy back on course. The rest of the morning was a frantic blur as I passed drinks and gels to runners, yelled encouragement out the window and printed large updates and messages on A4 pages for iPod wearing

runners to read as they ran past. Anyone who says ultras are boring don't know what they are talking about!

Despite the warm conditions in the return leg from Duranbah back to Kurrawa, two of the five race records fell. Nineteen year old, James Turner stunned the established ultra community by running close to an even split and coming from third at Duranbah to win by fifteen minutes in 3.39.07. Even more remarkable was Turner's preparation which consisted of weekly mileage of thirty kilometres! USA native and 2003 British Ultrarunner of the Year, Siri Terjesen was the star attraction in the solo ultra event and ran a controlled race throughout, lopping a massive thirteen minutes off the woman's race record, finishing in 3.54.26 and crossing the line in a staged dead heat with male second place getter Adrian Pearce. The male team's relay record also fell after Peter Hall and the classy Brad Smith dipped under three hours with a 2.59.20 effort. Champion Ironman Triathlete, Jason Shortis also added a touch of class to the event, running the fourth fastest relay leg of the day as his training for Ironman NZ gears up.

Results

Men

1. James Turner	3.39.07
2. Adrian Pearce	3.54.26
3. Robert Ware	4.01.01
4. Keith McKay	4.03.50
5. Nic Moloney	4.10.03
6. Nanda Holyoak	4.19.33

Women

1. Siri Terjesen	3.54.26
2. Mignon Auguszczak	4.32.25
3. Tamyka Bell	4.41.25

Teams

Male

1. P. Hall & B. Smith	2.59.20
2. S. Swain & J. Shortis	3.10.07
3. D. Thomas & J. Kirley	3.15.48

Female

1. L. Graves & L. Dale	4.16.14
2. J. Angel & C. Mills	4.34.27
3. H. Broom & S. Hills	5.23.54

Mixed

1. K. Spence & B. Hutchinson	3.36.44
2. L. Lovering & G. Bartholomew	3.48.05
3. T. Fabian & N. Petrie	3.49.04



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