

# Q1 Run Up - Gold Coast

## 1st December

The Q1 Tower is the newest and biggest building on the Gold Coast. The building is so large that is actually the world's tallest residential building and what better way to celebrate the opening than to host one of the richest stair races that Australia has ever seen. The event was telecast live on Triple M Brisbane, Sydney and Melbourne and the Today show, terrific publicity for the relatively obscure event that is stair running. Triple M and USM have to be commended for their efforts on assembling a crack field and putting on such a fantastic event off just three weeks preparation.

Paul Crake, a legend in stair running circles, has made a transition to professional cycling over the past few years, but a recent stair victory in Taipei (the world's tallest building full stop) showed he was primed and ready to go. David Osmond, Jeremy Horne and Andrew Mock who between them have a plethora of victories in the Centre Point and Rialto tower run ups were all there amongst the twenty-two other challengers all aiming to steal the \$10,000 first prize away from Crake.

The race involved a 400m dash around the block before entering the stair well for 77 floors, 1821 stairs and a vertical climb of 275m. In typically hot and humid conditions, the race got underway and Troy De Hass, one of Australia's best orienteers charged into the lead. His intention to run away from the field was clear and he held a

10 metre advantage diving into the stair well with a long string of contenders in hot pursuit. Osmond and Crake entered the building in 5<sup>th</sup> and 8<sup>th</sup> place respectively but were certainly not out of it yet.

Osmond quickly gathered in those close to him and moved into second position by the 20<sup>th</sup> floor, but De Hass was out of sight, two floors clear.

Then with seemingly effortless strides Crake demonstrated why he is a five time Empire State Building champion. He glided past all of his challengers and had managed to haul in the enthusiastic De Hass before the 40<sup>th</sup> floor. From that point forward he simply built his winning margin up to 33 seconds and calculated how much he was earning per minute (about \$1200 per min not excluding tax!). Meanwhile the remaining competitors, who unlike Crake were influenced by gravity, had engaged in a dogged battle for the minor placings. By the 70<sup>th</sup> floor, Osmond had made contact with De Hass, who was paying the price for his early exuberance. Osmond managed to sneak past at the 75<sup>th</sup> floor and clinch the \$5000 second place getters cheque. A determined De Hass kept his composure and hung on for third from a fast finishing Jeremy Horne.

Hubertien Wichers from The Gap in Queensland won the women's race. Hubertien showed her mountain running strength to be a full minute clear of the battle for second, where Helen Verity-Tolhurst pipped Vanessa Hill by just one second.

All-in-all the event was declared a huge success and one of the toughest that most competitors had attempted.



### Results

#### Men

1. Paul Crake	7.42
2. David Osmond	8.15
3. Troy De Haas	8.22
4. Jeremy Horne	8.26
5. Daniel Green	8.40
6. Anthony Craig	8.45
7. Scott Britton	8.54
8. Andrew Mock	8.56
9. Ben Holland	9.07
10. PJ Bosch	9.39

#### Women

1. Hubertien Wichers	11.12
2. Verity Tolhurst	12.16
3. Vanessa Hill	12.17
4. Emma Mclean	16.37
5. Bridgette Duelos	16.37

