

MOUNTAIN RUNNING *update*

by David Osmond

ACT Mountain Running Championships

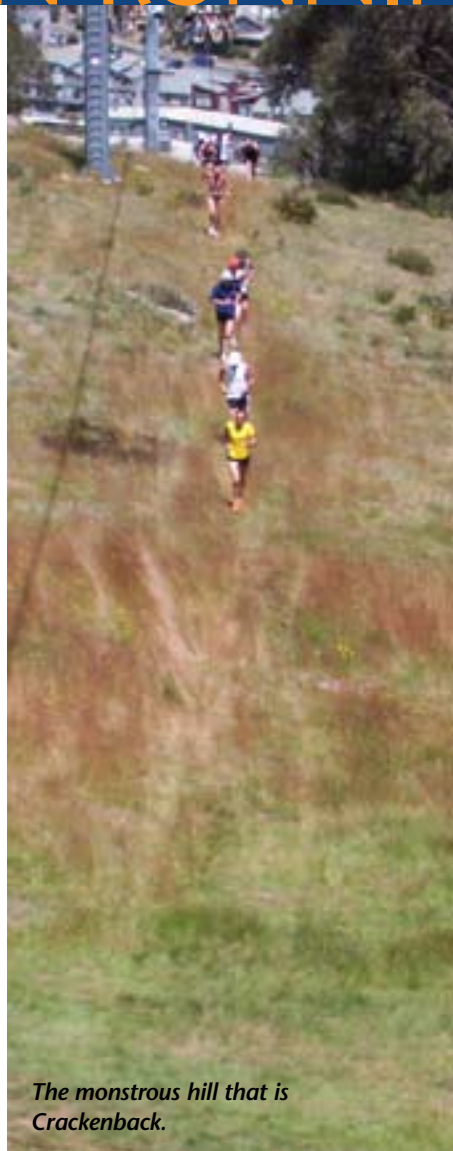
12th February, 2006

It was a case of elite orienteers showing the mountain running specialists a thing or two about running up hills, as David Schneider and Jo Allison won the 2006 Open ACT Mountain Running Championships.

HELD on February 12 on a tough course up Mt Tennant, just south of Canberra, the men's race was stacked with 4 members of last year's Australian mountain running team, Ben Du Bois, Barry Keem, Stephen Brown and Dave Osmond. Most people were expecting the winner to come from these four, and in particular, Ben was a hot favourite having recently won the world's richest mountain running race held in Nigeria late last year. But unbeknown to these four, David Schneider had some pretty good credentials of his own. David is the reigning Swiss champion in the long-distance orienteering discipline, and went on to finish fourth at the World Championships held in Japan last year. He's not exactly a mountain running novice either, having finished seventh at the Swiss Mountain Running Championships on a high altitude course near the Matterhorn. On the slightly more oxygen enriched slopes of Mt Tennant, David found the conditions to his liking as he went on to lead from start to finish, winning by a clear minute over his rivals. The race for second was a closer affair, with the three Aussie reps from Wollongong, Ben Du Bois, Stephen Page and Barry Keem having a close tussle before Ben finally pulled away in the final stages of the race. Stuart Doyle's streak of fine performances continued, as he snuck in for fifth to claim the ACT resident's title. In the women's race, no dark horses from Switzerland appeared, but it was another National Orienteering Champion who dominated. Jo Allison of Canberra ran a finely judged race to power past the early leader, Hubertein Wichers of Brisbane, on her way to a comfortable two minute victory. Leanne Wilkinson continued her trend of rapid improvements to also sneak past Hubertein to claim second place.

The Australian Championships are to be held on the same courses on April 29. With the elite orienteers having established the benchmark times, it will be interesting to see if the mountain runners can lift their game to justify their places in the Australian team.

RAYL



The monstrous hill that is Crackenback.

Crackenback Challenge, 2km

8th January, 2006

DAVE Osmond and Julie Quinn both made it two in a row by repeating their victories from 2005 in this year's Crackenback Challenge. Dave trailed Daniel Green, the 2000 Australian Mountain Running and 2004 Australian Marathon Champion, for much of the race. Approximately three quarters of the way up the mountain, Dave passed Daniel, and looked to have established a winning break. But Daniel nearly managed to close the gap in the final stages, before Dave lifted again to cross the line 11 seconds clear. Julie Quinn, a two time World rogaining champion led from start to finish in the women's race, but Danielle Winslow, an Australian orienteering representative also ran strongly to claim second. Back in third place was the former Dutch Olympic speed skater, Carla Zijlstra-Evans. **RAYL**



David Osmond and Julie Quinn

ACT CHAMPIOHNSHIP RESULTS

Male - 12kms

1. David Schneider	57.45
2. Ben Du Bois	58.56
3. Barry Keem	59.06
4. Stephen Brown	59.49
5. Stuart Doyle	60.47
6. David Osmond	62.29
7. Anthony Scott	63.09
8. Trevor Jacobs	66.29
9. Norak Theam	67.56
10. Tim Sawkins	69.05

Female - 8.3kms

1. Jo Allison	54.02
2. Leanne Wilkinson	56.03
3. Hubertein Wichers	57.09
4. Danielle Winslow	59.57
5. Colleen Beven	62.14
6. Elizabeth Thompson	64.20
7. Hillory Davis	65.22
8. Michelle Davis	65.35
9. Carol Harding	67.03
10. Belinda Brandon	79.46

CRACKENBACK RESULTS

Male

1. David Osmond	19.39
2. Daniel Green	19.50
3. Stuart Doyle	20.48
4. Anthony Scott	21.15
5. Adrian Sheppard	22.32
6. Grant Bluett	22.46
7. Chad Armstrong	23.00
8. Timo Sild	23.02
9. David Baldwin	23.26
10. Jerrad Borodzicz	25.21

Female

1. Julie Quinn	27.19
2. Danielle Winslow	28.24
3. Carla Zijlstra-Evans	29.48
4. Elisha Borodzicz	30.01
5. Patricia Keating	31.12
6. Emma Bailey	31.31
7. Orla Murray	32.19
8. Shannon Jones	32.20
9. Julia White	33.11
10. Robyne Jones	34.25