

## RACE REPORT – NERANG 200 MILER, 2018

*By Event Organiser, Ian Cornelius*

Although the Nerang 200 miler has 11,640 metres of vert and is rated as difficult as Badwater or Great North Walk (times two), it is made quite manageable by the fact that it is conducted on a looped course of 25 kms meaning that crew support, food, clothing change, a short nap, running repairs and onward encouragement can be made or provided every 25 kms.

Bring a tent, food, crew and the will to succeed and the 200 miler is achievable by anyone who can run a marathon. We provide a marquee for shelter and electric power for microwave, hot water etc. We had 30 marquees this year (the race was held from 27-30 September) which was just barely enough. We plan to have 50 marquees next year.

The Nerang cycle velodrome is a wonderful facility. It is just on the fringe of Gold Coast suburbia, is less than one hour by car from the international airports of Brisbane and Gold Coast (Coolangatta). It boasts toilets and hot showers and a shopping centre is just 5 minutes away. The run course is through a heavily forested area which provides some measure of protection should the weather be hot.



The Athletes' Village

Although we had no reports of any serious medical issues this year, we were comforted by the fact that the Queensland Ambulance Service is less than 5 minutes away, in case of emergency. We have a 4WD on site to cater for any evacuations.

The other major benefit of the looped course is that we can simultaneously conduct the shorter event options of 100 miles, 100 kms, 50 miles, 50 kms and even 25 kms. Runners in a point to point dedicated 200 miler can travel pretty much the whole duration of the event without seeing another runner. With this event, runners are always coming through and other runners are frequently in view. The major benefit, of course, is that those in the shorter events can learn from the experience and be encouraged to move up a distance the following year.



200 mile briefing

The most amazing thing in 2018 was the high finish rate. In the 200 miler we had 12 finishers from 18 starters and in the 100 miler we had 10 finishers from 17 starters.

Of equal significance was the emergence of females. In our first 100 miler in 2016 we had 9 starters, all males. In 2017 we had 12 starters in the 100 miler, with just the one female starter and finisher, Sievland Poh.

### Results

200 mile	male	time	female	time
1	Todd Hazelgrove	63:08:36	Kerrie Williamson	64:08:11
2	Lucas Sarra	63:39:51	Natalie Reutter	82:08:14
3	Sam Weir	64:59:50	Lisa Spink	85:48:40
100 mile				
1	Terence Lim	29:35:57	Amy Strong	28:37:30
2	Richard McCormick	31:56:03	Stefanie Awizsus	29:48:44
3	Brett Kettle	35:47:38	Debbie Gilchrist	35:33:22
100 kms				
1	Cody Stark	13:53:21	Jillian Clifford	15:54:48
2	Kevin McCann	15:59:29	Claire Bibby	20:37:52
3	Emerson da Rosa	19:48:25		
50 mile				
1	Dean Lyons	9:58:17	Joanne Rech	13:58:13
2	HMSHKW Bandara	10:37:37	Shona Burton	14:00:12
3	Shaun Baynes	16:14:29		
50 kms				
1	Oliver Armstrong	4:53:04	Krisztina Balacz	5:43:12
2	Alex Reznick	5:33:55	Carmen Atkinson	5:59:08
3	Andrew Young	5:42:59	Tylana Woodward	6:03:30

In 2018 we had 4 female starters in the 200 miler and 8 in the 100 miler. Astonishing! Thanks to Sievland for showing the way.

The 200 miler was hotly contested with just 2 hours separating the first 4 placegetters. Amy Strong, female winner of the 100 kms in 2017 stepped up to the 100 miler and was outright winner. Congratulations to all of the athletes.

Full results are at <http://results.timingplus.com.au/event/nerang200/2018> Live timing was provided by Timing Plus and this worked flawlessly, enabling us to effectively track the runners for the duration of the event. GPS trackers won't work in the National Park because of the dense tree cover.

**Pewter tankard awarded to finishers of 200 miles and 100 miles.**

We awarded belt buckles to finishers in 2017. The problem with them is that they have no useful function and do not have room to on which to inscribe the name of the recipient or their time. We selected pewter tankards for 2018 which have a useful function and/or can be displayed in a trophy cabinet. We inscribed the name of the event, the name of the recipient and their time on a dog tag. This can be affixed to the handle with a chain or glued to the side of the tankard, see photo. These have been generally well received so we will stick with them for future years.



Tankard with inscribed plate

Thanks to all our hard-working volunteers but especially Ben Dennien, Geoff and Jan Pesut, Gary and Sharon Parsons and my wife Cynthia all of whom worked tirelessly for 24 hours/day for 5 days.

Thanks also to all of our race sponsors and to Asia Trail Master. Next year's Nerang Ultra-Trail Gold Coast festival will be held on 26-29 September, 2019.