

## Brindabella 100 2012 Run Report

The Brindabella 100 has been run. All runners achieved ultra distances.

First thanks to helpers Ann H, Peta S, Belinda W, and Jackie A. Without their assistance this would have scaled back logistical support for runners to the extent that it would have been very uncomfortable for them. So thanks again for your support, it was appreciated by all.

Friday in Canberra was appalling weather, rain (but not too much). Low cloud and drizzle all day masked what the weather was really going to be like for the weekend.

Saturday morning dawned with clear skies, some low lying mist and a heavy dew but mild temperature, an excellent start to the day. The six runners set off without the aid of torches at 6am to wind their way up Mt Tennent (John Harding's personal Hurt-Box-Hill for his Mountain Running events). Martin decided to add some extra descent and climb when he missed the Bushfolds Flat FT turn off but quickly rectified his error. Arnulf had his Garmin beep wildly when he missed the Aust Alps Track that turns off Bushfolds Flat FT. I am not aware of any other navigational errors, but I was not there to witness them! All runners including Julie Q who was doing an out and back Namadgi Visitors Centre to Orroral Valley and return, made the CP in good time where Ann H was waiting.

I cannot describe much of what went on up to Mt Ginini Carpark except to say when Martin arrived he announced all he had been doing for the last 3 hours was "climbing!" And indeed there is a lot of climbing from The Cotter River (CP6) to Mt Ginini Carpark (CP8), about 1000m. I reminded Martin that he now had to go to the end of the road up to Mt Ginini summit, suffice to say he reluctantly agreed... I had forgotten to mention this in the brief the day before. Barely 30 minutes behind Martin was Paul. I was amazed by his speed considering he was running the 100 miler and Martin the 100km. Witnessing Paul's wife administer to all his needs was quite impressive – a banquet of food and drink was laid on and all Paul had to do was point and instruct...! Paul placed a bag of ice on his quads whilst seated, a great idea I thought. Simone did a superb job! Both Martin and Paul were in very good shape and spirits at the 74.4km mark. The weather had certainly warmed up by now on the ranges, Mt Ginini's maximum recorded temperature was 19.3 degrees at 3.30pm. Peta S and Belinda W were organising the CP at Mt Ginini so I left to drive back to Bulls Head to meet Martin. I passed Martin who said he had to drag out his route notes "... just to make sure you're not expecting us to go up Mt Franklin..."

Simone was at Bulls Head (CP10) also waiting for Paul to arrive. Martin finished having completed the 100km (actually about 97km) course in 11 hr 16 mins (1716), with 3230m ascent and 2527m descent, an impressive result. Martin managed to score a lift back down to town after Paul's father, Dennis, decided to stay with Simone to keep an eye on proceedings – Paul's father mentioned to me he used to do a "bit" of running once, "yeah C2S in the seventies, one year in 44 minutes....!" Yikes! Paul arrived at 1803, just a whisker over 12 hours, again looking in complete control and ready for more. After his fast "supermarket shop" he strode off towards Mt Coree summit 15km away.

Meanwhile back at Mt Ginini Carpark the remaining three runners, Arnulf, Peter and Kerrie were making good progress with Peta and Belinda helping them out with food and water. Belinda by the way thought it was too boring to drive to CP 8 so from town rode her bicycle instead...

Paul aka Supermarket Man (my words) arrived back at Bulls head having successfully scaled Mt Coree without incident in just under 4.5 hours, 2227. Night temperatures were now mild and not cold at all, purrrrfect for an evening trot. After icing his thighs again and consuming only savoury food (he had gone off sweet items completely), Paul marched away down Bendora Road, again with purpose. This man was on a mission.

Arnulf's wife and three small children arrived at Bulls Head having scouted out along Mt Franklin Rd to check his whereabouts. She reported to me that he was 10 or so kms away making reasonable progress. Arnulf's GPS had gone flat so she was charging this in the car whilst the three children were watching Carz 2 on DVD. Arnulf appeared from the darkness at 2301, he advised he would probably be stopping at the 100km (97km) mark. After some eating and drinking and putting on warm clothes Arnulf decided he would stop whilst the going was good as

he was feeling uncomfortable. It was great to see a runner making a wise decision based on realistic expectations and experience.

At 2343 Kerrie and Peter arrived at Bulls Head looking very comfortable and relaxed, they had run and walked a fair bit of the way from Mt Ginini Carpark. They had left a car at Bulls Head so were able to head off back down the hill under their own steam.

I quickly packed up and set off for Murrays Corner to catch Paul. When I arrived Simone was not there. Was it possible Paul had already raced through in under 3 hours? Surely not? I went back to Cotter Bend and still no Simone. So again I drove back and both Simone and her father in-law were waiting – they had overshot and missed the CP. Paul had picked up a running mate, Jay Reid at Warks Road CP to accompany him for the remainder of the distance. And I have just remembered Paul made a small navigational error when coming into Murrays Corner, I am pretty confident he unfortunately tacked on several hundred extra meters for that stage... Paul was not doing much shopping or talking now, but his steely determination was defiantly still there. There was no time for slouching, he conducted a quick turnaround and with a lets-knock-this-bastard-off type attitude he set off again on what was now the final but brutal Bullen Range stage.

After arriving by car to Cotter Bend we commenced the final wait. I had brought a newspaper, radio and a book for the day, but I only had time to read one page of the paper, there always seemed to be something to think or wonder about. And this was again happening, what time would they get in? 4am? 5am? This last stage is so tough, really, really tough, it is not easy to exaggerate this fact, for anyone who has been on the range will attest. Steep ups and steep downs make for very unhappy legs and feet. I went to the final crossing of Paddys River and waited. I could see their twinkling lights way, way up on the range directly above me – it really did look high up. Both Paul and his running companion Jay crossed the river arm in arm and started on what was now the final kilometre to the finish. I said to Paul you might get in under 22hr:30min. I am not sure what Paul thought of that statement, but he started to run, walked some then ran again. After winding our way around the overgrown path along The Cotter River he broke into quite a fast clip the final 150m or so to the finish, with 15 seconds to spare. 22:29:45. He did not crack the 24 hour nut, he took to it with a sledge hammer. If you talk to Paul about his preparation for this run you will be left in no doubt he left no stone unturned. Many hours of hilly training on and near the course, some might call it solitary confinement... Well done mate. A brilliant and richly deserved result.

**2 Feb 2013**



**We Want YOU!**

Taz, WDW

[brindabella100.com](http://brindabella100.com)

## Runner's Times

### 0600 departure Namadgi Visitors Carpark

Peter M, Kerrie B, Arnulf R, Martin F, Paul S, Julie Q

### CP4 Orroral Valley 31.1km

Martin 0937

Julie 0945

Paul 0956

Arnulf 1046

Kerrie 1113

Peter 1113

**Julie Q** ~60km Namadgi Visitors Centre to Orroral Valley and return 1330 (7:30:00)

### CP8 Mt Ginini Carpark 74.4km

Martin 1452

Paul 1519

Arnulf 1830

Kerrie 1909

Peter 1909

### CP10 Bulls Head 97.2/126.5km

**Martin 1716 (11:16:00)**

Paul 1803 (1st visit)

Paul 2227 (2nd visit)

**Arnulf 2301 (17:01:00)**

**Kerrie and Peter 2343 (17:43:00)**

### CP13 Murrays Corner 155.7km

Paul 0236

### Finish Cotter Bend 164.7km

**Paul 04:29:45 (22:29:45)**

Photos at [Picasa Web Albums](#)