

Wow!!!

WH@N has always been about the fun, the informality and the charity. Well, this year's event (on Saturday 17<sup>th</sup> of June) was cranked up by some very 'formal' racing!

As it was, we started with record numbers, just shy of 200. More numbers logically equates to more participants at every level. We weren't disappointed.

### 10km

The 10km produced a sensational finish with the 1<sup>st</sup> and 2<sup>nd</sup> placed males crossing the line only a second apart with the lead changing within 20 metres of the finish due to an unfortunate mistake from Simon Bradbury that handed the win to the ever impressive (and 15 year old) Ethan Bensted. 43:06 and 43:05 respectively was impressive enough over 10km of gravel and sand, but given the heavy conditions after a week of rain, it was even more so. This is not to take away from Chris O'Brien's third place in 51:44, but the front runners really took it up a notch.



In the ladies race, Narelle Cabassi tightened her grip on the Day/Night series title with another win in 47:35, nearly six minutes ahead of 2<sup>nd</sup> placed runner Sara Wasson (53:10). With Cheryl Kiernan coming in 3<sup>rd</sup> in 56:14, Narelle wasn't stretched. Having said that, Both Sara and Cheryl's runs were exceptional in the conditions but simply illustrated how good Narelle's run was (she's won every event she's entered at RQ this year). Narelle looks a shoe in for the series win at Rainbow Beach but it's never a foregone conclusion.



### 16.5km

The 16.5 km run wasn't conducted at such a blistering pace as the 10km. Matt Klibbe, like Narelle Cabassi in the 10km, took out his 3<sup>rd</sup> win from three in the series in 1:13:19. 2<sup>nd</sup> and 3<sup>rd</sup> placed

runners (Gary Beutel and Andrew Dower respectively) had something of a tussle early on before Gary took out 2<sup>nd</sup> place in 1:18:25, two minutes ahead of Andrew (1:20:23). Like Narelle, Matt looks to be in pole position for the series.



The ladies race was a slightly tighter affair with the front runners not being heavily involved in the Day/Night series. Lisa Harding endured to take out the win in 1:34:45 with Lisa Kruger and Ven-Nice Ryan taking out 2<sup>nd</sup> and 3<sup>rd</sup> in 1:36:25 and 1:37:38 respectively. It's easy to forget how heavy the conditions were on the night and the 16.5 and 25km runners were out there during 30 minutes of heavy rain. Some very impressive running all around.



## 25km

Go back a few weeks to the Pinnacles Classic:

Ben Southall	1:35:31
Craig Blacker	1:35:37

Throw in a certain Howard McCann and you've possibly got one of the best races, head to head that we've witnessed at RQ.

The WH@N course is deceptively difficult. No hills (but some steady inclines over distance but nothing to speak of) but a lot of variety in terrain. Add the wet, mucky conditions and you would expect a lot of plodding to be going on. Nobody gave these guys the script.

From the start, all three were going hammer and tongs along with Barry Scott (4<sup>th</sup>) and Brendon Boyd (5<sup>th</sup>). The reports we were getting back from CP crew told us there was a real tussle going on and the results didn't disappoint.

Ben Southall took out the win in the end in a ridiculous 1:58:08 with Michael Holmes taking second in 1:59:42. Remarkable in any event but given the conditions, incredible. One could be forgiven for

thinking that Howard McCann's 3<sup>rd</sup> place was ordinary in comparison, coming in at 2:00:46 but all three made for some genuine racing out there.

Howard did himself no harm with regard to the Day/Night series but, in second place overall behind Matt Klippe, it may be a tall order to bridge the 5 point gap.



The ladies presented a familiar field with some equally impressive performances and a close run race (definitely the theme of the evening).

Off the back of some great runs already this year, Chrissy Redwood had a fantastic run, coming in at 2:19:37 to take out the win. Kathryn Austin again proved her consistency, taking out 2<sup>nd</sup> in 2:21:10 – ensuring that she maintains some pressure on Narelle Cabassi for the series title. We had a great welcome for Tymeka Warburton in her first RQ event, bringing in third in a very creditable 2:25:57.



## Summary

WH@N, this year, graduated from being an informal fun run, introducing people to bush running in the dark, to a competitive event. That's not to say that we didn't have many runners who had their first run after dark, there were many. But with record numbers, some keen to ensure their place in the series, the competitive nature of the event came to the fore.

Some fantastic results at all levels. From our point of view it's warming to see the RQ family growing and to see this event in particular going from strength to strength.

We raised \$975 for Medecins Sans Frontieres (<http://www.msf.org/>). The reason behind us supporting this charity is due to the contribution made by the late Jill and Roger Guard who perished in the Flight MH17 tragedy. Both were doctors who contributed much of their time to helping this cause and were highly regarded on a global scale within that community. Roger was a stalwart of the trail running scene in SEQ and completed seven Glasshouse 100 mile events as well as innumerable events across Australia and overseas. The Day/Night Series is run in their honour and I'm sure they'd have been delighted to see the spectacle that we were presented with on Saturday evening. Thank you all for your participation and support for all of our events.

The Run Queensland Team.