

LAST QUEENSLAND ULTRA FOR 1989 - BY IAN JAVES

The last ultra distance race for the year was held on Saturday 4th November on the beach and forest trails of Rainbow Beach, about 2 hours drive north of Brisbane. The 55 kilometre trail run commenced at first light in an attempt to avoid the worst heat of the day, but our last competitor home, John Petersen aged 73 years, took 8 hours and 14 minutes to complete the course, so didn't finish until nearly 2 pm. John has now competed in and finished all six ultra distance events for 1989.

The race commenced with a ten kilometre loop on the beach, then headed back through the township and into the National Park, of which runners had to complete two loops. The trails in the park consisted of loose sandy hills, then into a thick palm forest on a winding narrow track, with this then opening out onto a four wheel drive track through rain forest with the turnaround at the foot of a rather long and steep hill. Water stations were set up within every 5 kilometres, and crews could drive in their cars with supplies from the start/finish area in Rainbow Beach to the turnaround in the National Park, which was just in from the main road. First to finish was Don Wallace in the outstanding time of 4 hours 10 minutes. Two Caboolture runners, David Sommers and Sandy Buchan were with Don in the lead for most of the event, but Don powered away from them in the loose sand hills in the last leg, leaving David to come in second with a time of 4 hours 22 minutes. Sandy Buchan was forced to walk some distance due to fatigue, and was overtaken by Neil McCabe, from Murgon, finishing in 4 hours 29 minutes for third position, and Graham Medill of Toowoomba in fourth.

First woman home was Glenys Wright of Brisbane in 5 hours 52 minutes, closely followed in just under 6 hours by Sandra Dunglison, also of Brisbane. The ladies had a close tussle for the lead the whole way, changing positions frequently and always in sight of each other. Of the 18 entrants, only two failed to finish the event. One runner became lost, despite red tape marking the course, but got back on the right track after a short time.

Seven of the ultra distance runners who completed the 55 kilometres in the morning, then lined up for the Rainbow Beach Fun Run that afternoon, to contest for the Macadamia Nut Trophy - awarded to the person with the highest placings in both events. This was tied on placings by Neil McCabe and Graham Medill, after a desperate effort put in by both at the finish line, with Neil McCabe the eventual winner on best times.

RAINBOW BEACH TRAIL RUN 4th November 1989

<u>Placing</u>	<u>Name</u>	<u>Time</u>
1	Don Wallace	4 hrs. 10 min. 25 sec.
2	David Sommers	4 hrs. 22 min. 07 sec.
3	Neil McCabe	4 hrs. 29 min. 51 sec.
4	Graham Medill	4 hrs. 31 min. 55 sec.
5	Sandy Buchan	5 hrs. 02 min. 07 sec.
6	Ron Grant	5 hrs. 38 min. 24 sec.
7 (1st female)	Glenys Wright	5 hrs. 52 min. 53 sec.
8	Graeme Ramsden	5 hrs. 56 min. 50 sec.
9 (2nd female)	Sandra Dunglison	5 hrs. 59 min. 38 sec.
10	David Holleran	6 hrs. 22 min. 31 sec.
11	Kevin Dellow	6 hrs. 33 min. 22 sec.
12	Denis Connolly	6 hrs. 34 min. 48 sec.
13	Arthur Cox	6 hrs. 34 min. 48 sec.
	Bob Sylvester	6 hrs. 46 min. 49 sec.
15	Geoffrey Williams	6 hrs. 50 min. 25 sec.
16	John Petersen	8 hrs. 14 min. 25 sec.
	Noel Kreutzmann	DNF
	Lindsay Phillips	DNF