

RAINBOW TRAIL RUN

Conducted by Q.M.R.R.C. -

Ultra Division: 3rd November, 1990

Rainbow Beach east of Gympie is the jumping off point for visitors to Fraser Island, the largest sand island in the world. The beaches and trails of the Cooloola National Park in this area provided the venue for the second of the Q.M.R.R.C.'s trail runs for 1990. Three courses were on offer - a 55km ultra; a 33km and a 15km course.

Thirty-two competitors completed the events - 16 in the 55km and 8 in each of the shorter runs. A slight damper was put on the events when it was learnt that a mini busload of competitors from Brisbane had been involved in a potentially serious accident only a few miles from their destination. This meant they received only a few hours sleep before starting in the event and unfortunately the bus driver, Alan Peacock, who probably would have started favourite for the 55km event received a slight foot injury which prevented him from taking his place in the field.

Just as the fiery red sun was making its way above the horizon and in an early morning mist the competitors for the two longer events took off along the beach to eventually turn around Gordon Elmer's four wheel drive vehicle parked 5km up the beach and return to the starting point at the Rainbow Beach Life Savers' clubhouse.

Mick Honer set a scorching pace to lead the runners comfortably at this stage followed by Brian Evans and Carl Hebel. The eventual first and second placegetters in the 55km event were content to remain further back in the pack.

After the runners in the longer events had passed the base the 15km competitors started. Dell Grant and Dennis Parton ran together all the way and won their respective sections of this event. They had to get back early as Dell was the main organiser at the start - finish area and Dennis was in charge of the barbeque to follow the event with the assistance of his wife, Ruth.

Norm Walker and Bob Bowen were second and third in the men's section of the 15km event with Diana Southern and Julie Walker filling those placings in the women's section. Diana's multicoloured singlet must have been especially chosen for the event.

Meanwhile the runners in the longer events followed the 'undulating' sandy trails along the Old Telegraph Line track to then turn through the rainforest and palm grove until they reached the Lake Freshwater 4WD track.

From here they followed this track to its intersection with the Gympie Road. Retracing their steps they once more followed the Old Telegraph Line track back to the starting point.

Mick Honer maintained his fast pace to easily win the 33km event with second placed Brian Annabel being almost 30 minutes behind. Brian Evans was third in this event.

Lyn Fulton who had accompanied Steel Beveridge all the way from Coffs Harbour for the event was the first woman to finish the 33km course even though she had never competed in anything longer than a half marathon.

Carol Steel and Cheryl Dellow, both from Caboolture, were second and third in this event.

The entrants in the 55km ultra race had to turn around at the base and repeat the second part of the course. Darren Morley of West End led at this stage but Cliff French showed his liking for this sort of event by storming home to win by almost ten minutes even though he covered extra ground by missing a turn.

Ken Weeks had missed the same turn in the 15km event. Somehow they missed the THREE signs and a vehicle parked by the track to indicate the turn. Maybe Ken's glasses fogged up in the humid conditions but I don't know what Cliff's excuse was.

Peter Reaburn of Brisbane ran consistently to take third place ahead of his running mate for most of the race, Doug Quadrio of Gympie.

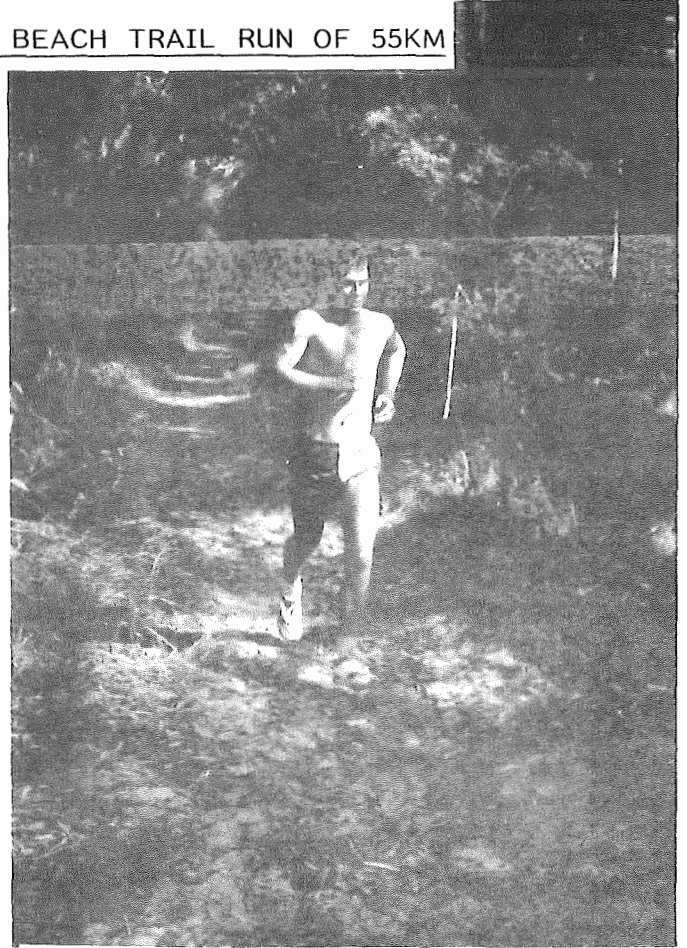
Joan Darlington of Maryborough, running in her first ultra, was the first female across the finish line followed by the 1989 winner Glynnis Wright.

Angela Annabel left her running partner for most of the race, Wendy O'Sullivan, to take third place. These two ladies were also undertaking their first ultra run and appeared to enjoy themselves immensely.

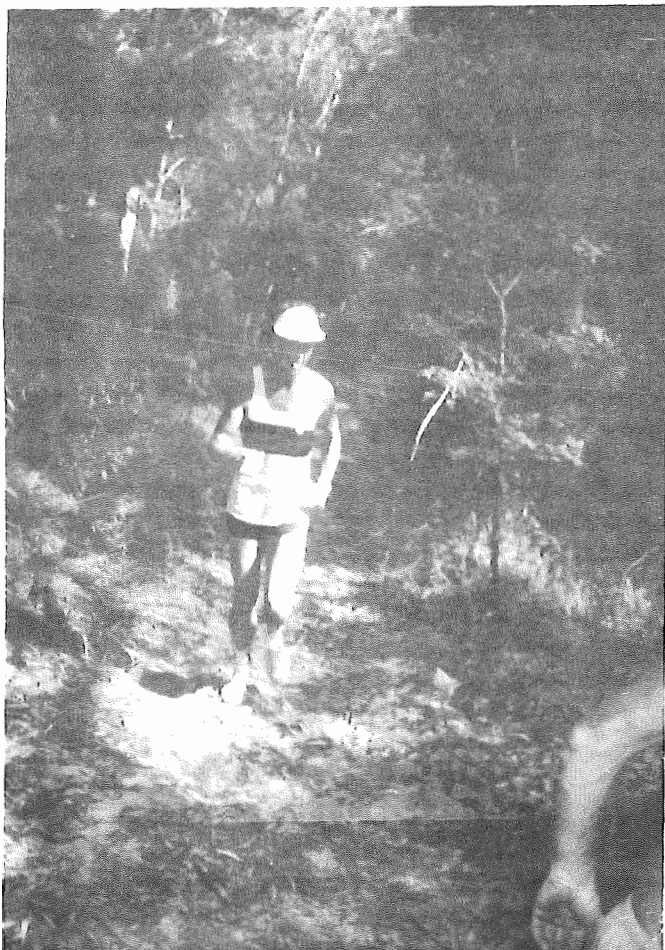
Although the conditions were hot and particularly humid the forest trails provided quite a deal of shade and all runners gave favourable comments on the nature of the course and the positioning of water stops manned by Ian Javes, Chris French, Carol Street's sons and Gordon Elmer.



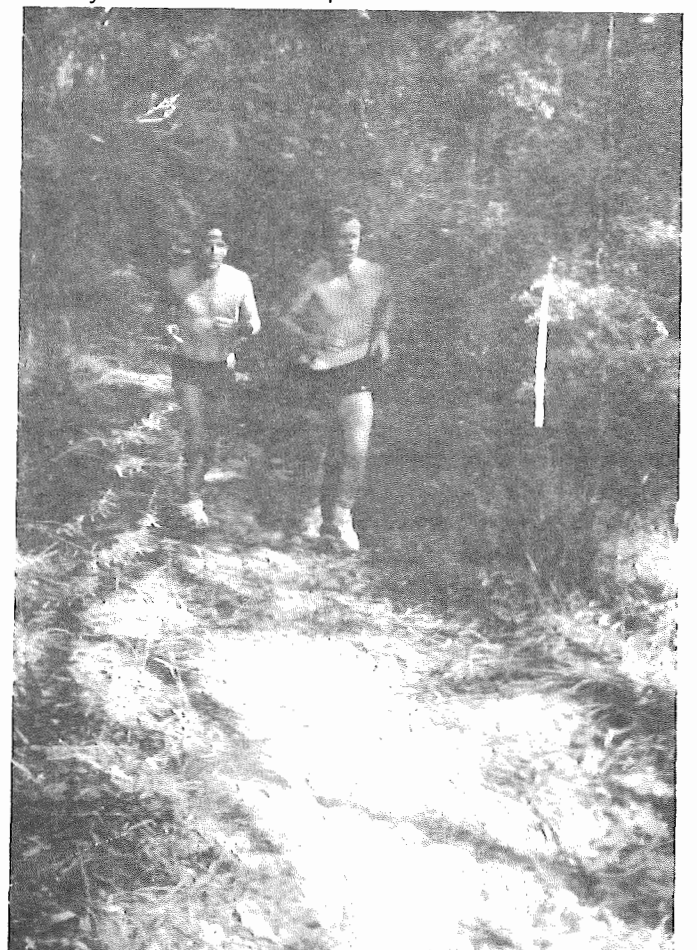
Wendy O'Sullivan enjoys a drink part way through her first ultra.



Darren Morley, equal first in the Glasshouse Trail Run, now on his way to a second place in this race.



Cliff French on his way to winning this race.



Doug Quadrio (left) and Peter Reaburn came 4th and 3rd respectively in this race.

3 Mid-afternoon a barbeque was held at the lifesavers clubhouse followed by presentations. All runners who finished the two longer events received a special cap to commemorate the feat courtesy of the part sponsors, New Body Health and Fitness Centre of Caboolture.

All runners in the ultra event were eligible to be in the draw for a pair of running shoes donated by Hi Tec. These were won by Doug Quadrio.

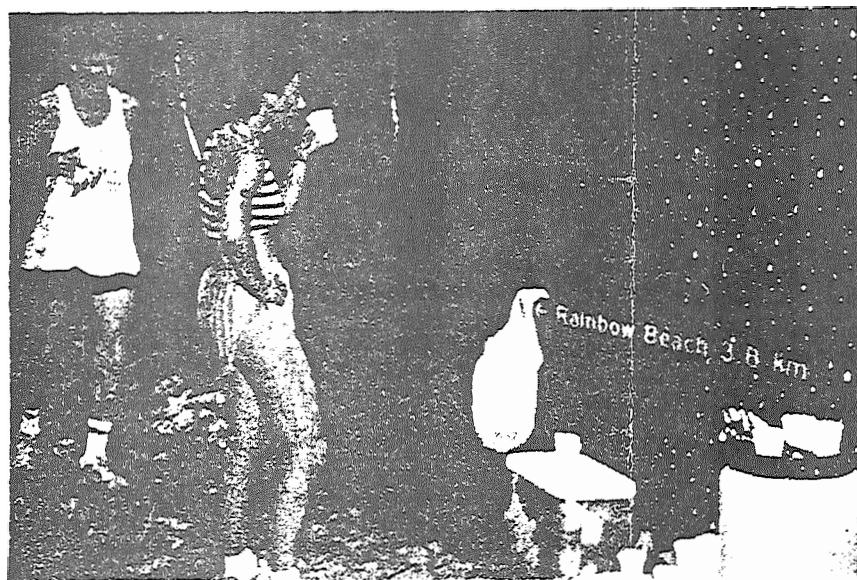
Other random draws for a weekend at the Rainbow Beach Caravan Park villas and a dinner for two at the Gazebo Gardens Resort were won by Kev Donnelly and Ken Weeks.

Bob Burns (90pts) and Dell Grant (60pts) were presented with perpetual trophies as the winners of the Queensland Ultra Series for 1990.

Bob actually competed in all seven events and won two of them. Although Dell Grant tied with Val Case she was awarded the trophy on the basis that she had won three events whereas Val's points had come from placings only.

Next year's Rainbow Beach Trail Run will be organised by Dennis Parton and is set for 2nd November (tides permitting). Jot that date down in your running calendar and don't miss this friendly and fabulous event.

Race Director
Ian Javes



RESULTS FOR RAINBOW TRAIL RUN

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55km Course

Male		Female	
1	FRENCH, Cliff 5h17m53s	1	DARLINGTON, Joan 6h08m27s
2	MORELY, Darren 5h26m49s	2	WRIGHT, Glynis 6h42m08s
3	REABURN, Peter 5h31m20s	3	ANNABEL, Angela 6h54m06s
4	QUADRIO, Doug 5h45m00s	4	O'SULLIVAN, Wendy 6h59m58s
5	BURNS, Bob 5h48m14s		
6	GRANT, Ron 5h49m42s		
7	BEVERIDGE, Steel 5h50m18s		
8	WILLIAMS, Geoff 5h53m04s		
9	HEBEL, Carl 5h57m55s		
10	DELOW, Kevin 5h59m50s		
11	LEWIS, Stephen 6h49m31s		
12	SYLVESTER, Bob 7h18m48s		

33km Course

1	HONER, Mick 2h21m26s	1	FULTON, Lyn 3h05m30s
2	ANNABEL, Bruce 2h49m25s	2	STREET, Carol 3h37m05s
3	EVANS, Brian 2h56m06s	3	DELOW, Cheryl 4h13m22s
4	BAXTER, Laurie 3h31m10s		
5	CHATTERTON, Ray 4h09m30s		

15km Course

1	PARTON, Denis 1h32m00s	1	GRANT, Dell 1h32m00s
2	WALKER, Norm 1h39m24s	2	SOUTHERN, Diana 1h45m15s
3	BOWEN, Bob 2h06m12s	3	WALKER, Julie 2h36m40s
4	WEEKS, Ken 2h34m01s		
5	DONNELLY, Kev 3h13m30s		

RAINBOW BEACH - MY FIRST "ULTRA"

4 a.m. the alarm rang and my fuzzy brain stirred. I had only been asleep for 1 3/4 hours and I was NOT ready to get up!

It was Saturday 3rd November at Rainbow Beach and I was to try my first "Ultra" - 55 km along the beach and through the bush behind the beach.

Sixteen happy Q.M.R.R.C. runners had departed by bus from Brisbane the night before - looking forward to a great weekend. Alan Peacock did an excellent job driving through rain and lightning on wet and at times unfamiliar roads.